

Middlesex County Combined Events Championships
held at Woodside Stadium, Watford – 25th/26th September
2004

& Middlesex County 10K Track Championship.

Under 15 Girls Pentathlon – Saturday 25th September

(HJ) (SP) (75mH) (LJ) 800

1. Hayley Comer (Harrow) 1.51m 8.57m 12.0 (+0.1) 4.55m (+0.8) 2-32.3

(2848 pts)

2. Sarah Gibson (Enf & Har) 1.45m 5.91m 13.3 (+0.9) 4.28m ((+0.4) 2-55.4

(2154 pts)

3. Yemi Bello (Enf & Har) 1.42m 6.56m 13.7 (+0.0) 4.57m (-0.2) 3-02.6

(2130 pts)

4. Torema Dorsett (Enf & Har) 1.42m 7.66m 13.0 (+0.0) 4.01m (+0.4) 3-15.3

(2025 pts)

5. Margaret Akot (Enf & Har) 1.42m 6.08m 15.6 (+0.9) 3.40m (+0.5) 2-55.0

(1758 pts)

Under 20 Womens Heptathlon

	(100H)	(HJ)	(SP)	(200)	(LJ)	(JT)	(800)
1. Claudia Tabony (Harrow) – U17	16.48	1.42m	7.12m	29.9	4.41m	22.36m	2-51.97
(3188 pts)	(+1.1)				(+0.4)	(+0.2)	
2. Angela Barrett (Harrow)	22.64	1.36m	6.97m	28.3	4.91m	19.35m	2-36.71
	(+1.1)				(+0.4)	(-0.4)	

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Under 15 Boys Pentathlon – Sunday 26th September

	(80mH) (SP)	(LJ)	(HJ)	(800)
1. Aaron James (Enf & Har) (2461 pts)	11.98 (+0.1)	11.38m (+0.7)	5.51m	1.60m2-37.70
2. Ashley Bryant (WSE & H) (2127 pts)	12.93 (+0.1)	7.62m (+0.7)	5.24m	1.48m2-26.05
3. Jonathan Powell (Rich & Twick) (1356 pts)	15.05 (+0.8)	7.59m (-0.1)	3.68m	1.48m2-57.71

Under 17 Men Octathlon

(100H) (DT) (JT) (400) (HJ) (LJ) (SP) (1500)

1. Terry Craig (Heathside) 19.31 (+1.1) 18.68m 17.75m 55.18 1.46m 4.86m (+0.6)
8.30m 4-52.62

Under 20 Mens Decathlon

1. Ricardo Beckford (L.Heathside)	4856 pts	2. Nathan Cyrus	4375 pts
11.69 – 100 (+0.3)	(L.Heathside)	12.25 – 100 (+0.3)	
6.49m – LJ (-0.6)		5.61m – LJ (-0.5)	
8.89m – SP		7.96m - SP	
1.81m – HJ		1.60m - HJ	
53.82 – 400		58.38 - 400	
20.08 – 110H (+1.2)		18.06 – 110H (+0.9)	
30.56m – DT		22.55m - DT	
2.60m – PV		2.60m - PV	
12.10m – JT		32.17m - JT	
4-52.11 – 1500		5-03.77 - 1500	

Middlesex County 10000 Metres Track Championship

1. Tim Grose (VPH & TH) 33-30.59

2. Jacob Howe (L.Heathside) 36-43.41

Veteran Mens Decathlon

1. David Johnson (Harrow) – M50 (3373 pts)

13.89 – 100m (+1.1)

5.29m – LJ (-0.3)

9.99m – SP

2.60m – PV

68.80 – 400,

20.40 – 100H (+0.4)

29.81m – DT

1.60m – HJ

31.98m – JT

6-40.46 - 1500