**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