**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 | 1:51.96 | James McMurray | StA | 18/3/17 |
| 1500m | 3:48.47 | James McMurray | StA | 17/3/19 |
| 60H | 8.48 | Zak Saucede | E&H | 1/3/09 |
| HJ | 1.95 | Elior Harris | SNH | 19/3/16 |
| PV | 4.10 | Elliot Breen | HPx | 15/3/20 |
| LJ | 5.97 | Elior Harris | SNH | 7/3/10 |
| TJ | 12.70 | Sam Poulton | SNH | 1/3/09 |
| SP | 12.49 | Alex Jovanovski | E&H | 19/3/16 |
| 1k Walk | 4:49.43 | Steve Allen | Bar | 14/3/15 |

**U20 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 60m | 6.97 | Destiny Ogali | D&T | 17/3/19 |
| 200m | 22.53 | Luis Da Silva | StA | 16/3/13 |
| 400m | 50.44 | Michael Edwards | E&H | 4/3/12 |
| 800m | 1:56.61 | Beck Grover | HPx | 18/3/17 |
| 1500m | 4:05.52 | Kyle Langford | SBH | 16/3/13 |
| 60H | 8.37 | Matthew Hall | SBH | 14/3/15 |
| HJ | 2.03 | Jason Hamilton | D&T | 7/3/10 |
| PV | 4.60 | JJ Lister | Harr | 15/3/15 |
| LJ | 6.41 | Ian Simson | D&T | 18/3/07 |
| TJ | 13.56 | Nile Odejimi-Riley | SNH | 15/3/20 |
| SP | 13.77 | Ashley Ralph | StA | 9/3/08 |

**U17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 60m | 6.97 | Dominic Ashwell | D&T | 15/3/15 |
| 200m | 22.55 | Antonio Infantino | E&H | 18/3/07 |
| 400m | 51.36 | Nathan Wake | HPx | 18/3/07 |
| 800m | 1:58.74 | Liam Dee | HPx | 4/3/12 |
| 1500m | 4:11.58 | Edward Shepherd | HPx | 7/3/10 |
| 60H | 8.48 | Max Price | SNH | 15/3/14 |
| HJ | 1.95 | Matthew Lalley | SBH | 16/3/14 |
| 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 | 14.19 | David Koffi | SNH | 17/3/18 |

**U15 BOYS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 60m | 7.32 | Uchenna Okoe | D&T | 16/3/14 |
| 200m | 23.78 | Uchenna Okoe | D&T | 15/3/14 |
| 300m | 37.66 | Uchenna Okoe | D&T | 16/3/14 |
| 800m | 2:05.34 | Liam Dee | HPx | 7/3/10 |
| 1500m | 4:13.51 | Jamie Dee | HPx | 4/3/12 |
| 60H | 8.46 | Max Price | SNH | 16/3/13 |
| HJ | 1.90 | Max Price | SNH | 17/3/13 |
| PV | 3.30 | Michael Fryer | D&T | 16/3/14 |
| LJ | 6.23 | Robert Gayler | SBH | 9/3/08 |
| TJ | 10.88 | Billy Day | Dac | 20/3/22 |
| SP | 13.27 | Max Price | SNH | 16/3/13 |

**SENIOR WOMEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 60m | 7.90 | Philippa Lowe | D&T | 15/3/15 |
| 200m | 25.9 | Phillipa Lowe | D&T | 16/3/13 |
| 400m | 56.20 | Deborah Willis | Notts | 15/3/15 |
| 800m | 2:16.98 | Deborah Willis | Notts | 19/3/16 |
| 1500m | 4:48.86 | Lois Bowles | E&H | 15/3/15 |
| 60H | 9.05 | Emily Stevens | E&H | 14/3/15 |
|  | 9.05 | Chloe Vernon-Hamilton | SNH | 18/3/17 |
| HJ | 1.65 | Bethan Siddons | Hav | 17/3/18 |
| PV | 3.65 | Anne Rees | SNH | 16/3/13 |
| LJ | 5.26 | Abigail Holman | Har | 9/3/08 |
| TJ | 11.45 | Yasmin Lakin | SBH | 19/3/16 |
| SP | 12,20 | Moe Sasegbon | SNH | 19/3/17 |

**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 | 2:16.92 | Marella Whitfield | Harr | 19/3/16 |
| 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 | 5.20 | Nicole Parcell | E&H | 19/3/17 |
| TJ | 11.61 | Yasmin Lakin | SBH | 15/3/14 |
| SP | 10.81 | Charlotte Rose | E&H | 9/3/08 |

**U17 WOMEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 60m | 7.71 | Tiana Rizzo | HPx | 20/3/22 |
| 200m | 25.04 | Lily Norwood | D&T | 14/3/20 |
| 400m | 57.94 | Emily Hack | StA | 15/3/15 |
| 800m | 2:13.72 | Beatrix Wraith | HAWCS | 17/3/18 |
| 1500m | 4:58.75 | Laura Farrar | StA | 7/3/10 |
| 60H | 8.80 | Alicia Tymon-McEwan StA | | 4/3/12 |
| HJ | 1.71 | Shaka Egbo | HPx | 18/3/17 |
| PV | 3.00 | Anne Rees | SNH | 1/3/09 |
|  | 3.00 | Aimie Taylor | SNH | 14/3/20 |
| LJ | 5.52 | Katie Caulfield | HPx | 9/3/08 |
| TJ | 11.14 | Yasmin Lakin WAT | | 4/3/12 |
| SP | 13.88 | Ellie Bostock HAWCS | | 20/3/22 |

**U15 GIRLS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 60m | 7.77 | Jodie Williams | HPx | 9/3/08 | |
| 200m | 25.80 | Amelia Gittens | HPx | 14/3/20 | |
| 300m | 43.92 | Thalia Mann | Wat | | 20/3/22 |
| 800m | 2:20.16 | Kiera Mooney | CONAC 1/3/09 | | |
| 1500m | 5:09.22 | Laura Farrar | StA | 9/3/08 | |
| 60H | 9.16 | Marli Jessop | D&T | 18/3/17 | |
| HJ | 1.60 | Katie Caulfield | HPx | 18/3/07 | |
| PV | 2.95 | Keira Hicks | SNH | 15/3/14 | |
| LJ | 5.03 | Jodie Williams | HPx | 9/3/08 | |
| TJ | 9.35 | Fiona McQuire | Wat | 4/3/12 | |
| SP | 11.83 | Ellie Bostock | HAWCS 15/3/20 | | |