HERTFORDSHIRE INDOOR CHAMPIONSHIPS									
LEE VALLEY			**MARCH 1 2009**						
Senior women									
200m					**High Jump**				
	1	Amanda Rochester	Bar	31.66		1	Hayley Kruse	HPX	1.60
400m					**Pole Vault**				
	1	Dominique Wildman	E&H	63.88		1	Louise Shortland	SNH	3.55
	2	Amanda Rochester	Bar	71.43			Sue Yeomans	Wat	nh
		Lesley Hopkins	E&H	dnf	**Long Jump**				
60m hurdles						1	Natalie Farman	HPX	4.96
	1	Natalie Farman	HPX	9.64		2	Hayley Kruse	HPX	4.61
	2	Hayley Kruse	HPX	10.20	**Shot**				
						1	Natalie Farman	HPX	9.72