**Hertfordshire County Championships**

**Watford - 23 July 1994**

**Senior Women 3000m**

1 Christine Brace-Heaven Verlea 10:46.9

2 Debbie Prentice Verlea 11:37.2

**U17 Women 3000m**

1 Kirsty Martin Dacorum 11:21.6

2 Nicky Hill Stevenage 11:45.2

**Senior Men 10000m**

1 Lee Benjamin [G] Thames Valley H 32:38.2

2 Ian Johnston Thames Valley H 33:00.0

3 Ian Bussell [G] Thames Valley H 33:56.1

4 Chris Lait Fairlands Valley Spartans 36:38.4

**Under 17 Men 3000m**

1 James Clyne Enfield 9:36.9

2 Richard Munn Hertford&Ware 10:01.2

**Under 15 Boys 3000m**

1 Kieron Lawler Stevenage 10:18.6

[Source B4.29]