

HERTS County 3000m results

U15 girls

Ellie Baker	Herts Phoenix	11:17.8
Elizabeth Parry	Herts Phoenix	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 Phoenix	9:51.1
Jack Quorrell	D & T AC	10:52.8

U20 Men

Edward Sheperd	Herts Phoenix	8:54.2
Chris Hilton	S.N.H.	9:34.5
Vasudev Zaver	Herts Phoenix	10:10.9

Sen Men

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

Dacorum & Tring AC club champs

Rob Walker		9:58.4
Jamie Marlow		10:46.1
Malcolm Sargeant (M60)		13:51.1