



South of England Indoor Championships – 13th January 2013 Lee Valley

Whilst the winter season continues other athletes look forward to the summer as they competed at Enfield in the South of England Indoor championships.

James Regan recorded personal bests on his way to 6th place in the under 15 boys pentathlon.

Hannah Badger another with a busy day as she contested a number of events achieved a best over the 60m hurdles, an event which saw Joshua Apedo also going well.

Hayley McLean put in an excellent run over 800m coming up with a Personal best of 2m18.63s.

Nicole McKecknie put in a time of 40.49s in the 300m - an event which saw Rosa Prideaux jumping up an age group ran 42.02s for a personal best.

Christy Dailey another outside her age group did the 400m in a time of 60.70s.

Roy Meadowcroft
January 2013