

Hertfordshire County AAA 1500m Championships

Stevenage 2 May 2016

Senior Men

1	430 Harry Pateman	Herts Phoenix	4:19.24
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Veteran Men (See Vets results)

Under 20 Men

1	431 Beck Grover	Herts Phoenix	4:06.84
2	438 Thomas Butler	Barnet & D	4:18.00
3	432 Ben Clarke	St Albans AC	4:18.20
4	436 Rhys Rowlands	D&T	4:35.51

Under 17 Men

1	447 Thomas Patrick	Shaftesbury BH	4:15.4 man
2	439 Adam Hughes	Herts Phoenix	4:18.7 man
3	441 Ben Winfield	Luton AC	4:22.33
4	445 Joshua Van Heiningen	Dacorum & T	4:22.60
5	440 Adam Mason	Stevenage & NH	4:24.77
6	465 Jamie Ayres	Dacorum & T	4:36.47

Under 15 Boys

1	457 Kristian Imroth	Dacorum & T	4:29.64
2	459 Nathanael Zapico	Herts Phoenix	4:34.92
3	456 Joe Smith	Herts Phoenix	4:38.60
4	448 Alex Stapleton	Herts Phoenix	4:46.72
5	259 Oliver Griffiths	Watford H	4:51.35
6	451 Bryce Breen	Herts Phoenix	4:54.78
7	450 Ben Sloan	Harlow AC	4:57.35
8	463 Scott Brice	St Albans AC	5:00.72
9	455 Freddie Truman-Williams	Dacorum & T	5:02.97
10	460 Oliver Gates	The HAWCS	5:07.36
11	452 Charlie Hodder	Herts Phoenix	5:08.99
12	449 Ben Howell	Chiltern Harriers AC	5:09.38
13	462 Sam Sloan	Harlow AC	5:13.80
14	454 Ed Fraser	Barnet & D	5:54.72

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Senior Women

1	467 Claire Bentley	St Albans AC	5:24.93
2	466 Lisa Banahan	-	5:48.17

Veteran Women (See Vets results)

Under 20 Women

1	471 Rachel Parlour	St Albans AC	5:07.84
2	468 Charlotte Johnston	Shaftesbury BH	5:12.88
3	469 Lisa Barber	Stevenage & NH	6:06.66

Under 17 Women

1	478 Scarlett Wager Leigh	Chiltern Harriers	5:03.48
2	477 Lottie Rowedder	Harlow AC	5:05.49
3	475 Grace Birdseye	Dacorum & T	5:16.03
4	474 Freya Weddell	St Albans AC	5:19.39
5	476 Hannah Rayden	St Albans AC	5:29.75
6	473 Emily Anders	St Albans AC	5:38.51

Under 15 Girls

1	488 Keira Stern	St Albans AC	5:01.69
2	496 Scarlett Kent	Shaftesbury BH	5:07.06
3	490 Lucy Taylor	Stevenage & NH	5:07.55
4	487 Grace Ingles	Watford Harriers	5:09.11
5	483 Elizabeth Bentham	Luton AC	5:09.75
6	492 Mia Groom	Shaftesbury BH	5:17.42
7	486 Freya Stapleton	Herts Phoenix	5:18.04
8	489 Lily Boden	Dacorum & T	5:29.76
9	482 Christina Durbin	St Albans AC	5:33.55
10	485 Emily Rayden	St Albans AC	5:33.61
11	479 Amy Cassidy	Dacorum & T	5:37.83