

Hertfordshire County Cross-Country Championships
Cassiobury Park, Watford - 11 January 2009
Senior Men - 12000m

Position	No	Time	Name	Surname	Club
1	2076	36.21	A Bowden	A Bowden	Harrow AC
2	2022	36.44	J Pepper	J Pepper	Enfield & Haringey
3	2070	37.00	K Skinner	K Skinner	Garden City Runners
4	2109	37.04	O Edwards	O Edwards	Shaftesbury BH
5	2116	37.40	J Parslow	J Parslow	Shaftesbury BH
6	312	39.28	D Easter	D Easter	Shaftesbury BH
7	2124	39.30	P Adams	P Adams	St Albans Striders
8	2091	39.38	B Reynolds	B Reynolds	Herts Phoenix
9	2105	39.43	D Treadaway	D Treadaway	Newham & EB
10	2101	40.11	N Miller	N Miller	N Herts Road Runners
11	2138	40.19	S Pullan	S Pullan	St Albans Striders
12	2019	40.30	A Cracknell	A Cracknell	Dacorum & Tring
13	2114	40.58	S Murphy	S Murphy	Shaftesbury BH
14	2050	41.08	M Dickinson	M Dickinson	Garden City Runners
15	2007	41.15	R McCormick	R McCormick	Barnet & District
16	2094	41.25	M Tarpey	M Tarpey	Herts Phoenix
17	2123	41.32	R Williams	R Williams	Shaftesbury BH
18	2146	41.40	A Searle	A Searle	Stevenage & N Herts
19	2113	41.57	A Murphy	A Murphy	Shaftesbury BH
20	2088	42.06	P Greaves	P Greaves	Herts Phoenix
21	2141	42.08	J Scott	J Scott	St Albans Striders
22	2095	42.10	R Tarpey	R Tarpey	Herts Phoenix
23	2020	42.37	T Sheldrick	T Sheldrick	Dacorum & Tring
24	2154	42.41	D Harrison	D Harrison	University of Birmingham
25	2006	42.50	A Mason	A Mason	Barnet & District
26	2012	42.56	J Taylor	J Taylor	Barnet & District
27	2112	43.11	D Lewis	D Lewis	Shaftesbury BH
28	2004	43.16	A Horton	A Horton	Barnet & District
29	2147	43.31	P Allan	P Allan	Tring Running Club
30	2005	43.37	A Kelleher	A Kelleher	Barnet & District
31	2082	43.41	M Rahim	M Rahim	Harrow AC
32	2121	44.31	K Walden	K Walden	Shaftesbury BH
33	2024	44.44	R Bate	R Bate	Fairlands Valley Spartans
34	2008	44.46	C Michael	C Michael	Barnet & District
35	2075	44.49	J Bignall	J Bignall	Harrow AC
36	2062	44.50	S Mace	S Mace	Garden City Runners
37	2021	44.53	W Gristwood	W Gristwood	Ealing Southall & Middlesex
38	2017	45.13	P Reddaway	P Reddaway	Broxbourne Runners
39	2049	45.20	D Desborough	D Desborough	Garden City Runners
40	2155	45.24	M Adcock	M Adcock	Watford Harriers
41	2059	45.27	B Judge	B Judge	Garden City Runners
42	2064	45.30	K McLellan	K McLellan	Garden City Runners
43	2149	45.39	K Harding	K Harding	Tring Running Club
44	2090	45.45	N Morrison	N Morrison	Herts Phoenix
45	2126	45.54	C Braybrook	C Braybrook	St Albans Striders
46	2057	45.58	N Hughes	N Hughes	Garden City Runners
47	2046	46.00	R Casey	R Casey	Garden City Runners
48	2151	46.06	R Langley	R Langley	Tring Running Club
49	2171	46.07	D Vannen	D Vannen	Watford Harriers
50	2157	46.36	M Bradley	M Bradley	Watford Harriers
51	2072	46.42	M Utton	M Utton	Garden City Runners
52	2098	46.45	G Cook	G Cook	N Herts Road Runners
53	2111	47.05	M Grant	M Grant	Shaftesbury BH
54	2117	47.11	P Pearce	P Pearce	Shaftesbury BH
55	2060	47.14	M Landy	M Landy	Garden City Runners
56	2047	47.18	R Casserly	R Casserly	Garden City Runners

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57	2001	47.23	S Allen	Barnet & District
58	2153	47.36	S Williamson	Tring Running Club
59	2172	47.40	D Walker	Watford Harriers
60	2137	48.14	J Ockenden	St Albans Striders
61	2093	48.25	C Saville	Herts Phoenix
62	2010	48.30	M Parker	Barnet & District
63	2148	48.35	S Barnett	Tring Running Club
64	2013	48.37	M Walker	Barnet & District
65	2036	48.45	S Smithson	Fairlands Valley Spartans
66	2081	48.47	M Kelly	Harrow AC
67	2107	49.05	P Cunningham	Shaftesbury BH
68	2097	49.11	S Bryant	N Herts Road Runners
69	2023	49.44	S Pepper	Enfield & Haringey
70	2103	49.49	J Spinks	N Herts Road Runners
71	2167	50.20	A Kelly	Watford Harriers
72	2152	50.30	M Rochester	Tring Running Club
73	2086	50.49	P Fitzpatrick	Herts Phoenix
74	2043	51.05	P Bird	Garden City Runners
75	2176	51.14	M Edwards	Watford Joggers
76	2087	51.19	R Foskett	Herts Phoenix
77	2168	51.26	G Mayoh	Watford Harriers
78	2002	51.32	J Bryan	Barnet & District
79	2026	51.53	D Bowker	Fairlands Valley Spartans
80	2074	52.33	S Williams	Garden City Runners
81	2102	52.36	C Priestley	N Herts Road Runners
82	2179	52.39	T Woolridge	Watford Joggers
83	2162	52.51	M Grimsdale	Watford Harriers
84	2027	52.52	J Brown	Fairlands Valley Spartans
85	2083	52.58	R Baynham	Herts Phoenix
86	2166	53.25	P Illing	Watford Harriers
87	2085	53.30	R Bloom	Herts Phoenix
88	2096	53.38	M Annetts	N Herts Road Runners
89	2130	53.43	M Crawshaw	St Albans Striders
90	2058	53.48	R Hung	Garden City Runners
91	2034	53.51	S Hyams	Fairlands Valley Spartans
92	2158	54.13	T Cory	Watford Harriers
93	2016	54.16	A Hyland	Broxbourne Runners
94	2165	54.21	T Hedge	Watford Harriers
95	2131	54.42	R Derrick	St Albans Striders
96	2142	54.52	H Smallpiece	St Albans Striders
97	2108	55.08	R Devitt	Shaftesbury BH
98	2177	55.33	P Emery	Watford Joggers
99	2025	55.35	L Betts	Fairlands Valley Spartans
100	2150	55.43	A Horton	Tring Running Club
101	2032	56.29	M Glading	Fairlands Valley Spartans
102	2134	57.17	P Higgins	St Albans Striders
103	2011	57.37	K Rochester	Barnet & District
104	2042	57.47	W Aylott	Garden City Runners
105	2055	58.22	R Hole	Garden City Runners
106	2163	58.47	C Hamlet	Watford Harriers
107	2035	59.16	R Shaw	Fairlands Valley Spartans
108	2071	59.48	M Smith	Garden City Runners
109	2145	61.42	S Pickett	Stevenage & N Herts
110	2033	62.10	P Holgate	Fairlands Valley Spartans
111	2069	64.43	P Sawko	Garden City Runners
112	2041	65.57	T Allen	Garden City Runners
113	2156	66.41	R Boyse	Watford Harriers

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Teams			
1	Shaftesbury BH 'A'	4,5,6,13,17,19	64
2	Barnet & District	15,25,26,28,30,34	158
3	Herts Phoenix	8,16,20,22,44,61	171
4	Garden City Runners 'A'	3,14,36,39,41,42	175
5	St Albans Striders	7,11,21,45,60,89	233
6	Tring RC	29,43,48,58,63,72	313
7	Garden City Runners 'B'	46,47,51,55,56,74	327
8	Shaftesbury BH 'B'	27,32,53,54,67,97	329
9	Watford Harriers 'A'	40,49,50,59,71,77	346
10	N Herts RR	10,52,68,70,81,88	369
11	Fairlands VS	33,65,79,84,91,99	451
12	Watford Harriers 'B'	83,86,92,94,106,113	574
13	Garden City Runners 'C'	80,90,104,105,108,111	598