HERTFORDSHIRE INDOOR CHAMPIONSHIPS										
LEE VALLEY			**MARCH 1 2009**							
Senior men										
60m	Heat 1					**1500m**				
	1	Kenny Howard	HPX	7.29	Q		1	Adam Searle	SNH	4.17.96
	2	Zak Saucede	E&H	7.35	Q		2	Richard Bate	FVS	4.25.12
	3	Dominic Spike	HPX	7.54	q		3	Sam Poulton	SNH	4.37.35
	4	Antony Pallett	Unatt	8.49		**60m hurdles**				
	Heat 2						1	Zak Saucede	E&H	8.48
	1	Mark Collins	Luton	7.25	Q		2	Stephen Barnard	E&H	9.03
	2	Stephen Barnard	E&H	7.50	Q					
	3	David Stephens	HBS	7.78	q					
	Final									
	1	Mark Collins	Lut	7.22						
	2	Kenny Howard	HPX	7.24						
	3	Zak Saucede	E&H	7.41						
	4	Stephen Barnard	E&H	7.50						
	5	Dominic Spike	HPX	7.56						
	6	David Stephens	HBS	7.84						
200m						**Long Jump**				
	1	Tonderai Tomu	SNH	22.47			1	David Stephens	HBS	5.11
	2	Simon Wombwell	HPX	23.74			2	Anthony Pallett	Unatt	4.90
	3	Dominic Spike	HPX	24.19		**Triple Jump**				
400m							1	Sam Poulton	SNH	12.70
	1	Tonderai Tomu	SNH	49.53			2	David Stephens	HBS	10.70
	2	Matt Hamilton	HPX	50.83			3	Antony Pallett	Unatt	10.18
	3	Simon Wombwell	HPX	54.06						
	4	Sam Poulton	SNH	55.07						
	5	Ty Holden	Bar	59.42						
800m										
	1	Sam Poulton	SNH	1.57.15						
	2	Adam Searle	SNH	2.02.41						
	3	Jeremy Rackham	SNH	2.22.84						