**Herts County AAA 4x400 Relay Champonships**

**Woodside Stadium, Watford - Wednesday 13 July 1994**

U17 Women 1 Hertford&Ware 4:27.0 (C Whitehead, J Arthurs, J O’Sullivan, E Mann)

Senior Women 1 Tring 4:05.8 (A Cole, J Cooper, V Quincey, A McDonnell)

2 Verlea 4:11.0 (J Jackson, T McKeown, K Flack, P Blank)

U17 Men 1 Verlea ‘A’ 3:44.4 (T Phillips, M Walsh, N Cox, D Williams)

2 St Albans ‘A’ 3:48.5 (M Stoker, T Miller, D Pinney, Russ Shepherd)

3 St Albans ‘B’ 3:56.2 (N Browne, S Milne, E Johnson, J Chester)

4 Dacorum 3:57.3 (B Jones, C Keen, A Moody, O Frogell)

5 St Albans ‘C’ 4:00.2 (J Hopkins, P Davison, P Arnold, G Fitch)

6 Verlea ‘B’ 4:07.4 (R Koenig, I Cholot, J Bridges, D Green)

Junior Men U20

1 St Albans 3:54.4 (D Blake, G Easton, Rob Shepherd, P Johnston)

Senior Men 1 Verlea 3:29.8 (P Stokes, S Hall, R Anderson, P McDonald)

2 St Albans 3:37.0 (T Higman, M Cullinan, N Denny, A Whittamore)

[Source B5.77]