

## HERTS County 3000m results

## U15 girls

Ellie Baker	Herts Pheonix	11:17.8
Elizabeth Parry	Herts Pheonix	11:41.9
Clair Baxter	D & T AC	11:54.9

## U17 Women

Charlotte Michael	Barnet & District	11:30.5
Sarah Needleman	D & T AC	11:55.2
Hannah Wardley	Chiltern Harriers	12:09.9

## U20 Women

Natalie Wickings	Watford Harriers	11:07.7
Hannah Dewhurst	S.N.H.	11:34.4

## Sen Ladies

Hilary Needleman	D & T AC	13:57.0
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## U15 Boys

Matt Simpson	D & T AC	10:15.6
Jonty Wager-leigh	D & T AC	10:26.3
Jake Williamson	D & T AC	11:03.1
Louis Glyn	D & T AC	11:14.8

## U17 Men

Michael Callegari	S.N.H.	8:50.7
Nicholas Doyle	Herts Pheonix	9:51.1
Jack Quorrell	D & T AC	10:52.8

## U20 Men

Edward Sheperd	Herts Pheonix	8:54.2
Chris Hilton	S.N.H.	9:34.5

## Sen Men

David Bowker	F.V.S	10:27.9
Colin Taylor	Watford Joggers	11:06.7

## Dacorum &amp; Tring AC club champs

Rob Walker		9:58.4
Jamie Marlow		10:46.1