

HERTS COUNTY AAA 3000m CHAMPIONSHIPS

Hemel Hempstead – Sunday 4th July 2010

<u>Senior Men</u>	Daniel Poulton	SNH	1st	9:21.4
<u>U20 Men</u>	Matt Salt	D&T	1st	9:27.5
	Gregory Evans	SNH	2nd	10:19.2
<u>U17 Men</u>	Vasudev Zaver	HPX	1st	9:28.9
	Oliver Glyn	D&T	2nd	9:29.3
	Ross Taylor	D&T	3rd	9:36.4
	Gregory Bennet	D&T	4th	10:52.2
<u>Senior Women</u>	Pauline Michael	BAR	1st	12:22.1
<u>U17 Women</u>	Isobel Thompson	SBH	1st	10:55.7
	Hannah Dewhurst	SNH	2nd	11:09.8
	Natalie Wickings	WAT	3rd	11:38.2
	Charlotte Michael	BAR	4th	11:40.3
	Sarah Pike	SNH	5th	13:43.9
<u>U15 Girl</u>	Hannah Wardley	Chil	1st	12:17.0
	Sarah Needleman	D&T	2nd	12:49.3