

Rankings 2010

Watford Harriers Rankings 2010

MASTERS MEN									Power
Indoors									UK
Shot									Ranking
1	Tim Saunders-Mullins	8.85	6kg	Lee Valley	Southern Counties Veterans Champs	14/02/2010	M55	8	
	Tim Saunders-Mullins	8.03	7.26 kg	Lee Valley	Herts County Indoor Champs	07/03/2010	M55		
Outdoors									
200m									
1	Stuart	27.5		Milton	SML	05/06/20	M4	80	

Watford Harriers Rankings 2010

	Dearman				Keynes		10	5	
800m									
1	Stuart Dearman	02:17.3			Watford	SML	01/05/2010	M45	48
2	Graham Mayoh	02:29.2	PF		Watford	Watford Harriers Open Graded	08/09/2010	M45	85
1500m									
1	Stuart Dearman	04:59.7			Lee Valley	SML	10/07/2010	M45	90
2	Graham Mayoh	05:04.5	PF		Watford	Watford Harriers Open Graded	02/06/2010	M40	95
3000m steeplechase									
1	Derek Walker	12:42.7			Stevenage	SML	15/05/2010	M45	24
2	Graham Mayoh	13:04.8			Hemel Hempstead	SML	31/07/2010	M40	
3	Mikk	14:16			Watford	SML	01/05/2010	M5	22

Watford Harriers Rankings 2010

	Bradley		.7					10	0	
3000m										
1	Graham Mayoh		11:06.7	PF	Watford	Watford Harriers Open Graded	21/04/2010	M40		94
2	Colin Hamlet		13:29.1		Watford	WH Club Championships	19/09/2010	M60		
5000m										
1	Mikk Bradley		20:14.0		Watford	SML	01/05/2010	M50		61
Long Jump										
1	Graham Mayoh		2.98		Watford	WH Club Championships	19/09/2010	M40		
Triple Jump										
1	Ron Bentley		8.59		Watford	WH Club Championships	19/09/2010	M50		24
Pole Vault										
1	Dick Parles		1.1		Milton	SML	05/06/20	M6		11

Watford Harriers Rankings 2010

					Keynes		10	0	
Shot									
1	Tim Saunders-Mullins	10.35	6 kg	Watford	WH Club Championships	19/09/2010	M55	8	
	Tim Saunders-Mullins	8.59	7.26 kg	Watford	Herts County Champs	09/05/2010	M55		
Discus									
1	Malcolm Wallace	26.8	2kg	Watford	WH Club Championships	19/09/2010	M55	21	
2	Tim Saunders-Mullins	23.39	2kg	Nyireghaza, Hungary	European Masters Champs	23/07/2010	M55	28	
	Tim Saunders-Mullins	21.61	1.5kg	Watford	WH Club Championships	19/09/2010	M55		
Hammer									
1	Tim Saunders-Mullins	32.88	6kg	Nyireghaza, Hungary	European Masters Champs	23/07/2010	M55	12	

Watford Harriers Rankings 2010

	Tim Saunders-Mullins	28.17	7.26 kg	Stevenage	SML	15/05/2010	M55	
2	Brian Yeomans	17.78	6kg	Stevenage	Herts County Vets Champs	03/05/2010	M60	27
Javelin								
1	Brian Yeomans	30.38	600g	Stevenage	Herts County Vets Champs	03/05/2010	M60	19

SENIOR MEN

Outdoors

110m hurdles

1	Daniel Tarrant	20.3		Hemel Hempstead	SML	31/07/2010		Power
2	Paul Yeomans	21.6		Stevenage	SML	15/05/2010		UK
3	Chris	21.7		Lee Valley	SML	10/07/20		Ranking

Watford Harriers Rankings 2010

	Yeomans					10
4	Nick Harris	22		Hemel Hempstead	SML	31/07/2010
100m						
1	Amon Warman	11.9		Watford	WH Club Championships	19/09/2010
2	Paul Yeomans	12.6		Watford	SML	01/05/2010
3	Uday Kumar	12.7		Watford	WH Club Championships	19/09/2010
200m						
1	Uday Kumar	26.3		Watford	WH Club Championships	19/09/2010
2	Jason Raineri	26.7		Watford	SML	01/05/2010
400m hurdles						
1	Daniel	64.1		Watford	SML	01/05/2010

Watford Harriers Rankings 2010

	Tarrant					10
2	Nick Harris	69.7		Watford	SML	01/05/2010
400m						
1	Paul Yeomans	53.2		Hemel Hempstead	SML	31/07/2010
2	Oliver Birch	57.6		Lee Valley	SML	10/07/2010
3	Uday Kumar	60.21	PF	Watford	Watford Harriers Open Graded	25/08/2010
4	Zac McDonough	70.2		Watford	SML	01/05/2010
800m						
1	Paul Yeomans	02:20.1		Milton Keynes	SML	05/06/2010
2	Nick Harris	02:27.2		Stevenage	SML	15/05/2010
3	L Texiero	02:36.7	PF	Watford	Watford Harriers Open	08/09/2010

Watford Harriers Rankings 2010

Graded

1500m

1	Geoff Curlow	04:52.5		Milton Keynes	SML	05/06/2010
2	Zac McDonough	04:56.8	PF	Watford	Watford Harriers Open Graded	08/09/2010
2	David Vannen	05:14.6		Stevenage	SML	15/05/2010
3	Paul Yeomans	05:18.1		Milton Keynes	SML	05/06/2010

3000m

1	Zac McDonough	10:31.3		Watford	WH Club Championships	19/09/2010
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3000m steeplechase

1	Nick Harris	10:56.1		Milton Keynes	SML	05/06/2010
2	Daniel Tarrant	13:47.4		Milton Keynes	SML	05/06/2010

Watford Harriers Rankings 2010

5000m

1	Steve Hanscombe	18:02.2	Milton Keynes	SML	05/06/2010	
2	David Vannen	18:47.9	Stevenage	SML	15/05/2010	
3	Zac McDonough	18:56.1	Hemel Hempstead	SML	31/07/2010	
4	Phil Rogers	19:24.0	Hemel Hempstead	SML	31/07/2010	
5	Paul Illing	20:57.2	Stevenage	SML	15/05/2010	

High Jump

1	Daniel Tarrant	1.75	Milton Keynes	SML	05/06/2010	482
2	Chris Yeomans	1.7	Watford	SML	01/05/2010	
3	Nick Harris	1.5	Stevenage	SML	15/05/2010	
4	Jason	1.5	Stevenage	SML	15/05/2010	

Watford Harriers Rankings 2010

	Raineri					10	
Long Jump							
1	Paul Yeomans	5.64		Hemel Hempstead	SML	31/07/2010	
2	Daniel Tarrant	5.18		Watford	SML	01/05/2010	
3	Oliver Birch	4.25		Lee Valley	SML	10/07/2010	
Triple Jump							
1	Paul Yeomans	11.25		Hemel Hempstead	SML	31/07/2010	
2	Jason Raineri	10.55		Stevenage	SML	15/05/2010	
3	Daniel Tarrant	10.08		Watford	SML	01/05/2010	
Pole Vault							
1	Paul Yeomans	3.65		Watford	Watford Harriers Open Graded	11/08/2010	205

Watford Harriers Rankings 2010

2	Daniel Tarrant	3.2			Watford	SML	01/05/2010	
Javelin								
1	Jason Raineri	50.72	G 2	800g	Lee Valley	SML	10/07/2010	149
2	Daniel Tarrant	49.32	G 3	800g	Watford	SML	01/05/2010	178
Discus								
1	Witold Leonowicz	36.93	G 3	2kg	Stevenage	SML	15/05/2010	181
Shot								
1	Jason Raineri	7.79		7.26 kg	Lee Valley	SML	10/07/2010	
4x100m relay								
1	J Raineri / L Asam	47.4			Hemel Hempstead	SML	31/07/2010	
	O Smith / K Adomakoh							
4x400m								

Watford Harriers Rankings 2010

relay

1	O Smith / D Tarrant	03:39 .9			Hemel Hempstea d	SML	31/07/20 10
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	L Asam / P Yeomans						
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JUNIOR
MEN

Power

Indoors

UK

60m

Ranking

1	Joel Ramsbotto m	7.01	G 1	PF	Lee Valley	SEAA Indoor Championships	17/01/20 10	25
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Outdoors

100m

1	Joel Ramsbotto m	10.90 w	G 1	PF	Bedford	CAU Inter Counties	30/05/20 10	
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Watford Harriers Rankings 2010

	Joel Ramsbottom	11.1	G 2		Reading	NJAL	23/05/2006	76
2	Kwasi Adomakoh	11.2	G 3		Guidford	NJAL	25/07/2010	105
3	Lewis Asam	11.7			Hemel Hempstead	SML	31/07/2010	
4	Tom Kite	12.7		PF	Watford	Watford Harriers Open Graded	21/04/2010	
200m								
1	Joel Ramsbottom	22.49	G 2	PF	Watford	Watford Harriers Open Graded	14/07/2010	80
2	Kwasi Adomakoh	22.71	G 3	PF	Watford	Watford Harriers Open Graded	14/07/2010	131
3	Lewis Asam	23.2			Guidford	NJAL	25/07/2010	246
4	Oliver Smith	25.62		PF	Watford	Watford Harriers Open	14/07/2010	

Watford Harriers Rankings 2010

								Graded		
5	Tom Kite		26.47		PF	Watford		Watford Harriers Open Graded	21/04/2010	
400m hurdles										
1	Oliver Smith		65.7			Lee Valley		SML	10/07/2010	
400m										
1	Lewis Asam		52.9			Guidford		NJAL	25/07/2010	326
2	Oliver Smith		55.2			Lee Valley		SML	10/07/2010	
3	Tom Kite		62.93		PF	Watford		Watford Harriers Open Graded	25/08/2010	
Shot										
1	Ashley Ralph	2nd claim	14.39	G 1	6kg	Reading		NJAL	23/05/2010	17
Discus										

Watford Harriers Rankings 2010

1	Ashley Ralph	2nd claim	49.4	G 1	1.75 kg	Reading	NJAL	23/05/2010	7
Hammer									
1	Ashley Ralph	2nd claim	53.35	G 2	6kg	Reading	NJAL	23/05/2010	20
Javelin									
1	Ashley Ralph	2nd claim	36.55		800g	Lee Valley	SML	10/07/2010	231
UNDER 17 MEN									Power
Indoors									UK
60m									Ranking
1	Jordan Ilyas		8.2		PF	Lee Valley	London Indoor Games	31/01/2010	
Outdoors									

Watford Harriers Rankings 2010

100m

1	Scott Gilzean	12		Peterborough	EYAL	15/08/2010	586
2	Jack Noone	12.1		Milton Keynes	SML	05/06/2010	
3	David Quartey	12.3		Watford	EYAL	27/06/2010	
4	Jordan Ilyas	12.42	PF	Watford	Watford Harriers Open Graded	30/06/2010	
5	Daryl Lindo	12.6		Watford	WH Club Championships	19/09/2010	
6	Sam Pearce	12.7		Watford	EYAL	27/06/2010	
7	Simon Owen	13.1		Watford	EYAL	27/06/2010	
8	Ashley Kavanagh-King	13.47	PF	Watford	Watford Harriers Open Graded	25/08/2010	

200m

1	David	25.1		Watford	EYAL	27/06/2010	
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Watford Harriers Rankings 2010

	Quarthey					10
1	Scott Gilzean	25.1		Peterborough	EYAL	15/08/2010
3	Jordan Ilyas	25.25	PF	Watford	Watford Harriers Open Graded	11/08/2010
4	Sam Pearce	25.77	PF	Watford	Watford Harriers Open Graded	30/06/2010
5	Ashley Kavanagh-King	26		Watford	WH Club Championships	19/09/2010
6	Harris McClean	26.47	PF	Watford	Watford Harriers Open Graded	30/06/2010
7	Jack Noone	26.7		Luton	EYAL	06/06/2010
8	Daryl Lindo	26.88	PF	Watford	Watford Harriers Open Graded	11/08/2010
9	R Lovegrove	27.21	PF	Watford	Watford Harriers Open	30/06/2010

Watford Harriers Rankings 2010

Graded						
400m						
1	Sean Chambers	56.7		Luton	EYAL	06/06/2010
2	Jordan Ilyas	57.94	PF	Watford	Watford Harriers Open Graded	25/08/2010
3	Ashley Kavanagh-King	59.58	PF	Watford	Watford Harriers Open Graded	25/08/2010
800m						
1	Sean Chambers	02:15.0		Luton	EYAL	06/06/2010
2	Scott Gilzean	02:28.0		Peterborough	EYAL	15/08/2010
1500m						
1	Lewis Dormer	04:46.8		Ware	EYAL	25/04/2010
2	Ashley Kavanagh-King	04:59.7		Peterborough	EYAL	15/08/2010

Watford Harriers Rankings 2010

Long Jump

1	Jack Noone	5.42		Watford	WH Club Championships	19/09/2010	519
2	Harris McClean	4.96		Grays	EYAL	11/07/2010	
3	Lewis Dormer	4.09		Ware	EYAL	25/04/2010	

Triple Jump

1	Jack Noone	11.75	G4	Watford	EYAL	27/06/2010	218
2	Jordan Ilyas	10.98		Watford	Watford Harriers Open Graded	14/07/2010	

Pole Vault

1	Scott Gilzean	2.3		Luton	EYAL	06/06/2010	
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Discus

1	Sam Pearce	20.18	1.5kg	Grays	EYAL	11/07/2010	
2	Ashley	13.04	1.5kg	Peterborou	EYAL	15/08/2010	

Watford Harriers Rankings 2010

	Kavanagh-King			g	gh			10	
Shot									
1	David Quartey	9.44		5kg	Watford	EYAL		27/06/2010	
Javelin									
1	Josh Burfitt	39.76	G4	700g	Luton	EYAL		06/06/2010	202
2	Lewis Dormer	15.86		700g	Ware	EYAL		25/04/2010	
4x100m relay									
1		48.8			Watford	EYAL		27/06/2010	
UNDER 15 BOYS									
Indoors									
800m									

Power

UK

Rank

Watford Harriers Rankings 2010

									ng
1	Harvey O'Brart	02:12.7	G3	PF	Lee Valley	Herts County Indoor Champs	07/03/2010		9
Outdoors									
80m hurdles									
1	Matthew Hall	14.7			Watford	WH Club Championships	19/09/2010		
2	Harvey O'Brart	16			Stevenage	Herts County Schools Pentathlon	05/05/2010		
3	Liam Sulaman	16.7			Stevenage	Herts County Schools Pentathlon	05/05/2010		
100m									
1	Liam Sulaman	12.7			Watford	WH Club Championships	19/09/2010		756
2	Kevin Brown	13.17		PF	Watford	Watford Harriers Open	11/08/2010		

Watford Harriers Rankings 2010

							Graded	
3	Bradley Salih	13.5			Watford	ESAA Track & Field Cup	14/05/2010	
4	Sam Stevens	13.6			Luton	EYAL	06/06/2010	
5	Corey Keane	13.8			Peterborough	EYAL	15/08/2010	
6	Matthew Hall	14.1			Luton	EYAL	06/06/2010	
7	Adam Radcliffe	14.4			Watford	ESAA Track & Field Cup	14/05/2010	
200m								
1	Sam Heard	26			Peterborough	EYAL	15/08/2010	682
2	Liam Sulaman	26.8			Grays	EYAL	11/07/2010	
3	Kevin Brown	27.09	PF		Watford	Watford Harriers Open Graded	14/07/2010	
4	Corey Keane	27.9			Watford	WH Club Championships	19/09/2010	

Watford Harriers Rankings 2010

5	Sam Stevens	28			Luton	EYAL	06/06/2010	
6	Bradley Salih	29			Ware	EYAL	25/04/2010	
7	Matthew Hall	29.92		PF	Watford	Watford Harriers Open Graded	07/04/2010	
400m								
1	Harvey O'Brart	57.1	G 4		Grays	EYAL	11/07/2010	245
2	Kevin Brown	60.63		PF	Watford	Watford Harriers Open Graded	28/07/2010	737
3	Corey Keane	61.4			Grays	EYAL	11/07/2010	
4	Adam Radcliffe	71.5			Luton	EYAL	06/06/2010	
800m								
1	Harvey O'Brart	02:07.2	G 2		Watford	EYAL	27/06/2010	70
2	Corey Keane	02:16.5	G 4		Watford	WH Club Championship	19/09/2010	372

Watford Harriers Rankings 2010

							S		
3	Cameron Murray	02:35.7				Peterborough	EYAL	15/08/2010	
4	Matthew Hall	02:36.2				Watford	WH Club Championships	19/09/2010	
5	Liam Sulaman	02:46.1				Stevenage	Herts County Schools Pentathlon	05/05/2010	
1500m									
1	Tom Verbena	04:33.3	G3	PF		Watford	Watford Harriers Open Graded	08/09/2010	159
2	Corey Keane	04:59.9		PF		Watford	Watford Harriers Open Graded	28/07/2010	
3	Stephen Harris	05:10.0				Peterborough	EYAL	15/08/2010	
4	Cameron Murray	05:20.8				Watford	ESAA Track & Field Cup	14/05/2010	
5	Edward Marsh	05:25.3				Ware	EYAL	25/04/2010	

Watford Harriers Rankings 2010

6	Luigi Rodriguez	06:23.2		Luton	EYAL	06/06/2010	
High Jump							
1	Liam Sulaman	1.52		Watford	Watford & District Schools Champs	30/06/2010	413
2	Matthew Hall	1.45		Ware	EYAL	25/04/2010	
3	Harvey O'Brart	1.44		Stevenage	Herts County Schools Pentathlon	05/05/2010	
4	Adam Radcliffe	1.3		Luton	EYAL	06/06/2010	
Long Jump							
1	Sam Heard	5.39	G3	Peterborough	EYAL	15/08/2010	173
2	Adam Radcliffe	4.77		Watford	Watford & District Schools Champs	30/06/2010	
3	Harvey	4.34		Stevenage	Herts County	05/05/2010	

Watford Harriers Rankings 2010

	O'Brart					Schools Pentathlon	10
3	Liam Sulaman	4.34			Stevenage	Herts County Schools Pentathlon	05/05/2010
5	Kevin Brown	4.23			Grays	EYAL	11/07/2010
6	Matthew Hall	4.22			Ware	EYAL	25/04/2010
7	Cameron Murray	4.07			Luton	EYAL	06/06/2010
Triple Jump							
1	Harvey O'Brart	9.66			Watford	ESAA Track & Field Cup	14/05/2010
Shot							
1	Matthew Hall	8.48	4kg		Watford	Watford Harriers Open Graded	25/08/2010
2	Harvey O'Brart	8.31	4kg		Luton	EYAL	06/06/2010
3	Liam Sulaman	7.34	4kg		Stevenage	Herts County Schools	05/05/2010

Watford Harriers Rankings 2010

								Pentathlon
4	Sam Stevens	7.15		4kg	Luton	EYAL	06/06/2010	
5	Tom Verbena	5.69		4kg	Watford	EYAL	27/06/2010	
6	Stephen Harris	3.73		4kg	Luton	EYAL	06/06/2010	
Javelin								
1	Sam Heard	27.87		600g	Peterborough	EYAL	15/08/2010	
2	Harvey O'Brart	19.8		600g	Watford	EYAL	27/06/2010	
3	Edward Marsh	9.42		600g	Ware	EYAL	25/04/2010	
Discus								
1	Kevin Brown	36.04	G 2	1.25 kg	Watford	Watford & District Schools Champs	30/06/2010	93
2	Harvey O'Brart	19.23		1.25 kg	Grays	EYAL	11/07/2010	

Watford Harriers Rankings 2010

Pentathlon

1	Harvey O'Brart	1,813 pts		Stevenage	Herts County Schools Pentathlon	05/05/2010	161
2	Liam Sulaman	1,402 pts		Stevenage	Herts County Schools Pentathlon	05/05/2010	

4x100m relay

1		51.2		Peterborough	EYAL	15/08/2010	
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UNDER 13 BOYS

Outdoors

75m hurdles

1	Charlie Higgs	14.5	G4	Peterborough	EYAL	15/08/2010	197
2	Christophe	15.7		Watford	WH Club	19/09/20	395

Watford Harriers Rankings 2010

	r Salmons				Championships	10	
3	James LeFrere	15.8		Watford	WH Mid Season Minors Open	13/06/2010	414
4	Max Lewis	16.3		Watford	WH Mid Season Minors Open	13/06/2010	
5	Dean Johal	16.6		Watford	WH Club Championships	19/09/2010	
6	N Araitetsola	17		Watford	WH Mid Season Minors Open	13/06/2010	
7	Benjamin Bard	17.4		Luton	EYAL	06/06/2010	
8	Lachlan Cunningham	18.6		Watford	WH Club Championships	19/09/2010	
100m							
1	Julian Manieson	13.1	G1	Peterborough	EYAL	15/08/2010	78

Watford Harriers Rankings 2010

2	Charlie Higgs	14.64	PF	Watford	Watford Harriers Open Graded	11/08/2010
3	Aaron Spalter	14.7		Peterborough	EYAL	15/08/2010
4	Gregor Murray	15		Watford	Herts U13 Challenge	09/06/2010
4	Christopher Salmons	15		Watford	WH Club Championships	19/09/2010
6	Chris Noone	15.3		Watford	WH Club Championships	19/09/2010
7	Owen Dearman	15.4		Peterborough	EYAL	15/08/2010
8	James LeFrere	16.1		Watford	WH Mid Season Minors Open	13/06/2010
9	Dean Johal	17.2		Watford	WH Club Championships	19/09/2010
10	Max Lewis	17.3		Luton	EYAL	06/06/2010

Watford Harriers Rankings 2010

							10	
11	Callum Keane	18.4			Grays	EYAL	11/07/2010	
200m								
1	Charlie Higgs	29.56	PF		Watford	Watford Harriers Open Graded	11/08/2010	547
2	Julian Manieson	29.73	PF		Watford	Watford Harriers Open Graded	25/08/2010	613
3	Aaron Spalter	30.46	PF		Watford	Watford Harriers Open Graded	11/08/2010	
4	Gregor Murray	31.9			Luton	EYAL	06/06/2010	
5	Callum Keane	41.4			Grays	EYAL	11/07/2010	
800m								
1	Aaron Spalter	02:48.4			Peterborough	EYAL	15/08/2010	
2	Mark Murray	02:48.5			Watford	WH Club Championship	19/09/2010	

Watford Harriers Rankings 2010

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3	Alex HARRIS	02:49.6		Watford	Herts U13 Challenge	09/06/2010	
4	Max Lewis	02:58.1		Watford	WH Club Championships	19/09/2010	
5	James LeFrere	02:59.0		Watford	EYAL	27/06/2010	
6	Dean Johal	03:01.7		Watford	WH Club Championships	19/09/2010	
7	Gregor Murray	03:05.2	PF	Watford	Watford Harriers Open Graded	16/06/2010	
8	Benjamin Bard	03:07.7		Luton	EYAL	06/06/2010	
9	Chris Noone	03:13.4		Watford	WH Club Championships	19/09/2010	
10	Callum Keane	03:15.7		Watford	WH Club Championships	19/09/2010	

Watford Harriers Rankings 2010

1500m

1	Alex Harris	05:30.8		Luton	EYAL	06/06/2010	
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Long Jump

1	Gregor Murray	4.25	G4	Luton	EYAL	06/06/2010	338
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2	Alex Harris	3.75		Peterborough	EYAL	15/08/2010	
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3	Owen Dearman	3.11		Watford	EYAL	27/06/2010	
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4	Christopher Salmons	3.09		Watford	WH Club Championships	19/09/2010	
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5	N Araitetsola	2.84		Watford	WH Mid Season Minors Open	13/06/2010	
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6	Callum Keane	2.68		Grays	EYAL	11/07/2010	
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High Jump

1	Charlie Higgs	1.25		Peterborough	EYAL	15/08/2010	434
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Watford Harriers Rankings 2010

2	Max Lewis	1.2			Watford	WH Mid Season Minors Open	13/06/2010	
3	Lachlan Cunningham	1.05			Watford	WH Club Championships	19/09/2010	
Shot								
1	Owen Dearman	4.98	3.25 kg		Watford	WH Club Championships	19/09/2010	
2	James LeFrere	4.83	3.25 kg		Watford	WH Mid Season Minors Open	13/06/2010	
Discus								
1	Julian Mainison	22.82	G 2	1kg	Peterborough	EYAL	15/08/2010	48
2	Owen Dearman	18	G 4	1kg	Peterborough	EYAL	15/08/2010	151
Javelin								
1	Benjamin Bard	11.89		400g	Watford	Herts U13 Challenge	09/06/2010	
4x100m								

Watford Harriers Rankings 2010

relay

1		58.3		Peterborough	EYAL	15/08/2010		
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MASTERS WOMEN

Indoors

Long Jump

1	Sue Yeomans	4.11		Kamloops, Canada	World Masters Champs	03/03/2010	W55	1
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Triple Jump

1	Sue Yeomans	8.36		Kamloops, Canada	World Masters Champs	05/03/2010	W55	1
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Pole Vault

1	Sue Yeomans	2.7		Eton	WSEH Winter Series	05/12/2010	W55	1
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Outdoors

100m

Power

UK

Ranking

Watford Harriers Rankings 2010

1	Tracey Dombey	15.1		Watford	SWL	24/04/2010	W45	27
2	Christine Dearman	17		Andover	SWL	22/05/2010	W45	
200m								
1	Sue Yeomans	31.8		Norwich	SWL	26/06/2010	W55	6
400m								
1	Christine Dearman	78		Watford	WH Club Championships	19/09/2010	W40	
800m								
1	Christine Dearman	03:14.2		Watford	SWL	24/04/2010	W45	
1500m								
1	Christine Dearman	07:09.5		Watford	SWL	04/09/2010	W40	
3000m								
1	Christine Dearman	15:15.4		Watford	SWL	04/09/2010	W40	
High Jump								

Watford Harriers Rankings 2010

1	Sue Yeomans	1.25		Andover	SWL	22/05/2010	W55	3
Long Jump								
1	Sue Yeomans	4.59		Nyiregyhaza	European Veterans Champs		W55	1
2	Tracey Dombey	3.95		Norwich	SWL	26/06/2010	W45	17
3	Christine Dearman	3.18		Watford	WH Club Championships	19/09/2010	W40	38
Triple Jump								
1	Sue Yeomans	8.51		Watford	Watford Harriers Open Graded	14/07/2010	W55	1
2	Tracey Dombey	8		Watford	SWL	04/09/2010	W45	13
Pole Vault								
1	Sue Yeomans	2.86		Horsham	Horsham Open	22/08/2010	W55	1
2	Christine James	1.7		Watford	WH Club Championship	19/09/2010	W50	10

Watford Harriers Rankings 2010

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Discus

1	Tracey Dombey	19.48	1kg	Norwich	SWL	26/06/2010	W45	24
2	Sue Yeomans	19.12	1kg	Battersea	SWL	07/08/2010	W55	10
3	Christine James	14.65	1kg	Andover	SWL	22/05/2010	W50	26

Shot

1	Sue Yeomans	7.32	4kg	Watford	WH Club Championships	19/09/2010	W55	10
2	Tracey Dombey	7.06	4kg	Watford	SWL	24/04/2010	W45	28
3	Christine James	6.49	4kg	Watford	WH Club Championships	19/09/2010	W50	28

Hammer

1	Christine James	23.24	3kg	Watford	WH Club Championships	19/09/2010	W50	13
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Watford Harriers Rankings 2010

	Chris James	21.35	4kg	Norwich	SWL	26/06/2010	W50	
2	Sue Yeomans	19.44	3kg	Watford	WH Club Championships	19/09/2010	W55	15
	Sue Yeomans	18.36	4kg	Watford	SWL	04/09/2010	W55	
Javelin								
1	Tracey Dombey	14.13	600g	Norwich	SWL	26/06/2010	W45	13
SENIOR WOMEN								
Indoors								
60m								
1	Rebecca Wilcock	8.21	PF	Eton	WSEH Winter Series	07/03/2010		Ranking 320

Watford Harriers Rankings 2010

Outdoors

100m hurdles

1	Louise Kelly	20.9		Norwich	SWL	26/06/2010
2	Alison Putko	21.9		Watford	SWL	04/09/2010
3	Angela Halford	23.1		Battersea	SWL	07/08/2010

100m

1	Rebecca Wilcock	13.33	PF	Watford	Herts County Champs	09/05/2010
2	Alison Putko	15.28	PF	Watford	Watford Harriers Open Graded	11/08/2010
3	Angela Halford	16.7		Norwich	SWL	26/06/2010

200m

1	Rebecca Wilcock	29.3		Battersea	SWL	07/08/2010
2	Alison	31.6		Battersea	SWL	07/08/2010

Watford Harriers Rankings 2010

	Putko					10
400m hurdles						
1	Alison Putko	79.4		Watford	SWL	04/09/2010
2	Angela Halford	83.7		Watford	SWL	04/09/2010
3	Rowena Grundy	88.5		Watford	SWL	24/04/2010
400m						
1	Agnes Wroblewska	64.9		Andover	SWL	22/05/2010
2	Alison Putko	67.4		Watford	SWL	04/09/2010
3	Helen Johal	72.37	PF	Watford	Watford Harriers Open Graded	28/07/2010
4	Angela Halford	73.92	PF	Watford	Watford Harriers Open Graded	25/08/2010
800m						

Watford Harriers Rankings 2010

1	Alison Putko		02:32 .7	PF	Watford	Watford Harriers Open Graded	08/09/2010	
2	Angela Halford		02:45 .4	PF	Watford	Watford Harriers Open Graded	08/09/2010	
1500m								
1	Agnes Wroblewska		05:13 .9		Andover	SWL	22/05/2010	
2	Helen Johal		05:27 .3		Watford	WH Club Championships	19/09/2010	
3	Angela Halford		05:38 .4		Watford	SWL	04/09/2010	
4	Alison Putko		06:19 .2		Norwich	SWL	26/06/2010	
Mile (non graded)								
1	Claire Hallissey	2nd claim	04:54 .8	PF	Falls Church, USA	Potomac Valley TC All-Comers	13/06/2010	13

Watford Harriers Rankings 2010

3000m

1	Claire Hallissey	2nd claim	09:44.4	G1	PF	Falls Church, USA	Potomac Valley TC All-Comers	13/06/2010	70
2	Rowena Grundy		12:22.3			Watford	SWL	24/04/2010	
3	Alison Putko		12:30.5			Watford	SWL	04/09/2010	
4	Angela Halford		13:31.9			Battersea	SWL	07/08/2010	

Long Jump

1	Rebecca Wilcock		4.5			Battersea	SWL	07/08/2010	
2	Louise Kelly		4.04			Watford	SWL	04/09/2010	
3	Alison Putko		4.01			Watford	WH Club Championships	19/09/2010	

High Jump

1	Louise Kelly		1.3			Andover	SWL	22/05/2010	
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Watford Harriers Rankings 2010

Pole Vault

1	Louise Kelly	2.5			Watford	SWL	04/09/2010	178
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Discus

1	Louise Capicotto	28.48	1kg		Woodford Bridge	Woodford Green Open	17/04/2010	288
2	Louise Kelly	18.08	1kg		Norwich	SWL	26/06/2010	

Shot

1	Louise Kelly	9.46	4kg		Norwich	SWL	26/06/2010	334
2	Alison Putko	5.96	4kg		Watford	WH Club Championships	19/09/2010	

Javelin

1	Louise Kelly	23.05	600g		Battersea	SWL	07/08/2010	
2	Alison Putko	12.56	600g		Watford	Watford Harriers Early Season Open	11/04/2010	

4x100m

Watford Harriers Rankings 2010

Relay

1	Wright / Wilcock	55.8	Watford	SWL	04/09/2010
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Shurland / Warman

4x400m

1	Wickings / Jacques	04:41.3	Andover	SWL	22/05/2010
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Wroblewska / C Bentley

JUNIOR WOMEN

Outdoors

100m hurdles

1	Maria Jacques	22.1	Andover	SWL	22/05/2010
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200m

Power

UK

Ranking

Watford Harriers Rankings 2010

1	Rachel Bentley	29.5	PF	Watford	Watford Harriers Open Graded	14/07/2010	
300m hurdles (non graded)							
1	Rachel Bentley	52.2		Upminster	Havering & Mayesbrook Spring Warm-Up	28/03/2010	
300m (non graded)							
1	Rachel Bentley	48.45	PF	Yate	Sprints & Hurdles Challenge	18/04/2010	
400m hurdles							
1	Rachel Bentley	72.45	PF	Brighton	Brighton Open	11/08/2010	108
2	Maria Jacques	80.6		Andover	SWL	22/05/2010	

Watford Harriers Rankings 2010

400m

1	Rachel Bentley	66.19	PF	Watford	Watford Harriers Open Graded	28/07/2010
2	Maria Jacques	73.1		Andover	SWL	22/05/2010

600m (non graded)

1	Rachel Bentley	01:51.7		Upminster	Havering & Mayesbrook Spring Warm-Up	28/03/2010
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800m

1	Maria Jacques	02:43.6		Watford	SWL	24/04/2010
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Triple Jump

1	Rachel Bentley	8.72		Watford	Watford Harriers Open Graded	14/07/2010
2	Maria Jacques	8.65		Andover	SWL	22/05/2010

Discus

Watford Harriers Rankings 2010

1	Sam Burke	26.65		1kg	Watford	SWL	24/04/2010	71
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Hammer

1	Sam Burke	19.85		4kg	Watford	SWL	24/04/2010	
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Javelin

1	Rachel Bentley	23.01		600g	Woodford Bridge	Woodford Green with Essex Ladies Open Graded	06/07/2010	
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2	Sam Burke	15.72		600g	Watford	SWL	24/04/2010	
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UNDER 17 WOMEN

Indoors

60m

1	Shimaala Harewood	8.36	G4	PF	Lee Valley	Herts County Indoor Champs	07/03/2010	Ranking 129
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Watford Harriers Rankings 2010

1	Yasmin Lakin	8.36	G 4	PF	Lee Valley	Metaswitch Indoor Games	12/12/2010	129
Long Jump								
1	Yasmin Lakin	4.88	G 4		Lee Valley	Metaswitch Indoor Games	12/12/2010	49
Triple Jump								
1	Shimaala Harewood	10.96	G 1		Lee Valley	Herts County Indoor Champs	07/03/2010	5
Outdoors								
80m hurdles								
1	Shimaala Harewood	14			Stevenage	Herts County Schools Combined Events	05/05/2010	
2	Hannah Earnshaw	14.3			Watford	ESAA Track & Field Cup	14/05/2010	
3	Claire Bentley	15.5			Sandy	Biggleswade Open	25/09/2010	
100m								

Watford Harriers Rankings 2010

1	Joy Warman	12.6	G 2		Watford	WH Club Championships	19/09/2010	58
2	Zayne Muller-Smith	13.63			Watford	Watford Harriers Open Graded	05/05/2010	
3	Melissa Lancaster	13.9			Watford	WH Club Championships	19/09/2010	
4	Hannah Earnshaw	15.1			Watford	EYAL	27/06/2010	
5	Jenny Wright	15.8			Watford	SWL	04/09/2010	
200m								
1	Joy Warman	26.69	G 4	PF	Watford	Watford Harriers Open Graded	02/06/2010	181
2	Shimaala Harewood	27.7			Stevenage	Herts County Schools Combined Events	05/05/2010	
3	Claire	30.89		PF	Hendon	SEAA	24/07/20	

Watford Harriers Rankings 2010

	Bentley				Heptathlon	10
4	Natalie Wickings	31.7		Andover	SWL	22/05/2010
5	Hannah Earnshaw	31.9		Watford	SWL	24/04/2010
6	Martha Omar	32.4		Norwich	SWL	26/06/2010
300m hurdles						
1	Claire Bentley	55.28		Cambridge	EAA Championships	17/07/2010
300m						
1	Chelsea Shurland	45.8		Watford	WH Club Championships	19/09/2010
2	Claire Bentley	49		Watford	Watford & District Schools Champs	30/06/2010
3	Natalie Wickings	50		Ware	EYAL	25/04/2010

Watford Harriers Rankings 2010

400m

1	Chelsea Shurland	65.6		Watford	SWL	04/09/2010
2	Claire Bentley	74.39	PF	Watford	Watford Harriers Open Graded	16/06/2010

600m (non graded)

1	Claire Bentley	02:06.8		Upminster	Havering & Mayesbrook Spring Warm-Up	28/03/2010
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800m

1	Natalie Wickings	02:28.7		Watford	SWL	04/09/2010
2	Emma Steed	02:31.9		Watford	Watford & District Schools Champs	30/06/2010
3	Martha Omar	02:39.2		Watford	SWL	04/09/2010
4	Claire	02:47	PF	Hendon	SEAA	24/07/2010

Watford Harriers Rankings 2010

	Bentley	.2				Heptathlon	10	
5	Shimaala Harewood	03:04 .7			Stevenage	Herts County Schools Combined Events	05/05/20 10	
6	Hannah Earnshaw	03:19 .9			Stevenage	Herts County Schools Combined Events	05/05/20 10	
1500m								
1	Natalie Wickings	05:03 .4	PF		Watford	Watford Harriers Open Graded	02/06/20 10	203
2	Emma Steed	05:50 .8			Watford	ESAA Track & Field Cup	14/05/20 10	
3000m								
1	Natalie Wickings	11:14 .1	G 4		Hemel Hempstead	Herts County Schools Champs	12/06/20 10	151
Long Jump								
1	Shimaala Harewood	4.44			Stevenage	Herts County Schools	05/05/20 10	

Watford Harriers Rankings 2010

				Combined Events			
2	Martha Omar	4.06		Watford	SWL	24/04/2010	
3	Hannah Earnshaw	4.04		Stevenage	Herts County Schools Combined Events	05/05/2010	
4	Claire Bentley	3.71		Hendon	SEAA Heptathlon	24/07/2010	
High Jump							
1	Martha Omar	1.45		Watford	SWL	24/04/2010	252
2	Joy Warman	1.4		Watford	SWL	04/09/2010	
2	Hannah Earnshaw	1.35		Watford	EYAL	27/06/2010	
4	Claire Bentley	1.3		Grays	EYAL	11/07/2010	
Triple Jump							
1	Shimaala Harewood	12.02	G w 1	Gateshead	UK Schools Games	04/09/2010	

Watford Harriers Rankings 2010

	Shimaala Harewood	11.75			Birmingham	Aviva English Schools Champs	10/07/2010	4
2	Hannah Earnshaw	9.36	G4		Watford	ESAA Track & Field Cup	14/05/2010	350
3	Martha Omar	8.6			Watford	SWL	04/09/2010	
Pole Vault								
1	Hannah Earnshaw	2.1			Watford	Herts County Champs	09/05/2010	
Shot								
1	Emma Steed	5.95		4kg	Watford	ESAA Track & Field Cup	14/05/2010	
2	Claire Bentley	5.54		4kg	Hendon	SEAA Heptathlon	24/07/2010	
3	Leah Dickinson	5.36		4kg	Ware	EYAL	25/04/2010	
Discus								
1	Leah Dickinson	15.09		1kg	Ware	EYAL	25/04/2010	
Javelin								

Watford Harriers Rankings 2010

1	Hannah Earnshaw	15.43	600g	Stevenage	Herts County Schools Combined Events	05/05/2010	
2	Claire Bentley	14.9	600g	Southend	Southend Open	30/08/2010	
3	Shimaala Harewood	12.9	600g	Stevenage	Herts County Schools Combined Events	05/05/2010	
4	Leah Dickinson	12.43	600g	Ware	EYAL	25/04/2010	
5	Natalie Wickings	7.34	600g	Ware	EYAL	25/04/2010	
Heptathlon							
1	Shimaala Harewood	3,436 pts	G 4	Ashford	SE Schools Combined Events Champs	27/06/2010	69
2	Claire Bentley	2,378 pts		Hendon	SEAA Heptathlon	24/07/2010	150
4x100m							

Watford Harriers Rankings 2010

Relay

1	Lancaster / Shurland	53.8			Watford	WH Club Championships	19/09/2010
	Warman / Mensah						

UNDER 15 GIRLS

Indoors

60m hurdles

1	Suzanne Bentley	10.29	G 4	PF	Eton	WSEH Winter Series	05/12/2010	90
2	Fiona McQuire	11.79		PF	Lee Valley	Metaswitch Indoor Games	12/12/2010	

60m

1	Chloe McCarthy	8.49	G 3	PF	Lee Valley	Metaswitch Indoor Games	12/12/2010	119
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Watford Harriers Rankings 2010

200m

1	Suzanne Bentley	29.5		Lee Valley	LV Schools Competition - Final	17/03/2010
2	Chloe McCarthy	29.75	PF	Lee Valley	Metaswitch Indoor Games	12/12/2010

300m

1	Suzanne Bentley	47.1		Lee Valley	LV Schools Competition - Semi Final	03/03/2010
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800m

1	Suzanne Bentley	02:37.8	PF	Lee Valley	Herts County Indoor Champs	07/03/2010
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Long Jump

1	Fiona McQuire	4.09		Lee Valley	Metaswitch Indoor Games	12/12/2010
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High Jump

1	Suzanne Bentley	1.25		Eton	WSEH Winter Series	05/12/2010
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Outdoors

Watford Harriers Rankings 2010

75m hurdles								
1	Suzanne Bentley	12.3	G 2		Chelmsford	ESAA Track & Field Cup Regional Final	15/06/2010	155
2	Lavinia Economu	15.2			Ware	EYAL	25/04/2010	
100m								
1	Yasmin Lakin	12.6	G 1		Chelmsford	ESAA Track & Field Cup Regional Final	15/06/2010	72
2	Chloe Rixon	13.1	G 3		Chelmsford	ESAA Track & Field Cup Regional Final	15/06/2010	553
3	Lavinia Economu	14			Peterborough	EYAL	15/08/2010	
4	Gabrielle Chester	14.4		PF	Watford	Watford Harriers Open Graded	02/06/2010	
5	Chloe Dearman	14.8			Peterborough	EYAL	15/08/2010	
6	Paige	15.5			Ware	EYAL	25/04/2010	

Watford Harriers Rankings 2010

	Smith						10	
200m								
1	Gabrielle Chester	28.25	PF	Watford	Herts County Champs	09/05/2010		500
2	Chloe Rixon	28.7		Grays	EYAL	11/07/2010		
3	Suzanne Bentley	28.88	PF	Watford	Watford Harriers Open Graded	14/07/2010		
4	Paige Smith	30.2		Watford	WH Club Championships	19/09/2010		
4	Lavinia Economu	30.2		Grays	EYAL	11/07/2010		
6	Chloe Dearman	31.5		Watford	EYAL	27/06/2010		
7	Charlotte Fuller	32.7		Watford	EYAL	27/06/2010		
300m								
1	Suzanne Bentley	45.3		Watford	EYAL	27/06/2010		126

Watford Harriers Rankings 2010

2	Lavinia Economu	46.7			Peterborough	EYAL	15/08/2010	232
3	Paige Smith	47.6			Watford	EYAL	27/06/2010	
800m								
1	Lavinia Economu	02:31.7	G4		Watford	EYAL	27/06/2010	386
2	Suzanne Bentley	02:33.9		PF	Watford	Watford Harriers Open Graded	08/09/2010	495
3	Lily Varnham	02:35.7			Watford	EYAL	27/06/2010	
4	Chloe Dearman	02:38.3		PF	Watford	Watford Harriers Open Graded	11/08/2010	
5	Paige Smith	02:46.5			Watford	Watford & District Schools Champs	30/06/2010	
6	Jessica Davies	02:52.2			Luton	EYAL	06/06/2010	
7	Charlotte	03:02			Luton	EYAL	06/06/2010	

Watford Harriers Rankings 2010

	Fuller	.1					10	
1500m								
1	Shannon Swann	04:59 .3	G 3		Luton	EYAL	06/06/20 10	92
2	Chloe Dearman	05:18 .4		PF	Watford	Watford Harriers Open Graded	28/07/20 10	359
3	Lily Varnham	05:36 .5			Watford	Watford & District Schools Champs	30/06/20 10	
Long Jump								
1	Yasmin Lakin	4.98	G 1		Watford	WH Club Championships	19/09/20 10	52
2	Chloe Rixon	4.51	G 4		Watford	EYAL	27/06/20 10	335
3	Suzanne Bentley	4.09			Hendon	SEAA Pentathlon	24/07/20 10	
4	Gabrielle Chester	4.08			Hemel Hempstead	Herts County Schools Champs	12/06/20 10	

Watford Harriers Rankings 2010

5	Chloe Dearman	3.63			Watford	WH Club Championships	19/09/2010	
6	Lavinia Economu	3.62			Peterborough	EYAL	15/08/2010	
Triple Jump								
1	Yasmin Lakin	10.48	G1		Watford	WH Club Championships	19/09/2010	4
High Jump								
1	Suzanne Bentley	1.36			Stoke	England Combined Events Champs	08/08/2010	507
2	Yasmin Lakin	1.3			Ware	EYAL	25/04/2010	
2	Lily Varnham	1.26			Watford	ESAA Track & Field Cup	14/05/2010	
4	Shannon Swann	1.15			Ware	EYAL	25/04/2010	
Discus								
1	Elena	25.37	G	1kg	Watford	Watford &	30/06/20	87

Watford Harriers Rankings 2010

	Dickinson		2			District Schools Champs	10	
2	Wendy Southam	14.96		1kg	Watford	WH Club Championships	19/09/2010	
3	Chloe Dearman	9.37		1kg	Ware	EYAL	25/04/2010	
Shot								
1	Elena Dickinson	8.03	G 4	3.25 kg	Watford	EYAL	27/06/2010	343
2	Suzanne Bentley	5.72		3.25 kg	Stoke	England Combined Events Champs	08/08/2010	
3	Chloe Dearman	4.74		3.25 kg	Luton	EYAL	06/06/2010	
4	Wendy Southam	3.89		3.25 kg	Watford	WH Club Championships	19/09/2010	
Javelin								
1	Suzanne	24.01	G	600g	Watford	WH Club	19/09/2010	146

Watford Harriers Rankings 2010

	Bentley			3		Championships	10	
2	Elena Dickinson	18.34		600g	Ware	EYAL	25/04/2010	476
3	Wendy Southam	7.64		600g	Watford	WH Club Championships	19/09/2010	
Pentathlon								
1	Suzanne Bentley	2,189 pts	G4		Stoke	England Combined Events Champs	08/08/2010	136
4x100m								
1	Bentley / Rixon	53.9			Luton	EYAL	06/06/2010	
	Economu / Lakin							
UNDER 13 GIRLS								
Indoors								
								UK

Watford Harriers Rankings 2010

60m								Ranking
1	Fiona McQuire	9.3	G4	Lee Valley	Lee Valley Minithon	28/02/2010	137	
60m hurdles								
1	Fiona McQuire	12.1	G4	Lee Valley	Lee Valley Minithon	28/02/2010		
800m								
1	Fiona McQuire	03:07.9		Lee Valley	LV Indoor Pentathlon	06/03/2010		
Long Jump								
1	Fiona McQuire	3.56		Lee Valley	LV Indoor Pentathlon	06/03/2010		
High Jump								
1	Fiona McQuire	1.24	G4	Lee Valley	LV Indoor Pentathlon	06/03/2010	40	
Shot								
1	Fiona McQuire	6.45	G4	Lee Valley	Lee Valley Minithon	28/02/2010	50	
Pentathlon								

Watford Harriers Rankings 2010

1	Fiona McQuire	1,235 pts		Lee Valley	LV Indoor Pentathlon	06/03/2010	
Outdoors							
70m hurdles							
1	Fiona McQuire	12.6	G2	Oxford	Oxford City Open	29/08/2010	86
2	Lois Johnson	13.1	G3	Peterborough	EYAL	15/08/2010	229
3	Mia Springer	13.6	G4	Watford	WH Club Championships	19/09/2010	359
4	Charlotte Radcliffe	15		Watford	EYAL	27/06/2010	
5	Louise Hall	15.2		Watford	WH Club Championships	19/09/2010	
6	Lucy Franklin	15.6		Watford	WH Mid Season Minors Open	13/06/2010	
7	Sophie	15.9		Watford	Watford	11/04/20	

Watford Harriers Rankings 2010

	Dent					Harriers Early Season Open	10	
7	Emi Economu	15.9			Watford	WH Mid Season Minors Open	13/06/2010	
9	M Moody	17.7			Watford	WH Mid Season Minors Open	13/06/2010	
100m								
1	Chloe McCarthy	13.3	G1		Peterborough	EYAL	15/08/2010	18
2	Lucy Franklin	15.4			Watford	WH Mid Season Minors Open	13/06/2010	
2	Charlotte Radcliffe	15.4			Watford	EYAL	27/06/2010	
4	Louise Hall	15.5			Watford	EYAL	27/06/2010	
5	Sophie Higgs	15.7			Watford	WH Mid Season Minors Open	13/06/2010	
5	Lois	15.7		PF	Watford	Watford	11/08/20	

Watford Harriers Rankings 2010

	Johnson					Harriers Open Graded	10
7	Mia Springer	16.1		Watford		WH Club Championships	19/09/2010
8	Fiona McQuire	16.14	PF	Watford		Watford Harriers Open Graded	30/06/2010
9	Lucy Franklin	16.2	PF	Watford		Herts County Champs	09/05/2010
10	Jess Moody	16.3		Watford		WH Mid Season Minors Open	13/06/2010
10	Emi Economu	16.3		Peterborough		EYAL	15/08/2010
12	Molly Harland	16.4		Watford		WH Club Championships	19/09/2010
13	M Moody	16.6		Watford		WH Mid Season Minors Open	13/06/2010
14	Sophie	16.7		Watford		Watford	11/04/20

Watford Harriers Rankings 2010

	Dent					Harriers Early Season Open	10	
15	Rebecca Wilkinson	16.8			Watford	WH Club Championships	19/09/2010	
16	Florrie Holland	17.9			Watford	Watford Harriers Early Season Open	11/04/2010	
17	Gemma Stanger	19.8			Watford	WH Mid Season Minors Open	13/06/2010	
200m								
1	Chloe McCarthy	28.5	G 2		Peterborough	EYAL	15/08/2010	65
2	Lucy Franklin	31.9			Watford	EYAL	27/06/2010	
3	Lois Johnson	32.8			Peterborough	EYAL	15/08/2010	
4	Fiona McQuire	34.64		PF	Watford	Watford Harriers Open Graded	19/05/2010	
5	Louise Hall	34.76		PF	Watford	Watford	16/06/2010	

Watford Harriers Rankings 2010

						Harriers Open Graded	10
6	Emi Economu	37.4			Ware	EYAL	25/04/2010
800m							
1	Lois Johnson	02:57.1	PF		Watford	Watford Harriers Open Graded	08/09/2010
2	Molly Harland	03:05.4			Watford	WH Club Championships	19/09/2010
3	Louise Hall	03:07.5			Peterborough	EYAL	15/08/2010
4	Fiona McQuire	03:07.9			Hemel Hempstead	ESAA Track & Field Cup	14/05/2010
5	Emi Economu	03:09.5			Watford	Herts U13 Challenge	09/06/2010
6	Sophie Dent	03:19.4			Watford	WH Mid Season Minors Open	13/06/2010
7	Florrie Holland	03:29.1			Watford	Watford Harriers Early	11/04/2010

Watford Harriers Rankings 2010

Season Open

1500m

1	Molly Harland	06:19.0		Watford	WH Club Championships	19/09/2010
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Long Jump

1	Fiona McQuire	4.06	G3	Watford	WH Club Championships	19/09/2010	273
2	Lucy Franklin	3.56		Peterborough	EYAL	15/08/2010	
3	Mia Springer	3.41		Watford	WH Club Championships	19/09/2010	
4	Emi Economu	3.17		Grays	EYAL	11/07/2010	
5	Charlotte Radcliffe	3.16		Luton	EYAL	06/06/2010	
6	Jess Moody	2.95		Watford	WH Mid Season Minors Open	13/06/2010	
7	Sophie	2.88		Watford	Watford	11/04/20	

Watford Harriers Rankings 2010

	Higgs				Harriers Early Season Open	10	
8	Louise Hall	2.87		Watford	Herts U13 Challenge	09/06/2010	
9	Rebecca Wilkinson	2.85		Watford	WH Club Championships	19/09/2010	
10	Sophie Higgs	2.77		Watford	WH Mid Season Minors Open	13/06/2010	
11	Florrie Holland	2.32		Watford	Watford Harriers Early Season Open	11/04/2010	
12	Gemma Stanger	2.21		Watford	Watford Harriers Early Season Open	11/04/2010	
13	M Moody	2.07		Watford	WH Mid Season Minors Open	13/06/2010	
High Jump							
1	Fiona McQuire	1.33	G2	Hemel Hempstead	Herts County Pentathlon	04/07/2010	145

Watford Harriers Rankings 2010

				d				
2	Lois Johnson	1.25	G 4		Peterborough	EYAL	15/08/2010	316
3	Louise Hall	1.15			Watford	WH Club Championships	19/09/2010	
Shot								
1	Fiona McQuire	6.78	G 4	2.72 kg	Cambridge	EAA Championships	17/07/2010	334
2	Louise Hall	5.48		2.72 kg	Watford	WH Club Championships	19/09/2010	
3	Lucy Franklin	5.32		2.72 kg	Peterborough	EYAL	15/08/2010	
4	Sophie Dent	4.72		2.72 kg	Watford	Watford Harriers Open Graded	16/06/2010	
5	Sophie Higgs	4.3		2.72 kg	Watford	Watford Harriers Open Graded	16/06/2010	
6	Emi	3.95		2.72	Watford	EYAL	27/06/20	

Watford Harriers Rankings 2010

	Economu			kg			10	
7	Charlotte Radcliffe	3.71		2.72 kg	Watford	EYAL	27/06/2010	
8	Gemma Stanger	3.39		2.72 kg	Watford	Watford Harriers Open Graded	16/06/2010	
Discus								
1	Fiona McQuire	21.13	G 2	0.75 kg	Kingston	Southern Inter Counties	25/07/2010	38
Javelin								
1	Fiona McQuire	22	G 2	400g	Watford	Watford Harriers Open Graded	16/06/2010	65
Pentathlon								
1	Fiona McQuire	1,603 pts			Hemel Hempstead	Herts County Pentathlon	04/07/2010	48
4x100m relay								
1		62.1			Peterborough	EYAL	15/08/2010	

**Watford
Harriers
Rankings
2010**