

HERTFORDSHIRE INDOOR CHAMPIONSHIPS						
LEE VALLEY		MARCH 1 2009				
Under 17 men						
60m				High Jump		
	1	Ayrton Armstrong	HPX	7.56	1	Connor Winters SNH 1.80
	2	Oliver Brooks	SBH	7.62	2	Laurence Levy SNH 1.60
	3	Miebaka Owubokiri	HPX	7.68	3	Paul Spicer SNH 1.55
	4	Richard Sackey	HPX	7.73	4	Michael Wadlow D&T 1.45
	5	Samuel Milner	HPX	7.76		
	6	Robert Hibbs	HPX	8.08	Pole Vault	
					1	Connor Winters SNH 3.50
200m					2	Timothy Warner HPX 3.10
	1	Simon Wake	HPX	24.09	Long Jump	
	2	Ayrton Armstrong	HPX	24.43	1	Kieron Moss StA 6.22
	3	Samuel Milner	HPX	24.51	2	Connor Winters SNH 5.64
	4	Miebaka Owubokiri	HPX	24.64	3	Oliver Brooks SBH 5.53
	5	Robert Hibbs	HPX	26.22	4	Michael Wadlow D&T 4.67
400m					5	Laurence Levy SNH 4.60
	1	Andrew Walshe	HPX	52.48	Triple Jump	
	2	Marc Bonito	D&T	55.38	1	Kieran Moss StA 12.66
	3	Carl Palin	StA	57.12	2	Ross Moorley HPX 9.94
	4	Thomas Barfoot	HPX	57.92	Shot	
	5	Ross Moorley	HPX	59.87	1	Chris Line D&T 10.03
800m					2	Laurence Levy SNH 9.98
	1	Janagan Rajkumar	Harrow	2.11.30	3	Michael Wadlow D&T 9.30
	2	Thomas Barfoot	HPX	2.12.53		
	3	Edward Shepherd	HPX	2.14.57		
	4	Thomas Sloan	SNH	2.22.94		
1500m						
	1	Khalid Al-Abaidy	St A	4.30.27		
	2	Luke Langley	SNH	4.32.73		
	3	Edward Shepherd	HPX	4.33.32		
60m hurdles						
	1	Richard Sackey	HPX	9.09		