

HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS - OPEN MEETING

Ridlins Track, Stevenage

Monday 2nd May 2005

100m

Race 1	A Daish	HPX	U20M	11.4
	M Ajibulu	HPX	U20M	11.6
	N Barton	HPX	SM	11.7
	R Freckleton	Una	SM	11.8
	H Fisher	Una	SM	12.1

Race 2	J Abbott-Gribben	C&C	U17M	12.1
	R Jones	HPX	U20M	12.1
	R Rumble	HPX	U20M	12.2
	O Keates	HPX	U20M	12.4
	M Auburn	SNH	U20M	12.7

Race 5	C Flack	HPX	SW	13.4
	S Washbourne	HPX	U13G	15.2
	R Williams	SNH	U15G	15.2
	T Sheren	SNH	U13B	15.5
	C Upton	HPX	U15G	15.8
	B Carr	HPX	U13G	16.0
	S Robertson	HPX	U13G	17.4

200m

Race 1	G Dodd	HPX	U20M	23.2
	C Minn	CRAW	SM	24.0
	H Fisher	Una	SM	24.2
	P Ingram-Tedd	SNH	SM	24.6
	M Auburn	SNH	U20M	25.5

Race 2	L Pirie	SNH	U17M	26.1
	A Rutherford	MK	M45	26.1
	B Tuck	CoNAC	U17M	26.6
	H Wills	HPX	SW	26.6
	C Andrews	HPX	U20W	27.5

Race 5	B Auburn	SNH	U13B	30.1
	D Cracknell	HPX	U15G	31.4
	H Sweetman	SNH	U13G	31.7
	B Carr	HPX	U13G	33.3
	C Upton	HPX	U15G	33.9
	S Robertson	HPX	U13G	36.4

300m

L Nolan	SNH	U17W	46.6
R Banks	SNH	U15G	47.7

800m

Race 1	K Hoye	Chelm	SM	2:09.4
	P Hannah	ESM	U15B	2:15.9
	S McCormick	SNH	U15G	2:26.9
	S Cutler	BED	U15G	2:29.8
	J Forde	SNH	U20W	2:41.4
	T Hannah	ESM	M45	2:44.7

1500m	R Bloom	HPX	M50	5:30.7
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Race 3	C Minn	CRAW	SM	12.0
	N Burrows	HPX	U17W	13.5
	S Cook	HPX	U20W	13.6
	K Grehan	HPX	U15G	13.7
	C Daish	HPX	U15B	14.2
	A Thompson	HPX	U15G	14.3

Race 4	A Rutherford	MK	M45	13.1
	D Cracknell	HPX	U15G	15.2
	J Gill	HPX	U15G	15.2
	B Auburn	SNH	U13B	15.2
	H Sweetman	SNH	U13G	15.6
	K Meadows	SNH	U13G	15.9

Race 3	C Flack	HPX	SW	27.3
	L Keeble	SNH	U13B	28.3
	L Abel	HARL	SW	29.1
	E Queally	Una	SW	29.8

Race 4	K Caufield	HPX	U13G	28.9
	A Thompson	HPX	U15G	29.2
	T Warner	HPX	U13B	31.8
	J Gill	HPX	U15G	31.2
	J Shearman	HPX	U13B	31.8
	S Washbourne	HPX	U13G	31.9
	E Allen	SNH	U13G	32.4

400m

H Rule	HPX	U20W	64.5
E Queally	Una	SW	64.9

Race 2	J Sewell	SNH	U13B	2:33.9
	S Sattin	HPX	U15G	2:34.8
	J Knight	SNH	U13B	2:57.9
	R Bygate	HPX	U13G	3:01.7
	I Hannah	ESM	U13G	3:06.1
	S Pike	Una	U13G	3:16.4

3000m	A Bell	LW	W40	11:08.1
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5000m

S Bell	LW	SM	16:29.3
D Clynes	FVS	SM	17:56.0
A Hull	FVS	SM	22:22.7
R Sidlin	FVS	SM	23:09.5

70m Hurdles

K Caufield	HPX	U13G	12.5
H Sweetman	SNH	U13G	13.1
B Carr	HPX	U13G	15.0
? Stichbury	SBH	U13G	15.0

75m Hurdles

E Stevens	HPX	U15G	12.5
D Vidgen	HPX	U15G	13.0
R Williams	SNH	U15G	16.1

75m Hurdles

J Shearman	HPX	U13B	16.3
R Clemmens	SNH	U13B	17.9

80m Hurdles

N Burrows	HPX	U17W	12.7
N Farman	HPX	U17W	13.2

100m Hurdles

S Barnaard	E&H	U17M	15.1
C Andrews	HPX	U20W	15.8
H Weekes	SNH	U20W	16.7

110m Hurdles

R Jones	HPX	U20M	16.7
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3000m Walk

M Wall	EVAC	M40	16:15.2
S Rey	MVAC	W40	24:11.6

80m**Race 1**

A Gates	SNH	U11G	12.2
R Robertson	HPX	U11G	13.6
S Morrall	Una	U11G	14.0
H Macey	Una	U11G	14.4
R Grehan	HPX	U11G	15.0
E Lally	HPX	U11G	16.8

Race 2

A Davey	SNH	U11B	12.0
K Sagee	Una	U11B	12.5
R Clemmens	SNH	U11B	13.8

600m

K Sagee	Una	U11B	2:02.7
A Davey	SNH	U11B	2:08.7
A Gates	SNH	U11G	2:10.7
R Robertson	HPX	U11G	2:18.3
S Morrall	Una	U11G	2:21.5
H Macey	Una	U11G	2:29.5
R Grehan	HPX	U11G	2:44.2
E Lally	HPX	U11G	2:59.1

High Jump

S Hemmings	S'End	SM	1.90m
L Pirie	SNH	U17M	1.75m
O Cook	HPX	U17M	1.65m
W Meadows-Smith	WSuff	U20W	1.60m
C Lean	SNH	SW	1.40m

Pole Vault

M Clarke	WSEH	U20W	2.70m
B Abbott-Gribben	C&C	U15B	2.10m

Long Jump

N Barton	HPX	SM	7.17m
R Rumble	HPX	U20M	6.24m
R Jones	HPX	U20M	5.96m
H Cone	TVH	SW	5.42m
A Rutherford	MK	M45	5.28m
I Tobin	HPX	U17M	5.15m

Shot (Women)

S Newberry	MK	W45	8.25m
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Shot (Men)

P Barrett	HPX	U20M	11.25m
J Shaw	HPX	U17M	8.84m

Discus (Women)	S Newberry	MK	W45	24.13m
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Discus (Men)	B Mason	WGEL	U20M	39.41m
	J Shaw	HPX	U17M	25.02m

Javelin (Women)	N Farman	HPX	U17W	25.51m
	S Newbury	MK	W45	21.56m

Javelin (Men)	D MacDonald	TVH	SM	54.99m
	R Taiwo	TIP	SM	47.36m
	R Rumble	HPX	U20M	40.62m
	J Shaw	HPX	U17M	38.54m
	O Cook	HPX	U17M	35.93m