500 metres					
Senior Men	Dan Poulton		SNH	1st	4:04.1
	Adam Searle		SNH	2nd	4:13.5
	Richard Bate		FVS	3rd	4:32.2
eteran Men	Paul Greaves	M40	HPX	1st	4:24.8
	David Bowker (M45)	M40	FVS	2nd	4:41.1
	Jeremy Rackham	M40	SNH	3rd	4:46.6
	Graham Blackburn	M40	FVS	4th	5:03.6
	Richard Sidlin (M45)	M40	FVS	5th	5:10.3
	Steve Smithson	M40	FVS	6th	5:19.9
	Peter Fitzpatrick (M55)	M50	HPX	1st	5:11.9
	Paul Holgate	M50	FVS	2nd	6:20.8
	Richard Bloom	M60	HPX	1st	5:25.6
U20 Men	Josh Moss		SNH	1st	4:09.3
	Louis Walshe		HPX	2nd	4:22.5
	Sam Poulton		SNH	3rd	4:25.6
	Peter Townsend		HPX	4th	4:27.9
	Toby Hone		ROY	5th	5:29.5
	Callum McKechnie		SNH	6th	4:30.5
	Simon Harris		FVS	7th	7:43.2
7 Men	Alex Veitch		HPX	1st	4:18.3
	Matthew Salt		D&T	2nd	4:21.0
	Khalid Al Abaidy		StA	3rd	4:21.7
	David Wilson		HPX	4th	4:28.9
	Elliott Poulain		StA	5th	4:30.9
	Thomas Barfoot		HPX	6th	4:34.5
	Luke Langley		SNH	7th	4:45.6
	Warren Herridge		SNH	8th	4:56.7
5 Boys	James McMurray		StA	1st	4:25.7
ie Bojs	Edward Shepherd		HPX	2nd	4:26.9
	Vasudev Zaver		HPX	3rd	4:39.1
	Oliver Glyn		D&T	4th	4:47.2
	Oliver Poulain		StA	5th	4:56.9
	Wilkie Hollens		StA	6th	5:04.2
	Paul Spicer		SNH	7th	5:10.2
	Jack Eykelbosch		D&T	8th	5:15.5
	Ryan Faulkner		HPX	9th	5:34.2
3 Boys	Matthew Cloke		StA	1st	5:16.3
C10 D0J5	Matthew Simpson		D&T	2nd	5:18.7
nior Women	Jasmine Forde		SNH	1st	4:49.1
	Victoria Samson		D&T	2nd	5:08.0
Veteran Women	Linda Jackson	W40	WGEL	1st	4:59.9
	Christine Feely (W45)	W40	FVS	2nd	6:00.0
	Monica Brown	W40	FVS	3rd	6:10.0
	Sharon Crowley (W45)	W40	FVS	4th	6:47.4
					6:47.4 6:31.6

U20 Women	Rebecca Newstea	ad		Bed U	1st	4:47.1
	Sophie Proffitt			SBH	2nd	5:01.6
	Charlotte Davies			HPX	3rd	5:01.6
	Laura Whitehead			HPX	4th	5:12.3
	Mathilda Scheube			SNH	5th	5:40.1
T14# TT1	0 1: 0			CDII	1.	4 45 1
U17 Women	Sophie Connor			SBH	1st	4:45.1
	Abigail McKinno	on-Austi	n	BED	2nd	4:49.4
	Victoria Walker			WAT	3rd	5:02.9
U15 Girls	Laura Farrar			StA	1st	5:02.0
	Isobel Thompson	1		StA	2nd	5:06.3
	Megan Steer			StA	3rd	5:07.2
	Sophie Olah			D&T	4th	5:08.9
	Kate Barber			BAR	5th	5:09.3
	Ella Lloyd			HPX	6th	5:09.9
	Rebecca Armorgi	ie		D&T	7th	5:10.2
	Jade Denham			HPX	8th	5:19.3
	Natalie Wickings	3		WAT	9th	5:24.0
	Hannah Dewhurs	st		SNH	10th	5:25.6
	Alex Eykelbosch			D&T	11th	5:25.8
	Sarah Grover			D&T	12th	5:25.8
	Catherine Mackin	ntosh		StA	13th	5:36.4
	Kirstie Conway			BAR	14th	5:38.7
	Sarah Kinley			D&T	15th	5:45.2
	Charlotte Baird			SNH	16th	5:49.4
	Hannah Hull			StA	17th	5:51.1
	Annabelle McKir	nnon-Au	ıstin	BED	18th	5:52.1
U13 Girls	Danni Newman			SBH	1st	5:14.5
010 01115	Bethany Carter			BAR	2nd	5:33.7
	Emily Ruane			HPX	3rd	5:39.6
	Laura Coffey			HPX	4th	5:42.9
	Danielle Murphy			SNH	5th	5:50.9
	Sabina Messent			StA	6th	6:00.9
	Meghan Hobbs			StA	7th	6:01.7
	Lydia Herridge			BAR	8th	6:25.4
4x100 Relays						
Senior Men	Stevenage & NH A	1st	46.6			
Schiol Willi	Stevenage & NH B	2nd	49.2			
	Fairlands Valley Spartans		58.6			
	Tuniands vancy sparans	314	30.0			
Veteran Men	Stevenage & NH	1st	56.1			
U20 Men	Herts Phoenix	1st	46.6			
020 1/1011	Tieres I nooma	150	10.0			
U17 Men	Stevenage & NH	1st	50.5			
U15 Boys	Stevenage & NH A	1st	53.6			
•	Stevenage & NH B	2nd	56.1			
U13 Boys	Stevenage & NH	1st	67.0			
CIO DOJS	Storollage & 1111	100	07.0			
Senior Women	Herts Phoenix	1st	51.8			
	Stevenage & NH	2nd	56.1			
	<u> </u>					

65.7

Veteran Women Fairlands Valley Spartans 1st

U20 Women	Stevenage & NH	1st	59.8
U17 Women	Herts Phoenix	1st	51.3
	Stevenage & NH	2nd	54.2
U15 Girls	Herts Phoenix	1st	52.9
	Stevenage & NH A	2nd	53.9
	Stevenage & NH B	3rd	58.7
U13 Girls	Herts Phoenix	1st	59.6
	Stevenage & NH A	2nd	62.4
	Stevenage & NH B	3rd	62.9
	Stevenage & NH C	4th	71.8
4x400 Relays Senior Men	Stevenage & NH A Herts Phoenix Stevenage & NH B Fairlands Valley Spartans	1st 2nd 3rd 4th	3:28.2 3:42.7 3:44.3 4:30.9
Veteran Men	Fairlands Valley Spartans	1st	4:25.6
	Stevenage & NH	2nd	4:30.1
U20 Men	Herts Phoenix	1st	3:35.9
U17 Men	Stevenage & NH	1st	4:05.9
U15 Boys	Stevenage & NH	1st	4:28.9
Senior Women	Herts Phoenix	1st	4:13.5
	Stevenage & NH	2nd	4:44.9
Veteran Women Fairlands Valley Spartans 1st 5:13			
U17 Women	Herts Phoenix	1st	4:16.4
	Stevenage & NH	2nd	4:29.1
U15 Girls	Herts Phoenix	1st	4:24.6
	Stevenage & NH	2nd	4:37.1