

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

Senior Men 60 Metres		(b)		
CBP	Adam Daish	E&H	2008	7.08
Posn	Num	Name	Club	Perf
1	5	Matt Hamilton	Enfield & Haringey AC	7.11
2	3	Craig Denison	Stevenage & North H AC	7.46
3	2	Leon Braithwaite (M40)	Bedford & County AC	7.60
4	4	Steven Edwards	HAWCS	7.64
5	1	Damaine Benjamin	Harrow AC	dq
Senior Men 200 Metres		(a)		
CBP	Antonio Infantino	SBH	2011	22.04
Posn	Num	Name	Club	
1	1	Damaine Benjamin	Harrow AC	23.7
2	60	Nick Jones (M45)	Watford Harriers	28.0
3	61	Andrew Maher (M40)	St Albans Striders	31.5
4	62	Marc Phillips (M50)	St Albans Striders	32.0
Senior Men 400 Metres		(b)		
CBP	Glyn Hawkes	Card	2011	49.10
Posn	Num	Name	Club	Perf
1	5	Matt Hamilton	Enfield & Haringey AC	49.98
Senior Men 800 Metres		(a)		
CBP	Andrew Walshe	HPx	2015	1:55.55
Posn	Num	Name	Club	Perf
1	87	Aaron Cooper	Herts Phoenix	2:02.52
2	41	Patrick Barrett	Enfield & Haringey AC	2:02.70
3	61	Andrew Maher (M40)	St Albans Striders	2:46.48
4	62	Marc Phillips (M50)	St Albans Striders	2:47.86
Senior Men 1,500 Metres		(b)		
CBP	Shaun Collins	E&H	2014	3:57.31
Posn	Num	Name	Club	Perf
1	87	Aaron Cooper	Herts Phoenix	4:18.16
2	105	Christopher Westcott (M40)	Stevenage & North H AC	4:20.40
Senior Men 60m Hurdles				
CBP	Zak Saucedo	E&H	2009	8.48
Posn	Num	Name	Club	Perf
1	41	Patrick Barrett	Enfield & Haringey AC	8.89
Senior Men 1k Walk		(a)		
CBP	Arthur Thomson	E&H	2013	5:33.0
Posn	Num	Name	Club	Perf
1	110	John Borgars (M65)	Herts Phoenix	6:27.1

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Senior Men High Jump

Posn	CBP	Num	Name	Club	Perf	Details
			Elior Harris	SNH	2010 1.90	
1		111	Elior Harris	Stevenage & North H AC	1.95 CBP	1.75/o, 1.80/o, 1.85/xo, 1.90/o, 1.95/o, 2.00/xxx

Senior Men Long Jump

Posn	CBP	Num	Name	Club	Perf	Details
			Elior Harris	SNH	2010 5.97	
1		130	Bradley Pike	Dacorum & Tring AC	5.50	5.26 5.50 5.33 nj
2		62	Marc Phillips (M50)	St Albans Striders	3.63	3.61 3.63 2.81 3.10
3		61	Andrew Maher (M40)	St Albans Striders	3.32	3.02 nj nj 3.32

Senior Men Triple Jump

Posn	CBP	Num	Name	Club	Perf	Details
			Sam Poulton	SNH	2009 12.70	
1		130	Bradley Pike	Dacorum & Tring AC	12.28	nj nj 12.04 12.28

Senior Men Shot

Posn	CBP	Num	Name	Club	Perf	Details
			Ray McKenna	Wat	2012 11.73	
1		143	Alex Jovanovski	Enfield & Haringey AC	12.49 CBP	12.49 10.73 11.79 12.09
2		144	Michael Nicholls (F44)	Shaftesbury Barnet H	10.94	10.94 10.94 10.56 10.20 6kg
3		145	Michael Pope (F41)	St Albans AC	8.80	nt 8.80 nt nt 4kg

Senior Men Seated Shot

Posn	CBP	Num	Name	Club	Perf	Details
			New event			
1		146	Nicholas Chiddle (F57)	Stevenage & North H AC	8.15 CBP	8.05 7.73 8.15 8.06

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Under 20 Men 60 Metres		(b)		
CBP	Antonio Infantino	SBH	2010	7.11
Posn	Num Name	Club	Perf	
1	8 Nathan Burke	Herts Phoenix	7.56	
2	38 Ben Barber (T20)	Stevenage & North H AC	8.43	
Under 20 Men 200 Metres		(a)		
CBP	Luis Da Silva	StA	2013	22.53
Posn	Num Name	Club	Perf	
1	63 Luke Smith	Herts Phoenix	23.4	
2	9 Eden Davis	Herts Phoenix	27.1	
Under 20 Men 400 Metres		(b)		
CBP	Michael Edwards	E&H	2012	50.44
Posn	Num Name	Club	Perf	
1	74 Sam Jones	St Albans AC	52.56	
2	76 Joseph Peppiatt	Barnet & District AC	53.57	
Under 20 Men 800 Metres		(a)		
CBP	Benjamin Parry	HPx	2011	1:57.89
Posn	Num Name	Club	Perf	
1	90 Beck Grover	Herts Phoenix	1:56.77	CBP
2	74 Sam Jones	St Albans AC	1:58.45	
3	75 Ben Pattison	St Albans AC	2:00.70	
4	76 Joseph Peppiatt	Barnet & District AC	2:08.87	
5	89 Jack Gladman	Stevenage & North H AC	2:24.04	
6	88 Harry Doshier	Stevenage & North H AC	2:32.02	
Under 20 Men 1,500 Metres		(b)		
CBP	Khalid Al-Abaidy	SNH	2011	4:09.81
Posn	Num Name	Club	Perf	
1	107 Rhys Rowland	Dacorum & Tring AC	04:33.80	

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Under 20 Men High Jump

(a)

Posn	Num	Name	Club	Perf	Details
	CBP	Jason Hamilton	D&T	2010	2.03
1	112	Nathan Gardner	Stevenage & North H AC	1.75	1.70/o, 1.75/xo, 1.80/xxx

Under 20 Men Pole Vault

(b)

Posn	Num	Name	Club	Perf	Details
	CBP	JJ Lister	Harr	2015	4.60
1	112	Nathan Gardner	Stevenage & North H AC	nhr	4.40/xxx

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Under 17 Men 60 Metres		(b)		
CBP	Dominic Ashwell	D&T	2015	6.97
Posn	Num Name	Club	Perf	
1	11 Will Rodway	Stevenage & North H AC	7.81	
2	12 Sebastien Sanseau	Watford Harriers	7.93	
3	39 Toby Addison (T13)	Stevenage & North H AC	8.50	
Under 17 Men 200 Metres		(a)		
CBP	Antonio Infantino	E&H	2007	22.55
Posn	Num Name	Club	Perf	
1	66 Jack Hughes	Shaftesbury Barnet H	24.5	
2	67 Brent Morris	Stevenage & North H AC	24.5	
3	64 Joe Ainsworth	Watford Harriers	25.5	
4	65 James Davis	Shaftesbury Barnet H	26.5	
5	12 Sebastien Sanseau	Watford Harriers	26.8	
Under 17 Men 400 Metres		(b)		
CBP	Nathan Wake	HPx	2007	51.36
Posn	Num Name	Club	Perf	
1	79 Daniel Streeter	Stevenage & North H AC	51.78	
2	77 Ben Lloyd	Herts Phoenix	52.47	
Under 17 Men 800 Metres		(a)		
CBP	Liam Dee	HPx	2012	1:58.74
Posn	Num Name	Club	Perf	
1	91 Liam Gregory	Stevenage & North H AC	2:17.11	
Under 17 Men 1500 Metres		(b)		
CBP	Edward Shepherd	HPx	2010	4:11.58
Posn	Num Name	Club	Perf	
1	108 Joshua Van Heiningen	Dacorum & Tring AC	4:28.00	
Under 17 Men 60 Metres Hurdles		(a)		
CBP	Max Price	SNH	2014	8.48
Posn	Num Name	Club	Perf	
1	42 Kit Kerr	Stevenage & North H AC	8.95	

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Under 17 Men High Jump

(b)

Posn	Num	Name	Club	Perf	Details
	CBP	Matthew Lally	SBH	2014	1.95
1	114	Tyler Mitchell	Stevenage & North H AC	1.90	1.70/o, 1.75/xo, 1.80/o, 1.86/xo, 1.90/xxo, 1.92/xxx
2	113	Oscar Jopp	Stevenage & North H AC	1.75	1.65/xo, 1.70/xxo, 1.75/xxo, 1,80/xxx
3	115	Thomas Wright	Dacorum & Tring AC	1.65	1.60/o, 1.65/xxo, 1.70/xxx

Under 17 Men Pole Vault

(b)

Posn	Num	Name	Club	Perf	Details
	CBP	Daniel Gardner	SNH	2010	4.20
1	113	Oscar Jopp	Stevenage & North H AC	3.60	3.40/xxo, 3.50/xo, 3.60/xo, 3.70/xxx
2	122	Callum Woodage	Watford Harriers	3.40	3.20/o, 3.40/xo, 3.60/xxx
3	121	Elliot Breen	Herts Phoenix	3.00	2.70/o, 2.80/xo, 2.90/o, 3.00/o, 3.10/xxx

Under 17 Men Long Jump

(a)

Posn	Num	Name	Club	Perf	Details
	CBP	Courtney Hart	D&T	2010	6.32
1	132	Daniel Hopper	Dacorum & Tring AC	6.03	5.90 5.60 5.57 6.03
2	113	Oscar Jopp	Stevenage & North H AC	5.75	5.64 5.75 nj 5.69
3	42	Kit Kerr	Stevenage & North H AC	5.63	5.15 nj 5.63 5.40
4	65	James Davis	Shaftesbury Barnet H	5.21	4.93 5.01 5.21 5.11

Under 17 Men Shot

(b)

Posn	Num	Name	Club	Perf	Details
	CBP	Max Price	SNH	2014	11.57
1	147	Euan Metcalfe	Stevenage & North H AC	10.79	nt 9.86 10.59 10.79
2	42	Kit Kerr	Stevenage & North H AC	10.15	8.43 9.41 9.41 10.15

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Under 15 Boys 60 Metres		(b)		
CBP	Uchenna Okoh	D&T	2014	7.32
Posn	Num Name	Club	Perf	
1	13 Ronan Bagai	Shaftesbury Barnet H	8.07	
Under 15 Boys 200 Metres		(a)		
CBP	Uchenna Okoh	D&T	2014	23.78
Posn	Num Name	Club	Perf	
1	43 Jean-Claude Aka	Stevenage & North H AC	26.4	
2	13 Ronan Bagai	Shaftesbury Barnet H	26.8	
3	14 David Koffi	Stevenage & North H AC	28.2	
4	44 Kai Alland	Watford Harriers	28.2	
Under 15 Boys 300 Metres		(b)		
CBP	Uchenna Okoh	D&T	2014	37.66
Posn	Num Name	Club	Perf	
1	47 Ralph Williams	Stevenage & North H AC	42.45	
2	80 Jason List	Stevenage & North H AC	43.15	
Under 15 Boys 800 Metres		(a)		
CBP	Liam Dee	HPx	2010	2:05.34
Posn	Num Name	Club	Perf	
1	80 Jason List	Stevenage & North H AC	2:21.98	
2	95 Alex Stapleton	Herts Phoenix	2:27.53	
3	94 Kieron Lee	Barnet & District AC	2:44.82	
Under 15 Boys 1,500 Metres		(b)		
CBP	Jamie Dee	HPx	2012	4:13.51
Posn	Num Name	Club	Perf	
1	80 Jason List	Stevenage & North H AC	5:05.38	
Under 15 Boys 60 Metres Hurdles		(a)		
CBP	Max Price	SNH	2013	8.46
Posn	Num Name	Club	Perf	
1	43 Jean-Claude Aka	Stevenage & North H AC	9.16	
2	47 Ralph Williams	Stevenage & North H AC	9.33	
3	45 Josiah Barker	Dacorum & Tring AC	9.49	
4	46 Haydn Williams	Stevenage & North H AC	10.21	
5	44 Kai Alland	Watford Harriers	11.71	

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Under 15 Boys High Jump

(b)

Posn	Num	Name	Club	Perf	Details
		CBP Max Price	SNH	2013 1.90	
1	116	Edward Hopper	Dacorum & Tring AC	1.45	1.25/o 1.30/o,1.35/o,1.40/o, 1.45/o, 1.50/xxx

Under 15 Boys Pole Vault

(b)

Posn	Num	Name	Club	Perf	Details
		CBP Michael Fryer	D&T	2014 3.30	
1	46	Haydn Williams	Stevenage & North H AC	2.60	2.00/xo, 2.10/o, 2.20/xo, 2.30/o, 2.40/xo, 2.50/xo, 2.60/o, 2.70/xxx
2	123	Bryce Breen	Herts Phoenix	2.50	2.00/o, 2.10/o, 2.20/xo, 2.30/o, 2.40/xxo, 2.50/o, 2.60/xxx
3	47	Ralph Williams	Stevenage & North H AC	2.10	1.50/xo, 1.70/o, 2.00/o, 2.10/o, 2.20/xxrtd

Under 15 Boys Long Jump

(a)

Posn	Num	Name	Club	Perf	Details
		CBP Robert Gayler	SBH	2008 6.23	
1	45	Josiah Barker	Dacorum & Tring AC	5.33	4.91 nj 5.08 5.33
2	43	Jean-Claude Aka	Stevenage & North H AC	4.45	- 4.05 4.45 3.94
3	46	Haydn Williams	Stevenage & North H AC	4.42	4.27 4.42 4.37 nj

Under 15 Boys Shot

(b)

Posn	Num	Name	Club	Perf	Details
		CBP Max Price	SNH	2013 13.27	
1	14	David Koffi	Stevenage & North H AC	11.41	9.52 11.01 9.99 11.41
2	44	Kai Alland	Watford Harriers	9.58	8.33 8.73 9.32 9.58
3	45	Josiah Barker	Dacorum & Tring AC	9.13	9.01 9.05 8.86 9.13