

HERTFORDSHIRE AND MIDDLESEX YOUNG ATHLETES ROAD RELAYS – Took place in Hayes.

Hertfordshire Championships – Road Race is approximately 1500m and all Relays are approximately (3 x 3000m)

(Road Race) – Under 11 Boys **GIANNI STUBBS** 1st (5.21), **ARCHIE NASH** 2nd (5.24), Under 11 Girls **LOTTIE RACHEL** 1st (6.53)

(Road Relays) – Under 13 Boys won the Silver Medal (34.28), Leg 1 **LUCA STUBBS** (10.27 Fastest Leg), Leg 2 **NATHAN MASTERS** (12.13), Leg 3 **DILLON STOLARSKI** (11.48) the winning team was Herts Phoenix (34.24). Under 13 Girls incomplete team, Leg 1 **ELENA RONCARATI** (11.31 Fastest Leg), Leg 2 **ELEANOR RACHEL** (13.12). Under 15 Boys incomplete team, Leg 1 **FREDDIE SHIRET** (10.32) the winning team was Herts Phoenix (31.05) and the fastest leg Joe Smith of Herts Phoenix (10.01). Under 15 Girls won the Gold Medal (35.45), Leg 1 **MIA GROOM** (12.16), Leg 2 **SOPHIA DEMPSEY** (11.38), Leg 3 **SCARLETT KENT** (12.16) the fastest leg Freya Stapleton of Herts Phoenix (11.19). Under 17 Men Boys 'A' team won the Gold Medal (30.47), Leg 1 **JAMIE HARPER** (10.00), Leg 2 **RUFUS KENT** (10.29), Leg 3 **THOMAS PATRICK** (9.07 Fastest Leg), B' team 2nd (33.26), Leg 1 **NAJIBE ARBE** (11.08), Leg 2 **BENHAMIN BLOOM** (10.45), Leg 3 **JONATHAN BOARDMAN** (11.33) the team are all Under 15, incomplete team, Leg 1 **HENRY FULTON** (10.32). Under 17 Women won the Gold Medal (36.21), Leg 1 **LILY RACHEL** (12.39), Leg 2 **SARAH BUTLER** (11.31 Fastest Leg), Leg 3 **LIDIA KYRIACOU** (12.11)

Middlesex Championships – Road Relays are approximately (3 x 3000m)

(Road Relays) – Under 13 Boys won the Gold Medal (33.02) Leg 1 **SAMUEL GREENSTEIN** (11.06), Leg 2 **GILAD NACHSHEN** (10.54 Fastest Leg), Leg 3 **DYLAN MICHEL** (11.02), incomplete team Leg 1 **LEO RONCARATI** (13.29), Leg 2 **ARON YONA** (13.25). Under 13 Girls incomplete team, Leg 1 **OLIVIA LAVA** (13.24), Leg 2 **NATASHA TANNER** (13.35) the winning team was Thames Valley Harriers (36.37) and the fastest leg Kate Price of Thames Valley Harriers (11.46). Under 15 Boys 'A' team won the Silver Medal (30.47), Leg 1 **MATTI HARRIS** (10.48), Leg 2 **DANIEL GREENSTEIN** (10.19), Leg 3 **DAVID STONE** (9.40), B' team 9th (35.36), Leg 1 **MITTIO MOHAMMADIAN** (10.42), Leg 2 **MATTHEW MCATEER** (12.15), Leg 3 **CONOR O'KEEFE** (12.39) the winning team was Hillingdon (30.40) and the fastest leg Mohamed Sharif of Hillingdon (9.34). Under 15 Girls fielded a composite team (38.09), Leg 1 **GEMMA HARPER** (12.05), Leg 2 **CHLOE BRASSEY** (12.59), Leg 3 **SOPHIE BRASSEY** (13.05) the winning team was Thames Valley Harriers (34.07) and the fastest leg Charlotte Buckley of Thames Valley Harriers (10.52). Under 17 Men incomplete team, Leg 1 **JACK BLOOM** (10.37) the winning team was London Heathside (29.46) and the fastest leg Jem O'Flaherty of London Heathside (9.23). Under 17 Women 4th (36.46) Leg 1 **KAYLA MICHEL** (12.08), Leg 2 **LILE CORNWELL** (12.56), Leg 3 **JOSEPHINE CHADWICK** (11.42) the winning team was Thames Valley Harriers (35.12) and the fastest leg Phoebe Littler of Highgate Harriers (11.09).