**Hertfordshire County Championships**

**Watford - 29/30 May 1993 (a/b)**

**Senior and Junior Women 3000m (a)**

1 Debbie Prentice Verlea 10:59.1

2 Yvonne Stainer Verlea 11:15.9

3 Karen Cooper Hertford&Ware 11:21.4

4 Caroline Crouchman Hertford&Ware 11:25.1

5 Martha Hall (J) Stevenage 11:33.7

6 Sally Gandee (V50) Hertford&Ware 12:17.2

**U17 Women 3000m (a)**

1 Melissa Fox Hertford&Ware 13:17.1

**Senior Men 10000m (b)**

1 Andy Holt Verlea 33:15.5

2 Ian Johnston Thames Valley H 34:12.5

3 Noel Robinson [G] Barnet 40:06.5

4 Mike Garner Dacorum 44:34.8

[Source B4.27]