

## HERTS COUNTY AAA INDOOR CHAMPIONSHIP BEST PERFORMANCES (FROM 2007)

### SENIOR MEN

|       |         |                   |      |        |
|-------|---------|-------------------|------|--------|
| 60m   | 7.08    | Adam Daish        | E&H  | 9/3/08 |
| 200m  | 22.04   | Antonio Infantino | SBH  | 6/3/11 |
| 400m  | 49.10   | Glyn Hawkes       | Card | 6/3/11 |
| 800m  | 1:57.15 | Sam Poulton       | SNH  | 1/3/09 |
| 1500m | 4:12.78 | Daniel Poulton    | SNH  | 9/3/08 |
| 60H   | 8.48    | Zak Saucedo       | E&H  | 1/3/09 |
| HJ    | 1.90    | Elior Harris      | SNH  | 7/3/10 |
| PV    |         |                   |      |        |
| LJ    | 5.97    | Elior Harris      | SNH  | 7/3/10 |
| TJ    | 12.70   | Sam Poulton       | SNH  | 1/3/09 |
| SP    | 10.87   | Shaun Wall        | D&T  | 6/3/11 |

### SENIOR WOMEN

|       |         |                  |     |        |
|-------|---------|------------------|-----|--------|
| 60m   | 8.00    | Joanna Richards  | StA | 7/3/10 |
| 200m  | 27.55   | Joanna Richards  | StA | 7/3/10 |
| 400m  | 58.56   | Christina Silva  | HPx | 9/3/08 |
| 800m  | 2:22.49 | Jasmine Forde    | SNH | 9/3/08 |
| 1500m | 5:17.59 | Jasmine Forde    | SNH | 7/3/10 |
| 60H   | 9.64    | Natalie Farman   | HPx | 1/3/09 |
| HJ    | 1.61    | Hayley Kruse     | HPx | 7/3/10 |
| PV    | 3.60    | Louise Shortland | SNH | 6/3/11 |
| LJ    | 5.04    | Natalie Farman   | HPx | 9/3/08 |
| TJ    | 9.99    | Danielle Currie  | HPx | 7/3/10 |
| SP    | 10.30   | Laura Jones      | HPx | 9/3/08 |

### U20 MEN

|       |         |                   |     |         |
|-------|---------|-------------------|-----|---------|
| 60m   | 7.11    | Antonio Infantino | SBH | 7/3/10  |
| 200m  | 22.60   | Antonio Infantino | SBH | 7/3/10  |
| 400m  | 51.21   | Carl Palin        | StA | 6/3/11  |
| 800m  | 1:57.89 | Benjamin Parry    | HPx | 6/3/11  |
| 1500m | 4:09.81 | Khalid Al-Abaidy  | SNH | 6/3/11  |
| 60H   | 8.40    | Zak Saucedo       | E&H | 9/3/08  |
| HJ    | 2.03    | Jason Hamilton    | D&T | 7/3/10  |
| PV    | 4.40    | Daniel Gardner    | SNH | 6/3/11  |
| LJ    | 6.41    | Ian Simson        | D&T | 18/3/07 |
| TJ    | 13.50   | Leo Lundgren      | HPx | 7/3/10  |
| SP    | 13.77   | Ashley Ralph      | StA | 9/3/08  |

### U20 WOMEN

|       |         |                  |      |        |
|-------|---------|------------------|------|--------|
| 60m   | 7.83    | Frances Slater   | HPx  | 6/3/11 |
| 200m  | 25.10   | Laura Wake       | HPx  | 1/3/09 |
| 400m  | 58.51   | Laura Wake       | HPx  | 9/3/08 |
| 800m  | 2:19.71 | Laura Farrar     | D&T  | 6/3/11 |
| 1500m | 4:44.56 | Laura Farrar     | D&T  | 6/3/11 |
| 60H   | 8.81    | Claire Humphries | HPx  | 7/3/10 |
| HJ    | 1.75    | Moe Sasegbon     | SNH  | 7/3/10 |
| PV    | 3.50    | Anne Rees        | SNH  | 6/3/11 |
| LJ    | 5.16    | Anne Rees        | SNH  | 6/3/11 |
| TJ    | 11.21   | Abi Holman       | Harr | 6/3/11 |
| SP    | 10.81   | Charlotte Rose   | E&H  | 9/3/08 |

### U17 MEN

|       |         |                   |     |         |
|-------|---------|-------------------|-----|---------|
| 60m   | 7.04    | Antonio Infantino | E&H | 18/3/07 |
| 200m  | 22.55   | Antonio Infantino | E&H | 18/3/07 |
| 400m  | 51.36   | Nathan Wake       | HPx | 18/3/07 |
| 800m  | 2:03.19 | Liam Dee          | HPx | 6/3/11  |
| 1500m | 4:11.58 | Edward Shepherd   | HPx | 7/3/10  |
| 60H   | 8.69    | Luke Yaxley       | StA | 6/3/11  |
| HJ    | 1.93    | Jason Hamilton    | D&T | 18/3/07 |
| PV    | 4.20    | Daniel Gardner    | SNH | 7/3/10  |
| LJ    | 6.32    | Courtney Hart     | D&T | 7/3/10  |
| TJ    | 13.04   | Bradley Pike      | D&T | 7/3/10  |
| SP    | 10.03   | Chris Line        | D&T | 1/3/09  |

### U17 WOMEN

|       |         |                      |     |         |
|-------|---------|----------------------|-----|---------|
| 60m   | 7.79    | Charlotte Wingfield  | E&H | 7/3/10  |
| 200m  | 25.75   | Laura Wake           | HPx | 18/3/07 |
| 400m  | 60.68   | Deborah Willis       | HPx | 9/3/08  |
| 800m  | 2:27.67 | Catherine Mackintosh | StA | 7/3/10  |
| 1500m | 4:58.75 | Laura Farrar         | StA | 7/3/10  |
| 60H   | 8.88    | Helen van Kempen     | HPx | 18/3/07 |
| HJ    | 1.60    | Alice Rackham        | SNH | 7/3/10  |
| PV    | 3.00    | Anne Rees            | SNH | 1/3/09  |
| LJ    | 5.52    | Katie Caulfield      | HPx | 9/3/08  |
| TJ    | 10.96   | Sharmaala Harewood   | WAT | 7/3/10  |
| SP    | 10.17   | Charlotte Rose       | E&H | 18/3/07 |

### U15 BOYS

|       |         |                  |     |        |
|-------|---------|------------------|-----|--------|
| 60m   | 7.37    | Robert Gayler    | SBH | 9/3/08 |
| 200m  | 24.2    | Kim Sobotie      | SNH | 6/3/11 |
| 400m  | 54.72   | Simon Wake       | HPx | 9/3/08 |
| 800m  | 2:05.34 | Liam Dee         | HPx | 7/3/10 |
| 1500m | 4:36.69 | Edward Shepherd  | HPx | 9/3/08 |
| 60H   | 9.02    | Max Schopp       | SNH | 6/3/11 |
| HJ    | 1.65    | Christian Gaddes | StA | 1/3/09 |
| PV    | 3.20    | Daniel Gardner   | SNH | 9/3/08 |
| LJ    | 6.23    | Robert Gayler    | SBH | 9/3/08 |
| TJ    | 10.67   | Daniel Gardner   | SNH | 9/3/08 |
| SP    | 10.93   | Chris Line       | D&T | 9/3/08 |

### U15 GIRLS

|       |         |                     |       |         |
|-------|---------|---------------------|-------|---------|
| 60m   | 7.77    | Jodie Williams      | HPx   | 9/3/08  |
| 200m  | 26.07   | Charlotte Wingfield | BAR   | 1/3/09  |
| 400m  | 62.35   | Alex Gates          | SNH   | 9/3/08  |
| 800m  | 2:20.16 | Kiera Mooney        | CONAC | 1/3/09  |
| 1500m | 5:09.22 | Laura Farrar        | StA   | 9/3/08  |
| 60H   | 9.20    | Natalie Allen       | HPx   | 7/3/10  |
| HJ    | 1.60    | Katie Caulfield     | HPx   | 18/3/07 |
| PV    |         |                     |       |         |
| LJ    | 5.03    | Jodie Williams      | HPx   | 9/3/08  |
| TJ    | 8.94    | Sacha Dowling       | HPx   | 1/3/09  |
| SP    | 9.74    | Natashia Hadley     | HPx   | 7/3/10  |