

WATFORD HARRIERS RANKINGS 2017

UPDATED 04/01/2018

MASTERS MEN

Indoors

High Jump

1 Harvey Griffiths 1.65 V45 Lee Valley Herts County Indoor Championships 18/03/2017

Long Jump

1 Harvey Griffiths 4.63 V45 Lee Valley Herts County Indoor Championships 18/03/2017

Shot

1 Harvey Griffiths 8.26 V45 7.26kg Lee Valley Herts County Indoor Championships 18/03/2017

Outdoors

100m

1 Nick Jones 12.94 V50 ET Stevenage Herts County Veteran Championships 01/05/2017

2 Alistair Gammell 13.07 V45 ET Stevenage Herts County Veteran Championships 01/05/2017

3 Roland Timman 13.37 V35 ET Watford Watford Harriers Open Graded 05/04/2017

4 Adrian Harwood 14.5 V50 Watford Southern Athletics League Div 3 North 19/08/2017

200m

1 Nick Jones 27.19 V50 ET Stevenage Herts County Veteran Championships 01/05/2017

2 Alistair Gammell 27.60 V45 ET Stevenage Herts County Veteran Championships 01/05/2017

3 Adrian Harwood 29.86 V50 ET Watford Watford Harriers Open Graded 26/07/2017

400m

1 Nick Jones 67.10 V50 ET Watford Watford Harriers Open Graded 19/04/2017

2 Adrian Harwood 68.2 V50 Watford Southern Athletics League Div 3 North 19/08/2017

3 Harvey Griffiths 69.0 V45 Stevenage Herts County Veteran Championships 01/05/2017

800m

1 Laurence John 02:26.29 V45 ET Hemel Hempstead Southern Athletics League Div 3 North 08/07/2017

2 Adrian Harwood 02:33.04 V50 ET Watford Watford Harriers Open Graded 12/07/2017

3 Nick Harris 02:39.9 V40 Braintree Southern Athletics League Div 3 North 17/06/2017

1500m

1 Nick Harris 05:05.7 V40 Watford Southern Athletics League Div 3 North 15/04/2017

2 Adrian Harwood 05:44.6 V50 Watford Southern Athletics League Div 3 North 19/08/2017

3000m

1 Adrian Harwood 12:02.8 V50 Luton Southern Athletics League Div 3 North 20/05/2017

5000m

1 Adrian Harwood 21:13.8 V50 Braintree Southern Athletics League Div 3 North 17/06/2017

400m hurdles

1 Adrian Harwood 79.8 V50 Luton Southern Athletics League Div 3 North 20/05/2017

2 Nick Harris 87.4 V40 Luton Southern Athletics League Div 3 North 20/05/2017

2000m steeplechase

1 Nick Harris 07:39.6 V40 Watford Southern Athletics League Div 3 North 19/08/2017

3000m steeplechase

1 Nick Harris 12:11.7 V40 Luton Southern Athletics League Div 3 North 20/05/2017

2 Adrian Harwood 14:09.52 V50 ET Hemel Hempstead Southern Athletics League Div 3 North 08/07/2017

High Jump

1 Harvey Griffiths 1.60 V45 Watford Southern Athletics League Div 3 North 15/04/2017

Pole Vault

1 Richard Parles 1.80 V70 Watford Southern Athletics League Div 3 North 15/04/2017

Long Jump

1 Harvey Griffiths 4.61 V45 Stevenage Herts County Veteran Championships 01/05/2017

2 Nick Jones 3.79 V50 Luton Southern Athletics League Div 3 North 20/05/2017

Triple Jump

1 Harvey Griffiths 9.91 V45 Stevenage Herts County Veteran Championships 01/05/2017

2 Nick Jones 8.69 V50 Luton Southern Athletics League Div 3 North 20/05/2017

Shot

1 Ray McKenna 11.26 V40 7.26 kg Watford Southern Athletics League Div 3 North 19/08/2017

2 Barry Tunstall 10.89 V40 7.26 kg Watford Southern Athletics League Div 3 North 19/08/2017

3 Harvey Griffiths 8.19 V45 7.26 kg Luton Southern Athletics League Div 3 North 20/05/2017

4 Nick Jones 7.07 V50 7.26 kg Watford Southern Athletics League Div 3 North 15/04/2017

Discus

1 Barry Tunstall 36.24 V40 2 kg Watford Southern Athletics League Div 3 North 19/08/2017

2 Ray McKenna 32.64 V40 2 kg Luton Southern Athletics League Div 3 North 20/05/2017

3 Harvey Griffiths 20.20 V45 2 kg Hemel Hempstead Southern Athletics League Div 3 North 08/07/2017

4 Adrian Harwood 16.07 V50 2 kg Watford Southern Athletics League Div 3 North 15/04/2017

Hammer

1 Barry Tunstall 23.88 V40 7.26 kg Watford Southern Athletics League Div 3 North 19/08/2017

2 Ray McKenna 22.98 V40 7.26 kg Braintree Southern Athletics League Div 3 North 17/06/2017

3 Harvey Griffiths 17.07 V45 7.26 kg Luton Southern Athletics League Div 3 North 20/05/2017

4 Adrian Harwood 7.95 V50 7.26 kg Watford Southern Athletics League Div 3 North 15/04/2017

Javelin

1 Nick Jones 30.54 V50 800 g Watford Southern Athletics League Div 3 North 15/04/2017

2 Barry Tunstall 30.15 V40 800 g Watford Southern Athletics League Div 3 North 19/08/2017

3 Ray McKenna 29.29 V40 800 g Hemel Hempstead Southern Athletics League Div 3 North 08/07/2017

4	Harvey Griffiths	25.43	V40	800 g	Watford	Southern Athletics League Div 3 North	19/08/2017
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SENIOR MEN

Indoors

60m

1	James Pearce	7.56		ET	Lee Valley	South of England Student Championships	06/12/2017
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Outdoors

100m

1	Max Lowery	11.3			Watford	Southern Athletics League Div 3 North	15/04/2017
2	Thomas Conroy (T37)	15.93		ET	Stevenage	Herts County Disability Championships	01/05/2017

200m

1	Max Lowery	22.8			Watford	Southern Athletics League Div 3 North	15/04/2017
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800m

1	Ross Connor	02:04.7			Braintree	Southern Athletics League Div 3 North	17/06/2017
2	Stephen Blakey	02:05.1			Watford	Southern Athletics League Div 3 North	19/08/2017
3	Simeon Beckford-Tongs	02:17.91		ET	Watford	Watford Harriers Open Graded	09/08/2017

1500m

1	Ross Connor	04:20.83		ET	Watford	Watford Harriers Open Graded	26/07/2017
2	Stephen Blakey	04:21.95		ET	Watford	Watford Harriers Open Graded	31/05/2017
3	Simeon Beckford-Tongs	05:01.06		ET	Watford	Watford Harriers Open Graded	23/08/2017

3000m

1	Ross Connor	09:44.8		ET	Hemel Hempstead	Southern Athletics League Div 3 North	08/07/2017
2	Stephen Blakey	09:50.8			Luton	Southern Athletics League Div 3 North	20/05/2017

5000m

1	Ross Connor	16:51.7			Watford	Southern Athletics League Div 3 North	19/08/2017
2	Stephen Blakey	16:54.9			Braintree	Southern Athletics League Div 3 North	17/06/2017

400m hurdles

1	Ross Connor	67.05		ET	Hemel Hempstead	Southern Athletics League Div 3 North	08/07/2017
2	Stephen Blakey	70.1			Watford	Southern Athletics League Div 3 North	19/08/2017

2000m steeplechase

1	Ross Connor	06:55.6			Braintree	Southern Athletics League Div 3 North	17/06/2017
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3000m steeplechase

1	Ross Connor	10:27.9			Kingston	South of England Inter Counties	02/07/2017
2	Stephen Blakey	12:09.14		ET	Hemel Hempstead	Southern Athletics League Div 3 North	08/07/2017

Long Jump

1	Ross Connor	5.35			Braintree	Southern Athletics League Div 3 North	17/06/2017
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Triple Jump

1	Ross Connor	11.02			Watford	Southern Athletics League Div 3 North	19/08/2017
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Shot

1	Thomas Conroy (T37)	6.77		3 kg	Stevenage	Herts County Disability Championships	01/05/2017
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Discus

1	Thomas Conroy (T37)	17.24		1 kg	Stevenage	Herts County Disability Championships	01/05/2017
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4x100m Relay

1		46.5			Braintree	Southern Athletics League Div 3 North	17/06/2017
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4x400m Relay

1		03:48.6			Luton	Southern Athletics League Div 3 North	20/05/2017
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UNDER 20 MEN

Outdoors

100m

1	James Pearce	11.68		ET	Watford	Watford Harriers Open Graded	31/05/2017
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200m

1	James Pearce	24.18		ET	Watford	Watford Harriers Open Graded	26/07/2017
2	Owen Dearman	24.4			Watford	Southern Athletics League Div 3 North	19/08/2017

400m

1	Owen Dearman	55.3			Watford	Southern Athletics League Div 3 North	15/04/2017
2	Byron Johal	56.4			Luton	Southern Athletics League Div 3 North	20/05/2017

800m

1	Byron Johal	02:12.9			Luton	Southern Athletics League Div 3 North	20/05/2017
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1500m

1	Cameron Clark	04:48.1			Watford	Southern Athletics League Div 3 North	15/04/2017
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High Jump

1	Owen Dearman	1.96		G2	Luton	Southern Athletics League Div 3 North	20/05/2017
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Pole Vault

1	Owen Dearman	2.40			Braintree	Southern Athletics League Div 3 North	17/06/2017
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UNDER 17 MEN

Indoors

60m

1	Toby Makoyawo	7.27		G3	ET	Lee Valley	Eastern Indoor Championships	04/02/2017
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800m

1	Oliver Griffiths	02:20.94		ET	Lee Valley	Herts County Indoor Championships	18/03/2017
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1500m	1 Oliver Griffiths	04:50.31		ET	Lee Valley	Herts County Indoor Championships	18/03/2017	
Pole Vault	1 Callum Woodage	3.83	club record	G3	Cardiff	Vault Cardiff	12/03/2017	
Long Jump	1 Oliver Griffiths	4.64			Lee Valley	Herts County Indoor Championships	18/03/2017	
<u>Outdoors</u>								
100m	1 Toby Makoyawo	11.2		G1	Eton	WSEH Spring Open	01/04/2017	
	2 Chris Osei	11.6		G4	Cambridge	Eastern Young Athletes League	02/07/2017	
	3 Cameron George	12.13		ET	Hemel Hempstead	Southern Athletics League Div 3 North	08/07/2017	
	4 Joe Ainsworth	12.64		ET	Watford	Watford Harriers Open Graded	09/08/2017	
	5 David Fawole	12.7			Watford	Eastern Young Athletes League	07/05/2017	
	6 Matthew Foster	13.8			Chelmsford	Eastern Young Athletes League	04/06/2017	
	7 Max Pyatt	14.0			Watford	Eastern Young Athletes League	07/05/2017	
	8 Nathaniel Lawrence	14.48		ET	Watford	Watford Harriers Open Graded	03/05/2017	
200m	1 Toby Makoyawo	23.0		G2	Lee Valley	Eastern Young Athletes League	13/08/2017	
	2 Chris Osei	23.6		G4	Lee Valley	Eastern Young Athletes League	13/08/2017	
	3 Cameron George	24.1		G4	Braintree	Southern Athletics League Div 3 North	17/06/2017	
	4 David Fawole	26.0			Watford	Eastern Young Athletes League	07/05/2017	
400m	1 Connor Keogh	54.4		G4	Cambridge	Eastern Young Athletes League	02/07/2017	
	2 Tom Roffe	55.3			Watford	Eastern Young Athletes League	07/05/2017	
	3 William Jarvis	57.42			Kingston	SE England Regional Schools Combined Events Champs	24/06/2017	
	4 Cameron Clark	69.0			Lee Valley	Eastern Young Athletes League	13/08/2017	
	5 Alex Street	69.5			Watford	Eastern Young Athletes League	07/05/2017	
	6 Thierry Nunn	69.9			Watford	Eastern Young Athletes League	07/05/2017	
800m	1 Cameron Clark	02:12.0			Lee Valley	Eastern Young Athletes League	13/08/2017	
	2 Jack Hurrell	02:38.0			Cambridge	Eastern Young Athletes League	02/07/2017	
	3 Thierry Nunn	02:38.8			Watford	Eastern Young Athletes League	07/05/2017	
1500m	1 Connor Keogh	04:10.80		G2	ET	Watford	Watford Harriers Open Graded	26/07/2017
	2 Cameron Clark	04:49.00			ET	Watford	Watford Harriers Open Graded	23/08/2017
	3 William Jarvis	05:11.2			Kingston	SE England Regional Schools Combined Events Champs	25/06/2017	
100m hurdles	1 William Jarvis	18.33			Kingston	SE England Regional Schools Combined Events Champs	25/06/2017	
Pole Vault	1 Callum Woodage	4.11	club record	G1	Watford	Eastern Young Athletes League	07/05/2017	
High Jump	1 Joel Smith	1.70		G4	Ware	Eastern Young Athletes League	30/07/2017	
	2 William Jarvis	1.50			Watford	Eastern Young Athletes League	07/05/2017	
	3 Joe Thompson	1.40			Watford	Eastern Young Athletes League	07/05/2017	
	3 Edmund Martins	1.40			Lee Valley	Eastern Young Athletes League	13/08/2017	
	5 Matthew Foster	1.35			Watford	Eastern Young Athletes League	07/05/2017	
Long Jump	1 Chris Osei	5.95		G3	Cambridge	Eastern Young Athletes League	02/07/2017	
	2 William Jarvis	5.25			Kingston	SE England Regional Schools Combined Events Champs	24/06/2017	
	3 Matthew Foster	4.79			Chelmsford	Eastern Young Athletes League	04/06/2017	
	4 Joe Thompson	4.70			Watford	Eastern Young Athletes League	07/05/2017	
	5 Samuel Milson	4.49			Ware	Eastern Young Athletes League	30/07/2017	
Triple Jump	1 William Jarvis	10.61			Hemel Hempstead	Southern Athletics League Div 3 North	08/07/2017	
	2 Tom Roffe	10.06			Lee Valley	Eastern Young Athletes League	13/08/2017	
	3 Joe Thompson	9.33			Chelmsford	Eastern Young Athletes League	04/06/2017	
	4 Matthew Foster	8.93			Chelmsford	Eastern Young Athletes League	04/06/2017	
Shot	1 Jama Qarib	11.24		G4	5 kg	Ware	Eastern Young Athletes League	30/07/2017
	2 William Jarvis	9.71			5 kg	Cambridge	Eastern Young Athletes League	02/07/2017
	3 Max Pyatt	9.70			5 kg	Watford	Eastern Young Athletes League	07/05/2017
	4 David Fawole	8.86			5 kg	Ware	Eastern Young Athletes League	30/07/2017
	5 Tom Roffe	7.65			5 kg	Chelmsford	Eastern Young Athletes League	04/06/2017
Discus	1 William Jarvis	36.05		G3	1.5 kg	Hemel Hempstead	Herts County Schools Championships	10/06/2017
	2 Joel Smith	20.61			1.5 kg	Chelmsford	Eastern Young Athletes League	04/06/2017
	3 Jama Qarib	19.09			1.5 kg	Chelmsford	Eastern Young Athletes League	04/06/2017
	4 Thierry Jennings	14.44			1.5 kg	Watford	Eastern Young Athletes League	07/05/2017
	5 Alex Street	12.51			1.5 kg	Watford	Eastern Young Athletes League	07/05/2017
Hammer	1 Jama Qarib	20.48			5 kg	Chelmsford	Eastern Young Athletes League	04/06/2017
	2 Cameron Clark	12.11			5 kg	Cambridge	Eastern Young Athletes League	02/07/2017
Javelin	William Jarvis	48.95			800 g	Uxbridge	UK YDL Division South Premier 2A	30/04/2017
	1 William Jarvis	48.83		G2	700 g	Harrow	UK YDL Division South Premier 2A	28/05/2017

	2 Edmund Martins	22.12		700 g	Lee Valley	Eastern Young Athletes League	13/08/2017
	3 Cameron Clark	12.61		700 g	Ware	Eastern Young Athletes League	30/07/2017
	4 Tom Roffe	11.33		700 g	Watford	Eastern Young Athletes League	07/05/2017
	5 Max Pyatt	1.77		700 g	Watford	Eastern Young Athletes League	07/05/2017
Octathlon	1 William Jarvis	3,662 pts			Kingston	SE England Regional Schools Combined Events Champs	25/06/2017
4x100m Relay	1	46.3			Cambridge	Eastern Young Athletes League	02/07/2017

UNDER 15 BOYS

Indoors

1500m

	1 Charlie Woollett	04:44.69	club record	G4	ET	Lee Valley	Herts County Indoor Championships	19/03/2017
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Outdoors

100m

	1 Luke Wilson	11.9		G2		Watford	ESAA Track & Field Cup (County Round)	10/05/2017
	2 Fortune Isoka-Onwordi	12.1		G3		Cambridge	Eastern Young Athletes League	02/07/2017
	3 Nicholas Savva	12.3		G4		Chelmsford	Eastern Young Athletes League	04/06/2017
	4 Adam Serag	12.5		G4		Lee Valley	Eastern Young Athletes League	13/08/2017
	5 Oliver Kemp	13.5				Watford	ESAA Track & Field Cup (County Round)	19/05/2017
	6 Joe Geard	14.6				Watford	Eastern Young Athletes League	07/05/2017

200m

	1 Luke Wilson	23.95		G1	ET	Watford	Herts County Championships	14/05/2017
	2 Nicholas Savva	24.5		G3		Lee Valley	Eastern Young Athletes League	13/08/2017
	3 Oliver Kemp	28.1				Chelmsford	Eastern Young Athletes League	04/06/2017
	4 Frank Hartney	28.5				Watford	Eastern Young Athletes League	07/05/2017
	5 Luke John	29.9				Watford	Eastern Young Athletes League	07/05/2017

300m

	1 Joe Renton	40.1		G3		Chelmsford	Eastern Young Athletes League	04/06/2017
	2 Adam Serag	40.6		G4		Cambridge	Eastern Young Athletes League	02/07/2017
	3 Frank Hartney	45.0				Lee Valley	Eastern Young Athletes League	13/08/2017
	4 Luke John	46.2				Watford	Eastern Young Athletes League	07/05/2017
	5 Sachin Kaushal	48.2				Cambridge	Eastern Young Athletes League	02/07/2017
	6 Charlie Watts	50.8				Cambridge	Eastern Young Athletes League	02/07/2017

800m

	1 Ben Hunter	02:12.1		G3		Cambridge	Eastern Young Athletes League	02/07/2017
	2 Charlie Woollett	02:13.13		G4	ET	Watford	Herts County Championships	14/05/2017
	3 Lewis Clark	02:24.3				Chelmsford	Eastern Young Athletes League	04/06/2017
	4 Oliver Kemp	02:28.5				Chelmsford	Eastern Young Athletes League	04/06/2017
	5 Luke John	02:36.8				Ware	Eastern Young Athletes League	30/07/2017
	6 Ciaran Kilbane	02:58.3				Lee Valley	Eastern Young Athletes League	13/08/2017

1500m

	1 Adam Serag	04:25.4		G2		Hemel Hempstead	Herts County Schools Championships	10/06/2017
	2 Charlie Woollett	04:25.9		G2		Hemel Hempstead	Herts County Schools Championships	10/06/2017
	3 Ben Hunter	04:30.74		G3	ET	Watford	Watford Harriers Open Graded	23/08/2017
	4 Lewis Clark	04:59.03			ET	Watford	Watford Harriers Open Graded	23/08/2017

3000m

	1 Charlie Woollett	09:54.8		G4		Hemel Hempstead	Herts County Championships	16/07/2017
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80m hurdles

	1 Ben Hunter	16.0				Lee Valley	Eastern Young Athletes League	13/08/2017
	2 Sachin Kaushal	17.1				Chelmsford	Eastern Young Athletes League	04/06/2017
	3 Luke John	17.2				Ware	Eastern Young Athletes League	30/07/2017
	4 Lewis Clark	17.6				Ware	Eastern Young Athletes League	30/07/2017

High Jump

	1 Joe Renton	1.70		G2		Cambridge	Eastern Young Athletes League	02/07/2017
	2 Charlie Watts	1.30				Cambridge	Eastern Young Athletes League	02/07/2017
	3 Sachin Kaushal	1.25				Watford	Eastern Young Athletes League	07/05/2017
	3 Frank Hartney	1.25				Lee Valley	Eastern Young Athletes League	13/08/2017
	5 Lewis Clark	1.20				Watford	Eastern Young Athletes League	07/05/2017

Pole Vault

	1 Frank Hartney	1.90				Lee Valley	Eastern Young Athletes League	13/08/2017
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Long Jump

	1 Joe Renton	5.00		G4		Cambridge	Eastern Young Athletes League	02/07/2017
	2 Luke Wilson	4.89				Lee Valley	Eastern Young Athletes League	13/08/2017
	3 Ben Hunter	4.72				Cambridge	Eastern Young Athletes League	02/07/2017
	4 Nicholas Savva	4.67				Chelmsford	Eastern Young Athletes League	04/06/2017
	5 Jack Hurrell	4.61				Lee Valley	Eastern Young Athletes League	13/08/2017
	6 Frank Hartney	4.21				Watford	Eastern Young Athletes League	07/05/2017
	7 Oliver Kemp	4.03				Watford	ESAA Track & Field Cup (County Round)	19/05/2017

Triple Jump

	1 Luke Wilson	10.57		G4		Watford	ESAA Track & Field Cup (County Round)	10/05/2017
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Shot

	1 Kai Tunstall	10.60		G4	4 kg	Watford	Eastern Young Athletes League	07/05/2017
	2 Nicholas Savva	10.37		G4	4 kg	Lee Valley	Eastern Young Athletes League	13/08/2017

	3 Joe Buck	7.38		4 kg	Cambridge	Eastern Young Athletes League	02/07/2017
Discus	1 Kai Tunstall	36.43	G1	1.25 kg	Hemel Hempstead	Herts County Schools Championships	10/06/2017
	2 Ciaran Kilbane	20.74		1.25 kg	Ware	Eastern Young Athletes League	30/07/2017
	3 Joe Buck	16.22		1.25 kg	Ware	Eastern Young Athletes League	30/07/2017
	4 Jack Hurrell	12.59		1.25 kg	Lee Valley	Eastern Young Athletes League	13/08/2017
Hammer	1 Kai Tunstall	25.07		4 kg	Ware	Eastern Young Athletes League	30/07/2017
Javelin	1 Louis Geard	32.93	G4	600 g	Hemel Hempstead	Herts County Schools Championships	10/06/2017
	2 Ciaran Kilbane	28.63		600 g	Ware	Eastern Young Athletes League	30/07/2017
	3 Joe Buck	19.79		600 g	Cambridge	Eastern Young Athletes League	02/07/2017
	4 Charlie Watts	15.55		600 g	Cambridge	Eastern Young Athletes League	02/07/2017
	5 Charlie Woollett	13.93		600 g	Cambridge	Eastern Young Athletes League	02/07/2017
4x100m Relay	1	52.1			Ware	Eastern Young Athletes League	30/07/2017

UNDER 13 BOYS

Outdoors

100m	1 Mathew Coleman	13.2	G2		Lee Valley	Eastern Young Athletes League	13/08/2017
	2 Matthew Ibinweka	13.8	G4		Watford	Eastern Young Athletes League	07/05/2017
	3 Sohan Mukherjee	14.0			Watford	Eastern Young Athletes League	07/05/2017
	3 James Cox	14.0			Lee Valley	Eastern Young Athletes League	13/08/2017
	5 George Rice	14.8			Watford	Watford Harriers Minors Open	11/06/2017
	5 David Opoku	14.8			Ware	Eastern Young Athletes League	30/07/2017
	7 Luke Miller	15.0			Watford	Watford Harriers Minors Open	09/04/2017
	7 Jore Braimoh	15.0			Watford	Watford Harriers Minors Open	11/06/2017
	7 Daniel Ikwue	15.0			Lee Valley	Eastern Young Athletes League	13/08/2017
	10 Josiah Williams-Ollivierre	15.1			Lee Valley	Eastern Young Athletes League	13/08/2017
	11 Zachary Reilly	15.2			Watford	Watford Harriers Minors Open	11/06/2017
	11 Joshua Mercer	15.2			Watford	Watford Harriers Minors Open	11/06/2017
	13 Jola Braimoh	15.5			Watford	Watford Harriers Minors Open	11/06/2017
	13 Ruben Onuma	15.5			Watford	Watford Harriers Minors Open	11/06/2017
	15 Kian Jackson	15.9			Watford	Eastern Young Athletes League	07/05/2017
	15 Alex Samuel	15.9			Lee Valley	Eastern Young Athletes League	13/08/2017
	17 Cameron Brooks	16.0			Watford	Watford Harriers Minors Open	11/06/2017
	18 Daniel Shaw	18.1			Watford	Watford Harriers Minors Open	09/04/2017
200m	1 Matthew Coleman	27.6	G3		Cambridge	Eastern Young Athletes League	02/07/2017
	2 Toby Cheetham	28.2	G4		Lee Valley	Eastern Young Athletes League	13/08/2017
	3 Sohan Mukherjee	28.8	G4		Watford	Eastern Young Athletes League	07/05/2017
	4 Matthew Ibinweka	29.5			Watford	Eastern Young Athletes League	07/05/2017
	5 David Opoku	31.6			Ware	Eastern Young Athletes League	30/07/2017
	6 Daniel Ikwue	31.8			Lee Valley	Eastern Young Athletes League	13/08/2017
	7 Thomas Hobbs	31.9			Watford	Eastern Young Athletes League	07/05/2017
	7 Zachary Reilly	31.9			Cambridge	Eastern Young Athletes League	02/07/2017
	9 Archie Marshall	32.4			Cambridge	Eastern Young Athletes League	02/07/2017
	10 George Rice	33.3			Watford	Eastern Young Athletes League	07/05/2017
	11 Alex Samuel	33.7			Cambridge	Eastern Young Athletes League	02/07/2017
800m	1 Thomas Hobbs	02:41.1			Watford	Eastern Young Athletes League	07/05/2017
	2 Joshua Mercer	02:44.1			Watford	Watford Harriers Minors Open	11/06/2017
	3 James Cox	02:44.4			Watford	Eastern Young Athletes League	07/05/2017
	4 Archie Marshall	02:45.6			Cambridge	Eastern Young Athletes League	02/07/2017
	5 Zachary Reilly	02:48.0			Watford	Watford Harriers Minors Open	11/06/2017
	6 Josiah Williams-Ollivierre	02:50.4			Lee Valley	Eastern Young Athletes League	13/08/2017
	7 Ethan James	02:54.2			Watford	Watford Harriers Minors Open	11/06/2017
	8 Aidah John	02:58.2			Ware	Eastern Young Athletes League	30/07/2017
	9 George Rice	03:02.5			Watford	Watford Harriers Minors Open	11/06/2017
	10 Daniel Shaw	03:10.6			Chelmsford	Eastern Young Athletes League	04/06/2017
	11 Vincent Taboda	03:13.9			Watford	Watford Harriers Minors Open	11/06/2017
	12 Luke Miller	03:15.3			Watford	Watford Harriers Minors Open	11/06/2017
1500m	1 Thomas Hobbs	05:17.3			Cambridge	Eastern Young Athletes League	02/07/2017
	2 Callum Wilkinson	05:43.5			Cambridge	Eastern Young Athletes League	02/07/2017
	3 Archie Marshall	05:50.4			Watford	Eastern Young Athletes League	07/05/2017
	4 James Cox	05:59.4			Lee Valley	Eastern Young Athletes League	13/08/2017
	5 George Rice	06:04.3			Watford	Eastern Young Athletes League	07/05/2017
75m hurdles	1 Daniel Ikwue	14.6	G4		Lee Valley	Eastern Young Athletes League	13/08/2017
	2 George Rice	15.2	G4		Ware	Eastern Young Athletes League	30/07/2017
	3 Ruben Onuma	15.9			Watford	Watford Harriers Minors Open	11/06/2017
	4 Thomas McKenna	16.9			Cambridge	Eastern Young Athletes League	02/07/2017
High Jump							

	1 Archie Marshall	3.20			Lee Valley	Eastern Young Athletes League	13/08/2017
	2 Josiah Williams-Ollivierre	1.10			Lee Valley	Eastern Young Athletes League	13/08/2017
Long jump							
	1 James Cox	4.33	G4		Stevenage	Hertfordshire Under 13 Challenge	06/07/2017
	2 Kian Jackson	3.90			Watford	Eastern Young Athletes League	07/05/2017
	3 Thomas Hobbs	3.78			Cambridge	Eastern Young Athletes League	02/07/2017
	4 Sohan Mukherjee	3.74			Chelmsford	Eastern Young Athletes League	04/06/2017
	5 Zachary Reilly	3.69			Cambridge	Eastern Young Athletes League	02/07/2017
	6 Daniel Ikwue	3.62			Ware	Eastern Young Athletes League	30/07/2017
	7 Archie Marshall	3.39			Ware	Eastern Young Athletes League	30/07/2017
	8 Oliver Cooper (U11)	3.33			Watford	Watford Harriers Minors Open	11/06/2017
	8 Luke Miller	3.33			Watford	Watford Harriers Minors Open	11/06/2017
	10 Oliver Andrews (U11)	3.14			Watford	Watford Harriers Minors Open	11/06/2017
	11 Ruben Onuma	2.89			Watford	Watford Harriers Minors Open	11/06/2017
	12 Alex Samuel	2.62			Chelmsford	Eastern Young Athletes League	04/06/2017
	13 Daniel Shaw	1.95			Watford	Watford Harriers Minors Open	11/06/2017
Shot							
	1 Thomas McKenna	6.94		3.25 kg	Watford	Eastern Young Athletes League	07/05/2017
	Thomas McKenna	5.94		4 kg	Watford	Eastern Young Athletes League	07/05/2017
	2 Alex Samuel	4.37		3.25 kg	Cambridge	Eastern Young Athletes League	02/07/2017
	3 Daniel Shaw	3.74		3.25 kg	Watford	Watford Harriers Minors Open	11/06/2017
Discus							
	1 Matthew Coleman	24.15	G2	1 kg	Lee Valley	Eastern Young Athletes League	13/08/2017
	2 Thomas McKenna	19.05	G4	1 kg	Watford	Eastern Young Athletes League	07/05/2017
	3 Toby Cheetham	13.33		1 kg	Lee Valley	Eastern Young Athletes League	13/08/2017
	4 Archie Marshall	10.04		1 kg	Chelmsford	Eastern Young Athletes League	04/06/2017
Javelin							
	1 Toby Cheetham	32.78	G1	400 g	Birmingham	National Prep Schools Championships	04/07/2017
	2 George Rice	14.46		400 g	Lee Valley	Eastern Young Athletes League	13/08/2017
	3 Callum Wilkinson	14.33		400 g	Cambridge	Eastern Young Athletes League	02/07/2017
	4 Zachary Reilly	13.45		400 g	Watford	Eastern Young Athletes League	07/05/2017
	5 Daniel Shaw	9.82		400 g	Cambridge	Eastern Young Athletes League	02/07/2017
	6 Alex Samuel	9.12		400 g	Watford	Eastern Young Athletes League	07/05/2017
4x100m Relay							
	1	55.9			Cambridge	Eastern Young Athletes League	02/07/2017

MASTERS WOMEN

Outdoors

100m							
	1 Alison Putko	15.7	V35		Luton	Southern Athletics League Div 3 North	20/05/2017
	2 Nicky Jones	17.5	V50		Watford	Southern Athletics League Div 3 North	15/04/2017
	3 Christine Canning	20.8	V60		Hemel Hempstead	Southern Athletics League Div 3 North	08/07/2017
200m							
	1 Alison Putko	33.9	V35		Luton	Southern Athletics League Div 3 North	20/05/2017
	2 Christine Dearman	36.2	V50		Braintree	Southern Athletics League Div 3 North	17/06/2017
	3 Nicky Jones	37.5	V50		Watford	Southern Athletics League Div 3 North	15/04/2017
400m							
	1 Alison Putko	72.8	V35		Watford	Southern Athletics League Div 3 North	15/04/2017
	2 Christine Dearman	79.4	V50		Braintree	Southern Athletics League Div 3 North	17/06/2017
400m							
	1 Helen Johal	72.1	V45		Luton	Southern Athletics League Div 3 North	20/05/2017
	2 Christine Dearman	84.79	V50	ET	Hemel Hempstead	Southern Athletics League Div 3 North	08/07/2017
800m							
	1 Alison Putko	02:42.2	V35		Watford	Southern Athletics League Div 3 North	15/04/2017
	2 Angela Trussler	02:55.2	V35		Braintree	Southern Athletics League Div 3 North	17/06/2017
	3 Christine Dearman	03:04.7	V50		Watford	Southern Athletics League Div 3 North	19/08/2017
1500m							
	1 Angela Adcock	05:22.1	V35		Watford	Southern Athletics League Div 3 North	19/08/2017
	2 Helen Johal	05:29.7	V45		Watford	Southern Athletics League Div 3 North	19/08/2017
3000m							
	1 Angela Trussler	12:13.1	V35		Braintree	Southern Athletics League Div 3 North	17/06/2017
	2 Jackie Drew	13:44.3	V40		Watford	Southern Athletics League Div 3 North	19/08/2017
5000m							
	1 Christine Dearman	24:29.9	V50		Luton	Southern Athletics League Div 3 North	20/05/2017
100m hurdles							
	1 Alison Putko	30.1	V35		Watford	Southern Athletics League Div 3 North	15/04/2017
400m hurdles							
	1 Alison Putko	97.2	V35		Watford	Southern Athletics League Div 3 North	19/08/2017
	2 Nicky Jones	111.4	V50		Watford	Southern Athletics League Div 3 North	15/04/2017
1500m steeplechase							
	1 Alison Putko	06:53.3	V35		Luton	Southern Athletics League Div 3 North	20/05/2017
	2 Christine Dearman	07:56.74	V50	ET	Hemel Hempstead	Southern Athletics League Div 3 North	08/07/2017
2000m steeplechase							

High Jump	1 Alison Putko	09:14.8	V35	Watford	Southern Athletics League Div 3 North	19/08/2017	
Pole Vault	1 Alison Putko	1.15	V35	Watford	Southern Athletics League Div 3 North	15/04/2017	
Long Jump	1 Christine Canning	1.70	V60	Watford	Southern Athletics League Div 3 North	15/04/2017	
Triple Jump	1 Alison Putko	3.29	V35	Luton	Southern Athletics League Div 3 North	20/05/2017	
	2 Nicky Jones	3.09	V50	Braintree	Southern Athletics League Div 3 North	17/06/2017	
	3 Christine Dearman	2.19	V50	Watford	Southern Athletics League Div 3 North	15/04/2017	
Shot	1 Alison Putko	7.59	V35	Braintree	Southern Athletics League Div 3 North	17/06/2017	
	2 Nicky Jones	6.22	V50	Watford	Southern Athletics League Div 3 North	15/04/2017	
Hammer	1 Christine Canning	5.06	V60	4 kg	Luton	Southern Athletics League Div 3 North	20/05/2017
	1 Christine Canning	18.81	V60	4 kg	Braintree	Southern Athletics League Div 3 North	17/06/2017

SENIOR WOMEN

Indoors

800m	1 Claire Bentley	02:28.94	club record		Lee valley	Metaswitch Games	30/12/2017
1500m	1 Chloe Dearman	04:59.65	club record	ET	Sheffield	BUCS Championships	19/02/2017
	2 Claire Bentley	05:13.87		ET	Lee Valley	Lee Valley Middle Distance Open	15/02/2017

Outdoors

100m	1 Robyn Delivett	14.81		ET	Hemel Hempstead	Southern Athletics League Div 3 North	08/07/2017
	2 Rachel Bentley	15.2			Luton	Southern Athletics League Div 3 North	20/05/2017
	3 Chloe Dearman	15.4			Watford	Southern Athletics League Div 3 North	15/04/2017
200m	1 Chloe Dearman	31.0			Luton	Southern Athletics League Div 3 North	20/05/2017
	1 Rachel Bentley	31.0			Braintree	Southern Athletics League Div 3 North	17/06/2017
400m	1 Chloe Dearman	67.3			Watford	Southern Athletics League Div 3 North	19/08/2017
800m	1 Claire Bentley	02:27.18		ET	Watford	Watford Harriers Open Graded	09/08/2017
	2 Chloe Dearman	02:38.5			Watford	Southern Athletics League Div 3 North	19/08/2017
	3 Robyn Delivett	02:53.23		ET	Hemel Hempstead	Southern Athletics League Div 3 North	08/07/2017
1500m	1 Claire Bentley	04:55.14		ET	Watford	Watford Harriers Open Graded	23/08/2017
	2 Chloe Dearman	05:08.94		ET	Bedford	BUCS Championships	29/04/2017
3000m	1 Claire Bentley	10:29.87		ET	Watford	Watford Harriers Open Graded	31/05/2017
	2 Chloe Dearman	11:20.59		ET	Watford	Watford Harriers Open Graded	28/06/2017
5000m	1 Chloe Dearman	20:53.4			Luton	Southern Athletics League Div 3 North	20/05/2017
100m hurdles	1 Rachel Bentley	18.5			Watford	Southern Athletics League Div 3 North	19/08/2017
400m hurdles	1 Claire Bentley	73.3			Braintree	Southern Athletics League Div 3 North	17/06/2017
1500m steeplechase	1 Claire Bentley	05:31.0	club record	G3	Luton	Southern Athletics League Div 3 North	20/05/2017
	2 Chloe Dearman	07:02.01		ET	Hemel Hempstead	Southern Athletics League Div 3 North	08/07/2017
2000m steeplechase	1 Claire Bentley	07:21.7	club record	G3	Kingston	South of England Inter Counties	02/07/2017
3000m steeplechase	1 Claire Bentley	11:29.64	club record	ET	Crystal Palace	South of England Championships	10/06/2017
High Jump	1 Chloe Dearman	1.10			Watford	Southern Athletics League Div 3 North	19/08/2017
Triple Jump	1 Rachel Bentley	8.88			Watford	Southern Athletics League Div 3 North	19/08/2017
Long Jump	1 Rachel Bentley	3.92			Watford	Southern Athletics League Div 3 North	19/08/2017
	2 Katherine Doran	1.91			Hemel Hempstead	Southern Athletics League Div 3 North	08/07/2017
Shot	1 Katherine Doran	7.78		4 kg	Watford	Herts AAA County Championships	14/05/2017
Discus	1 Katherine Doran	25.50		1 kg	Watford	Southern Athletics League Div 3 North	15/04/2017
	2 Chloe Dearman	17.68		1 kg	Luton	Southern Athletics League Div 3 North	20/05/2017
Hammer	1 Chloe Dearman	21.26		4 kg	Watford	Southern Athletics League Div 3 North	15/04/2017
Javelin	1 Katherine Doran	22.25		600 g	Stevenage	Herts County Open	01/05/2017
	2 Rachel Bentley	22.05		600 g	Watford	Southern Athletics League Div 3 North	19/08/2017

3	Claire Bentley	13.06		600 g	Watford	Southern Athletics League Div 3 North	15/04/2017
4x100m Relay							
1	Chl Dearman / C Johal Chr Dearman / R Bentley	59.6			Luton	Southern Athletics League Div 3 North	20/05/2017
4x400m Relay							
1	Chl Dearman / R Bentley A Adcock / C Bentley	04:45.0			Watford	Southern Athletics League Div 3 North	19/08/2017

UNDER 20 WOMEN

Outdoors

High Jump							
1	Molly Jarvis	1.10			Hemel Hempstead	Southern Athletics League Div 3 North	08/07/2017
Long jump							
1	Molly Jarvis	3.67			Watford	Southern Athletics League Div 3 North	15/04/2017
Shot							
1	Molly Jarvis	8.03		4 kg	Hemel Hempstead	Southern Athletics League Div 3 North	08/07/2017
Discus							
1	Molly Jarvis	30.43		1 kg	Lee Valley	Alpha Trophy	09/04/2017
Javelin							
1	Molly Jarvis	23.75		600 g	Harrow	UK YDL Division South Premier 2A	28/05/2017

UNDER 17 WOMEN

Indoors

200m							
1	Christy Nicholas	28.95		ET	Lee Valley	Herts County Indoor Championships	18/03/2017
Pole Vault							
1	Georgia West	2.81	club record	G4	Lee Valley	London Indoor Games	28/01/2017
Long Jump							
1	Gene Noel-Williams	3.99			Lee Valley	South of England Indoor Championships	08/01/2017
Triple Jump							
1	Hannah Dickins	9.87		G4	Lee Valley	Herts County Indoor Championships	18/03/2017
2	Gene Noel-Williams	9.26			Lee Valley	South of England Indoor Championships	08/01/2017

Outdoors

100m							
1	Tamyah Jones	13.13		ET	Watford	Herts County Championships	14/05/2017
2	Funmi Ogundimu	13.9			Braintree	Southern Athletics League Div 3 North	17/06/2017
3	Katie King	14.0			Cambridge	Eastern Young Athletes League	02/07/2017
4	Bairavy Senathirajah	14.1			Ware	Eastern Young Athletes League	30/07/2017
4	Emilia Turnbull	14.1			Watford	Southern Athletics League Div 3 North	19/08/2017
6	Becca Jones	14.4			Braintree	Southern Athletics League Div 3 North	17/06/2017
7	Gene Noel-Williams	14.5			Chelmsford	Eastern Young Athletes League	04/06/2017
200m							
1	Tamyah Jones	26.9		G4	Watford	ESAA Track & Field Cup (Regional Final)	09/06/2017
2	Emilia Turnbull	28.3			Watford	Southern Athletics League Div 3 North	19/08/2017
3	Gene Noel-Williams	29.08		ET	Watford	Herts County Championships	14/05/2017
4	Bairavy Senathirajah	29.6			Cambridge	Eastern Young Athletes League	02/07/2017
5	Amelie Royle	32.0			Stevenage	Herts County Schools Combined Events Champs	04/05/2017
300m							
1	Katie King	44.7			Cambridge	Eastern Young Athletes League	02/07/2017
2	Gene Noel-Williams	46.4			Lee Valley	Eastern Young Athletes League	13/08/2017
3	Christie Nicholas	47.8			Watford	ESAA Track & Field Cup (County Round)	19/05/2017
4	Emilia Turnbull	48.0			Watford	Eastern Young Athletes League	07/05/2017
5	Caitlyn Johal	50.4			Watford	Eastern Young Athletes League	07/05/2017
6	Hannah Dickins	50.8			Ware	Eastern Young Athletes League	30/07/2017
400m							
1	Caitlyn Johal	68.36		ET	Hemel Hempstead	Southern Athletics League Div 3 North	08/07/2017
800m							
1	Caitlyn Johal	02:31.2			Chelmsford	Eastern Young Athletes League	04/06/2017
2	Amelie Royle	02:44.3			Chelmsford	Eastern Young Athletes League	04/06/2017
3	Charlotte Glenister	02:57.9			Cambridge	Eastern Young Athletes League	02/07/2017
1500m							
1	Caitlyn Johal	05:09.27		ET	Watford	Watford Harriers Open Graded	31/05/2017
2	Lily Sutton	05:55.8			Watford	Eastern Young Athletes League	07/05/2017
3	Charlotte Glenister	06:12.7			Cambridge	Eastern Young Athletes League	02/07/2017
3000m							
1	Caitlyn Johal	11:31.7			Watford	Southern Athletics League Div 3 North	19/08/2017
80m hurdles							
1	Amelie Royle	15.6			Chelmsford	Eastern Young Athletes League	04/06/2017
Pole Vault							
1	Georgia West	3.10	club record	G3	Ware	Eastern Young Athletes League	30/07/2017
High Jump							
1	Jessica Biggerstaff	1.65		G1	Ware	Eastern Young Athletes League	30/07/2017
2	Hannah Dickins	1.40			Chelmsford	Eastern Young Athletes League	04/06/2017

	3	Christie Nicholas	1.25		Cambridge	Eastern Young Athletes League	02/07/2017	
Long Jump	1	Hannah Dickens	4.78	G4	Chelmsford	Eastern Young Athletes League	04/06/2017	
	2	Becca Jones	4.31		Watford	Eastern Young Athletes League	07/05/2017	
	3	Gene Noel-Williams	4.29		Cambridge	Eastern Young Athletes League	02/07/2017	
	4	Amelie Royle	3.91		Hemel Hempstead	Southern Athletics League Div 3 North	08/07/2017	
Triple Jump	1	Hannah Dickens	10.46	G3	Watford	Herts County Championships	14/05/2017	
	2	Abbie Jones	9.72	G4	Watford	Watford Harriers Open Graded	03/05/2017	
	3	Gene Noel-Williams	9.45		Watford	Herts County Championships	14/05/2017	
	4	Amelie Royle	9.23		Watford	Herts County Championships	14/05/2017	
	5	Caitlyn Johal	8.21		Hemel Hempstead	Southern Athletics League Div 3 North	08/07/2017	
Shot	1	Taia Tunstall	10.46	G3	3 kg	Lee Valley	Eastern Young Athletes League	13/08/2017
	2	Jessica Emery	9.48	G4	3 kg	Watford	Eastern Young Athletes League	07/05/2017
		Taia Tunstall	9.39		4 kg	Braintree	Southern Athletics League Div 3 North	17/06/2017
	3	Tamyah Jones	8.45		3 kg	Watford	ESAA Track & Field Cup (Regional Final)	09/06/2017
	4	Becca Jones	8.17		3 kg	Watford	Eastern Young Athletes League	07/05/2017
Discus	1	Jessica Emery	40.29	G1	1 kg	Stevenage	Herts County Open	01/05/2017
	2	Taia Tunstall	38.36	G1	1 kg	Crystal Palace	South of England Championships	20/08/2017
	3	Charlotte Glenister	11.70		1 kg	Lee Valley	Eastern Young Athletes League	13/08/2017
Hammer	1	Taia Tunstall	25.26		3 kg	Lee Valley	Eastern Young Athletes League	13/08/2017
		Taia Tunstall	23.56		4 kg	Watford	Southern Athletics League Div 3 North	19/08/2017
	2	Charlie Colling	16.50		3 kg	Lee Valley	Eastern Young Athletes League	13/08/2017
Javelin	1	Becca Jones	23.86		500 g	Chelmsford	Eastern Young Athletes League	04/06/2017
	2	Emilia Turnbull	21.54		500 g	Watford	Eastern Young Athletes League	07/05/2017
	3	Amelie Royle	17.34		500 g	Stevenage	Herts County Schools Combined Events Champs	04/05/2017
	4	Caitlyn Johal	13.08		500 g	Cambridge	Eastern Young Athletes League	02/07/2017
	5	Christie Nicholas	9.49		500 g	Chelmsford	Eastern Young Athletes League	04/06/2017
	6	Bairavy Senathirajah	8.14		500 g	Lee Valley	Eastern Young Athletes League	13/08/2017
4x100m Relay	1		54.6			Watford	Eastern Young Athletes League	07/05/2017

UNDER 15 GIRLS

Indoors

60m	1	Freya Witheat	8.55	G4	ET	Lee Valley	Eastern Indoor Championships	04/02/2017
	2	Anna South	8.57	G4	ET	Lee Valley	Eastern Indoor Championships	04/02/2017
	3	Sophie Harris	9.14		ET	Lee Valley	Eastern Indoor Championships	04/02/2017
	4	Bairavee Sivakanthan	9.22		ET	Lee Valley	London Indoor Games	22/01/2017
200m	1	Grace Hucknall	29.40		ET	Lee Valley	Herts County Indoor Championships	18/03/2017
	2	Ella Weaver	30.37		ET	Lee Valley	South of England Indoor Championships	08/01/2017
	3	Lara Ellis	31.36		ET	Lee Valley	South of England Indoor Championships	08/01/2017
300m	1	Olivia Scarles	48.44		ET	Lee Valley	South of England Indoor Championships	08/01/2017
800m	1	Grace Hucknall	02:41.76		ET	Lee Valley	Herts County Indoor Championships	18/03/2017
1500m	1	Grace Hucknall	05:26.99		ET	Stevenage	Herts County Championships	01/05/2017
High Jump	1	Ella Weaver	1.45	G4		Lee Valley	South of England Indoor Championships	08/01/2017
	2	Lara Ellis	1.40			Lee Valley	South of England Indoor Championships	08/01/2017
Long Jump	1	Anna South	4.38			Lee Valley	Herts County Indoor Championships	19/03/2017
	2	Abbie Poole	4.35			Lee Valley	South of England Indoor Championships	08/01/2017
	3	Olivia Scarles	4.24			Lee Valley	South of England Indoor Championships	08/01/2017
	4	Grace Hucknall	4.02			Lee Valley	Herts County Indoor Championships	19/03/2017
	5	Jessica Hill	3.56			Lee Valley	Herts County Indoor Championships	19/03/2017
Shot	1	Freya Witheat	7.96	G4	3 kg	Lee Valley	Eastern Indoor Championships	04/02/2017
	2	Jessica Hill	5.18		3 kg	Lee Valley	Herts County Indoor Championships	19/03/2017

Outdoors

100m	1	Freya Witheat	13.3	G4		Watford	Eastern Young Athletes League	07/05/2017
	2	Anna South	13.7			Watford	ESAA Track & Field Cup (Regional Final)	09/06/2017
	3	Abbie Poole	13.8			Cambridge	Eastern Young Athletes League	02/07/2017
	4	Kyra Johal	13.9			Lee Valley	Eastern Young Athletes League	13/08/2017
	5	Nia Mercurius-Johnson	14.1			Chelmsford	Eastern Young Athletes League	04/06/2017
	6	Maisie Doherty	14.4			Lee Valley	Eastern Young Athletes League	13/08/2017
	7	Charlie Colling	14.5			Ware	Eastern Young Athletes League	30/07/2017

	8 Sophie Harris	14.6			Watford	Eastern Young Athletes League	07/05/2017
	9 Katherine Cox	15.2			Lee Valley	Eastern Young Athletes League	13/08/2017
200m	1 Freya Witheat	27.2	G3		Cambridge	Eastern Young Athletes League	02/07/2017
	2 Chrissy Murray	27.7	G4		Lee Valley	Eastern Young Athletes League	13/08/2017
	3 Nia Mercurius-Johnson	28.2			Watford	ESAA Track & Field Cup (Regional Final)	09/06/2017
	3 Kyra Johal	28.2			Lee Valley	Eastern Young Athletes League	13/08/2017
	5 Olivia Scarles	29.39			Horspath	Sandra Luke Memorial 5 Star & 10 Step	28/05/2017
	6 Ella Weaver	29.4			Cambridge	Eastern Young Athletes League	02/07/2017
	7 Lauryn Holder	29.6			Chelmsford	Eastern Young Athletes League	04/06/2017
	8 Anna South	29.9			Watford	ESAA Track & Field Cup (County Round)	19/05/2017
	9 Maisie Doherty	30.4			Lee Valley	Eastern Young Athletes League	13/08/2017
	10 Charlotte Masters	31.4			Cambridge	Eastern Young Athletes League	02/07/2017
	11 Charlie Colling	31.84		ET	Watford	Watford Harriers Open Graded	26/07/2017
	12 Lucy Ryan	32.6			Watford	Eastern Young Athletes League	07/05/2017
300m	1 Olivia Scarles	45.2	G4		Cambridge	Eastern Young Athletes League	02/07/2017
	2 Meadow Thomas	45.7	G4		Cambridge	Eastern Young Athletes League	02/07/2017
	3 Katie King	46.8			Ware	Eastern Young Athletes League	30/07/2017
	4 Kyra Johal	47.8			Chelmsford	Eastern Young Athletes League	04/06/2017
	5 Maisie Doherty	49.4			Lee Valley	Eastern Young Athletes League	13/08/2017
	6 Charlotte Masters	50.8			Ware	Eastern Young Athletes League	30/07/2017
800m	1 Grace Hucknall	02:32.6			Hemel Hempstead	Herts County Combined Events Champs	16/07/2017
	2 Jordan Walters	02:39.2			Ware	Eastern Young Athletes League	30/07/2017
	3 Jessica Hill	02:40.0			Ware	Eastern Young Athletes League	30/07/2017
	4 Chrissy Murray	02:44.7			Lee Valley	Eastern Young Athletes League	13/08/2017
	5 Olivia Scarles	02:46.09		ET	Bracknell	Bracknell AC Young Athletes Open	25/03/2017
	6 Meadow Thomas	02:49.1			Stevenage	Herts County Schools Combined Events Champs	04/05/2017
	7 Katherine Cox	02:54.2			Cambridge	Eastern Young Athletes League	02/07/2017
	8 Lucy Hawkes	02:56.6			Cambridge	Eastern Young Athletes League	02/07/2017
	9 Freya Witheat	02:58.1			Stevenage	Herts County Schools Combined Events Champs	04/05/2017
	10 Sophie Marston	03:05.7			Watford	ESAA Track & Field Cup (Regional Final)	09/06/2017
	11 Lauryn Holder	03:17.0			Stevenage	Herts County Schools Combined Events Champs	04/05/2017
1500m	1 Grace Hucknall	05:10.8	G4		Cambridge	Eastern Young Athletes League	02/07/2017
	2 Jessica Hill	05:32.2			Cambridge	Eastern Young Athletes League	02/07/2017
	3 Jordan Walters	05:40.51		ET	Watford	Watford Harriers Open Graded	31/05/2017
	4 Amy Hill	06:34.6			Lee Valley	Eastern Young Athletes League	13/08/2017
	5 Katherine Cox	07:12.4			Lee Valley	Eastern Young Athletes League	13/08/2017
	6 Maisie Doherty	07:21.8			Ware	Eastern Young Athletes League	30/07/2017
75m hurdles	1 Freya Witheat	11.72	G1	ET	Hemel Hempstead	Herts County Schools Championships	10/06/2017
	2 Abbie Poole	12.67	G4	ET	Watford	Herts County Championships	14/05/2017
	3 Lauryn Holder	12.7	G4		Stevenage	Herts County Schools Combined Events Champs	04/05/2017
	4 Meadow Thomas	12.75	G4	ET	Watford	Herts County Championships	14/05/2017
	5 Grace Hucknall	13.7			Stevenage	Herts County Schools Combined Events Champs	04/05/2017
	6 Lara Ellis	14.15		ET	Lee Valley	Alpha Trophy	09/04/2017
	7 Charlotte Masters	16.5			Lee Valley	Eastern Young Athletes League	13/08/2017
	8 Jessica Hill	17.2			Hemel Hempstead	Herts County Combined Events Champs	16/07/2017
Pole Vault	1 Meadow Thomas	2.20	G4		Watford	Herts County Championships	14/05/2017
	1 Grace Hucknall	2.20	G4		Chelmsford	Eastern Young Athletes League	04/06/2017
	3 Ella Weaver	1.70			Watford	Eastern Young Athletes League	07/05/2017
High Jump	1 Ella Weaver	1.55	G2		Ware	Eastern Young Athletes League	30/07/2017
	2 Chrissy Murray	1.50	G3		Chelmsford	Eastern Young Athletes League	04/06/2017
	2 Lauryn Holder	1.50	G3		Ware	Eastern Young Athletes League	30/07/2017
	4 Freya Witheat	1.44	G4		Stevenage	Herts County Schools Combined Events Champs	04/05/2017
	5 Meadow Thomas	1.38			Stevenage	Herts County Schools Combined Events Champs	04/05/2017
	5 Grace Hucknall	1.38			Watford	ESAA Track & Field Cup (County Round)	19/05/2017
	7 Lara Ellis	1.32		ET	Lee Valley	Alpha Trophy	09/04/2017
	8 Jessica Hill	1.25			Hemel Hempstead	Herts County Combined Events Champs	16/07/2017
	8 Lucy Hawkes	1.25			Ware	Eastern Young Athletes League	30/07/2017
Long Jump	1 Ella Weaver	4.92	G2		Chelmsford	Eastern Young Athletes League	04/06/2017
	2 Anna South	4.72	G2		Watford	ESAA Track & Field Cup (Regional Final)	09/06/2017
	3 Grace Hucknall	4.71	G3		Watford	Herts County Championships	14/05/2017
	4 Abbie Poole	4.59	G4		Watford	Herts County Championships	14/05/2017
	5 Lauryn Holder	4.41			Lee Valley	Eastern Young Athletes League	13/08/2017
	6 Freya Witheat	4.37			Stevenage	Herts County Schools Combined Events Champs	04/05/2017
	7 Olivia Scarles	4.34			Eton	WSEH Spring Open	01/04/2017
	8 Lara Ellis	4.23			Lee Valley	Alpha Trophy	09/04/2017
	9 Katie King	4.20			Ware	Eastern Young Athletes League	30/07/2017
	10 Meadow Thomas	4.06			Stevenage	Herts County Schools Combined Events Champs	04/05/2017
	11 Jessica Hill	4.03			Watford	Herts County Championships	14/05/2017

	12 Sophie Harris	3.83			Watford	ESAA Track & Field Cup (Regional Final)	09/06/2017	
	13 Kyra Johal	3.43			Lee Valley	Eastern Young Athletes League	13/08/2017	
Triple Jump (non graded)								
	1 Ella Weaver	8.45			Cambridge	Eastern Young Athletes League	02/07/2017	
Shot								
	1 Kaitlyn Williams	8.44	G4	3 kg	Lee Valley	Eastern Young Athletes League	13/08/2017	
	2 Lauryn Holder	7.95	G4	3 kg	Stevenage	Herts County Schools Combined Events Champs	04/05/2017	
	3 Charlotte Masters	7.23		3 kg	Ware	Eastern Young Athletes League	30/07/2017	
	3 Nia Mercurius-Johnson	7.08		3 kg	Watford	ESAA Track & Field Cup (Regional Final)	09/06/2017	
	4 Freya Witheat	6.90		3 kg	Stevenage	Herts County Schools Combined Events Champs	04/05/2017	
	5 Grace Hucknall	6.83		3 kg	Hemel Hempstead	Herts County Combined Events Champs	16/07/2017	
	6 Jessica Hill	6.78		3 kg	Hemel Hempstead	Herts County Combined Events Champs	16/07/2017	
	7 Meadow Thomas	6.68		3 kg	Stevenage	Herts County Schools Combined Events Champs	04/05/2017	
	8 Sophie Marston	6.16		3 kg	Chelmsford	Eastern Young Athletes League	04/06/2017	
	9 Charlie Colling	6.09		3 kg	Watford	Watford Harriers Open Graded	09/08/2017	
	10 Philippa Grant	5.81		3 kg	Chelmsford	Eastern Young Athletes League	04/06/2017	
Discus								
	1 Kaitlyn Williams	26.15	G2	1 kg	Chelmsford	Eastern Young Athletes League	04/06/2017	
	2 Charlotte Masters	15.81		1 kg	Watford	Eastern Young Athletes League	07/05/2017	
	3 Sophie Marston	14.58		1 kg	Chelmsford	Eastern Young Athletes League	04/06/2017	
	4 Katie King	11.34		1 kg	Ware	Eastern Young Athletes League	30/07/2017	
	5 Jordan Walters	11.15		1 kg	Ware	Eastern Young Athletes League	30/07/2017	
Hammer								
	1 Charlie Colling	14.81		3 kg	Watford	Eastern Young Athletes League	07/05/2017	
	2 Philippa Grant	6.37		3 kg	Watford	Eastern Young Athletes League	07/05/2017	
Javelin								
	1 Freya Witheat	32.73	club record	G2	500g	Watford	Herts County Championships	14/05/2017
	2 Olivia Scarles	24.35		G4	500 g	Horspath	Sandra Luke Memorial 5 Star & 10 Step	28/05/2017
	Olivia Scarles	24.24			600 g	Watford	Watford Harriers Open Graded	31/05/2017
	3 Jessica Hill	15.98			500g	Watford	Watford Harriers Open Graded	31/05/2017
	4 Lucy Hawkes	14.28			500 g	Ware	Eastern Young Athletes League	30/07/2017
	5 Sophie Marston	12.88			500g	Watford	Eastern Young Athletes League	07/05/2017
	6 Charlotte Masters	11.20			500 g	Lee Valley	Alpha Trophy	09/04/2017
	7 Charlie Colling	8.34			500 g	Lee Valley	Eastern Young Athletes League	13/08/2017
	8 Lucy Ryan	7.76			500 g	Lee Valley	Alpha Trophy	09/04/2017
Pentathlon								
	1 Grace Hucknall	2,414 pts		G4		Hemel Hempstead	Herts County Combined Events Champs	16/07/2017
	2 Freya Witheat	2,241 pts				Stevenage	Herts County Schools Combined Events Champs	04/05/2017
	3 Meadow Thomas	2,112 pts				Stevenage	Herts County Schools Combined Events Champs	04/05/2017
	3 Lauryn Holder	2,112 pts				Stevenage	Herts County Schools Combined Events Champs	04/05/2017
	5 Jessica Hill	1,703 pts				Hemel Hempstead	Herts County Combined Events Champs	16/07/2017
4x100m Relay								
	1	54.2				Cambridge	Eastern Young Athletes League	02/07/2017

UNDER 13 GIRLS

Indoors

60m

	1 Rosie Moore	9.76			ET	Lee Valley	Eastern Indoor Championships	04/02/2017
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200m

	1 Scarlett Gammell	28.9	club record	G2	ET	Lee Valley	Eastern Indoor Championships	05/02/2017
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800m

	1 Scarlett Gammell	02:35.67	club record	G4	ET	Lee Valley	Lee Valley Open Pentathlon	26/03/2017
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60m hurdles

	1 Scarlett Gammell	10.19	club record	G2	ET	Lee Valley	Lee Valley Open Pentathlon	26/03/2017
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	2 Eloise Dickins	12.19			ET	Lee Valley	Eastern Indoor Championships	04/02/2017
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High Jump

	1 Scarlett Gammell	1.30		G3		Lee Valley	Lee Valley Open Pentathlon	26/03/2017
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Long Jump

	1 Scarlett Gammell	4.06		G4		Lee Valley	Lee Valley Open Pentathlon	26/03/2017
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	2 Eloise Dickins	3.35				Lee Valley	Eastern Indoor Championships	04/02/2017
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	3 Rosie Moore	3.09				Lee Valley	Eastern Indoor Championships	04/02/2017
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Shot

	1 Scarlett Gammell	5.27			2.72 kg	Lee Valley	Lee Valley Open Pentathlon	26/03/2017
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Pentathlon

	1 Scarlett Gammell	2,257 pts	club record	G2		Lee Valley	Lee Valley Open Pentathlon	26/03/2017
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Outdoors

100m

	1 Ava McCloughlin	13.6		G1		Lee Valley	Eastern Young Athletes League	13/08/2017
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	2 Rosie Alexander	15.13			ET	Stevenage	Herts County Championships	01/05/2017
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	3 Lucy Hawkes	15.2				Watford	Watford Harriers Minors Open	11/06/2017
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	4 Simone Holder	15.4				Lee Valley	Eastern Young Athletes League	13/08/2017
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	5 Maddy Cox	15.8				Watford	Watford Harriers Minors Open	11/06/2017
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	6 Leah Shellard	16.23			ET	Watford	Watford Harriers Open Graded	31/05/2017
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	7 Rosie Moore	16.3				Watford	Eastern Young Athletes League	07/05/2017
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	7 Daisy Mainwaring	16.3			Watford	Eastern Young Athletes League	07/05/2017	
	9 Eloise Dickins	16.4			Stevenage	Hertfordshire Under 13 Challenge	06/07/2017	
	10 Becky Griffiths	16.9			Ware	Eastern Young Athletes League	30/07/2017	
	11 Amy Hawkes	17.1			Watford	Watford Harriers Minors Open	11/06/2017	
	12 Elsie Roche	17.9			Watford	Watford Harriers Minors Open	11/06/2017	
200m	1 Scarlett Gammell	27.87	club record	G1	ET	Hemel Hempstead	Herts County Schools Championships	10/06/2017
	2 Ava McCloughlin	29.11		G3	ET	Hemel Hempstead	Herts County Schools Championships	10/06/2017
	Sabrina Jansen	31.07w			ET	Cambridge	Eastern AA Championships	24/06/2017
	3 Becky Griffiths	36.6				Ware	Eastern Young Athletes League	30/07/2017
800m	1 Scarlett Gammell	02:40.51		G4	ET	Lee Valley	Alpha Trophy	09/04/2017
	2 Sabrina Jansen	02:43.8				Chelmsford	Eastern Young Athletes League	04/06/2017
	3 Daisy Mainwaring	02:46.3				Stevenage	Hertfordshire Under 13 Challenge	06/07/2017
	4 Maddy Cox	02:57.6				Cambridge	Eastern Young Athletes League	02/07/2017
	5 Rosie Alexander	03:04.7				Ware	Eastern Young Athletes League	30/07/2017
	6 Leah Shellard	03:14.2				Watford	Eastern Young Athletes League	07/05/2017
1500m	1 Daisy Mainwaring	05:38.22			ET	Watford	Watford Harriers Open Graded	23/08/2017
	2 Emily Gillies	05:51.1				Watford	Eastern Young Athletes League	07/05/2017
	3 Eloise Dickins	06:28.6				Ware	Eastern Young Athletes League	30/07/2017
70m hurdles	1 Scarlett Gammell	11.6		G1		Cambridge	Eastern Young Athletes League	02/07/2017
	2 Eloise Dickins	13.9				Cambridge	Eastern Young Athletes League	02/07/2017
High Jump	1 Scarlett Gammell	1.20				Watford	Watford Harriers Open Graded	19/04/2017
	1 Rosie Moore	1.20				Watford	Eastern Young Athletes League	07/05/2017
	3 Amy Hawkes	1.15				Chelmsford	Eastern Young Athletes League	04/06/2017
	4 Eloise Dickins	1.10				Watford	Eastern Young Athletes League	07/05/2017
	4 Simone Holder	1.10				Ware	Eastern Young Athletes League	30/07/2017
	6 Rosie Moore	1.00				Cambridge	Eastern Young Athletes League	02/07/2017
Long jump	1 Scarlett Gammell	4.42		G2		Chelmsford	Eastern Young Athletes League	04/06/2017
	2 Ava McCloughlin	3.94				Cambridge	Eastern Young Athletes League	02/07/2017
	3 Eloise Dickins	3.75				Ware	Eastern Young Athletes League	30/07/2017
	4 Lucy Hawkes	3.68				Watford	Watford Harriers Minors Open	11/06/2017
	5 Rosie Moore	3.61				Watford	Eastern Young Athletes League	07/05/2017
	6 Sabrina Jansen	3.54				Stevenage	Herts County Championships	01/05/2017
	7 Maddy Cox	3.43				Watford	Watford Harriers Minors Open	11/06/2017
	8 Simone Holder	3.30				Watford	Eastern Young Athletes League	07/05/2017
	Rosie Alexander	3.23w				Stevenage	Herts County Championships	01/05/2017
	9 Louisa Muller (U11)	3.16				Watford	Watford Harriers Minors Open	11/06/2017
	10 Amy Hawkes	3.14				Watford	Watford Harriers Minors Open	11/06/2017
	11 Rosie Alexander	3.09				Stevenage	Herts County Championships	01/05/2017
	12 Mikella Zuchora (U11)	3.05				Watford	Watford Harriers Minors Open	11/06/2017
	13 Ynes Minashi	2.67				Watford	Watford Harriers Minors Open	09/04/2017
Shot	1 Scarlett Gammell	5.98			2.72 kg	Hemel Hempstead	Herts County Combined Events Champs	16/07/2017
	2 Lucy Hawkes	5.52			2.72 kg	Watford	Watford Harriers Minors Open	11/06/2017
	3 Sabrina Jansen	5.20			2.72 kg	Ware	Eastern Young Athletes League	30/07/2017
	4 Daisy Mainwaring	4.80			2.72 kg	Cambridge	Eastern Young Athletes League	02/07/2017
	5 Rosie Alexander	4.31			2.72 kg	Watford	Eastern Young Athletes League	07/05/2017
	6 Amy Hawkes	3.53			2.72 kg	Watford	Watford Harriers Minors Open	11/06/2017
	7 Poppy Doherty	3.35			2.72 kg	Lee Valley	Eastern Young Athletes League	13/08/2017
Discus	1 Sabrina Jansen	13.09			0.75 kg	Ware	Eastern Young Athletes League	30/07/2017
	2 Simone Holder	12.82			0.75 kg	Lee Valley	Eastern Young Athletes League	13/08/2017
	3 Daisy Mainwaring	12.80			0.75 kg	Ware	Eastern Young Athletes League	30/07/2017
	4 Becky Griffiths	12.32			0.75 kg	Ware	Eastern Young Athletes League	30/07/2017
	5 Maddy Cox	8.44			0.75 kg	Lee Valley	Eastern Young Athletes League	13/08/2017
Javelin	1 Rosie Alexander	19.06		G3	400 g	Chelmsford	Eastern Young Athletes League	04/06/2017
	2 Sabrina Jansen	16.22		G4	400 g	Lee Valley	Eastern Young Athletes League	13/08/2017
	3 Leah Shellard	15.51		G4	400 g	Ware	Eastern Young Athletes League	30/07/2017
	4 Emily Gillies	15.33		G4	400 g	Cambridge	Eastern Young Athletes League	02/07/2017
	5 Eloise Dickins	13.11			400 g	Cambridge	Eastern Young Athletes League	02/07/2017
	6 Daisy Mainwaring	12.19			400 g	Stevenage	Herts County Championships	01/05/2017
	7 Rosie Moore	11.87			400 g	Cambridge	Eastern Young Athletes League	02/07/2017
	8 Gracie Williamson	11.09			400 g	Stevenage	Hertfordshire Under 13 Challenge	06/07/2017
	9 Amy Hawkes	8.29			400 g	Ware	Eastern Young Athletes League	30/07/2017
	10 Maddy Cox	3.93			400 g	Lee Valley	Eastern Young Athletes League	13/08/2017
Pentathlon	1 Scarlett Gammell	2,016 pts	club record	G4		Hemel Hempstead	Herts County Combined Events Champs	16/07/2017
4x100m Relay	1	58.5				Watford	Eastern Young Athletes League	07/05/2017