

Graded Open – Watford, 2nd June 2010

1500m	Age	Performance	Comment
Euan Nicholls	U13B	04:46.28	0.2s o/s PB
Hanro Rossouw	U15B	04:27.48	PB by 2.2s
Charlie Joslin-Allen	U17M	04:20.25	PB by 0.8s
James Taylor	U20M	04:08.21	PBb by 1.8s
Josh Bentham	U20M	04:17.31	6.5s o/s PB. 2.09 at 800 in lead.
Dan Bradley	SM	04:03.97	SB. 1.6s o/s PB
Alice Wood	U15G	04:53.52	PB by 4.5s
Catherine Symons	U20W	04:58.23	PB by 4.3s

3000m	Age	Performance	Comment
Corey D'eath	U15B	09:17.56	PB by 36.9s
Max Nicholls	U15B	09:28.09	debut
Henry Pearce	U17M	09:00.33	PB by 3.1s
Chris Lloyd	U17M	09:00.94	PB by 13.1s
Alex Norden	U17M	10:17.32	PB by 2.0s
Dan Bradley	SM	09:04.50	1.6s o/s PB after 1500m
Grace Nicholls	U20W	09:33.63	PB by 9.7s. Club Record (U20W & SW)