

South of England Indoor Championships, Lee Valley - 10th/16th January 2010

Over the past 2 weekends a number of athletes have competed in the South of England indoor championships at the Lee Valley Centre. The Lee Valley indoor track is 200m long and heavily banked and was a new experience for some of the athletes. The snow and ice curtailed training over the past few weeks and prevented athletes carrying out much speed work but the championships provided a welcome break from the cold a good indication of how winter training is progressing.

Results

Athlete	Round 1	Semi Final	Final	Comment
James Wildish U20M 400m	52.78s	54.44s		
Katie White U15W 300m		45.99s		
Rose Hairs U15W 200m	27.59s	27.79s	27.88s	4 th place and new personal best
Katie White U15W 200m	28.39s	28.54s		
Lauren Davies U15W 200m	32.55s			
Rose Hairs U15W 60m	8.47s	8.43s		
Katie White U15W 60m	8.50s	8.54s		
Lauren Davies U15W 60hurdles	11.11s			
George Duggan U15B 1500m			4:37.63	1 st place and new personal best
Tadgh Healy U17M Pole Vault			3.50m	5 th place

The standout results were both achieved by first year U15s - Rose Hairs, who ran 200m indoors for the first time and produced a personal best time to progress to the final, where the winning time 27.42s; and George Duggan who captured the 1500m title in his first competition in this age group.