

**HERTFORDSHIRE INDOOR CHAMPIONSHIPS**  
**LEE VALLEY**  
**Senior men**

**MARCH 6 2011**

|                  |               |                              |                   |              |            |
|------------------|---------------|------------------------------|-------------------|--------------|------------|
| <b>60m</b>       | <i>CBP</i>    | <i>Adam Daish</i>            | <i>E&amp;H</i>    | 7.08         | 2008       |
|                  | <b>Heat 1</b> |                              |                   |              |            |
|                  | 1             | 307 David Stephens           | Hor BS            | 7.95         |            |
|                  | 2             | 306 Uday Kumar               | Wat               | 8.26         |            |
|                  | 3             | 303 Mark Collins             | Lut               | DQ           |            |
|                  | <b>Heat 2</b> |                              |                   |              |            |
|                  | 1             | 301 Kwasi Adomakoh           | Wat               | 7.28         |            |
|                  | 2             | 309 Cameron Webb             | SNH               | 7.36         |            |
|                  | 3             | 308 Amon Warmann             | Wat               | 7.48         |            |
|                  | 4             | 302 Lewis Asan               | Wat               | 7.57         |            |
|                  | <b>Final</b>  |                              |                   |              |            |
|                  | 1             | 301 Kwasi Adomakoh           | Wat               | 7.25         |            |
|                  | 2             | 309 Cameron Webb             | SNH               | 7.30         |            |
|                  | 3             | 308 Amon Warmann             | Wat               | 7.48         |            |
|                  | 4             | 302 Lewis Asan               | Wat               | 7.51         |            |
|                  | 5             | 307 David Stephens           | Hor BS            | 8.01         |            |
|                  | 6             | 306 Uday Kumar               | Wat               | 8.20         |            |
|                  | disabled      | 304 Simon Harris             | FVS               | 9.37         | <b>T38</b> |
| <b>200m</b>      | <i>CBP</i>    | <i>Tonderai Tomu</i>         | <i>SNH</i>        | 22.47        | 2009       |
|                  | <b>Final</b>  |                              |                   |              |            |
|                  | <b>1</b>      | <b>305 Antonio Infantino</b> | <b>SBH</b>        | <b>22.04</b> | <b>CBP</b> |
|                  | 2             | 357 Glyn Hawkes              | Card              | 22.31        |            |
|                  | 3             | 308 Amon Warmann             | Wat               | 24.93        |            |
|                  | 4             | 356 Adam Driscoll            | D&T               | 25.26        |            |
|                  | 5             | 306 Uday Kumar               | Wat               | 26.05        |            |
|                  | 6             |                              |                   |              |            |
| <b>400m</b>      | <i>CBP</i>    | <i>Tonderai Tomu</i>         | <i>SNH</i>        | 49.53        | 2009       |
|                  | <b>1</b>      | <b>357 Glyn Hawkes</b>       | <b>Card</b>       | <b>49.10</b> | <b>CBP</b> |
|                  | 2             | 309 Cameron Webb             | SNH               | 52.60        |            |
|                  | 3             | 302 Lewis Asan               | Wat               | 55.17        |            |
|                  | 4             | 306 Uday Kumar               | Wat               | 59.02        |            |
| <b>High Jump</b> | <i>CBP</i>    | <i>Elior Harris</i>          | <i>SNH</i>        | 1.90         | 2010       |
| guest            |               | 411 Ashley Barker            | Chelt             | 1.90         |            |
| <b>Long Jump</b> | <i>CBP</i>    | <i>Elior Harris</i>          | <i>SNH</i>        | 5.97         | 2010       |
|                  | 1             | 307 David Stephens           | HorBS             | 4.82         |            |
| <b>Shot</b>      | <i>CBP</i>    | <i>David Lipscombe</i>       | <i>Serpentine</i> | 9.06         | 2007       |
|                  | <b>1</b>      | <b>410 Shaun Wall</b>        | <b>D&amp;T</b>    | <b>10.87</b> | <b>CBP</b> |
|                  | 2             | 408 David Lipscombe          | Serp              | 8.56         |            |

**HERTFORDSHIRE INDOOR CHAMPIONSHIPS**  
**LEE VALLEY**  
**under 20 men**

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|                   |            |                             |                |                    |             |
|-------------------|------------|-----------------------------|----------------|--------------------|-------------|
| <b>60m</b>        | <i>CBP</i> | <i>Antonio Infantino</i>    | <i>SBH</i>     | <i>7.11</i>        | <i>2010</i> |
|                   | 1          | 310 Shoquille Momah         | E&H            | 7.43               |             |
| <b>200m</b>       | <i>CBP</i> | <i>Antonio Infantino</i>    | <i>SBH</i>     | <i>22.60</i>       | <i>2010</i> |
|                   | 1          | 363 Andrew Walshe           | HPX            | 24.15              |             |
| <b>400m</b>       | <i>CBP</i> | <i>Lewis Keeble</i>         | <i>SNH</i>     | <i>51.44</i>       | <i>2010</i> |
|                   | <b>1</b>   | <b>364 Carl Palin</b>       | <b>St Alb</b>  | <b>51.21 CBP</b>   |             |
|                   | 2          | 366 Liam Thompson           | Barn           | 51.93              |             |
|                   | 3          | 365 Jonathan Rendall        | D&T            | 53.13              |             |
|                   | 4          | 361 Michael Edwards         | E&H            | DNS                |             |
| <b>800m</b>       | <i>CBP</i> | <i>Shaun Collins</i>        | <i>E&amp;H</i> | <i>2.01.27</i>     | <i>2008</i> |
|                   | <b>1</b>   | <b>369 Benjamin Parry</b>   | <b>HPX</b>     | <b>1.57.89 CBP</b> |             |
| <b>1500m</b>      | <i>CBP</i> | <i>Callum McKechnie</i>     | <i>SNH</i>     | <i>4.34.18</i>     | <i>2008</i> |
|                   | <b>1</b>   | <b>372 Khalid Al-Abaidy</b> | <b>WSEH</b>    | <b>4.09.81 CBP</b> |             |
| <b>60mH</b>       | <i>CBP</i> | <i>Zak Saucedo</i>          | <i>E&amp;H</i> | <i>8.40</i>        | <i>2008</i> |
|                   | 1          | 359 Daniel Gardner          | SNH            | 8.82               |             |
|                   | 2          | 360 David Sissons           | HPX            | 8.93               |             |
| <b>High Jump</b>  | <i>CBP</i> | <i>Jason Hamilton</i>       | <i>D&amp;T</i> | <i>2.03</i>        | <i>2010</i> |
|                   | 1          | 412 Sam Evans               | D&T            | 1.80               |             |
|                   | 2          | 414 Paul Spicer             | SNH            | 1.65               |             |
| <b>Pole Vault</b> | <i>CBP</i> | <i>Connor Winters</i>       | <i>SNH</i>     | <i>4.00</i>        | <i>2010</i> |
|                   | <b>1</b>   | <b>359 Daniel Gardner</b>   | <b>SNH</b>     | <b>4.40 CBP</b>    |             |
| <b>Long Jump</b>  | <i>CBP</i> | <i>Ian Simson</i>           | <i>D&amp;T</i> | <i>6.41</i>        | <i>2007</i> |
|                   | 1          | 359 Daniel Gardner          | SNH            | 6.10               |             |
| <b>Shot</b>       | <i>CBP</i> | <i>Ashley Ralph</i>         | <i>StAlb</i>   | <i>13.77</i>       | <i>2008</i> |
|                   | 1          | 371 Michael Wadlow          | D&T            | 10.20              |             |
|                   | 2          | 413 Chris Line              | D&T            | 9.94               |             |

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|             |               |                           |                |                    |             |
|-------------|---------------|---------------------------|----------------|--------------------|-------------|
| <b>60m</b>  | <i>CBP</i>    | <i>Antonio Infantino</i>  | <i>E&amp;H</i> | <i>7.04</i>        | <i>2007</i> |
|             | <b>Heat 1</b> |                           |                |                    |             |
|             | 1             | 322 Luke Yaxley           | St Alb         | 7.6                |             |
|             | 2             | 321 Liam Vooght           | SNH            | 7.6                |             |
|             | 3             | 312 Paul Dewey            | HPX            | 7.7                |             |
|             | 4             | 316 John Ilyas            | Wat            | 7.9                |             |
|             | <b>Heat 2</b> |                           |                |                    |             |
|             | 1             | 318 John Otugade          | SBH            | 7.4                |             |
|             | 2             | 319 Michael Sharp         | HPX            | 7.5                |             |
|             | 3             | 317 Cameron McKie         | St Alb         | 7.8                |             |
|             | 4             | 320 Liam Sulaman          | Wat            | 7.9                |             |
|             | <b>Final</b>  |                           |                |                    |             |
|             | 1             | 318 John Otugade          | SBH            | 7.26               |             |
|             | 2             | 322 Luke Yaxley           | St Alb         | 7.45               |             |
|             | 3             | 321 Liam Vooght           | SNH            | 7.65               |             |
|             | 4             | 312 Paul Dewey            | HPX            | 7.74               |             |
|             | 5             | 319 Michael Sharp         | HPX            | 7.83               |             |
|             | 6             | 317 Cameron McKie         | St Alb         | DNS                |             |
|             | disabled      | 313 Mitchell Dutton       | Wat            | 9.78               | <b>T37</b>  |
| <b>200m</b> | <i>CBP</i>    | <i>Antonio Infantino</i>  | <i>E&amp;H</i> | <i>22.55</i>       | <i>2007</i> |
|             | <b>Heat 1</b> |                           |                |                    |             |
|             | 1             | 318 John Otugade          | SBH            | 23.47 Q            |             |
|             | 2             | 322 Luke Yaxley           | St Alb         | 23.58 Q            |             |
|             | 3             | 320 Liam Sulaman          | Wat            | 26.81              |             |
|             | <b>Heat 2</b> |                           |                |                    |             |
|             | 1             | 321 Liam Vooght           | SNH            | 24.73 Q            |             |
|             | 2             | 312 Paul Dewey            | HPX            | 25.00 Q            |             |
|             | 3             | 319 Michael Sharp         | HPX            | 25.11 q            |             |
|             | 4             | 374 Daryl Lindo           | Wat            | 25.53 q            |             |
|             | <b>Final</b>  |                           |                |                    |             |
|             | 1             | 318 John Otugade          | SBH            | 23.25              |             |
|             | 2             | 322 Luke Yaxley           | St Alb         | 23.40              |             |
|             | 3             | 321 Liam Vooght           | SNH            | 24.45              |             |
|             | 4             | 319 Michael Sharp         | HPX            | 25.39              |             |
|             | 5             | 312 Paul Dewey            | HPX            | 25.41              |             |
|             | 6             | 374 Daryl Lindo           | Wat            | 25.71              |             |
| <b>400m</b> | <i>CBP</i>    | <i>Nathan Wake</i>        | <i>HPX</i>     | <i>51.36</i>       | <i>2007</i> |
|             | 1             | 377 Jordan Thomas         | WSEH           | 52.96              |             |
|             | 2             | 376 Alex Curran           | HPX            | 55.17              |             |
|             | 3             | 316 Jordan Ilyas          | St Alb         | 56.56              |             |
|             | 4             | 373 Jason Tang            | St Alb         | 57.03              |             |
|             | 5             | 375 Sean Baccas           | St Alb         | 60.51              |             |
| <b>800m</b> | <i>CBP</i>    | <i>Christopher Hilton</i> | <i>StAlb</i>   | <i>2.04.20</i>     | <i>2010</i> |
|             | <b>1</b>      | <b>378 Liam Dee</b>       | <b>HPX</b>     | <b>2.03.19 CBP</b> |             |
| <b>60mH</b> | <i>CBP</i>    | <i>Christian Gaddes</i>   | <i>StAlb</i>   | <i>8.78</i>        | <i>2010</i> |
|             | <b>1</b>      | <b>322 Luke Yaxley</b>    | <b>St Alb</b>  | <b>8.69 CBP</b>    |             |
|             | 2             | 317 Cameron McKie         | St Alb         | 9.46               |             |
|             |               | 373 Jason Tang            | St Alb         | dnf                |             |

|                    |            |                       |                |                 |             |
|--------------------|------------|-----------------------|----------------|-----------------|-------------|
| <b>High Jump</b>   | <i>CBP</i> | <i>Jason Hamilton</i> | <i>D&amp;T</i> | <i>1.93</i>     | <i>2007</i> |
|                    | 1          | 416 Tim Buckle        | unatt          | 1.80            |             |
|                    | 2          | 420 Adam Sarginson    | D&T            | 1.80            |             |
|                    | 3          | 418 David Perry       | St Alb         | 1.70            |             |
| <b>Long Jump</b>   | <i>CBP</i> | <i>Courtney Hart</i>  | <i>D&amp;T</i> | <i>6.32</i>     | <i>2010</i> |
|                    | 1          | 415 Jordan Aikman     | D&T            | 5.59            |             |
| <b>Triple jump</b> | <i>CBP</i> | <i>Bradley Pike</i>   | <i>D&amp;T</i> | <i>13.04</i>    | <i>2010</i> |
|                    | 1          | 417 Jack Noone        | Wat            | 12.02           |             |
|                    | 2          | 316 Jordan Ilyas      | Wat            | 10.30           |             |
| <b>Shot</b>        | <i>CBP</i> | <i>Chris Line</i>     | <i>D&amp;T</i> | <i>10.03</i>    | <i>2009</i> |
|                    | Disability | 313 Mitchell Dutton   | Wat            | 8.85 <b>F37</b> |             |
|                    | Disability | 419 Michael Pope      | Wat            | 7.72 <b>F40</b> |             |

**HERTFORDSHIRE INDOOR CHAMPIONSHIPS**  
**LEE VALLEY**  
**under 15 boys**

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|                    |            |                         |                |                 |             |
|--------------------|------------|-------------------------|----------------|-----------------|-------------|
| <b>60m</b>         | <i>CBP</i> | <i>Robert Gaylor</i>    | <i>SBH</i>     | <i>7.37</i>     | <i>2008</i> |
|                    | 1          | 340 Michael Forde       | E&H            | 7.42            |             |
|                    | 2          | 344 Kim Sobotie         | SNH            | 7.75            |             |
|                    | 3          | 343 Callum Scutt        | SBH            | 7.82            |             |
|                    | 4          | 341 Charlie Murchison   | Barn           | 8.54            |             |
|                    | disabled   | 338 Calum Briars        | SNH            | 9.56 <b>T13</b> |             |
| <b>200m</b>        | <i>CBP</i> | <i>Alex Curran</i>      | <i>HPX</i>     | <i>25.56</i>    | <i>2010</i> |
|                    | <b>1</b>   | <b>344 Kim Sobotie</b>  | <b>SNH</b>     | <b>24.2 CBP</b> |             |
|                    | 2          | 343 Callum Scutt        | SBH            | 25.1            |             |
|                    | 3          | 391 Jake Hitchcock      | D&T            | 27.0            |             |
|                    | 4          | 339 Harry Chadwick      | D&T            | 27.4            |             |
|                    | 5          | 341 Charlie Murchison   | Barn           | 27.97           |             |
| <b>400m</b>        | <i>CBP</i> | <i>Simon Wake</i>       | <i>HPX</i>     | <i>54.72</i>    | <i>2008</i> |
|                    | 1          | 391 Jake Hitchcock      | D&T            | 61.83           |             |
| <b>800m</b>        | <i>CBP</i> | <i>Liam Dee</i>         | <i>HPX</i>     | <i>2.05.34</i>  | <i>2010</i> |
|                    | <b>1</b>   | 394 Harvey O'Brart      | Wat            | 2.05.89         |             |
|                    | <b>2</b>   | 392 Corey Keane         | Wat            | 2.11.49         |             |
|                    | 3          | 393 Samuel Jones        | St Alb         | 2.19.74         |             |
| <b>60mH</b>        | <i>CBP</i> | <i>Christian Gaddes</i> | <i>StAlb</i>   | <i>9.08</i>     | <i>2009</i> |
|                    | <b>1</b>   | <b>342 Max Schopp</b>   | <b>SNH</b>     | <b>9.02 CBP</b> |             |
|                    | 2          | 390 Matthew Hall        | Wat            | 9.41            |             |
| <b>High Jump</b>   | <i>CBP</i> | <i>Christian Gaddes</i> | <i>StAlb</i>   | <i>1.65</i>     | <i>2009</i> |
|                    | 1          | 342 Max Schopp          | SNH            | 1.60            |             |
|                    | 2          | 390 Matthew Hall        | Wat            | 1.55            |             |
| <b>Pole Vault</b>  | <i>CBP</i> | <i>Daniel Gardner</i>   | <i>SNH</i>     | <i>3.20</i>     | <i>2008</i> |
|                    | 1          | 432 James Weller        | D&T            | 2.90            |             |
|                    | 2          | 431 Nathan Gardner      | SNH            | 2.50            |             |
| <b>Long Jump</b>   | <i>CBP</i> | <i>Robert Gaylor</i>    | <i>SBH</i>     | <i>6.23</i>     | <i>2008</i> |
|                    | 1          | 390 Matthew Hall        | Wat            | 5.19            |             |
|                    | 2          | 391 Jake Hitchcock      | D&T            | 4.42            |             |
|                    | disabled   | 338 Calum Briars        | SNH            | 3.22 <b>F13</b> |             |
| <b>Triple jump</b> | <i>CBP</i> | <i>Daniel Gardner</i>   | <i>SNH</i>     | <i>10.67</i>    | <i>2008</i> |
|                    | 1          | 431 Nathan Gardner      | SNH            | 9.57            |             |
| <b>Shot</b>        | <i>CBP</i> | <i>Chris Lime</i>       | <i>D&amp;T</i> | <i>10.93</i>    | <i>2008</i> |
|                    | disabled   | 338 Calum Briars        | SNH            | 6.51 <b>F13</b> |             |

# HERTFORDSHIRE INDOOR CHAMPIONSHIPS

LEE VALLEY

MARCH 6 2011

## Senior women

60m      *CBP*      *Joanna Richards*      *StAlb*      8.00      2010

1      324 Joanna Richards      StAlb      8.09

2      325 Louise Shortland      SNH      8.56

3      326 Rebecca Wilcock      Wat      DNF

Pole Vault      *CBP*      *Louise Shortland*      *SNH*      3.55      2009

**1      325 Louise Shortland      SNH      3.60 CBP**

2      421 Sarka Robinson      D&T      3.10

**3      422 Sue Yeomans      Wat      2.50**

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**under 20 women**

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|                    |            |                                         |                |                    |      |
|--------------------|------------|-----------------------------------------|----------------|--------------------|------|
| <b>60m</b>         | <i>CBP</i> | <i>Charlotte Cullen</i>                 | <i>HPX</i>     | 7.99               | 2009 |
|                    | <b>1</b>   | <b>328 Frances Slater</b>               | <b>HPX</b>     | <b>7.83 CBP</b>    |      |
|                    | 2          | 331 Joy Warmann                         | Wat            | 8.10               |      |
|                    | 3          | 329 Danielle Town                       | D&T            | 8.12               |      |
|                    | 4          | 330 Claire Ward                         | SNH            | 8.73               |      |
|                    | 5          | 327 Aimee Jones                         | SNH            | 8.85               |      |
| <b>200m</b>        | <i>CBP</i> | <i>Laura Wake</i>                       | <i>HPX</i>     | 25.10              | 2009 |
|                    | 1          | 331 Joy Warmann                         | Wat            | 27.25              |      |
|                    | 2          | 329 Danielle Town                       | D&T            | 27.62              |      |
| <b>400m</b>        | <i>CBP</i> | <i>Laura Wake</i>                       | <i>HPX</i>     | 58.51              | 2008 |
|                    | 1          | 381 Chelsea Shurland                    | Wat            | 65.18              |      |
| <b>800m</b>        | <i>CBP</i> | <i>Aoife Kelly</i>                      | <i>D&amp;T</i> | 2.20.57            | 2009 |
|                    | <b>1</b>   | <b>382 Laura Farrar</b>                 | <b>St Alb</b>  | <b>2.19.71 CBP</b> |      |
|                    | 2          | 383 Catherine Mackintosh                | St Alb         | 2.27.99            |      |
| <b>1500m</b>       | <i>CBP</i> | <i>Charlotte Davies</i>                 | <i>HPX</i>     | 4.59.72            | 2009 |
|                    | <b>1</b>   | <b>382 Laura Farrar</b>                 | <b>St Alb</b>  | <b>4.44.56 CBP</b> |      |
| <b>60mH</b>        | <i>CBP</i> | <i>Claire Humphries</i>                 | <i>HPX</i>     | 8.81               | 2010 |
|                    | 1          | 380 Chloe Vernon-Hamilton               | SNH            | 9.54               |      |
|                    | 2          | 330 Claire Ward                         | SNH            | 9.92               |      |
| <b>High Jump</b>   | <i>CBP</i> | <i>Moe Sasegbon</i>                     | <i>SNH</i>     | 1.75               | 2010 |
|                    | 1          | 425 Millie Phelan                       | SNH            | 1.50               |      |
|                    | 2          | 330 Claire Ward                         | SNH            | 1.45               |      |
| <b>Pole Vault</b>  | <i>CBP</i> | <i>no competitors in previous years</i> |                |                    |      |
|                    | <b>1</b>   | <b>426 Anne Rees</b>                    | <b>SNH</b>     | <b>3.50 CBP</b>    |      |
| <b>Long Jump</b>   | <i>CBP</i> | <i>Millie Phelan</i>                    | <i>HPX</i>     | 5.01               | 2010 |
|                    | <b>1</b>   | <b>426 Anne Rees</b>                    | <b>SNH</b>     | <b>5.16 CBP</b>    |      |
|                    | 2          | 425 Millie Phelan                       | SNH            | 4.90               |      |
| <b>Triple Jump</b> | <i>CBP</i> | <i>Danielle Currie</i>                  | <i>HPX</i>     | 10.47              | 2008 |
|                    | <b>1</b>   | <b>423 Abi Holman</b>                   | <b>Harr</b>    | <b>11.21 CBP</b>   |      |

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|                    |            |                             |                |                    |      |
|--------------------|------------|-----------------------------|----------------|--------------------|------|
| <b>60m</b>         | <i>CBP</i> | <i>Charlotte Wingfield</i>  | <i>E&amp;H</i> | 7.79               | 2010 |
|                    | 1          | 337 Charlotte Wingfield     | E&H            | 7.83               |      |
|                    | 2          | 333 Yasmin Lakin            | SBH            | 8.17               |      |
|                    | disabled   | 334 Wendy Southam           | Wat            | 11.86 <b>T13</b>   |      |
|                    | disabled   | 335 Maria Verdeille         | SNH            | 11.99 <b>T35</b>   |      |
| <b>200m</b>        | <i>CBP</i> | <i>Laura Wake</i>           | <i>HPX</i>     | 25.75              | 2007 |
|                    | 1          | 337 Charlotte Wingfield     | E&H            | 25.77              |      |
|                    | 2          | 386 Georgia Willan          | HPX            | 29.45              |      |
| <b>400m</b>        | <i>CBP</i> | <i>Deborah Willis</i>       | <i>HPX</i>     | 60.68              | 2008 |
|                    | 1          | 388 Ella Lloyd              | HPX            | 62.71              |      |
|                    | 2          | 387 Chelcie Gray            | D&T            | 64.86              |      |
| <b>800m</b>        | <i>CBP</i> | <i>Catherine Mackintosh</i> | <i>STAlb</i>   | 2.27.67            | 2010 |
|                    | 1          | 389 Harriet Clifford        | SBH            | 2.35.52            |      |
| <b>60mH</b>        | <i>CBP</i> | <i>Helen van Kempen</i>     | <i>HPX</i>     | 8.88               | 2007 |
|                    | 1          | 384 Natalie Allen           | HPX            | 9.13               |      |
|                    | 2          | 385 Melanie Grigg           | HPX            | 9.89               |      |
|                    | 3          | 386 Georgia Wiiiian         | HPX            | 10.10              |      |
|                    | 4          | 332 Lauren Dewar            | St Alb         | 10.20              |      |
| <b>High Jump</b>   | <i>CBP</i> | <i>Alice Rackham</i>        | <i>SNH</i>     | 1.60               | 2010 |
|                    | <b>1</b>   | <b>430 Alice Rackham</b>    | <b>SNH</b>     | <b>1.60 . =CBP</b> |      |
|                    | 2          | 429 Kate Jones              | St Alb         | 1.55               |      |
|                    | 3          | 428 Jodie Haines            | St Alb         | 1.40               |      |
| <b>Long Jump</b>   | <i>CBP</i> | <i>Katie Caulfield</i>      | <i>HPX</i>     | 5.52               | 2008 |
|                    | 1          | 333 Yasmin Lakin            | SBH            | 4.70               |      |
|                    | 2          | 332 Lauren Dewar            | St Alb         | 4.18               |      |
| <b>Triple Jump</b> | <i>CBP</i> | <i>Shimaala Harewood</i>    | <i>WAT</i>     | 10.96              | 2010 |
|                    | 1          | 333 Yasmin Lakin            | SBH            | 10.77              |      |
|                    | 2          | 427 Sacha Dowling           | HPX            | 9.68               |      |
| <b>Shot</b>        | <i>CBP</i> | <i>Charlotte Rose</i>       | <i>E&amp;H</i> | 10.17              | 2007 |
|                    | disabled   | 334 Wendy Southam           | Wat            | 4.54 <b>F13</b>    |      |
|                    | disabled   | 335 Maria Verdeille         | SNH            | 4.40 <b>T35</b>    |      |



**HERTFORDSHIRE INDOOR CHAMPIONSHIPS**  
**LEE VALLEY**  
**under 15 girls**

**MARCH 6 2011**

|             |               |                            |              |                  |             |
|-------------|---------------|----------------------------|--------------|------------------|-------------|
| <b>60m</b>  | <i>CBP</i>    | <i>Jodie Williams</i>      | <i>HPX</i>   | <i>7.77</i>      | <i>2008</i> |
|             | <b>Heat 1</b> |                            |              |                  |             |
|             | 1             | 349 Sophie Keeble          | SNH          | 8.36 Q           |             |
|             | 2             | 347 Emma Clarke            | St Alb       | 8.62 Q           |             |
|             | 3             | 352 Rebecca Pickard        | SNH          | 8.66 q           |             |
|             | 4             | 345 Ellie Bandy            | HPX          | 9.11             |             |
|             | <b>Heat 2</b> |                            |              |                  |             |
|             | 1             | 350 Chloe McCarthy         | Wat          | 8.47 Q           |             |
|             | 2             | 346 Catherine Brooks       | St Alb       | 8.94 Q           |             |
|             | 3             | 348 Gemma Haines           | St Alb       | 8.98 q           |             |
|             | 4             | 351 Laura Nofer            | St Alb       | 9.36             |             |
|             | <b>Final</b>  |                            |              |                  |             |
|             | 1             | 349 Sophie Keeble          | SNH          | 8.25             |             |
|             | 2             | 350 Chloe McCarthy         | Wat          | 8.48             |             |
|             | 3             | 347 Emma Clarke            | St Alb       | 8.64             |             |
|             | 4             | 352 Rebecca Pickard        | SNH          | 8.74             |             |
|             | 5             | 346 Catherine Brooks       | St Alb       | 9.03             |             |
|             | 6             | 348 Gemma Haines           | St Alb       | 9.09             |             |
|             | disabled      | 354 Natalie Williams       | SNH          | 11.50 <b>T36</b> |             |
| <b>200m</b> | <i>CBP</i>    | <i>Charlotte Wingfield</i> | <i>BAR</i>   | <i>26.07</i>     | <i>2009</i> |
|             | <b>Heat 1</b> |                            |              |                  |             |
|             | 1             | 350 Chloe McCarthy         | Wat          | 28.18 Q          |             |
|             | 2             | 349 Sophie Keeble          | SNH          | 28.21 Q          |             |
|             | 3             | 345 Ellie Bandy            | HPX          | 29.01 q          |             |
|             | 4             | 403 Hetty Rudman           | Barn         | DNS              |             |
|             | <b>Heat 2</b> |                            |              |                  |             |
|             | 1             | 402 Daizy Lee              | HPX          | 27.99 Q          |             |
|             | 2             | 347 Emma Clarke            | St Alb       | 28.01 Q          |             |
|             | 3             | 352 Rebecca Pickard        | SNH          | 28.75 q          |             |
|             | 4             | 346 Catherine Brooks       | St Alb       | 30.38            |             |
|             | <b>Final</b>  |                            |              |                  |             |
|             | 1             | 349 Sophie Keeble          | SNH          | 27.52            |             |
|             | 2             | 347 Emma Clarke            | St Alb       | 27.94            |             |
|             | 3             | 350 Chloe McCarthy         | Wat          | 27.95            |             |
|             | 4             | 402 Daizy Lee              | HPX          | 28.02            |             |
|             | 5             | 352 Rebecca Pickard        | SNH          | 29.11            |             |
|             | 6             | 345 Ellie Bandy            | HPX          | 30.10            |             |
| <b>400m</b> | <i>CBP</i>    | <i>Alex Gates</i>          | <i>SNH</i>   | <i>62.35</i>     | <i>2008</i> |
|             | 1             | 405 Elena Cervi            | SNH          | 63.54            |             |
|             | 2             | 403 Hetty Rudman           | Barn         | 64.71            |             |
|             | 3             | 404 Megan Breen            | HPX          | 65.43            |             |
|             | 4             | 398 Melissa Doran          | SNH          | 67.76            |             |
| <b>800m</b> | <i>CBP</i>    | <i>Kiera Mooney</i>        | <i>CONAC</i> | <i>2.20.16</i>   | <i>2009</i> |
|             | 1             | 396 Suzanne Bentley        | Wat          | 2.37.90          |             |
|             | 2             | 434 Sarah Feely            | SNH          | 2.43.02          |             |
|             | 3             | 397 Sally Cowler           | HPX          | 2.57.63          |             |
|             | 4             | 399 Louise Hall            | Wat          | 3.00.75          |             |
| <b>60mH</b> | <i>CBP</i>    | <i>Natalie Allen</i>       | <i>HPX</i>   | <i>9.20</i>      | <i>2010</i> |

**Heat 1**

|   |                     |        |         |
|---|---------------------|--------|---------|
| 1 | 396 Suzanne Bentley | Wat    | 9.87 Q  |
| 2 | 400 Joette James    | St Alb | 10.64 Q |
| 3 | 398 Melissa Doran   | SNH    | 11.07 q |
| 4 | 395 Alissa Bamford  | D&T    | 11.14   |
| 5 | 399 Louise Hall     | Wat    | 12.81   |

**Heat 2**

|   |                   |        |         |
|---|-------------------|--------|---------|
| 1 | 351 Laura Nofer   | St Alb | 10.25 Q |
| 2 | 397 Sally Cowler  | HPX    | 10.62 Q |
| 3 | 348 Gemma Haines  | St Alb | 10.77 q |
| 4 | 401 Fiona McQuire | Wat    | 11.31   |

**Final**

|   |                     |        |       |
|---|---------------------|--------|-------|
| 1 | 396 Suzanne Bentley | Wat    | 9.79  |
| 2 | 351 Laura Nofer     | St Alb | 10.27 |
| 3 | 348 Gemma Haines    | St Alb | 10.46 |
| 4 | 397 Sally Cowler    | HPX    | 10.75 |
| 5 | 400 Joette James    | St Alb | 11.02 |
| 6 | 398 Melissa Doran   | SNH    | 11.26 |

|                  |                     |                        |            |             |             |
|------------------|---------------------|------------------------|------------|-------------|-------------|
| <b>High Jump</b> | <i>CBP</i>          | <i>Katie Caulfield</i> | <i>HPX</i> | <i>1.60</i> | <i>2007</i> |
| 1                | 352 Rebecca Pickard | SNH                    |            | 1.45        |             |
| 2                | 397 Sally Cowler    | HPX                    |            | 1.30        |             |

|                  |                       |                       |            |                 |             |
|------------------|-----------------------|-----------------------|------------|-----------------|-------------|
| <b>Long Jump</b> | <i>CBP</i>            | <i>Jodie Williams</i> | <i>HPX</i> | <i>5.03</i>     | <i>2008</i> |
| 1                | 402 Daizy Lee         | HPX                   |            | 4.40            |             |
| 2                | 346 Cathewrine Brooks | St Alb                |            | 4.18            |             |
| 3                | 405 Elena Cervi       | SNH                   |            | 4.14            |             |
| 4                | 401 Fiona McQuire     | Wat                   |            | 4.09            |             |
| disabled         | 354 Natalie Williams  | SNH                   |            | 2.17 <b>F36</b> |             |

|             |                   |                        |            |             |             |
|-------------|-------------------|------------------------|------------|-------------|-------------|
| <b>Shot</b> | <i>CBP</i>        | <i>Natashia Hadley</i> | <i>HPX</i> | <i>9.74</i> | <i>2010</i> |
| 1           | 433 Alice Townend | St\Alb                 |            | 8.67        |             |
| 2           | 401 Fiona McQuire | Wat                    |            | 5.95        |             |
| 3           | 399 Louise Hall   | Wat                    |            | 5.83        |             |