

HERTS COUNTY AAA 3000m CHAMPIONSHIPS

Sunday 4th July 2004

Hemel Hempstead

Senior Men	Ian Johnston	Shettleston	1st	9:07.6
U/17 Men	Bryn Reynolds	Herts Phoenix	1st	10:11.0
	David Thompson	Herts Phoenix	2nd	11:11.8
U/15 Boys	Robert van Tromp	Watford H	1st	10:54.0
	Matt Steptoe	Dacorum & Tring	2nd	10:56.7
U/15 Girls	Brittany McGowan	Shaftesbury BH	1st	10:52.1