

Ranking 2008

Rankings 2008 Watford Harriers

MASTERS MEN

200m

1	Ron Bentley	31.6		Watford	WH Club Champs	17/08/2008	M50
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800m

1	Derek Walker	02:28.4		Stevenage	SML	02/08/2008	M45
2	Graham Mayoh	02:32.3		Watford	WH Club Champs	17/08/2008	M40

1500m

1	Derek Walker	04:57.0	PF	Watford	WH Open Graded	13/08/2008	M45
2	Graham Mayoh	05:14.2		Lee Valley	SML	17/05/2008	M40
3	Mikk Bradley	05:37.3		Hastings	SML	02/08/2008	M50

**Rankings
2008
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Harriers**

3000m

1	Graham Mayoh	10:56.4	PF	Watford	WH Open Graded	23/04/2008	M40
2	T Birkett	11:15.0		Watford	WH Club Champs	17/08/2008	M40
3	Martin Grimsdale	11:57.9		Watford	WH Club Champs	17/08/2008	M50

3000m
Steeplechase

1	Graham Mayoh	12:53.5		Watford	SML	12/07/2008	M40
2	Derek Walker			Stevenage	SML	02/08/2008	M45

5000m

1	Mikk Bradley	18:03.6		Hastings	SML	02/08/2008	M50
2	Derek Walker	19:13.2		Battersea Park	SML	03/05/2008	M45
3	James Martin	23:49.8		Stevenage	SML	02/08/2008	

**Rankings
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Half
Marathon
(non
graded)

1	Derek Walker	1hr 27.51	Watford	Watford Half Marathon	03/02/20 08	M4 5
2	Mark Highfield	1hr 44.09	Watford	Watford Half Marathon	03/02/20 08	M
3	Michael Dombey	1hr 45.28	Watford	Watford Half Marathon	03/02/20 08	M
4	Robin Wardley	2hr 02.55	Watford	Watford Half Marathon	03/02/20 08	M

Long Jump

1	Derek Walker	4.49	Stevenage	SML	02/08/20 08	M4 5
2	Ron Bentley	4.2	Watford	WH Club Champs	17/08/20 08	M5 0

Triple Jump

1	Ron Bentley	8.49	Watford	WH Club Champs	17/08/20 08	M5 0
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High Jump

**Rankings
2008
Watford
Harriers**

1	Ron Bentley	1.3		Watford	WH Club Champs	17/08/2008	M50
2	Dick Parles	1.25		Watford	WH Club Champs	17/08/2008	M60
Shot							
	Tim Saunders-Mullins	10.35	6kg	Watford	WH Club Champs	17/08/2008	M55
1	Tim Saunders-Mullins	9.34	7.26 kg	Watford	WH Open Graded	02/07/2008	M55
	Dick Parles	7.62	6kg	Watford	WH Club Champs	17/08/2008	M60
2	Malcolm Wallace	6.92	7.26 kg	Stevenage	SML	02/08/2008	M55
3	Dick Parles	6.44	7.26 kg	Hastings	SML	02/08/2008	M60
Discus							
	Tim Saunders-Mullins	25.73	1.5kg	Watford	WH Club Champs	17/08/2008	M55
	Brian	24.46	1kg	Stevenage	Herts County	05/05/2008	M6

**Rankings
2008
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Harriers**

	Yeomans				Vets Champs	08	0
	Malcolm Wallace	22.69	1.5kg	Stevenage	SML	02/08/2008	M55
	Tim Saunders-Mullins	19.94	2kg	Cambridge	SML	07/06/2008	M55
Hammer							
	Tim Saunders-Mullins	32.9	6kg	Watford	WH Open Graded	04/06/2008	M55
1	Tim Saunders-Mullins	27.5	7.26kg	Cambridge	SML	07/06/2008	M55
2	Malcolm Wallace	21.86	7.26kg	Battersea Park	SML	03/05/2008	M55
3	Brian Yeomans	14.57	7.26kg	Stevenage	SML	02/08/2008	M60
4	Dick Parles	13.14	7.26kg	Hastings	SML	02/08/2008	M60
Pole Vault							
1	Malcolm Wallace	1.4		Stevenage	SML	02/08/2008	M55

**Rankings
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2	Dick Parles	1.1		Hillingdon	SML	28/06/2008	M60
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Javelin

1	Brian Yeomans	33.55	600g	Watford	WH Club Champs	17/08/2008	M60
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	Brian Yeomans	29.89	800g	Battersea Park	SML	03/05/2008	M60
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2	Tim Saunders-Mullins	25.11	700g	Watford	WH Club Champs	17/08/2008	M55
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SENIOR
MEN

Indoors

60m

1	Jermaine Bossman	7.42		Lee Valley	Southern Indoor Champs	19/01/2008	
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400m

1	Aaron Dombey	51.41	G3	Sheffield	BUSA Indoor Champs	15/03/2008	
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**Rankings
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Shot

1	Stuart Thurgood	12.37	G 3	7.26 kg	Lee Valley	Southern Indoor Champs	20/01/2008
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Outdoors

110m hurdles

1	Daniel Tarrant	21			Watford	SML	12/07/2008
2	Nicholas Harris	21.6			Hillingdon	SML	28/06/2008
3	Bevan Solomon	22.9			Lee Valley	SML	17/05/2008
4	Paul Yeomans	23.9			Hastings	SML	02/08/2008

100m

1	Jermaine Bossman	11.7			Hillingdon	SML	28/06/2008
1	Bevan Solomon	11.7			Hillingdon	SML	28/06/2008

**Rankings
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Harriers**

3	A Morris	11.9		Watford	WH Club Champs	17/08/2008
4	Brad Dyer	12.5		Watford	SML	12/07/2008
5	James Quintal	13		Stevenage	SML	02/08/2008
200m						
1	Jermaine Bossman	24.7		Hillingdon	SML	28/06/2008
2	A Morris	24.8		Watford	WH Club Champs	17/08/2008
3	Brad Dyer	25.7		Watford	SML	12/07/2008
400m hurdles						
1	Aaron Dombey	57.35	PF	Crystal Palace	Southern Senior Champs	14/06/2008
2	Daniel Tarrant	66.7		Watford	SML	12/07/2008
3	Nicholas Harris	70.9		Lee Valley	SML	17/05/2008

**Rankings
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Harriers**

4	Nathan Cusack	72.8	St Ives	SML	28/06/2008
5	Steve Hanscombe	80.5	Watford	SML	12/07/2008
400m					
1	Paul Yeomans	53.3	Watford	SML	12/07/2008
2	John McGinn	56.6	Hillingdon	SML	28/06/2008
3	Daniel Tarrant	60.6	Lee Valley	SML	17/05/2008
4	Nathan Cusack	62.6	Battersea Park	SML	03/05/2008
5	Paul Illing	78	Lee Valley	SML	17/05/2008
800m					
1	John McGinn	02:03.7	Bexley	SML	03/05/2008
2	Nathan Cusack	02:20.0	Battersea Park	SML	03/05/2008

**Rankings
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3	Nicholas Harris	02:25. 7		Hastings	SML	02/08/20 08
4	Zac McDonough	02:33. 4		Watford	WH Club Champs	17/08/20 08
1500m						
1	John McGinn	04:20. 6		Hillingdon	SML	28/06/20 08
2	Steve Hanscombe	04:39. 0	PF	Watford	WH Open Graded	16/07/20 08
3	Eammon Twomey	04:46. 9		Hillingdon	SML	28/06/20 08
4	Nicholas Harris	04:50. 9		Bexley	SML	03/05/20 08
5	Richard Holland	05:01. 7		Hastings	SML	02/08/20 08
6	Zac McDonough	05:09. 4		Stevenage	SML	02/08/20 08
7	Andrew Kelly	05:40. 5		Watford	SML	12/07/20 08

**Rankings
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3000m
Steeplechase

1	Nicholas Harris	10:28.2	Watford	WH Club Champs	17/08/2008
2	Andrew Kelly	10:54.7	Watford	WH Club Champs	17/08/2008
3	Richard Holland	12:04.5	Watford	SML	12/07/2008
4	Daniel Tarrant	12:05.8	Watford	SML	12/07/2008

5000m

1	Steve Hanscombe	17:10.2	Lee Valley	SML	17/05/2008
2	Eammon Twomey	17:11.8	Lee Valley	SML	17/05/2008
3	Richard Holland	17:42.6	Hastings	SML	02/08/2008
4	Andrew Kelly	17:56.2	Hillingdon	SML	28/06/2008
5	David	18:15.	Watford	SML	12/07/2008

**Rankings
2008
Watford
Harriers**

	Vannen	2				08
6	Paul Illing	19:45. 2		Bexley	SML	03/05/20 08
Half Marathon (non graded)						
1	Eammon Twomey	1hr 24.24		Watford	Watford Half Marathon	03/02/20 08
2	Scott Boocock	1hr 57.27		Watford	Watford Half Marathon	03/02/20 08
Marathon						
1	Eammon Twomey	2hr 59.23		Paris, France	Paris Marathon	06/04/20 08
Long Jump						
1	Bevan Solomon	6.57	G 2	Bexley	SML	03/05/20 08
2	Paul Yeomans	5.55		Watford	Herts County Champs	11/05/20 08
3	Aaron Dombey	5.54		Lee Valley	SML	17/05/20 08

**Rankings
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Harriers**

4	Nathan Cusack	3.72		St Ives	SML	28/06/2008
High Jump						
1	Daniel Tarrant	1.75		Hillingdon	SML	28/06/2008
2	Nicholas Harris	1.5		Bexley	SML	03/05/2008
Triple Jump						
1	Bevan Solomon	13.56	G 2	Bexley	SML	03/05/2008
2	Paul Yeomans	10.09		Hastings	SML	02/08/2008
Pole Vault						
1	Paul Yeomans	3.8		Stevenage	Herts AAA's Open	05/05/2008
2	Daniel Tarrant	3		Hillingdon	SML	28/06/2008
3	Zac McDonough	2.6		Stevenage	SML	02/08/2008

Hammer

**Rankings
2008
Watford
Harriers**

1	Stuart Thurgood	57.92	G 2	7.26 kg	Hillingdon	SML	28/06/2008
2	A Ralf	41.73		7.26 kg	St Ives	SML	28/06/2008
Shot							
1	Bevan Solomon	12.93	G 2	7.26 kg	Bexley	SML	03/05/2008
2	Stuart Thurgood	12.77	G 3	7.26 kg	Watford	WH Open Graded	09/04/2008
3	A Ralf	12.26	G 3	7.26 kg	St Ives	SML	28/06/2008
4	Paul Yeomans	8.78		7.26 kg	Watford	Herts County Champs	11/05/2008
5	Nathan Cusack	7.38		7.26 kg	Watford	SML	12/07/2008
6	Brad Dyer	7.09		7.26 kg	Battersea Park	SML	03/05/2008
Javelin							
1	Daniel Tarrant	41.03		800g	Watford	SML	12/07/2008
2	Chris	37.85		800g	Watford	SML	12/07/2008

**Rankings
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Harriers**

	Yeomans						08
3	Bevan Solomon	36.75		800g	Bexley	SML	03/05/2008
Discus							
1	A Ralf	37.84	G 3	2kg	St Ives	SML	28/06/2008
2	Stuart Thurgood	35.84		2kg	Hillingdon	SML	28/06/2008
3	Bevan Solomon	34.33		2kg	Hillingdon	SML	28/06/2008
4	Brad Dyer	20.69		2kg	Stevenage	SML	02/08/2008
5	Nathan Cusack	18.2		2kg	Watford	SML	12/07/2008
4x100m Relay							
1	J Bossman / K Adamakeh / M London / A	45.8			Watford	SML	12/07/2008

**Rankings
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Jovanovski

4x400m
Relay

1	J McGinn / S Hanscomb e	03:52. 4		Hillingdon	SML	28/06/20 08
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E Twomey /
T Gillespie

JUNIOR
MEN

110m
hurdles

1	Dave Hall	19.5		Battersea Park	SML	03/05/20 08
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400m
hurdles

1	Dave Hall	60.24	PF	Watford	Herts County Champs	11/05/20 08
2	Ross	68.1		Bexley	SML	03/05/20

**Rankings
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Harriers**

	Balkan						08
100m							
1	M Weekes	11.77	PF	Watford	WH Open Graded		13/08/2008
2	Tom Gillespie	11.8		Cambridge	SML		07/06/2008
3	Josh Dombey	12.8		Cambridge	SML		07/06/2008
200m							
1	M Weekes	23.81	PF	Watford	WH Open Graded		13/08/2008
2	Tom Gillespie	24.5		Hillingdon	SML		28/06/2008
3	Jason Raineri	25.7		Cambridge	SML		07/06/2008
4	Dave Hall	27.7		Stevenage	SML		02/08/2008
400m							
1	Tom Gillespie	51	G 2	Cambridge	SML		07/06/2008
2	Dave Hall	55.2		Stevenage	SML		02/08/2008

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Harriers**

08

800m

1	Tom Gillespie	02:04.0		Hastings	SML	02/08/2008
2	Dave Hall	02:12.3		Battersea Park	SML	03/05/2008
3	Ross Balkan	02:13.1		Lee Valley	SML	17/05/2008

1500m

1	Robert Van Tromp	04:26.5	PF	Watford	WH Open Graded	13/08/2008
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3000m
steeplechase

1	Ross Balkan	11:07.3		Lee Valley	SML	17/05/2008
2	Dave Hall	11:30.2		Battersea Park	SML	03/05/2008
3	Robert Van Tromp	12:49.3		Stevenage	SML	02/08/2008

Long Jump

**Rankings
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Harriers**

1	Jason Raineri	5.6	Cambridge	SML	07/06/2008
2	Tom Gillespie	5.14	Bexley	SML	03/05/2008
High Jump					
1	Jason Raineri	1.57	Watford	WH Club Champs	17/08/2008
2	Josh Dombey	1.5	Cambridge	SML	07/06/2008
3	Robert Van Tromp	1.35	Stevenage	SML	02/08/2008
Triple Jump					
1	Jason Raineri	11	Cambridge	SML	07/06/2008
2	Tom Gillespie	10.51	Bexley	SML	03/05/2008
3	Ross Balkan	10.34	Cambridge	SML	07/06/2008
4	Dave Hall	8.84	Stevenage	SML	02/08/2008

Javelin

**Rankings
2008
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Harriers**

1	Jason Raineri	49	G 2	800g	Hillingdon	SML	28/06/2008
Hammer							
1	Jason Raineri	13.36		7.26 kg	Cambridge	SML	07/06/2008
Shot							
1	Jason Raineri	8.24		6kg	Watford	WH Club Champs	17/08/2008
Pole Vault							
1	Josh Dombey	3.4			Lee Valley	SML	17/05/2008

**UNDER 17
MEN**

Indoors							
60m							
1	Alex Jovanovski	7.14	G 1		Birmingham	AAA's Indoor Champs	23/02/2008
2	Joel Ramsbotto	7.22	G 1		Birmingham	AAA's Indoor Champs	23/02/2008

**Rankings
2008
Watford
Harriers**

	m						
3	Michael London	7.51	G 3	Uxbridge	Brunel Open Graded	26/01/2008	
4	Kwasi Adamakeh	7.55	G 3	Lee Valley	Herts Indoor Champs	09/03/2008	
5	Adam Lincoln	7.79	G 4	Uxbridge	Brunel Open Graded	16/02/2008	
6	Olly Brooks	7.88	G 4	Eton	WSEH Open Graded	06/01/2008	
Outdoors							
100m Hurdles							
1	Sean Glynn	16		Watford	Herts County Schools	14/06/2008	
2	Olly Brooks	16.8		St Ives	EYAL	08/06/2008	
110m Hurdles							
1	Olly Brooks	21.1		Cambridge	SML	07/06/2008	

**Rankings
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100m

1	Alex Jovanovski	11.2	G 1		Watford	SML	12/07/2008
2	Joel Ramsbottom	11.5	G 2		St Ives	EYAL	08/06/2008
3	Michael London	11.7	G 3		Lee Valley	SML	17/05/2008
4	Kwasi Adamakeh	12	G 4		Basildon	EYAL	27/04/2008
5	Adam Lincoln	12.15	G 4	PF	Watford	WH Open Graded	13/08/2008
6	Olly Brooks	12.55		PF	Watford	WH Open Graded	09/04/2008

200m

1	Alex Jovanovski	22.86	G 2	PF	Watford	WH Open Graded	23/04/2008
2	Joel Ramsbottom	23.5	G 2		St Ives	EYAL	08/06/2008
3	Kwasi Adamakeh	23.92	G 4	PF	Watford	WH Open Graded	23/04/2008

**Rankings
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Watford
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4	Michael London	24	G 4		Thurrock	EYAL	13/07/20 08
5	Adam Lincoln	24.5	G 4		Thurrock	EYAL	13/07/20 08
5	Olly Brooks	25.5			Cambridge	SML	07/06/20 08
7	E Day	27.5			Watford	WH Club Champs	17/08/20 08
400m							
1	Alex Jovanovski	54.9	G 4		Thurrock	EYAL	13/07/20 08
2	Adam Lincoln	56.7	G 4		Watford	EYAL	29/06/20 08
3	Michael London	57.3			Watford	EYAL	29/06/20 08
4	Jake Dormer	61.8			Basildon	EYAL	27/04/20 08
5	E Day	62.16		PF	Watford	WH Open Graded	02/07/20 08
800m							
1	Jake	02:15.			Basildon	EYAL	27/04/20

**Rankings
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Watford
Harriers**

	Dormer	2				08
1500m						
1	Jake Dormer	04:48.1		Watford	EYAL	29/06/2008
2	Olly Brooks	05:20.5		Stevenage	Herts County Schools Pentathlon	20/05/2008
Long Jump						
1	Joel Ramsbottom	6.18	G2	St Ives	EYAL	08/06/2008
2	Olly Brooks	5.74	G3	Watford	Herts County Schools	14/06/2008
3	Sean Glynn	4.75		Thurrock	EYAL	13/07/2008
4	Adam Lincoln	4.51		Watford	EYAL	29/06/2008
High Jump						
1	Adam Lincoln	1.6	G4	Thurrock	EYAL	13/07/2008
Triple Jump						

**Rankings
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Watford
Harriers**

1	Alex Jovanovski	11.67	G 4		Hastings	SML	02/08/2008
2	Jake Dormer	10.56			Watford	EYAL	29/06/2008
3	Michael London	8.88			Thurrock	EYAL	13/07/2008
Shot							
1	Robert Henney	11.83	G 3	5kg	Watford	EYAL	29/06/2008
2	Alex Jovanovski	11.58	G 3	5kg	Watford	EYAL	29/06/2008
3	Olly Brooks	9.95	G 4	5kg	Thurrock	EYAL	13/07/2008
	Robert Henney	8		7.26 kg	Cambridge	SML	07/06/2008
4	Michael London	6.54		5kg	Basildon	EYAL	27/04/2008
Discus							
1	Robert Henney	36.07	G 2	1.5k g	Watford	Herts County Schools	14/06/2008
	Robert	28.82		2kg	Lee Valley	SML	17/05/2008

**Rankings
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Harriers**

	Henney						08
2	Alex Jovanovski	27.05	G 4	1.5k g	Thurrock	EYAL	13/07/20 08
3	Olly Brooks	23.95	G 4	1.5k g	Stevenage	Herts County Schools Pentathlon	20/05/20 08
	Alex Jovanovski	22.65		2kg	Hastings	SML	02/08/20 08
4	Adam Lincoln	15.54		2kg	Hastings	SML	02/08/20 08
5	Michael London	13.94		1.5k g	Watford	EYAL	29/06/20 08
Hammer							
1	Robert Henney	26.5	G 4	5kg	Basildon	EYAL	27/04/20 08
Javelin							
1	Olly Brooks	39.37	G 3	700g	St Ives	EYAL	08/06/20 08
2	Alex Jovanovski	28.65		800g	Hastings	SML	02/08/20 08

**Rankings
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3	Robert Henney	22.04	700g	St Ives	EYAL	08/06/2008
4	Jake Dormer	3.66	700g	Watford	EYAL	29/06/2008
Pentathlon						
1	Olly Brooks	2,094 pts		Stevenage	Herts County Schools Pentathlon	20/05/2008
4x100m Relay						
1		45.7		Watford	EYAL	29/06/2008
UNDER 15 BOYS						
Outdoors						
80m Hurdles						
1	Tom Drake	16.1		Sandy	EYAL	03/08/2008

**Rankings
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Harriers**

2	Vinnie Lakes	18.1		Thurrock	EYAL	13/07/2008
3	Lewis Dormer	21		Thurrock	EYAL	13/07/2008
100m						
1	Ben Young	12	G 2	Watford	Herts County Schools	14/06/2008
2	David Quartey	12.6	G 4	Watford	EYAL	29/06/2008
3	Ross Twynholm	13.7		St Ives	EYAL	08/06/2008
4	Tom Drake	13.8		Thurrock	EYAL	13/07/2008
5	Daryl Lindo	14.79	PF	Watford	WH Open Graded	09/04/2008
6	Vinnie Lakes	18.5		Watford	Mid Season Minors Open	15/06/2008
200m						
1	Ben Young	25.1	G 3	St Ives	EYAL	08/06/2008
2	David	25.9	G	Watford	Watford &	02/0708

**Rankings
2008
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Harriers**

	Quartey		4		District Schools	
3	Tom Drake	27.7		Watford	EYAL	29/06/20 08
4	Ross Twynholm	27.9		St Ives	EYAL	08/06/20 08
400m						
1	Sean Chambers	62.9		Sandy	EYAL	03/08/20 08
2	Vinnie Lakes	95.3		Watford	EYAL	29/06/20 08
800m						
1	Sean Chambers	02:25. 7		Watford	Watford & District Schools	02/0708
1500m						
1	Lewis Dormer	04:57. 4	G 4	Thurrock	EYAL	13/07/20 08
2	Mark Walker	05:40. 8		Watford	Watford & District Schools	02/0708

**Rankings
2008
Watford
Harriers**

Long Jump

1	Tom Drake	4.35		Thurrock	EYAL	13/07/2008
2	Ross Twynholm	4.25		St Ives	EYAL	08/06/2008
3	Ben Young	4.19		Basildon	EYAL	27/04/2008
4	Lewis Dormer	4.06		Basildon	EYAL	27/04/2008
5	Daryl Lindo	3.56		Watford	WH Open Graded	09/04/2008
6	Vinnie Lakes	3.19		Watford	Mid Season Minors Open	15/06/2008

Shot

1	Josh Burfitt	7.91	4kg	St Ives	EYAL	08/06/2008
2	Ben Young	6.95	4kg	St Ives	EYAL	08/06/2008
3	Mark Walker	5.84	4kg	Watford	EYAL	29/06/2008
4	Harry Will	5.38	4kg	Sandy	EYAL	03/08/2008

**Rankings
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Watford
Harriers**

08

5	Vinnie Lakes	3.33		4kg	Thurrock	EYAL	13/07/2008
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Discus

1	George Agius	24.64	G 4	1.25 kg	Watford	Watford & District Schools	02/0708
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2	George Tunmore	21.37	G 4	1.25 kg	Watford	Watford & District Schools	02/0708
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3	Harry Will	14.84		1.25 kg	Thurrock	EYAL	13/07/2008
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4	Mark Walker	13.62		1.25 kg	Watford	EYAL	29/06/2008
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5	Michael Pope	11.47		1.25 kg	Basildon	EYAL	27/04/2008
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Javelin

1	Josh Burfitt	40.27	G 2	600g	Watford	Herts County Schools	14/06/2008
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2	Kyle Meadows	36.83	G 3	600g	Watford	EYAL	29/06/2008
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**Rankings
2008
Watford
Harriers**

3	Harry Will	32.6	G 4	600g	Thurrock	EYAL	13/07/20 08
4	Lewis Dormer	15.31		600g	Basildon	EYAL	27/04/20 08
5	Michael Pope	14.78		600g	Basildon	EYAL	27/04/20 08
Pole Vault							
1	Harry Stead	2.3			Watford	WH Open Graded	21/05/20 08
2	Tom Drake	2			Watford	Watford & District Schools	02/0708
4x100m Relay							
1		52.6			Watford	EYAL	29/06/20 08
UNDER 13 BOYS							
Indoors							

**Rankings
2008
Watford
Harriers**

60m

1	Jake Phillips	9.97		Uxbridge	Brunel Open Graded	16/02/2008
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Outdoors

75m Hurdles

1	Matthew Wright	16		St Ives	EYAL	08/06/2008
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2	H Samson	17.2		Watford	Mid Season Minors Open	15/06/2008
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3	Jake Phillips	17.6		St Ives	EYAL	08/06/2008
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3	Charles Minashi	17.6		Watford	Mid Season Minors Open	15/06/2008
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5	Joshua Johnson	19.2		Thurrock	EYAL	13/07/2008
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100m

1	Liam Sulaman	14.1	G 4	Thurrock	EYAL	13/07/2008
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2	Kyle	14.5	G	Watford	EYAL	29/06/2008
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**Rankings
2008
Watford
Harriers**

	Chisolm		4			08
3	B Salih	14.6	G 4	Watford	WH Club Champs	17/08/20 08
4	Harvey O'Brart	14.9		Sandy	EYAL	03/08/20 08
5	Joshua Johnson	15		Sandy	EYAL	03/08/20 08
6	Kai Hammond	15.1		Watford	Mid Season Minors Open	15/06/20 08
6	Harry Wickings	15.1		Thurrock	EYAL	13/07/20 08
8	Jonathan Davies	15.6		Watford	EYAL	29/06/20 08
9	S Simmond	15.9		Watford	WH Club Champs	17/08/20 08
10	S Plasted	16.1		Watford	EYAL	29/06/20 08
11	Jack Pickford	16.7		Basildon	EYAL	27/04/20 08
12	Jake Phillips	16.9		Basildon	EYAL	27/04/20 08

**Rankings
2008
Watford
Harriers**

200m

1	Kai Hammond	30.1	G 4	Watford	EYAL	29/06/2008
2	Liam Sulaman	30.3	G 4	Watford	EYAL	29/06/2008
3	Kyle Chisolm	30.8		Watford	EYAL	29/06/2008
4	Harvey O'Brart	31		Sandy	EYAL	03/08/2008
5	Harry Wickings	31.5		St Ives	EYAL	08/06/2008
6	Jack Pickford	34.7		Basildon	EYAL	27/04/2008

800m

1	Harvey O'Brart	02:29. 4	G 3	Sandy	EYAL	03/08/2008
2	Kai Hammond	02:38. 3	G 4	Hemel Hempstead	Herts Under 13 Challenge	11/06/2008
3	Matthew Wright	02:49. 8		Watford	EYAL	29/06/2008

**Rankings
2008
Watford
Harriers**

4	Harry Wickings	02:49. 9	Thurrock	EYAL	13/07/20 08
5	Jake Phillips	02:54. 6	Hemel Hempstead	Herts Under 13 Challenge	11/06/20 08
6	Jacob Gardiner-Smith	02:55. 9	Watford	Mid Season Minors Open	15/06/20 08
7	Jack Pickford	02:57. 0	Basildon	EYAL	27/04/20 08
8	Joshua Johnson	03:12. 7	Watford	Mid Season Minors Open	15/06/20 08
1500m					
1	Jacob Gardiner-Smith	05:28. 6	Thurrock	EYAL	13/07/20 08
2	Joshua Warren	05:28. 8	Thurrock	EYAL	13/07/20 08
3	Harvey O'Brart	05:30. 7	Watford	WH Club Champs	17/08/20 08
4	Edward Marsh	05:51. 9	Basildon	EYAL	27/04/20 08

**Rankings
2008
Watford
Harriers**

5	Jake Phillips	05:58.8	Thurrock	EYAL	13/07/2008
6	Charles Minashi	06:44.2	Sandy	EYAL	03/08/2008
Long Jump					
1	Joshua Johnson	3.7	Thurrock	EYAL	13/07/2008
2	Matthew Wright	3.61	St Ives	EYAL	08/06/2008
3	Harry Wickings	3.54	Thurrock	EYAL	13/07/2008
4	Kai Hammond	3.32	Watford	EYAL	29/06/2008
5	S Simmond	3.24			
6	B Salih	3.23	Watford	WH Club Champs	17/08/2008
7	Jack Pickford	3.11	Watford	EYAL	29/06/2008
8	Charles Minashi	3.1	Sandy	EYAL	03/08/2008
9	Jake	3.08	Hemel	Herts Under	11/06/2008

**Rankings
2008
Watford
Harriers**

	Phillips			Hempstead	13 Challenge	08
10	Jacob Gardiner-Smith	2.92		Watford	Mid Season Minors Open	15/06/2008
11	Peter Pickford	2.3		Basildon	EYAL	27/04/2008
12	Charlie Young	1.92		Sandy	EYAL	03/08/2008
High Jump						
1	Liam Sulaman	1.32	G3	Watford	Watford & District Schools	02/0708
2	Kai Hammond	1.3	G3	Sandy	EYAL	03/08/2008
2	Matthew Wright	1.2		Watford	EYAL	29/06/2008
4	Joshua Johnson	1.2		Sandy	EYAL	03/08/2008
5	Jacob Gardiner-Smith	1		Watford	Mid Season Minors Open	15/06/2008

**Rankings
2008
Watford
Harriers**

Shot

1	Peter Pickford	6.03	G 4	3.25 kg	Thurrock	EYAL	13/07/20 08
2	Joshua Johnson	5.92	G 4	3.25 kg	Sandy	EYAL	03/08/20 08
3	Harry Wickings	5.09		3.25 kg	Hemel Hempstead	Herts Under 13 Challenge	11/06/20 08
4	Charlie Young	5.01		3.25 kg	Sandy	EYAL	03/08/20 08

Discus

1	Peter Pickford	14.66	G 4	1kg	Basildon	EYAL	27/04/20 08
2	Charlie Young	12.83		1kg	Thurrock	EYAL	13/07/20 08

4x100m
Relay

1		59.6			Thurrock	EYAL	13/07/20 08
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**Rankings
2008
Watford
Harriers**

MASTERS
WOMEN

Outdoors

100m

1	Tracey Dombey	14.9	Hillingdon	SWL	28/06/2008	W40
2	Jane Walker	21.7	Watford	SWL	26/07/2008	W45

200m

1	Tracey Dombey	29.3	Watford	SWL	26/07/2008	W40
2	Christine James	42.5	Hillingdon	SWL	31/05/2008	W50
3	Jane Walker	51.1	Hillingdon	SWL	31/05/2008	W45

400m
hurdles

1	Jane Walker	01:56.4	Hillingdon	SWL	31/05/2008	W45
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1500m

**Rankings
2008
Watford
Harriers**

1	Danielle Sanderson		05:17.9	Hemel Hempstead	SWL	26/04/2008	W45
3000m							
1	Danielle Sanderson		11:00.2	Hemel Hempstead	SWL	26/04/2008	W45
2	Jane Walker		16:35.2	Hillingdon	SWL	31/05/2008	W45
10k (non graded)							
1	Danielle Sanderson		37min 54	Dorney	Dorney Lake 10k	09/03/2008	W45
Half Marathon (non graded)							
1	Danielle Sanderson		1hr 21.47	Aubiere, France	World Masters Ind Champs	22/03/2008	W45
2	Sarah Coltman		2hr 20.06	Watford	Watford Half Marathon	03/02/2008	W45

**Rankings
2008
Watford
Harriers**

Long Jump

1	Tracey Dombey	4.44	Watford	SWL	26/07/2008	W40
2	Sue Yeomans	3.93	Stevenage	Herts County Vets Champs	05/05/2008	W55

High Jump

1	Sue Yeomans	1.2	Watford	SWL	26/07/2008	W55
2	Christine James	1	Hillingdon	SWL	31/05/2008	W50

Triple Jump

1	Tracey Dombey	8.69	Hillingdon	SWL	28/06/2008	W40
2	Sue Yeomans	8.4	Ashford	Southern Counties Vets	01/06/2008	W55
3	Christine James	5.08	Hillingdon	SWL	28/06/2008	W50

Pole Vault

1	Sue Yeomans	2.7	Twickenham	Vets Open	14/09/2008	W55
2	Christine	1.9	Hillingdon	SWL	31/05/2008	W5

**Rankings
2008
Watford
Harriers**

	James						08	0
Hammer								
1	Christine James	25.42	3kg	Watford	WH Club Champs	17/08/2008		W50
	Christine James	21.03	4kg	Hillingdon	SWL	31/05/2008		W50
2	Sue Yeomans	18.56	3kg	Watford	WH Club Champs	17/08/2008		W55
SENIOR WOMEN								
Outdoors								
100m Hurdles								
1	Louise Kelly	20.9		Watford	SWL	26/07/2008		
2	Louise Selly	24.4		Hillingdon	SWL	28/06/2008		
100m								
1	Louise	16.1		Hillingdon	SWL	28/06/2008		

**Rankings
2008
Watford
Harriers**

	Kelly						08
400m Hurdles							
1	Rowena Grundy		78.4		Hillingdon	SWL	31/05/2008
400m							
1	Rowena Grundy		69.4		Hillingdon	SWL	31/05/2008
800m							
1	Rowena Grundy		02:28.3		Hillingdon	SWL	31/05/2008
2	Allison Putko		03:05.7		Watford	SWL	26/07/2008
3	Louise Selly		03:23.5		Hillingdon	SWL	28/06/2008
1500m							
1	Claire Hallissey	2nd claim	04:36.7	G3	Kingston	Inter Counties	10/08/2008
2	Rowena Grundy		05:11.1		Hillingdon	SWL	31/05/2008

**Rankings
2008
Watford
Harriers**

3	Louise Selly		06:51. 7		Watford	SWL	26/07/2008
3000m							
1	Claire Hallissey	2nd claim	09:48. 3	G 2	Street	BMC PB Classic	05/05/2008
2	Sandra Williams		11:22. 6		Hillingdon	SWL	31/05/2008
3	Rowena Grundy		12:44. 4		Watford	SWL	26/07/2008
4	Louise Selly		15:41. 3		Hillingdon	SWL	28/06/2008
5000m							
1	Claire Hallissey	2nd claim	16:31. 1	G 3	Solihull	BMC Nike Grand Prix	28/06/2008
10000m							
1	Claire Hallissey	2nd claim	34:54. 7	G 3	Bedford	BUSA Championships	28/06/2008
Half Marathon							

**Rankings
2008
Watford
Harriers**

(non
graded)

1	Sandra Williams	1hr 25.07	Brentwood	Brentwood Half Marathon	09/03/20 08
2	Thea Gudgeon	1hr 31.56	Watford	Watford Half Marathon	03/02/20 08
3	Rowena Grundy	1hr 34.34	Watford	Watford Half Marathon	03/02/20 08
4	Nicoleta Economu	2hr 07.10	Watford	Watford Half Marathon	03/02/20 08
5	Joanne Eldridge	2hr 21.00	Watford	Watford Half Marathon	03/02/20 08
6	Claire Eldridge	2hr 30.26	Watford	Watford Half Marathon	03/02/20 08

Marathon

1	Thea Gudgeon	3hr 14.18	London	London Marathon	13/04/20 08
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High Jump

1	Louise Kelly	1.35	Hillingdon	SWL	28/06/20 08
2	Allison	1.1	Watford	WH Club	17/08/20

**Rankings
2008
Watford
Harriers**

	Putko				Champs	08
Triple Jump						
1	Rowena Grundy	8.68		Watford	SWL	26/07/2008
Pole Vault						
1	Louise Kelly	2.5		Watford	WH Club Champs	17/08/2008
Shot						
1	Louise Kelly	9.42	4kg	Watford	SWL	26/07/2008
4x100m Relay						
1		59.8		Watford	SWL	26/07/2008
4x400m Relay						
1		05:06.6		Watford	SWL	26/07/2008

**Rankings
2008
Watford
Harriers**

JUNIOR
WOMEN

Indoors

60m

1	Rebecca Wilcock	8.13	G 3	Eton	WSEH Open Graded	06/01/20 08
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Outdoors

100m
hurdles

1	Natasha Bullock	20.7		Hemel Hempstea d	SWL	26/04/20 08
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100m

1	Rebecca Wilcock	13.38	PF	Watford	Herts County Champs	11/05/20 08
2	Jade Kirke	14.3		Hillingdon	SWL	31/05/20 08

200m

1	Jade Kirke	29.7		Hemel Hempstea	SWL	26/04/20 08
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**Rankings
2008
Watford
Harriers**

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400m
hurdles

1	Natasha Bullock	84.2	Hemel Hempstead	SWL	26/04/2008
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400m

1	Hannah Kitchen	77.2	Hillingdon	SWL	28/06/2008
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1500m

1	Hannah Kitchen	05:21.0	Hillingdon	SWL	28/06/2008
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Long Jump

1	Louise Capicotto	4.04	Hillingdon	SWL	28/06/2008
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2	Jade Kirke	3.52	Hillingdon	SWL	31/05/2008
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High Jump

1	Jade Kirke	1.2	Hillingdon	SWL	31/05/2008
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Javelin

**Rankings
2008
Watford
Harriers**

1	Louise Capicotto	27.88		600g	Milton Keynes	MK Open Throws	09/03/20 08
Discus							
1	Louise Capicotto	31.19	G 2	1kg	Watford	SWL	26/07/20 08
Shot							
1	Louise Capicotto	8.39		4kg	Hillingdon	SWL	28/06/20 08
UNDER 17 WOMEN							
Indoors							
60m							
1	Siobhan Miekle	8.46	G 4		Eton	WSEH Open Graded	06/01/20 08
Long Jump							
1	Siobhan Miekle	5.24	G 2		Eton	WSEH Open Graded	06/01/20 08
Outdoors							

**Rankings
2008
Watford
Harriers**

80m
hurdles

1	Charlotte Baxter	15.2		Stevenage	Herts County Schools Pentathlon	20/05/2008
2	Nicole Etchie	17.2		Stevenage	Herts County Schools Pentathlon	20/05/2008
3	Maria Jacques	18.6		Watford	SWL	26/07/2008
4	Victoria Walker	19.3		Watford	SWL	26/07/2008

100m

1	Siobhan Miekle	13.7	G 4	St Ives	EYAL	08/06/2008
1	Nicole Etchie	13.7	G 4	Watford	EYAL	29/06/2008
3	Nicola Darby	15.7		Thurrock	EYAL	13/07/2008

200m

1	Siobhan Miekle	28.5		St Ives	EYAL	08/06/2008
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**Rankings
2008
Watford
Harriers**

2	Charlotte Baxter	28.8		Watford	Herts County Schools	14/06/2008
3	Nicole Etchie	29.4		Stevenage	Herts County Schools Pentathlon	20/05/2008
300m						
1	Victoria Walker	46.7		Thurrock	EYAL	13/07/2008
300m hurdles						
1	Victoria Walker	60.3		Hemel Hempstead	SWL	26/04/2008
400m						
1	Victoria Walker	64.9		Hillingdon	SWL	28/06/2008
2	Maria Jacques	80.1		Watford	SWL	26/07/2008
800m						
1	Victoria Walker	02:28.8	G4	Hillingdon	SWL	28/06/2008

**Rankings
2008
Watford
Harriers**

2	Cindee Mitchell	02:44. 2			Basildon	EYAL	27/04/2008
3	Charlotte Baxter	03:00. 1			Stevenage	Herts County Schools Pentathlon	20/05/2008
4	Nicole Etchie	03:14. 5			Stevenage	Herts County Schools Pentathlon	20/05/2008
1500m							
1	Victoria Walker	05:02. 9	G 3		Hemel Hempstead	Herts County Champs	05/05/2008
2	Nicola Darby	05:36. 3			Hillingdon	SWL	31/05/2008
3000m							
1	Victoria Walker	11.18. 8	G 4		Hemel Hempstead	SWL	26/04/2008
Long Jump							
1	Siobhan Mickle	5.04	G 2		Basildon	EYAL	27/04/2008
2	Charlotte	4.33			Stevenage	Herts County	20/05/2008

**Rankings
2008
Watford
Harriers**

	Baxter					Schools Pentathlon	08
3	Victoria Walker	4.18			Thurrock	EYAL	13/07/2008
4	Nicole Etchie	4.04			Watford	EYAL	29/06/2008
High Jump							
1	Charlotte Baxter	1.5	G 4		Watford	SWL	26/07/2008
2	Charlotte Brooks	1.45	G 4		Welwyn	Herts Phoenix Open	21/03/2008
3	Sam Burke	1.3			St Ives	EYAL	08/06/2008
4	Nicola Darby	1.2			Thurrock	EYAL	13/07/2008
Discus							
1	Toni McManus	36.77	G 1	1kg	Watford	Herts County Schools	14/06/2008
2	Sam Burke	30.77	G 1	1kg	Watford	Herts County Champs	11/05/2008
Shot							

**Rankings
2008
Watford
Harriers**

1	Toni McManus	8.41	G 3	4kg	Thurrock	EYAL	13/07/2008
2	H Bullock	7.99	G 3	4kg	Watford	EYAL	29/06/2008
3	Sam Burke	6.86	G 4	4kg	Basildon	EYAL	27/04/2008
Hammer							
1	Toni McManus	28.85	G 3	4kg	Thurrock	EYAL	13/07/2008
2	Sam Burke	16.24		4 kg	Hemel Hempstead	SWL	26/04/2008
Javelin							
1	Toni McManus	21.18	G 4	600g	Hillingdon	SWL	28/06/2008
2	Rachel Bentley	20.43	G 4	600g	Thurrock	EYAL	13/07/2008
3	Victoria Walker	19.3		600g	Watford	EYAL	29/06/2008
4	Charlotte Baxter	16.38		600g	Stevenage	Herts County Schools Pentathlon	20/05/2008

**Rankings
2008
Watford
Harriers**

5	Sam Burke	16.33	600g	Watford	EYAL	29/06/2008
6	Nicole Etchie	9.29	600g	Stevenage	Herts County Schools Pentathlon	20/05/2008
Pentathlon						
1	Charlotte Baxter	1,950 pts		Stevenage	Herts County Schools Pentathlon	20/05/2008
2	Nicole Etchie	1,438 pts		Stevenage	Herts County Schools Pentathlon	20/05/2008
4x100m Relay						
1	Etchie / Miekle / Burke / Walker	56.6		Watford	EYAL	29/06/2008
UNDER 15 GIRLS						

**Rankings
2008
Watford
Harriers**

Indoors

60m

1	Claire Bentley	9.9		Lee Valley	Lee Valley Minithon	13/01/2008
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600m (non graded)

1	Claire Bentley	02:04.1		Lee Valley	Lee Valley Minithon	13/01/2008
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1500m

1	Natalie Wickings	05:29.8	G4	Lee Valley	Herts Indoor Champs	09/03/2008
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Long Jump

1	Claire Bentley	3.68		Lee Valley	Lee Valley Minithon	13/01/2008
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Outdoors

75m hurdles

1	Shimaala Harewood	13.7	G4	Stevenage	Herts County Schools Pentathlon	20/05/2008
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**Rankings
2008
Watford
Harriers**

2	Hannah Earnshaw	14	G 4		Thurrock	EYAL	13/07/2008
2	Melissa Lancaster	14	G 4		Watford	WH Club Champs	17/08/2008
4	Georgia Furlong	15.5			Watford	SWL	26/07/2008
5	Claire Bentley	15.93		PF	Bedford	Herts County Pentathlon	28/09/2008
6	Martha Omar	18.5			Stevenage	Herts County Schools Pentathlon	20/05/2008
100m							
1	Joy Warman	13	G 2		Hillingdon	SWL	28/06/2008
1	Shimaala Harewood	13	G 2		Watford	Herts County Schools	14/06/2008
3	Melissa Lancaster	13.5	G 3		St Ives	EYAL	08/06/2008
4	Zayne Muller-Smith	13.55	G 4	PF	Watford	WH Open Graded	09/04/2008
5	Isobel	14	G		Hillingdon	SWL	31/05/2008

**Rankings
2008
Watford
Harriers**

	Henson		4			08
6	Gina Wigg	14.4		Hillingdon	SWL	28/06/2008
7	Hannah Earnshaw	15.2		St Ives	EYAL	08/06/2008
8	Claire Bentley	15.5		Watford	Mid Season Minors Open	15/06/2008
8	Olivia Scott	15.5		Sandy	EYAL	03/08/2008
10	G Butter	16.2		Watford	Mid Season Minors Open	15/06/2008
150m (non graded)						
1	Claire Bentley	24.4		Upminster	Havering & Mayesbrook Open	30/03/2008
200m						
1	Joy Warman	27.4	G 3	Hemel Hempstead	SWL	26/04/2008
2	Shimaala Harewood	27.6	G 3	Hillingdon	SWL	31/05/2008

**Rankings
2008
Watford
Harriers**

3	Gina Wigg	28.2	G 4	Watford	Watford & District Schools	02/0708
4	Isobel Henson	28.8	G 4	Watford	Watford & District Schools	02/0708
5	Katie Wright	31.2		St Ives	EYAL	08/06/20 08
5	Emma Steed	31.2		Watford	SWL	26/07/20 08
7	Claire Bentley	31.9		Thurrock	EYAL	13/07/20 08
8	Olivia Scott	32.7		Sandy	EYAL	03/08/20 08
300m						
1	Isobel Henson	46.6	G 4	Watford	EYAL	29/06/20 08
2	Claire Bentley	49.9		Watford	WH Club Champs	17/08/20 08
3	Natalie Wickings	50		Watford	EYAL	29/06/20 08
4	Robyn	51.6		Thurrock	EYAL	13/07/20

**Rankings
2008
Watford
Harriers**

	Dormer						08
600m (non graded)							
1	Claire Bentley		02:04.4		Upminster	Havering & Mayesbrook Open	30/03/2008
800m							
1	Natalie Wickings		02:35.9	G4	Watford	EYAL	29/06/2008
2	Emma Steed		02:38.0	G4	Watford	Watford & District Schools	02/0708
3	Martha Omar		02:39.0		Sandy	EYAL	03/08/2008
4	Claire Bentley		02:42.0		Watford	Watford & District Schools	02/0708
5	Robyn Dormer		02:42.1		Thurrock	EYAL	13/07/2008
6	Shimaala Harewood		02:46.9		Stevenage	Herts County Schools Pentathlon	20/05/2008

**Rankings
2008
Watford
Harriers**

7	Lily Kemp	02:48. 8		Watford	Watford & District Schools	02/0708
8	Hannah Earnshaw	02:56. 1		Stevenage	Herts County Schools Pentathlon	20/05/20 08
9	Melissa Lancaster	03:22. 8		Stevenage	Herts County Schools Pentathlon	20/05/20 08
1500m						
1	Natalie Wickings	05:15. 2	G 4	Watford	Herts County Schools	14/06/20 08
2	Martha Omar	05:33. 3	G 4	Thurrock	EYAL	13/07/20 08
Long Jump						
1	Shimaala Harewood	4.84	G 2	Hemel Hempstea d	SWL	26/04/20 08
2	Gina Wigg	4.43	G 4	Hillingdon	SWL	28/06/20 08
3	Martha Omar	3.95		Hillingdon	SWL	28/06/20 08

**Rankings
2008
Watford
Harriers**

4	Claire Bentley	3.89		Watford	WH Club Champs	17/08/2008
5	Melissa Lancaster	3.88		Basildon	EYAL	27/04/2008
6	Zayne Muller-Smith	3.85		Watford	Open Graded Meeting	09/04/2008
7	Hannah Earnshaw	3.69		Stevenage	Herts County Schools Pentathlon	20/05/2008
8	Emma Steed	3.53		Watford	SWL	26/07/2008
9	Natalie Wickings	3.03		Watford	EYAL	29/06/2008
High Jump						
1	Shimaala Harewood	1.48	G 3	Stevenage	Herts County Schools Pentathlon	20/05/2008
2	Joy Warman	1.4	G 4	Hemel Hempstead	SWL	26/04/2008
3	Melissa	1.35		Basildon	EYAL	27/04/2008

**Rankings
2008
Watford
Harriers**

	Lancaster							08
4	Martha Omar	1.3			Hemel Hempstead	SWL		26/04/2008
4	Claire Bentley	1.3			Stevenage	Herts County Schools Pentathlon		20/05/2008
4	Hannah Earnshaw	1.3			Watford	SWL		26/07/2008
7	G Butter	0.95			Watford	Mid Season Minors Open		15/06/2008
Shot								
1	Shimaala Harewood	8.71	G 2	3.25 kg	Stevenage	Herts County Schools Pentathlon		20/05/2008
2	Isobel Henson	7.95	G 3	3.25 kg	Thurrock	EYAL		13/07/2008
3	Poppy Wheeler	7.75	G 3	3.25 kg	Watford	WH Club Champs		17/08/2008
4	Hannah Earnshaw	6.72	G 4	3.25 kg	Hillingdon	SWL		28/06/2008
5	Leah	6.49	G	3.25	Thurrock	EYAL		13/07/20

**Rankings
2008
Watford
Harriers**

	Dickinson		4	kg			08
6	Claire Bentley	6.09		3.25 kg	Bedford	Herts County Pentathlon	28/09/2008
7	Melissa Lancaster	5.95		3.25 kg	Stevenage	Herts County Schools Pentathlon	20/05/2008
8	Martha Omar	5.63		3.25 kg	Stevenage	Herts County Schools Pentathlon	20/05/2008
9	Emma Steed	4.92		3.25 kg	Hillingdon	SWL	28/06/2008
10	Natalie Wickings	3.63		3.25 kg	Hemel Hempstead	SWL	26/04/2008
Discus							
1	Poppy Wheeler	28	G 1	1kg	Sandy	EYAL	03/08/2008
2	Leah Dickinson	15.56	G 4	1kg	Watford	EYAL	29/06/2008
3	Joy Warman	12.96		1kg	Hemel Hempstead	SWL	26/04/2008

**Rankings
2008
Watford
Harriers**

4	Emma Steed	12.53		1kg	Hillingdon	SWL	28/06/2008
5	Hannah Earnshaw	11.94		1kg	Hemel Hempstead	SWL	26/04/2008
6	Katie Wright	11.26		1kg	Watford	EYAL	29/06/2008
Hammer							
1	Poppy Wheeler	17.8		3kg	Thurrock	EYAL	13/07/2008
Javelin							
1	Olivia Scott	16.16	G 4	600g	Sandy	EYAL	03/08/2008
2	Hannah Earnshaw	12.01		600g	Hillingdon	SWL	28/06/2008
3	Leah Dickinson	10.9		600g	Watford	WH Club Champs	17/08/2008
4	Robyn Dormer	8		600g	Thurrock	EYAL	13/07/2008
5	Georgia Furlong	5.48		600g	Hemel Hempstead	SWL	26/04/2008

**Rankings
2008
Watford
Harriers**

6	Natalie Wickings	3.38		600g	Hemel Hempstead	SWL	26/04/2008
Pentathlon							
1	Shimaala Harewood	2,553 pts	G3		Stevenage	Herts County Schools Pentathlon	20/05/2008
2	Hannah Earnshaw	1,710 pts			Stevenage	Herts County Schools Pentathlon	20/05/2008
3	Martha Omar	1,662 pts			Stevenage	Herts County Schools Pentathlon	20/05/2008
4	Claire Bentley	1,640 pts			Bedford	Herts County Pentathlon	28/09/2008
5	Melissa Lancaster	1,507 pts			Stevenage	Herts County Schools Pentathlon	20/05/2008
4x100m Relay							
1		56.3			Hillingdon	SWL	28/06/2008

**Rankings
2008
Watford
Harriers**

UNDER 13
GIRLS

Indoors

60m

1	Gabrielle Chester	9.48	G 4	Uxbridge	Brunel Open Graded	16/02/20 08
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60m
hurdles

1	Suzanne Bentley	11.3	G 4	Lee Valley	Lee Valley Minithon	21/12/20 08
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600m (non
graded)

1	Suzanne Bentley	02:02. 4		Lee Valley	Lee Valley Minithon	13/01/20 08
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High Jump

1	Suzanne Bentley	1.2	G 4	Lee Valley	Lee Valley Minithon	13/01/20 08
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**Rankings
2008
Watford
Harriers**

Outdoors

70m
hurdles

1	Suzanne Bentley	13.8	G 4	Basildon	EYAL	27/04/2008
2	Maria Campanini	17.9		Watford	Mid Season Minors Open	15/06/2008

100m

1	Alexandria Davis	13.5	G 1	St Ives	EYAL	08/06/2008
2	Yasmin Lakin	13.6	G 2	Watford	Herts County Schools	14/06/2008
3	Stephanie Plasted	13.8	G 2	Watford	EYAL	29/06/2008
4	Gabrielle Chester	14.8	G 4	St Albans	Herts County Primary Schools	30/06/2008
5	Lilly Varnham	15.5		St Ives	EYAL	08/06/2008
6	Chloe Arnold	15.7		Sandy	EYAL	03/08/2008

**Rankings
2008
Watford
Harriers**

7	Suzanne Bentley	16			Hemel Hempstead	Herts Under 13 Challenge	11/06/2008
8	Danielle Clarke-Brown	17.2			Watford	Mid Season Minors Open	15/06/2008
9	Maria Campanini	18			Hemel Hempstead	Herts Under 13 Challenge	11/06/2008
150m							
1	Suzanne Bentley	23.9			Upminster	Havering & Mayesbrook Open	30/03/2008
200m							
1	Alexandria Davis	29.5	G 3		Watford	Watford & District Schools	02/07/08
2	Stephanie Plasted	30.3	G 4		Watford	EYAL	29/06/2008
3	Gabrielle Chester	30.8	G 4		Thurrock	EYAL	13/07/2008
4	Suzanne Bentley	31.1	G		Barking	Havering &	05/04/2008

**Rankings
2008
Watford
Harriers**

	Bentley		4		Mayesbrook Open	08
5	Lilly Varnham	32.2		Watford	EYAL	29/06/20 08
6	Chloe Arnold	33.2		Sandy	EYAL	03/08/20 08
7	Harriet Hollis	35		Sandy	EYAL	03/08/20 08
8	Maria Campanini	39.9		Hemel Hempstea d	Herts Under 13 Challenge	11/06/20 08
300m (non graded)						
1	Chloe Arnold	52.5		Watford	WH Club Champs	17/08/20 08
600m (non graded)						
1	Suzanne Bentley	02:02. 6		Upminster	Havering & Mayesbrook Open	30/03/20 08
800m						
1	Suzanne	02:46.	G	Basildon	EYAL	27/04/20

**Rankings
2008
Watford
Harriers**

	Bentley	8	4			08
2	Chelsea Faulkner	02:48. 2	G 4	Watford	EYAL	29/06/20 08
3	Lilly Varnham	02:49. 8	G 4	Watford	EYAL	29/06/20 08
4	Chloe Arnold	02:50. 0	G 4	Sandy	EYAL	03/08/20 08
5	Lavinia Economu	02:54. 1		Hemel Hempstea d	Herts Under 13 Challenge	11/06/20 08
1500m						
1	Harriet Hollis	05:40. 4	G 4	Watford	Herts County Schools	14/06/20 08
2	Chloe Arnold	06:05. 5		Watford	Watford & District Schools	02/0708
3	Lavinia Economu	06:06. 4		Watford	EYAL	29/06/20 08
Long Jump						
1	Yasmin Lakin	4.24	G 2	Thurrock	EYAL	13/07/20 08

**Rankings
2008
Watford
Harriers**

2	Gabrielle Chester	3.76	G 4	St Albans	Herts County Primary Schools	30/06/20 08
3	Stephanie Plasted	3.57	G 4	Watford	EYAL	29/06/20 08
4	Elena Dickinson	3.55	G 4	Thurrock	EYAL	13/07/20 08
5	Suzanne Bentley	3.52		Upminster	Havering & Mayesbrook Open	30/03/20 08
6	Danielle Clarke- Brown	3.43		Watford	WH Club Champs	17/08/20 08
7	Maria Campanini	2.71		Hemel Hempstea d	Herts Under 13 Challenge	11/06/20 08
8	J Davis	2.3		Watford	WH Club Champs	17/08/20 08
High Jump						
1	Yasmin Lakin	1.35	G 2	Basildon	EYAL	27/04/20 08
2	Gabrielle	1.25	G	Thurrock	EYAL	13/07/20

**Rankings
2008
Watford
Harriers**

	Chester		3				08
3	Suzanne Bentley	1.21	G 4		Bedford	EAA Minithon	27/09/20 08
4	Harriet Hollis	1.1			Sandy	EYAL	03/08/20 08
Discus							
1	Elena Dickinson	23.17	G 1	0.75 kg	Thurrock	EYAL	13/07/20 08
	Elena Dickinson	19.41	G 3	1kg	Watford	SWL	26/07/20 08
2	L Faulkner	10.57		0.75 kg	Watford	EYAL	29/06/20 08
3	Chelsea Faulkner	10.33		0.75 kg	Thurrock	EYAL	13/07/20 08
Shot							
1	Elena Dickinson	7.6	G 2	2.72 kg	Watford	EYAL	29/06/20 08
	Elena Dickinson	7.15	G 4	3.25 kg	Hillingdon	SWL	31/05/20 08
2	Alexandria Davis	5.32		2.72 kg	Watford	EYAL	29/06/20 08

**Rankings
2008
Watford
Harriers**

3	Danielle Clarke-Brown	5.3		2.72 kg	Watford	WH Club Champs	17/08/2008
4	Lilly Varnham	4.93		2.72 kg	Thurrock	EYAL	13/07/2008
Javelin							
1	Elena Dickinson	13.83	G 4	400g	Watford	WH Club Champs	17/08/2008
2	Suzanne Bentley	13.22	G 4	400g	Bedford	EAA Minithon	27/09/2008
3	Chloe Arnold	12.79		400g	Hemel Hempstead	Herts Under 13 Challenge	11/06/2008
4x100m Relay							
1	Bentley / Lakin /	57.8			Hemel Hempstead	Herts Under 13 Challenge	11/06/2008
	Chester / Davis						