

St Albans AC Club Championships - 23 September 2007

Athlete	Age	Event	Performance	Place
J McMurray	Boys U13	1500m	04:59.6	1
O Poulain	Boys U13	1500m	05:07.7	2
F Smith	Boys U13	200m	29.0	1
B Brewer	Boys U13	Discus	14.6	1
H Draine	Boys U13	High Jump	1.30	1
F Smith	Boys U13	Hurdles 75m	14.7	1
B Brewer	Boys U13	Javelin	20.99	1
H Draine	Boys U13	Javelin	19.35	2
J Smith	Boys U13	Long Jump	3.97	1
O Poulain	Boys U13	Long Jump	3.30	2
O Poulain	Boys U13	Pole Vault	1.60	1
F Smith	Boys U13	Shot Put	6.86	1
B Brewer	Boys U13	Shot Put	6.22	2
K Moss	Boys U15	100m	12.80	1
F Parke	Boys U15	100m	13.4	2
J Spurway	Boys U15	200m	26.6	1
E Poulain	Boys U15	3000m	10:10.8	1
K Al Abaidy	Boys U15	3000m	10:18.3	2
J Spurway	Boys U15	400m	59.5	1
K Al Abaidy	Boys U15	Javelin	13.73	1
K Moss	Boys U15	Long Jump	5.09	1
F Parke	Boys U15	Shot Put	8.24	1
K Moss	Boys U15	Triple Jump	11.07	1
E Poulain	Boys U15	Triple Jump	8.91	2
J Constantinou	Boys U17	Discus	27.11	1
J Constantinou	Boys U17	Javelin	31.22	1
A Hadgill	Boys U17	Long Jump	5.69	1
J Constantinou	Boys U17	Shot Put	10.5	1
A Hadgill	Boys U17	Triple Jump	11.23	1
J Strohm	Men U20	100m	12.0	1
D Hudson	Men U20	200m	23.9	1
J Strohm	Men U20	200m	24.5	2
J Strohm	Men U20	Long Jump	5.46	1
R Parke	Girls U13	100m	14.1	1
R Seglah	Girls U13	100m	15.4	2
J Smith	Girls U13	100m	15.6	3
I Thompson	Girls U13	1500m	05:51.1	1
H Hull	Girls U13	1500m	06:14.1	2
S Rukin	Girls U13	200m	28.9	1
M Steer	Girls U13	200m	29.2	2
A Bain	Girls U13	200m	30.8	3
R Seglah	Girls U13	200m	32.1	4
J Smith	Girls U13	200m	32.7	5
M Steer	Girls U13	800m	02:35.3	1
A Wilde	Girls U13	Discus	17.62	1
J Smith	Girls U13	Discus	13.41	2
I Thompson	Girls U13	Discus	9.96	3
A Tymon McEwan	Girls U13	High Jump	1.30	1
A Wilde	Girls U13	High Jump	1.25	2
M Steer	Girls U13	High Jump	1.20	3=
S Rukin	Girls U13	High Jump	1.20	3=
A Tymon McEwan	Girls U13	Hurdles 70m	12.4	1
S Rukin	Girls U13	Hurdles 70m	12.4	2
H Hull	Girls U13	Hurdles 70m	15.2	3
A Wilde	Girls U13	Javelin	27.97	1
H Hull	Girls U13	Javelin	10.9	2
R Parke	Girls U13	Long Jump	4.32	1
A Bain	Girls U13	Long Jump	4.06	2
A Tymon McEwan	Girls U13	Long Jump	3.59	3
R Seglah	Girls U13	Pole Vault	1.60	1
A Holman	Girls U15	100m	13.7	1

M Kiely	Girls U15	100m	14.1	2
B Woodward	Girls U15	100m	16.9	3
L Farrar	Girls U15	1500m	05:08.6	1
E Huxley	Girls U15	1500m	05:53.1	2
A Marshall	Girls U15	200m	28.40	1
R Evans	Girls U15	200m	29.0	2
A Smith	Girls U15	3000m	12.21.4	1
A Holman	Girls U15	300m	44.1	1
A Marshall	Girls U15	300m	44.80	2
D Yeomans	Girls U15	800m	02:33.6	1
E Huxley	Girls U15	Discus	17.66	1
A Smith	Girls U15	Discus	16.08	2
L Wickham	Girls U15	High Jump	1.25	1
A Sweeney	Girls U15	High Jump	1.20	2
A Smith	Girls U15	Javelin	17.69	1
L Wickham	Girls U15	Javelin	17.31	2
A Holman	Girls U15	Long Jump	4.84	1
L Wickham	Girls U15	Long Jump	4.03	2
A Smith	Girls U15	Shot Put	8.57	1
A Bushell	Girls U17	100m	13.6	1
A Connaughton	Girls U17	200m	27.8	1
M Cutler	Girls U17	300m	45.5	1
C Ng	Girls U17	Hurdles 300m	59.9	1
M Jones	Girls U17	Long Jump	4.63	1
A Bushell	Girls U17	Long Jump	4.42	2
A Connaughton	Girls U17	Triple Jump	9.55	1
M Jones	Girls U17	Triple Jump	9.48	2