

## Herts County Championships - Hemel Hempstead - 19 July 2009

### 3000 metres

#### Senior Men

1	Lee Reynolds	HPX	8:43.1
2	Ian Johnson	Shett H	9:08.4
3	Luke Humphreys	Bed	9:10.9
4	Mike Dixon	HPX	10:50.5

#### Under 20 Men

1	Mat Salt	D&T	9:16.5
2	Jonathon Kinahon	HPX	9:53.4

#### Under 17 Men

1	Edward Shepherd	HPX	9:42.8
2	Oliver Glyn	D&T	9:48.9
3	Greg Bennet	D&T	10:19.6
4	Greg Evans	SNH	10:20.9

#### Senior Women

1	Pauline Michael	Bar	12:07.1
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#### Under 17 Women

1	Victoria Walker	WatH	10:41.3
2	Hannah Dewhurst	SNH	11:33.5
3	Natalie Wickings	WatH	11:58.0

#### Under 15 Girls

1	Georgina Hazel	SNH	11:46.0
2	Charlotte Michael	Bar	12:02.9

### Pentathlon



#### Under 13 Boys

1	Jake Hitchcock	D&T	1116	16.0 – 1.27m – 4.11m – 5.41m – 2:36.0
2	James Weller	D&T	1052	15.6 – 1.33m – 3.89m – 6.09m – 2:58.6
3	Nathan Gardner	SNH	997	15.1 – 1.33m – 3.70m – 6.33m – 3:01.9
4	Mathew Mardle	SNH	962	16.8 – 1.12m – 3.60m – 6.72m – 2:42.5

#### Under 13 Girls

1	Suzanne Bentley	WatH	1744	13.2 – 1.24m – 3.61m – 5.00m – 2:46.3
2	Hetty Rudman	Bar	1516	14.4 – 1.15m – 3.73m – 4.76m – 2:53.3
3	Lily Guest	D&T	1486	13.7 – 1.24m – 3.55m – 4.38m – 3:03.2
4	Jenna Hail	D&T	1461	17.9 – 1.18m – 3.51m – 5.16m – 2:38.6
5	Elana Cervi	SNH	1455	15.0 – 1.12m – 3.70m – 4.27m – 2:48.1
6	Emmy Ward	SNH	1437	14.1 – 1.21m – 3.74m – 6.86m – 3:27.9
7	Danielle Murphy	SNH	1404	17.2 – 1.15m – 3.21m – 4.92m – 2:38.0
8	Christina Courquin	D&T	1383	14.7 – 1.09m – 3.65m – 5.18m – 2:59.5
9	Bethany Curran	D&T	1299	14.8 – 1.12m – 3.06m – 4.82m – 2:55.8
10	Kate McRoy	SNH	1227	16.4 – 1.21m – 3.16m – 5.90m – 3:11.5