

**HERTFORDSHIRE ASSOCIATION OF ATHLETIC AND RUNNING CLUBS
TRACK & FIELD CHAMPIONSHIPS - Sunday 13 May 2007 at Woodside Stadium Watford**

UNDER 13 GIRLS

100 Metres -0.5

1	C Wingfield	BAR	13.73
2	S Rukin	StA	13.89
3	R Park	StA	14.60
4	A Tymon McEwan	StA	14.69
5	E Jacques	D&T	15.30
6	I Cacciatore	HPX	15.42
7	S Ibrahim	D&T	15.52

200 Metres -0.4

1	C Wingfield	BAR	27.98
2	S Rukin	StA	28.54
3	A Gates	SNH	29.02
4	I Henson	WAT	29.41
5	N Yates	SNH	33.92

800 Metres

1	D Newman	SBH	2:32.95
2	E Lloyd	HPX	2:36.12
3	E Bird	HPX	2:36.17
4	S Bunn	WAT	2:37.05
5	A Eykelbosch	D&T	2:39.81
6	S Grover	D&T	2:39.84
7	M Steer	StA	2:43.18
8	S Morris	D&T	2:47.46
9	A Moores	D&T	2:49.52
10	C Bentley	WAT	2:56.00
11	N Yates	SNH	3:03.45
12	S Ibrahim	D&T	3:09.95

70 Metres Hurdles -0.7

1	E Jacques	D&T	15.12
2	S Rapacchi	SNH	15.75
3	S Eames	SNH	16.82

High Jump

1	A Rackman	SNH	1.30
2	A Tymon McEwan	StA	1.20
3	S Rapacchi	SNH	1.15

Long Jump

1	A Gates	SNH	4.42
2	R Park	StA	4.27
3	S Rukin	StA	3.75
4	C Bentley	WAT	3.44
5	S Eames	SNH	3.10

Shot

1	S Rapacchi	SNH	4.75
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UNDER 15 GIRLS

100 Metres -0.3

1	J Williams	HPX	12.30	CBP
2	D Town	D&T	13.03	
3	A Holman	StA	13.67	
4	E Pickering	SBH	13.70	
5	L Quinn	E&H	13.74	
6	C Williams	D&T	14.07	
7	C Gardner	HPX	14.22	
8	A Morris	D&T	15.12	

200 Metres - Heat 1 -2.3

1	C Nwachukwu	SBH	26.62
2	H Lintott	HPX	27.99
3	L Quinn	E&H	28.46
4	C Williams	D&T	30.08
5	A Pring	SNH	30.89
6	C Ward	SNH	31.18
7	B Hills	SNH	31.65

200 Metres - Heat 2 -2.7

1	J Williams	HPX	25.94
2	H Lloyd	HPX	28.10
3	A Holman	StA	28.62
4	O Skinner	D&T	30.48
5	A Morris	D&T	32.44
6	S Pike	SNH	34.99

200 Metres - Heat 3 -3.2

1	D Town	D&T	28.67
2	E Pickering	SBH	29.67
3	H Dewhurst	SNH	31.09
4	C Baird	SNH	31.40

200 Metres - FINAL -0.3

1	J Williams	HPX	25.33	CBP
2	C Nwachukwu	SBH	26.01	
3	D Town	D&T	27.40	
4	H Lintott	HPX	27.41	
5	H Lloyd	HPX	27.85	
6	L Quinn	E&H	28.40	
7	E Pickering	SBH	28.67	

300 Metres

1	C Vernon-Hamilton	SNH	43.87	CBP
2	A Marshall	StA	45.15	
3	R Bentley	WAT	47.47	
4	S Huntingford	D&T	47.93	
5	A Clayden	LUT	48.50	
6	R Brown	AFD	50.16	

800 Metres - Heat 1

1	S Connor	SBH	2:28.63
2	L Farrar	StA	2:29.21
3	D Yeomans	StA	2:34.09
4	L Proffitt	SBH	2:35.13
5	R Brown	AFD	2:41.42
6	B Hills	SNH	2:46.09
7	H Perks	HAR	2:51.69

800 Metres - Heat 2

1	V Walker	WAT	2:28.76
2	K Barber	BAR	2:28.79
3	A Cattle	HPX	2:32.41
4	A Hampton	D&T	2:41.70
5	S Olah	D&T	2:42.40
6	S Pike	SNH	2:47.38
7	C Baird	SNH	2:47.84

800 Metres - Heat 3

1	A Pring	SNH	2:28.60
2	A Smith	StA	2:30.79
3	C Cattle	HPX	2:31.44
4	H Dewhurst	SNH	2:32.92
5	R Guriz	SBH	2:42.21
6	C Ward	SNH	2:43.66

800 Metres - FINAL

1	S Connor	SBH	2:21.04
2	K Barber	BAR	2:22.87
3	V Walker	WAT	2:27.31
4	A Pring	SNH	2:27.78
5	L Farrar	StA	2:33.35
6	A Smith	StA	2:34.19
7	A Cattle	HPX	2:36.49
8	C Cattle	HPX	2:36.50

75 Metres Hurdles -0.4

1	H Lloyd	HPX	12.23
2	J Hutchings	HPX	12.98
3	C Williams	D&T	13.15
4	R Bentley	WAT	14.08

High Jump

1=	K Caulfield	HPX	1.55
1=	A Rees	SNH	1.55
3	J Hutchings	HPX	1.50
4=	S Huntingford	D&T	1.40
4=	C Vernon-Hamilton	SNH	1.40
6	A Sweeney	StA	1.25

UNDER 17 WOMEN**100 Metres -1.1**

1	B Awokoyo	SNH	12.65
2	H Van Kempen	HPX	12.97
3	L Rillstone	D&T	13.37
4	A Connaughton	StA	13.69
5	A Bushell	StA	13.79
6	J Kirke	WAT	14.44

200 Metres 0.0

1	L Wake	HPX	25.67
2	S Gaynor	HPX	26.55
3	D Willis	HPX	26.73
4	M Cutler	StA	27.14
5	L Rillstone	D&T	27.17
6	A Connaughton	StA	27.89

300 Metres

1	M Cutler	StA	43.38
2	S Sattin	HPX	43.48
3	P Lowe	HAR	44.64
4	A Kelly	D&T	45.20

Pole Vault cancelled**Long Jump**

1	K Caulfield	HPX	4.80
2	A Holman	StA	4.77
3	S Meikle	WAT	4.74
4	J Williams	HPX	4.72
5	D Town	D&T	4.64
6	L Wickham	StA	4.05
7	O Skinner	D&T	3.53

Shot

1	S Miller	HPX	7.95
2	A Clayden	LUT	7.83
3	L Saxon	SNH	7.31
4	Alix Smith	StA	6.95
5	T Grigor	D&T	6.76
6	E Meakins	HPX	6.30

Discus

1	M Ward	WAT	28.95
2	T McManus	WAT	28.04
3	C Brooks	D&T	24.07
4	S Miller	HPX	21.41
5	L Saxon	SNH	20.93

Javelin

1	E Meakins	HPX	30.75
2	A Rees	SNH	19.32
3	L Wickham	StA	17.04
4	Alix Smith	StA	12.37

800 Metres

1	J Mansell	SNH	2:19.21
2	S Proffitt	SBH	2:21.41
3	A Kelly	D&T	2:22.12
4	P Lowe	HAR	2:23.16
5	J Baggio	D&T	2:24.03
6	L Whitehead	HPX	2:26.86
7	L Batchelor	D&T	2:33.57
8	L O'Connell	SNH	2:35.27

80 Metres Hurdles -1.6

1	S Gaynor	HPX	11.61	CBP
2	H Van Kempen	HPX	11.63	
3	B Awokoyo	SNH	12.21	
4	C Humphries	HPX	12.51	
5	V Dixon	SBH	12.69	

300 Metres Hurdles

1	E Stevens	HPX	47.79
2	D Willis	HPX	48.05
3	C Ng	StA	52.39

High Jump

1	M Sasegbon	SNH	1.55
2	G Davis	StA	1.50
3	S Hawkins	D&T	1.45
4	B Scanes	SNH	1.35

Long Jump

1	D Currie	HPX	4.77
	K Grehan	HPX	4.61
3	A Bushell	StA	4.61
4	B Scanes	SNH	4.25

Triple Jump

1	D Currie	HPX	10.05
2	C Humphries	HPX	9.97
3	B Scanes	SNH	9.09

Shot

1	B Awokoyo	SNH	9.24
2	B Shiels	D&T	7.96

Discus

1	J Botwright	WSEH	28.34
2	S Burke	WAT	23.88
3	F Gross	SNH	22.83
4	L Scanes	SNH	22.79
5	B Shiels	D&T	20.72

Hammer

1	L Scanes	SNH	29.02
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Javelin

1	L Wake	HPX	21.95
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SENIOR & UNDER 20 WOMEN**100 Metres -1.3**

1	E Kemp	SNH	12.83
2	C Andrews	HPX	13.28
3	N Burrows U20	HPX	13.49

200 Metres -0.1

1	E Kemp	SNH	25.96
2	L Jones	HPX	26.47

400 Metres

1	E Brathwaite	HPX	55.43
2	C Silva	HPX	59.39
3	L Gale	D&T	59.90
4	N Silva	HPX	60.30
5	J Forde U20	SNH	62.56

800 Metres

1	N Silva	HPX	2:13.49
2	D Wildman U20	E&H	2:22.01
3	J Forde U20	SNH	2:22.79
4	S Bailey	SNH	2:26.77
5	C Davies U20	HPX	2:28.25
6	H Sheriden U20	BAR	2:28.34
7	V Samson	D&T	2:31.66

100 Metres Hurdles -0.5

1	N Burrows U20	HPX	15.89
2	N Farman U20	HPX	16.24
3	J Nissel	SBH	16.31
4	H Kruse U20	HPX	16.73

400 Metres Hurdles

1	C Silva	HPX	62.98
2	L Gale	D&T	66.41
3	E Kavanagh	HPX	67.98

High Jump

1	H Kruse U20	HPX	1.55
1	E Kavanagh	HPX	1.55

Pole Vault cancelled**Long Jump**

1	N Farman U20	HPX	4.92
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Shot

1	S McLellan	SNH	11.70
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Discus

1	L Capicotto U20	StM	23.12
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Hammer

1	M Flash U20	D&T	37.16
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Javelin U20

1	P Lundgren U20	HPX	35.73
2	L Capicotto U20	StM	28.49
3	N Farman U20	HPX	25.95

Javelin Senior

1	H McLellan	SNH	32.26
2	L Jones	HPX	30.17

UNDER 13 BOYS

100 Metres -1.3

1	B David	SNH	13.67
2	P De'Ath	SNH	13.75
3	F Smith	StA	14.43
4	F Bruce	LPSch	14.48
5	S Inns	D&T	14.93
6	J Cleary	LPSch	15.01
7	A Lloyd	D&T	15.82
8	O Morris	LPSch	16.03

200 Metres -0.8

1	P De'Ath	SNH	28.36
2	C Gaddes	D&T	28.38
3	B David	SNH	29.39
4	J Cleary	LPSch	30.71
5	F Bruce	LPSch	30.86
6	T Hills	D&T	31.11
7	A Bevan	D&T	31.44

800 Metres

1	J McMurray	StA	2:17.98	CBP
2	M Baggio	D&T	2:31.47	
3	J Eykelbosch	D&T	2:31.68	
4	A Bramley	D&T	2:37.20	
5	S Izzard	D&T	2:42.98	
6	T Hills	D&T	2:45.72	
7	T Warr	D&T	2:47.36	
8	O Priest	SNH	2:48.04	
9	A Rebecchi	LPSch	2:56.66	

UNDER 15 BOYS

100 Metres -0.8

1	R Gayler	SBH	12.21
2	B Vernon-Hamilton	SNH	13.61
3	J Bignell	D&T	13.72
4	T Drake	WSEH	14.70

200 Metres - Heat 1 -0.7

1	D Pickett	SNH	26.92
2	L Keeble	SNH	27.63
3	L Langley	SNH	28.49
4	T Drake	WSEH	29.84
5	D O'Connell	SNH	32.21

200 Metres - Heat 2 -0.3

1	R Gayler	SBH	26.11
2	D Mawhinney	StA	26.89
3	W Herridge	SNH	27.74
4	B Vernon-Hamilton	SNH	29.05
5	T Kinsella	SNH	30.51

200 Metres - FINAL -0.1

1	R Gayler	SBH	24.66
2	L Keeble	SNH	24.96
3	D Pickett	SNH	26.65
4	D Mawhinney	StA	27.19
5	W Herridge	SNH	27.98
6	L Langley	SNH	28.53
7	B Vernon-Hamilton	SNH	30.08
8	T Drake	WSEH	30.59

75 Metres Hurdles -0.6

1	C Gaddes	D&T	14.29
2	S Inns	D&T	16.78

High Jump

1	P De'Ath	SNH	1.25
2	H Draine	StA	1.20

Long Jump

1	C Gaddes	D&T	4.13
2	A Bevan	D&T	3.72
3	A Lloyd	D&T	3.65
4	S Inns	D&T	3.57

Shot

1	T Boardman	LPSch	7.34
2	T Hills	D&T	4.62

Javelin

1	J Gates	SNH	24.92	CBP
2	A Buckley	LPSch	23.60	

400 Metres

1	N McNaught	HPX	56.50
2	J Maraney	E&H	56.66
3	A Walshe	HPX	56.93
4	S Wake	HPX	58.93
5	C Giles	StA	60.25
6	G Brown	AFD	64.34
7	O Nicholson-Potter	LPSch	65.84

800 Metres - Heat 1

1	L Keeble	SNH	2:20.71
2	D Wilson	HPX	2:21.65
3	S Byrne	WAT	2:23.82
4	M Roscoe	BAR	2:27.35
5	O Glyn	D&T	2:27.84
6	D Fernie	StA	2:28.56
7	R Buck	D&T	2:31.79
8	T Kinsella	SNH	3:05.0 (ht)

800 Metres - Heat 2

1	N McNaught	HPX	2:15.83
2	G Brown	AFD	2:16.26
3	L Langley	SNH	2:18.13
4	R Surridge	E&H	2:22.41
5	W Herridge	SNH	2:28.79
6	M Wadlow	D&T	2:31.34

800 Metres - Heat 3

1	E Shepherd	HPX	2:16.34
2	M Bonito	D&T	2:16.67
3	K Al-Abaidy	StA	2:17.72
4	D Pickett	SNH	2:18.96
5	D O'Connell	SNH	2:31.37
6	R Faulkner	HPX	2:40.32
7	H Holland	BAR	2:41.46

800 Metres - FINAL

1	N McNaught	HPX	2:09.32
2	L Keeble	SNH	2:11.83
3	G Brown	AFD	2:14.85
4	M Bonito	D&T	2:15.64
5	E Shepherd	HPX	2:16.56
6	D Wilson	HPX	2:21.42
7	L Langley	SNH	2:21.49
8	K Al-Abaidy	StA	2:27.86

80 Metres Hurdles -1.6

1	J Maraney	E&H	12.88
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High Jump

1	P Spicer	SNH	1.40
2	D Gardner	SNH	1.35
3	R Patel	LPSch	1.30
4	L Levy	SNH	1.25

Pole Vault cancelled**Long Jump**

1	R Gayler	SBH	5.92	CBP
2	C Giles	StA	4.76	
3	J Bignell	D&T	4.54	
4	D Gardner	SNH	4.53	
5	C Winters	SNH	4.51	
6	T Drake	WSEH	3.81	

Triple Jump

1	C Winters	SNH	10.10
2	O Nicholson-Potter	LPSch	8.93

Shot

1	S Wake	HPX	8.05
2	M Bonito	D&T	7.40
3	D Bidmead	BAR	7.30
4	O Nicholson-Potter	LPSch	6.82

Discus

1	R Humphries	HPX	29.06
2	M Wadlow	D&T	28.77
3	J Bignell	D&T	27.94

Hammer

1	R Humphries	HPX	32.05
2	L Levy	SNH	26.19

Javelin

1	R Humphries	HPX	29.75
2	G Brown	AFD	27.22
3	N Robinson	StA	27.10
4	A Humphrey	D&T	23.19

UNDER 17 MEN**100 Metres -0.6**

1	A Infantino	E&H	11.20
2	C Webb	SNH	11.70
3	A Jovanovski	WAT	11.90
4	J Hamilton	D&T	11.94

200 Metres -0.1

1	A Infantino	E&H	22.32	CBP
2	C Webb	SNH	23.43	
3	J Rossini	D&T	24.25	
4	A Jovanovski	WAT	24.48	
5	A Driscoll	D&T	25.90	

400 Metres

1	N Wake	HPX	50.38	CBP
2	J Rossini	D&T	52.82	
3	A Reynolds	SNH	53.72	
4	A Veitch	HPX	53.92	
5	A Driscoll	D&T	56.93	

800 Metres

1	L Walshe	HPX	2:04.85
2	J Moss	SNH	2:08.97
3	T Gough	HPX	2:09.48
4	J Oxley	StA	2:10.85
5	C McKechnie	SNH	2:13.73
6	R Molloy	D&T	2:21.97

100 Metres Hurdles -0.5

1	M Francois	D&T	16.09
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400 Metres Hurdles

1	S Ng	StA	62.17
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High Jump

1	J Hamilton	D&T	1.80
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Pole Vault cancelled**Long Jump**

1	A Hadgill	StA	5.65
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Shot

1	A Ralph	StA	13.57
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Discus

1	S Watson	D&T	44.54
2	A Ralph	StA	30.68
3	J Trimble	E&H	25.50

Hammer

1	B Flash	D&T	48.75
2	J Trimble	E&H	38.33

Javelin

1	J Constaniou	StA	43.06
2	J Raineri	WAT	41.81
3	J White	SNH	34.94
4	M Williams	D&T	29.36

UNDER 20 MEN

100 Metres -1.0

1	S Brown	StA	12.14
2	C Hamilton	D&T	12.24

200 Metres -0.4

1	I Tobin	HPX	23.20
2	S Brown	StA	23.50
3	S Barnard	E&H	23.95

400 Metres

1	D Hudson	StA	51.72
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800 Metres

1	B Nagy	BAR	1:59.78
2	S Poulton	SNH	2:02.29
3	M McKechnie	SNH	2:08.80
4	R Tarpey	HPX	2:12.31
5	S Pollen	SNH	2:12.89

110 Metres Hurdles -0.8

1	Z Saucedo	E&H	15.05
2	S Barnard	E&H	16.43
3	A Wing	HPX	17.12

400 Metres Hurdles

1	Z Saucedo	E&H	55.13 CBP
2	A Dombey	WAT	55.14

SENIOR MEN

100 Metres -0.9

1	R Harle	CHE	11.47
2	S Wombwell	HPX	11.72
3	J Bossman	UNA	11.81
4	B Gelman	HPX	11.90

200 Metres -0.5

1	R Harle	CHE	22.69
2	P Stafford	CARD	22.85
3	P Lamont	HPX	23.61

400 Metres

1	P Lamont	HPX	52.36
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800 Metres

1	D Poulton	SNH	1:56.65
2	D Esmond	D&T	2:00.03
3	A Searle	SNH	2:03.00
4	D Digweed	SAS	2:10.36

5000 Metres

1	K Skinner	GCR	14:56.29
2	R Gamble	BAR	15:00.04
3	M Robins	GCR	16:06.64

110 Metres Hurdles -0.8

1	S Wombwell	HPX	15.67
2	R Jones	TSOU	16.14

400 Metres Hurdles

1	P Barrett	HPX	60.52
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High Jump

1	L Pirie	SNH	1.80
2	D Tarrant	HAR	1.50

Pole Vault cancelled

Long Jump

1	I Simson	D&T	6.38
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Triple Jump

1	I Simson	D&T	13.35
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Javelin

1	M Stoker	SBH	49.97
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High Jump

1	P Barrett	HPX	1.50
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Pole Vault cancelled

Long Jump

1	T Lake	HPX	5.89
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Shot

1	R Mckenna	WAT	11.77
2	D Lipscomb	SERP	9.13
3	T Saunders-Mullins	WAT	8.87
4	F Briffitt	UNA	8.85

Discus

1	C Sagers	E&H	35.59
2	R Mckenna	WAT	34.37
3	P Barrett	HPX	29.14
4	D Lipscomb	SERP	28.10

Hammer

1	C Sagers	E&H	57.18
2	J Maitland	HHH	34.68
3	T Saunders-Mullins	WAT	26.77
4	F Briffitt	UNA	25.97

Javelin

1	N Mclellan	SNH	66.85
2	A Lovett	E&H	63.53
3	T Ratcliffe	D&T	56.42
4	C Snook	HARL	40.42
5	A Hull	SNH	39.63