

Fred Hughes 10 - 19 January 2014

County Medal winners

Men

1st Julian Lings, Enfield Harriers
2nd Paul Adams, St Albans Striders
3rd Tom Crouch, St Albans Striders

Ladies:

1st Joanne Kent, Barnet & District
2nd Laura Cowley, Garden City Runners
3rd Karen Murphy, Barnet & District

Mens Teams:

Gold: St Albans Striders (Paul Adams, Tom Crouch, Peter Crowdell, Martin Whitworth)
Silver: Harpenden Arrows (Simon Spiers, Aamon Piepgrass, James Chasen, Andy Jordan)
Bronze: St Albans Striders (Gary Warren, Ben Walsh, Ben Shute, Alec Campbell)

Ladies Teams:

Gold: Barnet & District (Joanne Kent, Karen Murphy, Karen Bradley)
Silver: St Albans Striders (Heather Blamire-Brown, Wendy Walsh, Christine Pout)
Bronze: Harpenden Arrows (Hannah Turner, Jennifer Finlay, Laura Nathan)