

Herts County Indoor Championships 18/19 March 2017, Lee Valley

Senior Women 60 Metres		(b)		
Posn	Num Name	Club	Perf	
	CBP Philippa Lowe	D&T	2015	7.90
1	18 Christine Salvary (W60)	Barnet & District AC	10.12	

Senior Women 400 Metres		(b)		
Posn	Num Name	Club	Perf	
	CBP Deborah Willis	Notts	2015	56.20
1	86 Lauren Thompson	Herts Phoenix	58.02	

Senior Women 1,500 Metres		(b)		
Posn	Num Name	Club	Perf	
	CBP Lois Bowles	E&H	2015	4:48.56
1	110 Claire Bentley	Watford Harriers	5:16.57	

Senior Women 60m Hurdles		(a)		
Posn	Num Name	Club	Perf	
	CBP Emily Stevens	E&H	2015	9.05
1	42 Chloe Vernon-Hamilton	Stevenage & NH	9.05	=CBP

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Senior Women High Jump

(a)

Posn	Num	Name	Club	Perf	Details
		CBP Hayley Kruse	HPx	2010 1.61	
1	42	Chloe Vernon-Hamilton	Stevenage & NH	1.60	1.50 o; 1.55 xo; 1.60 xxo; 1.65 xxx

Senior Women Pole Vault

(a)

Posn	Num	Name	Club	Perf	Details
		CBP Anne Rees	SNH	2013 3.65	
1	136	Sue Yeomans (W60)	St Albans AC	2.60	2.30 o; 2.40 o; 2.50 o; 2.60 o; 2.70 xxx

Senior Women Long Jump

(b)

Posn	Num	Name	Club	Perf	Details
		CBP Abigail Holman	Har	2008 5.26	
1	18	Christine Salvary (W60)	Barnet & District AC	3.18	2.85; 2.74; 2.69; 3.18

Senior Women Shot

(b)

Posn	Num	Name	Club	Perf	Details
		CBP Laura Jones	HPx	2008 10.30	
1	135	Moe Sasegbon	Stevenage & NH	12.20 CBP	11.65; 12.16; 11.73; 12.20

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Under 20 Women 60 Metres		(b)		
CBP	Frances Slater	HPx	2011	7.83
Posn	Num Name	Club	Perf	
1	20 Sophie Segun	Herts Phoenix	7.89	
2	19 Remi Jessop	Dacorum & Tring	8.17	
Under 20 Women 200 Metres		(a)		
CBP	Laura Wake	HPx	2009	25.10
Posn	Num Name	Club	Perf	
1	63 Anna-Marie Uzokwe	Stevenage & NH	26.08	
2	19 Remi Jessop	Dacorum & Tring	26.53	
3	62 Emily Saunders	Stevenage & NH	26.74	
4	61 Bethany Harley	Stevenage & NH	27.08	
Under 20 Women 400 Metres		(b)		
CBP	Laura Wake	HPx	2008	58.51
Posn	Num Name	Club	Perf	
1	63 Anna-Marie Uzokwe	Stevenage & NH	58.87	
2	62 Emily Saunders	Stevenage & NH	59.85	
3	88 Georgia McKenzie	Herts Phoenix	60.36	
4	87 Georgina Anderson	Herts Phoenix	62.22	
5	61 Bethany Harley	Stevenage & NH	63.78	
Under 20 Women 1500 Metres		(b)		
CBP	Laura Farrar	D&T	2011	4:44.56
Posn	Num Name	Club	Perf	
1	117 Lisa Barber	Stevenage & NH	6:04.68	
Under 20 Women 60 Metres Hurdles		(a)		
CBP	Claire Humphries	HPx	2010	8.81
Posn	Num Name	Club	Perf	
1	44 Sophie Julian	Herts Phoenix	9.58	

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Under 20 Women High Jump

(a)

CBP

Posn	Num	Name	Club	Perf	Details
1	43	Keira Hicks	Stevenage & NH	1.45	1.35 o; 1.40 o; 1.45 o; 1.50 xxx

Under 20 Women Pole Vault

CBP Anne Rees

SNH 2011 3.50

Posn	Num	Name	Club	Perf	Details
1	137	Erin Breen	Herts Phoenix	3.00	2.80 o; 2.90 -; 3.00 o; 3.20 xxx
2	138	Imogen Walker	Herts Phoenix	2.80	2.50 xo; 2.60 o; 2.70 o; 2.80 xo; 2.90 xxx
3	43	Keira Hicks	Stevenage & NH	2.70	2.50 o; 2.60 o; 2.70 o; 2.80 xxx

Under 20 Women Long Jump

(b)

CBP Anne Rees

SNH 2011 5.16

Posn	Num	Name	Club	Perf	Details
1	45	Nicole Parcell	Enfield & Haringey	5.20 CBP	5.15; 5.20; 4.98; 3.50

Under 20 Women Shot

(b)

CBP Charlotte Rose

E&H 2008 10.81

Posn	Num	Name	Club	Perf	Details
1	45	Nicole Parcell	Enfield & Haringey	10.20	x; 9.15; 8.95; 10.20
2	61	Bethany Harley	Stevenage & NH	8.74	8.74; 8.69; 8.58; 8.22

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U17 Women 60 Metres		(b)		
Posn	Num	Name	Club	Perf
	CBP	Charlotte Wingfield	E&H	2010 7.79
1	21	Ella Wansell	Enfield & Haringey	7.84
U17 Women 200 Metres		(a)		
Posn	Num	Name	Club	Perf
	CBP	Hannah Williams	HPx	2014 25.23
Heat 1				
1	21	Ella Wansell	Enfield & Haringey	25.28 Q
2	66	Madeline Hurley	Stevenage & NH	27.62 q
3	68	Lottie Julian	Herts Phoenix	27.80 q
4	70	Christy Nicolas	Watford Harriers	28.95
5	67	Erin Jones	Herts Phoenix	30.19
Heat 2				
1	71	Bethany Shaw	St Albans AC	26.73 Q
2	72	Petra Sijuwade	Stevenage & NH	26.93 q
3	69	Fiona McArdle	St Albans AC	28.62
4	64	Ana Cunning	Enfield & Haringey	28.88
Final				
1	21	Ella Wansell	Enfield & Haringey	25.08 CBP
2	71	Bethany Shaw	St Albans AC	26.53
3	72	Petra Sijuwade	Stevenage & NH	26.59
4	66	Madeline Hurley	Stevenage & NH	27.72
5	68	Lottie Julian	Herts Phoenix	27.83
U17 Women 400 Metres		(b)		
Posn	Num	Name	Club	Perf
	CBP	Emily Hack	StA	2015 57.94
1	89	Grace Gentry	The HAWCS	61.42
2	90	Lara Hansen	Herts Phoenix	62.92
3	92	Katie Liptrot	The HAWCS	63.06
4	91	Scarlett Kent	Shaftesbury BH	64.40
U17 Women 800 Metres		(a)		
Posn	Num	Name	Club	Perf
	CBP	Marella Whitfield	Harr	2014 2:19.17
1	91	Scarlett Kent	Shaftesbury BH	2:34.09
2	111	Emily Anders	St Albans AC	2:37.99
U17 Women 60 Metres Hurdles		(a)		
Posn	Num	Name	Club	Perf
	CBP	Alicia Tymon-McEwan	StA	2012 8.80
1	46	Anna Clatworthy	Harlow	9.91
2	48	Molly Gardner	Stevenage & NH	9.96
3	49	Daisy Needham	Stevenage & NH	10.88
4	47	Molly Davies	Stevenage & NH	11.28
5	50	Lucy Smith	Harlow	12.29

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U17 Women High Jump

(a)

Posn	Num	Name	Club	Perf	Details
	CBP	Jenna Hoyte	HPx	2013 1.63	
1	141	Shaka Egbo	Herts Phoenix	1.71 CBP	1.55 o; 1.60 o; 1.65 xxo; 1.68 xo; 1.71 xxo; 1.74 xxx
2	142	Amy Thurgood	Dacorum & Tring	1.65	1.50 o; 1.55 o; 1.60 xo; 1.65 o; 1.68 xxx
3	46	Anna Clatworthy	Harlow	1.55	1.40 o; 1.45 o; 1.50 o; 1.55 xo; 1.60 xxx
4	140	Rosie Day	Herts Phoenix	1.50	1.35 o; 1.40 o; 1.45 xo; 1.50 xxo; 1.55 xxx
5	49	Daisy Needham	Stevenage & NH	1.45	1.35 o; 1.40 o; 1.45 xxo; 1.50 xxx

U17 Women Pole Vault

(a)

Posn	Num	Name	Club	Perf	Details
	CBP	Anne Rees	SNH	2009 3.00	
1	143	Abigail Pickard	Stevenage & NH	2.80	2.50 o; 2.70 o; 2.80 o; 2.90 xxx
2	48	Molly Gardner	Stevenage & NH	2.40	2.20 xo; 2.30 xo; 2.40 xo; 2.50 xxx

U17 Women Long Jump

(b)

Posn	Num	Name	Club	Perf	Details
	CBP	Katie Caulfield	HPx	2008 5.52	
1	89	Grace Gentry	The HAWCS	4.98	4.93; 4.86; 4.90; 4.98
2	145	Rebecca Brown	Stevenage & NH	4.53	4.22; x; 4.53; 4.39
3	92	Katie Liptrot	The HAWCS	4.51	4.44; 4.36; 4.51; 4.49
4	146	Shona Pybus	Stevenage & NH	4.09	3.88; 4.09; 3.84; 3.97
5	144	Connie Andrews	Stevenage & NH	3.67	x; 3.58; 3.67; 2.87

U17 Women Triple Jump

(a)

Posn	Num	Name	Club	Perf	Details
	CBP	Yasmin Lakin	WAT	2012 11.14	
1	147	Hannah Dickins	Watford Harriers	9.87	9.74; 8.82; 9.74; 9.87
2	49	Daisy Needham	Stevenage & NH	9.57	9.57; 9.20; 9.42; 9.37
3	143	Abigail Pickard	Stevenage & NH	9.51	x; x; x; 9.51
4	47	Molly Davies	Stevenage & NH	8.85	8.25; 8.02; 7.95; 8.85

U17 Women Shot

(b)

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Posn	Num	Name	Club	Perf	Details
		CBP Nicole Parcell	HAWCS	2015	12.33
1	146	Shona Pybus	Stevenage & NH	9.48	9.48; x;9.12; 9.40

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U15 Girls 60 Metres			(b)		
Posn	Num	Name	Club	Perf	
	CBP	Jodie Williams	HPx	2008	7.77
Heat 1					
1	27	Marli Jessop	Dacorum & Tring	8.00	Q
2	32	Tia Stonehouse	Dacorum & Tring	8.27	Q
3	30	Emily Rodriguez	Shaftesbury BH	8.39	q
4	23	Jasmine Duru	Herts Phoenix	8.64	
5	25	Julianna Glinkowska	Herts Phoenix	8.66	
6	28	Ella Pentland	Herts Phoenix	8.74	
Heat 2					
1	29	Jessica Poon	Herts Phoenix	8.31	Q
2	33	Holly Taylor	Shaftesbury BH	8.42	Q
3	34	Serena Thomas	St Albans AC	8.59	q
4	24	Lydia Edwards	St Albans AC	8.67	
5	22	Nathalia Dunbar	Herts Phoenix	8.68	
6	31	Anna South	Watford Harriers	8.72	
Final					
1	27	Marli Jessop	Dacorum & Tring	8.08	
2	30	Emily Rodriguez	Shaftesbury BH	8.30	
3	29	Jessica Poon	Herts Phoenix	8.34	
4	32	Tia Stonehouse	Dacorum & Tring	8.35	
5	33	Holly Taylor	Shaftesbury BH	8.50	
6	34	Serena Thomas	St Albans AC	8.66	
U15 Girls 200 Metres			(a)		
	CBP	Charlotte Wingfield	BAR	2009	26.07
Posn	Num	Name	Club	Perf	
Heat 1					
1	29	Jessica Poon	Herts Phoenix	28.26	Q
2	34	Serena Thomas	St Albans AC	28.46	q
3	25	Julianna Glinkowska	Herts Phoenix	28.50	q
4	74	Grace Hucknall	Watford Harriers	29.40	
Heat 2					
1	30	Emily Rodriguez	Shaftesbury BH	27.53	Q
2	22	Nathalia Dunbar	Herts Phoenix	28.56	q
3	75	Lisa-Marie Uzokwe	Stevenage & NH	DNF	
Final					
1	30	Emily Rodriguez	Shaftesbury BH	27.59	
2	22	Nathalia Dunbar	Herts Phoenix	28.02	
3	25	Julianna Glinkowska	Herts Phoenix	28.28	
4	34	Serena Thomas	St Albans AC	28.50	
5	29	Jessica Poon	Herts Phoenix	28.60	
U15 Girls 300 Metres			(b)		
	CBP	Katie Liptrot	HAWCS	2016	44.6
Posn	Num	Name	Club	Perf	
1	33	Holly Taylor	Shaftesbury BH	46.16	

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U15 Girls 800 Metres

(a)

Posn	Num	Name	Club	Perf
	CBP	Kiera Mooney	CONAC	2009 2:20.16
1	113	Beatrix Wraith	The HAWCS	2.27.01
2	112	Lauren Wilby	The HAWCS	2.40.92
3	74	Grace Hucknall	Watford Harriers	2.41.76

U15 Girls 1500 Metres

(b)

	CBP	Laura Farrar	StA	2008 5:09.22
Posn	Num	Name	Club	Perf
1	118	Christina Durbin	St Albans AC	5:22.52
	119	Jessica Hill	Watford Harriers	DNF

U15 Girls 60 Metres Hurdles

(a)

	CBP	Natalie Allen	HPx	2010 9.20
Posn	Num	Name	Club	Perf

Final

1	27	Marli Jessop	Dacorum & Tring	9.16 CBP
2	56	Madeleine Waite	Stevenage & NH	10.03
3	55	Charlotte Saunders	Stevenage & NH	10.66
4	51	Eliza Brown	Stevenage & NH	10.73

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U15 Girls High Jump

(b)

Posn	Num	Name	Club	Perf	Details
	CBP	Katie Caulfield	HPx	2007	1.60
1	54	Aisla Rhodes	Stevenage & NH	1.55	1.30 o; 1.35 o; 1.40 xo; 1.45 xo; 1.50 xxo; 1.55 xxo; 1.58 xxx
2	32	Tia Stonehouse	Dacorum & Tring	1.45	1.30 o; 1.35 o; 1.40 o; 1.45 o; 1.50 xxx
3	56	Madeleine Waite	Stevenage & NH	1.45	1.30 o; 1.35 o; 1.40 o; 1.45 xxo; 1.50 xxx
4	52	Lara Ellis	Watford Harriers	1.30	1.25 o; 1.30 o; 1.35 xxx

U15 Girls Pole Vault

(a)

Posn	Num	Name	Club	Perf	Details
	CBP	Keira Hicks	SNH	2014	2.95
1	51	Eliza Brown	Stevenage & NH	2.00	2.00 xo; 2.10 xxx

U15 Girls Long Jump

(b)

Posn	Num	Name	Club	Perf	Details
	CBP	Jodie Williams	HPx	2008	5.03
1	27	Marli Jessop	Dacorum & Tring	5.15	5.15; 5.01; 4.95; 4.99
2	31	Anna South	Watford Harriers	4.38	3.91; 4.00; 4.22; 4.38
3	151	Abbie Poole	Watford Harriers	4.14	4.13; 4.00; 3.95; 4.14
4	74	Grace Hucknall	Watford Harriers	4.02	3.91; 3.96; 3.61; 4.02
5	149	Jessica Nathan	Shaftesbury BH	3.90	x; 3.90; 3.59; x
6	119	Jessica Hill	Watford Harriers	3.56	3.56; 3.34; 3.37; 3.26

U15 Girls Shot

(b)

Posn	Num	Name	Club	Perf	Details
	CBP	Nicole Parcell	HAWCS	2014	10.86
1	32	Tia Stonehouse	Dacorum & Tring	9.72	9.72; 7.97; 9.23; x
2	33	Holly Taylor	Shaftesbury BH	8.39	8.39; 8.09; 7.82; 8.32
3	152	Keisha Murdock	Barnet & District AC	7.16	6.50; 6.48; 6.51; 7.16
4	149	Jessica Nathan	Shaftesbury BH	7.04	6.94; 6.57; 7.04; 6.45
5	119	Jessica Hill	Watford Harriers	5.18	4.91; 5.10; 5.18; x