

3K male Championships

2010	Lawrence Lowman	Hatfield
2011	Caleb Hughes	Hatfield
2012	No competitors	
2013	Tim Shuttleworth	Hatfield
2014	Tim Shuttleworth	Hatfield
2015	Nathan Hughes	Hatfield
2016	Max Jelfs	Hatfield
2017	Jack Spence	Hemel Hempstead
2018	Saric Lewington	Hatfield
2019	Ahaan Saini	Hatfield
2023	Daniel Williams	Hatfield

3K open Championships

2024	Jake Lloyd	Bishops Stortford
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3K male Junior Championships

2010	James Dougal	Hitchin
2011	Caleb Hughes	Hatfield
2012	No competitors	
2013	Tim Shuttleworth	Hatfield
2014	No competitors	
2015	Nathan Hughes	Hatfield
2016	Max Jelfs	Hatfield
2017	Ethan Sutton	Watford
2018	Saric Lewington	Hatfield
2019	Ahaan Saini	Hatfield
2023	Daniel Williams	Hatfield

3K open Junior Championships

2024	Filipe Irvine	Watford
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3K female Championships

2010	Julia Petchey	Watford
2011	Victoria Pritchard	Hatfield
2012	Hayley Warrington	Hoddesdon
2013	Abby Smith	Harpenden
2014	Victoria Pritchard	Hatfield
2015	Amber Hughes	Hatfield
2016	Shannon Nichols	Watford
2017	Jo Mitchinson	Stevenage
2018	Jessica Keogh	Hatfield
2019	Antonia Jubb	Hatfield
2023	Jasmine Pereira	Hatfield
2024	Lauren King	Royston

3K female Junior Championships

2010	Katie Lightowler	City of St Albans
2011	Victoria Pritchard	Hatfield
2012	Hayley Warrington	Hoddesdon
2013	Chloe Richards	Hoddesdon
2014	No competitors	
2015	Amber Hughes	Hatfield
2016	Shannon Nichols	Watford
2017	Billie Grant	Hatfield
2018	Jessica Keogh	Hatfield
2019	Antonia Jubb	Hatfield
2023	Jasmine Pereira	Hatfield
2024	Tara Shah	Bushey