

Hertfordshire County AAA Cross Country Championships
Haileybury College, Hertford Heath - 4 January 2004

Senior Men (12000m)

1	D Mitchenson	Newham & EB	42:11
2	M Normington	Watford Harriers	42:24
3	T Bedford	Shaftesbury Barnet H	42:41
4	A Bowden	Harrow	42:58
5	J Lawler	Bedford	43:34
6	N Burton	Dacorum & Tring	44:05
7	N Hall	Herts Phoenix	44:41
8	I Morray	Royston Runners	45:19
9	A Mason	Barnet & District	45:32
10	R McCormick	Barnet & District	45:37
11	M Adcock	Watford Harriers	45:56
12	A Holt	Herts Phoenix	46:24
13	S Tooke	Watford Harriers	46:34
14	M Bryant	Harrow	46:38
15	C Braybrook	St Albans Striders	46:43
16	A Slack	Herts Phoenix	46:51
17	N Phillips	Shaftesbury Barnet H	47:05
18	C Wood	Watford Harriers	47:13
19	R Gamble	Barnet & District	47:27
20	S Hunt	Harrow	47:51
21	N Morrison	Herts Phoenix	47:54
22	S Hall	Fairlands Valley S	47:56
23	S Livingstone	Garden City Runners	48:12
24	A Symonds	Shaftesbury Barnet H	48:14
25	M Robins	Garden City Runners	48:45
26	J Clarke	Ware Joggers	48:46
27	A Crosby	Garden City Runners	48:57
28	S Wells	Fairlands Valley S	49:00
29	M Rahim	Harrow	49:12
30	J Newall	Royston Runners	49:46
31	C Taylor	Watford Joggers	50:59
32	A Wasdell	St Albans Striders	51:22
33	K Lehané	Enfield & Haringey	51:33
34	D Sullivan	Broxbourne Runners	51:42
35	G Tofts	Royston Runners	51:48
36	M Bradley	Watford Harriers	52:30
37	M Hallissey	Dacorum & Tring	52:38
38	A Robins	St Albans Striders	52:51
39	K McLellan	Luton	53:27
40	P Emery	Watford Joggers	53:30
41	A Maher	St Albans Striders	53:33
42	S Pell	Broxbourne Runners	53:37
43	M Faughnan	Garden City Runners	53:43
44	G Hill	Royston Runners	53:48
45	A Tant	Broxbourne Runners	53:49
46	L Wells	Enfield & Haringey	53:58
47	R Francis	Broxbourne Runners	53:59

48	S Bryant	North Herts RR	54:12
49	M Green	Garden City Runners	54:42
50	M Allen	Garden City Runners	54:42
51	R Wickins	Watford Joggers	54:48
52	P Green	Royston Runners	54:50
53	P Illing	Watford Harriers	54:57
54	T Woolridge	Watford Joggers	54:59
55	N Lord	Garden City Runners	55:25
56	R Foskett	Herts Phoenix	55:26
57	G Mayoh	Watford Harriers	55:34
58	P Cunningham	Shaftesbury Barnet H	55:49
59	B Barnaby	Fairlands Valley S	55:49
60	M Hall	Royston Runners	55:53
61	S Mann	Herts Phoenix	56:07
62	P Fitzpatrick	Herts Phoenix	56:23
63	R Derrick	St Albans Striders	56:27
64	D Hooker	Fairlands Valley S	57:04
65	M Crawshaw	St Albans Striders	57:11
66	A Hyland	Broxbourne Runners	57:22
67	C Hamlet	Watford Harriers	57:23
68	A Pattison	St Albans Striders	57:27
69	I Owens	North Herts RR	57:35
70	S Smithson	Fairlands Valley S	57:40
71	P Russell	St Albans Striders	57:42
72	J Brown	Fairlands Valley S	57:57
73	P Eaton	Fairlands Valley S	58:00
74	R Harbon	North Herts RR	58:10
75	A Nicoll	St Albans Striders	58:13
76	D Beasley	Herts Phoenix	58:37
77	G Clarke	St Albans Striders	58:56
78	R Bloom	Herts Phoenix	59:09
79	R Powell	Shaftesbury Barnet H	59:14
80	J Steed	Herts Phoenix	59:16
81	K MacDonald	Watford Harriers	59:23
82	I Sharp	North Herts RR	59:34
83	K Brammer	Garden City Runners	59:46
84	R Maxwell	Watford Joggers	59:57
85	S Williams	Garden City Runners	60:01
86	J Franklin	North Herts RR	60:19
87	D Stephenson	Fairlands Valley S	60:39
88	P Smith	St Albans Striders	60:49
89	D Monk	Broxbourne Runners	61:10
90	K Perry	Fairlands Valley S	61:18
91	P Williams	Herts Phoenix	62:38
92	R Boyce	Watford Harriers	62:59
93	D Lay	Royston Runners	63:38
94	S Ind	Garden City Runners	63:41

95	P Bolitho-Jones	Watford Harriers	64:09
96	P Coates	St Albans Striders	64:48
97	J Neville	Barnet & District	65:16
98	S East	Watford Harriers	65:35
99	K Morris	St Albans Striders	65:50
100	M Reibschoid	St Albans Striders	66:27
101	A Willerton	Watford Joggers	67:43

102	J Atkinson	North Herts RR	68:05
103	D Ross	North Herts RR	69:08
104	R Whiting	Herts Phoenix	71:35
105	P Dutton	Fairlands Valley S	71:50
106	P Bowal	North Herts RR	73:17
107	J Fogarty	Garden City Runners	74:18

Senior Men Teams

1	Watford Harriers A	133
2	Herts Phoenix A	173
3	Garden City Runners	217
4	Royston Runners	229
5	St Albans Striders A	254
6	Fairlands Valley Spartans	315

7	Broxbourne Runners	323
8	Watford Joggers	361
9	N Herts Road Runners	461
10	St Albans Striders B	475
11	Watford Harriers B	490
12	Herts Phoenix B	491

U20 Men (8000m)

1	J Morris	Shaftesbury Barnet H	30:24
2	P Lipman	Shaftesbury Barnet H	30:51
3	R Dennes	Shaftesbury Barnet H	31:00
4	L Reynolds	Stevenage & N Herts	31:19
5	R Fowler	Enfield & Haringey	31:26
6	D Chambers	Watford Harriers	32:02

7	C Saville	Herts Phoenix	32:45
8	P Yeomans	Watford Harriers	33:32
9	M Tarpey	Herts Phoenix	34:11
10	R Lamb	Herts Phoenix	36:13
11	L Saunders	Harrow	36:23

U20 Men Teams

1	Shaftesbury Barnet Harriers	6
2	Herts Phoenix	26

U17 Men (6000m)

1	J Pepper	Enfield & Haringey	22:02
2	R Eastwood	Dacorum & Tring	22:21
3	J Newman	St Albans School	22:31
4	R Franzese	Harrow	22:47
5	A Dombey	Watford Harriers	23:12
6	R Sparrow	Shaftesbury Barnet H	23:19
7	D Quinn	Dacorum & Tring	23:30
8	D Poulton	Stevenage & N Herts	23:41
9	M Stichbury	Shaftesbury Barnet H	23:51
10	A Booth	Shaftesbury Barnet H	24:04
11	A Willicom	Enfield & Haringey	24:15
12	J Parslow	Dacorum & Tring	24:24

13	B Reynolds	Herts Phoenix	24:41
14	T Brennan	Stevenage & N Herts	24:53
15	S	St Albans School	25:11
16	D John	Dacorum & Tring	25:16
17	J Etchells	Watford Harriers	25:45
18	G Brown	Herts Phoenix	26:00
19	J Leonard	St Albans School	26:05
20	J Weston	Shaftesbury Barnet H	26:12
21	D Tarrant	Harrow	27:05
22	A Gardner	Dacorum & Tring	27:31
23	D Thompson	Herts Phoenix	28:07
24	B Speed	Watford Harriers	28:47

U17 Men Teams

1	Dacorum & Tring	21
2	Shaftesbury Barnet Harriers	25
3	St Albans School	37
4	Watford Harriers	46
5	Herts Phoenix	54

U15 Boys (4500m)

1	D Easter	Shaftesbury Barnet H	16:47
2	A O'Neill	Enfield & Haringey	16:58
3	J Hall	Shaftesbury Barnet H	17:09
4	A Urwin	Harrow	17:22
5	M McKechnie	Stevenage & N Herts	17:29
6	T Smith	Herts Phoenix	17:37
7	G Boddy	St Albans School	17:42
8	P Townsend	Herts Phoenix	17:43
9	D Pontin	St Albans School	17:57
10	J Mills	St Albans School	18:02
11	J Martindale	Shaftesbury Barnet H	18:13
12	C Vidgen	Herts Phoenix	18:20
13	C Graham	St Albans School	18:55
14	R McPhee	Shaftesbury Barnet H	19:06
15	J McCaig	Shaftesbury Barnet H	19:11

16	M Smith	Watford Harriers	19:19
17	A Bennett	St Albans School	19:32
18	A Carter	Watford Harriers	19:43
19	J Varnavas	St Albans School	20:26
20	J Doran	St Albans AC	20:36
21	A Longley	St Albans School	21:11
22	L Batt	St Albans School	21:11
23	J Clark	Bedford	21:54
24	J Stroud	St Albans AC	22:00
25	M Henderson	Barnet & District	22:03
26	M Steptoe	Dacorum & Tring	23:02
27	N Crowley	Fairlands Valley S	23:13
28	D Edmee	Enfield & Haringey	24:02
29	R Horlock	Enfield & Haringey	NTT

U15 Boys Teams

1	Shaftesbury Barnet Harriers	15
2	St Albans School A	26
3	Herts Phoenix	26
4	St Albans School B	49
5	Enfield & Haringey	59

1st School St Albans School

U13 Boys (3000m)

1	N Flemming	Barnet & District	12:54
2	T Bryant	Barnet & District	13:13
3	R Molloy	Dacorum & Tring	13:20
4	C McKechnie	Stevenage & N Herts	13:27
5	J Wright	Enfield & Haringey	13:40
6	N Fordham	Shaftesbury Barnet H	13:44
7	R van Tromp	Watford Harriers	13:45
8	J Thie	Dacorum & Tring	13:47
9	E MacKenzie	St Albans AC	13:55
10	O Randall	Barnet & District	13:59
11	P Urwin	Harrow	14:01
12	W Bates	Herts Phoenix	14:01
13	L C-Sherwood	Harrow	14:01
14	V Ovide	Harrow	14:12
15	J Oxley	St Albans AC	14:25

16	J Kinahan	Enfield & Haringey	14:28
17	D Cobbing	Enfield & Haringey	14:33
18	T Clark	St Albans AC	14:49
19	T Williams	Watford Harriers	14:56
20	B Johnston	Shaftesbury Barnet H	14:57
21	N O'Neill	Enfield & Haringey	15:09
22	E Gardner	Dacorum & Tring	15:29
23	L Lundgren	St Albans AC	15:41
24	M Bidmead	Barnet & District	15:47
25	P Hicks	Barnet & District	15:52
26	A Veitch	Herts Phoenix	15:57
27	N Wake	Herts Phoenix	16:01
28	J Dalton	Harrow	16:29
29	J Welsh	Barnet & District	16:34
30	J Chingarlis	Shaftesbury Barnet H	17:12

U13 Boys Teams

1	Barnet & District A	13
2	Dacorum & Tring	33
3	Harrow	38
4	Enfield & Haringey	38

5	St Albans	42
6	Shaftesbury Barnet Harriers	56
7	Herts Phoenix	65
8	Barnet & District B	78

U11 Boys (1600m)

1	G Brown	Harrow	6:27
2	F Bailey	Shaftesbury Barnet H	6:39
3	J McCormick	Shaftesbury Barnet H	6:43
4	L Goldberg	Shaftesbury Barnet H	6:48
5	G Smith	Herts Phoenix	7:09
6	J Derraji	Barnet & District	7:15
7	D Cobbing	Enfield & Haringey	7:20
8	R Surridge	Enfield & Haringey	7:21
9	O Saunders	Harrow	7:23
10	D Fernie	Watford Harriers	7:30
11	J Sewell	Stevenage & N Herts	7:35
12	A Horwich	St Albans AC	7:38
13	L Keeble	Stevenage & N Herts	7:40
14	J McCormick	Barnet & District	7:46
15	A Thompson	Herts Phoenix	7:51

16	C Sleeman	Harrow	7:51
17	L Coates	St Albans AC	7:53
18	R Walker	St Albans AC	7:57
19	C Giles	St Albans AC	7:58
20	O Simpson	St Albans AC	8:02
21	L Trower	Harrow	8:12
22	C Monk	Herts Phoenix	8:24
23	A Dillon	Shaftesbury Barnet H	8:24
24	N Wilkins	Harrow	8:41
25	G Taylor	Dacorum & Tring	8:50
26	T Clarke	Herts Phoenix	8:58
27	G Aylesbrook	St Albans AC	9:22
28	T Camm	Herts Phoenix	9:39
29	M Kos	Barnet & District	10:15

U11 Boys Teams

1	Shaftesbury Barnet Harriers	9
2	Harrow	26
3	Herts Phoenix	42

4	St Albans A	47
5	Barnet & District	49
6	St Albans B	66

Senior Women (8000m)

1	J Wright	Shaftesbury Barnet H	32:50
2	M Livingstone	Garden City Runners	34:30
3	C Willer	Watford Harriers	34:33
4	A Yorweth	St Albans Striders	34:38
5	R Kett	Watford Harriers	34:41
6	E Archer	Shaftesbury Barnet H	34:50
7	S Fitt	Garden City Runners	35:09
8	L Bowles	Enfield & Haringey	35:15
9	S Fensome	Shaftesbury Barnet H	35:20
10	S Tophill	Fairlands Valley S	35:26
11	A Klein	North Herts RR	35:54
12	K Woods	Barnet & District	36:00
13	K Murphy	Barnet & District	36:33
14	J Gray	Garden City Runners	36:54
15	D Steer	St Albans Striders	37:01
16	K Bradley	Barnet & District	37:12
17	K James	Watford Harriers	37:27
18	M Winters	North Herts RR	38:22
19	E Walls	St Albans Striders	38:38
20	C Pardoe	Garden City Runners	39:04
21	H Hoyle	Barnet & District	39:06
22	B Pullan	St Albans Striders	39:12
23	J Perry	Fairlands Valley S	39:31

24	A Semour	St Albans Striders	40:06
25	W Johnson	Garden City Runners	40:10
26	F Bugler	Watford Joggers	40:30
27	S Crowe	North Herts RR	40:39
28	J Day	Barnet & District	40:52
29	L Dutton	Fairlands Valley S	41:02
30	L Bruce-Burgess	Barnet & District	41:05
31	C Mooney	St Albans Striders	41:19
32	J Tofts	Royston Runners	41:23
33	J Emery	Watford Harriers	41:39
34	M O'Sullivan	Broxbourne Runners	42:55
35	M Avery	Broxbourne Runners	44:07
36	J Harbon	North Herts RR	44:50
37	S Crowley	Fairlands Valley S	45:17
38	K Miller	Broxbourne Runners	46:26
39	S Thorpe	Garden City Runners	46:39
40	P O'Neil	Watford Harriers	47:55
41	M Cotter	Garden City Runners	48:15
42	C Paul	Fairlands Valley S	49:33
43	E Draper	Garden City Runners	50:26
44	C Sharp	North Herts RR	51:22
45	T Hopper	Fairlands Valley S	55:24

Senior Women Teams

1	Garden City Runners A	43
2	Watford Harriers	58
3	St Albans Striders	60
4	Barnet & District	62

5	N Herts Road Runners	92
6	Fairlands Valley Spartans	99
7	Garden City Runners B	148

U20 Women (6000m)

1	V Webster	Shaftesbury Barnet H	23:04
2	E Hall	Herts Phoenix	26:46
3	P Hertton	Barnet & District	28:30
4	K Harding	Dacorum & Tring	30:22
5	K Bowen-la Grange	Watford Harriers	32:24

No teams closed

U17 Women (5000m)

1	S Waldron	Shaftesbury Barnet H	19:43
2	T Muir	Herts Phoenix	20:29
3	S Bailey	Stevenage & N Herts	21:09
4	E Gibbs	Bedford	21:38
5	NB Taylor	Herts Phoenix	22:35

6	K Henderson	Barnet & District	24:58
7	Z Dunnings	Dacorum & Tring	25:20
8	E-J Flitney	Dacorum & Tring	26:43
9	J Onyon	Herts Phoenix	28:45

U17 Women Teams

1	Herts Phoenix	16
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U15 Girls (4000m)

1	L Yates	Shaftesbury Barnet H	17:04
2	D Wildman	Enfield & Haringey	17:39
3	R Newstead	Stevenage & N Herts	17:44
4	D Samuels	Stevenage & N Herts	17:57
5	C Simm	Herts Phoenix	18:10
6	Z Wray	Barnet & District	18:23
7	P Hattam	Dacorum & Tring	18:33
8	K Cooper	Stevenage & N Herts	18:37
9	H Barsby	Harrow	18:50
10	F Witney	Stevenage & N Herts	19:51
11	H Hare	Shaftesbury Barnet H	20:52

12	H Green	Watford Harriers	21:14
13	N Bullock	Watford Harriers	22:16
14	H Sheridan	Barnet & District	22:28
15	H Charman	Shaftesbury Barnet H	22:37
16	T Sarsfield	Barnet & District	23:00
17	L Dellar	Herts Phoenix	23:36
18	N Wallis	Barnet & District	24:22
19	G Currie	Watford Harriers	24:33
20	M Baginski	Dacorum & Tring	25:59
21	K Booles	Dacorum & Tring	26:33

U15 Girls Teams

1	Stevenage & N Herts	15
2	Shaftesbury Barnet Harriers	27
3	Barnet & District	36
4	Watford Harriers	44
5	Dacorum & Tring	48

U13 Girls (3000m)

1	B McGowan	Shaftesbury Barnet H	13:23
2	K Deal	Beaumont School	13:45
3	J Mansell	Stevenage & N Herts	13:56
4	R Wilson	Dacorum & Tring	14:37
5	V Bryant	Barnet & District	14:40
6	L Wake	Herts Phoenix	14:55
7	E Prati	Shaftesbury Barnet H	15:00
8	E Gibbs	Bedford	15:07
9	S Clark	Bedford	15:10

10	J More	Herts Phoenix	15:34
11	J Johnson	Shaftesbury Barnet H	15:39
12	H Bailey	Stevenage & N Herts	16:12
13	J Botwright	Dacorum & Tring	17:21
14	V Duffy	Shaftesbury Barnet H	17:26
15	A Corner	Herts Phoenix	17:43
16	S McCormick	Stevenage & N Herts	21:13
17	J Quinn	Enfield & Haringey	24:46

U13 Girls Teams

1	Shaftesbury Barnet Harriers	19
2	Herts Phoenix	31
3	Stevenage & N Herts	31

U11 Girls (1600m)

1	E Meakins	Herts Phoenix	7:54
2	J Stichbury	Shaftesbury Barnet H	8:00
3	C Kennedy	Barnet & District	8:06
4	L Quinn	Enfield & Haringey	8:33
5	J McCormick	Barnet & District	8:43

6	L Taylor	St Albans AC	8:51
7	E Huxley	St Albans AC	8:54
8	G Ponting	Herts Phoenix	9:28
9	M Veitch	Herts Phoenix	11:12
10	R Evans	St Albans AC	11:49

U11 Girls Teams

1	Herts Phoenix	18
2	St Albans	23