

Rankings 2014

WATFORD HARRIERS RANKINGS 2014

**UPDATED
02/10/2014**

MASTERSRS MEN

Indoors

800m

1	Graham Mayoh	02:39.0	V45		Lee Valley	Herts County Indoor Championships	15/03/2014
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Shot

1	Derek Derenalagi	8.81	V35	5 kg	Lee Valley	Herts County Indoor Championships	15/03/2014
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Outdoors

100m

1	Adrian Harwood	15.1	V45		Watford	WH Club Championships	01/06/2014
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**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

2	Ciaran Weldon	16	V4 0		Watford	SAL	12/07/20 14
3	Graham Mayoh	17.3	V4 5		Watford	WH Club Championshi ps	01/06/20 14
4	Maurice Lisley	18.2	V5 0		Watford	SAL	12/07/20 14
200m							
1	Adrian Harwood	32.3	V4 5		Watford	WH Club Championshi ps	01/06/20 14
2	Ciaran Weldon	32.9	V4 0		Watford	WH Club Championshi ps	01/06/20 14
3	Maurice Lisley	35.8	V5 0		Watford	SAL	12/07/20 14
400m							
1	Adrian Harwood	66.3	V4 5	ET	Watford	WH Open Graded	21/05/20 14
2	Ciaran Weldon	77.2	V4 0		Watford	WH Club Championshi	01/06/20 14

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

ps

800m

1	Graham Mayoh	02:27 .2	V4 5		Cambridge	SAL	21/06/2014
2	Adrian Harwood	02:31 .5	V4 5		Watford	WH Club Championships	01/06/2014
3	Ciaran Weldon	02:38 .3	V4 0	ET	Watford	WH Open Graded	16/07/2014

1500m

1	Nick Harris	04:58 .4	V3 5		Watford	SAL	19/04/2014
2	Matt Adcock	04:58 .5	V4 5		Watford	SAL	12/07/2014
3	Graham Mayoh	05:09 .3	V4 5		Watford	SAL	12/07/2014
4	Ryan Smith	05:15 .2	V4 0		Cambridge	SAL	21/06/2014
5	Ciaran Weldon	05:19 .3	V4 0		Grays	SAL	02/08/2014

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

6	Adrian Harwood	05:23 .3	V4 5	Watford	SAL	17/05/20 14
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Mile (non
graded)

1	Stewart Dearman	06:00 .9	V5 0	Watford	WH Club Championshi ps	01/06/20 14
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3000m

1	Matt Adcock	09:55 .5	V4 5	Watford	SAL	17/05/20 14
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2	Ciaran Weldon	12:03 .5	V4 0	Watford	SAL	12/07/20 14
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5000m

1	Adrian Harwood	19:12 .4	V4 5	Watford	SAL	19/04/20 14
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2	Stewart Dearman	19:43 .3	V5 0	Cambrid ge	SAL	21/06/20 14
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3	Maurice Keane	20:12 .2	V4 0	Cambrid ge	SAL	21/06/20 14
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110m
hurdles

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

1	Ryan Smith	22.8	V4 0	Cambridge	SAL	21/06/2014
400m hurdles						
1	Ryan Smith	69.2	V4 0	Grays	SAL	02/08/2014
2	Stewart Dearman	75.2	V5 0	Watford	SAL	12/07/2014
3	Nick Harris	75.6	V3 5	Watford	SAL	19/04/2014
4	Adrian Harwood	82.4	V4 5	Cambridge	SAL	21/06/2014
2000m steeplechase						
1	Nick Harris	07:22 .9	V3 5	Watford	SAL	19/04/2014
2	Ryan Smith	07:24 .2	V4 0	Grays	SAL	02/08/2014
3	Graham Mayoh	08:29 .2	V4 5	Cambridge	SAL	21/06/2014

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

4	Adrian Harwood	08:55 .6	V4 5	Grays	SAL	02/08/20 14
3000m steeplechase						
1	Nick Harris	11:28 .2	V3 5	Watford	SAL	17/05/20 14
2	Matt Adcock	11:32 .6	V4 5	Watford	SAL	17/05/20 14
3	Ryan Smith	12:05 .6	V4 0	Watford	SAL	12/07/20 14
4	Maurice Keane	13:24 .9	V4 0	Watford	SAL	12/07/20 14
5	Graham Mayoh	13:53 .1	V4 5	Watford	SAL	17/05/20 14
High Jump						
1	Ryan Smith	1.65	V4 0	Cambridge	SAL	21/06/20 14
2	Nick Harris	1.4	V3 5	Watford	SAL	17/05/20 14
3	Adrian	1.35	V4	Watford	WH Club	01/06/20

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

	Harwood		5			Championshi ps	14
4	Richard Parles	1.15	V6 5		Watford	WH Club Championshi ps	01/06/20 14
Long Jump							
1	Ryan Smith	4.51	V4 0		Watford	SAL	12/07/20 14
Triple Jump							
1	Ryan Smith	9.11	V4 0		Watford	SAL	12/07/20 14
Pole Vault							
1	Ryan Smith	2.8	V4 0		Watford	SAL	12/07/20 14
2	Richard Parles	1.1	V6 5		Watford	SAL	19/04/20 14
Shot							
1	Ryan Smith	8.29	V4 0	7.26 kg	Cambrid ge	SAL	21/06/20 14
2	Richard	6.45	V6	7.26	Watford	SAL	19/04/20

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

	Parles		5	kg			14
	Richard Parles	7.32	V6 5	5kg	Watford	WH Club Championshi ps	01/06/20 14
3	Adrian Harwood	6.22	V4 5	7.26 kg	Watford	SAL	19/04/20 14
4	Derek Derenalagi	10.15	F57	4kg	Watford	WH Open Graded	23/04/20 14
Discus							
1	Ryan Smith	20.34	V4 0	2kg	Watford	SAL	12/07/20 14
2	Richard Parles	17.66	V6 5	2kg	Watford	SAL	19/04/20 14
3	Adrian Harwood	16.98	V4 5	2kg	Cambrid ge	SAL	21/06/20 14
Hammer							
1	Ryan Smith	20.56	V4 0	7.26 kg	Cambrid ge	SAL	21/06/20 14
2	Stewart Dearman	16.47	V5 0	7.26 kg	Watford	WH Club Championshi ps	01/06/20 14

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

3	Richard Parles	13.62	V6 5	7.26 kg	Grays	SAL	02/08/20 14
4	Adrian Harwood	9.09	V4 5	7.26 kg	Cambridge	SAL	21/06/20 14
Javelin							
1	Ryan Smith	33.38	V4 0	800g	Cambridge	SAL	21/06/20 14
2	Stewart Dearman	19.6	V5 0	800g	Cambridge	SAL	21/06/20 14
3	Adrian Harwood	18.5	V4 5	800g	Watford	WH Club Championshi ps	01/06/20 14
4	Richard Parles	15.98	V6 5	800g	Watford	SAL	19/04/20 14
5	Graham Mayoh	10.11	V4 5	800g	Watford	WH Club Championshi ps	01/06/20 14
6	Maurice Keane	5.93	V4 0	800g	Watford	SAL	12/07/20 14

SENIOR MEN

Outdoors

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

100m

1	Max Lowery	10.9	ECR	G2	Cambridge	SAL	21/06/2014
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200m

1	Max Lowery	22.2	Club Record	G3	Cambridge	SAL	21/06/2014
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400m

1	Max Lowery	52.2			Grays	SAL	02/08/2014
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1500m

1	Duncan Martin	04:40.0			Watford	SAL	17/05/2014
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2	David Beaney	04:52.7		ET	Watford	WH Open Graded	30/07/2014
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3000m

1	Duncan Martin	09:46.4			Watford	SAL	17/05/2014
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110m
hurdles

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

	Matthew Hall (U20)	15.69	2nd claim	ET	Watford	Herts County Championships	24/05/2014
Long Jump							
1	Max Lowery	6.07			Grays	SAL	02/08/2014
Triple Jump							
1	Luke Rattue	9.65			Watford	SAL	17/05/2014
Shot							
1	Luke Rattue	9.46		7.26 kg	Watford	SAL	17/05/2014
2	Adam McQuire	8.52		7.26 kg	Watford	WH Open Graded	09/04/2014
Javelin							
1	Luke Rattue	40.36		800g	Watford	SAL	17/05/2014
4x100m Relay							
1		47			Watford	SAL	17/05/2014

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

14

4x400m
Relay

1		03:47 .6		Cambridge	SAL	21/06/2014
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UNDER 20
MEN

Indoors

800m

1	Corey Keane	02:08 .3		ET	Lee Valley	Herts County Indoor Championships	15/03/2014
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60m hurdles

	Matthew Hall	8.67	2nd claim	ET	Lee Valley	Herts County Indoor Championships	15/03/2014
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**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

High Jump

	Matthew Hall	1.61	2nd claim		Uxbridge	Brunel Jumps & Shot Festival	11/01/2014
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Pole Vault

	Matthew Hall	2.5	2nd claim		Uxbridge	Brunel Jumps & Shot Festival	11/01/2014
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Outdoors

100m

1	George Yerbury	11.5			Watford	SAL	19/04/2014
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	Matthew Hall	12.1	2nd claim	ET	Lee Valley	ESAA Regional Schools Combined Events Champs	28/06/2014
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2	Chris Lind	12.5			Watford	SAL	17/05/2014
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**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

200m

1	George Yerbury	22.89		ET	Watford	Herts AAA County Championships	24/05/2014
2	Corey Keane	25.6			Watford	SAL	12/07/2014

400m

1	Corey Keane	55.2			Cambridge	SAL	21/06/2014
	Matthew Hall	57.71	2nd claim	ET	Lee Valley	ESAA Regional Schools Combined Events Champs	28/06/2014

800m

1	Corey Keane	02:04.4		ET	Watford	WH Open Graded	23/04/2014
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1500m

1	Corey	04:41			Grays	SAL	02/08/20
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**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

	Keane	.1						14
	Matthew Hall	05:51 .1	2nd claim		ET	Lee Valley	ESAA Regional Schools Combined Events Champs	28/06/20 14
3000m								
1	Jonathan Horne	11:18 .4			ET	Watford	WH Open Graded	02/07/20 14
110m hurdles								
	Matthew Hall	15.22	2nd claim	G3	ET	Lee Valley	Lee Valley Sprints	28/05/20 14
High Jump								
	Matthew Hall	1.59	2nd claim			Lee Valley	ESAA Regional Schools Combined Events Champs	28/06/20 14

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

Long Jump

	Matthew Hall	5.71	2nd claim		Lee Valley	ESAA Regional Schools Combined Events Champs	28/06/2014
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1	Chris Lind	5.17			Watford	SAL	17/05/2014
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Triple Jump

1	Chris Lind	9.85			Watford	SAL	17/05/2014
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Pole Vault

	Matthew Hall	2.9	2nd claim		Watford	WH Open Graded	21/05/2014
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Shot

	Matthew Hall	7.61	2nd claim	6kg	Lee Valley	ESAA Regional Schools Combined Events	28/06/2014
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**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

Champs

Discus

Matthew Hall	27.48	2nd claim	1.75 kg	Hendon	London Athletics Throws Open	29/03/2014
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Javelin

Matthew Hall	30.01	2nd claim	800g	Lee Valley	ESAA Regional Schools Combined Events Champs	28/06/2014
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Decathlon

Matthew Hall	4,571 pts	2nd claim	6kg	Lee Valley	ESAA Regional Schools Combined Events Champs	28/06/2014
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**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MENUNDER 17
MEN

Indoors

60m

1	Tayo Fajobi	7.33		ET	Lee Valley	London Indoor Games	02/02/2014
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200m

1	Tayo Fajobi	24.54	Club Record	ET	Lee Valley	London Indoor Games	02/02/2014
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Outdoors

100m

1	Max Ashworth	11.99		ET	Watford	WH Open Graded	24/09/2014
2	Jordan Emanuel	12.2			Watford	EYAL	03/08/2014
3	Owen Dearman	12.4			Watford	EYAL	03/08/2014
4	Archie	12.6			St	EYAL	13/04/20

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

	Flynn			Albans		14
200m						
1	Max Ashworth	24.18	ET	Watford	WH Open Graded	24/09/2014
2	Jordan Emanuel	25.2		Watford	EYAL	03/08/2014
3	Owen Dearman	25.5		Luton	EYAL	11/05/2014
4	?	29.2		St Albans	EYAL	13/04/2014
300m (non graded)						
1	Jordan Emanuel	43.7		Watford	WH Club Championships	01/06/2014
400m						
1	Owen Dearman	55.2		Cambridge	SAL	21/06/2014
2	Thomas Rayner	57.5		Watford	SAL	17/05/2014

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
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MASTERSRS
MEN

3	Dean Johal	60.57		ET	Watford	WH Open Graded	16/07/2014
800m							
1	Thomas Rayner	02:05.9	G4	ET	Watford	Herts AAA County Championships	24/05/2014
2	Callum Keane	02:21.1		ET	Watford	WH Open Graded	16/07/2014
3	Owen Dearman	02:21.2		ET	Watford	WH Open Graded	24/09/2014
4	Dean Johal	02:21.3			Grays	SAL	02/08/2014
5	Matt Robins	02:27.1			Luton	EYAL	11/05/2014
6	James Costello	02:37.9			St Albans	EYAL	13/04/2014
1500m							
1	Thomas Rayner	04:29.1		ET	Watford	WH Open Graded	09/04/2014
2	Matt Robins	04:57			St	EYAL	13/04/20

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

		.3			Albans		14
3	Callum Keane	05:06 .2	ET		Watford	WH Open Graded	13/08/2014
100m hurdles							
1	Alex Hollingsworth	22.9			Luton	EYAL	11/05/2014
400m hurdles							
1	Dean Johal	74.7			Watford	WH Club Championships	01/06/2014
High Jump							
1	Owen Dearman	1.55			Grays	SAL	02/08/2014
Long Jump							
1	Dean Johal	4.97			Watford	SAL	17/05/2014
2	Matt Robins	3.83			Watford	EYAL	03/08/2014

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

3	Owen Dearman	3.82		Cambridge	SAL	21/06/2014
4	Callum Keane	3.76		Cambridge	SAL	21/06/2014
5	James Costello	3.43		St Albans	EYAL	13/04/2014

Triple Jump

1	Jordan Emmanuel	11.9	G4	Grays	SAL	02/08/2014
2	Callum Keane	8.63		Grays	SAL	02/08/2014

Pole Vault

1	Owen Dearman	2.6		Grays	SAL	02/08/2014
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Shot

1	Matt Robins	5.95		5kg	Hemel Hempstead	EYAL	15/06/2014
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Hammer

1	Owen	15.57		5kg	Watford	WH Club	01/06/20
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**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

Dearman

Championshi
ps

14

4x100m
Relay

1

O
Dearman /
C Keane /

54.1

Stevena
ge

EYAL

13/07/20
14

M Robins /
D Johal

UNDER 15
BOYS

Outdoors

100m

1

Cameron
George

12.2

G4

Stevena
ge

EYAL

13/07/20
14

2

John
Ainsworth

12.9

Watford

WH Club
Championshi
ps

01/06/20
14

3

Robbie
Troude

13.3

Watford

WH Club
Championshi

01/06/20
14

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

					ps	
4	Callum Woodage	13.5		Watford	WH Club Championships	01/06/2014
5	Robson Gross	13.6		Stevenage	EYAL	13/07/2014
6	Daniel Bonn	13.67	ET	Watford	WH Open Graded	23/04/2014
7	Joe Ainsworth	13.9		Hemel Hempstead	EYAL	15/06/2014
8	Joshua Namiech-Oyebola	14.9		Watford	Watford Harriers Early Season Minors Open	06/04/2014
200m						
1	Cameron George	25.7		Stevenage	EYAL	13/07/2014
2	Johann Sanseau	27.6		St Albans	EYAL	13/04/2014
3	Robbie	27.9		Hemel	EYAL	15/06/2014

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

	Troude		Hempstead		14
4	Byron Johal	28.4	St Albans	EYAL	13/04/2014
5	Robson Gross	28.7	Stevenage	EYAL	13/07/2014
6	Joe Ainsworth	29	Hemel Hempstead	EYAL	15/06/2014
6	Joshua Namiech-Oyebola	29	Sandy	Biggleswade Open	27/09/2014
8	Callum Woodage	30.2	Hemel Hempstead	EYAL	15/06/2014
9	Sebastian Sanseau	31.6	Hemel Hempstead	EYAL	15/06/2014
10	Cameron Clark	33.7	Watford	WH Club Championships	01/06/2014

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

300m

1	Cameron George	40.9		Watford	WH Club Championships	01/06/2014
2	Johann Sanseau	42.4		Hemel Hempstead	EYAL	15/06/2014
3	Byron Johal	43.1		Watford	WH Club Championships	01/06/2014
4	Joe Ainsworth	44.6		Watford	WH Club Championships	01/06/2014
5	Joshua Namiech-Oyebola	47		St Albans	EYAL	13/04/2014

400m

1	Joshua Namiech-Oyebola	63.1		Sandy	Biggleswade Open	27/09/2014
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800m

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

1	Johann Sanseau	02:10 .7	G3		Watford	EYAL	03/08/20 14
2	Byron Johal	02:13 .2	G4	ET	Watford	WH Open Graded	24/09/20 14
3	Oliver Wontner	02:30 .0			Stevena ge	Herts County Schools Combined Events Champs	01/05/20 14
4	Joshua Nemiech- Oyebola	02:30 .5		ET	Watford	WH Open Graded	18/06/20 14
5	Callum Woodage	02:30 .9			Watford	WH Club Championshi ps	01/06/20 14
6	Cameron Clark	02:45 .5			Hemel Hempste ad	EYAL	15/06/20 14
7	Ibrahim Malik	02:45 .7			Hemel Hempste ad	EYAL	15/06/20 14
400m							

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

1	Johann Sanseau	56.69	G3	ET	Watford	WH Open Graded	13/08/2014
1500m							
1	Johann Sanseau	04:44.5	G4	ET	Watford	WH Open Graded	30/07/2014
2	Ben Piscatelli	05:05.5			St Albans	EYAL	13/04/2014
3	Joshua Namiech-Oyebola	05:16.3		ET	Stevenage	Herts County Championships	05/05/2014
4	Cameron Clark	05:30.0			Watford	WH Club Championships	01/06/2014
80m hurdles							
1	Oliver Wontner	13.8			Stevenage	Herts County Schools Combined Events Champs	01/05/2014
2	Callum Woodage	18			Stevenage	Herts County Schools	01/05/2014

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MENCombined
Events
Champs

High Jump

1	Oliver Wontner	1.44		Stevena ge	Herts County Schools Combined Events Champs	01/05/20 14
2	Callum Woodage	1.4		Hemel Hempste ad	EYAL	15/06/20 14

Long Jump

1	Johann Sanseau	4.38		Watford	WH Club Championshi ps	01/06/20 14
2	Byron Johal	4.21		Watford	WH Club Championshi ps	01/06/20 14
3	Oliver Wontner	4.18		Stevena ge	Herts County Schools Combined	01/05/20 14

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

					Events	
					Champs	
4	Robson Gross	3.92		Stevena ge	EYAL	13/07/20 14
5	Sam Denham	3.71		Watford	WH Club Championshi ps	01/06/20 14
6	Callum Woodage	3.63		Stevena ge	Herts County Schools Combined Events Champs	01/05/20 14
Pole Vault						
1	Callum Woodage	2.6	G4	Stevena ge	EYAL	13/07/20 14
Shot						
1	Oliver Wontner	8.32	4kg	Stevena ge	Herts County Schools Combined Events Champs	01/05/20 14

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

2	Callum Woodage	7.04	4kg	Stevenage	Herts County Schools Combined Events Champs	01/05/2014
3	Edward Towey	5.65	4kg	Watford	EYAL	03/08/2014
4	Sam Denham	4.37	4kg	Watford	WH Club Championships	01/06/2014
5	Joshua Namiech-Oyebola	3.9	4kg	Hemel Hempstead	EYAL	15/06/2014
Discus						
1	Sam Denham	18.59	1.25 kg	Luton	EYAL	11/05/2014
2	Edward Towey	16.44	1.25 kg	St Albans	EYAL	13/04/2014
3	Cameron George	12.95	1.25 kg	Watford	ESAA Track & Field Cup County Round	09/05/2014

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

4	Joshua Namiech-Oyebola	12.85	1.25 kg	Watford	Herts AAA County Championships	24/05/2014
5	Sam Denham	12.75	1.25 kg	Stevenage	EYAL	13/07/2014
Javelin						
1	Sam Denham	27.38	600g	Stevenage	EYAL	13/07/2014
2	Edward Towey	22.06	600g	Watford	WH Club Championships	01/06/2014
Pentathlon						
1	Oliver Wontner	1,287 pts		Stevenage	Herts County Schools Combined Events Champs	01/05/2014
2	Callum Woodage	1,023 pts		Stevenage	Herts County Schools Combined Events	01/05/2014

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

Champs

4x100m
Relay

1	54.5	Luton	EYAL	11/05/2014
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UNDER 13
BOYS

Indoors

60m

1	Matthew Igbineweka (U11)	9	Club Record	Lee Valley	Lee Valley Minithon	22/03/2014
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2	Ralph Williams	9.21	ET	Lee Valley	LV New Year Competition	01/01/2014
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3	Haydn Williams	9.33	ET	Lee Valley	LV New Year Competition	01/01/2014
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200m

1	Matthew Igbineweka	31.1		Lee Valley	Lee Valley Minithon	22/03/2014
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**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

(U11)

2	Haydn Williams	31.34		ET	Lee Valley	LV Open	11/01/2014
3	Ralph Williams	31.96		ET	Lee Valley	LV New Year Competition	01/01/2014

800m

1	Haydn Williams	02:45.5	Club Record	ET	Lee Valley	LV New Year Competition	01/01/2014
2	Ralph Williams	02:59.6		ET	Lee Valley	LV New Year Competition	01/01/2014

60m hurdles

1	Haydn Williams	10.61	Club Record	ET	Lee Valley	LV Open	01/02/2014
2	Ralph Williams	11			Eton	WSEH Winter Series	05/01/2014
3	Matthew Igbineweka (U11)	11.7			Lee Valley	Lee Valley Minithon	22/03/2014

Long Jump

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

1	Haydn Williams	3.94	Club Record	Lee Valley	LV Open	11/11/2014
2	Ralph Williams	3.7		Eton	WSEH Winter Series	05/01/2014

Outdoors

75m

1	Matthew Igbineweka (U11)	11.6	G4	Watford	Watford Harriers Early Season Minors Open	06/04/2014
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80m (non graded)

1	Matthew Igbineweka (U11)	11.6		Watford	Watford Harriers Early Season Minors Open	06/04/2014
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100m

1	Thomas Minns	14.1		Watford	WH Mid Season	01/06/2014
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**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

					Minors	
2	Matthew Igbineweka (U11)	14.5		Watford	WH Open Graded	07/05/2014
2	Sam Hargrove	14.5		Hemel Hempstead	Herts Under 13 Challenge	11/06/2014
4	Toby Anthony	15.3		Hemel Hempstead	EYAL	15/06/2014
5	TJ Scharschmidt	15.5		Watford	WH Mid Season Minors	
6	Thomas Hobbs	16.5		Watford	Watford Harriers Early Season Minors Open	06/04/2014
7	Ryan Hopping	17.2		Luton	EYAL	11/05/2014
8	James Rafferty	17.2		Watford	WH Mid Season Minors	01/06/2014

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

9	Adam Ilecki	17.4		Watford	WH Mid Season Minors	01/06/2014
10	Guy Collins	19.6		Watford	Watford Harriers Early Season Minors Open	06/04/2014
200m						
1	Thomas Minns	29.4		Hemel Hempstead	Herts County Schools Champs	07/06/2014
2	Sam Hargrove	29.64	ET	Eton	London Prep Schools Championships	09/06/2014
3	Euan Murray	30		Hemel Hempstead	Herts Under 13 Challenge	11/06/2014
4	Robert Swan	32.4		Hemel Hempstead	Herts Under 13 Challenge	11/06/2014
5	Lewis	34.6		Watford	EYAL	03/08/20

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

	Clarke					14
6	Ryan Hopping	35.8		Luton	EYAL	11/05/2014
600m (non graded)						
1	Thomas Hobbs (U11)	01:57.4		Watford	WH Mid Season Minors	01/06/2014
800m						
1	Thomas Minns	02:21.3	G1	Kingston	Southern of England Inter Counties	27/07/2014
2	Rob Swan	02:47.0		Hemel Hempstead	EYAL	15/06/2014
3	William Jarvis	02:47.6		Watford	WH Club Championships	01/06/2014
4	Ciaran Kilbane (U11)	02:52.5		ET Eton	London Prep Schools Championships	09/06/2014

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

					ps	
5	Lewis Clark	02:53 .1		Luton	EYAL	11/05/20 14
6	TJ Scharschmi dt	02:54 .0		Watford	WH Club Championshi ps	01/06/20 14
7	Sam Beasley	02:59 .2		Hemel Hempste ad	EYAL	15/06/20 14
8	Thomas Hobbs (U11)	03:02 .5		Watford	Watford Harriers Early Season Minors Open	06/04/20 14
1500m						
1	Oliver Griffiths	05:17 .9		Watford	EYAL	03/08/20 14
2	William Jarvis	05:36 .3	ET	Watford	Herts AAA County Championshi ps	24/05/20 14
3	Toby	05:45		Stevena	EYAL	13/07/20

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

	Anthony	.4		ge		14
75m hurdles						
1	Harry Ford	15.3	G4	Hemel Hempstead	Herts Under 13 Challenge	11/06/2014
2	Toby Anthony	16.3		Hemel Hempstead	EYAL	15/06/2014
3	TJ Scharschmidt	16.4		Watford	WH Mid Season Minors	01/06/2014
4	Adam Ilecki	16.6		Watford	WH Mid Season Minors	01/06/2014
5	James Rafferty	17.7		Watford	WH Mid Season Minors	01/06/2014
5	William Jarvis	17.7		Hemel Hempstead	Herts County Pentathlon Championships	06/07/2014

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

High Jump

1	William Jarvis	1.23			Hemel Hempstead	Herts County Pentathlon Championships	06/07/2014
2	Toby Anthony	1.15			Stevenage	EYAL	13/07/2014

Long Jump

1	Sam Hargrove	4.46	ECR	G3	Stevenage	EYAL	13/07/2014
2	Thomas Minns	3.94			Hemel Hempstead	Herts Under 13 Challenge	11/06/2014
3	William Jarvis	3.69			Luton	EYAL	11/05/2014
4	Ciaran Kilbane (U11)	3.44			Eton	London Prep Schools Championships	09/06/2014
5	Adam Ilecki	3.19			Watford	WH Mid Season	01/06/2014

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

					Minors		
6	Thomas Hobbs	3.13			Watford	WH Club Championships	01/06/2014
7	Jake Minns (U11)	3.02			Watford	WH Club Championships	01/06/2014
8	Zaki Brister (U11)	2.98			Watford	WH Club Championships	01/06/2014
9	Guy Collins	2.8			Watford	Watford Harriers Early Season Minors Open	06/04/2014
Shot							
1	Kai Tunstall	8.06	G4	3.25 kg	Watford	EYAL	03/08/2014
2	William Jarvis	7.6	G4	3.25 kg	Watford	EYAL	03/08/2014
Discus							
1	William	27.01	G1	1kg	Stevena	EYAL	13/07/20

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

	Jarvis				ge			14
2	Kai Tunstall	19.25		G4	1kg	Watford	EYAL	03/08/2014
Javelin								
1	William Jarvis	36.02	Club Record	G1	400g	Watford	EYAL	03/08/2014
2	Matthew Woods	27.99		G3	400g	Watford	EYAL	03/08/2014
3	Kai Tunstall	21.95		G4	400g	Stevenage	EYAL	13/07/2014
4	Robert Swan	21.17			400g	Hemel Hempstead	Herts Under 13 Challenge	11/06/2014
5	Ciaran Kilbane (U11)	19.25			400g	Watford	EYAL	03/08/2014
Pentathlon								
1	William Jarvis	858 pts				Hemel Hempstead	Herts County Pentathlon Championships	06/07/2014

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

ps

4x100m
Relay

1		60.5		Hemel Hempste ad	EYAL	15/06/20 14
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MASTERS
WOMEN

Outdoors

100m

1	Christine Dearman	15.7	V4 5	Cambrid ge	SAL	21/06/20 14
1	Alison Putko	15.7	V3 5	Grays	SAL	02/08/20 14

200m

1	Christine Dearman	34.4	V4 5	Watford	WH Club Championshi ps	01/06/20 14
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**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

2	Alison Putko	37.7	V3 5		Watford	SAL	17/05/2014
400m							
1	Angela Trussler	68.66	V3 5	ET	Watford	WH Open Graded	16/07/2014
2	Lisa Croft	77.5	V3 5	ET	Watford	Herts AAA County Championships	24/05/2014
3	Alison Putko	78.3	V3 5		Watford	SAL	12/07/2014
4	Christine Dearman	80.4	V4 5		Watford	SAL	12/07/2014
800m							
1	Lisa Croft	02:44.0	V3 5		Watford	SAL	12/07/2014
2	Angela Trussler	03:10.0	V3 5		Watford	SAL	12/07/2014
3	Christine Dearman	03:32.1	V4 5		Grays	SAL	02/08/2014
1500m							

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

1	Angela Trussler	05:24 .0	V3 5	Watford	SAL	17/05/20 14
2	Lisa Croft	06:04 .7	V3 5	Watford	SAL	17/05/20 14
3	Helen Johal	06:25 .3	V4 5	Watford	SAL	12/07/20 14
4	Christine Dearman	08:08 .9	V4 5	Cambridge	SAL	21/06/20 14
3000m						
1	Angela Trussler	11:11 .3	V3 5	Hemel Hempstead	Southern Counties Veterans League	14/07/20 14
2	Lisa Croft	12:47 .5	V3 5	Grays	SAL	02/08/20 14
3	Helen Johal	13:16 .7	V4 5	Watford	SAL	19/04/20 14
100m hurdles						
1	Lisa Croft	34.2	V3 5	Grays	SAL	02/08/20 14

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN400m
hurdles

1	Angela Trussler	79	V3 5	Watford	SAL	17/05/20 14
2	Alison Putko	01:43 .3	V3 5	Grays	SAL	02/08/20 14

1500m
steeplechas
e

1	Lisa Croft	06:17 .7	V3 5	Cambrid ge	SAL	21/06/20 14
2	Angela Trussler	06:51 .3	V3 5	Watford	SAL	19/04/20 14
3	Alison Putko	07:47 .5	V3 5	Grays	SAL	02/08/20 14

2000m
steeplechas
e

1	Lisa Croft	08:41 .2	V3 5	ET	Watford	Herts AAA County Championshi	24/05/20 14
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**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

							ps	
2	Angela Trussler	09:47.0		V35		Watford	SAL	17/05/2014
3	Alison Putko	10:49.9		V35		Watford	SAL	12/07/2014
3000m steeplechase								
1	Lisa Croft	13:21.8	Club Record	V35	ET	Mile End	SEAA Inter Counties	13/07/2014
High Jump								
1	Alison Putko	1.2		V35		Watford	SAL	12/07/2014
Long Jump								
1	Alison Putko	3.53		V35		Watford	SAL	12/07/2014
2	Christine Dearman	3.37		V45		Grays	SAL	02/08/2014
Triple Jump								

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

1	Alison Putko	7.82	V3 5		Watford	SAL	12/07/2014
2	Christine Dearman	7.27	V4 5		Watford	SAL	17/05/2014
Pole Vault							
1	Lisa Croft	1.6	V3 5		Watford	SAL	12/07/2014
Shot							
1	Amanda Jarvis	5.99	V4 5	4kg	Cambridge	SAL	21/06/2014
2	Lisa Croft	5.96	V3 5	4kg	Watford	Herts AAA County Championships	24/05/2014
3	Christine Dearman	5.22	V4 5	4kg	Watford	WH Club Championships	01/06/2014
Discus							
1	Amanda Jarvis	14.89	V4 5	1kg	Cambridge	SAL	21/06/2014
2	Christine	12.75	V4	1kg	Watford	WH Club	01/06/20

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

Dearman

5

Championshi
ps

14

Hammer

1

Amanda
Jarvis

16.36

V4
5

4kg

Grays

SAL

02/08/20
14

2

Christine
Dearman

12.7

V4
5

4kg

Watford

WH Club
Championshi
ps01/06/20
14

Javelin

1

Amanda
Jarvis

11.09

V4
5

600g

Cambrid
ge

SAL

21/06/20
14

2

Christine
Dearman

10.33

V4
5

600g

Watford

WH Club
Championshi
ps01/06/20
14SENIOR
WOMEN

Outdoors

100m

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

1	June Doran	18		Watford	SAL	17/05/2014
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200m

1	Rachel Bentley	31.6		Cambridge	SAL	21/06/2014
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2	June Doran	38.5		Watford	SAL	17/05/2014
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400m

1	Rachel Bentley	68.61	ET	Willesden	West London Athletics Network Open	13/08/2014
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100m
hurdles

1	Rachel Bentley	19		Watford	SAL	17/05/2014
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400m
hurdles

1	Rachel Bentley	75.4		Grays	SAL	02/08/2014
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Triple Jump

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

1	Rachel Bentley	8.67		Watford	SAL	12/07/2014
Shot						
1	Katherine Doran	8.05	4kg	Watford	SAL	17/05/2014
Discus						
1	Katherine Doran	27.58	1kg	Grays	SAL	02/08/2014
Hammer						
1	Katherine Doran	16.43	4kg	Watford	SAL	19/04/2014
Javelin						
1	Katherine Doran	23.73	600g	Grays	SAL	02/08/2014
2	Rachel Bentley	21.35	600g	Watford	SAL	17/05/2014
4x100m Relay						
1	Chl Dearman /R	58.5		Watford	SAL	12/07/2014

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

Ladyman /

Chr
Dearman /
R Bentley

4x400m
Relay

1	R Bentley / Chr Dearman	04:56 .7		Watford	SAL	12/07/20 14
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Chl
Dearman /
A Trussler

UNDER 20
WOMEN

Indoors

1500m

1	Chloe Dearman	05:15 .2	ET	Lee Valley	Herts County Indoor Championshi ps	16/03/20 14
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**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

Outdoors

200m

1	Chloe Dearman	29.8			Watford	SAL	12/07/2014
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400m

1	Chloe Dearman	68.4			Watford	WH Club Championships	01/06/2014
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800m

1	Chloe Dearman	02:29.0		ET	Watford	WH Open Graded	18/06/2014
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1500m

1	Chloe Dearman	05:09.5		ET	Watford	WH Open Graded	09/04/2014
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Mile (non graded)

1	Chloe Dearman	06:00.8			Watford	WH Club Championships	01/06/2014
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3000m

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

1	Chloe Dearman	11:29 .6		ET	Watford	WH Open Graded	10/09/2014
5000m							
1	Chloe Dearman	20:40 .9	Club Record	ET	Watford	Herts AAA County Championships	24/05/2014
High Jump							
1	Chloe Dearman	1.1			Watford	SAL	12/07/2014
Long Jump							
1	Chloe Dearman	3.65			Watford	SAL	17/05/2014
Discus							
1	Chloe Dearman	14.38		1kg	Watford	WH Club Championships	01/06/2014
Hammer							
1	Chloe Dearman	17.07		4kg	Watford	SAL	12/07/2014

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MENUNDER 17
WOMEN

Indoors

60m

1	Ifeoma Fajobi	8.49		ET	Lee Valley	London Indoor Games	02/02/2014
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2	Alicia Paternott	8.97		ET	Lee Valley	Herts County Indoor Championships	16/03/2014
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800m

	Fiona McQuire	02:57.8	2nd claim		ET	Lee Valley	SEAA Indoor Combined Events Champs	12/01/2014
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60m hurdles

	Fiona McQuire	9.54	2nd claim	G4	ET	Lee Valley	London Indoor	01/02/2014
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**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

					Games		
1	Alicia Paternott	10.17		ET	Sheffield	England National Championships	02/03/2014
High Jump							
	Fiona McQuire	1.45	2nd claim		Lee Valley	SEAA Indoor Combined Events Champs	12/01/2014
Long Jump							
	Fiona McQuire	4.72	2nd claim		Lee Valley	SEAA Indoor Combined Events Champs	12/01/2014
Triple Jump							
	Fiona McQuire	10.14	2nd claim	G3	Lee Valley	Herts County Indoor Championships	15/03/2014
Shot							

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

	Fiona McQuire	9.35	2nd claim	G3	4kg	Lee Valley	Herts County Indoor Championships	16/03/2014
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Pentathlon

	Fiona McQuire	2,620 pts	2nd claim			Lee Valley	SEAA Indoor Combined Events Champs	12/01/2014
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Outdoors

100m

1	Rebecca Ladyman	13.7				Watford	SAL	12/07/2014
2	Louise Hall	14.77			ET	Watford	WH Open Graded	09/04/2014
3	Imani Nia Francis-Tsolakis	15.1				St Albans	EYAL	13/04/2014

200m

1	Rebecca	27.7				Watford	SAL	12/07/2014
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**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

	Ladyman							14
2	Imani Nia Francis-Tsolakis	29.4				Watford	EYAL	03/08/2014
3	Louise Hall	32.3				Cambridge	SAL	21/06/2014
80m hurdles								
1	Louise Hall	15.5				Watford	WH Club Championships	01/06/2014
Long Jump								
1	Imani Nia Francis-Tsolakis	3.84				St Albans	EYAL	13/04/2014
2	Louise Hall	2.97				St Albans	EYAL	13/04/2014
Shot								
	Fiona McQuire	10.71	2nd claim	G1	3kg	Hendon	London Athletics Throws Open	29/03/2014
1	Louise Hall	6.11			3kg	Hemel	EYAL	15/06/20

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

						Hempstead		14
2	Gemma Stanger	5.45			3kg	Stevenage	EYAL	13/07/2014
Discus								
	Fiona McQuire	34.04	2nd claim	G2	1kg	Hendon	London Athletics Throws Open	29/03/2014
1	Gemma Stanger	18.5			1kg	Cambridge	SAL	21/06/2014
Javelin								
1	Gemma Stanger	14.16			500g	Stevenage	EYAL	13/07/2014
2	Louise Hall	12.87			500g	Hemel Hempstead	EYAL	15/06/2014

UNDER 15
GIRLS

Indoors

60m

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

1	Remi Jessop	8.3	Club Record	G2	ET	Lee Valley	South of England Indoor Champs	19/01/2014
200m								
1	Remi Jessop	27.59	Club Record	G4	ET	Lee Valley	Eastern Indoor Championships	09/02/2014
800m								
1	Molly Jarvis	02:51.1			ET	Lee Valley	Lee Valley Open Pentathlon	30/03/2014
60m hurdles								
1	Lauren Croucher	11.66			ET	Lee Valley	South of England Indoor Champs	18/01/2014
2	Molly Jarvis	12.18			ET	Lee Valley	Lee Valley Open Pentathlon	30/03/2014

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

High Jump

1	Molly Jarvis	1.35				Lee Valley	Lee Valley Open Pentathlon	30/03/2014
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Long Jump

1	Molly Jarvis	3.1				Lee Valley	Lee Valley Open Pentathlon	30/03/2014
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Shot

1	Jessica Emery	8.62	Club Record	G3	3.25 kg	Lee Valley	Eastern Indoor Championships	08/02/2014
2	Molly Jarvis	6.51			3.25 kg	Lee Valley	Lee Valley Open Pentathlon	30/03/2014

Pentathlon

1	Molly Jarvis	1,700 pts				Lee Valley	Lee Valley Open Pentathlon	30/03/2014
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**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

Outdoors

100m

1	Remi Jessop	12.8	G1	Watford	EYAL	03/08/2014
2	Kandi Paxton	13.3	G4	Watford	EYAL	03/08/2014
3	Leonie Farrow	15.3		St Albans	EYAL	13/04/2014
4	Olivia Rear	15.4		Luton	EYAL	11/05/2014
5	Lucy Hilton	15.75	ET	Watford	WH Open Graded	09/04/2014
6	Iris Rabikumar	16.6		St Albans	EYAL	13/04/2014
200m						
1	Remi Jessop	27.2	G3	Watford	EYAL	03/08/2014
2	Kandi Paxton	27.7	G4	Watford	EYAL	03/08/2014
3	Iris	30.7		St	EYAL	13/04/20

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

	Rabikumar			Albans		14
4	Olivia Rear	32.6		Luton	EYAL	11/05/2014
300m						
1	Leonie Farrow	48.1		Stevenage	EYAL	15/06/2014
2	Molly Jarvis	49.6		Watford	ESAA Track & Field Cup County Round	09/05/2014
3	Nicole Poole	52.1		St Albans	EYAL	13/04/2014
800m						
1	Leonie Farrow	02:46.8		Stevenage	EYAL	15/06/2014
2	Molly Jarvis	02:50.6		Stevenage	Herts County Schools Combined Events Champs	01/05/2014
3	Nicole	02:54		Hemel	EYAL	15/06/2014

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

	Poole	.3		Hempstead		14
4	Jemima Hague-Blundy	02:57 .6	ET	Watford	WH Open Graded	09/04/2014
5	Lucy Hilton	02:58 .1		Hemel Hempstead	EYAL	15/06/2014
6	Jessica Emery	03:00 .3		Stevenage	Herts County Schools Combined Events Champs	01/05/2014
7	Megan Elworthy	03:15 .6		Stevenage	Herts County Schools Combined Events Champs	01/05/2014
1500m						
1	Leonie Farrow	06:20 .0		St Albans	EYAL	13/04/2014

75m hurdles

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

1	Jessica Biggerstaff	13.7	Watford	EYAL	03/08/20 14
2	Megan Elworthy	14.3	Stevena ge	Herts County Schools Combined Events Champs	01/05/20 14
2	Naomi Whitehead	14.3	Hemel Hempste ad	EYAL	15/06/20 14
4	Lucy Hilton	15.4	Watford	EYAL	03/08/20 14
5	Jessica Emery	16.3	Stevena ge	Herts County Schools Combined Events Champs	01/05/20 14
6	Molly Jarvis	16.3	Hemel Hempste ad	Herts County Pentathlon Championshi ps	06/07/20 14
7	Amy	16.9	Hemel	EYAL	15/06/20

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

	Stewart			Hempstead		14
High Jump						
1	Jessica Biggerstaff	1.61	G1	Watford	EYAL	03/08/2014
2	Molly Jarvis	1.4	G4	Hemel Hempstead	Herts County Pentathlon Championships	06/07/2014
3	Megan Elworthy	1.32		Stevenage	Herts County Schools Combined Events Champs	01/05/2014
4	Naomi Whitehead	1.3		Luton	EYAL	11/05/2014
4	Nicole Poole	1.3		Stevenage	EYAL	15/06/2014
6	Jessica Emery	1.23		Stevenage	Herts County Schools Combined Events	01/05/2014

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

Champs

Long Jump

1	Megan Elworthy	4.35	Watford	ESAA Track & Field Cup County Round	16/05/2014
1	Jessica Biggerstaff	4.35	Watford	EYAL	03/08/2014
3	Breanna Quist	4.33	Hemel Hempstead	Herts County Schools Champs	07/06/2014
4	Remi Jessop	4.05	Lee Valley	Alpha Beta Trophy	05/04/2014
5	Jessica Emery	3.81	Stevenage	Herts County Schools Combined Events Champs	01/05/2014
6	Nicole Poole	3.79	Watford	EYAL	03/08/2014
7	Molly Jarvis	3.69	Luton	EYAL	11/05/20

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

14

8	Amy Stewart	3.6			Hemel Hempstead	EYAL	15/06/2014
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9	Lucy Hilton	3.42			Hemel Hempstead	EYAL	15/06/2014
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10	Olivia Rear	3.35			Luton	EYAL	11/05/2014
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11	Annabel Beasley	2.81			Stevenage	EYAL	15/06/2014
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Pole Vault

1	Nicole Poole	1.7			Watford	EYAL	03/08/2014
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Shot

1	Jessica Emery	9.36	G1	3kg	Watford	EYAL	03/08/2014
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2	Molly Jarvis	7.7		3kg	Stevenage	EYAL	15/06/2014
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3	Megan Elworthy	7.08		3kg	Stevenage	Herts County Schools	01/05/2014
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**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MENCombined
Events
Champs

4	Maddie Lythgoe	6.93		3kg	Watford	WH Open Graded	09/04/2014
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Discus

1	Jessica Emery	32.9	G1	1kg	Sandy	Biggleswade Open	27/09/2014
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2	Molly Jarvis	22.46	G4	1kg	Sandy	Biggleswade Open	27/09/2014
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3	Annabel Beasley	12.7		1kg	Stevenage	EYAL	15/06/2014
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Hammer

1	Maddie Lythgoe	21.43		3kg	Hemel Hempstead	EYAL	15/06/2014
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2	Molly Jarvis	16.44		3kg	Sandy	Biggleswade Open	27/09/2014
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Javelin

1	Jessica Emery	28.98	G1	500g	Watford	ESAA Track & Field Cup	16/05/2014
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**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

							County Round	
2	Molly Jarvis	23.87	G3	500g	Stevenage	EYAL	15/06/2014	
3	Maddie Lythgoe	16.21		500g	Hemel Hempstead	EYAL	15/06/2014	
4	Lucy Hilton	10.22		500g	Watford	ESAA Track & Field Cup County Round	09/05/2014	
Pentathlon								
1	Megan Elworthy	1,843 pts	G4		Stevenage	Herts County Schools Combined Events Champs	01/05/2014	
2	Molly Jarvis	1,816 pts			Hemel Hempstead	Herts County Pentathlon Championships	06/07/2014	
3	Jessica	1,672			Stevenage	Herts County	01/05/20	

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

	Emery	pts			ge	Schools Combined Events Champs	14
4x100m Relay							
1		58.6			Stevena ge	EYAL	15/06/20 14

UNDER 13
GIRLS

Indoors							
60m							
1	Marli Jessop	9			Lee Valley	Lee Valley Minithon	22/03/20 14
200m							
1	Marli Jessop	30.66	G4	ET	Lee Valley	Eastern Indoor Championshi ps	09/02/20 14
Long Jump							
1	Marli Jessop	3.69	Club		Lee	LV Open	11/01/20

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

			Record		Valley		14
Outdoors							
75m							
	Marli Jessop	10.88 w	G3	ET	Hillingdo n	Wycombe Phoenix Club Championshi ps	13/04/20 14
1	Marli Jessop	11.27	(G4)	ET	Hillingdo n	Wycombe Phoenix Club Championshi ps	13/04/20 14
80m (non graded)							
1	Marli Jessop	12.04		ET	Bracknell	Bracknell AC Open	29/03/20 14
2	Freya Witheat (U11)	12.9			Watford	WH Mid Season Minors	01/06/20 14
100m							
1	Marli Jessop	14.2	G4		Cambrid	Eastern	26/07/20

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

			ge	Championshi ps	14
2	Abbie Poole	15	Watford	WH Mid Season Minors	01/06/20 14
3	Tara Omo	15.4	Watford	WH Mid Season Minors	01/06/20 14
4	Megan Maloney	16	Watford	Watford Harriers Early Season Minors Open	06/04/20 14
5	Olivia Scarles	16.1	Watford	Watford Harriers Early Season Minors Open	06/04/20 14
5	Charlie Colling	16.1	Watford	WH Club Championshi ps	01/06/20 14
5	Sophie Ashby	16.1	Watford	Watford Harriers Early Season	06/04/20 14

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

						Minors Open	
8	Bayley Hutchens	16.3			Hemel Hempstead	Herts Under 13 Challenge	11/06/2014
9	Caitlin Johal	16.4			Watford	Watford Harriers Early Season Minors Open	06/04/2014
10	Evie Ingles	16.5			Watford	WH Open Graded	07/05/2014
11	Katherine Cox	16.9			Watford	WH Mid Season Minors	01/06/2014
12	Paige Hughes	17.9			Luton	EYAL	11/05/2014
150m							
1	Marli Jessop	22.11	G4	ET	Hillingdon	Wycombe Phoenix Club Championships	13/04/2014

200m

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

1	Marli Jessop	30.8		Hemel Hempstead	EYAL	15/06/2014
2	Sophie Ashby	32		Watford	WH Club Championships	01/06/2014
3	Kaitlyn Williams	32.9		Watford	WH Club Championships	01/06/2014
4	Grace Ingles	33.67	ET	Stevenage	Herts County Championships	05/05/2014
5	Bayley Hutchens	34.1		St Albans	EYAL	13/04/2014
6	Evie Ingles	35.3		Luton	EYAL	11/05/2014
7	Tara Omo	35.3		Luton	EYAL	11/05/2014
8	Charlie Colling	35.7		Hemel Hempstead	EYAL	15/06/2014

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

9	Katie Smith	37.63		ET	Watford	WH Open Graded	23/04/2014
10	Paige Hughes	39.1			Luton	EYAL	11/05/2014
800m							
1	Hannah Trotman	02:40.9	G4	ET	Watford	WH Open Graded	09/04/2014
2	Grace Ingles	02:42.7			Hemel Hempstead	Herts Under 13 Challenge	11/06/2014
3	Caitlin Johal	02:47.9		ET	Watford	WH Open Graded	16/07/2014
4	Sophie Ashby	02:55.5			Hemel Hempstead	EYAL	15/06/2014
5	Kaitlyn Williams	03:11.7			Luton	EYAL	11/05/2014
6	Katherine Cox	03:25.2			Watford	WH Mid Season Minors	01/06/2014

1500m

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

1	Hannah Trotman	05:21 .4	G4	ET	Watford	Herts AAA County Championshi ps	24/05/20 14
2	Grace Ingles	05:23 .0	G4		Watford	EYAL	03/08/20 14
3	Caitlin Johal	05:38 .9			Watford	ESAA Track & Field Cup County Round	16/05/20 14
70m hurdles							
1	Tara Omo	15			Luton	EYAL	11/05/20 14
1	Abbie Poole	15			Hemel Hempste ad	Herts Under 13 Challenge	11/06/20 14
3	Amelie Royle	15.2			Stevena ge	EYAL	15/06/20 14
3	Holly Wareham	15.6			Hemel Hempste ad	EYAL	15/06/20 14

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

5	Megan Maloney	16.3		Watford	Watford Harriers Early Season Minors Open	06/04/2014
6	Scarlett Royle	16.8		Hemel Hempstead	EYAL	15/06/2014
High Jump						
1	Hannah Trotman	1.3	G3	Watford	EYAL	03/08/2014
2	Grace Ingles	1.25	G4	Watford	EYAL	03/08/2014
3	Abbie Poole	1.2		Watford	EYAL	03/08/2014
4	Amelie Royle	1.1		Stevenage	EYAL	15/06/2014
Long Jump						
1	Marli Jessop	4.21	G3	Cambridge	Eastern Championships	26/07/2014
2	Abbie Poole	3.66		Watford	WH Open	13/08/2014

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

					Graded	14
3	Caitlin Johal	3.63		Luton	EYAL	11/05/2014
4	Hannah Trotman	3.56		Hemel Hempstead	EYAL	15/06/2014
5	Grace Ingles	3.27		Watford	WH Mid Season Minors	01/06/2014
6	Olivia Scarles	3.15		Watford	Watford Harriers Early Season Minors Open	06/04/2014
7	Charlie Colling	3.13		Watford	EYAL	03/08/2014
8	Sophie Ashby	2.75		Watford	Watford Harriers Early Season Minors Open	06/04/2014
9	Evie Ingles	2.72		Luton	EYAL	11/05/2014

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

10	Charlotte Masters	2.6			Watford	Watford Harriers Early Season Minors Open	06/04/2014
Shot							
1	Taia Tunstall	7.26	G3	2.72 kg	Watford	EYAL	03/08/2014
2	Kaitlyn Williams	5.32		2.72 kg	Watford	WH Club Championships	01/06/2014
3	Hannah Trotman	4.71		2.72 kg	Watford	WH Club Championships	01/06/2014
4	Sophie Ashby	4.62		2.72 kg	Stevenage	EYAL	13/07/2014
5	Charlie Colling	3.73		2.72 kg	Hemel Hempstead	EYAL	15/06/2014
6	Megan Maloney	3.32		2.72 kg	Watford	Watford Harriers Early Season Minors Open	06/04/2014

**WATFORD
HARRIERS
RANKINGS
2014****UPDATED
02/10/2014**MASTERSRS
MEN

Discus

1	Taia Tunstall	17.41	G4	0.75 kg	Stevenage	EYAL	15/06/2014
2	Kaitlyn Williams	17.15	G4	0.75 kg	Hemel Hempstead	EYAL	15/06/2014
3	Caitlin Johal	15.41	G4	0.75 kg	Watford	EYAL	03/08/2014

Javelin

1	Taia Tunstall	15.01		400g	Watford	EYAL	03/08/2014
2	Scarlett Royle	12.71		400g	Stevenage	EYAL	15/06/2014
3	Holly Wareham	11.89		400g	Hemel Hempstead	Herts Under 13 Challenge	11/06/2014
4	Grace Ingles	11.84		400g	Watford	EYAL	03/08/2014
5	Amelie Royle	10.84		400g	Hemel Hempstead	Herts Under 13 Challenge	11/06/2014

**WATFORD
HARRIERS
RANKINGS
2014**

**UPDATED
02/10/2014**

MASTERSRS
MEN

6	Charlie Colling	4.52	400g	Luton	EYAL	11/05/2014
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4x100m
Relay

1		63.3		Hemel Hempstead	Herts Under 13 Challenge	11/06/2014
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ECR
Equals Club
Record

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