

**HERTFORDSHIRE INDOOR CHAMPIONSHIPS**  
**LEE VALLEY** **MARCH 7 2010**

**Senior men**

<b>60m</b>		<i>CBP Adam Daish 2008</i>		<i>7.08</i>	
	1	345 Mark Collins	SVAC		7.29
	2	347 Christopher Hamilton	D&T		7.31
	3	343 Stephern Barnard	E&H		7.35
	4	346 Elior Harfris	SNH		7.53
<b>200m</b>		<i>CBP Tonderai Tomu 2009</i>		<i>22.47</i>	
	1	348 Matt Hamilton	HPX		23.16
<b>400m</b>		<i>CBP Tonderai Tomu 2009</i>		<i>49.53</i>	
	1	348 Matt Hamilton	HPX		49.60
<b>800m</b>		<i>CBP Sam Poulton 2009</i>		<i>1.57.15</i>	
	1	353 Sam Poulton	SNHAC		2.01.73
<b>60m hurdles</b>		<i>CBP Zak Saucedo 2009</i>		<i>8.48</i>	
	1	343 Stephen Barnard	E&H		8.83
<b>High Jump</b>		<i>CBP Barry Mainstone 2007</i>		<i>1.60m</i>	
	1	346 Elior Harris	SNHAC		1.90 <b>CBP</b>
	2	352 Laurie Pirie	SNHAC		1.90
<b>Long Jump</b>		<i>CBP John Mayor 2007</i>		<i>5.28m</i>	
	1	346 Elior Harris	SNHAC		5.97 <b>CBP</b>
<b>Shot</b>		<i>CBP David Lipscombe 2007</i>		<i>9.06m</i>	
	1	351 David Lipscombe	Serp.		8.86
	2	355 Tim Saunders-Mullins	Wath		8.03

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**Under 20 men**

<b>60m</b>	<i>CBP Luke Crabb 2008</i>	<i>7.3(man)</i>		
	1 363 Antonio Infantino	SBH	7.11	<b>CBP</b>
	2 371 Cameron Webb	SNHAC	7.29	
<b>200m</b>	<i>CBP Tonderai Tomu 2007</i>	<i>22.82</i>		
	1 363 Antonio Infantino	SBH	22.60	<b>CBP</b>
	2 371 Cameron Webb	SNHAC	23.23	
	3 367 Keiron Moss	WSEH	23.84	
	4 366 Ben McGuinness	D&T	24.61	
	5			
<b>400m</b>	<i>CBP Cameron Webb 2008</i>	<i>51.59</i>		
	1 364 Lewis Keeble	SNHAC	51.44	<b>CBP</b>
	2 360 Luke Daniel	E&H	53.00	
	3 368 Benjamin Parry	HPX	53.41	
	4 370 Liam Thompson	B&D	53.60	
	5 357 Khalid Al-Abaidy	WSEH	54.78	
	6 366 Ben McGuinness	D&T	55.09	
<b>800m</b>	<i>CBP Shaun Collins 2008</i>	<i>2.01.27</i>		
	1 357 Khalid Al-Abaidy	WSEH	2.05.15	
	2 361 Tom Fallon	E&H	2.07.59	
<b>High Jump</b>	<i>CBP no previous competitors</i>			
	1 362 Jason Hamilton	D&T	2.03	<b>CBP</b>
<b>Pole Vault</b>	<i>CBP no previous competitors</i>			
	1 372 Connor Winters	SNHAC	4.00	<b>CBP</b>
<b>Long Jump</b>	<i>CBP Ian Simson 2007</i>	<i>6.41m</i>		
	1 372 Connor Winters	SNHAC	6.25	
	2 367 Keiron Moss	WSEH	5.96	
<b>Triple Jump</b>	<i>CBP Ian Simson 2007</i>	<i>13.02m</i>		
	1 365 Leo Lundgren	HPX	13.50	<b>CBP</b>
	2 367 Keiran Moss	WSEH	13.11	

**HERTFORDSHIRE INDOOR CHAMPIONSHIPS**  
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**Under 17 men**

**60m** *CBP Antonio Infantino 2007* 7.04

**Heat 1**

1	379 Robert Gaylor	SBH	7.32	Q
2	470 Joel Daramola	SNHAC	7.41	Q
3	390 Richard Sackey	HPX	7.47	q
4	397 Billie Vernon-Hamilton	SNHAC	7.56	q
5	377 Christian Gaddes	StAlb	7.84	
6	393 Frankie Smith	StAlb	8.23	

**Heat 2**

1	385 John Otugade	SBH	7.48	Q
2	373 Jake Awe	StAlb	7.50	Q
3	398 Liam Vooght	SNHAC	7.65	
4	374 George Burton	E&H	7.67	
5	403 Luke Yaxley	StAlb	7.68	
6	395 Jason Tang	StAlb	8.08	

**Final**

1	379 Robert Gaylor	SBH	7.26	
2	373 Jake Awe	StAlb	7.41	
3	470 Joel Daramola	SNHAC	7.46	
4	385 John Otugade	SBH	7.53	
5	397 Billie Vernon-Hamilton	SNHAC	7.66	

**200m** *CBP Antonio Infantino 2007* 22.55

**Heat 1**

1	376 Michael Edwards	E&H	23.94	Q
2	397 Billie Vernon-Hamilton	SNHAC	24.18	Q
3	384 Samuel Milner	HPX	24.40	q
4	374 George Burton	E&H	25.26	
5	393 Frankie Smith	StAlb	26.92	

**Heat 2**

1	373 Jake Awe	StAlb	23.97	Q
2	470 Joel Daramola	SNHAC	24.22	Q
3	396 Jordan Thomas	WSEH	24.54	q
4	403 Luke Yaxley	StAlb	25.15	

**Final**

1	373 Jake Awe	StAlb	23.53	
2	376 Michael Edwards	E&H	23.86	
3	470 Joel Daramola	SNHAC	24.16	
4	397 Billie Vernon-Hamilton	SNHAC	24.67	
5	396 Jordan Thomas	WSEH	24.98	

**400m** *CBP Nathan Wake 2007* 51.36

1	399 Simon Wake	HPX	51.97	
2	390 Richard Sackey	HPX	52.21	
3	386 Carl Palin	StAlb	52.21	
4	389 Jonathan Rendell	D&T	53.73	

**800m** *CBP Louis Walshe 2007* 2.04.48

1	381 Christopher Hilton	StAlb	2.04.20	<b>CBP</b>
2	391 Edward Shepherd	HPX	2.06.92	

**1500m** *CBP Khalid Al-Abaidy 2009* 4.30.27

1	391 Edward Shepherd	HPX	4.11.58	<b>CBP</b>
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**60m hurdles** *CBP Richard Sackey 2009* 9.09

1	377 Christian Gaddes	StAlb	8.78	<b>CBP</b>
2	378 Daniel Gardner	SNHAC	8.82	
3	403 Luke Yaxley	StAlb	8.87	
4	392 David Sisons	HPX	9.19	
5	395 Jason Tang	StAlb	10.01	

<b>High Jump</b>	<i>CBP Jason Hamilton 2007</i>	<i>1.93m</i>	
1	384 Samuel Milner	HPX	1.78
2	382 Lawrence Levy	SNHAC	1.75
3	394 Paul Spicer	SNHAC	1.70
<b>Pole Vault</b>	<i>CBP Connor Winters 2009</i>	<i>3.50m</i>	
1	378 Daniel Gardner	SNHAC	4.20 <b>CBP</b>
<b>Long jump</b>	<i>CBP Keiran Moss 2009</i>	<i>6.22m</i>	
1	380 Courtney Hart	D&T	6.32 <b>CBP</b>
2	379 Robert Gayler	SBH	6.29
3	378 Daniel Gardner	SNHAC	6.24
4	387 Bradley Pike	D&T	6.12
5	377 Christian Gaddes	StAlb	5.54
<b>Triple Jump</b>	<i>CBP Keiran Moss 2009</i>	<i>12.66m</i>	
1	387 Bradley Pike	D&T	13.04 <b>CBP</b>
2	389 Jonathan Rendell	D&T	11.66
3	397 Billie Vernon-Hamilton	SNHAC	11.33
<b>Shot</b>	<i>CBP Christopher Line 2009</i>	<i>10.03m</i>	
1	383 Christopher Line	D&T	9.94

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**LEE VALLEY** **MARCH 7 2010**  
**Under 15 boys**

<b>60m</b>	<i>CBP Robert Gaylor 2008</i>		<i>7.37</i>	
	1 404 Harry Chadwick	D&T		8.42
	2 407 Gareth Hallewell	SNHAC		8.45
<b>200m</b>	<i>CBP Luke Yaxley 2009</i>		<i>25.64</i>	
	1 405 Alex Curran	HPX		25.56 <b>CBP</b>
	2 407 Gareth Hallewell	SNH		28.38
<b>800m</b>	<i>CBP Christopher Hilton 2009</i>		<i>2.11.73</i>	
	1 406 Liam Dee	HPX		2.05.34 <b>CBP</b>
	2 408 Harvey O'Brart	WatH		2.12.71
<b>60m hurdles</b>	<i>CBP Christian Gaddes 2009</i>		<i>9.08</i>	
	404 Harry Chadwick	D&T		10.31

**HERTFORDSHIRE INDOOR CHAMPIONSHIPS  
LEE VALLEY MARCH 7 2010**

**Senior women**

<b>60m</b>	<i>CBP Helen Hooper 2007</i>		8.90	
	1 415 Joanna Richards	StAlb		8.00 <b>CBP</b>
<b>200m</b>	<i>CBP Helen Hooper 2007</i>		28.11	
	1 415 Joanna Richards	StAlb		27.55 <b>CBP</b>
	2			
<b>400m</b>	<i>CBP Christina Silva</i>		58.56	
	1 418 Nikki Silva	E&H		59.36
<b>800m</b>	<i>CBP Jasmine Forde 2008</i>		2.22.49	
	1 414 Pauline Michael	B&D		2.59.97
<b>1500m</b>	<i>CBP no previous competitors</i>			
	1 412 Jasmine Forde	SNHAC		5.17.59 <b>CBP</b>
	2 419 Claire Simm	SBH		5.28.71
<b>60mhurdles</b>	<i>CBP Natalie Farman 2009</i>		9.64	
	1 413 Hayley Kruse	HPX		9.90
<b>High Jump</b>	<i>CBP Hayley Kruse 2009</i>		1.60m	
	1 213 Hayley Kruse	HPX		1.61 <b>CBP</b>
<b>Pole Vault</b>	<i>CBP Louise Shortland 2009</i>		3.55m	
	1 417 Louise Shortland	SNHAC		3.50
	2 416 Sarka Robinson	D&T		3.10
<b>Long Jump</b>	<i>CBP Natalie Farman 2008</i>		5.04m	
	1 413 Hayley Kruse	HPX		4.64
<b>Triple Jump</b>	<i>CBP no previous competitors</i>			
	1 411 Danielle Currie	HPX		9.99 <b>CBP</b>
<b>Shot</b>	<i>CBP Laura Jones 2008</i>		10.30	
	1 413 Hayley Kruse	HPX		8.40

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**LEE VALLEY** **MARCH 7 2010**  
**Under 20 women**

<b>60m</b>	<i>CBP Charlotte Cullen 2009</i>	<i>7.99</i>		
	1 420 Charlotte Cullen	HPX		8.16
<b>200m</b>	<i>CBP Laura Wake 2009</i>	<i>25.10</i>		
	1 429 Emily Stevens	HPX		26.90
	2 430 Chloe Vernon-Hamilton	SNHAC		28.84
<b>400m</b>	<i>CBP Laura Wake 2008</i>	<i>58.51</i>		
	1 465 Deborah Willis	HPX		59.17
	2 421 Rebecca Hore	HPX		61.90
<b>800m</b>	<i>CBP Aoife Kelly 2009</i>	<i>2.20.57</i>		
	1 424 Hannah Lloyd	HPX		2.23.52
<b>60mhurdles</b>	<i>CBP Claire Humphries 2009</i>	<i>9.21</i>		
	1 422 Claire Humphries	HPX		8.81 <b>CBP</b>
	2 429 Emily Stevens	HPX		9.04
	3 426 Millie Phelan	HPX		9.75
	4 430 Chloe Vernon-Hamilton	SNHAC		9.95
<b>High Jump</b>	<i>CBP Moe Sasegbon 2009</i>	<i>1.65m</i>		
	1 428 Moe Sasegbon	SNHAC		1.75 <b>CBP</b>
<b>Pole Vault</b>	<i>CBP no previous competitors</i>			
	427 Anne Rees	SNHAC		nhr
<b>Long Jump</b>	<i>CBP Danielle Currie 2008</i>	<i>4.83m</i>		
	1 426 Millie Phelan	HPX		5.01 <b>CBP</b>
	2 430 Chloe Vernon-Hamilton	SNHAC		4.73
<b>Triple Jump</b>	<i>CBP Danielle Currie 2009</i>	<i>10.47m</i>		
	425 Charley Nightingale	SNHAC		njr
<b>Shot</b>	<i>CBP Charlotte Rose 2008</i>	<i>10.81m</i>		
	1 426 Millie Phelan	HPX		9.65
	2 427 Anne Rees	SNHAC		9.23

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<b>60m</b>	<i>CBP Bunmi Awokoya 2007</i>		<i>7.96</i>	
	1 448 Charlotte Wingfield	E&H		7.79 <b>CBP</b>
	2 431 Jatila Blake	D&T		7.98
	3 447 Danielle Town	D&T		8.23
	4 438 Shimaala Harewood	WatH		8.36
	5 443 Laura Owsler	StAlb		9.04
<b>200m</b>	<i>CBP Laura Wake 2007</i>		<i>25.75</i>	
	1 448 Charlotte Wingfield	E&H		25.85
	2 431 Jatila Blake	D&T		27.17
	3 444 Alice Rackham	SNHAC		27.92
	4 443 Laura Owler	StAlb		30.76
<b>800m</b>	<i>CBP Kate Barber 2009</i>		<i>2.27.78</i>	
	1 441 Catherine Mackintosh	StAlb		2.27.67 <b>CBP</b>
	2 440 Ella Lloyd	HPX		2.29.39
	3 433 Hannah Dewhurst	SNHAC		2.31.59
<b>1500m</b>	<i>CBP Laura Farrar 2009</i>		<i>5.01.68</i>	
	1 435 Laura Farrar	StAlb		4.58.75 <b>CBP</b>
<b>60mhurdles</b>	<i>CBP Helen van Kempen 2007</i>		<i>8.88</i>	
	1 445 Stephanie Rukin	StAlb		9.64
	2 432 Phillipps Bryant	D&T		10.52
	3 439 Polivia Harry	HPX		11.16
<b>High Jump</b>	<i>CBP Stephanie Gaynpr 2007</i>		<i>1.55m</i>	
	1 444 Alice Rackham	SNHAC		1.60 <b>CBP</b>
<b>Pole Vault</b>	<i>CBP Anne Rees 2009</i>		<i>3.00m</i>	
	1 434 Tillie Farman	SNHAC		2.40
<b>Long Jump</b>	<i>CBP Katie Caulfield 2008</i>		<i>5.52m</i>	
	1 443 Laura Owler	StAlb		3.83
	2 439 Olivia Harry	HPX		3.65
<b>Triple Jump</b>	<i>CBP Siobhan Meikle 2009</i>		<i>10.76m</i>	
	1 438 Sharmaala Harewood	WatH		10.96 <b>CBP</b>
	2 447 Danielle Townen	D&T		10.06
<b>Shot</b>	<i>CBP Charlotte Rose 2007</i>		<i>10.17m</i>	
	1 466 Sarah Miller	HPX		8.59
	2 442 Alix Smith	StAlb		7.42



**HERTFORDSHIRE INDOOR CHAMPIONSHIPS**  
**LEE VALLEY** **MARCH 7 2010**  
**Under 15 girls**

<b>60m</b>	<i>CBP Jodie Williams 2008</i>		<i>7.77</i>	
	1 455 Natasha Hadley	HPX		8.45
	2 458 Sophie Keeble	SNHAC		8.45
	3 452 Chelcie Gray	D&T		8.48
	4 462 Miwa Sykes	StAlb		8.90
<b>200m</b>	<i>CBP Charlotte Wingfield 2009</i>		<i>26.07</i>	
	1 462 Miwa Sykes	StAlb		29.53
	2 453 Megan Breen	HPX		29.84
<b>400m</b>	<i>CBP Alex Gates 2008</i>		<i>62.35</i>	
	1 451 Elena Cervi	SNHAC		66.82
	2 453 Megan Breen	HPX		68.95
<b>800m</b>	<i>CBP Keira Mooney 2009</i>		<i>2.20.16</i>	
	1 451 Elena Cervi	SNHAC		2.35.78
	2 450 Suzanne Bentley	WatH		2.37.83
	3 453 Megan Breen	HPX		2.39.88
	4 456 Jenna Hail	D&T		2.45.01
<b>1500m</b>	<i>CBP Laura Farrar 2008</i>		<i>5.09.22</i>	
	1 460 Charlotte Michael	B&D		5.20.53
<b>60mhurdles</b>	<i>CBP Alicia TynonMcEwan 2009</i>		<i>9.49</i>	
	1 449 Natalie Allen	HPX		9.20 <b>CBP</b>
	2 455 Natasha Hadley	HPX		9.91
	3 461 Laura Nofer	StAlb		10.57
	4 457 Joetta James	StAlb		10.96
	5 450 Suzanne Bentley	WatH		11.30
<b>High Jump</b>	<i>CBP Katie Caulfield 2007</i>		<i>1.60m</i>	
	1 458 Sophie Keeble	SNHAC		1.40
	2 450 Suzanne Bentley	WatH		1.20
<b>Long jump</b>	<i>CBP Jodie Williams 2008</i>		<i>5.03m</i>	
	1 454 Naimh Lawson	StAlb		4.14
	2 451 Elena Cervi	SNHAC		3.73
<b>Shot</b>	<i>CBP Sarah Miller 2008</i>		<i>9.18m</i>	
	1 455 Natasha Hadley	HPX		9.74 <b>CBP</b>
	2 459 Naimh Lawson	StAlb		7.55
	3 463 Alice Townend	StAlb		7.53
	4 452 Chelcie Gray	D&T		7.11