

Hertfordshire Indoor Championships
Sunday 18 March, 2007 at Lee Valley Athletics Centre, Picketts Lock

SENIOR MEN

60 Metres

1. M.Collins (Lut)	7.17
2. D.Seenandan (E&H)	7.29
3. P.Ilo (Bar)	7.78

200 Metres

1. M.Collins (Lut)	22.80
2. P.Ilo (Bar)	25.78

400 Metres

1. P.Lamont (HPX)	53.75
2. P.Ilo (Bar)	57.08

800 Metres

1. D.Poulton (SNH)	1:59.20
2. A.Searle (SNH)	2:04.35

60 Metres Hurdles

1.S.Wombwell (HPX)	8.76
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High Jump

1. B.Mainstone (SNH)	1.60m
2. J.Mayor (SNH)	1.60m

Long Jump

1. J.Mayor (SNH)	5.28m
2. B.Mainstone (SNH)	4.63m

Shot

1. D.Lipscomb (Serp)	9.06m
2. T.Saunders-Mullins (Wat)	8.64m
3. B.Mainstone (SNH)	8.24m

UNDER 20 MEN

60 Metres

1. S.Barnard (E&H)	7.45
2. J.Quintal (Wat)	7.46
3. M.Weeks (Wat)	7.54
4. S.Brown (St Alb)	7.81
5. A.Wing (HPX)	7.88
(C.Hamilton (D&T)	7.43*)

200 Metres

1. T.Tomu (SNH)	22.82
2. M.Weekes (Wat)	23.85
3. I.Tobin (HPX)	23.92
4. S.Brown (St Alb)	24.38
(C.Hamilton (D&T)	24.57*)

400 Metres

1. D.Hudson (St Alb)	54.02
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800 Metres

1. S.Poulton (SNH)	2:04.16
2. B.Smith (Bar)	2:18.63

60 Metres Hurdles

1. Z.Saucede (E&H)	8.49
2. S.Barnard (E&H)	9.03
3. A.Wing (HPX)	9.60

Long Jump

1. I.Simson (D&T)	6.41m
2. I.Tobin (HPX)	6.40m

Triple Jump

1. I.Simson (D&T)	13.02m
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* Entered and ran as an U17Man

UNDER 17 MEN**60 Metres**

1. A.Infantino (E&H)	7.04
2. L.Crabb (C & C)	7.31
3. J.Hamilton (D&T)	7.51
4. C.Webb (SNH)	7.69
5. S.Pollard (SNH)	7.92
6. A.Veitch (HPX)	8.19

200 Metres

1. A.Infantino (E&H)	22.55
2. L.Crabb (C & C)	23.75
3. C.Webb (SNH)	24.15
4. J.Rossini (D&T)	24.38
5. A.Reynolds (SNH)	24.78
6. A.Driscoll (D&T)	26.04

400 Metres

1. N.Wake (HPX)	51.36
2. J.Rossini (D&T)	53.67
3. T.Gillespie (Wat)	53.74
4. L.Crabb (C&C)	54.00
5. A.Reynolds (SNH)	54.48
6. A.Veitch (HPX)	56.18
7. A.Driscoll (D&T)	58.55

800 Metres

1. L.Walshe (HPX)	2:04.48
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High Jump

1. J.Hamilton (D&T)	1.93m
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Triple Jump

1. G.Harewell (D&T)	11.71m
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UNDER 15 BOYS**60 Metres**

1. R.Gaylor (SBH)	7.64
2. B.Vernon-Hamilton (SNH)	8.68
3. T.Drake (WSEH)	9.09

200 Metres

1. T.Drake (WSEH)	30.60
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400 Metres

1. J.Maraney (Haileybury)	59.5
2. A.Walshe (HPX)	60.2
3. D.Nisbet (D&T)	61.4
4. R.Surridge (E&H)	61.4

800 Metres

1. L.Keeble (SNH)	2:18.84
2. E.Shepherd (HPX)	2:20.91
3. L.Langley ((SNH)	2:21.49
4. R.Surridge (E&H)	2:22.86
5. J.McCormick (SBH)	2:24.73
6. M.Bonito (D&T)	2:27.97
7..D.Nisbet (D&T)	2:33.98
8. P.Spicer (SNH)	2:39.81

High Jump

1. T.Clarke (HPX)	1.50m
2. M.Wadlow (D&T)	1.45m
3. P.Spicer (SNH)	1.30m

Long Jump

1. R.Gaylor (SBH)	5.98m
2. B.Vernon-Hamilton (SNH)	4.11m

Shot

1. M.Wadlow (D&T)	6.94m
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SENIOR WOMEN

60 Metres

1. H.Hooper (St Alb) 8.90

200 Metres

1. H.Hooper (St Alb) 28.11

400 Metres

1. N.Silva (HPX) 60.71

Shot

1. J.Saunders-Mullins (SNH) 8.29m

UNDER 20 WOMEN

400 Metres

1. J.Forde (SNH) 64.33

800 Metres

1. J.Forde (SNH) 2:28.16

2. H.Sheridan (Bar) 2:35.37

3. T.Scheuber (SNH) 2:54.08

High Jump

1. H.Kruse (HPX) 1.50m

Long Jump

1. H.Kruse (HPX) 4.81m

Shot

1. H.Kruse (HPX) 8.78m

UNDER 17 WOMEN

60 Metres

1. B.Awokoya (SNH) 7.96

2. H.Van Kempen (HPX) 8.16

3. L.Rillstone (D&T) 8.40

4. S.Gaynor (HPX) 8.44

5. A.Connaughton (St Alb) 8.61

6. J.Kirke (Wat) 8.79

7. A.Bushell (St Alb) 8.81

200 Metres

1. L.Wake (HPX) 25.75

2. L.Rillstone (D&T) 27.27

3. D.Willis (HPX) 27.34

4. A.Connaughton (St Alb) 27.76

5. M.Sasegbon (SNH) 28.69

400 Metres

1. P.Lowe (Harrow) 64.33

800 Metres

1. P.Lowe (Harrow) 2:27.93

2. S.Proffitt (SBH) 2:28.37

3. L.Whitehead (HPX) 2:30.80

4. A.Kelly (D&T) 2:34.74

60 Metres Hurdles

1. H.Van Kempen (HPX) 8.88

2. B.Awokoya (SNH) 8.98

3. C.Humphries (HPX) 9.47

4. A.Bland (Wat) 9.64

5. M.Sasegbon (SNH) 9.96

High Jump

1. S.Gaynor (HPX) 1.55m

2. M.Sasegbon (SNH) 1.50m

3. S.Hawkins (D&T) 1.50m

4. B.Scans (SNH) 1.35m

Long Jump

1. D.Currie (HPX) 4.79m

2. L.Rillstone (D&T) 4.35m

3. B.Scans (SNH) 4.16m

4. A.Bushell (St Alb) 4.08m

Triple Jump

1. D.Currie (HPX) 10.11m

2. C.Humphries (HPX) 10.09m

3. D.Willis (HPX) 9.13m

Shot

1. C.Rose (E&H) 10.17m

2. B.Awokoya (SNH) 9.88m

3. B.Shiels (D&T) 7.81m

4. S.Gaynor (HPX) 6.88m

5. C.Humphries (HPX) 6.75m

UNDER 15 GIRLS

60 Metres

1. S.Melke (Wat) 8.38

2. A.Rance (E&H) 8.55

3. L.Quinn (E&H) 8.74

4. R.Evans (St Alb) 8.99

60 Metres Hurdles

1. A.Rees (SNH) 9.97

2. H.Lloyd (HPX) 10.09

3. D.West (HPX) 10.75

200 Metres

1. A.Holman (St Alb) 28.42

2. L.Quinn (E&H) 28.79

3. R.Evans (St Alb) 29.55

4. C.Ianson (HPX) 30.25

800 Metres

1. K.Barber (Bar) 2:29.03

2. V.Walker (Wat) 2:30.82

3. C.Vernon:Hamilton (SNH) 2:33.55

4. L.Proffitt (SBH) 2:38.82

5. H.Dewhurst (SNH) 2:40.66

6. S.Pike (SNH) 2:52.96

7. D.West (HPX) 2:59.40

High Jump

1. K.Caulfield (HPX) 1.60m

2. A.Rees (SNH) 1.55m

3. C.Vernon-Hamilton (SNH) 1.50m

4. D.West (HPX) 1.25m

Long Jump

1. S.Meikle (Wat) 4.89m

2. A.Holman (St Alb) 4.69m

3. A.Rance (E&H) 4.25m

4. L.Quinn (E&H) 4.03m

5. C-A.Currie (HPX) 4.02m

Shot

1. A.Rees (SNH) 7.66m