

### St Albans AC - 2007 Club Rankings - Track

Age	Event	Athlete	Peformance
Boys U13	100m	T Church	13.1
Boys U13	100m	F Smith	13.8
Boys U13	100m	L Yaxley	13.9
Boys U13	100m	B Blight	15.3
Boys U13	100m	J Lumley Smith	15.3
Boys U13	100m	J Smith	15.6
Boys U13	100m	H Draine	15.7
Boys U13	100m	B Green	15.7
Boys U13	1500m	J McMurray	04:41.4
Boys U13	1500m	O Poulain	04:57.2
Boys U13	1500m	M Cloke	05:26.9
Boys U13	1500m	J Tully	05:29.9
Boys U13	1500m	J Lumley Smith	05:32.2
Boys U13	1500m	B Brewer	06:15.8
Boys U13	1500m	B Blight	07:18.5
Boys U13	200m	T Church	27.6
Boys U13	200m	L Yaxley	28.2
Boys U13	200m	J McMurray	28.2
Boys U13	200m	F Smith	29.0
Boys U13	200m	T Sweeney	29.5
Boys U13	200m	K Wilde	30.3
Boys U13	200m	H Cloke	30.4
Boys U13	200m	J Tully	30.8
Boys U13	200m	B Blight	31.0
Boys U13	200m	J Smith	31.2
Boys U13	200m	B Brewer	32.9
Boys U13	4x100m Relay	J Smith,F Smith,L Yaxley,T Church	55.9
Boys U13	4x100m Relay	J Smith,F Smith,J McMurray,T Church	56.2
Boys U13	4x100m Relay	H Draine,J Tully,J Smith,F Smith	59.6
Boys U13	4x100m Relay	L Yaxley,J Tully,J Smith,J McMurray	60.0
Boys U13	4x100m Relay	H Draine,J McMurray,K Wilde,B Blight	60.4
Boys U13	4x100m Relay	B Blight,J Smith,J Tully,F Smith	60.5
Boys U13	4x100m Relay	L Yaxley,B Blight,J Smith,T Church	60.6
Boys U13	4x100m Relay	H Draine,J Lumley Smith,J Smith,F Smith	61.2
Boys U13	800m	J McMurray	02:17.6
Boys U13	800m	C Hilton	02:24.9
Boys U13	800m	O Poulain	02:38.9
Boys U13	800m	J Lumley Smith	02:40.4
Boys U13	800m	J Tully	02:42.7
Boys U13	800m	K Wilde	02:47.4
Boys U13	800m	J Smith	02:50.2
Boys U13	800m	A Wheatcroft	02:53.0
Boys U13	800m	B Blight	03:05.0
Boys U13	800m	B Brewer	03:08.0
Boys U13	800m	H Draine	03:12.1
Boys U13	Hurdles 75m	L Yaxley	13.8
Boys U13	Hurdles 75m	F Smith	13.9
Boys U13	Hurdles 75m	J Smith	14.6
Boys U13	Hurdles 75m	T Sweeney	16.0
Boys U13	Hurdles 75m	B Blight	16.2
Boys U13	Hurdles 75m	H Draine	17.5
Boys U13	Hurdles 75m	O Poulain	18.6
Boys U15	100m	K Moss	12.5
Boys U15	100m	F Parke	13.0
Boys U15	100m	D Mawhinney	13.2

Boys U15	100m	C Palin	13.2
Boys U15	100m	M Oliver	13.2
Boys U15	100m	J Spurway	13.3
Boys U15	100m	E Lau	14.0
Boys U15	100m	K Al Abaidy	14.4
Boys U15	100m	M Cloke	14.5
Boys U15	100m	F Harper	14.8
Boys U15	1500m	E Poulain	04:33.9
Boys U15	1500m	K Al Abaidy	04:46.8
Boys U15	1500m	T Reading	05:04.7
Boys U15	1500m	J Seymour	05:23.5
Boys U15	1500m	L Coates	05:39.0
Boys U15	200m	D Mawhinney	26.3
Boys U15	200m	C Giles	26.3
Boys U15	200m	C Palin	26.3
Boys U15	200m	J Spurway	26.6
Boys U15	200m	M Oliver	27.3
Boys U15	200m	J Howarth	31.2
Boys U15	3000m	E Poulain	10:02.7
Boys U15	3000m	K Al Abaidy	10:07.4
Boys U15	400m	K Moss	57.7
Boys U15	400m	C Giles	58.9
Boys U15	400m	J Spurway	59.4
Boys U15	400m	K Al Abaidy	62.1
Boys U15	4x100m Relay	M Oliver,J Spurway,K Moss,C Giles	51.6
Boys U15	4x100m Relay	J Pellington,C Giles,J Spurway,D Mawhinney	52.0
Boys U15	4x100m Relay	N Robinson,C Palin,K Moss,C Giles	52.1
Boys U15	4x100m Relay	N Robinson,M Oliver,J Pellington,C Giles	52.3
Boys U15	4x100m Relay	F Parke,N Robinson,K Moss,C Giles	52.3
Boys U15	4x100m Relay	E Lau,S Maile,N Robinson,J Spurway	54.0
Boys U15	4x100m Relay	E Lau, N Robinson, J Spurway,D Mawhinney	54.1
Boys U15	4x100m Relay	D Mawhinney,J Spurway,J Pellington,K Moss	54.6
Boys U15	4x400m Relay	K Al Abaidy,C Giles,J Howarth,J Spurway	04:18.5
Boys U15	4x400m Relay	K Al Abaidy,N Robinson,E Poulain,C Giles	04:22.4
Boys U15	4x400m Relay	C Giles,E Poulain,J Howarth,C Palin	04:24.4
Boys U15	4x400m Relay	K Al Abaidy,T Reading,J Howarth,K Moss	04:39.8
Boys U15	800m	K Al Abaidy	02:17.3
Boys U15	800m	K Moss	02:25.2
Boys U15	800m	D Fernie	02:27.3
Boys U15	800m	N Robinson	02:32.4
Boys U15	800m	J Howarth	02:45.4
Boys U15	Hurdles 80m	D Mawhinney	14.2
Boys U15	Hurdles 80m	J Howarth	16.3
Boys U15	Hurdles 80m	M Oliver	16.4
Boys U15	Hurdles 80m	E Lau	17.1
Boys U15	Hurdles 80m	F Parke	17.2
Boys U15	Hurdles 80m	T Reading	17.6
Boys U17	100m	P Lawford	12.5
Boys U17	100m	A Hadgill	12.5
Boys U17	100m	A Akselberg	12.6
Boys U17	100m	J Oxley	13.4
Boys U17	100m	B Parry	13.9
Boys U17	1500m	B Parry	04:43.1
Boys U17	1500m	S Ng	04:58.2
Boys U17	200m	P Lawford	26.0
Boys U17	200m	J Oxley	26.2
Boys U17	200m	B Parry	26.6
Boys U17	400m	S Ng	55.1

Boys U17	400m	J Oxley	56.6
Boys U17	400m	B Parry	59.4
Boys U17	4x100m Relay	J Oxley,J Constantinou,A Ralph,S Ng	49.4
Boys U17	4x100m Relay	A Hadgill,J Oxley,S Ng,P Lawford	49.4
Boys U17	4x100m Relay	J Oxley,B Parry,J Constantinou,A Hadgill	49.7
Boys U17	4x100m Relay	J Oxley,S Ng,A Hadgill,A Ralph	49.8
Boys U17	4x400m Relay	J Oxley,J Constantinou,B Parry,S Ng	03:51.9
Boys U17	4x400m Relay	C Giles,D Fernie,J Howarth,J Spurway	04:56.5
Boys U17	800m	J Oxley	02:10.0
Boys U17	800m	B Parry	02:10.0
Boys U17	800m	S Ng	02:11.3
Boys U17	Hurdles 100m	P Lawford	16.9
Boys U17	Hurdles 400m	S Ng	61.9
Men U20	100m	J Strohm	12.0
Men U20	100m	S Brown	12.1
Men U20	200m	D Hudson	23.2
Men U20	200m	S Brown	23.3
Men U20	200m	J Strohm	24.5
Men U20	400m	D Hudson	51.7
Girls U13	100m	S Rukin	13.5
Girls U13	100m	R Parke	13.7
Girls U13	100m	A Bain	14.4
Girls U13	100m	A Tymon McEwan	14.69
Girls U13	100m	R Seglah	15.2
Girls U13	100m	F Elledge	15.5
Girls U13	100m	J Smith	15.6
Girls U13	1200m	A Mackenzie	04:33.9
Girls U13	1200m	S Messant	04:40.1
Girls U13	1200m	L Dee	04:48.9
Girls U13	1200m	H Hull	04:56.9
Girls U13	1500m	I Thompson	05:31.8
Girls U13	1500m	A MacKenzie	05:41.7
Girls U13	1500m	S Messant	06:00.5
Girls U13	1500m	H Hull	06:01.0
Girls U13	1500m	K Hall	06:30.1
Girls U13	150m	S Rukin	20.3
Girls U13	150m	R Parke	20.8
Girls U13	150m	R Seglah	22.3
Girls U13	200m	S Rukin	27.9
Girls U13	200m	M Steer	29.2
Girls U13	200m	A Bain	29.7
Girls U13	200m	R Seglah	31.7
Girls U13	200m	J Smith	32.7
Girls U13	200m	N Hodson	32.9
Girls U13	200m	H Chenery	36.5
Girls U13	4x100m Relay	A Tymon McEwan,A Bain,R Parke,S Rukin	55.9
Girls U13	4x100m Relay	A Marner,A Bain,R Parke,S Rukin	57.0
Girls U13	4x100m Relay	R Seglah,A Bain,R Parke,S Rukin	57.3
Girls U13	4x100m Relay	H Hull,A Bain,R Parke,S Rukin	58.0
Girls U13	4x100m Relay	St Albans U13 Challenge A Team	58.6
Girls U13	4x100m Relay	St Albans U13 Challenge B Team	62.1
Girls U13	75m	S Rukin	10.6
Girls U13	75m	A Bain	10.9
Girls U13	75m	R Parke	11.0
Girls U13	75m	R Seglah	11.7
Girls U13	800m	M Steer	02:32.3
Girls U13	800m	A MacKenzie	02:43.6
Girls U13	800m	L Dee	02:47.8

Girls U13	800m	N Hodson	02:49.9
Girls U13	800m	H Hull	02:58.5
Girls U13	800m	S Messent	02:59.5
Girls U13	800m	E Bailey	03:00.5
Girls U13	800m	R Seglah	03:07.1
Girls U13	Hurdles 70m	S Rukin	12.0
Girls U13	Hurdles 70m	A Tymon McEwan	12.4
Girls U13	Hurdles 70m	A Marner	13.8
Girls U13	Hurdles 70m	K Jones	14.7
Girls U13	Hurdles 70m	R Seglah	15.2
Girls U13	Hurdles 70m	H Hull	15.2
Girls U13	Hurdles 70m	N Hodson	16.4
Girls U15	100m	A Holman	13.2
Girls U15	100m	M Kiely	13.7
Girls U15	100m	R Evans	13.8
Girls U15	100m	B Woodward	16.3
Girls U15	1500m	L Farrar	05:04.9
Girls U15	1500m	A Smith	05:24.2
Girls U15	1500m	D Yeomans	05:32.4
Girls U15	1500m	E Huxley	05:41.0
Girls U15	200m	A Holman	27.4
Girls U15	200m	A Marshall	28.4
Girls U15	200m	R Evans	28.7
Girls U15	200m	M Kiely	30.1
Girls U15	200m	B Woodward	35.5
Girls U15	3000m	A Smith	12.21.4
Girls U15	300m	A Holman	44.1
Girls U15	300m	A Marshall	44.8
Girls U15	300m	A Smith	47.2
Girls U15	300m	D Yeomans	47.4
Girls U15	300m	A Tully	51.3
Girls U15	400m	A Marshall	65.21
Girls U15	4x100m Relay	A Marshall, R Chapman, R Evans, A Holman	54.2
Girls U15	4x100m Relay	M Kiely, D Yeomans, R Evans, A Holman	54.3
Girls U15	4x100m Relay	R Chapman,C Brecken,R Evans,A Holman	54.4
Girls U15	4x100m Relay	A Marshall, A Smith, R Evans, A Holman	54.7
Girls U15	4x100m Relay	M Kiely,R Evans,A Marshall,A Holman	54.7
Girls U15	4x100m Relay	D Yeomans,A Smith,R Evans,A Holman	55.8
Girls U15	4x100m Relay	C Breckan,A Marshall,R Evans,A Holman	63.0
Girls U15	800m	L Farrar	02:29.2
Girls U15	800m	D Yeomans	02:30.5
Girls U15	800m	A Smith	02:30.8
Girls U15	800m	A Marshall	02:37.6
Girls U15	800m	E Hodson	02:45.8
Girls U15	800m	M Patel	02:52.4
Girls U15	Hurdles 75m	R Chapman	13.0
Girls U15	Hurdles 75m	R Munns	13.0
Girls U15	Hurdles 75m	A Tully	14.1
Girls U15	Hurdles 75m	A Rukin	16.6
Girls U15	Hurdles 75m	R Evans	16.9
Girls U15	Hurdles 75m	A Sweeney	17.0
Girls U15	Hurdles 75m	M Patel	17.8
Girls U17	100m	A Bushell	13.5
Girls U17	100m	A Connaughton	13.6
Girls U17	100m	M Cutler	13.6
Girls U17	100m	C Ng	14.4
Girls U17	200m	M Cutler	27.14
Girls U17	200m	A Connaughton	27.8

Girls U17	200m	A Bushell	28.4
Girls U17	200m	C Ng	30.5
Girls U17	300m	M Cutler	43.38
Girls U17	300m	A Connaughton	44.1
Girls U17	300m	M Chapple	44.4
Girls U17	300m	A Bushell	46.7
Girls U17	300m	C Ng	48.6
Girls U17	4x100m Relay	M Cutler,A Connaughton,M Chapple,A Bushell	52.4
Girls U17	4x100m Relay	M Cutler,A Connaughton,C Ng,A Bushell	52.8
Girls U17	4x300m Relay	M Cutler,A Connaughton,C Ng,A Bushell	03:12.8
Girls U17	Hurdles 300m	C Ng	52.39
Girls U17	Hurdles 80m	C Ng	16.6