

WATFORD HARRIERS RANKINGS 2016

UPDATED 18/05/2017

MASTERS MEN

Indoors

200m

1 Nick Jones 28.0 V45 Lee Valley Herts County Indoor Championships 19/03/2016

Overall

100m

1 Roland Timmann 12.98 V35 ET Watford WH Open Graded 04/05/2016
 2 Alistair Gammell 13.33 V45 ET Watford WH Open Graded 07/09/2016
 3 Nick Jones 13.37 V45 ET Watford WH Open Graded 29/06/2016
 4 Adrian Harwood 14.7 V50 Lee Valley Southern Counties Veterans' League 25/04/2016

200m

1 Alistair Gammell 26.91 V45 ET Watford WH Open Graded 07/09/2016
 2 Nick Jones 27.15 V50 ET Watford WH Open Graded 27/07/2016
 3 Roland Timmann 28.1 V35 Stevenage Southern Counties Veterans' League 16/05/2016
 4 Ryan Smith 38.8 V40 Grays SAL Division 3 North East 16/04/2016
 5 Graham Mayoh 39.9 V50 Hemel Hempstead Southern Counties Veterans' League 11/07/2016

400m

1 Adrian Harwood 67.18 V50 ET Woodford Bridge SAL Division 3 North East 18/06/2016
 2 Nick Jones 68.3 V45 Hendon Southern Counties Veterans' League 13/06/2016
 3 Harvey Griffiths 70.07 V45 ET Watford Herts AAA County Championships 15/05/2016

800m

1 Adrian Harwood 02:36.96 V50 ET Watford WH Open Graded 10/08/2016
 2 Nick Harris 02:45.48 V40 ET Lee Valley Southern Counties Veterans' League 21/05/2016
 3 Graham Mayoh 02:54.8 V50 ET Watford SAL Division 3 North East 20/08/2016

1500m

1 Adrian Harwood 04:59.8 V50 Grays SAL Division 3 North East 16/04/2016
 2 Ryan Smith 05:38.35 V40 ET Lee Valley Southern Counties Veterans' League 21/05/2016
 3 Ciaran Weldon 05:46.3 V45 Watford SAL Division 3 North East 09/07/2016
 4 Graham Mayoh 06:15.5 V50 Watford SAL Division 3 North East 20/08/2016
 5 Nick Jones 06:31.68 V50 ET Lee Valley Southern Counties Veterans' League 21/05/2016

3000m

1 Julian Critchlow 09:48.9 V55 Watford SAL Division 3 North East 09/07/2016
 2 Mikk Bradley 11:41.1 V55 Stevenage Southern Counties Veterans' League 16/05/2016
 3 Ciaran Weldon 12:10.9 V45 Watford SAL Division 3 North East 09/07/2016
 4 Graham Mayoh 13:17.30 V50 ET Lee Valley Southern Counties Veterans' League 21/05/2016

5000m

1 Julian Critchlow 16:55.90 V55 ET Woodford Bridge SAL Division 3 North East 18/06/2016
 2 Adrian Harwood 19:48.8 V50 Hendon Southern Counties Veterans' League 13/06/2016

2000m steeplechase

1 Nick Harris 07:51.03 V40 ET Woodford Bridge SAL Division 3 North East 18/06/2016
 2 Ryan Smith 08:42.94 V40 ET Woodford Bridge SAL Division 3 North East 18/06/2016
 3 Adrian Harwood 09:01.6 V50 Watford SAL Division 3 North East 20/08/2016
 4 Graham Mayoh 11:22.0 V50 Grays SAL Division 3 North East 16/04/2016

3000m steeplechase

1 Nick Harris 12:05.0 V40 Watford SAL Division 3 North East 09/07/2016

110m hurdles

1 Ryan Smith 24.5 V40 Watford SAL Division 3 North East 09/07/2016

400m hurdles

1 Ryan Smith 75.8 V40 Watford SAL Division 3 North East 09/07/2016
 2 Adrian Harwood 81.9 V50 Watford SAL Division 3 North East 20/08/2016
 3 Nick Harris 85.95 V40 ET Lee Valley Southern Counties Veterans' League 21/05/2016

High Jump

1 Harvey Griffiths 1.65 V45 Watford Herts AAA County Championships 15/05/2016
 2 Ryan Smith 1.50 V40 Grays SAL Division 3 North East 16/04/2016
 3 Adrian Harwood 1.40 V50 Watford SAL Division 3 North East 20/08/2016
 4 Richard Parles 1.15 V70 Watford WH Club Championships 11/09/2016

Pole Vault

1 Ryan Smith 3.00 V40 Woodford Bridge SAL Division 3 North East 18/06/2016
 2 Richard Parles 1.60 V70 Watford WH Club Championships 11/09/2016

Long Jump

1 Ryan Smith 4.55 V40 Grays SAL Division 3 North East 16/04/2016
 2 Harvey Griffiths 4.40 V45 Woodford Bridge SAL Division 3 North East 18/06/2016
 3 Nick Jones 3.56 V45 Lee Valley Southern Counties Veterans' League 21/05/2016

Triple Jump

1 Harvey Griffiths 10.14 V45 Cambridge Eastern Championships 25/06/2016
 2 Ryan Smith 9.72 V40 Lee Valley Southern Counties Veterans' League 21/05/2016
 3 Adrian Harwood 6.34 V50 Watford SAL Division 3 North East 20/08/2016

Shot

1 Ray McKenna 10.86 V40 7.26kg Lee Valley Southern Counties Veterans' League 21/05/2016
 2 Barry Tunstall 10.47 V35 7.26kg Lee Valley Southern Counties Veterans' League 21/05/2016

	3	Harvey Griffiths	8.24	V45	7.26kg	Watford	WH Club Championships	11/09/2016
	4	Ryan Smith	7.99	V40	7.26kg	Woodford Bridge	SAL Division 3 North East	18/06/2016
	5	Nick Jones	6.78	V45	7.26kg	Watford	SAL Division 3 North East	09/07/2016
	6	Richard Parles	5.74	V70	7.26kg	Grays	SAL Division 3 North East	16/04/2016
Discus								
	1	Ray McKenna	32.04	V40	2kg	Lee Valley	Southern Counties Veterans' League	21/05/2016
	2	Barry Tunstall	31.02	V35	2kg	Watford	WH Open Graded	18/05/2016
	3	Ryan Smith	20.60	V40	2kg	Watford	SAL Division 3 North East	09/07/2016
	4	Adrian Harwood	20.51	V50	2kg	Woodford Bridge	SAL Division 3 North East	18/06/2016
	5	Harvey Griffiths	19.07	V45	2kg	Watford	WH Club Championships	11/09/2016
	6	Richard Parles	13.04	V70	2kg	Grays	SAL Division 3 North East	16/04/2016
Hammer								
	1	Ryan Smith	24.63	V40	7.26kg	Lee Valley	Southern Counties Veterans' League	21/05/2016
	2	Barry Tunstall	24.12	V35	7.26kg	Lee Valley	Southern Counties Veterans' League	21/05/2016
	3	Ray McKenna	18.59	V40	7.26kg	Woodford Bridge	SAL Division 3 North East	18/06/2016
	4	Harvey Griffiths	16.64	V45	7.26kg	Watford	WH Club Championships	11/09/2016
	5	Richard Parles	11.88	V70	7.26kg	Watford	SAL Division 3 North East	09/07/2016
	6	Adrian Harwood	9.12	V50	7.26kg	Watford	SAL Division 3 North East	20/08/2016
Javelin								
	1	Nick Jones	31.16	V45	800g	Stevenage	Herts AAA County Championships	02/05/2016
	2	Barry Tunstall	27.81	V35	800g	Lee Valley	Southern Counties Veterans' League	21/05/2016
	3	Ryan Smith	24.98	V40	800g	Grays	SAL Division 3 North East	16/04/2016
	4	Harvey Griffiths	24.50	V45	800g	Watford	WH Club Championships	11/09/2016
	5	Ray McKenna	24.32	V40	800g	Woodford Bridge	SAL Division 3 North East	18/06/2016
	6	Adrian Harwood	20.04	V50	800g	Woodford Bridge	SAL Division 3 North East	18/06/2016
	7	Richard Parles	12.58	V70	800g	Grays	SAL Division 3 North East	16/04/2016

SENIOR MEN

Outdoors

100m								
	1	Max Lowery	11.0	G2		Grays	SAL Division 3 North East	16/04/2016
200m								
	1	Max Lowery	22.11	club record	G3	ET	Watford	Herts AAA County Championships
400m								
	1	Max Lowery	50.66			ET	Lee Valley	SAL Division 3 North East
	2	Stephen Blakey	57.8				Watford	SAL Division 3 North East
800m								
	1	Ross Connor	02:07.62			ET	Watford	WH Open Graded
	2	Stephen Blakey	02:14.2				Watford	SAL Division 3 North East
1500m								
	1	Ross Connor	04:26.66			ET	Watford	WH Open Graded
		Stephen Blakey	04:32.7				Watford	SAL Division 3 North East
3000m								
	1	Ross Connor	09:46.6				Watford	SAL Division 3 North East
5000m								
	1	Ross Connor	16:49.3				Watford	SAL Division 3 North East
Long Jump								
	1	Stephen Blakey	4.57				Watford	SAL Division 3 North East
4x100m Relay								
	1		46.62			ET	Lee Valley	SAL Division 3 North East
4x400m Relay								
	1		04:02.12			ET	Lee Valley	SAL Division 3 North East

UNDER 20 MEN

Outdoors

100m								
	1	James Pearce	12.05			ET	Watford	WH Open Graded
200m								
	1	Owen Dearman	24.4				Watford	SAL Division 3 North East
400m								
	1	Owen Dearman	55.71			ET	Woodford Bridge	SAL Division 3 North East
1500m								
	1	Thomas Rayner	04:23.6				Watford	SAL Division 3 North East
	2	Owen Dearman	06:31.68			ET	Lee Valley	SAL Division 3 North East
400m hurdles								
	1	Owen Dearman	66.4				Grays	SAL Division 3 North East
High Jump								
	1	Owen Dearman	1.90			G3	Watford	WH Club Championships
Pole Vault								
	1	Owen Dearman	2.60				Watford	SAL Division 3 North East
Long Jump								
	1	Owen Dearman	4.01				Grays	SAL Division 3 North East

UNDER 17 MEN

Indoors

60m	1 Sebastian Stanseau	7.93		ET	Lee Valley	Herts County Indoor Championships	20/03/2016
200m	1 Cameron George	24.46	club record	ET	Lee Valley	Eastern Indoor Championships	07/02/2016
	2 Joe Ainsworth	25.5			Lee Valley	Herts County Indoor Championships	19/03/2016
	3 Sebastian Sanseau	26.47		ET	Lee Valley	London Indoor Games	23/01/2016
400m	1 Cameron George	57.01		ET	Lee Valley	South of England Indoor Championships	09/01/2016
Pole Vault	1 Callum Woodage	3.65	club record	G3	Lee Valley	London Indoor Games	23/01/2016

Overall

100m	1 Chris Osei	11.7		G4	Hemel Hempstead	Herts County Schools Championships	11/06/2016
	2 Cameron George	11.9			Watford	SAL Division 3 North East	20/08/2016
	3 David Fawole	12.1			Hemel Hempstead	Herts County Schools Championships	11/06/2016
	4 Joe Ainsworth	12.2			Watford	EYAL	05/06/2016
	5 Sebastian Sanseau	12.3			St Albans	EYAL	08/05/2016
	6 Callum Woodage	13.5			Grays	SAL Division 3 North East	16/04/2016
200m	1 Chris Osei	24.0		G4	Watford	EYAL	05/06/2016
	2 Cameron George	24.46	indoors	ET	Lee Valley	Eastern Indoor Championships	07/02/2016
		24.8			Hendon	EYAL	07/08/2016
	3 Joe Ainsworth	24.9			Watford	EYAL	05/06/2016
	4 Sebastian Sanseau	25.79		ET	Watford	Herts AAA County Championships	15/05/2016
400m	1 Cameron George	57.01	indoors	ET	Lee Valley	South of England Indoor Championships	09/01/2016
	2 Alex Harris	60.7			Hemel Hempstead	EYAL	03/07/2016
	3 Joshua Namiech-Oyebola	62.85		ET	Norwich	UK Youth Development Lge Division South Premier 2	24/07/2016
800m	1 Byron Johal	02:11.0			Watford	EYAL	17/04/2016
	2 Cameron George	02:21.2			Watford	EYAL	05/06/2016
	3 Alex Harris	02:21.75		ET	Watford	WH Open Graded	15/06/2016
	4 Joshua Namiech-Oyebola	02:22.67		ET	Watford	WH Open Graded	13/07/2016
	5 Kamran Sheikh	02:22.7			Watford	EYAL	05/06/2016
1500m	1 Cameron Clark	04:46.5			Hemel Hempstead	Herts County Schools Championships	11/06/2016
	2 Adithya Nandakumar	04:51.1			St Albans	EYAL	08/05/2016
	3 Kamran Sheikh	05:02.0			Watford	EYAL	05/06/2016
	4 Alex Harris	05:17.39		ET	Watford	WH Open Graded	01/06/2016
	5 Joe Ainsworth	05:21.8			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
100m hurdles	1 Joe Ainsworth	19.7			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
High Jump	1 Scott Buck	1.65			St Albans	EYAL	08/05/2016
Pole Vault	1 Callum Woodage	3.80		G3	Watford	D&T, Barnet, St Albans Club Championship	11/09/2016
Long Jump	1 Chris Osei	5.88		G4	Woodford Bridge	SAL Division 3 North East	18/06/2016
	2 Joe Ainsworth	4.51			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	3 Callum Woodage	3.73			Watford	SAL Division 3 North East	20/08/2016
Triple Jump	1 Callum Woodage	9.65			Woodford Bridge	SAL Division 3 North East	18/06/2016
Discus	1 Joe Ainsworth	17.05		1.5kg	Stevenage	Herts County Schools Combined Events Champs	05/05/2016
Javelin	1 Sam Denham	28.74		700g	Watford	EYAL	17/04/2016
	2 Callum Woodage	28.27		700g	Hemel Hempstead	EYAL	03/07/2016
	3 Joe Ainsworth	25.46		700g	Stevenage	Herts County Schools Combined Events Champs	05/05/2016

UNDER 15 BOYS

Indoors

60m	1 Luke Wilson	8.37	club record		Lee Valley	Lee Valley Open	13/02/2016
200m	1 Kai Alland	28.2			Lee Valley	Herts County Indoor Championships	19/03/2016
60m hurdles	1 Kai Alland	11.71			Lee Valley	Herts County Indoor Championships	19/03/2016
Shot	1 Kai Alland	9.61	club record	4kg	Lee Valley	South of England Indoor Championships	09/01/2016

Overall

100m	1 Toby Makoyawo	11.26	club record	G1	ET	Gateshead	English Schools Championships	08/07/2016
	2 Luke Wilson	13.0				St Albans	EYAL	08/05/2016
	2 Joe Renton	13.0				Watford	EYAL	05/06/2016
	4 Matthew Patterson	13.2				Hemel Hempstead	Herts County Schools Championships	11/06/2016
	5 Thomas Conroy (T37/F37)	16.2				Coventry	Typhoo DSE Junior Athletics Championships	03/07/2016
200m	1 Toby Makoyawo	23.97		G2	ET	Horspath	South of England Inter Counties	21/08/2016
	2 Luke Wilson	25.9				St Albans	EYAL	08/05/2016
	3 Connor Keogh	27.8				Watford	EYAL	17/04/2016
	4 Kai Alland	28.2	indoors			Lee Valley	Herts County Indoor Championships	19/03/2016
300m	1 Thomas Minns	40.9		G4		Watford	EYAL	05/06/2016
	2 Joe Renton	42.5				Hemel Hempstead	EYAL	03/07/2016
	3 Connor Keogh	42.7				Watford	EYAL	17/04/2016
	4 Adam O'Reilly	46.9				Watford	EYAL	17/04/2016
800m	1 Connor Keogh	02:05.08		G1		Watford	Herts AAA County Championships	15/05/2016
	2 Thomas Minns	02:14.5		G4		Hemel Hempstead	Herts County Schools Championships	11/06/2016
	3 Oliver Griffiths	02:27.8				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	4 Lewis Clark	02:33.7				Hemel Hempstead	Herts County Schools Championships	11/06/2016
	5 Kai Alland	02:49.3				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	6 Jordan Walters	02:53.0				Watford	WH Open Graded	15/06/2016
1500m	1 Connor Keogh	04:12.31	club record	G1	ET	Watford	WH Open Graded	29/06/2016
	2 Oliver Griffiths	04:48.0				Watford	EYAL	05/06/2016
	3 Lewis Clark	05:29.1				Watford	EYAL	17/04/2016
3000m	1 Connor Keogh	09:25.32	club record		ET	Watford	WH Open Graded	07/09/2016
80m hurdles	1 Kai Alland	13.8				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	2 Thomas Minns	14.8				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	3 Adam O'Reilly	16.1				Watford	EYAL	17/04/2016
	4 William Jarvis	17.3				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	5 Oliver Griffiths	17.5				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
High Jump	1 Joe Renton	1.65		G2		Hemel Hempstead	EYAL	03/07/2016
	2 William Jarvis	1.47				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	3 Kai Alland	1.41				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	4 Oliver Griffiths	1.40				Watford	Herts AAA County Championships	15/05/2016
	5 Thomas Minns	1.25				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
Long jump	1 Matthew Patterson	4.70				Hemel Hempstead	Herts County Schools Championships	11/06/2016
	2 Oliver Griffiths	4.69				Hemel Hempstead	EYAL	03/07/2016
	3 Thomas Minns	4.55				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	4 Kai Alland	4.43				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	5 Luke Wilson	4.38				Watford	EYAL	17/04/2016
	6 William Jarvis	4.34				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	7 Adam O'Reilly	4.15				Watford	EYAL	17/04/2016
Triple Jump	1 Oliver Griffiths	9.33				Watford	Herts AAA County Championships	15/05/2016
Shot	1 Kai Alland	9.73			4kg	Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	2 Matthew Woods	9.42			4kg	St Albans	EYAL	08/05/2016
	3 William Jarvis	7.83			4kg	Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	4 Kai Tunstall	7.75			4kg	Hemel Hempstead	Herts County Schools Championships	11/06/2016
	5 Thomas Minns	6.97			4kg	Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	6 Oliver Griffiths	6.91			4kg	Stevenage	Herts County Schools Combined Events Champs	05/05/2016
Discus	1 William Jarvis	31.66		G3	1.25kg	Cambridge	Eastern Championships	25/06/2016
	2 Kai Tunstall	28.12		G4	1.25kg	Watford	EYAL	05/06/2016
Hammer	1 Kai Tunstall	20.75			4kg	Watford	EYAL	05/06/2016
Javelin	1 William Jarvis	45.52	club record	G1	600g	Watford	WH Open Graded	15/06/2016
	2 Matthew Woods	41.12		G2	600g	Watford	WH Open Graded	15/06/2016
	3 Kai Alland	32.89		G4	600g	Hemel Hempstead	Herts County Schools Championships	11/06/2016
	4 Thomas Cadenhead	25.26			600g	Hemel Hempstead	Herts County Schools Championships	11/06/2016
	5 Louis Geard	24.51			600g	Hemel Hempstead	Herts County Schools Championships	11/06/2016
	6 Oliver Griffiths	12.92			600g	Watford	WH Club Championships	11/09/2016
Pentathlon	1 Kai Alland	1703 pts				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	2 Thomas Minns	1657 pts				Stevenage	Herts County Schools Combined Events Champs	05/05/2016

3	Oliver Griffiths	1439 pts		Stevenage	Herts County Schools Combined Events Champs	05/05/2016
4	William Jarvis	1211 pts		Stevenage	Herts County Schools Combined Events Champs	05/05/2016

UNDER 13 BOYS

Indoors

60m	1	Matthew Igbineweka	9.0		Lee Valley	Lee Valley Minithon	27/02/2016
200m	1	Matthew Igbineweka	30.8		Lee Valley	Lee Valley Minithon	27/02/2016
Long Jump	1	Matthew Igbineweka	3.50		Lee Valley	Lee Valley Minithon	27/02/2016

Overall

100m	1	Oliver Kemp	13.7	G4	St Albans	EYAL	08/05/2016	
	2	Thomas Phillips	13.8	G4	Watford	Watford Minors Open	12/06/2016	
	3	Matthew Igbineweka	13.9	G4	St Albans	EYAL	08/05/2016	
	4	Sohan Mukherjee	14.3		Watford	Watford Minors Open	12/06/2016	
	4	Sonny Maguire	14.3		Hendon	EYAL	07/08/2016	
	6	Frank Hartney	14.4		Watford	Watford Minors Open	12/06/2016	
	7	Jack Kissane	15.1		Watford	EYAL	17/04/2016	
	7	Luke Muller	15.1		Watford	Watford Minors Open	12/06/2016	
	9	Luke Russell	15.6		St Albans	EYAL	08/05/2016	
	10	Thomas Hobbs	16.0		Watford	Watford Minors Open	12/06/2016	
	11	Russell Coleman	16.4		Watford	EYAL	17/04/2016	
200m	1	Oliver Kemp	28.7	G4	St Albans	EYAL	08/05/2016	
	2	Frank Hartney	30.1		St Albans	EYAL	08/05/2016	
	3	Matthew Igbineweka	30.8	indoors	Lee Valley	Lee Valley Minithon	27/02/2016	
	4	Jack Kissane	32.3		Watford	EYAL	17/04/2016	
	5	Thomas Hobbs	32.8		Watford	EYAL	17/04/2016	
	6	Russell Coleman	33.8		Watford	EYAL	17/04/2016	
	6	Ciaran Kilbane	33.8		Welwyn Gdn City	Herts Under 13 Challenge	08/06/2016	
800m	1	Ben Hunter	02:25.8	G3	Welwyn Gdn City	Herts Under 13 Challenge	08/06/2016	
	2	Thomas Hobbs	02:38.0		Welwyn Gdn City	Herts Under 13 Challenge	08/06/2016	
	3	Russell Coleman	02:45.1		Watford	EYAL	17/04/2016	
	4	Sohan Mukherjee	02:50.5		Watford	Watford Minors Open	12/06/2016	
	5	Ciaran Kilbane	03:00.3		St Albans	EYAL	08/06/2016	
1500m	1	Ben Hunter	04:48.03	G1	Kingston	South of England Inter Counties	31/07/2016	
	2	Thomas Hobbs	05:26.7		Watford	EYAL	05/06/2016	
	3	Russell Coleman	05:39.7		Hemel Hempstead	Herts County Schools Championships	11/06/2016	
	4	Ciaran Kilbane	06:06.7		Watford	EYAL	17/04/2016	
75m hurdles	1	Oliver Kemp	15.4		Hemel Hempstead	Herts County Schools Championships	11/06/2016	
	2	Luke Russell	16.3		St Albans	EYAL	08/05/2016	
High Jump	1	Ciaran Kilbane	1.05		Watford	EYAL	17/04/2016	
Long Jump	1	Oliver Kemp	4.44	G3	Hemel Hempstead	Herts County Schools Championships	11/06/2016	
	2	Sonny Maguire	4.38	G4	Hendon	EYAL	07/08/2016	
	3	Thomas Phillips	4.07		Watford	Watford Minors Open	12/06/2016	
	4	Frank Hartney	3.97		Watford	Watford Minors Open	12/06/2016	
	5	Matthew Igbineweka	3.89		Stevenage	Herts AAA County Championships	02/05/2016	
	6	Ben Hunter	3.85		Hemel Hempstead	EYAL	03/07/2016	
	7	Jack Kissane	3.60		St Albans	EYAL	08/05/2016	
	8	Zachary Reilly (U11)	3.57		Watford	Watford Harriers Minors Open	11/09/2016	
	9	Luke Muller	3.51		Watford	Watford Minors Open	12/06/2016	
	10	Oliver Cooper (U11)	3.47		Watford	Watford Harriers Minors Open	11/09/2016	
	11	Luke Russell	3.45		St Albans	EYAL	08/05/2016	
	12	Thomas Hobbs	3.31		St Albans	EYAL	08/05/2016	
Shot	1	Cem Harwood	7.64	G4	3.25kg	Watford	Watford Harriers Minors Open	11/09/2016
	2	Thomas McKenna	6.88		3.25kg	Watford	Watford Harriers Minors Open	11/09/2016
	3	Joe Buck	6.81		3.25kg	Hemel Hempstead	EYAL	03/07/2016
Discus	1	Ciaran Kilbane	19.94	G3	1kg	Hemel Hempstead	EYAL	03/07/2016
	2	Thomas McKenna	19.25	G4	1kg	Watford	Watford Harriers Minors Open	11/09/2016
	3	Cem Harwood	15.94		1kg	Watford	Watford Harriers Minors Open	11/09/2016
Javelin	1	Ciaran Kilbane	30.45	G2	400g	Watford	EYAL	05/06/2016
	2	Joe Buck	17.88		400g	Watford	EYAL	17/04/2016
	3	Cem Harwood	16.52		400g	Watford	Watford Harriers Minors Open	11/09/2016
4x100m Relay								

1	66.4	Watford	EYAL	17/04/2016
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MASTERS WOMEN

Outdoors

100m							
	1	Andrea Harris	15.0	V40	Lee Valley	Southern Counties Veterans' League	25/04/2016
	2	Alison Putko	15.8	V35	Lee Valley	Southern Counties Veterans' League	25/04/2016
	3	Christine Dearman	17.7	V50	Hendon	Southern Counties Veterans' League	13/06/2016
200m							
	1	Andrea Harris	32.2	V40	Watford	WH Open Graded	01/06/2016
	2	Alison Putko	32.9	V35	Stevenage	Southern Counties Veterans' League	16/05/2016
	3	Christine Dearman	36.7	V50	Stevenage	Southern Counties Veterans' League	16/05/2016
	4	Nicky Jones	37.2	V50	Watford	SAL Division 3 North East	20/08/2016
400m							
	1	Alison Putko	71.7	V35	Watford	SAL Division 3 North East	20/08/2016
	2	Christine Dearman	79.3	V50	Watford	WH Club Championships	11/09/2016
800m							
	1	Alison Putko	02:45.8	V35	Watford	SAL Division 3 North East	09/07/2016
	2	Christine Dearman	02:56.9	V50	Hemel Hempstead	Southern Counties Veterans' League	11/07/2016
1500m							
	1	Helen Johal	05:29.4	V45	Watford	SAL Division 3 North East	09/07/2016
	2	Alison Putko	05:51.2	V35	Hendon	Southern Counties Veterans' League	13/06/2016
	3	Christine Dearman	06:31.99	V50	Woodford	SAL Division 3 North East	18/06/2016
	4	Nicky Jones	06:57.7	V50	Watford	SAL Division 3 North East	20/08/2016
3000m							
	1	Christine Dearman	13:42.74	V50	Woodford	SAL Division 3 North East	18/06/2016
5000m							
	1	Christine Dearman	24:15.80	V50	ET	Lee Valley	SAL Division 3 North East
	2	Nicky Jones	25:25.1	V50		Watford	SAL Division 3 North East
100m hurdles							
	1	Alison Putko	28.1	V35	Watford	SAL Division 3 North East	20/08/2016
	2	Christine Dearman	37.2	V50	Watford	SAL Division 3 North East	09/07/2016
400m hurdles							
	1	Alison Putko	88.0	V35	Watford	SAL Division 3 North East	20/08/2016
	2	Nicky Jones	01:57.7	V50	Watford	SAL Division 3 North East	09/07/2016
1500m steeplechase							
	1	Alison Putko	06:49.68	V35	ET	Lee Valley	SAL Division 3 North East
2000m steeplechase							
	1	Alison Putko	09:12.5	V35		Watford	SAL Division 3 North East
High Jump							
	1	Alison Putko	1.25	V35	Lee Valley	SAL Division 3 North East	21/05/2016
	2	Amanda Jarvis	1.05	V50	Watford	SAL Division 3 North East	09/07/2016
Pole Vault							
	1	Christine Canning	1.70	V60	Woodford	SAL Division 3 North East	18/06/2016
Long Jump							
	1	Andrea Harris	3.48	V40	Lee Valley	SAL Division 3 North East	21/05/2016
	2	Christine Dearman	2.95	V50	Woodford	SAL Division 3 North East	18/06/2016
	3	Christine Canning	2.32	V60	Hemel Hempstead	Southern Counties Veterans' League	11/07/2016
	4	Amanda Jarvis	1.93	V50	Stevenage	Southern Counties Veterans' League	16/05/2016
Triple Jump							
	1	Alison Putko	7.93	V35	Watford	SAL Division 3 North East	20/08/2016
	2	Christine Dearman	6.41	V50	Watford	SAL Division 3 North East	09/07/2016
Shot							
	1	Christine Dearman	5.25	V50	4kg	Grays	SAL Division 3 North East
	2	Amanda Jarvis	5.18	V50	4kg	Lee Valley	SAL Division 3 North East
	3	Christine Canning	4.78	V60	4kg	Woodford	SAL Division 3 North East
Discus							
	1	Christine Canning	14.69	V60	1kg	Watford	WH Club Championships
	2	Amanda Jarvis	14.49	V50	1kg	Watford	WH Club Championships
	3	Christine Dearman	13.16	V50	1kg	Hemel Hempstead	Southern Counties Veterans' League
Hammer							
	1	Christine Canning	17.05	V60	4kg	Watford	SAL Division 3 North East
	2	Amanda Jarvis	13.68	V50	4kg	Lee Valley	SAL Division 3 North East
Javelin							
	1	Alison Putko	13.11	V35	600g	Stevenage	Southern Counties Veterans' League
	2	Christine Dearman	5.95	V50	600g	Grays	SAL Division 3 North East

SENIOR WOMEN

Indoors

1500m

Shot	1 Chloe Dearman	05:06.53	club record	ET	Lee Valley	London Universities & Collages Champs	27/11/2016
	1 Katherine Doran	6.98		4kg	Lee Valley	Herts County Indoor Championships	20/03/2016
<u>Outdoors</u>							
100m	1 Chloe Dearman	14.9			Watford	SAL Division 3 North East	09/07/2016
200m	1 Robyn Delivett	30.0			Watford	SAL Division 3 North East	09/07/2016
	2 Chloe Dearman	30.9			Watford	SAL Division 3 North East	20/08/2016
400m	1 Robyn Delivett	68.8			Watford	SAL Division 3 North East	09/07/2016
	2 Rachel Bentley	70.46		ET	Lee Valley	SAL Division 3 North East	21/05/2016
	3 Chloe Dearman	71.8			Watford	WH Club Championships	11/09/2016
800m	1 Chloe Dearman	02:32.14		ET	Watford	WH Open Graded	13/07/2016
	2 Robyn Delivett	02:43.2			Watford	SAL Division 3 North East	20/08/2016
	3 Claire Bentley	03:49.36		ET	Woodford	SAL Division 3 North East	18/06/2016
1500m	1 Chloe Dearman	05:12.26		ET	Bedford	BUCS Championships	30/04/2016
	2 Claire Bentley	05:24.93		ET	Stevenage	Herts AAA County Championships	02/05/2016
3000m	1 Claire Bentley	11:40.95		ET	Watford	WH Open Graded	01/06/2016
	2 Chloe Dearman	11:58.44		ET	Basingstoke	South of England Inter Counties	10/07/2016
5000m	1 Chloe Dearman	22:01.25		ET	Grays	SAL Division 3 North East	16/04/2016
100m hurdles	1 Claire Bentley	19.9			Watford	SAL Division 3 North East	20/08/2016
	2 Rachel Bentley	20.00		ET	Lee Valley	SAL Division 3 North East	21/05/2016
	3 Chloe Dearman	37.2			Watford	SAL Division 3 North East	09/07/2016
400m hurdles	1 Claire Bentley	75.75		ET	Woodford	SAL Division 3 North East	18/06/2016
	2 Rachel Bentley	76.45		ET	Lee Valley	SAL Division 3 North East	21/05/2016
1500m steeplechase	1 Claire Bentley	05:48.50	club record	ET	Lee Valley	SAL Division 3 North East	21/05/2016
	2 Robyn Delivett	07:13.7			Watford	SAL Division 3 North East	09/07/2016
2000 steeplechase	1 Claire Bentley	07:56.33	club record	ET	Woodford	SAL Division 3 North East	18/06/2016
	2 Robyn Delivett	09:53.6			Grays	SAL Division 3 North East	16/04/2016
3000steeplechase	1 Claire Bentley	12:42.01	club record	ET	Lee Valley	South of England Championships	11/06/2016
High Jump	1 Chloe Dearman	1.05			Woodford	SAL Division 3 North East	18/06/2016
Long Jump	1 Katherine Doran	1.79			Woodford	SAL Division 3 North East	18/06/2016
Triple Jump	1 Rachel Bentley	8.35			Lee Valley	SAL Division 3 North East	21/05/2016
	2 Katherine Doran	5.01			Woodford	SAL Division 3 North East	18/06/2016
Shot	1 Katherine Doran	8.03		4kg	Watford	SAL Division 3 North East	20/08/2016
Discus	1 Katherine Doran	26.87		1kg	Woodford	SAL Division 3 North East	18/06/2016
	2 Chloe Dearman	17.79		1kg	Watford	WH Club Championships	11/09/2016
Hammer	1 Chloe Dearman	21.50		4kg	Grays	SAL Division 3 North East	16/04/2016
	2 Katherine Doran	16.56		4kg	Grays	SAL Division 3 North East	16/04/2016
Javelin	1 Katherine Doran	22.90		600g	Watford	SAL Division 3 North East	20/08/2016
	2 Rachel Bentley	18.86		600g	Lee Valley	SAL Division 3 North East	21/05/2016
4x100m Relay	1	58.7			Watford	SAL Division 3 North East	09/07/2016
4x400m Relay	1 R Bentley, C Bentley Chl Dearman, A Putko	04:52.58			Lee Valley	SAL Division 3 North East	21/05/2016

UNDER 17 WOMEN

Indoors

60m	1 Tamyah Jones	8.18	G4	ET	Lee Valley	Lee Valley Open	26/11/2016
	2 Kandi Paxton	8.37		ET	Lee Valley	Herts County Indoor Championships	20/03/2016
200m	1 Kandi Paxton	27.32		ET	Lee Valley	Eastern Indoor Championships	07/02/2016
	2 Emilia Turnbull	29.33		ET	Lee Valley	Eastern Indoor Championships	07/02/2016
	3 Hannah Dickins	29.65		ET	Lee Valley	South of England Indoor Championships	10/01/2016

	4	Georgia West				29.89			ET	Lee Valley	South of England Indoor Championships	10/01/2016
	5	Becca Jones				30.23			ET	Lee Valley	Eastern Indoor Championships	07/02/2016
High Jump	1	Marie Wensel				1.55	club record	G3		Lee Valley	Eastern Indoor Championships	07/02/2016
Pole Vault	1	Georgia West				2.76	club record	G4		Uxbridge	West London Pole Vault Invitational	03/12/2016
Long Jump	1	Hannah Dickins				4.92		G4		Lee Valley	Eastern Indoor Championships	07/02/2016
Triple Jump	1	Emilia Turnbull				9.24				Lee Valley	Eastern Indoor Championships	07/02/2016
	2	Georgia West				9.00				Lee Valley	Eastern Indoor Championships	07/02/2016
Shot	1	Molly Jarvis				10.06	club record	G4	3kg	Lee Valley	Eastern Indoor Championships	06/02/2016
<u>Overall</u>												
100m	1	Funmi Ogundimu				13.6				St Albans	EYAL	08/05/2016
	2	Becca Jones				14.2				Hemel Hempstead	EYAL	03/07/2016
	3	Hannah Dickins				14.4				Watford	EYAL	17/04/2016
200m	1	Kandi Paxton				27.32	indoors		ET	Lee Valley	Eastern Indoor Championships	07/02/2016
	2	Funmi Ogundimu				28.7				Watford	EYAL	05/06/2016
	2	Emilia Turnbull				28.7				Hemel Hempstead	EYAL	03/07/2016
	4	Hannah Dickins				29.5				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	4	Jessica Biggerstaff				29.5				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	6	Georgia West				29.89	indoors		ET	Lee Valley	South of England Indoor Championships	10/01/2016
		Georgia West				30.2				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	7	Becca Jones				30.2				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	8	Marie Wensel				31.0				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
300m	1	Emilia Turnbull				45.4				Hemel Hempstead	EYAL	03/07/2016
	2	Helena French				45.9				Hendon	EYAL	07/08/2016
	3	Hannah Dickins				46.2				Hemel Hempstead	EYAL	03/07/2016
	4	Morgan Holder				53.7				Hendon	Middlesex County Schools Championships	11/06/2016
800m	1	Helena French				02:37.5				Watford	EYAL	05/06/2016
	2	Hannah Dickins				02:48.3				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	3	Georgia West				03:03.2				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	4	Marie Wensel				03:09.5				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	5	Jessica Biggerstaff				03:23.5				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	6	Becca Jones				03:26.2				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	7	Morgan Holder				03:32.7				Hemel Hempstead	Herts AAA County Pentathlon Championships	26/06/2016
80m hurdles	1	Georgia West				14.1				Watford	EYAL	17/04/2016
	2	Marie Wensel				14.3				Watford	EYAL	17/04/2016
	3	Hannah Dickins				14.8				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	4	Jessica Biggerstaff				14.8				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	4	Becca Jones				15.7				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	6	Morgan Holder				18.7				Hemel Hempstead	Herts AAA County Pentathlon Championships	26/06/2016
400m hurdles (non graded)	1	Becca Jones				01:42.1				Watford	SAL Division 3 North East	20/08/2016
High Jump	1	Jessica Biggerstaff				1.61		G2		St Albans	EYAL	08/05/2016
	2	Marie Wensel				1.56		G3		Watford	EYAL	17/04/2016
	3	Molly Jarvis				1.35				Watford	SAL Division 3 North East	20/08/2016
	4	Morgan Holder				1.24				Hemel Hempstead	Herts AAA County Pentathlon Championships	26/06/2016
	5	Georgia West				1.15				Hemel Hempstead	EYAL	03/07/2016
Pole Vault	1	Georgia West				2.40	club record			Lee Valley	London Inter Club Challenge	19/06/2016
Long Jump	1	Hannah Dickins				4.92	indoors			Lee Valley	Eastern Indoor Championships	07/02/2016
		Hannah Dickins				4.76				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	2	Becca Jones				4.24				Watford	SAL Division 3 North East	09/07/2016
	3	Jessica Biggerstaff				4.14				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	4	Marie Wensel				4.09				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	5	Molly Jarvis				3.95				Watford	SAL Division 3 North East	20/08/2016
	6	Georgia West				3.76				Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	7	Morgan Holder				3.53				Hemel Hempstead	Herts AAA County Pentathlon Championships	26/06/2016
Triple Jump	1	Hannah Dickins				10.14		G4		Watford	EYAL	05/06/2016
	2	Emilia Turnbull				9.24	indoors			Lee Valley	Eastern Indoor Championships	07/02/2016
	3	Georgia West				9.00	indoors			Lee Valley	Eastern Indoor Championships	07/02/2016
	4	Jessica Biggerstaff				8.57				Watford	WH Club Championships	11/09/2016
Shot	1	Molly Jarvis				10.23		G3	3kg	Hemel Hempstead	Herts County Schools Championships	11/06/2016

	Molly Jarvis	8.72		4kg	Norwich	UK Youth Development League	24/07/2016
	2 Becca Jones	8.03		3kg	Watford	EYAL	17/04/2016
	3 Morgan Holder	6.79		3kg	Watford	EYAL	05/06/2016
	Becca Jones	6.39		4kg	Watford	SAL Division 3 North East	09/07/2016
Discus							
	1 Jessica Emery	39.26	G1	1kg	Sandy	Biggleswade AC Open	24/09/2016
	2 Molly Jarvis	32.08	G2	1kg	Watford	WH Open Graded	29/06/2016
	3 Morgan Holder	16.08		1kg	Bromley	South of England Inter Counties	17/07/2016
Hammer							
	1 Morgan Holder	23.16		3kg	Watford	WH Club Championships	11/09/2016
	2 Molly Jarvis	22.86		3kg	Hemel Hempstead	EYAL	03/07/2016
Javelin							
	1 Molly Jarvis	27.07		500g	Crawley	UK Youth Development League	26/06/2016
	Molly Jarvis	25.16		600g	Lee Valley	Alpha Trophy Meeting	02/04/2016
	2 Becca Jones	24.08		500g	Watford	EYAL	05/06/2016
	3 Hannah Dickins	21.50		500g	Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	Hannah Dickins	19.10		600g	Watford	SAL Division 3 North East	09/07/2016
	4 Georgia West	17.11		500g	Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	5 Marie Wensel	15.75		500g	Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	6 Helena French	11.20		500g	Hendon	EYAL	07/08/2016
	7 Morgan Holder	9.62		500g	St Albans	EYAL	08/05/2016
	8 Jessica Bigerstaff	7.66		500g	Stevenage	Herts County Schools Combined Events Champs	05/05/2016
Pentathlon							
	1 Morgan Holder	1,210pts			Hemel Hempstead	Herts AAA County Pentathlon Championships	26/06/2016
4x100m Relay							
	1	55.6			Watford	EYAL	05/06/2016

UNDER 15 GIRLS

Indoors

60m								
	1 Tamyah Jones	8.30	ECR	G2	ET	Lee Valley	London Indoor Games	24/01/2016
	2 Lauryn Holder	8.90			ET	Lee Valley	Middx County Indoor Championships	20/03/2016
	3 Abbie Poole	9.04			ET	Lee Valley	Herts County Indoor Championships	20/03/2016
200m								
	1 Gene Noel-Williams	30.48			ET	Lee Valley	Eastern Indoor Championships	07/02/2016
	2 Charlotte Stone	30.90			ET	Lee Valley	Eastern Indoor Championships	07/02/2016
	3 Scarlett Royle	32.17			ET	Lee Valley	Eastern Indoor Championships	07/02/2016
High Jump								
	1 Amelie Cooper	1.50		G3		Lee Valley	Herts County Indoor Championships	20/03/2016
	2 Lauryn Holder	1.40		G4		Lee Valley	Middx County Indoor Championships	20/03/2016
Long Jump								
	1 Abbie Poole	3.98		G4		Lee Valley	Herts County Indoor Championships	20/03/2016
	2 Charlotte Stone	3.63				Lee Valley	South of England Indoor Championships	10/01/2016
Triple Jump								
	1 Amelie Royle	8.60				Lee Valley	Herts County Indoor Championships	19/03/2016

Outdoors

100m								
	1 Tamyah Jones	12.5	ECR	G1		Hendon	EYAL	07/08/2016
	2 Christie Nichols	13.6				St Albans	EYAL	08/05/2016
	3 Chrissy Murray	13.65			ET	Watford	WH Open Graded	10/08/2016
	4 Maddie Arora	13.7				St Albans	EYAL	08/05/2016
	5 Louise Bairos	13.8				St Albans	EYAL	08/05/2016
	6 Ella Weaver	14.0				Hendon	EYAL	07/08/2016
	7 Lauryn Holder	14.2				Watford	WH Club Championships	11/09/2016
	8 Abbie Poole	14.3				Watford	EYAL	05/06/2016
	9 Amelie Royle	14.62			ET	Lee Valley	Alpha Trophy Meeting	02/04/2016
	10 Tara Omo	14.8				Watford	Watford Harriers Minors Open	12/06/2016
	11 Gene Noel-Williams	14.90			ET	Watford	Herts AAA County Championships	15/05/2016
	12 Lara Ellis	15.2				Watford	Herts Network Minithon	03/04/2016
	13 Charlie Colling	15.70			ET	Watford	WH Open Graded	07/09/2016
	14 Scarlett Royle	16.2				St Albans	EYAL	08/05/2016
	15 Anna Finlay	16.5				Watford	Herts Network Minithon	03/04/2016
200m								
	1 Tamyah Jones	27.1		G3		Hemel Hempstead	EYAL	03/07/2016
	2 Chrissy Murray	28.19			ET	Watford	WH Open Graded	24/08/2016
	3 Amy Kissane	28.9				St Albans	EYAL	08/05/2016
	3 Louise Bairos	28.9				Watford	EYAL	05/06/2016
	Lauryn Holder	29.25w			ET	Watford	Herts AAA County Championships	15/05/2016
	5 Lauryn Holder	29.37			ET	Watford	Herts AAA County Championships	15/05/2016
	6 Abbie Poole	29.50			ET	Watford	WH Open Graded	15/06/2016
	7 Grace Ingles	29.8				Watford	WH Club Championships	11/09/2016
	8 Gene Noel-Williams	30.35			ET	Lee Valley	Alpha Trophy Meeting	02/04/2016
	9 Ella Weaver	30.5				Watford	EYAL	17/04/2016

	10	Charlotte Stone	30.90	indoors	ET	Lee Valley	Eastern Indoor Championships	07/02/2016
	11	Tara Omo	32.00		ET	Watford	WH Open Graded	20/04/2016
	12	Scarlett Royle	32.17	indoors	ET	Lee Valley	Eastern Indoor Championships	07/02/2016
	13	Charlie Colling	34.2			St Albans	EYAL	08/05/2016
	14	Charlotte Glenister	35.2			Watford	WH Club Championships	11/09/2016
300m								
	1	Christie Nichols	45.5	G4		Hemel Hempstead	EYAL	03/07/2016
	2	Amy Kissane	47.0			Watford	EYAL	05/06/2016
	3	Gene Noel-Williams	49.3			St Albans	EYAL	08/05/2016
	4	Charlotte Stone	49.9			Watford	EYAL	17/04/2016
	5	Tara Omo	50.8			Watford	EYAL	17/04/2016
	6	Amelie Royle	51.6			Watford	WH Club Championships	11/09/2016
800m								
	1	Grace Ingles	02:27.83	G4	ET	Watford	WH Open Graded	07/09/2016
	2	Chrissy Murray	02:47.3			Hendon	EYAL	07/08/2016
	3	Caitlin Johal	02:47.9			St Albans	EYAL	08/05/2016
	4	Lily Guy	02:50.1			Watford	EYAL	05/06/2016
	5	Emma Salter	02:50.2			Watford	WH Club Championships	11/09/2016
	6	Amelie Royle	02:50.67		ET	Watford	WH Open Graded	06/04/2015
	7	Jordan Walters	02:53.0			Watford	WH Open Graded	15/06/2016
	8	Elsa Lindelof	02:56.0			Hemel Hempstead	EYAL	03/07/2016
	9	Lara Ellis	03:00.1			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	10	Scarlett Royle	03:07.2			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	11	Charlotte Glenister	03:07.5			Watford	WH Club Championships	11/09/2016
	12	Lauryn Holder	03:11.0			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	13	Abbie Poole	03:11.2			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	14	Holly Wareham	03:18.1			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	15	Annabel Black	03:21.3			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
1500m								
	1	Grace Ingles	04:56.88	G3	ET	Ashford	South of England Championships	14/08/2016
	2	Emma Salter	05:31.0			Watford	EYAL	17/04/2016
	3	Charlotte Glenister	06:11.5			Watford	EYAL	17/04/2016
3000m								
	1	Grace Ingles	11:06.7	G4		Hemel Hempstead	Herts AAA County Championships	26/06/2016
75m hurdles								
	1	Lauryn Holder	12.7	G3		Watford	EYAL	05/06/2016
	2	Abbie Poole	13.1	G4		Watford	EYAL	05/06/2016
	3	Tara Omo	13.7			Watford	Watford Harriers Minors Open	12/06/2016
	4	Amelie Royle	14.6			Watford	EYAL	17/04/2016
	5	Lara Ellis	14.8			Watford	Herts Network Minithon	03/04/2016
	5	Holly Wareham	14.8			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	7	Scarlett Royle	15.3			Watford	EYAL	05/06/2016
	8	Grace Ingles	15.9			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	9	Lily Guy	16.2			Watford	EYAL	17/04/2016
	10	Annabel Black	17.6			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	11	Ella Weaver	17.81		ET	Lee Valley	Alpha Trophy Meeting	02/04/2016
	12	Chrissy Murray	18.3			Hemel Hempstead	EYAL	03/07/2016
	13	Anna Finlay	19.2			Watford	Herts Network Minithon	03/04/2016
High Jump								
	1	Amelie Cooper	1.50	G3		Ipswich	EYAL	17/04/2016
	1	Chrissy Murray	1.50	G3		Watford	WH Club Championships	11/09/2016
	3	Lauryn Holder	1.47	G3		Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	4	Ella Weaver	1.45	G4		Hendon	EYAL	07/08/2016
	5	Lara Ellis	1.40	G4		St Albans	EYAL	08/05/2016
	6	Grace Ingles	1.32			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	7	Amelie Royle	1.29			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	8	Annabel Black	1.23			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	9	Scarlett Royle	1.20			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	10	Anna Finlay	1.18			Watford	Herts Network Minithon	03/04/2016
	11	Abbie Poole	1.15			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
	11	Holly Wareham	1.15			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
Long Jump								
	1	Louise Bairos	4.38			Hendon	EYAL	07/08/2016
	2	Abbie Poole	4.30			Watford	WH Club Championships	11/09/2016
	3	Amelie Royle	4.17			Watford	WH Club Championships	11/09/2016
	4	Amelie Cooper	4.02			Ipswich	EYAL	17/04/2016
	5	Lara Ellis	4.01			St Albans	EYAL	08/05/2016
	6	Gene Noel-Williams	3.93			St Albans	EYAL	08/05/2016
	7	Maddie Arora	3.92			St Albans	EYAL	08/05/2016
	7	Ella Weaver	3.92			Watford	EYAL	05/06/2016
	9	Lauryn Holder	3.82			Hemel Hempstead	Herts AAA County Pentathlon Championships	26/06/2016
	10	Charlotte Stone	3.63	indoors		Lee Valley	South of England Indoor Championships	10/01/2016
	11	Scarlett Royle	3.53			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
		Charlotte Stone	3.45			Watford	EYAL	17/04/2016
	12	Grace Ingles	3.45			Stevenage	Herts County Schools Combined Events Champs	05/05/2016

13 Holly Wareham	3.10			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
Triple Jump (non graded)						
1 Gene Noel-Williams	9.16			Watford	Herts AAA County Championships	15/05/2016
2 Amelie Royle	8.73			Watford	Herts AAA County Championships	15/05/2016
Shot						
1 Tamyah Jones	8.42	G4	3kg	St Albans	EYAL	08/05/2016
2 Maddie Arora	7.88		3kg	St Albans	EYAL	08/05/2016
3 Lauryn Holder	7.67		3kg	Hemel Hempstead	Herts AAA County Pentathlon Championships	26/06/2016
4 Kaitlyn Williams	7.50		3kg	Watford	EYAL	17/04/2016
5 Amelie Royle	6.85		3kg	Stevenage	Herts County Schools Combined Events Champs	05/05/2016
6 Holly Wareham	6.60		3kg	Stevenage	Herts County Schools Combined Events Champs	05/05/2016
7 Lara Ellis	6.53		3kg	Stevenage	Herts County Schools Combined Events Champs	05/05/2016
8 Grace Ingles	6.11		3kg	Stevenage	Herts County Schools Combined Events Champs	05/05/2016
9 Scarlett Royle	5.94		3kg	Stevenage	Herts County Schools Combined Events Champs	05/05/2016
10 Annabel Black	5.74		3kg	Stevenage	Herts County Schools Combined Events Champs	05/05/2016
11 Abbie Poole	5.45		3kg	Stevenage	Herts County Schools Combined Events Champs	05/05/2016
12 Charlie Colling	5.28		3kg	Watford	EYAL	05/06/2016
Discus						
1 Taia Tunstall	35.71	G1	1kg	Ashford	South of England Championships	13/08/2016
2 Kaitlyn Williams	23.23	G3	1kg	Lee Valley	Alpha Trophy Meeting	02/04/2016
3 Scarlett Royle	13.41		1kg	St Albans	EYAL	08/05/2016
4 Lara Ellis	13.07		1kg	Watford	WH Club Championships	11/09/2016
Hammer						
1 Taia Tunstall	26.27	G4	3kg	Hemel Hempstead	EYAL	03/07/2016
2 Lauryn Holder	15.80		3kg	Watford	WH Club Championships	11/09/2016
3 Charlie Colling	9.92		3kg	Hemel Hempstead	EYAL	03/07/2016
Javelin						
1 Scarlett Royle	23.83	G4	500g	Watford	Herts AAA County Championships	15/05/2016
2 Chrissy Murray	17.58		500g	Watford	WH Club Championships	11/09/2016
3 Grace Ingles	15.03		500g	Hendon	EYAL	07/08/2016
4 Amelie Royle	13.93		500g	Hemel Hempstead	EYAL	03/07/2016
5 Christie Nicholas	11.62		500g	Hemel Hempstead	EYAL	03/07/2016
Pentathlon						
1 Lauryn Holder	1,952 pts			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
2 Grace Ingles	1,872 pts			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
3 Lara Ellis	1,804 pts			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
4 Amelie Royle	1,750 pts			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
5 Abbie Poole	1,590 pts			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
6 Scarlett Royle	1,497 pts			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
7 Holly Wareham	1,328 pts			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
8 Annabel Black	1,016 pts			Stevenage	Herts County Schools Combined Events Champs	05/05/2016
4x100m						
1	54.9			Hemel Hempstead	EYAL	03/07/2016

UNDER 13 GIRLS

Indoors

60m						
1 Sabrina Jansen (U11)	10.28		ET	Lee Valley	Lee Valley Open	13/02/2016
200m						
1 Scarlett Gammell	30.5	G4		Lee Valley	Lee Valley Minithon	27/02/2016
2 Anna South	30.78		ET	Lee Valley	Eastern Indoor Championships	07/02/2016
3 Sophie Harris	32.82		ET	Lee Valley	Eastern Indoor Championships	07/02/2016
4 Sabrina Jansen (U11)	34.20		ET	Lee Valley	Lee Valley Open	27/03/2016
800m						
1 Sabrina Jansen (U11)	02:51.62		ET	Lee Valley	Lee Valley Open	27/03/2016
2 Scarlett Gammell	02:52.32		ET	Lee Valley	Eastern Indoor Championships	07/02/2016
60m hurdles						
1 Sabrina Jansen (U11)	13.93		ET	Lee Valley	Lee Valley Open	13/02/2016
Long Jump						
1 Scarlett Gammell	3.36			Lee Valley	Lee Valley Minithon	27/02/2016
2 Sabrina Jansen (U11)	3.11			Lee Valley	Lee Valley Open	13/02/2016

Overall

100m						
1 Freya Witheat	13.6	G1		Hemel Hempstead	EYAL	03/07/2016
1 Anna South	13.8	G2		St Albans	EYAL	08/05/2016
3 Laiba Ahmed	14.0	G3		St Albans	EYAL	08/05/2016
4 Jessica Hill	14.1	G3		St Albans	EYAL	08/05/2016
5 Ava McLoughlin	14.2	G4		St Albans	EYAL	08/05/2016
6 Sohan Mukherjee	14.3	G4		Watford	Watford Harriers Minors Open	12/06/2016
7 Olivia Radcliffe	14.4	G4		St Albans	EYAL	08/05/2016
8 Scarlett Gammell	14.51		ET	Watford	WH Open Graded	10/08/2016
9 Sophie Harris	14.6			St Albans	EYAL	08/05/2016
10 Dion Joseph	14.8			Watford	EYAL	05/06/2016

	1 Charlotte Masters	16.69		G4	0.75kg	Watford	Watford Harriers Minors Open	11/09/2016
	2 Sophie Marston	14.19			0.75kg	Watford	EYAL	05/06/2016
	3 Jessica Hill	12.70			0.75kg	Hendon	EYAL	07/08/2016
	4 Eloise Dickens	7.29			0.75kg	Watford	EYAL	17/04/2016
Javelin								
	1 Freya Witheat	27.29	club record	G1	400g	Kingston	South of England Inter Counties	31/07/2016
	2 Charlotte Masters	12.65			400g	Watford	EYAL	17/04/2016
	3 Eloise Dickens	11.33			400g	Watford	WH Open Graded	15/07/2016
	4 Philippa Grant	8.59			400g	Watford	EYAL	05/06/2016
	5 Lucy Ryan	7.58			400g	Watford	EYAL	17/04/2016
Pentathlon								
	1 Scarlett Gammell	1,707pts				Hemel Hempstead	Herts AAA County Pentathlon Championships	26/06/2016
	2 Jessica Hill	1,508pts				Hemel Hempstead	Herts AAA County Pentathlon Championships	26/06/2016
4x100m Relay								
	1	56.3				St Albans	EYAL	08/05/2016
ECR	Equals Club Record							