

Hertfordshire Association of Athletic & Running Clubs Cross Country Championships
Cassiobury Park, Watford, 16th January 2005

Senior Men (12000m)

1	D Mitchinson	NEB	37:05
2	N Burton	D&T	37:44
3	A Bowden	HARR	38:05
4	T Bedford	SBH	38:57
5	O Edwards	SBH	39:17
6	S Pullen	SAS	39:25
7	M Robins	GCR	40:21
8	J Clarke	BELG	40:23
9	R McCormick	BAR	40:31
10	I Murray	ROY	40:37
11	K Skinner	GCR	40:56
12	J Cox	SAS	40:58
13	S Guest	SAS	40:59
14	S Livingstone	GCR	41:00
15	A Sainsbury	D&T	41:17
16	A Holt	GCR	41:32
17	M Adcock	WAT H	41:43
18	D Chambers	WAT H	41:51
19	T Burke	BED	42:05
20	J Critchlow	WAT H	42:06
21	C Wood	WAT H	42:09
22	B Gristwood	ESM	42:14
23	C Braybrook	SAS	42:21
24	S Buckle	SAS	42:34
25	P Allen	D&T	42:43
26	B Judge	GCR	42:44
27	T Parkin	SBH	42:47
28	A Crosby	GCR	43:05
29	M Hann	SAS	43:13
30	S Cook	SAS	43:30
31	N Harris	WAT H	43:44
32	N Morrison	HPX	43:52
33	K Walden	SBH	43:55
34	J Newall	ROY	44:11
35	R Lowden	ROY	44:19
36	S Tooke	WAT H	44:31
37	S McKeown	NHRR	44:43
38	M Bradley	WAT H	44:45
39	M Tarpey	HPX	44:50
40	I Lawson	GCR	44:57
41	D Buck	BROX	44:59
42	L Campbell	HPX	45:08
43	S Williamson	WAT H	45:14
44	N Davis	GCR	45:17
45	A Wasdell	SAS	45:20
46	M Allen	GCR	45:45
47	R Casey	GCR	45:51

48	M Faughnan	GCR	45:55
49	G Leader	E&H	46:00
50	M Green	GCR	46:06
51	G West	SAS	46:17
52	A Robins	SAS	46:25
53	L Rumble	HPX	46:28
54	B Broyd	HPX	46:40
55	V Ellerby	GADE V	46:51
56	J Roberts	GADE V	47:03
57	S Weston	SAS	47:12
58	S Folley	BROX	47:16
59	M Hall	ROY	47:23
60	G Hall	SAS	47:33
61	S Clark	SAS	47:33
62	G Mayoh	WAT H	47:55
63	M Orton	WAT H	48:07
64	G Woollett	GADE V	48:10
65	P Fitzpatrick	HPX	48:16
66	P Iling	WAT H	48:27
67	R Grosvenor	FVS	48:29
68	P Cunningham	SBH	48:33
69	J Gaviria	NHRR	48:35
70	A Tant	BROX	48:37
71	S Doyle	HPX	48:42
72	A Benson	HPX	48:47
73	R Nugent	SAS	48:48
74	D Johnson	GCR	48:53
75	S Smithson	FVS	48:56
76	J Brown	FVS	48:51
77	D Digweed	SAS	48:59
78	C Priestley	NHRR	49:00
79	T Ross	HPX	49:16
80	R Francis	BROX	49:22
81	D Edwards	GCR	49:35
82	P Kayley	SAS	49:42
83	M Cranshaw	SAS	49:53
84	D Hooker	FVS	49:54
85	P Emfrey	WAT J	49:58
86	A Hyland	BROX	50:05
87	P Bolitho-Jones	WAT H	50:12
88	R Wickings	WAT J	50:18
89	M Arnold	D&T	50:19
90	G Hill	WAT J	50:20
91	R Foskett	HPX	50:22
92	D Dixon	WAT J	50:30
93	A Gibbs	SAS	50:33
94	T Woolridge	WAT J	50:39

95	D Robertson	WAT H	50:53
96	T Willson	FVS	50:55
97	C Eggleton	SAS	50:57
98	C Hamlet	WAT H	51:28
99	K Gourney	BROX	51:35
100	R Bloom	HPX	51:36
101	S Allen	BAR	51:39
102	S Daniel	WAT H	51:39
103	R Powell	SBH	51:49
104	G Clarke	SAS	51:53
105	D Dutchburn	BROX	51:55
106	S Mann	HPX	52:14
107	K MacDonald	WAT H	52:29
108	M Sturrie	GADE V	53:08
109	R Devitt	SBH	53:16
110	M Mello	NHRR	53:23
111	D Beasley	HPX	53:33
112	R Hillson	WAT J	53:48

113	B Wallace	WAT J	53:56
114	P Sawko	GCR	54:14
115	P Coates	SAS	54:20
116	R Derrick	SAS	54:29
117	M Reibschied	SAS	54:34
118	J Wray	WAT H	54:59
119	M Grimsdale	WAT H	55:51
120	D White	WAT J	56:10
121	R Maxwell	WAT J	56:22
122	I Bonnick	WAT J	57:17
123	K Taylor	WAT J	57:32
124	J Davis	GCR	59:54
125	D Avery	GCR	60:02
126	J Wall	WAT H	60:16
127	M Bowe	GCR	60:53
128	J Fogarty	GCR	61:43
129	A Willerton	WAT J	62:28

Senior Men Teams

1	Garden City "A" (7,11,14,16,26,28)	102
2	St Albans Str "A" (6,12,13,23,24,29)	107
3	Watford H "A" (17,18,20,21,31,36)	143
4	Shaftesbury BH (4,5,27,33,68,103)	240
5	Garden City "B" (40,44,46,47,48,50)	275
6	Herts Phx "A" (32,39,42,53,54,65)	285
7	St Albans Str "B" (30,45,51,52,57,60)	295
8	Watford H "B" (38,43,62,63,66,87)	359

9	Broxbourne R (41,58,70,80,86,99)	434
10	St Albans Str "C" (61, 73,77,82,83,93)	469
11	Herts Phx "B" (71,72,79,91,100,106)	519
12	Watford J "A" (85,88,90,92,94,112)	561
13	Watford H "C" (95,98,102,107,118,119)	639
14	Garden City "C" (74,81,114,124,125,127)	645
15	Watford J "B" (113,120,121,122,123,129)	729

U20 Men (8000m)

1	G Mobbs	SBH	26:14
2	A Hodgkinson	SBH	26:25
3	R Franzese	HARR	26:54
4	R Fowler	E&H	28:34

5	D Poulton	SNH	29:11
6	A Horton	BAR	30:12
7	G Brown	HPX	32:37

U20 Men Teams

No teams closed

U17 Men (6000m)

1	J Pepper	E&H	18:45
2	B Reynolds	HPX	19:42
3	A Dombey	WAT H	20:02
4	A O'Neill	E&H	20:16
5	J Parslow	D&T	20:28
6	M McKechnie	SNH	20:43
7	S Smith	HPX	21:09

8	R Tarpey	HPX	21:20
9	S Britten	HPX	21:34
10	L Hines	St A	21:56
11	J Martindale	SBH	22:02
12	T Sheldrick	D&T	23:05
13	S Poulton	SNH	23:13
14	C Vidgen	SBH	23:26

U17 Men Teams

1	Herts Phoenix (2,7,8)	17
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U15 Boys (5000m)

1	S Collins	E&H	17:00
2	A Carter	HARR	17:45
3	J McCaig	SBH	18:13
4	D Zieleniewski	E&H	18:29
5	O Ilott	SBH	18:41
6	P Townsend	HPX	18:44
7	C Graham	St Albans Sch	19:03
8	J Hazell	HPX	19:10
9	J Saydraouten	SNH	19:10
10	J Elgy	St Albans Sch	19:17
11	R van Tromp	WAT H	19:57
12	J Buckler-Picton	St Albans AC	20:15
13	N Fordham	St Albans Sch	20:16
14	R Priseman	St Albans Sch	20:17
15	J Varnavas	St Albans Sch	20:20

16	C McKechnie	SNH	20:28
17	R Miles	St Albans Sch	20:29
18	L Batt	St Albans Sch	20:58
19	N Crowley	FVS	20:59
20	N Ridler	St Albans Sch	20:59
21	L Whitaker	HPX	21:36
22	S Ng	St Albans AC	21:45
23	E Rimmer	St Albans Sch	22:09
24	B Smith	BAR	22:17
25	J Kinahan	E&H	22:29
26	E Gardner	D&T	23:20
27	L Walshe	HPX	24:06
28	L Owide	HARR	24:27
29	K Webb	St Albans AC	24:42

U15 Boys Teams

1	St Albans Sch "A" (7,10,13)	30
2	Enfield & Haringey (1,4,25)	30
3	Herts Phoenix (6,8,21)	35

4	St Albans Sch "B" (14,15,17)	46
5	St Albans Sch "C" (18,20,23)	61
6	St Albans AC (12,22,29)	63

1st School St Albans School

U13 Boys (3500m)

1	G Brown	HARR	9:58
2	T Gough	HPX	9:59
3	E MacKenzie	St Albans AC	10:00
4	L Keeble	SNH	10:51
5	G Smith	HPX	10:54
6	J Thie	D&T	10:55
7	W Jinks	St Albans AC	10:58
8	R Williamson	St Albans AC	11:00
9	B Johnston	SBH	11:08
10	J McCormick	SBH	11:16
11	T Williams	WAT H	11:17
12	C Pontin	St Albans Sch	11:21
13	L Barker	SBH	11:24
14	J Graham	St Albans Sch	11:33

15	D Wilson	HPX	11:38
16	O Saunders	HARR	11:44
17	P Tsangari	St Albans AC	11:51
18	R Badrick	SNH	11:55
19	E Webber-Rosewell	WAT H	12:07
20	R Surridge	E&H	12:10
21	G Ansell	SNH	12:15
22	S Postance	SNH	12:20
23	M Raywood	St Albans AC	12:23
24	A Razzano	St Albans Sch	12:24
25	J Welsh	BAR	12:26
26	R Walker	St Albans AC	13:53
27	N Evans	St Albans AC	14:04
28	G Taylor	D&T	15:46

U13 Boys Teams

1	St Albans AC "A" (3,7,8)	18
2	Herts Phoenix (2,5,15)	22
3	Shaftesbury BH (9,10,13)	32

4	Stevenage & NH (4,18,21)	43
5	St Albans Sch (12,14,24)	50
6	St Albans AC "B" (17,23,26)	66

U11 Boys (1500m)

1	E Shepherd	BSRC	7:12
2	J Cottrell	HPX	7:27
3	S Byrne	WAT H	7:33
4	T Redding	St Albans AC	7:53
5	B Shelley	SBH	7:57
6	D Fernie	WAT H	7:58
7	T Warner	HPX	8:09
8	Z O'Shea	SBH	8:10
9	J Harper	HPX	8:14
10	L Coates	St Albans AC	8:20
11	C Giles	St Albans AC	8:29
12	J Diggins	SBH	8:39
13	B Sharp	HPX	8:50
14	G Farrell	HPX	9:06

15	S Bundock	HPX	9:07
16	B Brewer	St Albans AC	9:16
17	F Smith	St Albans AC	9:22
18	A Hudson-Sewell	HPX	9:23
19	M Roscoe	BAR	9:23
20	L Yaxley	St Albans AC	9:36
21	R Twynholme	WAT H	10:11
22	H Henson	HPX	10:25
23	J Squires	HPX	10:36
24	J Farrell	HPX	10:43
25	M Kos	BAR	10:49
26	G Aston-Rea	BAR	10:57
27	O Stubbins	HPX	11:31
28	J Moffett	WAT H	11:54

U11 Boys Teams

1	Herts Phoenix "A" (2,7,9)	18
2	St Albans "A" (4,10,11)	25
3	Shaftesbury BH (5,8,12)	25
4	Watford H (3,6,21)	30

5	Herts Phoenix "B" (13,14,15)	42
6	St Albans "B" (16,17,20)	53
7	Herts Phoenix "C" (18,22,23)	63
8	Barnet (19,25,26)	70

Senior Women (8000m)

1	S Morris	GCR	28:21
2	K Phelp	GCR	29:47
3	S McHugh	E&H	29:59
4	P Prescott	BED	30:04
5	A Klein	NHRR	30:31
6	C Willer	WAT H	30:38
7	M Livingstone	GCR	30:52
8	M Winters	NHRR	31:29
9	V Quincey	D&T	31:46
10	K Bradley	BAR	32:41
11	C Findlay	SAS	32:46
12	J Gray	GCR	33:19
13	S Crowe	NHRR	33:35
14	T Allen	SAS	33:46
15	C Harris	GCR	33:56
16	E Walls	SAS	34:00
17	Y Jones	HPX	34:46
18	A Seymour	SAS	35:10
19	J Brown	SAS	35:19
20	W Johnson	GCR	35:27
21	C Pardoe	GCR	35:32
22	H Smith	WAT H	35:36

23	S Kazemdem	WAT J	35:47
24	K Dodsworth	NHRR	36:09
25	J Simmons	HPX	36:12
26	J Allen	GCR	36:44
27	C Bonnick	WAT J	36:58
28	C Mooney	SAS	37:12
29	J Drew	WAT J	37:23
30	B Pullan	SAS	38:14
31	J Gristwood	ESM	38:33
32	F Ridgway	FVS	38:36
33	J Matthews	GCR	38:43
34	M Cotter	GCR	39:54
35	S Crowley	FVS	40:04
36	C Donohoe	SAS	41:03
37	A Fiskin	WAT H	41:09
38	J Turnley	WAT H	41:11
39	S Halliday	GCR	41:16
40	L Deakin	NHRR	41:24
41	J Richmond	WAT J	42:27
42	C Roberts	WAT J	43:51
43	M Smith	WAT H	43:56

Senior Women Teams

1	Garden City R "A" (1,2,7,12)	22	5	Watford H (6,22,37,38)	103
2	N Herts RR (5,8,13,24)	50	6	St Albans Striders "B" (19,28,30,36)	113
3	St Albans Striders "A" (11,14,16,18)	59	7	Watford Joggers (23,27,29,41)	120
4	Garden City R "B" (15,20,21,26)	82			

U20 Women (6000m)

1	V Webster	SBH	21:00
2	S Hill	SAS	24:24
3	P Horton	BAR	24:36

No teams closed

U17 Women (6000m)

1	T Muir	BED	22:11
2	S Bailey	SNH	22:33
3	C Miles	SBH	22:42
4	E Gibbs	BED	22:54
5	V Mudd	D&T	23:20
6	K Cooper	SNH	23:47
7	Z Wray	BAR	24:01
8	R Newstead	SNH	24:58

9	D Wildman	E&H	25:29
10	R Watt	HPX	25:49
11	K Henderson	BAR	26:33
12	Z Dunning	D&T	26:34
13	M Scheuber	SNH	26:54
14	N Wallis	BAR	27:05
15	G Badrick	SNH	27:09

U17 Women Teams

1	Stevenage & NH (2,6,8)	16
2	Barnet (7,11,14)	32

U15 Girls (5000m)

1	L Yates	SBH	19:25
2	D Samuels	SNH	20:02
3	J Mansell	SNH	20:11
4	C Simm	SBH	21:03
5	S McCorrick	SNH	21:06
6	E Smith	D&T	21:09
7	F Roberts	D&T	21:24
8	F Witney	SNH	21:35
9	P Hattam	D&T	21:37
10	L Whitehead	HPX	21:46
11	F Perry	D&T	22:15
12	C Davies	HPX	22:29
13	H Kitchen	WAT H	22:36
14	J Moore	HPX	22:41

15	S Clark	BED	22:57
16	S Proffitt	SBH	23:04
17	L Wake	HPX	23:42
18	C Stocks	D&T	23:47
19	C Moore	SNH	23:51
20	F Byrne	WAT H	24:20
21	H Bailey	SNH	24:53
22	E Stevens	HPX	24:58
23	G Mann	St Albans AC	25:00
24	S Pym	HPX	25:31
25	V Duffy	SBH	25:46
26	E O'Hare	HPX	29:08
27	A Graham	St Albans AC	29:51

U15 Girls Teams

1	Stevenage & NH "A" (2,3,5)	10	4	Herts Phoenix "A" (10,12,14)	36
2	Shaftesbury BH (1,4,16)	21	5	Stevenage & NH "B" (8,19,21)	48
3	Dacorum & T (6,7,9)	22	6	Herts Phoenix "B" (17,22,24)	63

U13 Girls (3500m)

1	K Deal	SBH	10:45
2	A Kelly	D&T	11:44
3	E Meakins	HPX	11:54
4	J Montgomery	St Albans AC	11:57
5	J Johnson	SBH	11:58
6	A Smith	St Albans AC	12:16
7	L Davis	D&T	12:26
8	A Hampton	D&T	12:30
9	C Kennedy	BAR	12:38
10	H Johnson	SBH	12:42
11	L Moakofian	St Albans AC	13:05
12	H Meerabox	WAT H	13:08
13	V Walker	WAT H	13:12

14	L Murphy	St Albans AC	13:20
15	E Collingwood	D&T	13:31
16	R Bentley	WAT H	14:15
17	T Goodfellow	WAT H	14:19
18	E Huxley	St Albans AC	14:39
19	D Yeomans	St Albans AC	14:50
20	R Juster	St Albans AC	14:52
21	B Floyd	St Albans AC	15:20
22	B Carter	Unattached	15:31
23	H Moreten	St Albans AC	15:55
24	L Quinn	E&H	16:12
25	C Myerscough	St Albans AC	16:46

U13 Girls Teams

1	Shaftesbury BH (1,5,10)	16
2	Dacorum & T (2,7,11)	17
3	St Albans AC "A" (4,6,11)	21

4	Watford H (12,13,16)	41
5	St Albans AC "B" (14,18,18)	51
6	St Albans AC "C" (20,21,23)	64

U11 Girls (1500m)

1	R Brown	HARR	8:12
2	K Barber	BAR	8:22
3	A McKenzie	St Albans AC	8:26
4	L Farrar	St Albans AC	8:38
5	N Wickens	WAT H	8:42
6	M Omar	WAT H	8:50
7	S Pike	SNH	8:55
8	I Henson	WAT H	8:59
9	M Steer	St Albans AC	9:02
10	D West	HPX	9:06
11	C Bentley	WAT H	9:09
12	I Jonasson	HPX	9:28
13	E Steed	WAT H	9:30
14	A Grist	BAR	9:31
15	A Rowen	St Albans AC	9:32
16	S Rukin	St Albans AC	9:33
17	B Warner	HPX	9:39

18	G Amorgie	HPX	9:45
19	M Dryden	SBH	9:47
20	J Pinnick	SBH	9:56
21	E Dudley	HPX	9:59
22	M Patel	St Albans AC	9:59
23	J Barnes	HPX	10:00
24	D Walls-Teo	St Albans AC	10:06
25	A Tulley	St Albans AC	10:12
26	A Rukin	St Albans AC	10:19
27	H Armstrong	HPX	10:20
28	G Makin	SNH	10:29
29	J Smith	St Albans AC	10:31
30	K Barrett	WAT H	10:33
31	S Barkway	St Albans AC	10:37
32	L Horwood	WAT H	10:42
33	M Veitch	HPX	11:01
34	J Bowen	HPX	12:09

U11 Girls Teams

1	St Albans AC (3,4,9)	16
2	Watford H (5,6,8)	19
3	Herts Phoenix "A" (10,12,17)	39

4	St Albans AC "A" (15,16,22)	53
5	Herts Phoenix "B" (18,21,23)	62