

Herts County Championships
Watford - 15 May 2016
Senior Men

100 Metres

CBP Nick Overhead Wat 10.6 1963

Posn	Num	Name	Club	Perf
Final				
1	3	Max Lowery	Wat	11.18
2	2	Elior Harris	SNH	11.84
3	1	Steven Edwards	HAW	12.13

200 Metres

CBP Nick Overhead Wat 21.4 1963

Posn	Num	Name	Club	Perf
Final				
1	3	Max Lowery	Wat	22.11

400 Metres

CBP Nick Overhead Wat 47.8 1961

Posn	Num	Name	Club	Perf
Final				
1	124	Damaine Benjamin	Harr	49.89
2	221	Max Schöpp	SNH	50.60
3	249	Harvey Griffiths	Wat	70.07

800 Metres

CBP George Wenk Welwyn AC 1:51.9 1963

Posn	Num	Name	Club	Perf
Final				
1	133	Joe Gaynor	HPx	2:09.18
2	159	Clive Wickham	Hill	2:17.43

5000 Metres

CBP John Merriman 14:06.4 1960

Posn	Num	Name	Club	Perf
1	248	Ian Johnston	VAC	16.40.68
2	120	Grant Ramsay	FVS	16.53.96
3	121	Thomas Sauka	FVS	20.40.61