

HERTS COUNTY 3000m CHAMPIONSHIPS

Jarman Park, Hemel Hempstead

Sunday 6 July 2014

U15 Girls	Freya Weddell	St Albans	12:36.8
U17 Women	Tabitha Weddell	St Albans	11:16.8
U20 Women	Alex Eykelbosch	Dacorum & Tring	10:51.1
Senior Women	Becca Hayden	HAWCS	10:45.3
U15 Boys	Joshua Edwards	St Albans	10:26.5
	Adam Mason	Stevenage & NH	10:36.1
	Josh van Heiningen	Dacorum & Tring	10:47.6
	Ross Gladman	Stevenage & NH	11:18.0
	Elliot Breen	Herts Phoenix	11:31.6
U17 Men	Jamie Philpott	Herts Phoenix	9:15.6
	Jonty Wager-Leigh	Chiltern Harriers	9:29.9
	Ben Clarke	St Albans	9:43.3
	Robert Bolton	Stevenage & NH	10:03.3
	Rhys Rowlands	Dacorum & Tring	10:39.0
	Matt Renphrey	Dacorum & Tring	10:51.1
U20 Men	Harry Day	Stevenage & NH	9:52.4
	Jack Gladman	Stevenage & NH	10:34.6
Senior Men	Ian Johnston	Shettleston H	9:32.1
Vet Men O60	Malcolm Sargeant	Dacorum & Tring	14:57.7