

HAARC Championships
Watford - 17 May 2015
Senior Men

T4 100 Metres

CBP Nick Overhead Wat 10.6 1963

| Posn | Num | Name | Club | Perf |
|--------------|-----|-----------------|-------|-----------|
| | | | | wind -0.5 |
| Final | | | | |
| 1 | 42 | Max Lowery | WatH | 11.25 |
| 2 | 44 | Michael Measter | SNH | 11.39 |
| 3 | 40 | Craig Dennison | SNH | 12.00 |
| 4 | 41 | Steven Edwards | HAWCS | 12.15 |

T27 200 Metres

CBP Nick Overhead Wat 21.4 1963

| Posn | Num | Name | Club | Perf |
|--------------|-----|-----------------|-------|-----------|
| | | | | wind +1.7 |
| Final | | | | |
| 1 | 42 | Max Lowery | WatH | 22.19 |
| 2 | 44 | Michael Measter | SNH | 23.33 |
| 3 | 41 | Steven Edwards | HAWCS | 24.14 |
| 4 | 40 | Craig Dennison | SNH | 24.71 |

T42 400 Metres

CBP Nick Overhead Wat 47.8 1961

| Posn | Num | Name | Club | Perf |
|--------------|-----|----------------|------|-------|
| Final | | | | |
| 1 | 81 | Ben McGuinness | D&T | 54.80 |

T18 800 Metres

CBP George Wenk Welwyn AC 1:51.9 1963

| Posn | Num | Name | Club | Perf |
|--------------|-----|----------------------|------|---------|
| Final | | | | |
| 1 | 271 | Thomas Kearns | Lut | 2.01.65 |
| 2 | 112 | Christopher Westcott | SNH | 2.07.26 |
| 3 | 81 | Ben McGuinness | D&T | 2.11.48 |

T22 5000 Metres

CBP John Merriman 14:06.4 1960

| Posn | Num | Name | Club | Perf |
|--------------|-----|--------------|---------|----------|
| Final | | | | |
| 1 | 103 | Ian Johnston | Vets AC | 16.56.59 |