

**HAARC Championships
Watford - 17 May 2015
Under 20 Men**

T5 100 Metres

CBP Nick Overhead Wat 10.3 1961

Posn	Num	Name	Club	Perf
Final				
				wind +1.2
1	39	Mohamed Tamedou	Harl	11.52
2	37	Harry Kyriacou	SBH	11.54

T28 200 Metres

CBP Nick Overhead Wat 21.6 1961

Posn	Num	Name	Club	Perf
Final				
1	57	Luke Smith	HPx	22.72
2	37	Harry Kyriacou	SBH	23.54

T42 400 Metres

CBP Russell Nicholls E&H 48.1 2002

Posn	Num	Name	Club	Perf
Final				
1	78	Sam Jones	StA	51.33
2	57	Luke Smith	HPx	52.87
3	76	Aaron Cooper	HPx	53.83
4	79	James Lloyd	Chilt	57.91
5	77	Jack Gladman	SNH	63.84

T17 800 Metres

CBP James McMurray StA 1:52.71 2012

Posn	Num	Name	Club	Perf
Final				
1	78	Sam Jones	StA	1:56.70
2	76	Aaron Cooper	HPx	1:57.72
3	247	Jonty Wager-Leigh	Chilt	1:59.15
4	240	Oliver Formby	Bar	2:14.47

T22 5000 Metres

CBP Ben Rochford Wat 15:43.11 2013

Posn	Num	Name	Club	Perf
Final				
1	238	Thomas Butler	Bar	15:55.02

T25 110 Metres Hurdles

CBP Simon Wombwell HPx 14.5 2002

Posn	Num	Name	Club	Perf
Final				
				wind +0.9
1	99	Matthew Hall	SBH	15.27

T3 400 Metres Hurdles

CBP Zak Saucedo E&H 53.62 2009

Posn	Num	Name	Club	Perf
Final				
1	245	Max Schopp	SNH	55.47
2	239	Mark Cunningham	Bar	65.73