

HERTS ASSOCIATION OF ATHLETIC & RUNNING CLUBS

OPEN MEETING - MONDAY, 4 MAY 2009 AT STEVENAGE

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|--------------------|--------------|-----------------|----------|--------|---------|
| Senior Men | 100m | Tonderai Tomu | SNH | 11.3 | |
| | | Kenny Howard | HPX | 11.8 | |
| | | James Sleigh | Leeds | 12.3 | |
| | | Les Winters | SNH | 14.2 | |
| | 200m | Tonderai Tomu | SNH | 22.3 | |
| | 400m | Kenny Howard | HPX | 52.5 | |
| | 800m | Martin Bigg | SBH | 2:06.5 | |
| | 110H | Stephen Barnard | E&H | 16.8 | |
| | HJ | Laurie Pirie | SNH | 1.90m | |
| | | Elior Harris | SNH | 1.80m | |
| | | David Etheridge | Sale | 1.80m | |
| | | Barry Mainstone | SNH | 1.50m | |
| | SP | Richard Reeks | B'mouth | 11.39m | |
| | | James Sleigh | Leeds | 10.53m | |
| | DT | Richard Reeks | B'mouth | 36.86m | |
| | | James Sleigh | Leeds | 34.26m | |
| | JT | Richard Reeks | B'mouth | 44.72m | |
| Veteran Men | 100m | Fausto Furlotti | M40 | SNH | 12.4 |
| | | Julian Smith | M40 | SCVAC | 12.8 |
| | | Nick Lauder | M35 | E&H | 13.0 |
| | 200m | Nick Lauder | M35 | E&H | 25.8 |
| | | Julian Smith | M40 | SCVAC | 26.8 |
| | 5000m | Simon Bell | M40 | FVS | 16:52.3 |
| | | Paul Nation | M35 | unatt | 18:20.4 |
| | 3kWalk | Mark Wall | M50 | Leics | 14:40.4 |
| | | David Ainsworth | M60 | Ilf | 21:09.8 |
| | PV | Simon Eastwood | M40 | BED | 3.30m |
| | JT | David Lipscomb | M40 | SERP | 23.23m |
| U20 Men | 100m | Jordan Warner | SBH | 11.6 | |
| | | Ben McGuinness | D&T | 12.5 | |
| | | Felix Casey | LUT | 12.8 | |
| | | Tom Vince | BAR | 12.9 | |
| | | Simon Harris | FVS | 15.4 | |
| | 200m | Jordan Warner | SBH | 23.2 | |
| | | Ben McGuinness | D&T | 24.9 | |
| | | Simon Harris | FVS | 31.8 | |
| | 400m | David Munro | Oaklands | 51.5 | |
| | | Ben Parry | HPX | 54.4 | |
| | | Tom Vince | BAR | 55.9 | |
| | 800m | Thomas Carson | Bolton | 2:00.5 | |
| | 110H | Ben Gregory | VoA | 15.3 | |
| | 400H | David Munro | Oaklands | 60.2 | |
| | HJ | Ben Gregory | VoA | 1.75m | |
| | | Ben Gregory | VoA | 4.60m | |
| | PV | Matt Devereux | BED | 4.40m | |
| | LJ | Tom Vince | BAR | 5.66m | |
| | | Simon Harris | FVS | 3.58m | |
| | SP | Ashley Ralph | WAT | 12.43m | |
| Simon Harris (4k) | | FVS | 5.52m | | |
| DT | Steve Watson | D&T | 48.13m | | |
| | Ashley Ralph | WAT | 46.28m | | |

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| U17 Men | 100m | Billy Vernon-Hamilton | SNH | 12.2 | | |
| | | Lewis Keeble | SNH | 12.4 | | |
| | | Mustafa Moroglu | HPX | 12.6 | | |
| | | Mahmood Niqaush | D&T | 13.3 | | |
| | 200m | Louis Keeble | SNH | 24.5 | | |
| | | Mustafa Moroglu | HPX | 25.5 | | |
| | | Mahmood Niqaush | D&T | 26.1 | | |
| | | Tom Kinsella | SNH | 27.1 | | |
| | 800m | Alex Cloona | HPX | 2:18.9 | | |
| | 100H | Laurence Levy | SNH | 20.0 | | |
| | HJ | Daniel Gardner | SNH | 1.55m | | |
| | PV | Tim Warner | HPX | 3.10m | | |
| | LJ | Daniel Gardner | SNH | 5.60m | | |
| | SP | Laurence Levy | SNH | 8.69m | | |
| DT | Laurence Levy | SNH | 27.45m | | | |
| JT | Joshua Bignell | D&T | 47.52m | | | |
| | Billie Vernon-Hamilton | SNH | 35.59m | | | |
| U15 Boys | 100m | Liam Vooght | SNH | 12.7 | | |
| | | Peter De'Ath | SNH | 12.9 | | |
| | | William Ridgway | SNH | 14.1 | | |
| | | Saroye Vishal | SNH | 14.9 | | |
| | | Cameron Boyne | SNH | 15.4 | | |
| | 200m | Peter De'Ath | SNH | 26.0 | | |
| | | Stephen Brown | SNH | 30.6 | | |
| | 800m | Ben Whitney | Chil | 2:23.3 | | |
| | | William Ridgway | SNH | 2:38.6 | | |
| | PV | Jake Devereux | BED | 2.90m | | |
| U13 Boys | 100m | David Spicer | SNH | 15.4 | | |
| | | Charlie Murchison | BAR | 15.6 | | |
| | | Will Pritchard | SNH | 16.1 | | |
| | | Jake Hall | SNH | 16.6 | | |
| | | Samuel Hall | SNH | 17.7 | | |
| | | Ben Barber | SNH | 20.4 | | |
| | 200m | Nathan Gardner | SNH | 32.0 | | |
| | | Matthew Mardle | SNH | 32.9 | | |
| | | Jake Hall | unatt | 36.1 | | |
| | 800m | Samuel Hall | SNH | 37.5 | | |
| | | Matthew Mardle | SNH | 2:44.7 | | |
| | 75H | Nathan Gardner | SNH | 2:57.8 | | |
| | | David Spicer | SNH | 16.4 | | |
| | Junuja Ziddan | SNH | 16.7 | | | |
| Senior Women | 200m | Natalie Farman | HPX | 28.0 | | |
| | 800m | Ella Fisher | B&B | 2:22.3 | | |
| | 100H | Natalie Farman | HPX | 16.5 | | |
| | 400H | Emma Kavanagh | HPX | 68.9 | | |
| | PV | Louise Shortland | SNH | 3.60m | | |
| | | Jemma Harding | BED | 3.30m | | |
| | DT | Louise Capicotto | WAT | 26.41m | | |
| Veteran Women | 3kWalk | Helen Middleton | W40 | E&H | 17:04.5 | |
| | | Maree Jesson | W35 | N'hampton | 20:26.7 | |
| | | Sue Rey | W50 | Leics | 20:42.3 | |
| U20 Women | 100m | Bunmi Awokoya | SNH | 12.8 | | |
| | | Francesca Bennett | B&H | 13.6 | | |
| | 200m | Deborah Willis | HPX | 27.3 | | |
| | | Rebecca Hore | HPX | 28.2 | | |

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| | 400m | Lucy James | BED | 57.0 |
| | 800m | Martha Reynolds | WSEH | 2:20.2 |
| | 100H | Francesca Bennett | B&H | 15.7 |
| | | Emily Stevens | HPX | 16.9 |
| | 400H | Abigail Lambden | SBH | 67.0 |
| | PV | Jessica Barber | SNH | 1.90m |
| | DT | Joanna Botwright | WSEH | 34.99m |
| | JT | Katie Grehan | HPX | 39.95m |
| U17 Women | 800m | Laura Brown | D&T | 2:27.1 |
| | 80H | Anne Rees | SNH | 13.8 |
| | 300H | Hannah Lloyd | HPX | 46.6 |
| | | Chloe Vernon-Hamilton | SNH | 49.4 |
| | 400H | Claire Ward | SNH | 76.1 |
| | HJ | Charlotte Malton | Chelm | 1.60m |
| | | Anne Rees | SNH | 1.50m |
| | | Claire Ward | SNH | 1.40m |
| | | Tillie Farman | SNH | 1.25m |
| | PV | Tillie Farman | SNH | 2.10m |
| | | Claire Ward | SNH | 1.72m |
| | SP | Chloe Vernon-Hamilton | SNH | 9.29m |
| | | Becky Knapp | SNH | 7.72m |
| | | Jude Barber | SNH | 6.40m |
| | DT | Becky Knapp | SNH | 28.18m |
| | JT | Chloe Vernon-Hamilton | SNH | 31.77m |
| | | Jade Barber | SNH | 14.08m |
| U15 Girls | 100m | Martina Barber | SNH | 15.4 |
| | | Laura Feely | SNH | 15.7 |
| | 200m | Charlotte Wingfield | BAR | 25.7 |
| | | Renee Hector | SNH | 30.0 |
| | | Bethany Carter | BAR | 30.9 |
| | | Laura Feely | SNH | 33.0 |
| | 75H | Janet Browne | SNH | 12.9 |
| | DT | Renee Hector | SNH | 29.04m |
| | | Sophie Goddard | SNH | 21.35m |
| U13 Girls | 100m | Sophie Keeble | SNH | 14.0 |
| | | Hetty Rudman | BAR | 14.9 |
| | | Elena Cervi | SNH | 15.1 |
| | | Megan Nation | unatt | 15.3 |
| | | Louise Phillips | SNH | 15.4 |
| | | Kate McRoy | SNH | 15.7 |
| | | Amelia Liggett | D&T | 16.5 |
| | | Sarah Feely | SNH | 17.0 |
| | 200m | Sophie Keeble | SNH | 29.0 |
| | | Elena Cervi | SNH | 30.7 |
| | | Hetty Rudman | BAR | 31.1 |
| | | Danielle Murphy | unatt | 34.3 |
| | | Amelia Liggett | D&T | 35.5 |
| | | Olivia Hazell | unatt | 36.7 |
| | 800m | Elena Cervi | SNH | 2:53.4 |
| | | Melissa Doran | SNH | 2:55.6 |
| | 70H | Anna Young | HPX | 12.9 |
| | | Louise Phillips | unatt | 13.6 |
| | | Sarah Feely | SNH | 15.7 |
| | | Sophie Keeble | SNH | 16.6 |
| | | Danielle Murphy | unatt | 16.6 |
| | | Kate McRoy | SNH | 17.0 |
| | | Olivia Hazell | unatt | 19.3 |

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| U11 Boys | 80m | Ricardo James | unatt | 12.7 |
| | | Cameron Currie | HPX | 12.9 |
| | | Ben Stone | SNH | 12.9 |
| | | Joshua Kingsland | SNH | 12.9 |
| | | Wesley Brown | SNH | 14.2 |
| | | Will Liggett | unatt | 14.4 |
| | 600m | Ben Stone | SNH | 2:00.1 |
| | | Ricardo James | unatt | 2:00.2 |
| | | Cameron Currie | HPX | 2:07.5 |
| Joshua Kingsland | | SNH | 2:13.9 | |
| U11 Girls | 80m | Romilly Scutt | HPX | 12.7 |
| | | Alicia James | unatt | 13.1 |
| | | Molly Rackham | SNH | 14.0 |
| | | Alisha Levy | SNH | 14.0 |
| | | Lisa Barber | SNH | 14.2 |
| | | Isobel Manna | SNH | 14.6 |
| | | Dalia Nation | unatt | 14.7 |
| | 600m | Alicia James | unatt | 2:12.0 |
| | | Erin Breen | HPX | 2:18.1 |
| | | Alisha Levy | SNH | 2:22.1 |
| | | Molly Rackham | SNH | 2:24.2 |
| | | Isa Barber | SNH | 2:31.4 |