

Herts County Championships
Watford - 24 May 2014
Under 20 Women

200 Metres

CBP Catherine Murphy SBH 24.6 1994

Posn	Num	Name	Club	Perf
Final		w/s -0.5		
1	82	Alicia Tymon-McEwan	StA	26.58
2	97	Holly Seglah	StA	26.94
3	95	Robyn Khan	D&T	28.22

400 Metres

CBP Stephanie Llewellyn SBH 56.3 1994?

Posn	Num	Name	Club	Perf
Final		with SW		
1	274	Lauren Rule	SNH	58.88
2	224	Sarah Feely	SNH	67.23
3	207	Megan Breen	HPx	68.44

800 Metres

CBP Hayley Beard SNH 2:08.5 2004

Posn	Num	Name	Club	Perf
Final				
1	229	Mary Gough	HPx	2:20.16
2	273	Emily Ruane	HPx	2:24.02
3	200	Pippa Bailey	StA	2:27.58
4	290	Hannah Wardley	Chil	2:38.44

5000 Metres

CBP Hannah Walker D&T 17:01.4 2009

Posn	Num	Name	Club	Perf
Final		with Men		
1	257	Sarah Needleman	Chil	19:54.97
2	213	Chloe Dearman	Wat	20:40.85

100 Metres Hurdles

CBP Claire Humphries HPx 14.73 2010

Posn	Num	Name	Club	Perf
Final		with SW		
1	82	Alicia Tymon-McEwan	StA	15.52

400 Metres Hurdles

CBP Christina Silva HPX 63.30 2005

Posn	Num	Name	Club	Perf
Final		with SW		
1	254	Rebecca Miles	Hill	65.04
2	205	Suzanne Bentley	StA	67.89
3	207	Megan Breen	HPx	73.92
4	215	Lauren Dewar	StA	75.78

2000m Steeplechase

CBP Victoria Walker SBH 7:48.85 2010

Posn	Num	Name	Club	Perf
Final		with SW		
1	279	Florence Stansall-Seiler	HPx	7:37.49 CBP

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High Jump

CBP Moe Sasegbon SNH 1.75 2010

Posn	Num	Name	Club	Perf	Details
Final					
1	277	Megan Smith	D&T	1.70	1.55 o, 1.60 o, 1.65 o, 1.70 xo, 1.72xxx
2	266	Shannon Rapacchi	SNH	1.45	1.35 o, 1.40 o, 1.45 o, 1.50 xxx

Pole Vault

CBP Louise Shortland SNH 3.30m 2006

Posn	Num	Name	Club	Perf	Details
Final					
1	266	Shannon Rapacchi	SNH	2.80	2.60 o, 2.80 o, 2.90 xxx

Long Jump

CBP Laura Jones HPx 5.50m 2005

Posn	Num	Name	Club	Perf	Details
Final					
		nwi			
1	246	Yasmin Lakin	SBH	5.15	4.99/5.03/5.15/nj/5.09/4.91
2	97	Holly Seglah	StA	4.81	4.68/4.18/4.76/4.81/4.65/nj
3	270	Chloe Rixon	SBH	3.73	nj/3.73/nj/nj/nj/nj

Triple Jump

CBP Shimaala Harewood WatH 11.89/1.5 2011

Posn	Num	Name	Club	Perf	Details
Final					
		nwi			
1	246	Yasmin Lakin	SBH	11.49	11.27/11.32/nj/11.49/9.63/11.21
2	262	Kara Peck	HPx	10.61	9.97/9.99/nj/9.96/10.06/10.61

Shot

CBP Shelley McLellan SNH 11.95m 2001

Posn	Num	Name	Club	Perf	Details
Final					
1	97	Holly Seglah	StA	9.13	8.84/8.81/nt/8.95/8.83/9.13
2	286	Alice Townend	StA	9.03	7.77/8.49/7.98/9.03/8.35/8.31

Discus

CBP Renee Hector SNH 38.18m 2012

Posn	Num	Name	Club	Perf	Details
Final					
1	261	Kimberley Osuji	Harr	33.60	nt/nt/14.83/31.36/33.60/32.41

Hammer

CBP Nicola Dudman Ver 49.20m 2001

Posn	Num	Name	Club	Perf	Details
Final					
1	222	Emily Evans	SNH	37.32	30.94/nt/32.41/32.18/34.53/37.32

Javelin

CBP Eloise Meakins HPx 43.97m 2012

1	201	Kirsty Bateman-Foley	SNH	31.29	31.29/27.23/28.63/30.12/nt/28.87
2	97	Holly Seglah	StA	30.28	22.39/30.28/28.52/29.56/23.16/26.04
3	205	Suzanne Bentley	StA	25.40	22.88/25.40/23.17/22.98/22.46/23.76