

22 Individual Gold + 4 Team won at Watford!

Days 2 and 3 of the Hertfordshire County Championships at Watford covered all Events/Age groups from U13 – Senior and included the 4 x 100m Relays. Club members won an impressive 22 Gold Medals, 13 silver and 7 bronze.



4 x100m relay teams

The end of the Championships on Sunday saw the U20 Men, U15 Men, U17 Women and U15 Girls win another 4 Gold medals to bring back County Relay Shield to Stevenage for the third successive year.

Senior wins came from Rebecca Pickard 400m 58.96, Lisa Barber 5000m 24.08.3, Amber Try PV 3m20, Moe Sasegbon HJ 1m65 (Moe had to withdraw from the competition at this point as she needed stitches in an ankle have spiked herself at 1m70) and James Goss HT 44m29

U20 wins came from Molly Astill 400m hurdles 66.74, Abigail Pickard PV and TJ 3m90 and 9m86, Oscar Jopp 110Hurdles and PV 15.56 and 4m10, Max Rose TJ 10m82 and Euan Metcalfe Shot 11m68.

U17 wins came from Maddie Waite 300Hurdles 49.30, Aisla Rhodes HJ 1m55, Molly Gardner PV 2m90, Freddie Reilly 400m and 400Hurdles 51.15 and 58.30 and Dominic Buckland DT 42m90.

There were U15 wins from Jessica Astill 300m 43.59, Ed Laws HJ 1m40, Harry Scrowther SP 10m54 and Nathan Kirkman JT 32m48.

The only win in the U13 age group came from Poppy Radford in the javelin with a throw of 20m22.

Winning the Cambridgeshire U17 Hammer and Discus competitions Club member Libby Taylor threw a Championship Best Performance in the Hammer of 46m60.