

**Herts County Championships
Watford - 15 May 2016
Under 20 Women**

High Jump

CBP Moe Sasegbon SNH 1.75 2010

| Posn | Num | Name | Club | Perf | Details |
|--------------|-----|--------------|------|------|--|
| Final | | | | | |
| 1 | 76 | Sally Cowler | HPx | 1.55 | 1.40 o, 1.45 o, 1.50 o, 1.55 o, 1.60 xxx |

Pole Vault

CBP Louise Shortland SNH 3.30m 2006

| Posn | Num | Name | Club | Perf | Details |
|--------------|-----|------------|------|------|------------------------------------|
| Final | | | | | |
| 1 | 147 | Erin Breen | HPx | 3.00 | 2.70 o, 2.90 o, 3.00 xxo, 3.20 xxx |

Long Jump

CBP Laura Jones HPx 5.50m 2005

| Posn | Num | Name | Club | Perf | Details |
|--------------|-----|------------------|------|------|---------------------------------|
| Final | | | | | |
| 1 | 76 | Sally Cowler | HPx | 5.35 | 5.07, 5.27, 5.35, 5.20, R |
| 2 | 198 | Catherine Brooks | StA | 4.96 | 4.72, x, 4.53, 4.96, 4.87, 4.80 |

Triple Jump

CBP Shimaala Harewood WatH 11.89/1.5 2011

| Posn | Num | Name | Club | Perf | Details |
|--------------|-----|------------------|------|-------|------------------------------|
| Final | | | | | |
| 1 | 76 | Sally Cowler | HPx | 10.72 | 10.47, 10.61, x, 10.72, x, x |
| 2 | 198 | Catherine Brooks | StA | 9.77 | 9.75, 9.77, 9.16, -, -, - |

Shot

CBP Shelley McLellan SNH 11.95m 2001

| Posn | Num | Name | Club | Perf | Details |
|--------------|-----|------------------|------|------|------------------------------------|
| Final | | | | | |
| 1 | 198 | Catherine Brooks | StA | 8.97 | 7.95, 8.91, 8.97, 8.17, 7.96, 8.64 |
| 2 | 84 | Molly Hopping | Bar | 8.84 | 8.37, 8.63, 8.84, 8.69, 8.35, 8.42 |

Discus

CBP Renee Hector SNH 38.18m 2012

| Posn | Num | Name | Club | Perf | Details |
|--------------|-----|------------------|------|-------|--------------------------------------|
| Final | | | | | |
| 1 | 182 | Fiona Mcquire | SBH | 33.07 | 32.58, 32.80, 32.31, x, 33.07, x |
| 2 | 238 | Siobhan Rapacchi | SNH | 21.16 | 18.36, 19.56, 21.16, x, 20.09, 21.10 |

Hammer

CBP Nicola Dudman Ver 49.20m 2001

| Posn | Num | Name | Club | Perf | Details |
|--------------|-----|--------------------|------|-------|--|
| Final | | | | | |
| 1 | 226 | Lauren Aldridge | SNH | 39.45 | 34.28, 35.17, x, 37.88, x, 39.45 |
| 2 | 242 | Alessandra Stevens | SNH | 36.06 | 33.46, x, 33.76, 36.06, x, 33.00 |
| 3 | 148 | Megan Breen | HPx | 23.49 | 22.72, 18.90, 23.49, 23.14, 21.72, 22.54 |

Javelin

CBP Eloise Meakins HPx 43.97m 2012

| Posn | Num | Name | Club | Perf | Details |
|--------------|-----|----------------------|------|-------|--|
| Final | | | | | |
| 1 | 228 | Kirsty Bateman Foley | SNH | 34.40 | 30.20, 31.59, 32.11, 29.20, 34.40, 34.19 |
| 2 | 238 | Siobhan Rapacchi | SNH | 32.95 | 31.81, 31.62, 32.29, 32.28, 32.95, 32.00 |
| 3 | 76 | Sally Cowler | HPx | 24.89 | 23.33, 21.77, 34.89, -, -, - |