

**Hertfordshire County AAA Open Meeting
Stevenage 2 May 2016**

80 Metres (Under 11 Boys and Girls)

1	319 Thomas Bevan (T?)	SNH	15.38
2	210 Kaiden O'Connor (T44)	SNH	16.23
3	213 Finley Clifton (T37)	SNH	17.37
4	214 Luke Mynott	SNH	17.38

100 Metres (Race 1) w/s -1.1

1	9 Craig Dennison (SM)	SNH	11.97
2	4 Andrew Nicolaou (U15B)	SBH	12.05
3	16 Micah Forbes Agyepong (U15B)	SBH	12.22
4	13 Semba Bwalya (U15B)	SNH	12.65
5	14 Nicholas Shaw (U15B)	SBH	12.85
6	10 Rohan Bagai (U15B)	SBH	13.27
7	7 Nick Lauder (M45)	Vets AC	13.54

100 Metres (Race 2) w/s -0.1

1	17 Ellen Appleby	HAWCS	15.23
2	12 Kayla Nicol	HPx	15.74

200 Metres (Race 1) w/s -0.7

1	20 Tommy Etti	Basildon	23.37
2	247 Thomas Minemenko	Una	23.42
3	4 Andrew Nicolaou	SBH	24.31

200 Metres (Race 2) w/s -0.9

1	14 Nicholas Shaw	SBH	25.46
2	3 Deborah Willis	Notts AC	25.64
3	7 Nick Lauder (M45)	Vets AC	26.48
4	18 Ciaran Palfreyman	HPx	26.66
5	19 Petra Sijuwade	SNH	26.77

200 Metres (Race 3) w/s -0.3

1	16 Micah Forbes Agyepong	SBH	24.67
2	10 Rohan Bagai	SBH	26.66
3	251 Ashleigh Spiliopoulai	HAWCS	27.07
4	17 Ellen Appleby	HAWCS	31.79
5	12 Kayla Nicol	HPx	33.88

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300 Metres

1	19 Petra Sijuwade	SNH	44.9
2	256 Katie Liprot	HAWCS	45.5
3	261 Bluebell Cooke	SNH	47.9
4	405 Faye Olszowka (T20)	Bexley	48.7

400 Metres

1	247 Thomas Miromenko	Una	54.09
2	7 Nick Lauder (M45)	Vets AC	61.67
3	414 Adam Edney (T20)	SNH	61.76

800 Metres

236	Bluebell Cooke	SNH	2:36.00
280	Harriet Kelly	#N/A	2:37.59
216	Anthony Bryan (T37)	HPx	2:52.95
264	Max Wingfield	Luton	2:58.82

800 Metres

1	281 Oscar Bell	HAWCS	2:05.03
2	267 Joseph Peppiatt	SBH	2:10.47
3	268 Finn Harvey	SBH	2:11.00
4	269 Mittio Mohammadian	SBH	2:16.47
5	270 Clive Wickham	Hillingdon	2:19.14

3000 Metres

1	321 Zach Bridgeland	Chelmsford	10:07.54
2	320 Michael Bridgeland (M55)	Chelmsford	10:11.30

5000 Metres

1	273 Grant Ramsey	FVS	17:53.22
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80 Metres Hurdles w/s -0.2

1	255 Olivia Smith	HAWCS	12.78
2	21 Cameron Crowe	SNH	13.50
3	22 David Koffi	SNH	14.25

300 Metres Hurdles

1	236 Grace Gentry	HAWCS	45.8
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400 Metres Hurdles (Race 1)

1	1 Adam McCarthy	Unn	59.0
2	237 Ben Lloyd	HPx	60.2
3	5 Jack Benedicter	Bedford	60.7
4	6 Peter Benedicter	Bedford	60.8
5	5 Deborah Willis	Notts	64.9
6	2 Andrew Cohen-Wray	Bedford	70.5

3000m Walk

1	262 Pamela Abbott	E&H	21:05.77
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High Jump

1	Elior Haris	SNH	1.95	1.80 o, 1.85 o, 1.90 o, 1.95 o, 2.00 xxx
2	Lee Brown (U17M)	SNH	1.75	1.55 o, 1.60 o, 1.65 o, 1.70 o, 1.75 xo, 1.80 xxx
3	Bethan Siddons	Havering	1.65	1.60 o, 1.65 o, 1.70 xxx
4	Janet Brown	SNH	1.65	1.50 o, 1.55 o, 1.60 o, 1.65 xxo, 1.70 xxx
5	Cameron Crowe (U15B)	SNH	1.55	1.45 o, 1.50 o, 1.55 xo, 1.60 xxx
6	Katrina Kemp (U17W)	WSuff	1.50	1.40 o, 1.45 o, 1.50 o, 1.55 xxx
7	Nicole Parcell	HAWCS	1.45	1.45 o, 1.50 xxx
8	Oliver Gates	HAWCS	1.35	1.10 o, 1.15 o, 1.20 o, 1.25 o, 1.30 o, 1.35 o, 1.40 xxx

Pole Vault

1	Elliot Breen (U17M)	Herts Phx	3.20	2.80 o, 2.90 xo, 3.00 o, 3.10 o, 3.15 o, 3.20 o, 3.30 xxx
2	Erin Breen (U20W)	Herts Phx	2.90	2.60 xo, 2.70 o, 2.80 o, 2.90 o, 3.00 xxx
3	Haydn Williams (U15B)	SNH	2.60	2.10 o, 2.20 o, 2.40 o, 2.50 o, 2.60 o, 2.70 xxx
4	Imogen Walker (U17W)	Herts Phx	2.60	2.40 o, 2.50 o, 2.60 xo, 2.70 xxx

Long Jump (Men)

1	216 Anthony Bryan (F37)		3.48	3.43/3.48/3.42/2.67/3.10/3.43
2	210 Kaiden O'Connor (F44)		2.65	2.65/x/2.18/2.60/2.47/x
3	214 Luke Nynott		2.22	2.21/1.93/2.22/1.81/1.85/2.18/
4	213 Finley Clifton		1.97	1.20/1.17/1.18/1.97/1.60/0.93

Long Jump (Women)

1	254 Nicole Parcell (U17W)		5.51	5.38/5.51/x/x/5.09/5.37
2	252 Katrina Kemp (U17W)		5.26	5.07/5.13/5.26/5.17/x/5.01
3	251 Ashleigh Spiliopoulou (U20W)		5.23	x/5.23/5.00/5.07/4.65/-
4	236 Grace Gentry (U17W)		5.02	4.83/5.02/5.01/5.00/4.96/-
5	255 Olivia Smith (U17W)		4.75	4.74/4.75/4.58/4.53/4.41/-
6	256 Katie Liptrot (U15G)		4.54	4.24/4.27/4.47/-/4.35/4.54
7	257 Sandra Reed (W50)		4.18	3.95/3.88/3.36/3.80/4.08/4.18
8	253 Olivia Lindsay (U15G)		4.14	3.47/3.30/3.63/4.14/-/-
9	258 Abigale Reed (U13G)		2.98	2.98/2.83/2.85/-/2.84/2.97

Shot (Women)

1	254 Nicole Parcell	HAWCS	3kg	11.06	11.06/10.55/x/10.62/10.73/x
2	251 Ashleigh Spiliopoulou	HAWCS	4kg	9.15	8.74/9.15/8.71/8.29/retd
3	274 Libby Taylor	SNH	3kg	9.09	8.77/9.09/8.94/x/8.81/8.93
4	263 Elle Stone	SNH	3kg	8.00	7.98/7.45/7.95/7.81/7.93/8.00
5	219 Laura Knowles	Invictus	3kg	7.56	7.56/7.05/7.16/7.19/6.92/7.02
6	222 Caroline Buckle	Invictus	3kg	7.46	7.46/6.89/6.84/6.84/7.42/7.17
7	19 Petra Siguwade	SNH	3kg	7.30	7.05/7.21/6.62/7.00/7.20/7.30
8	260 Katherine Doran	WatH	4kg	7.06	6.20/6.91/6.60/6.84/6.37/7.06
9	12 Kayla Nicol	Herts Phx	2.72	6.26	6.22/6.26/5.97/5.79/6.06/6.05

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Shot (Men)

1	272 Ewan Metcalfe (U17)	SNH		11.75	11.29/11.05/10.74/11.22/11.18/11.75
2	401 jonathan Adams (F35)		4kg	11.64	11.41/11.30/11.01/11.38/11.37/11.64
3	22 David Coffi	SNH		11.59	-/11.00/10.87/10.80/11.59/11.14
4	322 Lorn Mayers (F42)		6kg	11.49	11.37/11.49/11.30/x/10.99/11.43
5	21 Cameron Crowe	SNH		11.09	-/9.16/x/11.09/-/x
6	224 Tom Boney		6kg	10.22	9.90/10.22/9.80/9.80/10.12/8.90
7	271 Rhys Feaviour (U15)	Hillingdon		6.00	5.41/5.66/5.57/5.48/5.57/6.00
8	217 Josh Robinson (F43)	SNH	5kg	5.80	x/5.23/5.36/5.41/5.80/-

Discus (Men)

1	275 Michael Nichols			38.25	37.52/37.93/38.25/38.05/x/x
2	272 Euan Metcalf (U17)	SNH		35.54	33.90/33.93/35.13/x/35.54/34.13
3	224 Tom Boney			29.96	x/29.96/x/24.41/25.66/x
4	217 Josh Robinson (F43)		1kg	20.60	19.02/19.95/20.38/20.37/20.60/19.73
5	271 Rhys Feaviour (U15)	Hillingdon		16.40	16.40/x/x/14.60/15.47/x

Discus (Women)

1	318 Jessica Emery (U17)	WatH	1kg	33.26	27.80/30.97/33.26/31.57/32.33/32.02
2	260 Katharine Doran (Sen)	WatH	1kg	24.20	24.20/x/20.89/21.43/21.78/x
3	274 Libby Taylor (U15)	SNH	1kg	22.87	x/x/x/18.45/22.87/20.73
4	219 Laura Knowles (Sen)		1kg	19.53	x/19.53/x/x/15.00/14.93
5	222 Caroline Buckle		1kg	17.22	16.45/x/16.76/x/17.22/16.67

Javelin

1	240 Phil Trant (F42)	Portsmouth		32.02	30.53/30.99/31.69/32.02/30.42/29.12
2	250 Steve Hollis (F46)	Tamworth		29.17	29.17/x/27.89/x/26.40/28.10
1	266 Georgia Shepherd-Gazely	SNH		33.95	x/33.06/33.95/31.82/x/29.99
2	265 Olivia Steele	HAWCS		32.95	32.95/31.58/26.96/32.63/28.65/26.28
3	263 Elle Stone	SNH		25.38	25.38/x/22.23/24.37/x/x
4	236 Grace Gentry	HAWCS		20.75	18.31/x/19.46/20.75/17.49/18.29
5	260 Katherine Doran	Watford H		19.63	x/19.24/19.53/x/19.46/18.96