

HERTS ASSOCIATION OF ATHLETIC & RUNNING CLUBS

1500m & RELAY CHAMPIONSHIPS MONDAY, 4 MAY 2009 at STEVENAGE

1500 metres

Senior Men	Adam Searle	SNH	4:06.4
	James Taylor	BAR	4:11.8
	Sam Poulton	SNH	4:24.5
U20 Men	Matthew Salt	D&T	4:13.8
	Louis Walshe	HPX	4:16.3
	Tom Gough	HPX	4:26.4
U17 Men	David Wilson	HPX	4:25.4
	Khalid Al-Abaidy	StA	4:26.8
	Edward Shepherd	HPX	4:30.5
	Oliver Glyn	D&T	4:33.3
	Samuel Highfield	D&T	4:34.0
	Gregory Bennett	D&T	4:38.8
	Gregory Evans	SNH	4:45.6
	David Pickett	SNH	4:51.5
	Thomas Sloan	SNH	4:51.9
Paul Spicer	SNH	5:03.6	
U15 Boys	James McMurray	StA	4:27.3
	Christopher Hilton	StA	4:37.4
	Liam Dee	HPX	4:46.3
	Oliver Poulain	StA	4:49.3
	Harry Whiteman	StA	4:55.9
	Nicholas Doyle	HPX	5:00.3
	Sam Jamieson-West	StA	5:05.6
	Jack Eykelbosch	D&T	5:07.6
	Sam Izzard	D&T	5:09.3
	Matthew Cloke	StA	5:13.5
U13 Boys	Harvey O'Brart	WAT	4:49.6
	Joshua Jewson	HPX	5:17.7
	Jonty Wager-Leigh	D&T	5:20.6
	Louis Glyn	D&T	5:26.6
	Alexander Hepburn	SNH	5:28.4
	Jasper Durrant	D&T	5:33.4
	George Cook	HPX	5:43.0
	Robert Needleman	D&T	6:33.1

Senior Women	Rebecca Newstead	BED	4:43.2
U20 Women	Hannah Walker	D&T	4:45.7
	Aoife Kelly	D&T	4:56.1
	Laura Whitehead	HPX	5:06.6
U17 Women	Sophie Connor	SBH	4:40.5
	Abigail Mackinnon-Austin	BED	4:56.4
	Laura Farrar	StA	4:57.1
	Ella Fuller	HPX	5:00.5
	Victoria Walker	WAT	5:03.4
	Natalie Wickings	WAT	5:04.6
	Rebecca Armorgie	D&T	5:10.5
	Kate Barber	BAR	5:12.7
	Hannah Dewhurst	SNH	5:16.2
	Catherine Mackintosh	StA	5:20.0
	Daisy Yeomans	StA	5:22.9
	Sophie Olah	D&T	5:29.9
	Sarah Kinley	D&T	5:49.7
	Sarah Pike	SNH	5:55.5
U15 Girls	Elizabeth Bird	HPX	4:55.2
	Isobel Thompson	SBH	4:56.9
	Megan Steer	StA	5:07.6
	Danni Newman	SBH	5:09.6
	Ella Lloyd	HPX	5:10.3
	Emily Ruane	HPX	5:11.5
	Mary Gough	HPX	5:11.8
	Sarah Grover	D&T	5:17.4
	Charlotte Michael	BAR	5:18.0
	Alex Eykelbosch	D&T	5:20.6
	Bethany May-Carter	BAR	5:23.3
	Georgia Hazell	SNH	5:23.8
	Hollie Reader	SNH	5:26.1
	Hannah Hull	StA	5:29.8
	Sarah Needleman	D&T	5:54.8
U13 Girls	Natalie Connor	SBH	5:07.0
	Elizabeth Parry	HPX	5:19.3
	Victoria Pritchard	StA	5:20.9
	Megan Breen	HPX	5:31.3
	Danielle Murphy	SNH	5:36.0
	Lydia Herridge	BAR	6:09.6
	Beth Curran	D&T	6:11.8

4x100m Relay Championships

Senior Men	Stevenage	49.8
Veteran Men	Stevenage	54.2
U20 Men	Herts Phoenix	46.9
U17 Men	Stevenage	50.4
U15 Boys	Stevenage A	53.1
	Stevenage B	60.3
U13 Boys	Stevenage A	65.8
	Stevenage B	71.2
Senior Women	Herts Phoenix	50.4
U20 Women	Herts Phoenix	51.0
	Stevenage A	58.1
	Stevenage B	61.0
U17 Women	Herts Phoenix	49.5
	Stevenage A	54.9
	Stevenage B	62.8
U15 Girls	Dacorum & Tring	51.1
	Stevenage A	55.8
	Herts Phoenix A	57.0
	Stevenage B	57.4
	Herts Phoenix B	59.8
U13 Girls	Stevenage A	60.0
	Herts Phoenix	61.3
	Stevenage B	66.7

4x400m Relay Championships

Senior Men	Stevenage	3:26.3
	Herts Phoenix	3:29.8
	Fairlands VS	4:22.2
Veteran Men	Stevenage	4:13.4
	Fairlands VS	4:42.4
U20 Men	Herts Phoenix	3:27.0
U17 Men	Stevenage	3:52.4
U15 Boys	Stevenage	4:09.4
Senior Women	Herts Phoenix	4:01.4
Veteran Women	Fairlands VS	4:56.2
U20 Women	Herts Phoenix	4:09.9
U17 Women	Herts Phoenix	4:06.5
	Stevenage	4:26.9
U15 Girls	Herts Phoenix	4:37.3
	Stevenage	4:46.5