

**Herts County Championships**  
**Watford - 24 May 2014**  
**Senior Women**

**100 Metres**

**CBP Janet Simpson LOAC 11.9 1969**

Posn	Num	Name	Club	Perf
Final		w/s +0.4 with U17W		
1	42	Ciaran Palfreyman	HPx	13.04

**200 Metres**

**CBP Catherine Murphy SBH 23.9 1996**

Posn	Num	Name	Club	Perf
Final		w/s -0.5 with U20W		
1	42	Ciaran Palfreyman	HPx	26.67
2	94	Abigail Griffiths	HPx	27.75

**400 Metres**

**CBP Joylyn Saunders SNH 54.7 1982**

Posn	Num	Name	Club	Perf
Final		with U20W		
2	228	Laura Gallagher	HPx	61.70
5	212	Liza Croft	Wat	77.50

**5000 Metres**

**CBP Sharon Morris H&W 16:32.1 2002**

Posn	Num	Name	Club	Perf
Final		with Men and U20W		
1	233	Becca Hayden	HAW	18:28.75

**100 Metres Hurdles**

**CBP Jill Kirk Enf 13.9 1986**

Posn	Num	Name	Club	Perf
Final		nwi with U20W		
1	68	Amanda Dobin	Una	18.41

**400 Metres Hurdles**

**CBP Deborah Skerritt LOAC 60.3 1983**

Posn	Num	Name	Club	Perf
Final		with U20W		
1	98	Lucy Spray	Harr	65.12

**2000m Steeplechase**

**CBP Liza Croft Watford Harriers 8:23:23 2013**

Posn	Num	Name	Club	Perf
Final				
1	212	Liza Croft	Wat	8:41.22

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**Pole Vault**

**CBP Louise Shortland SNH 3.50m 2009,2011, 2012**

Posn	Num	Name	Club	Perf	Details
<b>Final</b>					
1	298	Sue Yeomans	StA	2.70	2.40 o, 2.50 o, 2.60 o, 2.70 xo, 2.82 xxx
2	74	Louise Kelly	StA	2.50	2.40 o, 2.50 o, 2.60 xxx

**Triple Jump**

**CBP Kathryn Streatfield HPx 12.23 2009**

Posn	Num	Name	Club	Perf	Details
<b>Final</b>					
		nwi			
1	68	Amanda Dobin	Una	9.25	7.93/8.26/8.21/8.48/8.32/9.25
2	214	Christine Dearman	Wat	7.15	6.16/6.14/6.63/6.51/7.15/6.87

**Shot**

Posn	Num	Name	Club	Perf	Details
<b>CBP Shelley McLellan SNH 12.70m 2006</b>					
1	74	Louise Kelly	StA	9.32	nt/8.74/8.89/9.32/-/-
2	212	Liza Croft	Wat	5.96	5.31/5.96/5.74/-/-/-

**Discus**

**CBP Lynda Whiteley Enf 54.12m 1983**

Posn	Num	Name	Club	Perf	Details
<b>Final</b>					
1	209	Louise Capicotto	HHH	28.65	26.60/nt/28.65/nt/28.37/nt

**Hammer**

**CBP Nicola Dudman HPx 48.92m 2004**

Posn	Num	Name	Club	Perf	Details
<b>Final</b>					
1	223	Laura Feely	SNH	31.03	30.81/30.07/nt/31.03/30.84/30.71

**Javelin**

**CBP Eloise Meakins HPx 50.16m 2013**

Posn	Num	Name	Club	Perf	Details
<b>Final</b>					
1	253	Eloise Meakins	HPx	44.90	42.27/44.90/41.72/wd