

Herts County Indoor Championships 19/20 March 2016, Lee Valley

Senior Women 60 Metres		(b)		
Posn	Num Name	Club	Perf	
	CBP Philippa Lowe	D&T	2015	7.90
1	15 Andrea Harris (W40)	Watford Harriers	9.58	
Senior Women 200 Metres		(a)		
	CBP Philippa Lowe	D&T	2013	25.90
1	15 Andrea Harris (W40)	Watford Harriers	32.9	
Senior Women 400 Metres		(b)		
	CBP Deborah Willis	Notts	2015	56.20
Posn	Num Name	Club	Perf	
1	82 Lauren Rule	Stevenage & North H AC	58.31	
2	81 Martina Barber (T20)	Stevenage & North H AC	65.77	
Senior Women 800 Metres		(a)		
	CBP Jasmine Forde	SNH	2008	2:22.49
Posn	Num Name	Club	Perf	
1	49 Deborah Willis	Notts AC	2:16.98	CBP
Senior Women 60m Hurdles		(a)		
	CBP Emily Stevens	E&H	2015	9.05
Posn	Num Name	Club	Perf	
1	49 Deborah Willis	Notts AC	9.53	

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Senior Women Pole Vault

(a)

Posn	Num	Name	Club	Perf	Details
	CBP	Anne Rees	SNH	2013 3.65	
1	125	Shannon Rapacchi	Stevenage & North H AC	3.00	3.00/xo, 3.10/xxx
2	126	Sue Yeomans (W60)	St Albans AC	2.80	2.40/xo, 2.50/o, 2.60/xo, 2.70/o, 2.80/xxo, 2.90/xxx

Senior Women Long Jump

(b)

Posn	Num	Name	Club	Perf	Details
	CBP	Abigail Holman	Har	2008 5.26	
1	135	Yasmin Lakin	Shaftesbury Barnet H	5.12	5.02 5.09 5.12 5.07
2	81	Martina Barber (T20)	Stevenage & North H AC	4.79	4.62 4.34 4.51 4.79

Senior Women Triple Jump

(a)

Posn	Num	Name	Club	Perf	Details
	CBP	Yasmin Lakin	SBH	2015 11.05	
1	135	Yasmin Lakin	Shaftesbury Barnet H	11.45	nj 11.38 nj 11.45
2	139	Abigail Griffiths	Herts Phoenix	9.64	nj 9.64 9.52 9.46

Senior Women Shot

(b)

Posn	Num	Name	Club	Perf	Details
	CBP	Laura Jones	HPx	2008 10.30	
1	149	Katherine Doran	Watford Harriers	6.98	6.88 6.98 nt 6.47
2	150	Laura Feely	Stevenage & North H AC	6.37	6.19 6.37 6.19 6.19

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Under 20 Women 60 Metres		(b)		
CBP	Frances Slater	HPx	2011	7.83
Posn	Num Name	Club	Perf	
1	16 Bethany Harley	Stevenage & North H AC	8.30	
2	18 Alice Semark	Herts Phoenix	8.33	
3	17 Molly Hopping	Barnet & District AC	9.04	
Under 20 Women 200 Metres		(a)		
CBP	Laura Wake	HPx	2009	25.10
Posn	Num Name	Club	Perf	
1	16 Bethany Harley	Stevenage & North H AC	DQ	
Under 20 Women 400 Metres		(b)		
CBP	Laura Wake	HPx	2008	58.51
Posn	Num Name	Club	Perf	
1	83 Emily Saunders	Stevenage & North H AC	59.88	
Under 20 Women 800 Metres		(a)		
CBP	Laura Farrar	D&T	2011	2:19.71
Posn	Num Name	Club	Perf	
1	98 Marella Whitfield	Harrow AC	2:16.92 CBP	
2	97 Sarah Feely	Stevenage & North H AC	2:43.16	
3	96 Lisa Barber	Stevenage & North H AC	3:07.68	
Under 20 Women 1500 Metres		(b)		
CBP	Laura Farrar	D&T	2011	4:44.56
Posn	Num Name	Club	Perf	
1	98 Marella Whitfield	Harrow AC	4:57.72	
Under 20 Women 60 Metres Hurdles		(a)		
CBP	Claire Humphries	HPx	2010	8.81
Posn	Num Name	Club	Perf	
1	50 Sally Cowler	Herts Phoenix	9.82	
2	51 Ashleigh Spiliopoulou	HAWCS	10.15	

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Under 20 Women High Jump

(a)

Posn	Num	Name	Club	Perf	Details
	CBP	Moe Sasegbon	SNH	2010	1.75
1	50	Sally Cowler	Herts Phoenix	1.55	1.45/o, 1.50/o, 1.55/xo, 1.60/xxx
2	117	Rebecca Hawtin	Luton AC	nhr	1.45/xxx

Under 20 Women Pole Vault

Posn	Num	Name	Club	Perf	Details
	CBP	Anne Rees	SNH	2011	3.50
1	128	Martha Huggins	Stevenage & North H AC	nhr	2.80/xxx

Under 20 Women Long Jump

(b)

Posn	Num	Name	Club	Perf	Details
	CBP	Anne Rees	SNH	2011	5.16
1	51	Ashleigh Spiliopoulou	HAWCS	5.10	4.94 5.10 5.00 4.64

Under 20 Women Triple Jump

(a)

Posn	Num	Name	Club	Perf	Details
	CBP	Yasmin Lakin	SBH	2014	11.61
1	50	Sally Cowler	Herts Phoenix	10.69	nj 10.57 10.69 10.46

Under 20 Women Shot

(b)

Posn	Num	Name	Club	Perf	Details
	CBP	Charlotte Rose	E&H	2008	10.81
1	17	Molly Hopping	Barnet & District AC	9.33	9.33 8.53 9.32 8.78
2	151	Fiona McQuire	Shaftesbury Barnet H	8.97	8.97 7.91 nt 8.75
3	51	Ashleigh Spiliopoulou	HAWCS	8.70	nt 7.58 8.70 7.91
4	16	Bethany Harley	Stevenage & North H AC	8.57	7.19 7.44 7.32 8.57

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U17 Women 60 Metres		(b)		
CBP	Charlotte Wingfield	E&H	2010	7.79
Posn	Num Name	Club	Perf	
1	22 Ella Wansell	Enfield & Haringey AC	7.89	
2	21 Anna-Marie Uzokwe	Stevenage & North H AC	8.14	
3	19 Remi Jessop	Dacorum & Tring AC	8.26	
4	10 Kandi Paxton	Watford Harriers	8.37	
5	20 Jennifer Nwosu	Stevenage & North H AC	8.62	
U17 Women 200 Metres		(a)		
CBP	Hannah Williams	HPx	2014	25.23
Posn	Num Name	Club	Perf	
Final				
1	22 Ella Wansell	Enfield & Haringey AC	25.7	
2	70 Bethany Shaw	St Albans AC	27.0	
3	19 Remi Jessop	Dacorum & Tring AC	27.0	
4	10 Kandi Paxton	Watford Harriers	27.8	
5	68 Tae Gordon-Jackson	St Albans AC	28.5	
6	20 Jennifer Nwosu	Stevenage & North H AC	28.6	
U17 Women 400 Metres		(b)		
CBP	Emily Hack	StA	2015	57.94
Posn	Num Name	Club	Perf	
1	21 Anna-Marie Uzokwe	Stevenage & North H AC	59.32	
2	84 Grace Gentry	HAWCS	61.01	
3	85 Imogen Walker	Herts Phoenix	63.86	
U17 Women 800 Metres		(a)		
CBP	Marella Whitfield	Harr	2014	2:19.17
Posn	Num Name	Club	Perf	
1	100 Georgia Mckenzie	Herts Phoenix	2:28.93	
2	99 Georgia Lee	Shaftesbury Barnet Harriers	2:37.22	
Under 17 Women 1500 Metres		(b)		
CBP				
Posn	Num Name	Club	Perf	
1	154 Grace Birdseye	Dacorum & Tring AC	5:23.98	
U17 Women 60 Metres Hurdles		(a)		
CBP	Alicia Tymon-McEwan	StA	2012	8.80
Posn	Num Name	Club	Perf	
1	53 Emily Russell	Harrow AC	9.12	

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U17 Women High Jump

(a)

Posn	Num	Name	Club	Perf	Details
	CBP	Jenna Hoyte	HPx	2013	1.63
1	118	Louise Reilly	Herts Phoenix	1.60	1.50/o, 1.55/o, 1.60/o, 1.65/xxx

U17 Women Pole Vault

(a)

Posn	Num	Name	Club	Perf	Details
	CBP	Anne Rees	SNH	2009	3.00
1	129	Abigail Pickard	Stevenage & North H AC	2.50	2.20/o, 2.30/o, 2.40/xo, 2.50/o, 2.60/xxx

U17 Women Long Jump

(b)

Posn	Num	Name	Club	Perf	Details
	CBP	Katie Caulfield	HPx	2008	5.52
1	84	Grace Gentry	HAWCS	5.22	5.21 5.22 5.19 5.01
2	138	Nicole Parcell	HAWCS	5.14	5.00 5.14 4.97 5.10
3	137	Hannah Dickins	Watford Harriers	4.66	nj 4.60 nj nj

U17 Women Triple Jump

(a)

Posn	Num	Name	Club	Perf	Details
	CBP	Yasmin Lakin	WAT	2012	11.14
1	142	Jazmin Woolcott	Harrow AC	10.20	9.78 10.20 10.15 9.98
2	129	Abigail Pickard	Stevenage & North H AC	9.46	9.43 9.46 9.19 nj
3	141	Lily Jones	HAWCS	9.33	9.18 9.31 8.87 9.33
4	71	Emilia Turnbull	Watford Harriers	9.12	9.12 8.82 8.85 9.12

U17 Women Shot

(b)

Posn	Num	Name	Club	Perf	Details
	CBP	Nicole Parcell	HAWCS	2015	12.33
1	138	Nicole Parcell	HAWCS	12.00	11.73 11.84 12.00 11.37
2	152	Molly Jarvis	Watford Harriers	9.74	9.00 9.74 9.60 9.25
3	153	Alisha Levy	Stevenage & North H AC	9.29	8.80 8.91 9.29 9.11

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U15 Girls 60 Metres				(b)		
	CBP	Jodie Williams	HPx		2008	7.77
Posn	Num	Name	Club	Perf		
Heat 1						
1	29	Christa Hetherington	Herts Phoenix	8.50	Q	
2	36	Lisa-Marie Uzokwe	Stevenage & North H AC	8.61	Q	
3	30	Madeline Hurley	Stevenage & North H AC	8.69	q	
4	33	Ella Pentland	Herts Phoenix	8.92		
5	28	Mollie Gumble	HAWCS	8.99		
6	26	Molly Gardner	Stevenage & North H AC	9.17		
7	40	Emily Day (T38)	North Herts Dis Sp Ass	13.93		
Heat 2						
1	31	Marli Jessop	Dacorum & Tring AC	8.41	Q	
2	37	Madeline Vincent	HAWCS	8.51	Q	
3	23	Jennifer Arinze	Herts Phoenix	8.75	q	
4	25	Jasmine Duru	Herts Phoenix	8.85		
5	32	Katie Middleton	Stevenage & North H AC	8.93		
6	34	Abbie Poole	Watford Harriers	9.04		
Final						
1	29	Christa Hetherington	Herts Phoenix	8.20		
2	31	Marli Jessop	Dacorum & Tring AC	8.34		
3	37	Madeline Vincent	HAWCS	8.57		
4	36	Lisa-Marie Uzokwe	Stevenage & North H AC	8.65		
5	30	Madeline Hurley	Stevenage & North H AC	8.66		
6	23	Jennifer Arinze	Herts Phoenix	8.84		
U15 Girls 200 Metres				(a)		
	CBP	Charlotte Wingfield	BAR		2009	26.07
Posn	Num	Name	Club	Perf		
Heat 1						
1	30	Madeline Hurley	Stevenage & North H AC	28.3	Q	
2	55	Leah Cairns	Stevenage & North H AC	28.5	q	
3	25	Jasmine Duru	Herts Phoenix	29.5	q	
4	24	Ella Broadfield	Dacorum & Tring AC	29.9		
5	32	Katie Middleton	Stevenage & North H AC	30.7		
Heat 2						
1	73	Lauren Simpson	Herts Phoenix	27.7	Q	
2	36	Lisa-Marie Uzokwe	Stevenage & North H AC	28.9	q	
3	58	Holly Taylor	Shaftesbury Barnet H	30.5		
4	33	Ella Pentland	Herts Phoenix	30.7		
Final						
1	73	Lauren Simpson	Herts Phoenix	27.4		
2	30	Madeline Hurley	Stevenage & North H AC	28.3		
3	36	Lisa-Marie Uzokwe	Stevenage & North H AC	28.5		
4	55	Leah Cairns	Stevenage & North H AC	28.8		
5	25	Jasmine Duru	Herts Phoenix	30.1		
U15 Girls 300 Metres				(b)		
	CBP	Megan Fielding	HPx		2014	45.20

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Posn	Num	Name	Club		
	1	86 Katie Liptrot	HAWCS	44.6	
	2	59 Meadow Thomas	Watford Harriers	49.92	
U15 Girls 800 Metres			(a)		
		CBP Kiera Mooney	CONAC	2009	2:20.16
Posn	Num	Name	Club		
	1	101 Scarlett Kent	Shaftesbury Barnet H	2:30.19	
	2	103 Beatrix Wraith	HAWCS	2:32.95	
	3	102 Freya Stapleton	Herts Phoenix	2:36.47	
U15 Girls 60 Metres Hurdles			(a)		
		CBP Natalie Allen	HPx	2010	9.20
Posn	Num	Name	Club	Perf	
Final					
	1	56 Milly Gall	Dacorum & Tring AC	9.68	
	2	31 Marli Jessop	Dacorum & Tring AC	9.82	
	3	58 Holly Taylor	Shaftesbury Barnet H	10.28	
	4	59 Meadow Thomas	Watford Harriers	11.14	
	5	55 Leah Cairns	Stevenage & North H AC	11.46	
	6	54 Connie Andrews	Stevenage & North H AC	13.11	

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U15 Girls High Jump

(b)

Posn	Num	Name	Club	Perf	Details
	CBP	Katie Caulfield	HPx	2007	1.60
1	119	Amelie Cooper	Dacorum & Tring AC	1.50	1.30/o, 1.35/o, 1.40/o, 1.45/o, 1.50/o, 1.55/xxx
2	26	Molly Gardner	Stevenage & North H AC	1.40	1.30/xo, 1.35/o, 1.40/o, 1.45/xxx
3	56	Milly Gall	Dacorum & Tring AC	1.35	1.30/o, 1.35/xo, 1.40/xxx
4	59	Meadow Thomas	Watford Harriers	1.30	1.20/o, 1.25/o, 1.30/o, 1.35/xxx

U15 Girls Pole Vault

(a)

Posn	Num	Name	Club	Perf	Details
	CBP	Keira Hicks	SNH	2014	2.95
1	54	Connie Andrews	Stevenage & North H AC	1.80	1.10/xxo, 1.20/o, 1.30/o, 1.40/o, 1.50/xxo, 1.60/o, 1.70/o, 1.80/xxo, 1.90/xxrtd

U15 Girls Long Jump

(b)

Posn	Num	Name	Club	Perf	Details
	CBP	Jodie Williams	HPx	2008	5.03
1	73	Lauren Simpson	Herts Phoenix	4.76	4.71 nj 4.64 4.76
2	56	Milly Gall	Dacorum & Tring AC	4.75	4.64 4.58 4.70 4.75
3	86	Katie Liptrot	HAWCS	4.49	4.49 4.25 4.30 4.30
4	31	Marli Jessop	Dacorum & Tring AC	4.27	3.37 3.97 4.27 4.18
5	37	Madeline Vincent	HAWCS	4.25	3.96 4.14 4.25 4.24
6	34	Abbie Poole	Watford Harriers	3.98	3.75 3.98 3.51 3.47
7	26	Molly Gardner	Stevenage & North H AC	3.62	3.62 3.44 3.35 3.38

U15 Girls Triple Jump

(a)

Posn	Num	Name	Club	Perf	Details
	CBP	Fiona McQuire	Wat	2012	9.35
1	57	Amelie Royle	Watford Harriers	8.60	nj 8.60 8.57 8.59

U15 Girls Shot

(b)

Posn	Num	Name	Club	Perf	Details
	CBP	Nicole Parcell	HAWCS	2014	10.86
1	73	Lauren Simpson	Herts Phoenix	9.47	nt 9.24 9.43 9.47

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2	25 Jasmine Duru	Herts Phoenix	6.79	6.21	6.79	5.97	6.63
3	33 Ella Pentland	Herts Phoenix	6.19	5.99	5.51	5.61	6.19