

HAARC Championships
Watford - 17 May 2015
Senior Women

T9 100 Metres

CBP Janet Simpson LOAC 11.9 1969

Posn	Num	Name	Club	Perf
Final				wind +0.3
1	23	Ciaran Palfreyman	HPx	12.86
2	24	Emily Stevens	E&H	12.89
3	22	Abigail Holman	Harr	13.01
4	25	Abigail Griffiths	HPx	13.56

T31 200 Metres

CBP Catherine Murphy SBH 23.9 1996

Posn	Num	Name	Club	Perf
Final				wind +0.9
1	52	Chelsea Shurland	Harr	25.79
2	51	Chloe Vernon-Hamilton	SNH	26.51
3	23	Ciaran Palfreyman	HPx	26.58

800 Metres

CBP Nikki Silva HPx 2:13.49 2007

Posn	Num	Name	Club	Perf
Final				
1	117	Lisa Gaul	Una	2.30.05

T23 100 Metres Hurdles

CBP Jill Kirk Enf 13.9 1986

Posn	Num	Name	Club	Perf
Final				wind +1.2
1	92	Celia Quansah	WSEH	14.15
2	24	Emily Stevens	E&H	14.37
3	51	Chloe Vernon-Hamilton	SNH	14.86
4	91	Amanda Dobin	RAF	17.68

T2 400 Metres Hurdles

CBP Deborah Skerritt LOAC 60.3 1983

Posn	Num	Name	Club	Perf
Final				
1	121	Lucy Spray	Harr	70.05