

# Hertfordshire Association of Athletic & Running Clubs Cross Country Championships

## Verulam Park, St Albans, 15 January 2006

### Senior Men (12000m)

|    |       |   |             |                          |
|----|-------|---|-------------|--------------------------|
| 1  | 40:08 | N | Miller      | Bedford & County         |
| 2  | 40:17 | T | Bedford     | Shaftesbury Barnet H     |
| 3  | 40:28 | M | Jubb        | St Albans Striders       |
| 4  | 40:54 | K | Skinner     | Garden City Runners      |
| 5  | 41:11 | D | Lewis       | Shaftesbury Barnet H     |
| 6  | 41:43 | S | Pullen      | St Albans Striders       |
| 7  | 42:02 | R | McCormick   | Barnet & District        |
| 8  | 42:08 | J | McGinn      | Watford Harriers         |
| 9  | 42:16 | M | Hamer       | St Albans Striders       |
| 10 | 40:22 | A | Murphy      | Shaftesbury Barnet H     |
| 11 | 40:30 | A | Slack       | Herts Phoenix            |
| 12 | 40:38 | T | Woodthorpe  | Notts AC                 |
| 13 | 40:47 | M | Robins      | Garden City Runners      |
| 14 | 43:14 | G | Ramsey      | Barnet & District        |
| 15 | 43:20 | C | Braybrook   | St Albans Striders       |
| 16 | 43:30 | A | Sainsbury   | Dacorum & Tring          |
| 17 | 43:33 | A | Mason       | Barnet & District        |
| 18 | 43:36 | M | Collins     | Shaftesbury Barnet H     |
| 19 | 43:37 | A | Heyden      | Watford Harriers         |
| 20 | 43:37 | D | Vaughan     | Garden City Runners      |
| 21 | 43:38 | A | Holt        | Garden City Runners      |
| 22 | 43:49 | I | Murray      | Royston Runners          |
| 23 | 43:53 | J | Bignall     | Harrow AC                |
| 24 | 44:22 | C | Maxwell     | Royston Runners          |
| 25 | 44:33 | K | Harding     | Tring Running Club       |
| 26 | 44:54 | B | Judge       | Garden City Runners      |
| 27 | 45:05 | T | Parkin      | Shaftesbury Barnet H     |
| 28 | 45:30 | P | Greaves     | Herts Phoenix            |
| 29 | 45:39 | A | Crosby      | Garden City Runners      |
| 30 | 45:47 | N | Morrison    | Herts Phoenix            |
| 31 | 45:58 | M | Rahim       | Harrow AC                |
| 32 | 46:15 | S | Cook        | St Albans Striders       |
| 33 | 46:23 | S | McKeown     | North Herts Road Runners |
| 34 | 46:30 | B | Broyd       | Herts Phoenix            |
| 35 | 46:34 | P | Pearce      | Shaftesbury Barnet H     |
| 36 | 46:36 | H | Preece      | Barnet & District        |
| 37 | 46:39 | G | West        | St Albans Striders       |
| 38 | 46:40 | G | Cook        | North Herts Road Runners |
| 39 | 46:47 | J | Newall      | Royston Runners          |
| 40 | 46:51 | M | Burgess     | Tring Running Club       |
| 41 | 46:56 | R | Casey       | Garden City Runners      |
| 42 | 47:05 | I | Lawson      | Garden City Runners      |
| 43 | 47:08 | R | Ansell      | Tring Running Club       |
| 44 | 47:16 | M | Tarpey      | Herts Phoenix            |
| 45 | 47:18 | M | Bradley     | Watford Harriers         |
| 46 | 47:28 | J | Chestney    | Garden City Runners      |
| 47 | 47:41 | A | Currell     | Garden City Runners      |
| 48 | 41:47 | S | Livingstine | Garden City Runners      |
| 49 | 47:52 | G | Hill        | Royston Runners          |
| 50 | 47:52 | K | McLellan    | LutonAC                  |
| 51 | 48:00 | M | Hallsisey   | Dacorum & Tring          |
| 52 | 48:06 | A | Wasdell     | St Albans Striders       |
| 53 | 48:23 | A | Whelan      | Tring Running Club       |
| 54 | 48:41 | G | Woollett    | Gade Valley Harriers     |
| 55 | 48:44 | D | Chapman     | Broxbourne Runners       |
| 56 | 48:51 | M | Rowe        | Barnet & District        |
| 57 | 48:53 | A | Robbins     | St Albans Striders       |
| 58 | 48:59 | P | Allen       | Dacorum & Tring          |
| 59 | 49:27 | P | Cunningham  | Shaftesbury Barnet H     |

|     |       |   |             |                           |
|-----|-------|---|-------------|---------------------------|
| 60  | 49:36 | M | Crawshaw    | St Albans Striders        |
| 61  | 49:53 | D | Digweed     | St Albans Striders        |
| 62  | 49:56 | M | Faughan     | Garden City Runners       |
| 63  | 49:59 | P | Kayley      | St Albans Striders        |
| 64  | 50:12 | V | Ellerby     | Gade Valley Harriers      |
| 65  | 50:21 | A | Benson      | Herts Phoenix             |
| 66  | 50:38 | C | Taylor      | Watford Joggers           |
| 67  | 51:02 | J | Ecclestone  | Broxbourne Runners        |
| 68  | 51:09 | J | Roberts     | Gade Valley Harriers      |
| 69  | 51:11 | G | Mayoh       | Watford Harriers          |
| 70  | 51:15 | D | Barker      | Shaftesbury Barnet H      |
| 71  | 51:22 | P | Illing      | Watford Harriers          |
| 72  | 51:23 | G | Blackburn   | Fairlands Valley Spartans |
| 73  | 51:51 | S | Long        | Tring Running Club        |
| 74  | 52:00 | M | Collins     | Fairlands Valley Spartans |
| 75  | 52:05 | J | Kilsby      | Barnet & District         |
| 76  | 52:12 | S | Bryant      | North Herts Road Runners  |
| 77  | 52:13 | P | Williams    | Herts Phoenix             |
| 78  | 52:13 | A | Bramall     | Fairlands Valley Spartans |
| 79  | 52:28 | N | Davis       | Garden City Runners       |
| 80  | 52:34 | S | Bowen       | Garden City Runners       |
| 81  | 52:39 | S | Smithson    | Fairlands Valley Spartans |
| 82  | 52:51 | P | Emery       | Watford Joggers           |
| 83  | 52:53 | B | Hawes       | Gade Valley Harriers      |
| 84  | 52:58 | N | Les:lie     | North Herts Road Runners  |
| 85  | 53:08 | D | Hooker      | North Herts Road Runners  |
| 86  | 53:10 | C | Priestley   | North Herts Road Runners  |
| 87  | 53:18 | D | Johnson     | Garden City Runners       |
| 88  | 53:27 | P | Fitzpatrick | Herts Phoenix             |
| 89  | 53:50 | J | Manning     | Tring Running Club        |
| 90  | 53:52 | S | Allen       | Barnet & District         |
| 91  | 53:59 | K | Stockwell   | St Albans Striders        |
| 92  | 54:05 | R | Boyce       | Watford Harriers          |
| 93  | 54:25 | T | Woolridge   | Watford Joggers           |
| 94  | 54:26 | P | Cowan       | Tring Running Club        |
| 95  | 54:29 | J | Kelly       | Shaftesbury Barnet H      |
| 96  | 54:34 | R | Bloom       | Herts Phoenix             |
| 97  | 54:50 | R | Anderson    | Dacorum & Tring           |
| 98  | 54:55 | S | Folley      | Broxbourne Runners        |
| 99  | 54:58 | P | Sawko       | Garden City Runners       |
| 100 | 55:06 | R | Devitt      | Shaftesbury Barnet H      |
| 101 | 55:08 | B | Cooley      | Broxbourne Runners        |
| 102 | 55:34 | R | Court       | St Albans Striders        |
| 103 | 55:59 | J | Steed       | Herts Phoenix             |
| 104 | 56:26 | M | Jack        | St Albans Striders        |
| 105 | 57:04 | R | Maxwell     | Watford Joggers           |
| 106 | 57:21 | D | Percival    | Gade Valley Harriers      |
| 107 | 57:29 | G | Burston     | Broxbourne Runners        |
| 108 | 57:54 | D | Dutchburn   | Broxbourne Runners        |
| 109 | 58:20 | S | Daniel      | Watford Harriers          |
| 110 | 58:20 | D | Robertson   | Watford Harriers          |
| 111 | 58:41 | J | Wray        | Watford Harriers          |
| 112 | 59:04 | B | Nicholson   | Tring Running Club        |
| 113 | 59:15 | J | Neville     | Barnet & District         |
| 114 | 59:34 | M | Reibschaid  | St Albans Striders        |
| 115 | 59:47 | K | Taylor      | Watford Joggers           |
| 116 | 60:03 | W | Aylott      | Garden City Runners       |
| 117 | 60:35 | S | Clark       | St Albans Striders        |
| 118 | 60:54 | T | Allen       | Garden City Runners       |
| 119 | 61:02 | P | Coats       | St Albans Striders        |
| 120 | 61:04 | T | Osborne     | Fairlands Valley Spartans |
| 121 | 61:12 | G | Rolfe       | North Herts Road Runners  |
| 122 | 61:14 | P | Bowal       | North Herts Road Runners  |
| 123 | 61:14 | D | Dixon       | Watford Joggers           |

## **Senior Men Teams**

|                       |     |                        |
|-----------------------|-----|------------------------|
| Shaftesbury Barnet H  | 97  | (2,5,10,18,27,35)      |
| St Albans Striders A  | 102 | (3,6,9,15,32,37)       |
| Garden City Runners A | 113 | (4,13,20,21,26,29)     |
| Barnet & District     | 205 | (7,14,17,36,56,75)     |
| Herts Phoenix         | 212 | (11,28,30,34,44,65)    |
| Garden City Runners B | 286 | (41,42,46,47,48,62)    |
| Watford Harriers      | 304 | (8,19,45,69,71,92)     |
| Tring Running Club    | 323 | (25,40,43,53,73,89)    |
| St Albans Striders B  | 384 | (52,57,60,61,63,91)    |
| North Herts RR        | 402 | (33,38,76,84,85,86)    |
| Broxbourne Runners    | 536 | (55,67,98,101,107,108) |
| Garden City Runners C | 579 | (79,80,87,99,116,118)  |
| Watford Joggers       | 584 | (66,82,93,105,115,123) |

## **U20 Men (8000m)**

|   |       |            |                      |
|---|-------|------------|----------------------|
| 1 | 26:10 | J Pepper   | Enfield & Haringey   |
| 2 | 29:00 | B Reynolds | Herts Phoenix        |
| 3 | 29:28 | M Grant    | Shaftesbury Barnet H |
| 4 | 29:50 | R Fowler   | Enfield & Haringey   |
| 5 | 31:08 | P Lipman   | Shaftesbury Barnet H |
| 6 | 31:29 | R Tarpey   | Herts Phoenix        |
| 7 | 22:45 | A Horton   | Barnet & District    |
| 8 | 35:17 | D Tarrent  | Harrow AC            |

## **U20 Men Teams**

No teams closed

## **U17 Men (6000m)**

|    |       |                |                           |
|----|-------|----------------|---------------------------|
| 1  | 21:01 | D Easter       | Shaftesbury Barnet H      |
| 2  | 22:43 | H Gilham       | Herts Phoenix             |
| 3  | 23:08 | J Saydraouten  | Stevenage & N Herts       |
| 4  | 23:14 | D Zieleniewski | Enfield & Haringey        |
| 5  | 23:22 | S Britten      | Herts Phoenix             |
| 6  | 23:27 | P Townsend     | Herts Phoenix             |
| 7  | 23:53 | T Sheldrick    | Dacorum & Tring           |
| 8  | 24:56 | C Vidgen       | Shaftesbury Barnet H      |
| 9  | 25:05 | J Martindale   | Shaftesbury Barnet H      |
| 10 | 25:07 | L Hine         | St Albans AC              |
| 11 | 25:51 | J Varnavas     | St Albans AC              |
| 12 | 26:23 | S Poulton      | Stevenage & N Herts       |
| 13 | 26:32 | N Crowley      | Fairlands Valley Spartans |
| 14 | 26:32 | J Ramdami      | St Albans AC              |
| 15 | 27:43 | M Paul         | St Albans AC              |
| 16 | 29:04 | J Gallagher    | St Albans AC              |
| 17 | 40:08 | K Webb         | St Albans AC              |

## **U17 Men Teams**

|                      |    |            |
|----------------------|----|------------|
| Herts Phoenix        | 13 | (2,5,6)    |
| Shaftesbury Barnet H | 18 | (1,8,9)    |
| St Albans AC A       | 35 | (10,11,14) |
| St Albans AC B       | 48 | (15,16,17) |

## **U15 Boys (5000m)**

|   |       |           |                      |
|---|-------|-----------|----------------------|
| 1 | 17:59 | O Illot   | Shaftesbury Barnet H |
| 2 | 18:06 | N Fleming | Shaftesbury Barnet H |
| 3 | 18:18 | B Collins | Watford H            |

|    |       |   |           |                      |
|----|-------|---|-----------|----------------------|
| 4  | 18:39 | T | Gough     | Herts Phoenix        |
| 5  | 18:43 | L | Walshe    | Herts Phoenix        |
| 6  | 19:02 | E | Mackenzie | St Albans School     |
| 7  | 19:14 | D | Hall      | Watford H            |
| 8  | 19:30 | C | McKechnie | Stevenage & N Herts  |
| 9  | 19:37 | A | Veitch    | Herts Phoenix        |
| 10 | 19:46 | S | Ng        | St Albans AC         |
| 11 | 19:50 | J | Oxley     | St Albans AC         |
| 12 | 19:58 | M | Salt      | Dacorum & Tring      |
| 13 | 20:02 | O | Randall   | Barnet & District    |
| 14 | 20:10 | B | Johnston  | Shaftesbury Barnet H |
| 15 | 20:26 | L | Owide     | Harrow AC            |
| 16 | 20:39 | L | Barker    | Shaftesbury Barnet H |
| 17 | 21:26 | N | Fordham   | St Albans School     |
| 18 | 21:33 | C | Lue       | St Albans School     |
| 19 | 21:35 | J | Thie      | Dacorum & Tring      |
| 20 | 21:56 | T | Hone      | Royston Runners      |
| 21 | 22:00 | C | Pontin    | St Albans School     |
| 22 | 23:20 | R | Molloy    | Dacorum & Tring      |
| 23 | 24:29 | R | Parker    | Herts Phoenix        |
| 24 | 25:00 | E | Gardner   | Dacorum & Tring      |

### **U15 Boys Teams**

|                      |    |            |
|----------------------|----|------------|
| Shaftesbury Barnet H | 17 | (1,2,14)   |
| Herts Phoenix        | 18 | (4,5,9)    |
| St Albans School     | 41 | (6,17,18)  |
| Dacorum & Tring      | 41 | (10,12,19) |

Schools trophy     St Albans School

### **U13 Boys (3500m)**

|    |       |   |            |                      |
|----|-------|---|------------|----------------------|
| 1  | 13:13 | E | Shepherd   | Herts Phoenix        |
| 2  | 13:30 | L | Keeble     | Stevenage & N Herts  |
| 3  | 13:36 | G | Smith      | Herts Phoenix        |
| 4  | 13:43 | M | Leach      | Stevenage & N Herts  |
| 5  | 13:52 | D | Wilson     | Herts Phoenix        |
| 6  | 13:59 | J | McCormick  | Shaftesbury Barnet H |
| 7  | 14:15 | E | Poulain    | St Albans AC         |
| 8  | 14:23 | R | Williamson | St Albans AC         |
| 9  | 14:32 | O | Glyn       | Dacorum & Tring      |
| 10 | 14:42 | O | Saunders   | Harrow AC            |
| 11 | 15:03 | D | O'Donnell  | Stevenage & N Herts  |
| 12 | 15:06 | D | Pickett    | Stevenage & N Herts  |
| 13 | 15:07 | D | Fernie     | Watford Harriers     |
| 14 | 15:29 | T | Reading    | St Albans AC         |
| 15 | 15:43 | D | Hone       | Royston Runners      |
| 16 | 15:44 | J | Kimberley  | Watford Harriers     |
| 17 | 16:29 | W | Hollens    | St Albans AC         |
| 18 | 16:35 | J | Harper     | Herts Phoenix        |
| 19 | 16:47 | M | Raywood    | St Albans AC         |
| 20 | 16:49 | R | Surridge   | Enfield & Haringey   |
| 21 | 16:51 | G | Hewett     | Herts Phoenix        |
| 22 | 16:54 | L | Coates     | St Albans AC         |
| 23 | 16:58 | J | Coffey     | Herts Phoenix        |

### **U13 Boys Teams**

|                     |    |            |
|---------------------|----|------------|
| Herts Phoenix A     | 9  | (1,3,5)    |
| Stevenage & N Herts | 17 | (2,4,11)   |
| St Albans AC A      | 29 | (7,8,14)   |
| St Albans AC B      | 58 | (17,19,22) |
| Herts Phoenix B     | 62 | (18,21,23) |

## **U11 Boys (1500m)**

|    |      |                 |                             |
|----|------|-----------------|-----------------------------|
| 1  | 5:24 | J McMurray      | St Albans AC                |
| 2  | 5:26 | O Poulain       | St Albans AC                |
| 3  | 5:55 | J Smith         | St Albans AC                |
| 4  | 6:03 | W Ward          | Sherrardswood School        |
| 5  | 6:04 | C Power         | Shaftesbury Barnet H        |
| 6  | 6:05 | C Minashi       | Watford H                   |
| 7  | 6:13 | B Brewer        | St Albans AC                |
| 8  | 6:13 | R Gill          | Herts Phoenix               |
| 9  | 6:16 | J Savill        | St Michael's Primary School |
| 10 | 6:18 | H Butrimas-Gair | Sherrardswood School        |
| 11 | 6:18 | T Minshall      | Shaftesbury Barnet H        |
| 12 | 6:18 | M Cloke         | St Albans AC                |
| 13 | 6:21 | J Williamson    | St Albans AC                |
| 14 | 6:22 | M Hollins       | St Albans AC                |
| 15 | 6:22 | F Titchen       | Sherrardswood School        |
| 16 | 6:25 | M Woodcock      | Sherrardswood School        |
| 17 | 6:28 | G Goode         | Sherrardswood School        |
| 18 | 6:28 | O Rebeiro       | Sherrardswood School        |
| 19 | 6:29 | R Johnson       | Shaftesbury Barnet H        |
| 20 | 6:46 | A Hudson-Sewell | Herts Phoenix               |
| 21 | 6:47 | M Seymour       | St Albans AC                |
| 22 | 6:48 | R Thompson      | Barnet & District           |
| 23 | 6:54 | J Dinsmore      | Barnet & District           |
| 24 | 7:08 | C Roy           | St Michael's Primary School |
| 25 | 7:08 | L Chappin       | St Michael's Primary School |
| 26 | 7:13 | C Leslie        | St Michael's Primary School |
| 27 | 7:15 | W Henshall      | St Michael's Primary School |
| 28 | 7:02 | C Ashworth      | Herts Phoenix               |
| 29 | 7:26 | M Sutherland    | Herts Phoenix               |
| 30 | 7:37 | M Evans         | St Albans AC                |
| 31 | 7:52 | S Moskofian     | St Albans AC                |
| 32 | 7:58 | G Ruane         | Herts Phoenix               |
| 33 | 8:17 | A Roy           | St Michael's Primary School |

## **U11 Boys Teams**

|                        |    |            |
|------------------------|----|------------|
| St Albans AC A         | 6  | (1,2,3)    |
| Sherrardswood School A | 29 | (4,10,15)  |
| St Albans AC B         | 32 | (7,12,13)  |
| Shaftesbury Barnet H   | 35 | (5,11,19)  |
| Sherrardswood School B | 51 | (16,17,18) |
| St Michael's School A  | 56 | (9,24,25)  |
| Herts Phoenix          | 56 | (8,20,28)  |
| St Albans AC C         | 65 | (14,21,30) |
| St Michaels School B   | 86 | (26,27,33) |

## **Senior Women (8000m)**

|    |       |                 |                           |
|----|-------|-----------------|---------------------------|
| 1  | 29:06 | E Hall          | Herts Phoenix             |
| 2  | 29:59 | L Cowley        | Herts Phoenix             |
| 3  | 31:32 | K Philip        | Garden City Runners       |
| 4  | 31:40 | P Prescott      | Bedford & County          |
| 5  | 31:53 | L Waterlow      | St Albans Striders        |
| 6  | 32:00 | S Fitt          | Garden City Runners       |
| 7  | 32:04 | R Gibbs         | Bedford & County          |
| 8  | 32:46 | L Clifford      | Garden City Runners       |
| 9  | 33:07 | C Willer        | Watford Harriers          |
| 10 | 33:20 | K Woods         | Barnet & District         |
| 11 | 33:29 | M Hall          | Garden City Runners       |
| 12 | 33:48 | S Guest         | St Albans Striders        |
| 13 | 34:05 | J Gray          | Garden City Runners       |
| 14 | 34:22 | K Murphy        | Barnet & District         |
| 15 | 34:39 | A Wylie         | Watford Harriers          |
| 16 | 34:46 | J Gandee        | Herts Phoenix             |
| 17 | 34:54 | B Pullen        | St Albans Striders        |
| 18 | 34:59 | C Perry         | Barnet & District         |
| 19 | 35:20 | K Bradley       | Barnet & District         |
| 20 | 35:46 | L Bruce-Burgess | Barnet & District         |
| 21 | 35:56 | C Findlay       | St Albans Striders        |
| 22 | 36:10 | A Harding       | Tring RC                  |
| 23 | 36:28 | K Wilson        | Shaftesbury Barnet H      |
| 24 | 36:38 | C Hattis        | Garden City Runners       |
| 25 | 37:00 | D Morgan        | St Albans Striders        |
| 26 | 37:17 | L Walls         | St Albans Striders        |
| 27 | 27:30 | K Johnstone     | Barnet & District         |
| 28 | 37:38 | J Drew          | Watford Joggers           |
| 29 | 37:47 | Y Jones         | Garden City Runners n/s   |
| 30 | 38:25 | C Pardoe        | Garden City Runners       |
| 31 | 38:28 | S Seingier      | Broxbourne Runners        |
| 32 | 38:44 | V Burgess       | Tring RC                  |
| 33 | 38:55 | S Kassemzadeh   | Watford Joggers           |
| 34 | 38:57 | P Smith         | Watford Joggers           |
| 35 | 39:10 | W Johnson       | Garden City Runners       |
| 36 | 39:12 | C Mppney        | St Albans Striders        |
| 37 | 39:35 | L Stewart       | Garden City Runners       |
| 38 | 39:46 | A Seymoure      | St Albans Striders        |
| 39 | 40:15 | J Allen         | Garden City Runners       |
| 40 | 41:17 | M Ferry         | Garden City Runners       |
| 41 | 41:22 | S Cater         | Watford Joggers           |
| 42 | 42:00 | J Rosen         | Tring RC                  |
| 43 | 42:07 | S Crowley       | Fairlands Valley Spartans |
| 44 | 43:18 | N Claydon       | Watford Joggers           |
| 45 | 43:27 | J Lee           | St Albans Striders        |
| 46 | 43:52 | C Heyden        | Watford Harriers          |
| 47 | 43:59 | J Johal         | Watford Joggers           |
| 48 | 45:12 | J Richmond      | Watford Joggers           |
| 49 | 46:39 | L Cook          | North Herts Road Runners  |
| 50 | 50:51 | J Nicholls      | Broxbourne Runners        |

## **Senior Women Teams**

|                       |     |               |
|-----------------------|-----|---------------|
| Garden City Runners A | 28  | (3,6,8,11)    |
| St Albans Striders A  | 55  | 5,12,17,21)   |
| Barnet & District     | 61  | (10,14,18,19) |
| Garden City Runners B | 102 | (13,24,30,35) |
| St Albans Striders B  | 125 | (25,26,36,38) |
| Watford Joggers       | 136 | (28,33,34,41) |

### **U20 Women (6000m)**

|    |       |     |            |                     |
|----|-------|-----|------------|---------------------|
| 1  | 24:09 | T   | Muir       | Bedford & County    |
| 2  | 24:24 | S   | Bailey     | Stevenage & N Herts |
| 3  | 25:16 | L   | Cunningham | Stevenage & N Herts |
| 4  | 26:38 | E   | Gibbs      | Bedford & County    |
| 5  | 26:50 | V   | Mudd       | Dacorum & Tring     |
| 6  | 27:32 | S   | Downs      | Stevenage & N Herts |
| 7  | 29:03 | C   | Dollman    | Dacorum & Tring     |
| 8  | 30:37 | P   | Horton     | Barnet & District   |
| 9  | 31:06 | K   | Henderson  | Barnet & District   |
| 10 | 32:13 | Z   | Dunnings   | Dacorum & Tring     |
| 11 | 33:38 | Z   | Conybeare  | Dacorum & Tring     |
| 12 | 36:30 | E-J | Flitney    | Dacorum & Tring     |

### **U20 Women Teams**

|                     |    |          |
|---------------------|----|----------|
| Stevenage & N Herts | 11 | (2,3,6)  |
| Dacorum & Tring     | 22 | (5,7,10) |

### **U17 Women (6000m)**

|    |       |   |              |                      |
|----|-------|---|--------------|----------------------|
| 1  | 20:50 | R | Gardener     | Watford Harriers     |
| 2  | 20:56 | E | Smith        | Dacorum & Tring      |
| 3  | 21:09 | F | Roberts      | Dacorum & Tring      |
| 4  | 21:22 | L | Yates        | Shaftesbury Barnet H |
| 5  | 21:26 | Z | Wray         | Barnet & District    |
| 6  | 21:36 | S | Brown        | Harrow AC            |
| 7  | 21:45 | P | Hattam       | Dacorum & Tring      |
| 8  | 21:46 | E | Conybeare    | Dacorum & Tring      |
| 9  | 22:23 | R | Newstead     | Stevenage & N Herts  |
| 10 | 22:26 | H | Barsby       | Harrow AC            |
| 11 | 22:53 | F | Perry        | Dacorum & Tring      |
| 12 | 23:12 | H | Kitchen      | Watford Harriers     |
| 13 | 23:21 | H | Sheridan     | Barnet & District    |
| 14 | 23:44 | M | Scheuber     | Stevenage & N Herts  |
| 15 | 24:56 | T | Starsfield   | Barnet & District    |
| 16 | 25:12 | C | Davies       | Herts Phoenix        |
| 17 | 25:38 | A | Ramdani      | St Albans AC         |
| 18 | 25:58 | N | Wallis       | Barnet & District    |
| 19 | 28:02 | G | Daniels-Moss | Harrow AC            |

### **U17 Women Teams**

|                   |    |           |
|-------------------|----|-----------|
| Dacorum & Tring   | 12 | (2,3,7)   |
| Barnet & District | 33 | (5,13,15) |
| Harrow AC         | 35 | (6,10,19) |

### **U15 Girls (5000m)**

|    |       |   |              |                      |
|----|-------|---|--------------|----------------------|
| 1  | 20:01 | K | Deal         | Shaftesbury Barnet H |
| 2  | 20:41 | J | Mansell      | Stevenage & N Herts  |
| 3  | 21:51 | L | Baker        | Shaftesbury Barnet H |
| 4  | 22:04 | A | Kelly        | Dacorum & Tring      |
| 5  | 22:15 | L | Whitehead    | Herts Phoenix        |
| 6  | 22:33 | S | McCormick    | Stevenage & N Herts  |
| 7  | 22:38 | N | Darby        | Watford Harriers     |
| 8  | 22:53 | T | Daniels-Moss | Harrow AC            |
| 9  | 23:10 | J | Moore        | Herts Phoenix        |
| 10 | 23:18 | S | Proffitt     | Shaftesbury Barnet H |
| 11 | 23:24 | D | Morris       | Harrow AC            |
| 12 | 23:34 | H | Gallagher    | Dacorum & Tring      |
| 13 | 23:41 | S | Newstead     | Harrow AC            |
| 14 | 24:19 | L | O'Connell    | Stevenage & N Herts  |

|    |       |   |           |                      |
|----|-------|---|-----------|----------------------|
| 15 | 24:42 | L | Davis     | Dacorum & Tring      |
| 16 | 25:07 | L | Batchelor | Dacorum & Tring      |
| 17 | 25:20 | J | Johnson   | Shaftesbury Barnet H |
| 18 | 25:32 | E | Saunders  | Dacorum & Tring      |
| 19 | 26:17 | H | Bailey    | Stevenage & N Herts  |
| 20 | 26:29 | D | Smith     | St Albans AC         |
| 21 | 28:06 | K | Radcliffe | St Albans AC         |
| 22 | 28:37 | L | Moskafian | St Albans AC         |

### **U15 Girls Teams**

|                      |    |            |
|----------------------|----|------------|
| Shaftesbury Barnet H | 14 | (1,3,10)   |
| Stevenage & N Herts  | 22 | (2,6,14)   |
| Dacorum & Tring      | 31 | (4,12,15)  |
| Harrow AC            | 32 | (8,11,13)  |
| St Albans AC         | 63 | (20,21,22) |

### **U13 Girls (3500m)**

|    |       |   |                 |                      |
|----|-------|---|-----------------|----------------------|
| 1  | 14:38 | A | Smith           | St AlbansAC          |
| 2  | 14:39 | L | Proffitt        | Shaftesbury Barnet   |
| 3  | 14:56 | A | Cattle          | Herts Phoenix        |
| 4  | 14:56 | C | Cattle          | Herts Phoenix        |
| 5  | 14:58 | L | Graham          | Shaftesbury Barnet H |
| 6  | 15:03 | K | Barber          | Barnet & District    |
| 7  | 15:18 | C | Vernon-Hamilton | Stevenage & N Herts  |
| 8  | 15:26 | E | Meakins         | Herts Phoenix        |
| 9  | 15:31 | R | Armorgie        | Dacorum & Tring      |
| 10 | 15:36 | L | Wickings        | Watford Harriers     |
| 11 | 15:45 | S | Olah            | Dacorum & Tring      |
| 12 | 16:01 | V | Walker          | Watford Harriers     |
| 13 | 16:12 | R | Brown           | Harrow AC            |
| 14 | 16:20 | C | Kennedy         | Barnet & District    |
| 15 | 16:33 | L | Farrar          | St Albans AC         |
| 16 | 16:48 | A | Pring           | Stevenage & N Herts  |
| 17 | 16:49 | S | Pike            | Stevenage & N Herts  |
| 18 | 17:01 | M | Patel           | St Albans AC         |
| 19 | 17:35 | S | Barnas          | Enfield & Haringey   |
| 20 | 17:40 | A | Gray            | Herts Phoenix        |
| 21 | 17:52 | E | Ansell          | Dacorum & Tring      |
| 22 | 17:55 | L | Benyon          | Dacorum & Tring      |
| 23 | 17:56 | A | Wright          | Dacorum & Tring      |
| 24 | 18:22 | A | Hampton         | Dacorum & Tring      |
| 25 | 18:26 | A | Marshall        | St Albans AC         |
| 26 | 18:34 | L | Key             | Shaftesbury Barnet H |
| 27 | 18:45 | D | West            | Herts Phoenix        |
| 28 | 19:14 | R | Juster          | St Albans AC         |
| 29 | 20:10 | K | McCormick       | Stevenage & N Herts  |

### **U13 Girls Teams**

|                      |    |            |
|----------------------|----|------------|
| Herts Phoenix        | 15 | (3,4,8)    |
| Shaftesbury Barnet H | 33 | (2,5,26)   |
| St Albans AC         | 34 | (1,15,18)  |
| Stevenage & N Herts  | 40 | (7,16,17)  |
| Dacorum & Tring A    | 41 | (9,11,21)  |
| Dacorum & Tring B    | 69 | (22,23,24) |

## **U11 Girls (1500m)**

|    |       |                  |                      |
|----|-------|------------------|----------------------|
| 1  | 6:02  | A MacKenzie      | St Albans AC         |
| 2  | 6:07  | I Henson         | Watford Harriers     |
| 3  | 6:19  | D Nicholas       | Shaftesbury Barnet H |
| 4  | 6:25  | C Bentley        | Watford Harriers     |
| 5  | 6:28  | R Graham         | Shaftesbury Barnet H |
| 6  | 6:27  | I Thompson       | St Albans AC         |
| 7  | 6:28  | A Spooner        | Herts Phoenix        |
| 8  | 6:31  | N Dalton         | Herts Phoenix        |
| 9  | 6:32  | H Hollis         | Watford Harriers     |
| 10 | 6:37  | M Steer          | St Albans AC         |
| 11 | 6:42  | S Rukin          | St Albans AC         |
| 12 | 6:45  | S Messent        | St Albans AC         |
| 13 | 6:45  | C Newton         | St Albans AC         |
| 14 | 6:48  | E Steed          | Watford Harriers     |
| 15 | 6:49  | E Ruane          | Herts Phoenix        |
| 16 | 6:50  | C Willis         | St Albans AC         |
| 17 | 6:51  | G Makin          | Stevenage & N Herts  |
| 18 | 6:54  | C Phillipson     | Dacorum & Tring      |
| 19 | 6:55  | M Varnavas       | St Albans AC         |
| 20 | 6:56  | H Hull           | St Albans AC         |
| 21 | 6:57  | A Moores         | Dacorum & Tring      |
| 22 | 7:04  | L Wright         | Dacorum & Tring      |
| 23 | 7:08  | E McCormick      | Shaftesbury Barnet H |
| 24 | 7:10  | R Bradley        | Barnet & District    |
| 25 | 7:16  | M Ralph          | Sherrardswood School |
| 26 | 7:16  | G Foster         | St Albans AC         |
| 27 | 7:19  | D Walls-Teo      | St Albans AC         |
| 28 | 7:23  | H Johnston       | Shaftesbury Barnet H |
| 29 | 7:28  | L Evans          | Sherrardswood School |
| 30 | 7:29  | E Blythe-Morter  | Sherrardswood School |
| 31 | 7:31  | K Dathan         | Sherrardswood School |
| 32 | 7:35  | R Segrum         | St Albans AC         |
| 33 | 7:35  | E Byrne          | Barnet & District    |
| 34 | 7:49  | K Armsby         | Herts Phoenix        |
| 35 | 7:54  | M Lisle          | Sherrardswood School |
| 36 | 7:55  | S Baginski       | Dacorum & Tring      |
| 37 | 7:59  | K Dinsmore       | Barnet & District    |
| 38 | 8:00  | E Holt           | Sherrardswood School |
| 39 | 8:08  | C Collins        | St Albans AC         |
| 40 | 8:16  | B Sutherland     | Herts Phoenix        |
| 41 | 8:20  | L Herridge-Ishak | Barnet & District    |
| 42 | 8:25  | B Carter         | Barnet & District    |
| 43 | 8:59  | I Rochester      | Barnet & District    |
| 44 | 9:03  | A McMahon        | Barnet & District    |
| 45 | 9:03  | S Barber         | Barnet & District    |
| 46 | 9:47  | C Cull           | Sherrardswood School |
| 47 | 10:02 | S Fabian         | St Michael's School  |
| 48 | 10:09 | E Dovey          | St Michael's School  |

## **U11 Girls Teams**

|                        |     |            |
|------------------------|-----|------------|
| Watford Harriers       | 15  | (2,4,9)    |
| St Albans AC A         | 17  | (1,6,10)   |
| Herts Phoenix          | 30  | (7,8,15)   |
| Shaftesbury Barnet H   | 31  | (3,5,23)   |
| St Albans AC B         | 36  | (11,12,13) |
| St Albans AC C         | 55  | (16,19,20) |
| Dacorum & Tring        | 61  | (18,21,22) |
| Sherrardswood School A | 84  | (25,29,30) |
| St Albans AC D         | 85  | (26,27,32) |
| Barnet & District A    | 94  | (24,33,37) |
| Sherrardswood School B | 104 | (31,35,38) |
| Barnet & District B    | 126 | (41,42,43) |