

HERTFORDSHIRE COUNTY AMATEUR ATHLETIC ASSOCIATION

1996 TRACK & FIELD CHAMPIONSHIPS HELD AT WATFORD ON SUNDAY 12TH MAY 1996

U/13 GIRLS

100 metres Heat 1 (-0.7)

1	K Edwards	H&W	13.7
2	G Suter	STGD	14.1
3	L Hodge	VER	14.5
4	C Randall	VER	14.6
5	H Wilkinson	SNH	16.0

100 metres Heat 2 (-1.2)

1	M Whawell	VER	14.0
2	O Ross-Hurst	VER	14.4
3	F Giffen	H&W	15.0
4	L Amos	ENF	15.9

100 metres Final (-0.5)

1	M Whawell	VER	13.9
2	K Edwards	H&W	13.9
3	O Ross-Hurst	VER	14.3
4	G Suter	STGD	14.4
5	L Hodge	VER	14.7
6	F Giffen	H&W	14.7
7	C Randall	VER	14.7
8	L Amos	ENF	15.6

200 metres Final (-0.9)

1	M Whawell	VER	28.9
2	G Suter	STGD	29.4
3	S Chester	STGD	30.0
4	F Giffen	H&W	30.1
5	L Hodge	VER	30.9
6	C Ekins	ENF	31.7
7	L Amos	ENF	33.5
8	H Wilkinson	SNH	34.3

800 metres Final

1	J Nugent	VER	2:35.9
2	C Ekins	ENF	2:37.0
3	I Gocool	ENF	2:43.6
4	G Suter	STGD	2:47.6
5	H Easter	H&W	2:51.7
6	S Brough	SNH	2:53.5
7	H Wilkinson	SNH	2:53.6
8	S Harris	SNH	2:59.5
9	H Parish	SNH	3:09.0

70m Hurdles Final (+2.1)

1	O Ross-Hurst	VER	13.4
2	F Giffen	H&W	13.5
3	L Hodge	VER	13.7

Long Jump

1	K Edwards	H&W	4.27m
2	S Chester	STGD	3.96m
3	O Ross-Hurst	VER	3.96m
4	M Whawell	VER	3.71m

Shot

1	K Edwards	H&W	6.71m
2	H Parish	SNH	5.17m

U/15 GIRLS

100 metres Final (-0.3)

1	B Williams	ENF	13.4
2	H Kirsop	STGD	13.6
3	C Phillips	H&W	13.6
4	D Leggett	WAT	13.7
5	C Evans	H&W	13.7
6	C Basu	STGD	13.8
7	M Smith	VER	14.6
8	A Church	H&W	14.7

200 metres Heat 1 (-0.2)

1	I Cowley	VER	27.8
2	C Basu	STGD	28.2
3	L Levy	SNH	28.4
4	D Leggett	WAT	28.4

200 metres Heat 2 (+1.1)

1	B Williams	ENF	27.7
2	C Evans	H&W	28.2
3	H Kirsop	STGD	28.6
4	M Ford	SNH	29.6
5	M Smith	VER	30.4

200 metres Final (+1.4)

1	L Cowley	VER	27.2
2	B Williams	ENF	27.8
3	C Basu	STGD	28.1
4	H Kirsop	STGD	28.2
5	D Leggett	WAT	28.4
6	C Evans	H&W	28.7
7	L Levy	SNH	29.3

800 metres Heat 1

1	H Ripper	SBH	2:32.8
2	K James	WAT	2:32.9
3	G Fensome	SBH	2:33.0
4	L Butcher	ENF	2:33.0
5	S Eaton	SNH	2:33.2
6	J Brooke	VER	2:34.2
7	J Wright	STGD	2:35.8
8	S Stevens	SNH	2:40.9
9	La Johnson	H&W	2:56.3

800 metres Heat 2

1	K Brooks	SBH	2:29.6
2	L Samuels	SNH	2:29.7
3	L Hall	SBH	2:30.8
4	S Stanmore	SNH	2:32.2
5	L Graham	SBH	2:35.2
6	J Clark	VER	2:36.8
7	T Winter	BWD	2:43.3
8	L Hoggins	WAT	2:43.9
9	K Jordan	H&W	2:45.7

800 metres Final

1	L Samuels	SNH	2:19.3
2	K Brooks	SBH	2:21.5
3	K James	WAT	2:22.2
4	L Hall	SBH	2:25.9
5	L Butcher	ENF	2:26.6
6	S Stanmore	SNH	2:26.8
7	G Fensome	SBH	2:31.2
8	H Ripper	SBH	2:32.8

75m Hurdles Final (+0.8)

1	H Clulow	STGD	12.6
2	La Johnson	H&W	15.3
3	C Hammill	VER	17.2

High Jump

1	R Smith	STGD	1.45m
2	N Ricketts	SBH	1.40m
3	A Church	H&W	1.35m
4	L Hart	SNH	1.30m
5	C Hammill	VER	1.30m

Pole Vault

1	La Johnson	H&W	1.50m
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Long Jump

1	L Cowley	VER	4.64m
2	L Butcher	ENF	4.49m
3	H Clulow	STGD	4.43m
4	A Church	H&W	4.27m
5	C Phillips	H&W	4.27m
6	D Leggett	WAT	4.25m
7	L Levy	SNH	3.94m
8	C Evans	H&W	3.45m

Shot

1	S McLellan	SNH	9.41m
2	A Hutchin	H&W	9.21m
3	F Blacktin	H&W	8.10m
4	Ly Johnson	H&W	7.90m
5	K Spikings	D&T	7.46m
6	T Miller	VER	6.99m

Discus

1	F Blacktin	H&W	21.88m
2	S McLellan	SNH	21.48m
3	K Spikings	D&T	19.42m
4	C Hammill	VER	16.92m
5	Ly Johnson	H&W	16.86m
6	A Jackson	VER	16.70m
7	T Miller	VER	14.80m

Javelin

1	A Hutchin	H&W	24.60m
2	Ly Johnson	H&W	23.92m
3	A Jackson	VER	19.06m
4	S McLellan	SNH	15.82m
5	F Blacktin	H&W	15.46m

U/17 WOMEN100 metres Final (-0.9)

1	A Chesterman	H&W	13.6
2	J Ellis	SBH	13.6
3	Tam Banerjee	VER	13.7
4	S Clift	ENF	13.8
5	A Deller	H&W	13.8

200 metres Final (-0.5)

1	E Miller	H&W	25.9
2	J Kotey	STGD	26.5
3	K Etchells	VER	26.8
4	J Ellis	SBH	27.7
5	J Sample	STGD	STGD
6	S Clift	ENF	28.1
7	S Howell	H&W	28.2
8	A Deller	H&W	28.4

300 metres Final

1	K Etchells	VER	44.1
2	S Dennison	STGD	48.3

800 metres Heat 1

1	T Brazier	SNH	2:30.6
2	G Harper	STGD	2:30.9
3	C Fearn	SBH	2:31.8
4	C Thomas	PARK	2:33.2
5	C Campbell	SNH	2:33.9
6	J Cooper	SNH	2:35.9
7	Z Stevens	ENF	2:37.1
8	B Harris	SNH	2:54.6

800 metres Heat 2

1	C Stevens	SNH	2:35.5
2	S Fensome	SBH	2:35.6
3	E Godber	D&T	2:35.6
4	D Banks	WAT	2:36.6
5	S Dennison	STGD	2:36.8

800 metres Final

1	T Brazier	SNH	2:14.7
2	C Fearn	SBH	2:18.8
3	C Stevens	SNH	2:21.5
4	S Fensome	SBH	2:21.9
5	G Harper	STGD	2:28.4
6	E Godber	D&T	2:29.7
7	C Campbell	SNH	2:31.3
8	C Thomas	PARK	2:33.9

80 m Hurdles Final (+1.7)

1	E Miller	H&W	12.4
2	J Glen	H&W	13.1
3	V Brannan	H&W	14.3
4	L Lewis	STGD	15.6

300m Hurdles Final

1	V Brannan	H&W	53.2
2	S Dennison	STGD	56.2

High Jump

1	C Harvie	STGD	1.55m
2	K Burgoyne	STGD	1.50m

Pole Vault

1	M Basu	STGD	2.10m
2	C Thomas	PARK	1.80m

Long Jump

1	J Kotey	STGD	5.01m
2	M Basu	STGD	4.81m
3	J Sample	STGD	4.74m
4	J Glen	H&W	4.58m
5	A Chesterman	H&W	4.55m
6	A Deller	H&W	4.24m
7	C Miller	VER	3.65m

Triple Jump

1	J Sample	STGD	10.41m
2	M Basu	STGD	10.11m
3	B Green	BWD	8.71m

Shot

1	L Brewster	H&W	8.80m
2	A Anstey	VER	8.46m
3	B Green	BWD	7.01m
4	K Henderson	BWD	5.68m

Discus

1	A Anstey	VER	27.30m
2	L Brewster	H&W	21.86m
3	K Henderson	BWD	19.54m

Javelin

1	J Kotey	STGD	31.44m
2	A Anstey	VER	31.20m
3	T Holman	VER	30.42m
4	K Henderson	BWD	15.20m

Hammer

1	L Brewster	H&W	18.6
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SENIOR/JUNIOR WOMEN

100 metres Final (-0.8)

1	C Murphy	SBH	12.0
2	S Llewellyn	SBH	12.7
3	S Hunter	SBH	12.7
4	S Leigh	SNH	12.9
5	L MacDonald	H&W	13.0
6	J Pullin	SNH	14.2

200 metres Final (-0.2)

1	C Murphy	SBH	23.9
2	S Llewellyn	SBH	24.9
3	S Leigh	SNH	25.7
4	L MacDonald	H&W	26.2
5	J Harris	SNH	29.6

400 metres Final

1	S Leigh	SNH	57.9
2	S North	SBH	60.6
3	K Kingwell	VER	62.6
4	T Allen (J)	VER	62.7

800 metres Final

1	S Leigh	SNH	2:14.4
2	R Felton (J)	SBH	2:15.1
3	L Joslin (J)	ENF	2:15.6
4	J Cox/Rogers	ENF	2:23.0
5	K Kingwell	VER	2:27.8
6	C Marsh	H&W	2:44.7

5000 metres Final

1	K Black	ROY	18:15.4
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100m Hurdles Final (-1.1)

1	P Blank (J)	VER	18.0
2	J Pullin	SNH	18.1
3	C Marsh	H&W	19.0

400m Hurdles Final

1	A McDonnell	PARK	64.9
2	T Allen (J)	VER	70.5

Pole Vault

1	P Blank (J)	VER	1.80m
2	J Jackson	VER	1.70m

Long Jump

1	J Jackson	VER	4.62m
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Triple Jump

1	J O'Sullivan (J)	H&W	10.49m
2	J Jackson	VER	10.19m
3	J Carr (J)	SNH	9.72m
4	J Harris (J)	SNH	9.39m

Shot

1	C Lane	D&T	10.70m
2	P Blank (J)	VER	10.17m
3	D Pearce	HARL	8.62m
4	A Bush (J)	PARK	8.34m
5	B Johnson	SBH	7.32m
6	K Grinsted	LUT	6.96m

Discus

1	C Lane	D&T	36.02m
2	S Williams (J)	D&T	29.70m
3	A Bush (J)	PARK	26.18m

Javelin

1	P Blank (J)	VER	40.92m
2	L Porter (J)	ENF	28.90m
3	B Johnson	SBH	25.82m

Hammer

1	C Lane	D&T	35.86m
2	L Shrosbree	HARL	32.16m
3	K Grinsted	LUT	27.68m
4	A Griffin	VER	25.12m
5	B Johnson	SBH	20.90m

U/13 BOYS

100 metres Final (+0.5)

1	B John	STGD	14.3
2	P Stafford	H&W	14.9
3	D Heddon	VER	15.6

200 metres Final (+0.7)

1	P Stafford	H&W	30.3
2	D Booles	D&T	32.0
3	D Heddon	VER	32.5
4	T Birks	STGD	35.2

800 metres Final

1	C Saville	H&W	2:28.1
2	B John	STGD	2:37.1
3	N Carter	ENF	2:39.7
4	J Moody	SNH	2:43.7
5	D Booles	D&T	2:49.4
6	J Stanmore	SNH	2:57.1
7	T Birks	STGD	3:00.8

80m Hurdles (+0.3)

1	J Moody	SNH	17.7
2	T Birks	STGD	26.3

Long Jump

1	D Booles	D&T	4.03m
2	C Saville	H&W	3.95m
3	P Stafford	H&W	3.82m
4	D Heddon	VER	3.51m
5	J Stanmore	SNH	3.04m

Shot

1	C Saggars	ENF	12.08m
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Discus

1	C Saggars	ENF	30.30m
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U/15 BOYS

100 metres Final (-0.80)

1	T Anthony	VER	12.1
2	D Tomlin	BWD	13.0
3	D Choppin	STGD	13.1
4	M Hunt	WAT	13.8
5	L Nicholls	WAT	14.3
6	A Giffen	H&W	15.6

200 metres Final (+1.6)

1	T Anthony	VER	23.2
2	D Atkins	H&W	29.1
3	A Giffen	H&W	30.8

400 metres Final

1	D Hart	SNH	58.2
2	A Johnson	H&W	58.4
3	B Sumner	STGD	64.9
4	C Hamilton	D&T	67.2

800 metres Final

1	M Griffith	ENF	2:08.9
2	D Coates	H&W	2:13.0
3	D Hart	SNH	2:15.1
4	M Cooke	SBH	2:22.3
5	I McIndoe	D&T	2:24.5
6	S Holliday	BWD	2:30.4
7	C Hamilton	D&T	2:34.5

80m Hurdles Final (-0.6)

1	A Johnson	H&W	13.2
2	D Sillitoe	SHE	13.4
3	G Brennan	D&T	16.7

High Jump

1	B Sumner	STGD	1.43m
2	L Shimmins	BAR	1.40m

Pole Vault

1	J Hutchinson	STGD	2.70m
2	A Johnson	H&W	2.50m

Long Jump

1	D Choppin	STGD	5.56m
2	B Sumner	STGD	4.99m
3	D Atkins	H&W	4.78m
4	J Clarke	ENF	4.56m
5	L Nicholls	WAT	4.22m
6	L Shimmins	BAR	4.15m
7	C Hamilton	D&T	3.84m

Triple Jump

1	D Smith	SNH	10.74m
2	M Cooke	SBH	10.14m
3	M Swindlehurst	STGD	8.83m
4	G Brennan	D&T	8.38m

Shot

1	R Morris	H&W	12.48m
2	C Griffin	VER	4.43m

Discus

1	R Tyler	STGD	32.80m
2	M Clark	H&W	26.72m
3	S Holliday	BWD	19.86m

Javelin

1	D Kerry	STGD	39.98m
2	S Holliday	BWD	22.82m
3	A Giffen	H&W	19.56m

U/17 MEN

100 metres Final (-1.5)

1	P Beverstock	TURN	12.0
2	N Barton	VER	12.3
3	B McComiskie	H&W	12.4
4	P Harding	H&W	12.5
5	D Green	VER	13.0

200 metres Final (-1.6)

1	P Beerstock	TURN	24.2
2	P Harding	H&W	24.8

400 metres Final

1	G McLellan	SNH	57.2
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800 metres Final

1	D Murray	ENF	2:08.0
2	G McLellan	SNH	2:08.5
3	A Clark	VER	2:08.6
4	P Rich	BAR	2:10.4
5	A Moody	SNH	2:22.2

100m Hurdles Final (-1.3)

1	T Elliott	VER	16.1
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High Jump

1	N Martin	OGY	1.85m
2	T Elliott	VER	1.75m

Pole Vault

1	N Waters	ENF	3.81m
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Long Jump

1	N Barton	VER	5.83m
2	R Pooley	H&W	5.43m

Triple Jump

1	N Barton	VER	11.75m
2	R Pooley	H&W	11.52m
3	D Green	VER	11.14m

Shot

1	D Waller	H&W	12.27m
2	J Provan	VER	11.50m

Discus

1	D Waller	H&W	38.58m
2	J Provan	VER	38.14m
3	D Harding	H&W	33.40m

Javelin

1	J Provan	VER	40.74m
2	D Harding	H&W	40.46m

JUNIOR MEN

100 metres Final (-1.3)

1	B Gritz	OGY	11.6
2	R Harle	STGD	11.9
3	D McTavish	WAT	12.3

200 metres Final (-1.5)

1	B Walker	D&T	23.6
2	D Fowler	SBH	24.2

400 metres Final

1	D Fowler	SBH	52.5
2	M Stacey	WAT	53.4

800 metres Final

1	L Wells	ENF	1:55.0
2	S Hyams	ENF	1:56.7
3	M Stoker	STGD	1:58.0
4	G Dean	LUT	2:03.3
5	M Green	VER	2:06.2

110m Hurdles Final (-1.1)

1	B Gritz	OGY	15.9
2	S Whittingham	WAT	17.0

400m Hurdles Final

1	R Edu	SBH	56.5
2	B Aggett	STGD	61.0

2000m S/C (with no water jump)

1	R Pitt	VER	6:23.9
2	M Green	VER	6:34.6
3	R Munn	H&W	6:49.2
4	L Suter	VER	7:17.7

High Jump

1	S Back	OGY	1.90m
2	S Whittingham	WAT	1.80m

Pole Vault

1	I Houldsworth	OGY	4.01m
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Long Jump

1	R Harle	STGD	5.73m
2	M Stacey	WAT	5.58m

Triple Jump

1	R Harle	STGD	12.60m
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Shot

1	B Walker	D&T	13.15m
2	N McLellan	SNH	11.11m

Discus

1	B Walker	D&T	44.76m
2	T Attwood	STGD	35.82m
3	N McLellan	SNH	31.80m

Javelin

1	N McLellan	SNH	58.44m
2	M Stacey	WAT	38.70m

SENIOR MEN

100 metres Final (-1.3)

1	D Jackson	ENF	11.4
2	M Lloyd	UNA	11.6
3	S Stevens	ENF	11.8
4	G Barter	ENF	11.8
5	T Sauka	BAR	12.9

200 metres Final (-1.3)

1	I Clarke	ENF	22.9
2	D Jackson	ENF	23.1
3	G Smith	D&T	23.3
4	G Barter	ENF	24.0

400 metres Final

1	J Truckle	UH	51.2
2	N Miller	H&W	52.0
3	P Stokes	VER	52.4
4	T Higman	STGD	52.6
5	I Chalk	TSOL	55.2

800 metres Final

1	P MacDonald	VER	1:57.8
2	I Chalk	TSOL	2:00.8

5000 metres Final

1	M Parker	BAR	15:22.2
2	L Oldershaw	NHRR	15:24.0
3	I Johnstone	TVH	15:25.3
4	A Tappin	BAR	15:28.9
5	P Sibbett	NHRR	15:30.0
6	A Holt	VER	15:36.9
7	A Currell	SOU	15:50.3
8	G Preston	SNH	16:46.7

400m Hurdles Final

1	C Martin	D&T	60.7
2	J Girling	VER	64.2

3000m S/C (with no water jump)

1	P Pearce	NHRR	10:05.2
2	A Stedman	VER	10:29.4
3	P Milsom	H&W	10:56.1

High Jump

1	T Sauka	BAR	1.55m
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Pole Vault

1	G Leckie	VER	3.30m
2	P Milsom	H&W	3.20m
3	P Ferguson	VER	2.60m
4	B Thomas	VER	2.50m

Long Jump

1	I Roberts	CARD	6.55m
2	R Emptage	D&T	5.90m
3	D Greer	VER	5.66m

Triple Jump

1	J Lewis	VER	14.44m
2	R Emptage	D&T	11.98m

Shot

1	N Woolcott	HAR	12.94m
2	R McKenna	OGY	11.84m
3	N Winwood	UNA	11.62m
4	G Grinsted	LUT	11.62m
5	J Kingwell	VER	11.30m
6	F Briffitt	UNA	9.74m

Discus

1	N Woolcott	HAR	49.38m
2	R McKenna	OGY	38.94m
3	T Ratcliffe	D&T	33.62m
4	G Grinsted	LUT	31.94m

Hammer

1	M Miller	ENF	55.40m
2	J Kingwell	VER	46.24m
3	J Maitland	VER	37.08m
4	T Ratcliffe	D&T	35.00m
5	F Briffitt	UNA	30.70m
6	G Grinsted	LUT	28.90m

Javelin

1	T Ratcliffe	D&T	61.66m
2	D Greer	VER	50.38m