**HERTS COUNTY 3000m TRACK CHAMPIONSHIPS                             9 July 2015**

**Hemel Hempstead**

**Race 1** Andy Neatham M50 Barnet 9:34.6

Ian Johnston SM VAC 9:36.8

David Stone U15 SBH 9:46.5

Kristian Imroth U15 D&T 9:49.2

Henry Rocha U15 SBH 9:56.0

Rhys Rowlands U17 D&T 10:03.4

Joshua van Heiningen U17 D&T 10:27.8

Brett Rushman U15 HPX 10:57.5

Andrew Maher M40 SAS 12:48.8

**Race 2** Jo Kent SW Barnet 11:18.9

Charlotte Johnston U17 Barnet 11:32.0

India Patel U15 D&T 11:36.9

Freya Weddell U15 St Albans 12:14.7