

Kent County Athletic Association 3000m Track Championships 2013
Central Park, Dartford 26th June 2013

Senior Woman

| | | | |
|---|----------------------|-------------------------|---------|
| 1 | 5 Clare Elms | Cambridge Harriers | 10:08.9 |
| 2 | 1 Hannah Roberts | Petts Wood Runners | 13:38.0 |
| 3 | 4 Lucy Weekes | Folkestone Running Club | 12:30.4 |
| 4 | 7 Tracy Amos | Folkestone Running Club | 12:50.4 |
| 5 | 6 Catherine O'Connor | Folkestone Running Club | 12:59.8 |
| 6 | 3 Caroline Curtis | Folkestone Running Club | 13:12.2 |
| 7 | 8 Tina Eke | Folkestone Running Club | 15:23.2 |

U20 Women

| | | | |
|---|------------------|---------------------------|---------|
| 1 | 14 Amber Reed | Blackheath & Bromley H AC | 11:13.5 |
| 2 | 15 Cassie Benson | Dartford Harriers AC | 12:26.4 |

U17 Men

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|---|-------------------|----------------------|---------|
| 1 | 11 Ben Matthews | Bexley AC | 09:58.0 |
| 2 | 10 Connor Burford | Dartford Harriers AC | 10:48.9 |

U17 Women

| | | | |
|---|--------------------------|---------------------------|---------|
| 1 | 13 Niamh Bridson-Hubbard | Blackheath & Bromley H AC | 10:42.4 |
| 2 | 12 Rachel Cameron-Potter | Medway & Maidstone AC | 13:40.1 |

Guest

| | | | |
|--|------------------------|----------------------|---------|
| | 16 Anthony Durey (M45) | Dartford Harriers AC | 11:11.2 |
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Kent County Athletic Association 10000m Track Championships 2013
Central Park, Dartford 26th June 2013

Senior Men

| | | | |
|---|--------------------|-----------------------|---------|
| 1 | 22 Ben Louch | Dartford Harriers AC | 33:15.4 |
| 2 | 18 Stuart Beaney | Kent AC | 33:16.2 |
| 3 | 17 Phillip Dickens | Cambridge Harriers AC | 33:38.9 |
| 4 | 21 Chris Biddle | Dartford Harriers AC | 37:40.1 |
| | 20 Tom Collins | Medway & Maidstone AC | dnf |

Senior Women

| | | | |
|---|----------------------|--------------------|---------|
| 1 | 23 Victoria Crawford | Serpentine Runners | 38:04.3 |
| 2 | 24 Helen Winsor | Serpentine Runners | 40:21.5 |

Veteran 35 Men

| | | | |
|---|------------------|-------------------------|---------|
| 1 | 18 Stuart Beaney | Kent AC | 33:16.2 |
| 2 | 26 James Gordon | Cambridge Harriers AC | 36:24.5 |
| 3 | 25 Tim Warren | Folkestone Running Club | 40:02.5 |

Veteran 40 Men

| | | | |
|---|----------------------|-------------------------|---------|
| 1 | 27 Christian Poulton | Cambridge Harriers AC | 36:31.4 |
| 2 | 28 David Weekes | Folkestone Running Club | 37:51.7 |

Veteran 40 Women

| | | | |
|---|------------------|------------|---------|
| 1 | 29 Candy Hawkins | Ashford Ac | 44:58.9 |
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Veteran 50 Men

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|---|-------------------|-----------------------|---------|
| 1 | 33 Tony Tuohy | Dulwich Runners | 34:07.6 |
| 2 | 32 Bob Fursey | Medway & Maidstone AC | 39:47.5 |
| 3 | 31 Martin Hawkins | Cambridge Harriers AC | 39:49.4 |

Veteran 60 Men

| | | | |
|---|----------------|-------------------------|---------|
| 1 | 34 Peter Watts | Swanley & Districts AC | 44:47.3 |
| 2 | 35 Grahame Eke | Folkestone Running Club | 48:25.0 |