

HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS

2004 VETERANS CROSS-COUNTRY CHAMPIONSHIPS AT THERFIELD HEATH, ROYSTON ON 7TH MARCH

VETERAN MEN 40-59

1	R McCormick	BAR	M40	32:46
2	A Mason	BAR	M40	33:23
3	B Gristwood	ESM	M40	33:54
4	C Braybrook	SAS	M40	34:13
5	P Sibbett	NHRR	M40	34:25
6	A Kelleher	BAR	M40	34:29
7	D Michael	BAR	M50	34:35
8	S Wells	FVS	M40	34:52
9	S Livingston	GCR	M40	35:37
10	C Taylor	WAT J	M40	35:56
11	T Ross	HPX	M50	36:29
12	G Tofts	ROY	M40	37:29
13	R Melvern	HPX	M50	37:36
14	M Faughnan	GCR	M40	37:40
15	A Tant	BROX	M40	38:35
16	R Francis	BROX	M50	38:54
17	T Hedge	WAT H	M40	38:57
18	D Bowker	ROY	M40	39:01
19	D Johnson	GCR	M40	39:05
20	P Fitzpatrick	HPX	M50	39:09
21	M Crawshaw	SAS	M40	39:23
22	T Woolridge	WAT J	M40	39:25
23	R Foskett	HPX	M40	39:27
24	P Calthrop	SAS	M40	39:36
25	A Salisbury	GCR	M40	39:41
26	R Derrick	SAS	M40	39:43
27	P Green	ROY	M40	39:47
28	A Currell	SNH	M40	39:58
29	A Stedman	HPX	M50	40:01
30	D Hooker	FVS	M40	40:34
31	M Wrottesley	SAS	M40	40:57
32	S Williams	GCR	M40	41:01
33	A Ackrill	GCR	M40	41:09
34	R Harbon	NHRR	M40	41:24

35	K MacDonald	WAT H	M50	41:32
36	J Brown	FVS	M50	41:34
37	R Bloom	HPX	M50	41:35
38	D Edwards	GCR	M40	41:59
39	J Brown	ROY	M50	42:13
40	P Metlecott	GCR	M40	42:32
41	R Powell	SBH	M40	42:58
42	T Allen	GCR	M50	43:00
43	J Kelly	SBH	M50	43:50
44	R Smyth	NHRR	M40	44:04
45	S Ind	GCR	M50	44:12
46	G Rolfe	NHRR	M40	44:37
47	J Borgars	HPX	M50	44:39
48	M King	FVS	M40	44:54
49	R Pollen	SNH	M40	45:27
50	D Ross	NHRR	M40	45:38
51	P Eames	FVS	M40	45:48
52	R Riggall	NHRR	M50	45:52
53	J Davis	HPX	M50	46:04
54	P Coates	SAS	M40	46:07
55	A White	FVS	M40	46:28
56	K Taylor	WAT J	M40	46:55
57	S Button	SNH	M40	47:14
58	J David	GCR	M50	47:57
59	B Boss	NHRR	M40	49:33
60	C Hewitt	NHRR	M50	49:39
61	I Sutcliffe	NHRR	M50	50:27
62	C Miles	SNH	M40	50:57
63	G Cooper	BROX	M50	51:24
64	R Bamberough	NHRR	M40	51:58
65	J Fogarty	GCR	M50	52:06
66	P Game	GCR	M50	59:47

TEAMS - Veteran Men O/40

1	Barnet & District (1,2,6,7)	16
2	Garden City Runners (9,14,19,25)	67
3	St Albans Striders (4,21,24,26)	75
4	Royston Runners (12,18,27,39)	96
5	N Herts Road Runners (5,34,44,46)	129
6	Fairlands Valley Spartans (8,30,48,51)	137
7	Stevenage & N Herts (28,49,57,62)	196

TEAMS - Veteran Men O/50

1	Herts Phoenix (11,13,20,29)	73
2	Garden City Runners (42,45,58,65)	210

VETERAN MEN 60+

1	J Steed	HPX	M60	24:06
2	W Crone	NHRR	M60	26:16
3	T Osborne	FVS	M60	30:30
4	K Livermore	E&H	M70	37:53

VETERAN WOMEN

1	A Yorwerth	SAS	W35	21:59
2	S Pritchard	SAS	W35	23:48
3	E Walls	SAS	W45	23:53
4	L Dutton	FVS	W35	24:00
5	J Perry	FVS	W35	24:25
6	A Seymour	SAS	W45	24:29
7	C Pardoe	GCR	W45	24:38
8	K Johnstone	BAR	W35	25:44
9	J Harbon	NHRR	W35	26:00
10	J Tofts	ROY	W45	26:03
11	W Johnson	GCR	W35	26:08
12	F Ridgway	FVS	W35	26:20
13	K Ind	GCR	W45	26:33
14	K Dodsworth	NHR	W35	27:10

15	J Gristwood	WARE J	W35	27:48
16	C Aliousalah	SAS	W35	27:51
17	J Owen	WAT H	W35	27:55
18	L Thackerey	NHRR	W35	29:53
19	A Cowley	HPX	W45	30:30
20	E Draper	GCR	W65	31:31
21	J Goodwin	FVS	W35	31:47
22	S Gandee	HPX	W55	32:32
23	L Hewitt	NHRR	W35	33:00
24	A Wonnacott	NHRR	W55	33:08
25	S Potts	GCR	W35	35:23

TEAMS

1	St Albans Striders (1,2,16)	19
2	Fairlands Valley Spartans (4,5,12)	21
3	N Herts Road Runners (9,14,18)	41
4	Garden City Runners (7,11,25)	43