

Herts County AAA 3000m Championships

Hemel Hempstead - Saturday 11 May 2013

Race 1	Hannah Morton	U17W	Chiltern H	10:27.6
	Tabitha Weddell	U15G	St Albans	11:10.7
	Charlie Duke	U15G	Stevenage & NH	11:30.3
	Claire Baxter	U17W	Chiltern H	11:54.4
	Sarah Needleman	U20W	Chiltern H	11:56.4
	Hannah Wardley	U20W	Chiltern H	12:03.4
	Emily Bannister	U15G	Chiltern H	12:05.9
	Eleanor Found	U15G	Herts Phoenix	12:58.9
Race 2	Ben Rochford	U20M	Watford H	9:09.7
	Ian Johnston	M45	Shettleston H	9:32.9
	Jamie Philpott	U15B	Herts Phoenix	9:38.9
	George Groom	U15B	Shaftesbury BH	9:40.2
	Jonty Wager-Leigh	U17M	Chiltern H	9:42.0
	Miron Woldemichael	U20M	London Heathside guest	9:42.7
	Ben Clarke	U15B	St Albans	9:49.4
	Thomas Chew	SM	Dacorum & Tring	9:56.9
	Robert Bolton	U17M	Stevenage & NH	10:01.9
	Thomas Rayner	U15B	Watford H	10:15.6
	Sam Howell	U15B	Chiltern H	10:38.2
	Steve White	M45	Herts Phoenix	10:52.3
	Paul Pickard	M40	Stevenage & NH	12:47.3