

HERTFORDSHIRE ASSOCIATION OF ATHLETIC AND RUNNING CLUBS TRACK & FIELD CHAMPIONSHIPS - Sunday 9 May 2010 at Watford

CLUB ABBREVIATIONS

Bar	Barnet & District AC
BWD	Borehamwood AC
Che	Chelmsford AC
Chil	Chiltern Harriers
D&T	Dacorum & Tring AC
E&H	Enfield & Haringey AC
FVS	Fairlands Valley Spartans
Har	Harrow AC
High	Highgate Harriers
HPx	Herts Phoenix AC
Lut	Luton United AC
NHS	North Herts Disability Squad
Oak	Oaklands College
SBH	Shaftesbury Barnet Harriers
Serp	Serpentine RC
Shet	Shettlestone Harriers
SNH	Stevenage & N Herts AC
StA	St Albans AC
StMS	St Michael's School
TVH	Thames Valley Harriers
Una	Unattached
VPTH	Victoria Park and Tower Hamlets AC
Wat	Watford Harriers
WSEH	Windsor, Slough, Eton and Hounslow AC

UNDER 13 GIRLS

100 Metres – Heat 1			w/s -1.6
1	Hannah Williams	HPx	14.62 Q
2	Olive Curran	Bar	15.00 Q
3	Catherine Brooks	StA	15.16 Q
4	Chloe Gibbs	D&T	15.58 q
5	Hannah Bartrip	D&T	16.35
6	Georgia Macken	BWD	21.97

100 Metres – Heat 2			w/s -1.7
1	Olivia Barfoot	HPx	15.53 Q
2	Phoebe Boyd	D&T	15.63 Q
3	Bethany Harley	SNH	15.75 Q
4	Lucy Franklin	Wat	16.20 q
5	Phoebe Durrant	D&T	16.38

100 Metres - Final			w/s -1.2
1	Hannah Williams	HPx	14.18
2	Olive Curran	Bar	14.96
3	Catherine Brooks	StA	14.99
4	Olivia Barfoot	HPx	15.22
5	Bethany Harley	SNH	15.50
6	Chloe Gibbs	D&T	15.61
7	Phoebe Boyd	D&T	15.78
8	Lucy Franklin	Wat	16.31

200 Metres			w/s -1.1
1	Antonia Croft	D&T	30.67
2	Olivia Barfoot	HPx	31.00
3	Bethany Harley	SNH	32.35
4	Phoebe Durrant	D&T	33.14
5	Hannah Bartrip	D&T	33.79

800 Metres			
1	Laura Edwards	StA	2:36.54
2	Hannah Morton	Chil	2:42.63
3	Naomi Baker	StA	2:47.59
4	Melissa Doran	SNH	2:50.89
5	Eleanor Metcalfe	D&T	2:54.56
6	Phoebe Boyd	D&T	2:57.55
7	Olive Curran	Bar	3:00.12
8	Erin Breen	HPx	3:05.49

70 Metres Hurdles			w/s -1.3
1	Millie Sandell	HPx	11.85
2	Jessica Robinson	D&T	13.38
3	Rebecca Pickard	SNH	13.53
4	Alicia James	StA	14.42
5	Alice Semark	HPx	14.58
6	Melissa Doran	SNH	14.69
7	Chloe Gibbs	D&T	14.89
8	Bryony Boone	D&T	16.64

High Jump			
1	Rebecca Pickard	SNH	1.25
2	Hannah Morton	Chil	1.25
3	Jessica Robinson	D&T	1.20
4	Kate McRoy	SNH	1.20
5	Bryony Boone	D&T	1.10

Long Jump			
1	Jessica Robinson	D&T	4.16/-0.4
2	Olive Curran	Bar	4.12/0.3
3	Catherine Brooks	StA	3.90/0.3
4	Rebecca Pickard	SNH	3.63/-0.4
5	Hannah Bartrip	D&T	3.29/-0.5
6	Phoebe Durrant	D&T	3.28/0.2
7	Bethany Harley	SNH	3.16/-0.4
8	Erin Breen	HPx	3.15/-0.5
9	Bryony Boone	D&T	2.00/-0.4

Shot			
1	Klaire Osuji	StM	8.35
2	Katy McRoy	SNH	6.32
3	Fiona McQuire	Wat	6.17
4	Catherine Brooks	StA	5.82

Discus			
1	Fiona McQuire	Wat	18.18
2	Melissa Doran	SNH	17.24
3	Phoebe Boyd	D&T	13.20

Javelin			
1	Fiona McQuire	Wat	15.87

UNDER 15 GIRLS

100 Metres – Heat 1			w/s -1.4
1	Natashia Hadley	HPx	13.37 Q
2	Megan Smith	D&T	13.44 Q
3	Chelcie Gray	D&T	13.92 Q
4	Miwa Sykes	StA	14.49 q
5	Emma Clarke	StA	14.60
6	Gemma Wells	D&T	15.78
7	Sophie Macken	BWD	16.73

100 Metres – Heat 2			w/s -2.2
1	Adunni Braithwaite	HPx	13.69 Q
2	Sophie Keeble	SNH	13.89 Q
3	Hetty Rudman	Bar	14.34 Q
4	Daizy Lee	HPx	14.49 q
5	Gabrielle Chester	Wat	14.49
6	Sarah Feely	SNH	16.31

100 Metres - Final			w/s --1.7
1	Natashia Hadley	HPx	13.32
2	Sophie Keeble	SNH	13.39
3	Adunni Braithwaite	HPx	13.51
4	Chelcie Gray	D&T	13.51
5	Hetty Rudman	Bar	14.02
6	Daizy Lee	HPx	14.32
7	Miwa Sykes	StA	14.42

200 Metres - Heat 1			w/s -1.0
1	Chelcie Gray	D&T	28.28 Q
2	Ellen Welsh	Bar	28.75 Q
3	Hetty Rudman	Bar	29.19 Q
4	Miwa Sykes	StA	29.43 q
5	Daizy Lee	HPx	29.80
6	Adunni Braithwaite	HPx	30.05
7	Gemma Wells	D&T	31.58

200 Metres - Heat 2			w/s -2.6
1	Sophie Keeble	SNH	28.08 Q
2	Alicia Tymon-McEwan	StA	28.20 Q
3	Gabrielle Chester	Wat	28.25 Q
4	Chloe Rixon	Wat	29.78 q
5	Emma Clarke	StA	29.98
6	Jenna Hail	D&T	30.40
7	Alice Townend	StA	31.36
8	Hannah Wardley	Chil	32.26

200 Metres - Final			w/s -1.3
1	Alicia Tymon-McEwan	StA	27.08
2	Sophie Keeble	SNH	27.78
3	Chelcie Gray	D&T	28.16
4	Miwa Sykes	StA	28.81
5	Ellen Welsh	Bar	28.81
6	Hetty Rudman	Bar	28.88
7	Chloe Rixon	Wat	29.37

300 Metres			
1	Elena Cervi	SNH	45.37
2	Suzanne Bentley	Wat	46.36
3	Chelcie Gray	D&T	46.95
4	Rebecca Rolfe	D&T	47.23
5	Megan Breen	HPx	47.97
6	Lydia Herridge	Bar	50.06

800 Metres			
1	Emily Ruane	HPx	2:21.00
2	Danni Newman	SBH	2:22.34
3	Natalie Connor	SBH	2:25.45
4	Niamh Quinn	StA	2:35.40
5	Chloe Dearman	Wat	2:41.23
6	Pippa Bailey	StA	2:42.69
7	Megan Breen	HPx	2:43.16
8	Hannah Wardley	Chil	2:44.67
DQ	Bethany Carter	SBH	

75 Metres Hurdles – Heat 1			w/s -3.0
1	Alicia Tymon-McEwan	StA	11.90 Q
2	Katy Walker	HPx	13.69 Q
3	Anna Young	HPx	13.75 Q
4	Suzanne Bentley	Wat	13.88 q
5	Joetta James	StA	14.49
6	Sarah Feely	SNH	15.95

75 Metres Hurdles – Heat 2			w/s -2.3
1	Natalie Allen	HPx	11.84 Q
2	Natashia Hadley	HPx	12.41 Q
3	Laura Nofer	StA	14.12 Q
4	Lily Guest	D&T	14.32 q
5	Emmy Ward	SNH	15.21
6	Shannon Rapacchi	SNH	15.42

75 Metres Hurdles - Final			w/s -2.2
1	Alicia Tymon-McEwan	StA	11.34
2	Natalie Allen	HPx	11.56
3	Natashia Hadley	HPx	12.28
4	Suzanne Bentley	Wat	13.47
5	Katy Walker	HPx	13.57
6	Anna Young	HPx	13.66
7	Laura Nofer	StA	13.67
8	Lily Guest	D&T	13.91

High Jump			
1	Megan Smith	D&T	1.65 CBP
2	Sophie Keeble	SNH	1.40
3	Ellen Welsh	Bar	1.30
4	Shannon Rapacchi	SNH	1.25
5	Alice Townend	StA	1.25
6	Emmy Ward	SNH	1.20

Pole Vault
No entries

Long Jump			
1	Alicia Tymon-McEwan	StA	4.87/-0.2
2	Emma Clarke	StA	4.31/0.2
3	Rebecca Rolfe	D&T	4.29/-0.3
4	Daizy Lee	HPx	4.25/0.4
5	Hetty Rudman	Bar	4.18/-0.1
6	Chloe Rixon	Wat	4.08/-0.5
7	Hannah Wardley	Chil	3.67/0.8
8	Jenna Hail	D&T	3.64/0.2
9	Elena Cervi	SNH	3.59/0.2
10	Gemma Wells	D&T	3.09/0.9

Triple Jump
No entries

Shot			
1	Melissa Hadley	HPx	10.13
2	Alice Townend	StA	9.34
3	Ellie Hawkins	HPx	7.87
4	Sophie Macken	BWD	6.96
5	Elizabeth Winsala	D&T	6.85

Discus			
1	Kimberley Osuji	Har	25.60
2	Ellie Hawkins	HPx	24.28
3	Jenna Hail	D&T	12.01

Hammer			
1	Emily Evans	SNH	29.16

Javelin			
1	Suzanne Bentley	Wat	19.66
2	Shannon Rappachi	SNH	19.57
3	Kirsty Bateman Foley	SNH	18.62
4	Bonnie Wilde	StA	15.30

UNDER 17 WOMEN

100 Metres		w/s -2.0	
1	Jodie Williams	HPx	11.93 CBP
2	Charlotte Wingfield	E&H	12.72
3	Frances Slater	HPx	13.02
4	Jaikilo Reavill-Blake	D&T	13.20
5	Philippa Mills	D&T	13.75
6	Ayo Awokoya	SNH	13.76
7	Laura Owler	StA	14.84

200 Metres		w/s -1.7	
1	Jodie Williams	HPx	24.1 (m)
2	Charlotte Wingfield	E&H	25.64
3	Frances Slater	HPx	26.21
4	Alice Rackham	SNH	28.08
5	Esther Pickering	SBH	28.51
6	Temi Fajobi	SNH	28.83
7	Laura Owler	StA	30.97

400 Metres			
1	Megan Steer	StA	59.72 CBP
2	Aby Griffiths	HPx	61.22
3	Ella Lloyd	HPx	61.77
4	Helena Page	HPx	64.99
5	Charlotte Baird	SNH	66.79

800 Metres			
1	Elizabeth Bird	HPx	2:17.78
2	Megan Steer	StA	2:18.29
3	Laura Farrar	StA	2:21.77
4	Hannah Dewhurst	SNH	2:23.57
5	Catherine Mackintosh	StA	2:23.76
6	Kate Barber	Bar	2:27.39
7	Sarah Grover	D&T	2:29.74
8	Alex Eykelbosch	D&T	2:29.78
9	Hannah Hull	StA	2:30.01
DNF	Sophie Morris	D&T	

80 Metres Hurdles		w/s -0.5	
1	Claire Ward	SNH	13.03
2	Hannah Earnshaw	Wat	14.52

300 Metres Hurdles			
1	Claire Ward	SNH	50.34

High Jump			
1	Kate Jones	StA	1.60
2	Alice Rackham	SNH	1.60
3	Sarah Grover	D&T	1.40

Pole Vault			
1	Hannah Earnshaw	Wat	2.10

Long Jump			
1	Laura Owler	StA	3.86/-0.1
2	Laura Feely	SNH	3.38/-1.5

Triple Jump			
1	Hannah Earnshaw	Wat	8.92/-0.1
2	Ellie Montgomery	HPx	8.41/0.2

Shot			
1	Sarah Miller	HPx	8.87
2	Alix Smith	StA	8.31

Discus			
1	Renee Hector	SNH	35.09
2	Sarah Miller	HPx	29.60
3	Sophie Goddard	SNH	21.74

Hammer			
1	Sophie Goddard	SNH	29.83
2	Laura Feely	SNH	24.20

Javelin			
1	Abi Wilde	StA	32.12
2	Sarah Miller	HPx	31.41
3	Claire Ward	SNH	25.45

SENIOR & UNDER 20 WOMEN

100 Metres		w/s -0.8	
1	Lauren Thompson U20	HPx	12.70
2	Hayley-Jane Cone	TVH	12.82
3	Claire Humphries U20	HPx	12.82
4	Joanna Richards	StA	12.83
5	Rebecca Wilcock	Wat	13.33

200 Metres		w/s -1.5	
1	Emily Stevens U20	HPx	26.12
2	Joanna Richards	StA	27.19
3	Abigail Holman U20	Har	27.57

400 Metres			
1	Deborah Willis U20	HPx	58.26

800 Metres			
1	Philippa Lowe U20	Har	2:19.12
2	Sian Harry U20	HPx	2:20.59
3	Claire Simm	SBH	2:27.42

4	Frances Roberts	D&T	2:34.62
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5000 Metres

No entries

100 Metres Hurdles		w/s -0.6	
1	Claire Humphries U20	HPx	14.73 CPP
2	Lauren Thompson U20	HPx	15.21
3	Natacha Lee U20	D&T	17.07
4	Anne Rees U20	SNH	17.48

400 Metres Hurdles			
1	Hannah Lloyd U20	HPx	65.38
2	Rebecca Hore U20	HPx	69.92
3	Rachel Bentley U20	Wat	74.30
4	Sarah Stanton	E&H	79.59

2000m Steeplechase			
1	Victoria Walker U20	SBH	7:48.85 CBP

High Jump

1	Moe Sasegbon U20	SNH	1.75 CBP
2	Jenny Hutchings U20	HPx	1.60

Pole Vault

1	Louise Shortland	SNH	3.50
2	Natasha Brunning	D&T	2.80
3	Sue Yeomans	Wat	2.40
4	Louise Kelley	Wat	2.20
	Anne Rees U20	SNH	nht

Long Jump

1	Jenny Pacey	WSEH	6.06/-0.8 CBP
2	Katie Caulfield U20	HPx	5.42/0.3
3	Natasha Brunning	D&T	5.07/-0.9
4	Hayley-Jayne Cone	TVH	4.97/1.0
5	Anne Rees U20	SNH	4.96/0.8

Triple Jump

1	Natasha Brunning	D&T	10.98/1.0
2	Abigail Holman U20	Har	10.47/0.8
3	Danielle Currie	HPx	10.27/-0.2
4	Charley Nightingale U20	SNH	9.95/0.3
5	Bethan Scanes U20	SNH	9.55/0.9
6	Rachel Bentley	Wat	8.61/1.1

Shot

1	Shelley Mabert	SNH	10.47
2	Hannah Bright U20	Oak	10.29
3	Chloe Vernon-Hamilton U20	SNH	9.60
4	Louise Kelly	Wat	8.22

Discus

1	Beccy Knapp U20	SNH	25.20
2	Hannah Bright U20	Oak	24.90

Hammer

1	Beccy Knapp U20	SNH	42.86
2	Eve Miller	HPx	32.42
3	Loren Scanes	SNH	30.82

Javelin

1	Eloise Meakins U20	HPx	42.35 CBP
2	Katie Grehan U20	HPx	37.53
3	Rachel Bentley U20	Wat	21.21

UNDER 13 BOYS**100 Metres**

			w/s -2.4
1	Alex Brown	StA	14.59
2	Luke Bradley	D&T	14.82
3	Daniel Macey	D&T	15.28
4	Roberto Valeri	StA	15.62

200 Metres

1	Alex Brown	StA	30.72
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800 Metres

1	Jonty Wagerleigh	D&T	2:29.85
2	Louis Glyn	D&T	2:31.48
3	Thomas Milton	D&T	2:42.87
4	Daniel Macey	D&T	2:42.96
5	Jack Murphy	BWD	3:25.66

75 Metres Hurdles

			w/s -1.7
1	Hector Chadwick	D&T	15.45
2	Gregory Goddard	SNH	15.51

High Jump

1	Gregory Goddard	SNH	1.30
2	Callum Dungey	SNH	1.30
3	Roberto Valeri	StA	1.25
4	Nathan Gardner	SNH	1.20

Long Jump

1	Hector Chadwick	D&T	4.04/0.2
2	Nathan Gardner	SNH	3.97/0.4
3	Callum Dungey	SNH	3.88/-0.5
4	Thomas Milton	D&T	3.81/0.4
5	Roberto Valeri	StA	3.72/-0.5
6	Jack Murphy	BWD	2.65/0.4

Shot

1	Gregory Goddard	SNH	7.27
2	Alex Brown	StA	6.90

Discus

1	Josh Brown	D&T	19.26
2	Thomas Milton	D&T	17.19

Javelin

1	Aaron Dixon	BWD	19.74
	Josh Brown	D&T	ndr

UNDER 15 BOYS**100 Metres – Heat 1**

			w/s -1.5
1	Kim Sobotie	SNH	12.47 Q
2	Harry Kyriakou	Bar	12.53 Q
3	Harry Chadwick	D&T	13.94 Q
4	Bradley Salih	Wat	13.94 q

100 Metres – Heat 2

			w/s -1.7
1	Eliot Copperwhite	D&T	12.52 Q
2	Gareth Hallewell	SNH	13.58 Q
3	Liam Sulaman	Wat	13.58 Q
4	Jack Winter	D&T	14.30 q
5	Luca Valeri	StA	15.03

100 Metres - Final			w/s -2.1
1	Eliot Copperwhite	D&T	12.12
2	Harry Kyriakou	Bar	12.53
3	Kim Sobotie	SNH	12.58
4	Gareth Hallewell	SNH	13.52
5	Liam Sulaman	Wat	13.55
6	Bradley Salih	Wat	13.92
7	Jack Winter	D&T	14.15
8	Harry Chadwick	D&T	14.32

200 Metres			w/s -1.7
1	Eliot Copperwhite	D&T	24.42
2	Alex Curran	HPx	25.11
3	Kim Sobotie	SNH	25.44
4	Harry Kyriakou	Bar	25.63
5	Gareth Hallewell	SNH	27.29

400 Metres			
1	Liam Dee	HPx	55.64
2	Alex Curran	HPx	58.06

800 Metres			
1	Liam Dee	HPx	2:07.81
2	Harvey O'Brart	Wat	2:12.13
3	Ben Whitney	Chil	2:14.32
4	Nicholas Doyle	HPx	2:17.15
5	Corey Keane	Wat	2:24.69
6	Richard Metcalfe	D&T	2:30.80
7	Jasper Durrant	D&T	2:32.74
8	Matt Simpson	D&T	2:33.34
9	Thomas McLaughlin	SBH	2:34.10
10	Callum Harbour	D&T	2:48.85
11	Owen Lloyd	D&T	2:58.50

80 Metres Hurdles			nwi
1	Harry Chadwick	D&T	15.57
2	Jasper Durrant	D&T	15.83

High Jump			
1	Oliver Morris	D&T	1.65
2	Liam Sulaman	Wat	1.40
=3	James Weller	D&T	1.40
=3	Matthew Hall	Wat	1.40
5	David Spicer	SNH	1.40
6	Jasper Durrant	D&T	1.25

Pole Vault			
1	Ross Brightman	D&T	2.50
2	James Weller	D&T	2.30

Long Jump			
1	James Weller	D&T	4.41/-0.2
2	Luca Valeri	StA	4.34/0.6
3	Jack Winter	D&T	4.14/-1.6
4	Owen Lloyd	D&T	3.81/0.8

Triple Jump			
No entries			

Shot			
1	Matthew Mardle	SNH	7.45

Discus			
1	Kevin Brown	Wat	28.37
2	Matthew Mardle	SNH	23.07
3	Patrick Semark	HPx	20.30
4	David Spicer	SNH	19.39
5	Owen Lloyd	D&T	12.17

Hammer			
No entries			

Javelin			
1	Matthew Mardle	SNH	31.58
2	Tim Ashby	D&T	30.50
3	Patrick Semark	HPx	23.88

UNDER 17 MEN

100 metres - Heat 1			nwi
1	John Otugade	SBH	11.74 Q
2	Robert Gayler	SBH	11.81 Q
3	Billy Vernon-Hamilton	SNH	12.10 Q
4	George Burton	E&H	12.48 q
5	Jordan Ilyas	Wat	12.86

100 metres - Heat 2			w/s -3.4
1	Jake Awe	StA	11.85 Q
2	Ryan Pereira	D&T	12.35 Q
3	William Dean	StA	12.37 Q
4	Jack Noone	Wat	12.39 q

100 metres - Final			w/s -1.3
1	Jake Awe	StA	11.65
2	John Otugade	SBH	11.80
3	Billy Vernon-Hamilton	SNH	12.04
4	Ryan Pereira	D&T	12.22
5	William Dean	StA	12.38
6	George Burton	E&H	12.48
7	Jack Noone	Wat	12.54

200 Metres			w/s -0.2
1	Jake Awe	StA	23.28
2	Peter De'Ath	SNH	23.92
3	Michael Edwards	E&H	24.22
4	Ryan Pereira	D&T	24.25
5	Christian Gaddes	StA	24.59
6	William Dean	StA	24.90
7	George Burton	E&H	25.16

400 Metres			
1	Carl Palin	StA	49.61 CBP
2	Simon Wake	HPx	50.41
3	Richard Sackey	HPx	50.50
4	Jonathan Rendell	D&T	52.31
5	Jordan Thomas	WSEH	53.36
6	Peter De'Ath	SNH	53.39
7	Chris Hilton	StA	53.43

800 Metres

1	James McMurray	StA	1:57.63
2	Chris Hilton	StA	2:02.66
3	Janakan Rajkumar	Har	2:04.69
4	Edward Shepherd	HPx	2:06.21
5	Alex Cloona	HPx	2:06.83
6	Matt McLaughlin	SBH	2:08.33
7	Oliver Glyn	D&T	2:11.16
8	Ailton Raposo	BWD	2:56.27

100 Metres Hurdles

			w/s -1.0
1	Christian Gaddes	StA	14.51
2	David Sissons	HPx	14.64
3	Daniel Gardner	SNH	14.76
4	Thomas Neill	SBH	15.94
DQ	Jason Tang	StA	

400m Hurdles

No entries

1500m Steeplechase

1	Gregory Bennett	D&T	5:01.23
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High Jump

1	Laurence Levy	SNH	1.70
=2	Sam Evans	D&T	1.65
=2	Paul Spicer	SNH	1.65
4	Christian Gaddes	StA	1.65

Pole Vault

	Daniel Gardner	SNH	nht
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Long Jump

1	Daniel Gardner	SNH	6.25/nwi
2	Courtney Hart	D&T	6.05/0.4
3	Robert Gayler	SBH	6.02/0.3
4	Jordan Aikman	D&T	5.74/-1.7

Triple Jump

1	Bradley Pike	D&T	13.63/1.0
2	Jack Noone	Wat	11.33/0.2

Shot

1	Christopher Line	D&T	11.52
2	Joshua Pierterse	StA	10.80
3	Ed Rowbottom	HPx	10.03
4	Laurence Levy	SNH	9.64
5	Jamie Wells	D&T	9.16

Discus

1	Christopher Line	D&T	43.36
2	Ed Rowbottom	HPx	32.87
3	Jamie Wells	D&T	19.61

Hammer

1	Laurence Levy	SNH	44.02
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Javelin

1	Billie Vernon-Hamilton	SNH	41.68
2	Jamie Wells	D&T	29.13

UNDER 20 MEN**100 Metres**

			w/s -2.5
1	Antoe Walters	Oak	11.23
2	Cameron Webb	SNH	11.71
3	Lewis Keeble	SNH	11.78
4	Kwasi Adomakoh	Wat	11.89
5	Jack Rossini	D&T	13.23

200 Metres

			w/s -0.9
1	Antonio Infantino	SBH	22.55
2	Antoe Walters	Oak	22.64
3	Cameron Webb	SNH	22.75
4	Stefan Greenidge	Har	23.27
5	Kwasi Adomakoh	Wat	23.36
6	Jack Rossini	D&T	26.45

400 Metres

1	Lewis Keeble	SNH	51.08
2	Liam Thompson	Bar	51.63
3	Joshua Moss	WSEH	52.37
4	Jack Rossini	D&T	57.85
5	Jack Morris	Bar	58.69

800 Metres

1	David Wilson	HPx	1:57.85
2	Joshua Moss	WSEH	1:58.27
3	Khalid Al-Abaidy	WSEH	1:59.27
4	Benjamin Parry	HPx	1:59.81
5	Tom Barfoot	HPx	2:03.86
6	Tom Fallon	E&H	2:09.41

5000 Metres

No entries

110 Metres Hurdles

			w/s -1.2
1	Connor Winters	SNH	16.11
2	Miles Francois	D&T	16.71

400 Metres Hurdles

No starters

2000 Metres Steeplechase

No entries

High Jump

1	Jason Hamilton	D&T	1.90
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Pole Vault

1	Connor Winters	SNH	3.80
2	Matt Williams	D&T	3.40

Long Jump

1	Kadeem Greenidge-Smith	Har	6.94/-0.9
2	Connor Winters	SNH	6.42/nwi
3	Kieran Moss	WSEH	6.08/0.5

Triple Jump

1	Leo Lundgren	E&H	13.32/0.4
2	Kieran Moss	WSEH	12.73/0.2

Shot			
1	Michael Wadlow	D&T	9.85
Discus			
1	Steve Watson	WSEH	50.92 CBP
2	Ashley Ralph	StA	47.99
3	Michael Wadlow	D&T	32.33

Hammer			
1	Ben Montgomery	HPx	38.45

Javelin			
1	Ben Montgomery	HPx	50.33
2	Jorge Davis	D&T	47.82
3	Jonathan Constaniou	StA	44.96
4	Michael Wadlow	D&T	28.25

SENIOR MEN

100 Metres			
w/s -0.7			
1	Adam Daish	E&H	11.35
2	Ian Simson	D&T	11.47
3	Michael Ajibulu	HPx	11.49
4	Lewis Clarke	D&T	11.66
5	Stephen Barnard	E&H	11.78
6	Christopher Hamilton	D&T	11.96
7	Elior Harris	SNH	12.02
8	Craig Shearer	D&T	12.28

200 Metres			
w/s -1.5			
1	Adam Daish	E&H	22.77
2	Robert Harle	Che	23.07

400 Metres			
1	Matt Hamilton	HPx	49.60

800 Metres			
1	Rhys Fowler	E&H	2:07.80

5000 Metres			
1	Ian Johnston	Shet	16:08.53
2	Adam Searle	SNH	16:31.41

110 Metres Hurdles			
w/s -1.2			
1	Stephen Barnard	E&H	15.96
2	Pat Barrett	HPx	16.47

400 Metres Hurdles			
1	Pat Barrett	HPx	56.96
	DNF Neil Dodson	WSEH	
	DNF Alex Wing	VPTH	

3000m Steeplechase			
No starters			

High Jump			
1	Elior Harris	SNH	1.80m
2	Pat Barrett	HPx	1.75m
3	John Garner	D&T	1.65m

Pole Vault			
1	Pat Barrett	HPx	3.00

Long Jump			
1	Ian Simson	D&T	6.41/nwi
2	Pat Barrett	HPx	5.86/nwi
3	Elior Harris	SNH	5.80/0.3

Triple Jump			
1	Ian Simsont	D&T	12.80/0.2

Shot			
1	Pat Barrett	HPx	10.30
2	Tim Saunders-Mullins	Wat	8.59

Discus			
1	Witold Leonowicz	Una	37.61
2	Pat Barrett	HPx	33.57

Hammer			
1	Pat Barrett	HPx	30.98
2	Tim Saunders-Mullins	Wat	25.45

Javelin			
1	Neil McLellan	SNH	64.60
2	Pat Barrett	HPx	43.34
3	Aaron Hull	SNH	41.60

DISABILITY

100 Metres			
w/s -1.3			
Gold	Emily Fordham	U20W StA	15.47
Silver	Maria Verdeille	U15G SNH	20.24
Bronze	Dominic Hopkins	U15B HPx	17.32

200 Metres			
w/s -2.7			
Gold	Emily Fordham	U20W StA	32.75
Silver	Maria Verdeille	U15G SNH	43.64
Bronze	Dominic Hopkins	U15B HPx	36.35
4th	Josh Scarborough	U15B Wat	37.80

PALMER TROPHY

Herts Phoenix AC	34
Stevenage & North Herts AC	26
Dacorum and Tring AC	22
St Albans AC	17