

**HERTFORDSHIRE ASSOCIATION OF ATHLETIC AND RUNNING CLUBS**  
**TRACK & FIELD CHAMPIONSHIPS - Sunday 14 May 2006 at Woodside Stadium Watford**

**SENIOR MEN**

**100 Metres -0.3**

1	R Harle	CHE	11.46
2	M Collins	LUT	11.59
3	T Lake	HPX	11.77
4	S Wombwell	HPX	11.78
5	G Dodd	HPX	11.87

**200 Metres -0.4**

1	R Harle	CHE	22.47
2	P Stafford	CARD	22.48
3	G Dodd	HPX	22.98
4	M Collins	LUT	23.19
5	A Court	M&M	23.91
6	S Wombwell	HPX	24.20

**400 Metres**

1	G Smith	HIGH	50.6
2	P Stafford	CARD	51.8
3	P Cumming	WAT	51.9
4	R Rumble	HPX	52.6
5	A Court	M&M	55.4
6	N Cusack	WAT	61.8

**800 Metres**

1	C Saville	HPX	1:53.66
2	R Fowler	E&H	1:54.08
3	L Reynolds	HPX	1:57.63
4	T Woodthorpe	NOTT	2:00.26
5	B Stratford	HUNT	2:00.55
6	M Tarpey	HPX	2:05.32
7	A Searle	SNH	2:10.43

**5000 Metres**

1	K Skinner	GCR	14:53.08
2	R Gamble	BAR	15:14.26
3	I Johnston	SHET	15:51.08
4	B Broyd	HPX	17:24.02

**110m Hurdles -0.6**

1	S Wombwell	HPX	15.61
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**400m Hurdles**

1	D Paisley	PIT	56.59
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**3000m Steeplechase**

1	T Woodthorpe	NOTT	9:47.8
2	R McCormick	BAR	10:34.1

**Pole Vault**

1	P Yeomans	WAT	3.60m
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**Long Jump**

1	T Lake	HPX	6.20m
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**Shot**

1	M Small	WSEH	12.83m
2	F Briffitt	Una	8.66m
3	T Saunders-Mullins	WAT	8.53m
4	D Lipscomb	SERP	8.51m

**Discus**

1	M Small	WSEH	41.42m
2	R Rumble	HPX	31.92m
3	D Lipscomb	SERP	26.97m
4	S Parker	HPX	19.55m

**Hammer**

1	C Saggars	E&H	62.42m
2	J Maitland	HHH	36.08m
3	T Saunders-Mullins	WAT	24.54m
4	S Parker	HPX	23.64m

**Javelin**

1	N McLellan	SNH	69.70m
2	A Lovett	E&H	64.78m
3	C Westcott	Una	40.28m

**VETERAN MEN AND WOMEN**

**Hammer**

1-M40	J Maitland	HHH	36.47m
1-M50	M Shortland	SNH	27.34m
2-M50	T Saunders-Mullins	WAT	27.33m
3-M50	P Smith	BAR	25.47m
4-M50	M Wallace	WAT	24.72m
1-M60	B Yeomans	WAT	21.60m
1-M70	I Miller	HPX	37.64m
1-W35	M Atkinson	WAT	29.81m
1-W50	L Shrosbree	EVAC	34.64m
2-W50	C James	WAT	25.43m

## UNDER 20 MEN

### 100 Metres +0.4

1	M Ajibulu	HPX	11.71
2	J Quintal	WAT	11.74
3	S Brown	St A	12.23
4	B Dyer	WAT	12.77
5	R Hallahan	WAT	13.74

### 200 Metres -0.2

1	A Daish	HPX	23.08
2	J Quintal	WAT	23.60
3	S Brown	St A	23.68
4	M Ajibulu	HPX	23.95
5	B Dyer	WAT	25.99
6	R Hallahan	WAT	28.32

### 400 Metres

1	N Choudhury	LUT	48.46
2	A Daish	HPX	48.48
3	A Dombey	WAT	49.81
4	S Brill	St A	51.44

### 800 Metres

1	D Poulton	SNH	1:59.35
2	S Smith	HPX	2:00.99
3	S Poulton	SNH	2:01.64
4	S Britten	HPX	2:11.95
5	L Hines	St A	2:20.27

### 5000 Metres

1	B Reynolds	HPX	16:36.33
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### 110m Hurdles -0.6

1	Z Saucedo	E&H	15.63
2	P Barrett	HPX	16.08

## UNDER 17 MEN

### 100 Metres +0.4

1	A Infantino	E&H	11.19
2	K Howard	HPX	11.64
3	T Lloyd	WAT	11.86
4	T Augier	SBH	12.13
5	K Clarke	D&T	13.19
6	A Driscoll	D&T	13.32

### 200 Metres -0.7

1	A Infantino	E&H	22.46
2	K Howard	HPX	23.55
3	T Lloyd	WAT	24.07
4	G Begley	SNH	24.39
5	A Driscoll	D&T	26.54
6	K Clarke	D&T	27.01

### 400 Metres

1	R Gow	HPX	51.67
2	D Hudson	St A	52.57
3	A Reynolds	SNH	56.48
4	J Oxley	St A	57.91
5	E Gardner	D&T	64.17

### 800 Metres

1	L Walshe	HPX	2:04.36
2	D Hall	WAT	2:07.65
3	B Collins-Pallett	SBH	2:09.44
4	B Smith	BAR	2:10.51
5	J Oxley	St A	2:11.94
6	S Ng	St A	2:13.40
7	C McKechnie	SNH	2:18.39
8	J Moss	SNH	2:21.29

### 400m Hurdles

1	A Dombey	WAT	55.72
2	P Barrett	HPX	56.89
3	Z Saucedo	E&H	57.31

### 2000m Steeplechase

1	B Reynolds	HPX	6:55.55
2	M McKechnie	SNH	7:03.47

### High Jump

1	P Barrett	HPX	1.84m
2	L Pirie	SNH	1.81m

### Pole Vault

1	L Cordell	D&T	4.00m
2	P Barrett	HPX	3.20m

### Long Jump

1	I Simson	D&T	5.91m
2	L Pirie	SNH	5.47m

### Triple Jump

1	I Simson	D&T	12.78m
2	A Dombey	WAT	12.44m

### Shot

1	S Daly	D&T	11.45m
2	G Mitchell	D&T	10.51m

### Discus

1	G Mitchell	D&T	35.42m
2	P Barrett	HPX	31.55m
3	S Daly	D&T	31.19m

### Javelin

1	A Hull	SNH	41.22m
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### 100m Hurdles -0.7

1	S Barnard	E&H	14.83
2	C Newcombe	D&T	15.60

### 2000m Steeplechase

1	P Townsend	HPX	7:47.65
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### High Jump

1	A Akselberg	St A	1.57m
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### Pole Vault

1	J Gow	SBH	2.90m
2	J Dombey	WAT	2.70m

### Long Jump

1	G Begley	SNH	5.70m
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### Triple Jump

1	T Clark	St A	10.75m
2	J Dombey	WAT	10.41m

### Shot

1	S Gaskin	E&H	12.05m
2	J Constaniou	St A	11.03m
3	S Watson	D&T	10.82m

### Discus

1	S Watson	D&T	38.76m
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### Hammer

1	B Flash	D&T	44.64m
2	S Gaskin	E&H	37.78m
3	J Constaniou	St A	27.18m
4	M Taylor	BAR	22.97m

### Javelin

1	J Raineri	WAT	42.66m
2	A Akselberg	St A	36.74m
3	J Constaniou	St A	33.88m

## UNDER 15 BOYS

### 100 Metres +0.3

1	D Dyer	D&T	12.81
2	T Sheikh	WAT	12.89
3	J Okoigun	LockPkS	13.18
4	B Giles	SNH	13.91
5	M Wadlow	D&T	15.65

### 200 Metres +0.5

1	A Jovanovski	WAT	24.85
2	T Sheikh	WAT	26.06
3	D Dyer	D&T	26.20
4	S Postance	HPX	29.26

### 400 Metres

1	N Wake	HPX	54.73
2	G Brown	HAR	66.09
3	A Abebe	LockPkS	75.13

### 800 Metres - Heat 1

1	A Veitch	HPX	2:15.87
2	L Keeble	SNH	2:18.20
3	N McNaught	HPX	2:18.52
4	D Pickett	SNH	2:24.65
5	J Thie	D&T	2:28.00
6	M Williams	D&T	2:34.89

### 800 Metres - Heat 2

1	N Fleming	SBH	2:21.04
2	G Brown	HAR	2:22.86
3	E Poulain	St A	2:26.24
4	R Surridge	E&H	2:27.43
5	M Salt	D&T	2:32.28
6	K Al-Abaidy	St A	2:44.68

### 800 Metres - Heat 3

1	T Gough	HPX	2:24.22
2	D Wilson	HPX	2:36.10
3	D O'Connell	SNH	2:45.83
4	M Raywood	St A	2:54.24

### 800 Metres - FINAL

1	A Veitch	HPX	2:11.9
2	N McNaught	HPX	2:15.8
3	T Gough	HPX	2:15.9
4	N Fleming	SBH	2:19.8
5	L Keeble	SNH	2:21.3
6	G Brown	HAR	2:22.3
7	D Pickett	SNH	2:29.6

## UNDER 13 BOYS

### 100 Metres -0.5

1	T Church	St A	14.01
2	P De'Ath	SNH	14.38
3	B Vernon-Hamilton	SNH	14.39
4	C Giles	St A	14.59
5	T Drake	WSEH	14.84
6	T Sheren	SNH	14.96
7	B Pearson	SNH	15.01
8	J Gates	SNH	16.37

### 200 Metres -0.9

1	P De'Ath	SNH	29.26
2	T Sheren	SNH	30.01
3	O Akinrele	LockPkS	30.28
4	T Drake	WSEH	30.42
5	B Pearson	SNH	31.36
6	P Spicer	SNH	32.26
7	L Huntingford	D&T	32.30

8	D Wilson	HPX	2:30.3
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### 80m Hurdles -0.7

1	M Francois	D&T	13.41
2	D Akinkugbe	LockPkS	14.47
3	M Wadlow	D&T	17.15

### High Jump

1	T Clarke	HPX	1.36m
2	J Okoigun	LockPkS	1.36m
3	M Wadlow	D&T	1.27m

### Pole Vault

1	M Williams	D&T	2.60m
2	C Winters	SNH	2.20m

### Long Jump

1	J Okoigun	LockPkS	4.72m
2	C Winters	SNH	4.49m
3	D Akinkugbe	LockPkS	4.31m
4	A Abebe	LockPkS	3.74m

### Triple Jump

1	C Winters	SNH	9.38m
2	L Frey	LockPkS	9.22m
3	T Clarke	HPX	9.02m

### Shot

1	A Knight	HPX	9.46m
2	C Postance	HPX	7.22m
3	G Taylor	D&T	5.40m

### Discus

1	J Trimble	E&H	28.79m
2	M Ellis	WAT	25.79m
3	H Merrick	WAT	23.70m
4	A Knight	HPX	23.38m
5	C Postance	HPX	21.77m
6	G Taylor	D&T	12.58m

### Hammer

1	J Trimble	E&H	35.47m
2	A Knight	HPX	33.73m
3	G Taylor	D&T	12.61m

### Javelin

1	N Wake	HPX	30.66m
2	M Williams	D&T	26.19m
3	G Brown	HAR	21.66m
4	O Tolhurst	LockPkS	17.63m

### 800 Metres - Heat 1

1	E Shepherd	HPX	2:26.34
2	O Glyn	D&T	2:34.66
3	M Leith	E&H	2:40.10
4	J Cottrell	HPX	2:42.44
5	P Spicer	SNH	2:45.12

### 800 Metres - Heat 2

1	A Walshe	HPX	2:27.46
2	J McMurray	St A	2:29.69
3	S Byrne	WAT	2:30.69
4	W Hollens	St A	2:34.92
5	D Fernie	St A	2:40.04
6	O Poulain	St A	2:44.82
7	M Boyd	HPX	2:45.07
8	A Rebecchi	LockPkS	2:57.83

### 800 Metres - FINAL

1	E Shepherd	HPX	2:20.11
2	A Walshe	HPX	2:23.23
3	S Byrne	WAT	2:24.70
4	J McMurray	ST A	2:33.19
5	O Glyn	D&T	2:35.71
6	W Hollens	St A	2:37.79
7	D Fernie	St A	2:41.76

### High Jump

1	C Giles	St A	1.24m
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### Long Jump

1	C Giles	St A	4.28m
2	O Akinrele	LockPkS	3.69m
3	L Huntingford	D&T	3.63m

## SENIOR WOMEN

### 100 Metres -0.5

1	E Kemp	SNH	12.59
2	C Andrews	HPX	13.21
3	S Reed	SNH	15.19

### 200 Metres +1.0

1	E Kemp	SNH	25.29
2	L Jones	HPX	26.47
3	H Wills	HPX	27.28
4	E Dundjerovic	HPX	28.11

### 400 Metres

1	E Kemp	SNH	55.68
2	H Wills	HPX	57.33
3	E Dundjerovic	HPX	64.64
4	J Hall	D&T	66.16

### 800 Metres

1	N Silva	HPX	2:20.58
2	J Winfield	LUT	2:25.36

### 5000 Metres

1	S Downes	SNH	19:53.96
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### 100m Hurdles -2.1

1	L Jones	HPX	15.67
2	C Andrews	HPX	15.68
3	J Nissel	SBH	16.77

## UNDER 20 WOMEN

### 200 Metres +1.0

1	C Jaggard	HPX	26.21
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### 400 Metres

1	F Oliffe	WAT	63.54
2	J Forde	SNH	64.56

### 800 Metres

1	J Forde	SNH	2:26.23
2	S Bailey	SNH	2:27.35
3	V Mudd	D&T	2:31.11
4	R Newstead	SNH	2:42.29
5	M Scheuber	SNH	2:48.26

### 2000m Steeplechase

1	Z Dunning	D&T	9:06.29
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### 100m Hurdles -2.1

1	H Kruse	HPX	16.29
2	N Farman	HPX	16.74

### 400m Hurdles

1	C Silva	HPX	63.60
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### Shot

1	B Vernon-Hamilton	SNH	7.33m
2	E McLaughlin	LockPkS	6.17m
3	O Hopping	D&T	6.03m
4	W Grant	LockPkS	5.61m
5	E Grant	LockPkS	5.57m

### Discus

1	O Hopping	D&T	13.04m
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### Javelin

1	J Gates	SNH	16.03m
2	O Hopping	D&T	14.36m

### 400m Hurdles

1	E Kavanagh	HPX	68.01
2	S Reed	SNH	72.58

### High Jump

1	E Kavanagh	HPX	1.50m
2	J Nissel	SBH	1.47m

### Pole Vault

1	N Brunning	D&T	3.00m
=2	L Davies	E&H	2.40m
=2	S Yeomans	WAT	2.40m

### Long Jump

1	H-J Cone	TVH	5.44m
2	N Brunning	D&T	5.05m
3	L Jones	HPX	5.02m

### Triple Jump

1	N Brunning	D&T	10.51m
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### Shot

1	<b>S McLellan</b>	<b>SNH</b>	<b>12.70m</b>	<b>CBP</b>
2	C Cotterill	D&T	11.49m	

### Discus

1	C Cotterill	D&T	39.21m
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### Hammer

1	C Cotterill	D&T	41.25m
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### Javelin

1	H McLellan	SNH	24.83m
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2	D Purvis	SBH	72.27
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### High Jump

1	H Kruse	HPX	1.53m
2	C Jaggard	HPX	1.53m
3	N Farman	HPX	1.53m

### Pole Vault

1	<b>L Shortland</b>	<b>SNH</b>	<b>3.30m</b>	<b>CBP</b>
2	M Clarke	WSEH	2.80m	

### Long Jump

1	C Jaggard	HPX	5.34m
2	A Gibson	BAR	4.76m

### Triple Jump

1	M Njagi	HPX	10.51m
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### Shot

1	K Pybus	SNH	9.67m
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### Discus

1	K Pybus	SNH	28.64m
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**Hammer**

1	M Flash	D&T	42.42m
2	M Bowles	SNH	24.43m

**UNDER 17 WOMEN****100 Metres -0.5**

1	B Awokoya	SNH	12.76
2	L Wake	HPX	12.83
3	S Phipp	D&T	13.36
4	H Van Kempen	HPX	13.70
5	A Bushell	St A	13.72
6	J Smith	BAR	14.74
7	N Parker	WAT	15.14

**200 Metres -0.4**

1	L Wake	HPX	25.62
2	B Awokoya	SNH	26.54
3	S Gaynor	HPX	27.52
4	H Van Kempen	HPX	27.64
5	G Ray	BAR	29.86

**300 Metres**

1	M Chapple	St A	42.50
2	E Stevens	HPX	42.67

**800 Metres - Heat 1**

1	F Roberts	D&T	2:24.21
2	R Gardiner	SBH	2:24.90
3	S McCormick	SNH	2:25.88
4	C Davies	HPX	2:27.06
5	H Walker	D&T	2:31.24
6	H Bailey	SNH	2:43.60

**800 Metres - Heat 2**

1	J Mansell	SNH	2:26.99
2	F Witney	SNH	2:28.17
3	S Proffitt	SBH	2:28.56
4	L Whitehead	HPX	2:30.49
5	L Batchelor	D&T	2:32.23

**800 Metres - FINAL**

1	J Mansell	SNH	2:17.16
2	F Roberts	D&T	2:23.39
3	R Gardner	SBH	2:24.81
4	S McCormick	SNH	2:26.05
5	S Proffitt	SBH	2:26.90
6	C Davies	HPX	2:27.37
7	F Witney	SNH	2:31.22
8	L Whitehead	HPX	2:32.60

**80m Hurdles -2.5**

1	S Gaynor	HPX	12.12
2	H Wood	D&T	12.93
3	A Watts-Cherry	BAR	15.34

**UNDER 15 GIRLS****100 Metres - Heat 1 -0.2**

1	C Humphries	HPX	13.35
2	V Dixon	SBH	14.12
3	S Rowell	HPX	14.23
4	C Gardener	EMS	14.32
5	K McGinley	WAT	14.40
6	S Taylor	BAR	14.71
7	S Agca	WAT	14.74

**300m Hurdles**

1	E Stevens	HPX	47.40
2	A Lambden	SBH	48.52
3	D Currie	HPX	50.38

**High Jump**

1	S Jot	St A	1.56m
2	D Currie	HPX	1.41m
3	S Donachie	St A	1.35m

**Pole Vault**

1	S Phipp	D&T	2.40m
2	G Daniels-Moss	HAR	1.80m

**Long Jump**

1	D Currie	HPX	4.69m
2	G Ray	BAR	4.53m
3	A Bushell	St A	4.36m
4	S Gaynor	HPX	4.30m
5	A Watts-Cherry	BAR	4.23m
6	J Smith	BAR	3.86m

**Triple Jump**

1	A Lambden	SBH	10.74m
2	G Ray	BAR	9.56m
3	A Watts-Cherry	BAR	9.02m
4	R Watts-Cherry	BAR	8.27m
5	J Smith	BAR	8.27m

**Shot**

1	C Rose	E&H	9.80m
2	B Awokoya	SNH	9.65m
3	P Lundgren	HPX	9.58m

**Discus**

1	J Botwright	D&T	28.63m
2	C Rose	E&H	26.98m
3	K Parker	HPX	23.59m
4	L Scanes	SNH	22.02m
5	H Green	WAT	21.96m

**Hammer**

1	K Parker	HPX	32.85m
2	C Rose	E&H	26.35m

**Javelin**

1	P Lundgren	HPX	35.69m
2	R Williams	SNH	30.52m
3	J Hackett	D&T	25.52m

**100 Metres - Heat 2 +0.0**

1	L Rillstone	D&T	13.40
2	K Grehan	HPX	13.71
3	A Holman	St A	14.03
4	E Hatch	HPX	14.05
5	S Mickle	WAT	14.10
6	J Domeney	D&T	14.96

**100 Metres - FINAL -0.6**

1	C Humphries	HPX	13.13
2	L Rillstone	D&T	13.44
3	K Grehan	HPX	13.59
4	E Hatch	HPX	13.76
5	A Holman	St A	13.92
6	S Mickle	WAT	14.13
7	V Dixon	SBH	14.18
8	S Rowell	HPX	14.23

**200 Metres - Heat 1 -0.6**

1	E Hatch	HPX	28.26
2	L Rillstone	D&T	28.45
3	A Holman	St A	28.99
4	S Rowell	HPX	29.47
5	K McGinley	WAT	29.61
6	J Domoney	D&T	31.08

**200 Metres - Heat 2 -0.7**

1	D Willis	HPX	27.50
2	O Lushny	SBH	27.75
3	K Grehan	HPX	29.18
4	C Ng	St A	29.98
5	S Taylor	BAR	31.07

**200 Metres - FINAL +0.4**

1	D Willis	HPX	27.22
2	L Rillstone	D&T	27.23
3	O Lushny	SBH	27.93
4	E Hatch	HPX	27.98
5	K Grehan	HPX	28.40
6	A Holman	St A	28.80
7	K McGinley	WAT	29.18
8	S Rowell	HPX	29.50

**300 Metres**

1	S Sattin	HPX	44.10
2	R Bentley	WAT	50.06

**800 Metres - Heat 1**

1	K Deal	SBH	2:31.18
2	A Kelly	D&T	2:34.02
3	C Cattle	HPX	2:39.20
4	T Daniels-Moss	HAR	2:41.56
5	L Wormald	HPX	2:45.21
6	J Montgomery	St A	2:49.01
7	E Meakins	HPX	2:50.45

**800 Metres - Heat 2**

1	L Proffitt	SBH	2:35.00
2	A Smith	St A	2:36.11
3	S Harry	HPX	2:36.73
4	S Huntingford	D&T	2:36.76
5	A Hampton	D&T	2:41.43
6	K Meadows	SNH	2:46.98
7	D Yeomans	St A	2:49.56

**800 Metres - Heat 3**

1	S Connor	SBH	2:26.1
2	S Sattin	HPX	2:30.4
3	C Vernon-Hamilton	SNH	2:36.2
4	L Davis	D&T	2:39.3
5	J Johnson	Una	2:41.70
6	L Baker	SBH	2:44.79
7	C Kennedy	BAR	2:48.76

**800 Metres - Heat 4**

1	L O'Connell	SNH	2:35.06
2	A Cattle	HPX	2:36.90
3	V Walker	WAT	2:39.08
4	S Barnas	Una	2:42.63
5	A Marshall	ST A	2:43.11
6	E Ansell	D&T	2:43.58

**800 Metres - FINAL**

1	K Deal	SBH	2:19.56
2	S Connor	SBH	2:25.86
3	A Kelly	D&T	2:26.85
4	S Sattin	HPX	2:30.56
5	C Vernon-Hamilton	SNH	2:34.49
6	L Proffitt	SBH	2:34.55
7	L O'Connell	SNH	2:36.88
8	A Smith	St A	2:38.03

**75m Hurdles - Heat 1 +0.4**

1	V Dixon	SBH	12.56
2	H Sweetman	SNH	13.60
3	C Ng	St A	13.69
4	S Agca	WAT	15.52

**75m Hurdles - Heat 2 -0.5**

1	C Humphries	HPX	11.80
2	D Willis	HPX	13.41
3	A Macleod	St A	13.77
4	A Clarke	SNH	13.83
5	R Bentley	WAT	14.55

**75m Hurdles - FINAL -0.8**

1	C Humphries	HPX	11.78
2	V Dixon	SBH	12.36
3	D Willis	HPX	13.26
4	C Ng	St A	13.71
5	H Sweetman	SNH	13.75
6	A MacLeod	ST A	14.05
7	A Clarke	SNH	14.38
8	R Bentley	WAT	15.36

**High Jump**

1	J Hutchings	HPX	1.45m
2	A MacLeod	St A	1.45m
3	A Rees	SNH	1.42m
4	K Caulfield	HPX	1.39m
5	F Harer	CHIL	1.39m
6	C Vernon-Hamilton	SNH	1.27m
7	S Harry	HPX	1.24m

**Pole Vault**

<b>1</b>	<b>A Rees</b>	<b>SNH</b>	<b>2.50mCBP</b>
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**Long Jump**

1	L Rillstone	D&T	4.76m
2	S Mickle	WAT	4.59m
3	A Rees	SNH	4.41m
4	A Holman	St A	4.37m
5	S Jaggard	HPX	4.33m
6	O Lushny	SBH	4.32m
7	L Wormald	HPX	4.06m
8	E Hatch	HPX	3.94m
9	C Currie	HPX	3.88m
10	K Grehan	HPX	3.84m
11	B Scanes	SNH	3.77m
12	D Willis	HPX	3.77m
13	C Kennedy	BAR	3.72m
14	R Bentley	WAT	3.69m
15	H Sweetman	SNH	3.38m
16	C Cattle	HPX	3.22m
17	A Cattle	HPX	2.96m

### Triple Jump

1	C Humphries	HPX	9.85m
2	C Currie	HPX	8.09m

### Shot

1	E Lundgren	HPX	7.53m
2	C Vernon-Hamilton	SNH	7.14m
3	L Wickham	St A	6.12m
4	E Meakins	HPX	6.08m
5	A Cattle	HPX	4.76m
6	C Cattle	HPX	4.67m

### Discus

1	M Ward	WAT	30.45m
2	F Gross	SNH	20.92m
3	E Lundgren	HPX	19.07m
4	S Burke	WAT	18.27m
5	L Wickham	WAT	16.54m
6	L Murphy	St A	14.94m
7	J Hutchings	HPX	14.94m

### Javelin

1	E Meakins	HPX	25.73m
2	L Wickham	St A	16.51m
3	L Wormald	HPX	15.56m

## UNDER 13 GIRLS

### 100 Metres +0.1

<b>1</b>	<b>J Williams</b>	<b>HPX</b>	<b>13.19CBP</b>
2	C Wachukwa	SBH	13.92
3	E Pickering	SBH	14.24
4	C Wingfield	BAR	14.54
5	A Gates	SNH	14.69
6	A Grist	BAR	14.75

### 200 Metres +0.2

1	J Williams	HPX	27.60
2	C Wingfield	BAR	29.16
3	A Gates	SNH	29.55
4	A Grist	BAR	31.29
5	A Rackham	SNH	32.03
6	S Grover	D&T	32.17

### 800 Metres - Heat 1

1	L Farrar	St A	2:39.33
2	K Barber	BAR	2:39.45
3	B Armogie	D&T	2:39.48
4	R Brown	HAR	2:39.52
5	A Rackham	SNH	2:46.51
6	S Grover	D&T	2:54.46
7	A MacKenzie	St A	2:57.54

### 800 Metres - Heat 2

1	I Henson	WAT	2:45.75
2	M Omar	WAT	2:46.25
3	S Olah	D&T	2:47.57
4	S Pike	SNH	2:54.56
5	D West	HPX	2:57.49
6	C Bentley	WAT	2:58.55
7	M Patel	St A	2:59.45
8	C Airey	SBH	3:01.63

### 800 Metres - FINAL

1	K Barber	BAR	2:31.93
2	L Farrar	StA	2:36.15
3	B Armogie	D&T	2:38.67
4	M Omar	WAT	2:39.52
5	I Henson	WAT	2:39.62
6	R Brown	HAR	2:41.97
7	S Olah	D&T	2:42.81
8	A Rackham	SNH	2:50.90

### 70m Hurdles -2.5

1	K Barber	BAR	13.29
2	D West	HPX	13.55
3	C Norman-Simmonds	D&T	17.08
4	R Brown	HAR	17.18

### High Jump

1	C Grover	D&T	1.18m
2	A Rackham	SNH	1.00m

### Long Jump

1	A Gates	SNH	3.86m
2	M Omar	WAT	3.42m
3	C Bentley	WAT	3.34m

### Shot

1	D West	HPX	6.20m
2	A Tully	St A	5.38m

### Discus

1	A Tully	St A	15.97m
2	A Smith	St A	15.82m

### Javelin

1	A Smith	St A	7.56m
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