

**Herts County Championships**  
**Watford - 15 May 2016**  
**Under 20 Men**

**100 Metres**

**CBP Nick Overhead Wat 10.3 1961**

Posn	Num	Name	Club	Perf
<b>Final</b>				
1	6	Mohamed Tamedou	Harl	11.12
2	4	Eden Davis	HPx	11.16
3	5	Luke Smith	HPx	11.28

**200 Metres**

**CBP Nick Overhead Wat 21.6 1961**

Posn	Num	Name	Club	Perf
<b>Final</b>				
1	5	Luke Smith	HPx	22.25

**400 Metres**

**CBP Russell Nicholls E&H 48.1 2002**

Posn	Num	Name	Club	Perf
<b>Final</b>				
1	191	Sam Jones	StA	51.78

**800 Metres**

**CBP James McMurray StA 1:52.71 2012**

Posn	Num	Name	Club	Perf
<b>Final</b>				
1	136	Beck Grover	HPx	1:57.07
2	191	Sam Jones	StA	2:00.93
3	173	Joseph Peppiatt	SBH	2:08.50
4	103	Rhys Rowlands	D&T	2:10.85
5	83	Oliver Formby	Bar	2:12.83

**5000 Metres**

**CBP Ben Rochford Wat 15:43.11 2013**

Posn	Num	Name	Club	Perf
1	215	Jack Gladman	SNH	20.22.04

**400 Metres Hurdles**

**CBP Zak Saucedo E&H 53.62 2009**

Posn	Num	Name	Club	Perf
<b>Final</b>				
1	135	Robert Green	HPx	57.15