

# Rankings 2013

## WATFORD HARRIERS RANKING S 2013

UPDATED

20/12/2013

### MASTERS S MEN

#### Outdoors

#### 400m

1	Graham Mayoh	70.15	V45	ET	Watford	WH Open Graded	10/07/2013
2	Nick Harris	71.4	V35		Bury St Edmunds	SAL	09/08/2013

#### 800m

1	Graham Mayoh	02:34.4	V45	ET	Watford	Herts County Championships	25/05/2013
2	Adrian Harwood	02:37.6	V45	ET	Watford	WH Open Graded	04/09/2013
3	Nick Harris	02:39.4	V35		Braintree	SAL	18/05/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

## 1500m

1	Nick Harris	04:50 .0	V35	ET	Watford	WH Open Graded	24/07/20 13
2	Graham Mayoh	05:05 .0	V45	ET	Watford	WH Open Graded	21/08/20 13
3	Adrian Harwood	05:25 .4	V45	ET	Watford	WH Open Graded	21/08/20 13

## 3000m

1	Nick Harris	10:56 .0	V35		Braintree	SAL	18/05/20 13
2	Graham Mayoh	11:08 .1	V45	ET	Watford	WH Open Graded	04/09/20 13

## 5000m

1	Matt Adcock	16:53 .8	V45		Watford	SAL	27/04/20 13
2	Nick Harris	18:41 .4	V35		Bury St Edmunds	SAL	09/08/20 13

400m  
hurdles

1	Nick Harris	76.4	V35		Braintree	SAL	18/05/20 13
---	-------------	------	-----	--	-----------	-----	----------------

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

2	Stuart Dearman	78.47	V50	ET	Horspath	SAL	15/06/2013
2000m steeplechase							
1	Nick Harris	07:29.6	V35		Horspath	SAL	15/06/2013
2	Graham Mayoh	09:01.0	V45		Watford	SAL	27/04/2013
3000m							
1	Adrian Harwood	11:31.1	V45	ET	Watford	WH Open Graded	24/07/2013
2	Nick Harris	11:32.4	V35		Watford	SAL	20/07/2013
High Jump							
1	Nick Harris	1.4	V35		Watford	SAL	27/04/2013
Pole Vault							
1	Richard Parles	1.12	V65		Watford	SAL	20/07/2013
Shot							

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

1	Ray McKenna	10.34	V35	7.26kg	Watford	SAL	27/04/2013
2	Richard Parles	6.5	V65	7.26kg	Horspath	SAL	15/06/2013
3	Bob Whittingham	5.58	V60	7.26kg	Braintree	SAL	18/05/2013
Discus							
1	Ray McKenna	28.08	V35	2kg	Watford	SAL	27/04/2013
2	Richard Parles	16.23	V65	2kg	Braintree	SAL	18/05/2013
3	Bob Whittingham	13.8	V60	2kg	Braintree	SAL	18/05/2013
	Derek Derenalagi	42.19	V35/F57	1kg	Watford	WH Open Graded	29/05/2013
Hammer							
1	Richard Parles	12.87	V65	7.26kg	Bury St Edmunds	SAL	09/08/2013
2	Bob Whittingham	11.86	V60	7.26kg	Braintree	SAL	18/05/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

m

**SENIOR  
MEN**

## Outdoors

## 100m

1	Oliver Smith	12.31	ET	Watford	WH Open Graded	18/09/2013
2	Daniel Tarrant	12.8		Guildford	SML	04/05/2013
3	Ryan Smith	17		Bury St Edmunds	SAL	09/08/2013

## 200m

1	Oliver Smith	24.58	ET	Watford	WH Open Graded	04/09/2013
2	Daniel Tarrant	28.6		Guildford	SML	04/05/2013
3	Ryan Smith	30		Bury St Edmunds	SAL	09/08/2013
4	Zac	31.5		Watford	SAL	20/07/20

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**McDonoug  
h

13

5

Stuart  
Buckingha  
m

34.8

Watford

SAL

20/07/20  
13

400m

1

Daniel  
Tarrant

59.02

ET

Cosford

Inter Service  
Combined  
Events  
Champs24/07/20  
13

2

Ryan Smith

65.2

Braintree

SAL

18/05/20  
13

800m

1

Stuart  
Buckingha  
m02:20  
.4

Watford

SAL

20/07/20  
13

2

Duncan  
Martin02:23  
.8Bury St  
Edmunds

SAL

09/08/20  
13

3

Ryan Smith

02:29  
.2

ET

Horspath

SAL

15/06/20  
13

4

Daniel  
Tarrant02:38  
.7

Guildford

SML

04/05/20  
13

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2013**

## 1500m

1	Duncan Martin	04:48.7		Bury St Edmunds	SAL	09/08/2013
2	Daniel Tarrant	04:56.4	ET	Cosford	Inter Service Combined Events Champs	25/07/2013
3	Stuart Buckingham	05:16.6		Braintree	SAL	18/05/2013

## 3000m

1	Duncan Martin	09:57.5		Watford	SAL	20/07/2013
2	Zac McDonough	11:11.9		Watford	SAL	20/07/2013

## 5000m

1	Duncan Martin	17:22.5	ET	Horspath	SAL	15/06/2013
2	Zac McDonough	18:46.8		Watford	SAL	27/04/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**110m  
hurdles

1	Daniel Tarrant	20.8		Guildford	SML	04/05/2013
2	Ryan Smith	26.1		Bury St Edmunds	SAL	09/08/2013

400m  
hurdles

1	Daniel Tarrant	68.1		Guildford	SML	04/05/2013
2	Ryan Smith	80.6		Bury St Edmunds	SAL	09/08/2013

2000m  
steeplechase

1	Duncan Martin	07:40.6		Bury St Edmunds	SAL	09/08/2013
---	---------------	---------	--	-----------------	-----	------------

3000m  
steeplechase

1	Zac McDonoug	13:17.5		Watford	SAL	20/07/2013
---	--------------	---------	--	---------	-----	------------



**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

h

## Long Jump

1	Daniel Tarrant	5.23		Yeovil	SML	18/05/2013
2	Stuart Buckingham	4.42		Watford	SAL	20/07/2013

## High Jump

1	Daniel Tarrant	1.75		Cosford	Iner Services Championships	03/07/2013
2	Ryan Smith	1.6		Braintree	SAL	18/05/2013

## Triple Jump

1	Daniel Tarrant	10.2		Bournemouth	SML	13/07/2013
2	Stuart Buckingham	8.92		Braintree	SAL	18/05/2013
3	Ryan Smith	8.54		Bury St Edmunds	SAL	09/08/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

4	Zac McDonough	6.65			Watford	SAL	27/04/2013
---	---------------	------	--	--	---------	-----	------------

## Pole Vault

1	Daniel Tarrant	3.4			Eton	SML	15/07/2013
---	----------------	-----	--	--	------	-----	------------

2	Ryan Smith	3.3			Watford	WH Open Graded	07/08/2013
---	------------	-----	--	--	---------	----------------	------------

## Shot

1	Ryan Smith	8.03		7.26kg	Watford	SAL	20/07/2013
---	------------	------	--	--------	---------	-----	------------

2	Daniel Tarrant	7.53		7.26kg	Cosford	Inter Service Combined Events Champs	24/07/2013
---	----------------	------	--	--------	---------	--------------------------------------	------------

## Discus

1	Ryan Smith	16.63		2kg	Watford	SAL	20/07/2013
---	------------	-------	--	-----	---------	-----	------------

## Hammer

1	Ryan Smith	22.37		7.26kg	Horspath	SAL	15/06/2013
---	------------	-------	--	--------	----------	-----	------------

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2013**

## Javelin

1	Daniel Tarrant	47.45	800g	Cosford	Iner Services Championships	03/07/2013
2	Luke Rattue	40.97	800g	Watford	SAL	20/07/2013
3	Ryan Smith	22.64	800g	Horspath	SAL	15/06/2013
4	Stuart Buckingham	22.42	800g	Braintree	SAL	18/05/2013

## Decathlon

1	Daniel Tarrant	4,081 pts		Cosford	Inter Service Combined Events Champs	25/07/2013
---	----------------	-----------	--	---------	--------------------------------------	------------

4x100m  
Relay

1	L Sills / H O'Brart / B Rochford / M Hall	49.3		Watford	SAL	27/04/2013
---	---	------	--	---------	-----	------------

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2013**4x400m  
Relay

1		04:08 .4			Watford	SAL	20/07/2013
---	--	-------------	--	--	---------	-----	------------

UNDER 20  
MEN

## Indoors

## 200m

1	George Yerbury	23.83		ET	Lee Valley	Herts County AAA Indoor Champs	16/03/2013
---	----------------	-------	--	----	------------	--------------------------------------	------------

## Outdoors

## 100m

1	George Yerbury	11.3			Mile End	YDL	30/05/2013
---	----------------	------	--	--	----------	-----	------------

## 200m

1	George Yerbury	22.7		G3	Braintree	SAL	18/05/2013
---	----------------	------	--	----	-----------	-----	------------

**WATFORD  
HARRIERS  
RANKING  
S 2013**

**UPDATED**

**20/12/2  
013**

400m

1	Ben Rochford	51.97			ET	Horspath	SAL	15/06/2013
---	--------------	-------	--	--	----	----------	-----	------------

800m

1	Ben Rochford	01:56.3	Club Record	G3	ET	Watford	WH Open Graded	07/08/2013
---	--------------	---------	-------------	----	----	---------	----------------	------------

1500m

1	Ben Rochford	04:03.5			ET	Watford	WH Open Graded	24/07/2013
---	--------------	---------	--	--	----	---------	----------------	------------

3000m

1	Ben Rochford	08:54.0			ET	Watford	WH Open Graded	01/05/2013
---	--------------	---------	--	--	----	---------	----------------	------------

5000m

1	Ben Rochford	15:43.1			ET	Watford	Herts County Championships	25/05/2013
---	--------------	---------	--	--	----	---------	----------------------------	------------

2000m  
steeplechase

1	Ben	06:24	Club	G3		Hendon	South of	10/08/20
---	-----	-------	------	----	--	--------	----------	----------

<b>WATFORD HARRIERS RANKINGS 2013</b>					<b>UPDATED</b>	<b>20/12/2013</b>
---------------------------------------	--	--	--	--	----------------	-------------------

	Rochford	.4	Record		England Inter County Champs	13
--	----------	----	--------	--	-----------------------------	----

Triple Jump						
-------------	--	--	--	--	--	--

1	Ben Rochford	11.16		Watford	SAL	27/04/2013
---	--------------	-------	--	---------	-----	------------

4x100m Relay						
--------------	--	--	--	--	--	--

1	L Sills / H O'Brart / B Rochford / M Hall	49.3		Watford	SAL	27/04/2013
---	---	------	--	---------	-----	------------

UNDER 17 MEN						
--------------	--	--	--	--	--	--

Indoors						
---------	--	--	--	--	--	--

800m						Power Indoor Ranking 2012/13 UK
------	--	--	--	--	--	---------------------------------

**WATFORD  
HARRIERS  
RANKING  
S 2013**

**UPDATED**

**20/12/2013**

1	Corey Keane	02:09.8			ET	Lee Valley	Herts County AAA Indoor Champs	16/03/2013	
60m hurdles									
1	Matthew Hall	8.59		G3	ET	Lee Valley	Herts County AAA Indoor Champs	16/03/2013	18
High Jump									
1	Matthew Lally	1.94	Club Record	G1		Birmingham	England Athletics National Indoor Champs	23/02/2013	6
Outdoors									
100m									
1	Matthew Hall	11.8		G4		St Albans	EYAL	07/07/2013	
2	Tayo Fajobi	12.1				Stevenage	EYAL	19/05/2013	

WATFORD HARRIERS RANKINGS 2013				UPDATED	20/12/2013
--------------------------------	--	--	--	---------	------------

3	Chris Lind	12.2		Cambridge	EYAL	04/08/2013
4	Sebastian Pearce	12.8		Watford	SAL	20/07/2013
5	Harvey O'Brart	13.4		Watford	SAL	27/04/2013

200m

1	Matthew Hall	24.03	G4	Peterborough	Eastern Combined Events Championships	29/09/2013
2	Tayo Fajobi	25.5		Stevenage	EYAL	19/05/2013
3	Chris Lind	25.7		Cambridge	EYAL	04/08/2013
4	Harvey O'Brart	25.9		Watford	SAL	27/04/2013
5	Sebastian Pearce	26.5		St Albans	EYAL	07/07/2013

300m (non graded)



**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

1	Matthew Hall	41.61		ET	Watford	WH Open Graded	12/06/2013
400m							
1	Corey Keane	57			Watford	SAL	27/04/2013
2	Aaron Spalter	57.84		ET	Watford	WH Open Graded	10/07/2013
3	Matthew Hall	59.95			Birmingham	English Schools Combined Events Champs	21/09/2013
800m							
1	Harvey O'Brart	02:03.6	G4	ET	Horspath	SAL	15/06/2013
2	Corey Keane	02:11.3		ET	Watford	WH Open Graded	07/08/2013
3	Aaron Spalter	02:22.4		ET	Watford	WH Open Graded	17/04/2013
1500m							
1	Harvey O'Brart	04:31.6		ET	Horspath	SAL	15/06/2013

WATFORD HARRIERS RANKINGS 2013					UPDATED	20/12/2013
--------------------------------	--	--	--	--	---------	------------

2	Corey Keane	04:37.2		ET	Watford	WH Open Graded	24/07/2013
---	-------------	---------	--	----	---------	----------------	------------

3	Lewis Sills	04:44.3			Watford	SAL	27/04/2013
---	-------------	---------	--	--	---------	-----	------------

4	Matthew Hall	05:32.9		ET	Peterborough	Eastern Combined Events Championships	29/09/2013
---	--------------	---------	--	----	--------------	---------------------------------------	------------

3000m							
-------	--	--	--	--	--	--	--

1	Corey Keane	10:22.1		ET	Watford	WH Open Graded	04/09/2013
---	-------------	---------	--	----	---------	----------------	------------

2	Daniel Bradley	11:05.7		ET	Watford	WH Open Graded	03/04/2013
---	----------------	---------	--	----	---------	----------------	------------

100m hurdles							
--------------	--	--	--	--	--	--	--

1	Matthew Hall	13.79	G2	ET	Bedford	England National Championships	01/09/2013
---	--------------	-------	----	----	---------	--------------------------------	------------

400m hurdles							
--------------	--	--	--	--	--	--	--

WATFORD HARRIERS RANKINGS 2013							UPDATED	20/12/2013
1	Matthew Hall	63.36			ET	Hendon	YDL	28/07/2013
	Matthew Hall	67.6			senior height	Watford	SAL	20/07/2013
High Jump								
1	Matthew Lally	1.98	club record	G1		Ashford	South of England Championships	17/08/2013
2	Matthew Hall	1.7		G4		Birmingham	English Schools Combined Events Champs	22/09/2013
Long Jump								
1	Matthew Hall	5.77		G4		Bury St Edmunds	SAL	09/08/2013
2	Sebastian Pearce	5.66		G4		St Albans	EYAL	07/07/2013
3	Aaron	5.02				Watford	WH Open	29/05/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013**

**UPDATED**

**20/12/2013**

	Spalter					Graded	13
4	Chris Lind	4.89			Braintree	SAL	18/05/2013
5	Tayo Fajobi	4.69			Stevenage	EYAL	19/05/2013
Triple Jump							
1	Matthew Hall	10.07			Bromley	YDL	02/06/2013
2	Harvey O'Brart	10.05			Horspath	SAL	15/06/2013
Pole Vault							
1	Matthew Hall	2			Bury St Edmunds	SAL	09/08/2013
Shot							
1	Mark Gurney	12.17	G3	5kg	Watford	EYAL	14/04/2013
	Mark Gurney	9.57		7.26kg	Bury St Edmunds	SAL	09/08/2013
2	Matthew Hall	8.74		5kg	Birmingham	English Schools Combined	22/09/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013**

**UPDATED**

**20/12/2013**

Events  
Champs

Discus

1	Matthew Hall	34.78	G3	1.5kg	Peterborough	Eastern Combined Events Championships	29/09/2013
2	Mark Gurney	30.99	G4	1.5kg	Watford	Herts County Championships	25/05/2013
	Mark Gurney	28.38		2kg	Bury St Edmunds	SAL	09/08/2013
	Matthew Hall	19.1		2kg	Watford	SAL	27/04/2013

Javelin

1	Mark Gurney	39.28		800g	Horspath	SAL	15/06/2013
	Mark Gurney	37.1		700g	Watford	EYAL	14/04/2013
2	Matthew Hall	35.09		700g	Crawley	SE England Regional	22/06/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2013**Schools CE  
ChampsMatthew  
Hall

32.22

800g

Watford

SAL

20/07/2013

## Octathlon

1

Matthew  
Hall3,729  
pts

Birmingham

English  
Schools  
Combined  
Events  
Champs

22/09/2013

## 4x100m

1

M Hall / C  
Lind /

50.1

Watford

EYAL

14/04/2013

S Pearce /  
M GurneyUNDER 15  
BOYS

## Outdoors

100m



**WATFORD  
HARRIERS  
RANKING  
S 2013**

**UPDATED**

**20/12/2  
013**

ps

3	Owen Dearman	26.8				Braintree	EYAL	21/07/2013
4	Johan Sanseau	29.4				Stevenage	EYAL	19/05/2013
5	Byron Johal	30				Stevenage	EYAL	19/05/2013
6	Dean Johal	38.7				St Albans	EYAL	07/07/2013

300m

1	Sam Hindley	38.79	club record	G3	ET	Bedford	England National Championships	31/08/2013
2	Owen Dearman	42.2				Stevenage	EYAL	19/05/2013
3	Cameron George	42.5				Braintree	EYAL	21/07/2013
4	Byron Johal	46.1				Stevenage	EYAL	19/05/2013
5	Johan Sanseau	46.9				Stevenage	EYAL	19/05/2013



WATFORD HARRIERS RANKINGS 2013						UPDATED	20/12/2013
--------------------------------	--	--	--	--	--	---------	------------

6	Byron Johal	49.2			Cambridge	EYAL	04/08/2013
7	Dean Johal	49.6			Cambridge	EYAL	04/08/2013

400m							
1	Sam Hindley	55.19	G2	ET	Watford	WH Open Graded	10/07/2013

800m							
1	Sam Hindley	02:12.2	G4	ET	Watford	Herts County Championships	25/05/2013
2	Thomas Rayner	02:15.9	G4	ET	Watford	Herts County Championships	25/05/2013
3	Johan Sanseau	02:20.4		ET	Watford	WH Open Graded	07/08/2013
4	Callum Keane	02:24.9		ET	Watford	WH Open Graded	18/09/2013
5	Matthew Robbins	02:26.7		ET	Watford	WH Open Graded	15/05/2013
6	Byron Johal	02:27.7		ET	Watford	WH Open Graded	18/09/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2013**

7	Dean Johal	02:29 .6		ET	Watford	WH Open Graded	18/09/2013
8	Ikem Nwankwo	03:10 .2			St Albans	EYAL	07/07/2013
1500m							
1	Thomas Rayner	04:29 .2	G2	ET	Watford	WH Open Graded	18/09/2013
2	Matthew Robbins	04:49 .3		ET	Watford	WH Open Graded	24/07/2013
3	Johan Sanseau	04:49 .7		ET	Watford	WH Open Graded	24/07/2013
3000m							
1	Thomas Rayner	10:15 .6			Hemel Hempstead	Herts County Championships	11/05/2013
80m hurdles							
1	Dean Johal	15.5			Stevenage	EYAL	19/05/2013
Long Jump							
1	Sam	5.21	G4		St Albans	EYAL	07/07/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

	Hindley						13
2	Cameron George	4.41		Stevenage	EYAL		19/05/2013
3	Aidan Jaskowiak	4.29		Braintree	EYAL		21/07/2013
4	Johan Sanseau	4		Watford	WH Mid Season Minors Open		16/06/2013
5	Dean Johal	3.88		St Albans	EYAL		07/07/2013
6	Ikem Nwankwo	3.75		Stevenage	EYAL		19/05/2013
Triple Jump							
1	Aidan Jaskowiak	9.79		Braintree	EYAL		21/07/2013
Pole Vault							
1	Owen Dearman	2.1		Cambridge	EYAL		04/08/2013
Shot							
1	Asa Freeman	10.45	G4	4kg	St Albans	EYAL	07/07/2013



**WATFORD  
HARRIERS  
RANKING  
S 2013**

**UPDATED**

**20/12/2013**

BOYS

Indoors

Indoor  
Ranking  
2013

60m

UK

1	Ralph Williams	9.1	Club Record		Lee Valley	Lee Valley Minithon	06/10/2013
2	Haydn Williams	9.2			Lee Valley	Lee Valley Minithon	06/10/2013

200m

1	Ralph Williams	30.9	Club Record		Lee Valley	Lee Valley Minithon	23/03/2013
2	Haydn Williams	31.41		ET	Lee Valley	Metaswitch Games	15/12/2013

600m (non graded)

1	Haydn Williams	01:54.6			Lee Valley	Lee Valley Minithon	06/10/2013
2	Thomas	02:03			Lee Valley	Lee Valley	06/10/2013

<b>WATFORD HARRIERS RANKINGS 2013</b>				<b>UPDATED</b>	<b>20/12/2013</b>		
	Hobbs (U11)	.6			Minithon	13	
3	Ralph Williams	02:03.9			Lee Valley	Lee Valley Minithon	06/10/2013
60m hurdles							
1	Haydn Williams	11.1	Club Record	ET	Lee Valley	Metaswitch Games	15/12/2013
2	Ralph Williams	11.11		ET	Lee Valley	Metaswitch Games	15/12/2013
Long Jump							
1	Ralph Williams	3.75	Club Record		Lee Valley	Metaswitch Games	15/12/2013
2	Haydn Williams	3.66			Lee Valley	Metaswitch Games	15/12/2013
Outdoors							
100m							
1	Oliver	14.4			Cambridge	EYAL	04/08/20

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

	Wontner					13
2	Nathan Saunders	14.5		Watford	WH Mid Season Minors Open	16/06/20 13
3	Thomas Minns	14.6		Watford	WH Mid Season Minors Open	16/06/20 13
4	Sam Hargrove	14.7		Watford	WH Mid Season Minors Open	16/06/20 13
4	Joshua Namiach- Oyebola	14.7		Stevenage	Herts Under 13 Challenge	19/06/20 13
6	Ralph Williams	15.11	ET	Watford	WH Open Graded	26/06/20 13
7	Toby Antony	15.2		Watford	EYAL	14/04/20 13
8	Haydn Williams	15.34	ET	Watford	WH Open Graded	18/09/20 13
9	Sam Beasley	15.5		Watford	EYAL	14/04/20 13
10	William	15.66	ET	Watford	WH Open	26/06/20

**WATFORD  
HARRIERS  
RANKING  
S 2013**

**UPDATED**

**20/12/2013**

	Jarvis				Graded	13
11	Kyle Ransom	15.8		Watford	WH Mid Season Minors Open	16/06/2013
12	Matthew Cannon	16.6		Watford	WH Mid Season Minors Open	16/06/2013
200m						
1	Joshua Namiech-Oyebola	30.5		Stevenage	EYAL	19/05/2013
2	Ralph Williams	30.78	ET	Watford	WH Open Graded	24/07/2013
3	Haydn Williams	31.01	ET	Watford	WH Open Graded	04/09/2013
4	Sam Hargrove	31.7		Stevenage	EYAL	19/05/2013
5	William Jarvis	32		Watford	EYAL	14/04/2013
6	Sam Beasley	33.8		Watford	EYAL	14/04/2013
7	Toby	34.2		Watford	EYAL	14/04/2013



**WATFORD  
HARRIERS  
RANKING  
S 2013**

**UPDATED**

**20/12/2  
013**

	Antony					13
8	Cameron Clarke	35.1		Stevenage	Herts Under 13 Challenge	19/06/20 13
800m						
1	Haydn Williams	02:39 .6	ET	Watford	WH Open Graded	04/09/20 13
2	Joshua Nemiech- Oyebola	02:39 .8	ET	Watford	WH Open Graded	04/09/20 13
3	Thomas Minns	02:43 .9		Braintree	EYAL	21/07/20 13
4	Sam Beasley	02:50 .3		Braintree	EYAL	21/07/20 13
5	Cameron Clarke	02:51 .0		Watford	WH Minors Open	08/09/20 13
6	Ralph Williams	02:58 .8		Watford	WH Minors Open	08/09/20 13
7	William Jarvis	02:57 .3		Cambridge	EYAL	04/08/20 13
8	Toby Antony	03:06 .6		Watford	WH Early Season Minors Open	07/04/20 13

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

## 1500m

1	Joshua Namiech-Oyebola	05:24.3			ET	Watford	WH Open Graded	18/09/2013
2	William Jarvis	05:37.3				St Albans	EYAL	07/07/2013
3	Cameron Clarke	05:54.7			ET	Watford	WH Open Graded	01/05/2013

## 75m hurdles

1	Oliver Wontner	12.59	Club Record	G1	ET	Kingston	Southern Inter County Championships	28/07/2013
2	Haydn Williams	14.3		G4		Cambridge	EYAL	04/08/2013
3	Ralph Williams	14.36		G4	ET	Stevenage	Herts County Open	06/05/2013
4	Cameron Clarke	17.3				St Albans	EYAL	07/07/2013

## High Jump

1	Ralph	1.25				Sandy	Biggleswade	28/09/20
---	-------	------	--	--	--	-------	-------------	----------

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

	Williams			AC Open	13
2	Haydn Williams	1.21	Hemel Hempstead	Herts County Combined Events Championships	11/05/2013
3	William Jarvis	1.15	Watford	WH Open Graded	17/04/2013
Long Jump					
1	Sam Hargrove	4.13	Cambridge	EYAL	04/08/2013
2	Haydn Williams	4.12	Watford	WH Minors Open	08/09/2013
3	Ralph Williams	3.96	Watford	WH Minors Open	08/09/2013
4	William Jarvis	3.7	Stevenage	EYAL	19/05/2013
5	Sam Beasley (U11)	3.41	Braintree	EYAL	21/07/2013
6	Cameron Clarke	3.36	Stevenage	EYAL	19/05/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

7	Thomas Minns	3.26		Watford	WH Mid Season Minors Open	16/06/2013
Shot						
1	Matthew Cannon	6.44	3.25kg	Watford	WH Mid Season Minors Open	16/06/2013
2	Kai Tunstall	6.38	3.25kg	Braintree	EYAL	21/07/2013
3	Zak Wilkinson	6.18	3.25kg	Watford	WH Minors Open	08/09/2013
4	William Jarvis	5.87	3.25kg	Cambridge	EYAL	04/08/2013
5	Sam Hargrove	5.85	3.25kg	Watford	WH Mid Season Minors Open	16/06/2013
6	Haydn Williams	5.26	3.25kg	Watford	WH Open Graded	04/09/2013
7	Ralph Williams	4.82	3.25kg	Hemel Hempstead	Herts County Combined Events Championships	11/05/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013**

**UPDATED**

**20/12/2  
013**

ps

8	Liam Chivers	3.89		3.25kg	St Albans	EYAL	07/07/2013
9	Toby Antony	3.78		3.25kg	Stevenage	EYAL	19/05/2013
10	Sam Beasley (U11)	3.48		3.25kg	Stevenage	Herts Under 13 Challenge	19/06/2013
Discus							
1	William Jarvis	22.84	G2	1kg	Watford	WH Open Graded	10/07/2013
2	Kai Tunstall	16.71		1kg	Braintree	EYAL	21/07/2013
3	Ralph Williams	13.61		1kg	Watford	WH Open Graded	01/05/2013
4	Haydn Williams	12.23		1kg	Watford	WH Open Graded	10/07/2013
5	Joshua Namiech-Oyebola	9.89		1kg	Stevenage	EYAL	19/05/2013
6	Sam Beasley	9.78		1kg	Stevenage	EYAL	19/05/2013

<b>WATFORD HARRIERS RANKINGS 2013</b>							<b>UPDATED</b>	<b>20/12/2013</b>
7	Toby Antony	9.64		1kg	St Albans	EYAL	07/07/2013	
Javelin								
1	William Jarvis	29.59	G2	400g	Sandy	Biggleswade AC Open	28/09/2013	
2	Haydn Williams	17.81		400g	Watford	WH Open Graded	26/06/2013	
3	Ralph Williams	14.52		400g	Watford	EYAL	14/04/2013	
4	Kai Tunstall	13.53		400g	Braintree	EYAL	21/07/2013	
5	Zac McGlyn	9.59		400g	Watford	EYAL	14/04/2013	
6	Matthew Cannon	8.8		400g	St Albans	EYAL	07/07/2013	
Pentathlon								
1	Haydn Williams	942 pts			Hemel Hempstead	Herts County Combined Events Championships	11/05/2013	
2	Ralph	784			Hemel	Herts County	11/05/2013	

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2013**

Williams

pts

Hempstead

Combined  
Events  
Championships

13

4x100m

1

R  
Williams /  
H Williams

60.3

Stevenage

Herts Under  
13 Challenge

19/06/2013

W Jarvis / J  
Namiach-  
Oyebola**MASTERS  
WOMEN**

Outdoors

100m

1

Christine  
Dearman

16.3

V45

Watford

SAL

20/07/2013

200m

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

1	Lisa Croft	31.9	V35		Bury St Edmunds	SAL	09/08/2013
2	Angela Halford	32.5	V35		Braintree	SAL	18/05/2013
3	Christine Dearman	34.9	V45		Watford	SAL	20/07/2013
400m							
1	Angela Halford	67.93	V35	ET	Watford	WH Open Graded	10/07/2013
2	Lisa Croft	88.2	V35		Bury St Edmunds	SAL	09/08/2013
800m							
1	Angela Halford	02:36.4	V35		Watford	SAL	20/07/2013
2	Helen Johal	02:48.8	V45		Watford	SAL	20/07/2013
3	Lisa Croft	02:59.0	V35		Braintree	SAL	18/05/2013
1500m							
1	Angela Halford	05:15.2	V35	ET	Watford	WH Open Graded	26/06/2013



<b>WATFORD HARRIERS RANKINGS 2013</b>						<b>UPDATED</b>	<b>20/12/2013</b>
2	Lisa Croft	05:33.1	V35		Watford	SAL	20/07/2013
3	Christine Dearman	07:32.9	V45		Braintree	SAL	18/05/2013
3000m							
1	Lisa Croft	11:52.2	V35	ET	Horspath	SAL	15/06/2013
2	Helen Johal	12:02.8	V45		Watford	SAL	27/04/2013
3	Angela Halford	12:26.0	V35		Braintree	SAL	18/05/2013
5000m							
1	Lisa Croft	20:23.7	V35	ET	Watford	Herts County Championships	25/05/2013
2	Angela Halford	20:55.4	V35	ET	Watford	Herts County Championships	25/05/2013
100m hurdles							
1	Angela Halford	24	V35		Braintree	SAL	18/05/2013

<b>WATFORD HARRIERS RANKINGS 2013</b>							<b>UPDATED</b>	<b>20/12/2013</b>
2	Lisa Croft	29.2		V35		Watford	SAL	20/07/2013
400m hurdles								
1	Angela Halford	76.1		V35		Watford	SAL	20/07/2013
2	Lisa Croft	93.1		V35		Bury St Edmunds	SAL	09/08/2013
1500m steeplechase								
1	Lisa Croft	05:52.5	Club Record	V35		Bury St Edmunds	SAL	09/08/2013
2	Angela Halford	06:53.4		V35	ET	Horspath	SAL	15/06/2013
2000m steeplechase								
1	Lisa Croft	08:10.6	Club Record	V35		Watford	SAL	20/07/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

2	Angela Halford	09:04 .2	V35	Watford	SAL	20/07/20 13
---	----------------	-------------	-----	---------	-----	----------------

## High Jump

1	Lisa Croft	1.2	V35	Bury St Edmunds	SAL	09/08/20 13
---	------------	-----	-----	--------------------	-----	----------------

2	Angela Halford	1	V35	Braintree	SAL	18/05/20 13
---	----------------	---	-----	-----------	-----	----------------

## Long Jump

1	Lisa Croft	3.28	V35	Horspath	SAL	15/06/20 13
---	------------	------	-----	----------	-----	----------------

2	Angela Halford	3.27	V35	Braintree	SAL	18/05/20 13
---	----------------	------	-----	-----------	-----	----------------

## Triple Jump

1	Angela Halford	8	V35	Watford	SAL	20/07/20 13
---	----------------	---	-----	---------	-----	----------------

2	Christine Dearman	6.52	V45	Braintree	SAL	18/05/20 13
---	-------------------	------	-----	-----------	-----	----------------

## Pole Vault

1	Lisa Croft	1.1	V35	Watford	SAL	27/04/20 13
---	------------	-----	-----	---------	-----	----------------

## Shot

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

1	Amanda Jarvis	6.54	V45	4kg	Horspath	SAL	15/06/2013
2	Lisa Croft	5.92	V35	4kg	Bury St Edmunds	SAL	09/08/2013
3	Angela Halford	5.1	V35	4kg	Watford	SAL	27/04/2013
4	Christine Dearman	5.01	V45	4kg	Horspath	SAL	15/06/2013
Discus							
1	Lisa Croft	15.6	V35	1kg	Bury St Edmunds	SAL	09/08/2013
2	Amanda Jarvis	15.03	V45	1kg	Horspath	SAL	15/06/2013
3	Christine Dearman	11.26	V45	1kg	Watford	SAL	27/04/2013
Hammer							
1	Christine Dearman	12.31	V45	4kg	Braintree	SAL	18/05/2013
Javelin							
1	Amanda Jarvis	12.12	V45	600g	Horspath	SAL	15/06/2013

<b>WATFORD HARRIERS RANKINGS 2013</b>						<b>UPDATED</b>	<b>20/12/2013</b>
---------------------------------------	--	--	--	--	--	----------------	-------------------

2	Lisa Croft	10.78	V35	600g	Braintree	SAL	18/05/2013
3	Christine Dearman	7.74	V45	600g	Braintree	SAL	18/05/2013

<b>SENIOR WOMEN</b>							
---------------------	--	--	--	--	--	--	--

<b>Outdoors</b>							
-----------------	--	--	--	--	--	--	--

<b>100m</b>							
-------------	--	--	--	--	--	--	--

1	Alison Putko	15.9			Braintree	SAL	18/05/2013
---	--------------	------	--	--	-----------	-----	------------

2	June Doran	18			Bury St Edmunds	SAL	09/08/2013
---	------------	----	--	--	-----------------	-----	------------

<b>200m</b>							
-------------	--	--	--	--	--	--	--

1	Alison Putko	35.01		ET	Horspath	SAL	15/06/2013
---	--------------	-------	--	----	----------	-----	------------

<b>400m</b>							
-------------	--	--	--	--	--	--	--

1	Alison Putko	74.7			Watford	SAL	27/04/2013
---	--------------	------	--	--	---------	-----	------------

<b>800m</b>							
-------------	--	--	--	--	--	--	--

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

1	Alison Putko	02:59 .9	ET	Horspath	SAL	15/06/20 13
1500m						
1	Lorna Martin	07:02 .6		Bury St Edmunds	SAL	09/08/20 13
3000m						
1	June Doran	14:18 .1		Bury St Edmunds	SAL	09/08/20 13
2	Lorna Martin	14:26 .7		Watford	SAL	20/07/20 13
100m hurdles						
1	Rachel Bentley	20.4		Watford	SAL	27/04/20 13
2	Alison Putko	23.3	ET	Horspath	SAL	15/06/20 13
400m hurdles						
1	Rachel Bentley	82.2		Watford	SAL	27/04/20 13
2	Alison	87.67	ET	Horspath	SAL	15/06/20

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

Putko

13

## High Jump

1	Alison Putko	1.2	Braintree	SAL	18/05/2013
---	--------------	-----	-----------	-----	------------

## Long Jump

1	Rachel Bentley	3.86	Watford	SAL	27/04/2013
---	----------------	------	---------	-----	------------

2	Alison Putko	3.62	Braintree	SAL	18/05/2013
---	--------------	------	-----------	-----	------------

3	June Doran	2.88	Bury St Edmunds	SAL	09/08/2013
---	------------	------	-----------------	-----	------------

4	Katherine Doran	2	Bury St Edmunds	SAL	09/08/2013
---	-----------------	---	-----------------	-----	------------

## Triple Jump

1	Alison Putko	8.23	Braintree	SAL	18/05/2013
---	--------------	------	-----------	-----	------------

2	June Doran	6.49	Bury St Edmunds	SAL	09/08/2013
---	------------	------	-----------------	-----	------------

3	Katherine Doran	5.31	Bury St Edmunds	SAL	09/08/2013
---	-----------------	------	-----------------	-----	------------

## Shot

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

1	Katherine Doran	7.06		4kg	Bury St Edmunds	SAL	09/08/2013
Discus							
1	Katherine Doran	25.65		1kg	Watford	WH Open Graded	10/07/2013
Javelin							
1	Rachel Bentley	22.07		600g	Watford	WH Open Graded	17/04/2013
2	Katherine Doran	20.79		600g	Bury St Edmunds	SAL	09/08/2013
4x100m Relay							
1	Chris Dearman / L Hall	61			Watford	SAL	27/04/2013
	Chloe Dearman / P Smith						
4x400m Relay							
1	L Croft / Chloe	05:05.5		ET	Horspath	SAL	15/06/2013



**WATFORD  
HARRIERS  
RANKING  
S 2013**

**UPDATED**

**20/12/2013**

Dearman

A Putko / A  
Halford

**UNDER 17  
WOMEN**

Indoors

300m

Suzanne  
Bentley

43.91

2nd  
claim

G4

ET

Lee Valley

London  
Indoor Games

02/02/2013

66

1500m

1

Chloe  
Dearman

05:33  
.3

ET

Lee Valley

Herts County  
AAA Indoor  
Champs

16/03/2013

60m  
hurdles

Suzanne

9.38

2nd

G4

ET

Lee Valley

London

02/02/2013

43

Power

Indoor  
Ranking  
2012/13

UK

**WATFORD  
HARRIERS  
RANKING  
S 2013**

**UPDATED**

**20/12/2013**

Bentley

claim

Indoor Games

13

Shot

1

Fiona  
McQuire

8.16

Club  
Record

G4

4kg

Lee Valley

London  
Indoor Games

02/02/2013

59

Outdoors

100m

Fiona  
McQuire

13.71  
w

2nd  
claim

ET

Lee Valley

LV Sprints  
Evening Open

31/07/2013

Fiona  
McQuire

13.97

ET

Watford

WH Open  
Graded

07/08/2013

1

Ella  
Gordon

14.2

St Albans

EYAL

07/07/2013

2

Paige  
Smith

14.3

Watford

EYAL

14/04/2013

3

Louise Hall

15.2

Braintree

EYAL

21/07/2013

4

Chloe  
Dearman

15.6

Watford

SAL

27/04/2013

200m

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

	Fiona McQuire	28.5	2nd claim	Stevenage	Herts County Schools Multi Events Champs	02/05/2013
1	Paige Smith	29.8		Watford	EYAL	14/04/2013
2	Chloe Dearman	29.9		Braintree	EYAL	21/07/2013
3	Ella Gordon	30.1		St Albans	EYAL	07/07/2013
4	Louise Hall	33.2		Watford	SAL	20/07/2013
300m						
1	Paige Smith	47.5		St Albans	EYAL	07/07/2013
2	Chloe Dearman	50.4		Watford	EYAL	14/04/2013
3	Louise Hall	55.9		Watford	EYAL	14/04/2013
400m						
1	Chloe Dearman	67.6		Watford	SAL	20/07/2013

WATFORD HARRIERS RANKINGS 2013							UPDATED	20/12/2013
2	Paige Smith	68.5				Watford	SAL	27/04/2013
3	Louise Hall	74.27			ET	Watford	WH Open Graded	21/08/2013
800m								
1	Chloe Dearman	02:32.8			ET	Watford	WH Open Graded	12/06/2013
	Fiona McQuire	02:40.1	2nd claim			Stevenage	Herts County Schools Multi Events Champs	02/05/2013
2	Charlotte Fuller	03:03.5				Watford	EYAL	14/04/2013
1500m								
1	Chloe Dearman	05:11.5			ET	Watford	WH Open Graded	24/07/2013
3000m								
1	Chloe Dearman	11:22.1		G4	ET	Watford	WH Open Graded	04/09/2013
80m hurdles								

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

	Fiona McQuire	12.56	2nd claim	G3	ET	Hendon	SEAA Combined Events Championships	20/07/2013
1	Louise Hall	16.2				Cambridge	EYAL	04/08/2013
High Jump								
	Fiona McQuire	1.5	2nd claim	G4		Hemel Hempstead	Herts County Combined Events Championships	11/05/2013
Long Jump								
	Fiona McQuire	4.82	2nd claim	G4	ET	Watford	WH Open Graded	07/08/2013
1	Paige Smith	3.44				Watford	EYAL	14/04/2013
2	Louise Hall	2.9				Stevenage	EYAL	19/05/2013
3	Charlotte Fuller	2.7				Watford	EYAL	14/04/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

## Triple Jump

	Fiona McQuire	10.51	2nd claim	G4		Cambridge	Eastern Championships	29/06/2013
1	Laine Sanchez	7.23				Braintree	EYAL	21/07/2013

## Shot

	Fiona McQuire	9.11	2nd claim	G3	4kg	Woking	Woking Young Athletes Championships	01/09/2013
1	Louise Hall	5.16			4kg	St Albans	EYAL	07/07/2013
2	Heather Kirby	5.14			4kg	Stevenage	EYAL	19/05/2013
3	Laine Sanchez	4.83			4 kg	Braintree	EYAL	21/07/2013
4	Ella Gordon	4.16			4kg	St Albans	EYAL	07/07/2013

## Discus

	Fiona McQuire	32.54	2nd claim	G2	1kg	Sandy	Bemax Trophy	07/09/2013
--	---------------	-------	-----------	----	-----	-------	--------------	------------

<b>WATFORD HARRIERS RANKINGS 2013</b>							<b>UPDATED</b>	<b>20/12/2013</b>
1	Heather Kirby	15.81			1kg	Stevenage	EYAL	19/05/2013
2	Chloe Dearman	12.56			1kg	St Albans	EYAL	07/07/2013
Hammer								
1	Chloe Dearman	15.55			4kg	Braintree	SAL	18/05/2013
2	Louise Hall	9.42			4kg	Watford	EYAL	14/04/2013
Javelin								
	Fiona McQuire	26.63	2nd claim	G4		Birmingham	English Schools Combined Events Champs	22/09/2013
1	Louise Hall	9.55			600g	Stevenage	EYAL	19/05/2013
2	Charlotte Fuller	9.19			600g	Watford	EYAL	14/04/2013
3	Heather Kirby	8.01			600g	Stevenage	EYAL	19/05/2013
Pentathlon								

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2013**(non  
graded)Fiona  
McQuire2,471  
pts2nd  
claimHemel  
HempsteadHerts County  
Combined  
Events  
Championships

11/05/2013

Heptathlon

Fiona  
McQuire3,701  
pts2nd  
claim

G3

Hendon

SEAA  
Combined  
Events  
Championships

21/07/2013

4x100m

1

Paige  
Smith / Ella  
Gordon

59.1

St Albans

EYAL

07/07/2013

Chloe  
Dearman /  
Louise HallUNDER 15  
GIRLS

Power



**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

Indoors

Indoor  
Ranking  
2012/1  
3

60m

UK

1	Remi Jessop	8.42	G3	ET	Lee Valley	Metaswitch Games	15/12/2013	238
2	Alicia Paternott	9.13		ET	Lee Valley	Herts County AAA Indoor Champs	16/03/2013	

200m

1	Remi Jessop	28.02		ET	Lee Valley	Metaswitch Games	15/12/2013	
---	-------------	-------	--	----	------------	------------------	------------	--

60m  
hurdles

1	Alicia Paternott	10.32		ET	Lee Valley	Herts County AAA Indoor Champs	16/03/2013	124
---	------------------	-------	--	----	------------	--------------------------------	------------	-----

Outdoors

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

## 100m

1	Remi Jessop	13.2	G3		Cambridge	EYAL	04/08/2013
2	Ifeoma Fajobi	13.5	G4		St Albans	EYAL	07/07/2013
3	Imani-Nia Francis-Tsolakis	14.7			Cambridge	EYAL	04/08/2013
4	Alicia Paternott	14.9			Watford	ESAA Track & Field Cup (Regional B Final)	10/06/2013
5	Molly Jarvis	15.11		ET	Watford	WH Open Graded	26/06/2013

## 200m

1	Remi Jessop	27.27	G3	ET	Watford	Herts County Championships	25/05/2013
2	Ifeoma Fajobi	27.6	G4		St Albans	EYAL	07/07/2013
3	Imani-Nia Francis-	30.9			Cambridge	EYAL	04/08/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2013**

Tsolakis

300m

1	Emi Economu	48.8	Braintree	EYAL	21/07/2013
2	Gemima Hague-Blundy	54.7	Braintree	EYAL	21/07/2013

800m

1	Emi Economu	02:38.2	Stevenage	EYAL	19/05/2013
2	Molly Jarvis	02:47.0	Hemel Hempstead	ESAA Track & Field Cup (County Round)	10/05/2012
3	Gemima Hague-Blundy	02:54.9	Braintree	EYAL	21/07/2013
4	Megan Elsworthy	03:01.5	Watford	ESAA Track & Field Cup (County Round)	17/05/2013
5	Gemma	03:06	Stevenage	EYAL	19/05/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

Stanger

.3

13

## 1500m

1

Emi  
Economu05:47  
.1

Watford

ESAA Track &  
Field Cup  
(County  
Round)17/05/20  
1275m  
hurdles

1

Ifeoma  
Fajobi

12.7

G3

St Albans

EYAL

07/07/20  
13

2

Alicia  
Paternott

13.06

G4

ET

Watford

Herts County  
Championshi  
ps25/05/20  
13

3

Nikki  
Greaves

14.5

Braintree

EYAL

21/07/20  
13

4

Molly Jarvis

17.3

Watford

EYAL

14/04/20  
13

5

Lauren  
Croucher

17.6

Watford

ESAA Track &  
Field Cup  
(County  
Round)17/05/20  
13

## High Jump

<b>WATFORD HARRIERS RANKINGS 2013</b>				<b>UPDATED</b>	<b>20/12/2013</b>	
1	Nikki Greaves	1.36		Braintree	EYAL	21/07/2013
2	Emi Economu	1.35		Watford	EYAL	14/04/2013
2	Molly Jarvis	1.35		Cambridge	EYAL	04/08/2013
<b>Long Jump</b>						
1	Remi Jessop	4.35	G4	Watford	EYAL	14/04/2013
2	Emi Economu	3.76		St Albans	EYAL	07/07/2013
3	Megan Elsworthy	3.69		Watford	ESAA Track & Field Cup (County Round)	17/05/2013
4	Nikki Greaves	3.49		Braintree	EYAL	21/07/2013
5	Imani-Nia Francis-Tsolakis	3.15		Cambridge	EYAL	04/08/2013
6	Gemma Stanger	2.87		Watford	EYAL	14/04/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

## Shot

1	Molly Jarvis	6.28	3.25k g	Stevenage	EYAL	19/05/20 13
2	Gemma Stanger	5.43	3.25k g	Cambridge	EYAL	04/08/20 13
3	Emi Economu	4.41	3.25k g	Watford	EYAL	14/04/20 13

## Discus

1	Gemma Stanger	18.36	1kg	Watford	WH Open Graded	10/07/20 13
2	Molly Jarvis	17.35	1kg	Watford	Herts County Championshi ps	25/05/20 13
3	Lauren Croucher	12.61	1kg	Watford	ESAA Track & Field Cup (County Round)	17/05/20 13

## Hammer

1	Molly Jarvis	20.12	3kg	Cambridge	EYAL	04/08/20 13
---	--------------	-------	-----	-----------	------	----------------

## Javelin

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2013**

1	Alicia Paternott	23.68	G4	600g	Hemel Hempstead	ESAA Track & Field Cup (County Round)	10/05/2012
2	Molly Jarvis	20.08		600g	Watford	WH Open Graded	26/06/2013
3	Gemma Stanger	12.66		600g	Cambridge	EYAL	04/08/2013
4x100m							
1	R Jessop / I Fajobi	55.5			St Albans	EYAL	07/07/2013
	I-N Francis Tsolakis / M Jarvis						
UNDER 13 GIRLS							
Indoors							
60m							
1	Marli Jessop	9.07	G4	ET	Lee Valley	Metaswitch Games	15/12/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

## 200m

1	Marli Jessop	31.6		Lee Valley	Lee Valley Minithon	06/10/2013
2	Abbie Poole	33.8		Lee Valley	Lee Valley Minithon	06/10/2013
3	Gracie Ingles	35.8		Lee Valley	Lee Valley Minithon	06/10/2013

## 600m (non graded)

1	Gracie Ingles	02:06.8		Lee Valley	Lee Valley Minithon	06/10/2013
---	---------------	---------	--	------------	---------------------	------------

## 60m hurdles

1	Abbie Poole	12.6		Lee Valley	Lee Valley Minithon	06/10/2013
---	-------------	------	--	------------	---------------------	------------

## High Jump

1	Gracie Ingles	1.1		Lee Valley	Lee Valley Minithon	06/10/2013
---	---------------	-----	--	------------	---------------------	------------

## Long Jump

1	Marli Jessop	3.62	Club Recor	Lee Valley	Lee Valley Minithon	06/10/2013
---	--------------	------	------------	------------	---------------------	------------



**WATFORD  
HARRIERS  
RANKING  
S 2013**

**UPDATED**

**20/12/2  
013**

d

2	Abbie Poole	3.09			Lee Valley	Lee Valley Minithon	06/10/2013
---	-------------	------	--	--	------------	---------------------	------------

Outdoors

100m

1	Breanna Quist	14.36	G4	ET	Cambridge	Eastern Championships	29/06/2013
---	---------------	-------	----	----	-----------	-----------------------	------------

2	Marli Jessop (U11)	14.6			Cambridge	EYAL	04/08/2013
---	--------------------	------	--	--	-----------	------	------------

3	Jessica Emery	14.8			St Albans	EYAL	07/07/2013
---	---------------	------	--	--	-----------	------	------------

4	Sophie Paraskeva	15.7			Watford	WH Mid Season Minors Open	16/06/2013
---	------------------	------	--	--	---------	---------------------------	------------

5	Maddie Lythgoe	15.81		ET	Watford	WH Open Graded	01/05/2013
---	----------------	-------	--	----	---------	----------------	------------

6	Jessica Percival	16.3			Watford	WH Mid Season Minors Open	16/06/2013
---	------------------	------	--	--	---------	---------------------------	------------

WATFORD HARRIERS RANKINGS 2013					UPDATED	20/12/2013	
7	Hannah Partington	16.48		ET	Watford	WH Open Graded	29/05/2013
8	Niamh Dunne	16.7			Watford	EYAL	14/04/2013
9	Annabel Beasley	16.8			Watford	WH Mid Season Minors Open	16/06/2013
10	Caitlin Johal	17.1			Braintree	EYAL	21/07/2013
11	Lucy Hoffman	17.2			Watford	ESAA Track & Field Cup (County Round)	17/05/2012
12	Jazmin Tunstall	17.5			Watford	WH Early Season Minors Open	07/04/2013
13	Kalli Pfeiffer	17.9			Watford	WH Early Season Minors Open	07/04/2013
200m							
	Breanna Quist	29.58w	G3	ET	Cambridge	Eastern Championshi	29/06/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013**

**UPDATED**

**20/12/2013**

						ps	
1	Breanna Quist	30.01	(G4)	ET	Cambridge	Eastern Championships	29/06/2013
2	Marli Jessop (U11)	31.6			Cambridge	EYAL	04/08/2013
3	Hannah Partington	33.8			Cambridge	EYAL	04/08/2013
4	Courtney Diffey	34.4			Braintree	EYAL	21/07/2013
5	Annabel Beasley	34.9			Stevenage	Herts Under 13 Challenge	19/06/2013
6	Jessica Percival	35.26		ET	Watford	WH Open Graded	12/06/2013
7	Caitlin Johal	36.8			St Albans	EYAL	07/07/2013
800m							
1	Hannah Trotman	02:41.9		ET	Watford	WH Open Graded	04/09/2013
2	Jessica Emery	02:51.5			Stevenage	EYAL	19/05/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

3	Caitlin Johal	02:56 .0			Watford	WH Minors Open	08/09/20 13
4	Courtney Diffey	03:03 .3			Braintree	EYAL	21/07/20 13
5	Grace Ingles	03:03 .6			Watford	WH Minors Open	08/09/20 13
6	Hannah Partington	03:07 .0			Cambridge	EYAL	04/08/20 13
7	Lucy Hoffman	03:09 .2			Stevenage	EYAL	19/05/20 13
8	Sophie Ashby	03:09 .3			Watford	WH Mid Season Minors Open	16/06/20 13
9	Kalli Pfeiffer	03:30 .6			Watford	WH Early Season Minors Open	07/04/20 13
10	Amelie Royle	03:42 .1			Watford	WH Mid Season Minors Open	16/06/20 13
1500m							
1	Hannah Trotman	05:20 .7	G3	ET	Watford	WH Open Graded	26/06/20 13

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

2	Caitlin Johal	05:50 .6	ET	Watford	WH Open Graded	24/07/20 13
3	Courtney Diffey	06:33 .0		St Albans	EYAL	07/07/20 13
4	Yasmin Bassett	06:55 .4		Watford	EYAL	14/04/20 13
70m hurdles						
1	Jessica Percival	16.1		Watford	WH Mid Season Minors Open	16/06/20 13
2	Maddie Lythgoe	16.2		Braintree	EYAL	21/07/20 13
High Jump						
1	Courtney Diffey	1.2		Braintree	EYAL	21/07/20 13
1	Hannah Trotman	1.2		Braintree	EYAL	21/07/20 13
Long Jump						
1	Breanna Quist	4.16	G4	Cambridge	Eastern Championshi ps	29/06/20 13

**WATFORD  
HARRIERS  
RANKING  
S 2013****UPDATED****20/12/2  
013**

2	Marli Jessop (U11)	4.07	G4	Stevenage	Herts Under 13 Challenge	19/06/2013
3	Hannah Trotman	3.58		Braintree	EYAL	21/07/2013
4	Courtney Diffey	3.41		St Albans	EYAL	07/07/2013
5	Amelie Royle	3.03		Watford	WH Mid Season Minors Open	16/06/2013
6	Caitlin Johal	3		Watford	WH Minors Open	08/09/2013
7	Jessica Percival	2.96		Watford	WH Mid Season Minors Open	16/06/2013
8	Hannah Partington	2.9		Cambridge	EYAL	04/08/2013
9	Sophie Ashby	2.79		Watford	WH Mid Season Minors Open	16/06/2013
10	Annabel Beasley	2.75		Watford	WH Mid Season	16/06/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013**

**UPDATED**

**20/12/2013**

Minors Open

11	Kalli Pfeiffer	2.62			Watford	WH Early Season Minors Open	07/04/2013
12	Jazmin Tunstall	2.61			Watford	WH Early Season Minors Open	07/04/2013
13	Yasmin Bassett	2.02			Watford	EYAL	14/04/2013
Shot							
1	Jessica Emery	8.84	G1	2.72kg	Sandy	Biggleswade AC Open	28/09/2013
2	Maddie Lythgoe	6.76	G4	2.72kg	Stevenage	Herts Under 13 Challenge	19/06/2013
3	Sophie Paraskeva	6.46		2.72kg	Watford	WH Mid Season Minors Open	16/06/2013
4	Taia Tunstall	5.29		2.72kg	Braintree	EYAL	21/07/2013
5	Annabel Beasley	4.79		2.72kg	Cambridge	EYAL	04/08/2013
6	Lucy	4.5		2.72kg	Stevenage	EYAL	19/05/2013

**WATFORD  
HARRIERS  
RANKING  
S 2013**

**UPDATED**

**20/12/2  
013**

Hoffman

g

13

Discus

1	Jessica Emery	26.83		G1	0.75kg	Hemel Hempstead	Herts County Schools Championships	08/06/2013
2	Taia Tunstall	18.11		G4	0.75kg	St Albans	EYAL	07/07/2013
3	Annabel Beasley	13.56			0.75kg	Cambridge	EYAL	04/08/2013
4	Maddie Lythgoe	12.35			0.75kg	Watford	EYAL	14/04/2013

Javelin

1	Jessica Emery	26.46	Club Record	G1	400g	Kingston	Southern Inter County Championships	28/07/2013
2	Lucy Hoffman	18.19		G4	400g	Stevenage	EYAL	19/05/2013
3	Maddie Lythgoe	13.69			400g	Stevenage	EYAL	19/05/2013
4	Taia	8.93			400G	St Albans	EYAL	07/07/2013



**WATFORD  
HARRIERS  
RANKING  
S 2013**

**UPDATED**

**20/12/2013**

	Tunstall						13
5	Hannah Trotman	6.3	400g	Watford	EYAL		14/04/2013
6	Annabel Beasley	5.53	400g	Stevenage	Herts Under 13 Challenge		19/06/2013
4x100m							
1		62.5		Stevenage	Herts Under 13 Challenge		19/06/2013