

**HERTFORDSHIRE ASSOCIATION OF ATHLETIC AND RUNNING CLUBS  
TRACK & FIELD CHAMPIONSHIPS - Sunday 10 May 2009 at Ridlins Track, Stevenage**

**CLUB ABBREVIATIONS**

Bar	Barnet & District AC
Che	Chelmsford AC
Chil	Chiltern Harriers
D&T	Dacorum & Tring AC
E&H	Enfield & Haringey AC
FVS	Fairlands Valley Spartans
Har	Harrow AC
HBS	Horsham Blue Star Harriers
High	Highgate Harriers
HPx	Herts Phoenix AC
Lut	Luton United AC
Manx	Manx Harriers
Oak	Oaklands College
SAS	StAlbans Striders
Sale	Sale Harriers Manchester
SBH	Shaftesbury Barnet Harriers
Serp	Serpentine RC
Shet	Shettlestone Harriers
SNH	Stevenage & N Herts AC
StA	St Albans AC
TVH	Thames Valley Harriers
Una	Unattached
Wat	Watford Harriers
WSEH	Windsor, Slough, Eton and Hounslow

## UNDER 13 GIRLS

### 100 Metres – Heat 1

1	G Chester	Wat	14.2 Q
2	H Williams	HPx	14.2 Q
3	E Cervi	SNH	14.5 Q
4	L Herridge	Bar	15.3 q
5	H Bartrip	D&T	15.5

### 100 Metres – Heat 2

1	J Haill	D&T	14.2 Q
2	S Keeble	SNH	14.3 Q
3	H Rudman	Bar	14.7 Q
4	J James	StA	15.3 q
5	M Doran	SNH	15.4
6	S Feely	SNH	15.6

### 100 Metres - Final

1	S Keeble	SNH	13.5
2	H Williams	HPx	14.1
3	G Chester	Wat	14.2
4	J Haill	D&T	14.2
5	E Cervi	SNH	14.4
6	H Rudman	Bar	14.4
7	L Herridge	Bar	15.3

### 200 Metres

1	S Keeble	SNH	27.8
2	M Breen	HPx	28.9
3	H Williams	HPx	29.1
4	J Haill	D&T	29.6
5	H Rudman	Bar	30.5
6	A Townend	StA	33.1
7	H Bartrip	D&T	33.2

### 800 Metres

1	N Connor	SBH	2:28.1
2	M Breen	HPx	2:31.6
3	D Murphy	SNH	2:39.8
4	L Varnham	Wat	2:47.1
5	H Morton	Chil	2:49.0
6	E Cervi	SNH	2:50.2
7	L Herridge	Bar	2:54.5
8	P Bailey	StA	2:54.8
9	C Rutherford Hughes	StA	2:55.5
10	M Doran	SNH	2:57.4
11	G Wells	D&T	3:04.4
12	C Courquin	D&T	3:06.4

## UNDER 15 GIRLS

### 100 Metres – Heat 1

1	P Mills	D&T	13.4 Q
2	C Gray	D&T	13.5 Q
3	N Allen	HPx	14.4 Q
4	L Feely	SNH	15.2

### 100 Metres – Heat 2

1	C Wingfield	Bar	12.3 Q
2	J Reavill Blake	D&T	12.9 Q
3	Y Lakin	Wat	13.0 Q
4	A Davis	Wat	13.6 q
5	L Owler	StA	14.5 q

### 70 Metres Hurdles

1	A Young	HPx	12.5
2	S Bentley	Wat	13.9
3	J James	StA	14.2
4	B Curren	D&T	14.5
5	S Feely	SNH	15.8

### High Jump

1	S Keeble	SNH	1.30m
2	G Chester	Wat	1.25m
3	A Townend	StA	1.20m
4	S Bentley	Wat	1.15m

### Long Jump

1	H Rudman	Bar	3.86m/0.5
2	C Courquin	D&T	3.69m/1.1
3	H Bartrip	D&T	3.18m/3.0
4	S Feely	SNH	3.13m/0.0

### Shot

1	A Townend	StA	7.84m
2	G Wells	D&T	4.36m

### Discus

1	M Doran	SNH	13.49m
2	B Curren	D&T	12.80m

### Javelin

1	S Bentley	Wat	15.91m
2	B Wilde	StA	14.23m

### 200 Metres

1	C Wingfield	Bar	25.4
2	J Reavill Blake	D&T	26.7
3	A Davis	Wat	28.6
4	L Owler	StA	30.5
5	L Feely	SNH	32.7

### 300 Metres

1	M Steer	StA	45.2
2	S Rukin	StA	46.9
3	C Bentley	Wat	50.3

### 800 Metres

1	M Steer	StA	2:20.4
2	D Newman	SBH	2:23.5
3	E Lloyd	HPx	2:25.0
4	S Morris	D&T	2:26.5
5	C Kerr	E&H	2:28.9
6	E Ruane	HPx	2:29.5
7	A Eykelbosch	D&T	2:30.7
8	H Hull	StA	2:32.9
9	B-M Carter	Bar	2:33.3
10	S Grover	D&T	2:34.5
11	C Michael	Bar	2:39.7

### 75 Metres Hurdles – Heat 1

1	A Tymon-McEwan	StA	12.0 Q
2	A Rivers	SNH	13.0 Q
3	S Oldam	D&T	16.3 Q
4	S Rapacchi	SNH	17.0

### 75 Metres Hurdles – Heat 2

1	S Rukin	StA	12.3 Q
2	N Allen	HPx	12.5 Q
3	J Browne	SNH	12.5 Q
4	P Bryant	D&T	13.3 q
5	H Earnshaw	Wat	14.7 q
6	C Bentley	Wat	14.9

### 75 Metres Hurdles - Final

1	A Tymon-McEwan	StA	11.9
2	S Rukin	StA	12.2
3	N Allen	HPx	12.4
4	A Rivers	SNH	12.9
5	J Browne	SNH	12.9
6	P Bryant	D&T	13.0
7	H Earnshaw	Wat	14.6
8	S Oldam	D&T	14.7

## UNDER 17 WOMEN

### 100 Metres

1	F Slater	HPx	12.6
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### 200 Metres

1	J Williams	HPx	23.5 (CBP)
2	F Slater	HPx	26.1
3	H Lloyd	HPx	27.2
4	M Phelan	HPx	27.6
5	E Pickering	SBH	28.6

### High Jump

1	A Rackham	SNH	1.50m
2	J Browne	SNH	1.45m
3	S Grover	D&T	1.35m
4	C Bentley	Wat	1.25m
5	S Rapacchi	SNH	1.15m

### Pole Vault

1	R Seglah	StA	1.90m
2	H Earnshaw	Wat	1.70m

### Long Jump

1	C Wingfield	BAR	5.05m/1.9
2	J Reavill Blake	D&T	4.73m/3.0
3	Y Lakin	WAT	4.56m/3.6
4	R Parke	StA	4.46m/2.8
5	A Gates	SNH	4.39m/1.4
6	P Mills	D&T	4.18m/0.0
7	L Owler	StA	4.16m/5.0
8	N Lawson	StA	3.92m/1.8
9	C Gray	D&T	2.06m/3.5

### Triple Jump

1	S Dowling	HPx	9.73m/nwi
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### Shot

1	A Awokoya	SNH	8.90m
2	N Hadley	HPx	8.43m
3	S Goddard	SNH	7.29m
4	N Lawson	StA	7.12m
5	E Dickinson	Wat	7.04m

### Discus

1	R Hector	SNH	30.57m
2	E Hawkins	HPx	21.06m
3	A Dickinson	Wat	20.65m
4	S Oldam	D&T	14.87m
5	E Evans	SNH	12.38m

### Hammer

1	S Goddard	SNH	32.88m (CBP)
2	E Evans	SNH	20.43m

### Javelin

1	A Wilde	StA	28.54m
2	F Maydom	SNH	19.24m
3	E Hawkins	HPx	17.84m
4	A Dickinson	Wat	14.07m
5	L Feely	SNH	11.76m

### 400 Metres

1	A Griffiths	HPx	60.7 (CBP)
2	K Barber	Bar	61.5
3	A Marshall	StA	63.2
4	J White	SNH	64.1
5	L Brown	D&T	65.7
6	C Baird	SNH	68.2

**800 Metres**

1	S Connor	SBH	2:16.7
2	K Barber	Bar	2:20.4
3	V Walker	Wat	2:20.7
4	L Farrar	StA	2:21.4
5	L Brown	D&T	2:26.3
6	C MacIntosh	StA	2:27.6
7	R Armorgie	D&T	2:28.6
8	H Dewhurst	SNH	2:30.0
9	D Yeomans	StA	2:30.0
10	N Wickings	Wat	2:32.2
11	S Pike	SNH	2:52.3

**80 Metres Hurdles**

1	C Ward	SNH	12.9
2	N Lee	D&T	13.1
3	J Stichbury	SBH	13.3

**300 Metres Hurdles**

1	H Lloyd	HPx	46.1
2	C Vernon-Hamilton	SNH	48.1
3	C Ward	SNH	51.1
4	R Bentley	Wat	53.8

**High Jump**

1	M Phelan	HPx	1.55m
2	C Vernon-Hamilton	SNH	1.50m

**Pole Vault**

1	T Farman	SNH	2.30m
2	C Ward	SNH	2.00m
	A Rees	SNH	NHT

**SENIOR & UNDER 20 WOMEN****100 Metres**

1	B Awokoya U20	SNH	12.4 (CBP)
2	C Cullen U20	HPx	12.6
3	R Wilcock	Wat	13.0
4	H-J Cone	TVH	13.0
5	E Fordham U20	StA (Sp N)	16.3

**200 Metres**

1	L Wake U20	HPx	24.8
2	P Lowe U20	Har	26.4
3	E Stevens U20	HPx	26.5
4	R Wilcock	Wat	27.1
5	N Farman	HPx	27.8
6	E Fordham U20	StA (Sp N)	33.6

**400 Metres**

1	P Lowe U20	Har	58.1
2	D Willis U20	HPx	59.5
3	N Silva	E&H	59.8
4	S Sattin U20	HPx	60.5
5	L Hopkins	D&T	63.8
6	A Lambden U20	SBH	64.3

**800 Metres**

1	A Kelly U20	D&T	2:19.0
2	L Whitehead U20	HPx	2:26.9
3	P Michael	Bar	2:47.3

**5000 Metres**

1	H Walker U20	D&T	17:01.4 (CBP)
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**Triple Jump**

1	A Holman	StA	11.02m/nwi
2	J Hutchings	HPx	9.39m/nwi
3	R Bentley	Wat	7.65m/nwi

**Shot**

1	A Clayden	Lut	8.82m
2	S Miller	HPx	8.81m
3	A Smith	StA	8.43m
4	B Knapp	SNH	7.11m
5	L Dickenson	Wat	5.54m

**Discus**

1	T McManus	Wat	31.62m
2	B Knapp	SNH	30.45m
3	S Miller	HPx	25.28m
4	L Dickenson	Wat	15.30m

**Hammer**

1	B Knapp	SNH	38.77m
2	A Clayden	Lut	26.63m
3	A Smith	StA	18.11m

**Javelin**

1	E Meakins	HPx	36.15m
2	R Bentley	Wat	17.98m
3	L Dickins	Wat	10.72m

**100 Metres Hurdles**

1	C Humphries U20	HPx	15.1 (=CBP)
2	M Sasegbon U20	SNH	15.6
3	V Dixon U20	SBH	15.8
4	N Farman	HPx	16.0
5	J Nissel	SBH	16.2

**400 Metres Hurdles**

1	L Jones	HPx	63.9
2	A Lambden U20	SBH	65.5
3	E Stevens U20	HPx	67.6
4	R Hore U20	HPx	68.3
5	H Kruse	HPx	72.4

**High Jump**

1	M Sasegbon U20	SNH	1.60m
2=	H Kruse	HPx	1.55m
2=	N Farman	HPx	1.55m
4	N Brunning	D&T	1.45m

**Pole Vault**

1	L Shortland	SNH	3.50m (CBP)
2	N Brunning	D&T	2.90m
3	S Yeomans	Wat	2.80m
4	J Barber U20	SNH	2.20m

**Long Jump**

1	N Brunning	D&T	5.38m/3.0
2	H-J Cone	TVH	5.14m/1.4

### Triple Jump

1	K Streatfield	HPx	11.40m/nwi
2	N Brunning	D&T	11.24m/nwi
3	D Currie U20	HPx	10.46m/nwi
4	C Nightingale U20	SNH	10.30m/nwi
5	B Scanes U20	SNH	10.12m/nwi

### Shot

1	S McLellan	SNH	11.36m
2	B Awokoma U20	SNH	10.56m
3	H Bright U20	Oak	10.22m
4	H Kruse	HPx	8.90m

### Discus

1	J Botwright U20	WSEH	35.64m
2	L Capicotto	Wat	30.37m
3	S Burke U20	Wat	27.31m
4	H Bright U20	Oak	26.82m

## UNDER 13 BOYS

### 100 Metres

1	C Scutt	HPx	13.1 (CBP)
2	S Jones	HPx	14.2
3	J Davis	Wat	14.4
4	L Bradley	D&T	14.4
5	A Brown	StA	14.6
6	S Tooley	D&T	14.7
7	O Lloyd	D&T	15.2

### 200 Metres

1	S Jones	HPx	28.9
2	J Jones	HPx	29.8
3	T Ashby	D&T	30.1
4	J Davis	Wat	30.9
5	L Bradley	D&T	31.0
6	T Milton	D&T	31.3

### 800 Metres

1	H O'Brart	Wat	2:28.8
2	S Jones	HPx	2:29.6
3	J Wagerleigh	D&T	2:37.3
4	L Glyn	D&T	2:38.5
5	M Simpson	D&T	2:39.4
6	A Hepburn	SNH	2:49.3

### 75 Metres Hurdles

1	H Chadwick	D&T	13.0 (=CBP)
2	N Gardner	SNH	14.9
3	D Spicer	SNH	15.7

## UNDER 15 BOYS

### 100 Metres – Heat 1

1	J Awe	StA	12.0
2	W Dean	StA	12.3
3	J Shum	SBH	12.7
4	J Gates	SNH	12.9
5	L Lee	D&T	13.2
6	L Sulaman	Wat	14.1
7	V Saroye	SNH	14.3

### Hammer

1	E Miller	HPx	37.40m
2	L Scanes U20	SNH	37.20m
3	F Gross U20	SNH	33.04m

### Javelin

1	K Grehan U20	HPx	37.98m
2	N Farman	HPx	28.33m
3	L Wake U20	HPx	26.94m

### High Jump

1	N Gardner	SNH	1.30m
2	S Smyth	StA	1.30m
3	O Lloyd	D&T	1.25m

### Long Jump

1	C Scutt	HPx	4.53m/nwi
2	N Gardner	SNH	4.18m/nwi
3	H Chadwick	D&T	4.10m/nwi
4	O Lloyd	D&T	3.70m/nwi
5	L Bradley	D&T	3.69m/nwi
6	T Milton	D&T	3.51m/nwi
7	S Tooley	D&T	3.39m/nwi
8	D Spicer	SNH	3.23m/nwi
9	J Brown	D&T	2.83m/nwi

### Shot

1	D Spicer	SNH	5.85m
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### Discus

1	M Mardle	SNH	16.66m
2	T Milton	D&T	12.12m
3	J Brown	D&T	11.91m

### Javelin

1	T Ashby	D&T	31.01m (CBP)
2	S Tooley	D&T	25.90m
3	M Mardle	SNH	22.21m
4	J Durrant	D&T	18.30m

### 100 Metres – Heat 2

1	L Vooght	SNH	12.1
2	L Yaxley	StA	12.3
3	P Horan	D&T	12.4
4	P De'Ath	SNH	12.6
5	S Inns	D&T	13.7
6	R Thompson	Bar	13.9
7	C Boyne	SNH	14.8

**100 Metres - Final**

1	J Awe	StA	12.0
2	L Vooght	SNH	12.0
3	W Dean	StA	12.0
4	P Horan	D&T	12.2
5	P De'Ath	SNH	12.5
6	L Yaxley	StA	12.5
7	J Shum	SBH	12.7
8	J Gates	SNH	13.0

**200 Metres**

1	L Vooght	SNH	24.4
2	W Dean	StA	24.7
3	P Horan	D&T	25.0
4	P De'Ath	SNH	25.7
5	A Lloyd	D&T	NTT

**400 Metres**

1	C Hilton	StA	57.3
2	P De'Ath	SNH	57.3
3	L Dee	HPx	58.2

**800 Metres**

1	J McMurray	StA	2:03.7 (CBP)
2	C Hilton	StA	2:07.8
3	J Coffey	D&T	2:13.1
4	L Dee	HPx	2:14.8
5	B Whitney	Chil	2:19.5
6	C Schramm	D&T	2:25.9
7	M Hanvey	D&T	2:26.9
8	N Doyle	HPx	2:29.5
9	M Cloke	StA	2:31.7
10	W Ridgway	SNH	2:44.8

**80 Metres Hurdles**

1	C Gaddes	StA	11.9
2	J Tang	StA	12.3
3	L Yaxley	StA	12.9
4	T Neill	SBH	13.5

**UNDER 17 MEN****100 metres**

1	M Birch	Lut	11.7
2	L Keeble	SNH	11.7
3	R Sackey	HPx	12.1
4	S Milner	HPx	12.1
5	B Vernon-Hamilton	SNH	12.1
6	L Thompson	Bar	12.2

**200 Metres**

1	S Wake	HPx	23.4
2	S Milner	HPx	23.9
3	B Vernon-Hamilton	SNH	24.4
4	L Thompson	Bar	24.6
5	J Morris	Bar	25.6

**400 Metres**

1	L Keeble	SNH	53.1
2	C Palin	StA	55.0
3	J Morris	Bar	57.0
4	P Spicer	SNH	61.0

**High Jump**

1	C Gaddes	StA	1.60m
2	J Tang	StA	1.40m
3=	S Inns	D&T	1.30m
3=	L Sulaman	Wat	1.30m
	L Lee	D&T	NHR

**Pole Vault**

1	D Pace	D&T	2.70m
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**Long Jump**

1	J Awe	StA	5.41m/nwi
2	J Gates	SNH	4.85m/nwi
3	R Thompson	Bar	4.38m/nwi
4	A Lloyd	D&T	3.99m/nwi

**Triple Jump**

1	V Saroye	SNH	8.93m/nwi
2	A Lloyd	D&T	8.65m/nwi

**Shot**

1	C Gaddes	StA	10.86m
2	T Exton	SNH	9.80m
3	E Rowbottom	HPx	9.40m
4	J Wells	D&T	7.18m

**Discus**

1	E Rowbottom	HPx	24.09m
2	J Wells	D&T	21.98m
3	C Inns	D&T	19.06m
4	C Boyne	SNH	14.52m
5	V Saroye	SNH	11.54m

**Hammer**

1	C Inns	D&T	11.93m
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**Javelin**

1	J Exton	SNH	40.90m
2	J Wells	D&T	28.21m

**800 Metres**

1	K Al-Abaidy	StA	2:05.3
2	T Barfoot	HPx	2:05.3
3	S Highfield	D&T	2:07.8
4	S Byrne	Har	2:09.1
5	E Shepherd	HPx	2:10.0
6	O Glyn	D&T	2:13.6

**100 Metres Hurdles**

1	R Sackey	HPx	15.7
2	P Spicer	SNH	20.2

**1500m Steeplechase**

1	G Bennett	D&T	5:02.2
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**High Jump**

1	P Spicer	SNH	1.60m
2	D Gardner	SNH	1.55m

**Pole Vault**

1	D Gardner	SNH	3.60m
2	C Winters	SNH	3.50m
3	S Clark	D&T	3.40m
4	T Warner	HPx	3.10m

**Long Jump**

1	K Moss	StA	6.17m/3.3
2	R Gayler	SBH	5.81m/3.8
3	C Winters	SNH	5.74m/2.2

**Triple Jump**

1	K Moss	StA	13.29m/nwi
2	D Gardner	SNH	11.89m/nwi

**Shot**

1	R Humphries	HPx	10.59m
2	M Birch	Lut	10.57m
3	C Line	D&T	10.34m
4	M Wadlow	D&T	9.83m
5	L Levy	SNH	9.83m

**Discus**

1	C Line	D&T	41.40m
2	M Wadlow	D&T	35.32m
3	R Humphries	HPx	34.87m
4	G Saroye	SNH	27.99m
5	L Levy	SNH	27.79m

**UNDER 20 MEN****100 Metres**

1	C Webb	SNH	11.2
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**200 Metres**

1	C Webb	SNH	22.7
2	J Rossini	D&T	24.1
3	B McGuinness	D&T	24.3

**400 Metres**

1	J Gaynor	HPx	51.8
2	J Rossini	D&T	52.0
3	D Munro	Manx	52.2
4	L Daniel	E&H	53.6
5	B McGuinness	D&T	56.4

**800 Metres**

1	B Parry	HPx	1:59.6
2	J Moss	SNH	1:59.7
3	L Walshe	HPx	2:01.2
4	C McKechnie	SNH	2:07.3

**5000 Metres**

1	M Salt	D&T	16:07.0 (CBP)
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**400 Metres Hurdles**

1	A Wing	HPx	57.9
2	D Munro	Manx	60.9

**SENIOR MEN****100 Metres**

1	T Tomu	SNH	10.9
2	R Harle	Che	11.2
3	M Collins	Lut	11.2
4	M Charles	Har	11.7
5	D Stephens	HBS	12.4

**200 Metres**

1	T Tomu	SNH	21.8
2	R Harle	Che	22.6
3	M Charles	Har	24.0

**400 Metres****Hammer**

1	R Humphries	HPx	48.95m
2	C Line	D&T	39.10m
3	L Levy	SNH	37.36m

**Javelin**

1	P Mackie	D&T	49.35m
2	J Bignell	D&T	47.83m
3	S Wake	HPx	41.66m
4	B Vernon-Hamilton	SNH	37.28m
5	J Howarth	StA	33.56m

3	L Daniel	E&H	61.1
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**High Jump**

1	J Hamilton	D&T	1.95m
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**Pole Vault**

1	M Williams	D&T	3.30m
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**Long Jump**

1	K Greenidge-Smith	Har	7.03m/2.2 (CBP)
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**Shot**

1	R Henney	Wat	10.14m
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**Discus**

1	A Ralph	StA	48.68m
2	S Watson	D&T	46.23m
3	R Henney	Wat	35.77m

**Hammer**

1	B Flash	D&T	48.95m
2	A Ralph	StA	41.64m

**Javelin**

1	J White	SNH	51.07m
2	J Constaniou	StA	50.24m
3	J Ranieri	Wat	46.81m
4	M Williams	D&T	37.18m

1	M Hamilton	HPx	50.7
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2	D Spike	HPx	53.1
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**800 Metres**

1	R Fowler	E&H	1:55.1
2	J Taylor	Bar	2:00.2

**5000 Metres**

1	I Johnston	Shet	15:46.6
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**110 Metres Hurdles**

1	Z Saucedo	E&H	14.9
2	S Wombwell	HPx	15.2
3	S Barnard	E&H	16.0

**400 Metres Hurdles**

1	Z Saucedo	E&H	54.7
2	A Dombey	Wat	55.5
3	S Wombwell	HPx	59.7

**3000m Steeplechase**

1	G Ramsay	Bar	10:50.9
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**High Jump**

1	E Harris	SNH	1.91m
2	L Pirie	SNH	1.90m
3	D Etheridge	Sale	1.85m

**Pole Vault**

1	L Cordell	D&T	3.60m
2	P Yeomans	Wat	3.40m

**Long Jump**

1	E Harris	SNH	6.46m/2.0
2	D Stephens	HBS	5.31m/2.0
3	A Pallett	Una	5.17m/4.5
4	D Spike	HPx	4.57m/0.6

**Triple Jump**

1	A Pallett	Una	9.98m/nwi
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**Shot**

1	P Yeomans	Wat	9.02m
2	D Lipscomb	Serp	8.76m
3	T Saunders-Mullins	Wat	8.48m

**Discus**

1	D Lipscomb	Serp	27.28m
2	P Yeomans	Wat	22.67m

**Hammer**

1	T Saunders-Mullins	Wat	26.64m
2	D Lipscomb	Serp	21.01m

**Javelin**

1	N Mclellan	SNH	68.92m
2	T Ratcliffe	D&T	55.76m
3	M Stoker	SBH	49.89m