

HERTS COUNTY AAA INDOOR CHAMPIONSHIP BEST PERFORMANCES (FROM 2007)

SENIOR MEN

60m	7.08	Adam Daish	E&H	9/3/08
200m	22.47	Tonderai Tomu	SNH	1/3/09
400m	49.53	Tonderai Tomu	SNH	1/3/09
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	1.60	Barry Mainstone	SNH	18/3/07
PV				
LJ	5.28	John Mayor	SNH	18/3/07
TJ	12.70	Sam Poulton	SNH	1/3/09
SP	9.06	David Lipscomb	SERP	18/3/07

SENIOR WOMEN

60m	8.90	Helen Hooper	StA	18/3/07
200m	28.11	Helen Hooper	StA	18/3/07
400m	58.56	Christina Silva	HPX	9/3/08
800m	2:22.49	Jasmine Forde	SNH	9/3/08
1500m				
60H	9.64	Natalie Farman	HPX	1/3/09
HJ	1.60	Hayley Kruse	HPX	1/3/09
PV	3.55	Louise Shortland	SNH	1/3/09
LJ	5.04	Natalie Farman	HPX	9/3/08
TJ				
SP	10.30	Laura Jones	HPX	9/3/08

U20 MEN

60m	7.3 (m)	Luke Crabb	C&C	9/3/08
200m	22.82	Tonderai Tomu	SNH	18/3/07
400m	51.59	Cameron Webb	SNH	9/3/08
800m	2:01.27	Shaun Collins	E&H	9/3/08
1500m	4:34.18	Callum McKechnie	SNH	9/3/08
60H	8.40	Zak Saucedo	E&H	9/3/08
HJ				
PV				
LJ	6.41	Ian Simson	D&T	18/3/07
TJ	13.02	Ian Simson	D&T	18/3/07
SP	13.77	Ashley Ralph	StA	9/3/08

U20 WOMEN

60m	7.99	Charlotte Cullen	HPX	1/3/09
200m	25.10	Laura Wake	HPX	1/3/09
400m	58.51	Laura Wake	HPX	9/3/08
800m	2:20.57	Aoife Kelly	D&T	1/3/09
1500m	4:59.72	Charlotte Davies	HPX	1/3/09
60H	9.21	Claire Humphries	HPX	1/3/09
HJ	1.65	Moe Sasegbon	SNH	1/3/09
PV				
LJ	4.83	Danielle Currie	HPX	9/3/08
TJ	10.47	Danielle Currie	HPX	9/3/08
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	2:04.48	Louis Walshe	HPX	18/3/07
1500m	4:30.27	Khalid Al-Abaidy	StA	1/3/09
60H	9.09	Richard Sackey	HPX	1/3/09
HJ	1.93	Jason Hamilton	D&T	18/3/07
PV	3.50	Connor Winters	SNH	1/3/09
LJ	6.22	Kieran Moss	StA	1/3/09
TJ	12.66	Kieran Moss	StA	1/3/09
SP	10.03	Chris Line	D&T	1/3/09

U17 WOMEN

60m	7.96	Bunmi Awokoya	SNH	18/3/07
200m	25.75	Laura Wake	HPX	18/3/07
400m	60.68	Deborah Willis	HPX	9/3/08
800m	2:27.78	Kate Barber	BAR	1/3/09
1500m	5:01.68	Laura Farrar	StA	1/3/09
60H	8.88	Helen van Kempen	HPX	18/3/07
HJ	1.55	Stephanie Gaynor	HPX	18/3/07
PV	3.00	Anne Rees	SNH	1/3/09
LJ	5.52	Katie Caulfield	HPX	9/3/08
TJ	10.76	Siobhan Meikle	WAT	1/3/09
SP	10.17	Charlotte Rose	E&H	18/3/07

U15 BOYS

60m	7.37	Robert Gayler	SBH	9/3/08
200m	25.64	Luke Yaxley	StA	1/3/09
400m	54.72	Simon Wake	HPX	9/3/08
800m	2:11.73	Christopher Hilton	StA	1/3/09
1500m	4:36.69	Edward Shepherd	HPX	9/3/08
60H	9.08	Christian Gaddes	StA	1/3/09
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	9.49	Alicia Tymon-McEwan	StA	1/3/09
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	9.18	Sarah Miller	HPX	9/3/08