

Hertfordshire County Cross Country Championships

Hertford Heath, 6 January 2013

Under 11 Boys - 1600m

Position	No	Time	Name	Surname	Club
	281	5.21	David	Stone n/s	Shaftesbury BH
1	278	5.40	Gorry	O'Brien	Shaftesbury BH
2	251	5.51	Finn	Harvey	Barnet & District
3	279	5.53	Andrew	Rogers	Shaftesbury BH
4	275	6.04	Elby	Cinnamond	Shaftesbury BH
	274	6.07	Tom	Brennan n/s	Shaftesbury BH
5	276	6.07	Jack	Cobb	Shaftesbury BH
6	296	6.08	Robert	Swan	Watford Harriers
7	253	6.13	Ben	Howell	Chiltern Harriers
8	262	6.17	Bryce	Breen	Herts Phoenix
9	294	6.20	William	Jarvis	Watford Harriers
10	269	6.23	Miles	Hickman	Herts Phoenix
11	286	6.24	Bradley	Osborn	St Albans AC
12	252	6.26	Adam	Bristow	Chiltern Harriers
13	297	6.29	Haydn	Williams	Watford Harriers
14	287	6.32	Matthew	Stevens	St Albans AC
15	261	6.51	Arron	Bishop	Herts Phoenix
16	270	6.58	George	Jones	Herts Phoenix
17	271	6.59	George	Smith	Herts Phoenix
18	289	7.03	Samuel	Beasley	Watford Harriers
19	259	7.05	Matthew	Bartlam	Herts Phoenix
20	263	7.06	Simon	Catchpole	Herts Phoenix
21	258	7.06	Alex	Bartlam	Herts Phoenix
22	282	7.08	Rory	Brenson	St Albans AC
23	265	7.09	Ethan	Crowson	Herts Phoenix
24	285	7.11	Ben	Hackett	St Albans AC
25	273	7.12	Freddie	Welch	Herts Phoenix
26	290	7.13	Lewis	Clarke	Watford Harriers
27	288	7.13	Reg	Tyler	St Albans AC
28	268	7.15	Lloyd	Hickman	Herts Phoenix
29	266	7.17	Owen	Davies	Herts Phoenix
30	272	7.17	Hugh	Stanway	Herts Phoenix
31	284	7.18	Reuben	Doyle-Newe	St Albans AC
32	264	7.22	Oliver	Cooper	Herts Phoenix
33	267	7.32	Owen	Hedge	Herts Phoenix
34	298	8.04	Ralph	Williams	Watford Harriers
35	260	8.09	Nathan	Beckwith	Herts Phoenix

Teams

1	Shaftesbury BH	1;3;4	8
2	Watford Harriers A	6;9;13	28
3	Herts Phoenix A	8;10;15	33
4	St Albans AC	11;14;22	47
5	Herts Phoenix B	16;17;19	52
6	Herts Phoenix C	20;21;23	64
7	Watford Harriers B	18;26;34	78
8	Herts Phoenix D	25;28;29	82
9	St Albans AC	24;27;31	82
10	Herts Phoenix E	30;32;33	95

Hertfordshire County Cross Country Championships**Hertford Heath, 6 January 2013****Under 13 Boys - 3400m**

Position	No	Time	Name	Surname	Club
1	344	12.06	George	Groom	Barnet & District
2	370	13.15	Jamie	Harper	Shaftesbury BH
3	369	13.20	Tom	Fulton	Shaftesbury BH
4	355	13.24	Nathan	Gammon	Dame Alice Owen
5	365	13.28	Elliott	Dee	Shaftesbury BH
6	367	13.29	Nathan	Fernandos	Shaftesbury BH
7	366	13.30	Dominic	Dempsey	Shaftesbury BH
8	357	13.41	Elliot	Breen	Herts Phoenix
9	351	13.42	Jake	Alderson	Chiltern Harriers
10	377	13.43	Jed	Lumb	St Albans AC
11	371	13.47	Adam	Shiret	Shaftesbury BH
12	347	13.59	Rufus	Kent	Barnet & District
13	382	14.09	Callum	Walsh	St Albans AC
14	381	14.21	Benjamin	Totty	St Albans AC
15	364	14.26	Sam	Walford	Herts Phoenix
16	380	14.26	Andrew	Shaw	St Albans AC
17	374	14.28	Oliver	Davis	St Albans AC
18	379	14.33	Ben	Mitchell	St Albans AC
19	353	14.49	Ben	Hunt	Dacorum & Tring
20	341	14.55	Alfie	Castang	Barnet & District
21	391	15.02	Byron	Johal	Watford Harriers
22	384	15.05	Ben	Buky	Stevenage & NH
23	386	15.11	Alex	Haskins	Stevenage & NH
24	354	15.13	Joshua	Van-Heiningen	Dacorum & Tring
25	358	15.17	Remi	Catchpole	Herts Phoenix
26	387	15.21	Thomas	Livesey	Stevenage & NH
27	389	15.32	James	Davis	unattached
28	348	15.36	Ruairi	McElhatton	Barnet & District
29	342	15.39	Max	Castang	Barnet & District
30	368	15.46	Henry	Fulton	Shaftesbury BH
31	375	15.52	Ricardo	James	St Albans AC
32	376	15.56	Fai	Li	St Albans AC
33	350	16.18	Aiden	Parker	Barnet & District
34	359	16.40	Angus	Clifford	Herts Phoenix
35	383	17.19	Dylan	Williams	St Albans AC
36	345	17.46	Daniel	Jack	Barnet & District
37	385	18.34	Ross	Gladman	Stevenage & NH
38	390	18.39	Cameron	Clarke	Watford Harriers

Teams

1	Shaftesbury BH A	2;3;5	10
2	Shaftesbury BH B	6;7;11	24
3	Barnet & District A	1;12;20	33
4	St Albans AC A	10;13;14	37
5	Herts Phoenix	8;15;25	48
6	St Albans AC B	16;17;18	51
7	Stevenage & NH	22;23;26	71
8	Barnet & District B	28;29;33	90
9	St Albans AC C	31;32;35	98

Hertfordshire County Cross Country Championships

Hertford Heath, 6 January 2013

Under 15 Boys - 4800m

Position	No	Time	Name	Surname	Club
1	449	16.45	Jamie Dee		Shaftesbury BH
2	444	17.34	Jamie Philpott		Herts Phoenix
3	438	17.42	Jonty Wager-Leigh		Chiltern Harriers
4	433	17.47	Thomas Butler		Barnet & District
5	461	17.56	Alexander Cook		St Albans School
6	448	18.23	Nathan Davies		Shaftesbury BH
7	457	18.31	Greg Sinnott		St Albans AC
8	437	18.41	Samuel Howell		Chiltern Harriers
9	460	18.53	Ben Clarke		St Albans School
10	463	19.16	Tom Halling		St Albans School
11	442	19.22	Beck Grover		Herts Phoenix
12	471	19.30	Tom Rayner		Watford Harriers
13	447	19.42	Tom Canham		Luton AC
14	458	20.17	Adam Wilmshurst		St Albans AC
15	439	20.20	Samuel Fielding		Dacorum & Tring
16	466	20.50	Matthew Livesey		Stevenage & NH
17	440	21.02	Rhys Rowlands		Dacorum & Tring
18	456	21.32	Andrew Doherty		St Albans AC
19	434	21.43	Mark Cunningham		Barnet & District
20	454	21.55	Jack Anderson		St Albans AC
21	469	22.37	Dean Johal		Watford Harriers
22	468	28.59	Owen Dearman		Watford Harriers

Teams

1	St Albans School	5;9;10	24
2	St Albans AC	7;14;18	39

Hertfordshire County Cross Country Championships

Hertford Heath, 6 January 2013

Under 17 Men - 6100m

Position	No	Time	Name	Surname	Club
1	526	21.46	Liam Dee		Shaftesbury BH
2	540	21.58	Mark Pearce		St Albans School
3	547	22.18	Ben Rochford		Watford Harriers
4	529	22.32	Rory Mudd		Shaftesbury BH
5	518	22.43	Liam Cloona		Herts Phoenix
6	527	23.17	Sam Griffiths		Shaftesbury BH
7	546	23.30	Harvey O'Brart		Watford Harriers
8	539	23.31	Daniel Myers		St Albans School
9	521	24.02	Cameron Laley		Herts Phoenix
10	515	24.25	Matthew Simpson		Chiltern Harriers
11	520	24.42	Nicholas Doyle		Herts Phoenix
12	530	24.48	James Sothcott		Shaftesbury BH
13	514	24.50	Callum Neal		Chiltern Harriers
14	524	25.04	Ashley Altman		Shaftesbury BH
15	545	25.18	Corey Keane		Watford Harriers
16	531	25.21	Ryan Allen		St Albans AC
17	523	25.56	George Pettipher		Herts Phoenix
18	522	26.01	Donovan Mawson		Herts Phoenix
19	543	26.59	Harry Day		Stevenage & NH
20	544	31.47	Jack Gladman		Stevenage & NH

Teams

1	Shaftesbury BH	1;4;6	11
2	Herts Phoenix	5;9;11	25
3	Watford Harriers	3;7;15	25

Hertfordshire County Cross Country Championships

Hertford Heath, 6 January 2013

Under 20 Men - 8000m

Position	No	Time	Name	Surname	Club
1	577	27.28	James	McMurray	St Albans AC
2	571	27.48	Michael	Callegari	Shaftesbury BH
3	572	30.50	Phillip	Crout	Shaftesbury BH
4	575	31.56	Ashok	Mathur	Shaftesbury BH
5	574	33.06	Richard	Johnson	Shaftesbury BH
6	578	33.30	Oliver	Poulain	St Albans AC
7	576	36.04	Jamie	Abbiss	St Albans AC

Teams

1	Shaftesbury BH	2;3;4	9
2	St Albans AC	1;6;7	14

Hertfordshire County Cross Country Championships**Hertford Heath, 6 January 2013****Senior Men - 11000m**

Position	No	Time	Name	Surname	Club
	141	38.50	John Eves	n/s	unattached
1	68	39.03	Edward Shepherd		Herts Phoenix
2	27	40.30	Matt Salt		Dacorum & Tring
3	75	40.45	Matthew Leach		N Herts RR
4	97	40.46	Matt Grant		Shaftesbury BH
5	21	40.52	Luke Humphreys		Bedford & County
6	102	41.05	Paul Adams		St Albans Striders
7	109	41.18	Tom Crouch		St Albans Striders
8	26	41.36	Andrew Cracknell		Dacorum & Tring
9	94	42.16	Orlando Edwards		Shaftesbury BH
10	144	42.30	Julian Critchlow		Watford Harriers
11	69	42.44	Peter Townsend		Herts Phoenix
12	22	43.09	Oliver Saville		Bedford & County
13	52	43.12	Mark Dickinson		Garden City Runners
14	101	43.15	Richard Williams		Shaftesbury BH
15	7	43.23	Alex Horton		Barnet & District
16	128	43.26	Jonathan Scott		St Albans Striders
17	91	43.36	Dan Davies		Shaftesbury BH
18	104	44.11	Edward Blake		St Albans Striders
19	80	44.17	Wayne Bell		Newham & Essex B
20	10	44.30	Richard McCormick		Barnet & District
21	33	44.55	Simon Jackson		Fairlands Valley S
22	58	45.20	Andy Holt		Garden City Runners
23	142	45.26	Matthew Adcock		Watford Harriers
24	14	45.34	Rajesh Patel		Barnet & District
25	61	45.39	Jaime Reed		Garden City Runners
26	105	45.51	Colin Braybrook		St Albans Striders
27	13	45.55	Will Morris		Barnet & District
28	47	45.58	Guy Woollett		Gade Valley Harriers
29	51	46.04	Russell Casey		Garden City Runners
30	11	46.08	Costa Michael		Barnet & District
31	67	46.19	Alex Cloona		Herts Phoenix
32	18	46.23	James Taylor		Barnet & District
33	78	46.25	James Walsh		N Herts RR
34	110	46.42	Richard Davis		St Albans Striders
35	100	46.51	Kevin Walden		Shaftesbury BH
36	9	46.55	Adrian Mason		Barnet & District
37	83	46.59	Richard Harrison		Royston Runners
38	40	47.08	Bill Hawes		Gade Valley Harriers
39	8	47.15	Andy Kelleher		Barnet & District
40	37	47.19	James Briercliffe		Gade Valley Harriers
41	1	47.23	Tim Butler		Barnet & District
42	41	47.31	Matt Loddy		Gade Valley Harriers
43	3	47.41	Andrew Cunningham		Barnet & District
44	116	47.43	Paul Gurr		St Albans Striders
45	81	48.18	Karl Cable		Royston Runners
46	112	49.00	Craig Dowie		St Albans Striders
47	136	49.19	Kevin Harding		Tring RC
48	84	49.28	Graham Hill		Royston Runners
49	135	49.32	Kevin Fielding		Tring RC
50	88	49.42	Toby Staines		Royston Runners
51	42	49.45	Tom North		Gade Valley Harriers
52	89	49.58	Godfrey Tofts		Royston Runners
53	134	50.18	Simon Barnett		Tring RC
54	44	50.21	Jon Roberts		Gade Valley Harriers

Hertfordshire County Cross Country Championships

Hertford Heath, 6 January 2013

Senior Men - 11000m

55	50	50.26	Sean Bowen	Garden City Runners
56	113	50.27	Graham Foster	St Albans Striders
57	71	50.36	Steve White	Herts Phoenix
58	157	50.49	Colin Taylor	Watford Joggers
59	57	51.11	Peter Harvey	Garden City Runners
60	60	51.38	Keith McLellan	Garden City Runners
61	115	51.45	Paddy Green	St Albans Striders
62	98	51.49	Ray Powell	Shaftesbury BH
63	129	51.56	Steve Smith	St Albans Striders
64	149	52.09	Graham Mayoh	Watford Harriers
65	137	52.22	Andrew Hill	Tring RC
66	46	52.32	Dave Wise	Gade Valley Harriers
67	138	52.40	Trevor Lark	Tring RC
68	151	52.56	Simon Pearson	Watford Harriers
69	64	53.03	Craig Stephenson	Garden City Runners
70	158	53.06	Robin Tremaine	Watford Joggers
71	124	53.23	Anthony Nicolson	St Albans Striders
72	73	53.37	Richard Harbon	N Herts RR
73	147	53.51	Terry Hedge	Watford Harriers
74	12	54.32	Liam Mitchell	Barnet & District
75	111	54.44	Richard Derrick	St Albans Striders
76	103	55.00	Richard Bentley	St Albans Striders
77	118	56.37	Andrew Hull	St Albans Striders
78	120	56.58	Mike Lancaster	St Albans Striders
79	36	57.00	Andy Bishop	Gade Valley Harriers
80	66	57.21	Richard Bloom	Herts Phoenix
81	24	57.24	Grant Glendinning	Broxbourne R
82	23	57.36	Graeme Armstrong	Broxbourne R
83	106	57.45	Kevin Brookman	St Albans Striders
84	28	58.08	Graham Blackburn	Fairlands Valley S
85	90	58.19	Phillip Cunningham	Shaftesbury BH
86	121	58.47	Andrew Maher	St Albans Striders
87	62	59.24	Richard Sidlin	Garden City Runners
88	17	61.06	John Shirley	Barnet & District
89	74	63.13	Duncan Hooker	N Herts RR
90	117	63.44	Pat Higgins	St Albans Striders
91	125	65.23	Richard Olney	St Albans Striders
92	140	65.55	Mark Travers	Tring RC
93	77	66.27	Johnny Spinks	N Herts RR
94	145	67.26	Steve Daniel	Watford Harriers
95	92	68.19	Russell Devitt	Shaftesbury BH

Teams

1	St Albans Striders 'A'	6;7;16;18;26;34	107
2	Shaftesbury BH	4;9;14;17;35;62	141
3	Barnet & District 'A'	15;20;24;27;30;32	148
4	Garden City Runners	13;22;25;29;55;59	203
5	Gade Valley Harriers	28;38;40;42;51;54	253
6	Barnet & District 'B'	36;39;41;43;74;88	321
7	Watford Harriers	10;23;64;68;73;94	332
8	St Albans Striders 'B'	44;46;56;61;63;71	341
9	Tring RC	47;49;53;65;67;92	373
10	St Albans Striders 'C'	75;76;77;78;83;86	475

Hertfordshire County Cross Country Championships

Hertford Heath, 6 January 2013

Under 11 Girls - 1600m

Position	No	Time	Name	Surname	Club
1	299	6.06	Mia	Groom	Barnet & District
2	340	6.14	Hannah	Trotman	Watford Harriers
3	332	6.23	Sophie	Robin	St Albans AC
4	333	6.23	Keira	Stern	St Albans AC
	321	6.25	Lia	Radus n/s	Shaftesbury BH
5	324	6.27	Emily	Barnes	St Albans AC
	315	6.29	Nicole	Bowen n/s	Shaftesbury BH
6	300	6.33	Scarlett	Kent	Barnet & District
7	305	6.35	Sasha	Pond	Dacorum & Tring
8	337	6.41	Raechel	Crowder	Watford Harriers
9	329	6.42	Megan	Mitchell	St Albans AC
10	317	6.47	Hannah	Cohen	Shaftesbury BH
11	338	6.54	Caitlin	Johal	Watford Harriers
12	306	6.57	Lizzie	Alliott	Herts Phoenix
	322	7.00	Maayan	Radus n/s	Shaftesbury BH
13	331	7.00	Emily	Rayden	St Albans AC
	319	7.04	Gemma	Harper n/s	Shaftesbury BH
14	304	7.05	Maddie	Perry	Dacorum & Tring
15	336	7.11	Rebecca	Coulson	Watford Harriers
16	301	7.13	Abi	Welsh	Barnet & District
17	330	7.18	Leonie	Onyems	St Albans AC
18	310	7.20	Daisy	Creasey	Herts Phoenix
19	311	7.20	Katie	Liptrot	Herts Phoenix
20	328	7.21	Lydia	Jacobs	St Albans AC
21	309	7.22	Jemima	Carr	Herts Phoenix
22	308	7.22	Jodie	Braithwaite	Herts Phoenix
	320	7.28	Louann	Lamy n/s	Shaftesbury BH
	318	7.28	Betty	Forde n/s	Shaftesbury BH
23	334	7.30	Yasmin	Bassit	Watford Harriers
24	335	7.40	Sian	Bidder	Watford Harriers
25	326	7.43	Freya	Cooke	St Albans AC
26	303	7.59	Daisy	Baxter	Chiltern Harriers
27	312	8.05	Jessica	Perrotten	Herts Phoenix
28	327	8.12	Emma	Edwards	St Albans AC
29	307	8.23	Elsa	Barnfather	Herts Phoenix
30	339	9.11	Abbie	Poole	Watford Harriers

Teams

1	St Albans AC A	3;4;5	12
2	Watford Harriers A	2;8;11	21
3	Barnet & District	1;6;16	23
4	St Albans AC B	9;13;17	39
5	Herts Phoenix A	12;18;19	49
6	Watford Harriers B	15;23;24	62
7	Herts Phoenix B	21;22;27	70
8	St Albans AC C	20;25;28	73

Hertfordshire County Cross Country Championships

Hertford Heath, 6 January 2013

Under 13 Girls - 3400m

Position	No	Time	Name	Surname	Club
1	399	13.25	Sophie	Morton	Chiltern Harriers
2	417	14.11	Emily	Anders	St Albans AC
3	396	14.16	Emily	Bannister	Chiltern Harriers
4	400	14.27	Scarlett	Wager-Leigh	Chiltern Harriers
5	415	14.42	Jessica	Hurley	Shaftesbury BH
6	419	14.55	Eleanor	Hobbs	St Albans AC
7	420	15.01	Jess	Laitner	St Albans AC
8	397	15.13	Emily	Baxter	Chiltern Harriers
9	418	15.17	Caitlin	Eckley	St Albans AC
10	402	15.33	Ella-Joy	Harrington	Harrow AC
11	407	15.38	Georgia	McKenzie	Herts Phoenix
12	428	15.39	Freya	Weddell	St Albans AC
13	426	15.53	Hannah	Rayden	St Albans AC
14	405	15.58	Eleanor	Found	Herts Phoenix
15	394	16.18	Florence	Ham	Barnet & District
16	411	16.21	Jessica	Brew	Shaftesbury BH
17	410	16.25	Kathryn	Canham	Luton AC
18	427	16.31	Madeline	Terrell	St Albans AC
19	430	16.33	Molly-Ann	Jarvis	Watford Harriers
20	412	16.35	Ella	Cohen	Shaftesbury BH
21	408	16.35	Louise	Reilly	Herts Phoenix
22	401	17.04	Charlotte	Munn	Dacorum & Tring
23	594	17.17	Emma	Povey	Herts Phoenix
24	422	17.59	Annie	Montgomery	St Albans AC
25	409	19.10	Romi	Sharp	Herts Phoenix
26	406	19.16	Grace	Gentry	Herts Phoenix
27	421	19.38	May	Li	St Albans AC
28	431	19.39	Maddie	Lythgoe	Watford Harriers
29	593	22.58	Kirsten	Brown	Herts Phoenix
30	429	23.16	Annabel	Beasley	Watford Harriers

Teams

1	Chiltern Harriers	1;3;4	8
2	St Albans AC A	2;6;7	15
3	St Albans AC B	9;12;13	34
4	Shaftesbury BH	5;16;20	41
5	Herts Phoenix A	11;14;21	46
6	St Albans AC C	18;24;27	69
7	Herts Phoenix B	23;25;26	74
8	Watford Harriers	19;28;30	77

Hertfordshire County Cross Country Championships

Hertford Heath, 6 January 2013

Under 15 Girls - 4800m

Position	No	Time	Name	Surname	Club
1	476	19.02	Hannah	Morton	Chiltern Harriers
2	481	20.01	Marella	Whitfield	Harrow AC
3	482	20.05	Ellie	Baker	Herts Phoenix
4	507	20.34	Tabitha	Weddell	St Albans AC
5	494	20.45	Lianne	Langford	Shaftesbury BH
6	509	21.06	Charlotte	Duke	Stevenage & NH
7	474	21.13	Claire	Baxter	Chiltern Harriers
8	484	21.38	Maddie	Bonser	Herts Phoenix
9	479	21.54	Phoebe	Smith	Dacorum & Tring
10	475	21.56	Sophie	Chesterman	Chiltern Harriers
11	502	22.10	Isabel	Geraghty	St Albans AC
12	505	22.11	Rachael	Parlour	St Albans AC
13	480	22.15	Melanie	Hall	Harrow AC
14	496	22.21	Jessica	Barnes	St Albans AC
15	490	22.28	Gaia	Casciello	Shaftesbury BH
16	500	22.32	Jessica	Edwards	St Albans AC
17	499	22.46	Lauren	Eckley	St Albans AC
18	498	22.46	Sinead	Coll	St Albans AC
19	506	22.50	Georgia	Robin	St Albans AC
20	477	22.55	India	Chadwick	Dacorum & Tring
21	486	22.56	Erin	Breen	Herts Phoenix
22	497	23.10	Olivia	Coll	St Albans AC
23	492	23.24	Rebecca	Hurley	Shaftesbury BH
24	495	23.24	Naomi	Baker	St Albans AC
25	485	23.31	Hannah	Booth	Herts Phoenix
26	501	23.50	Laura	Edwards	St Albans AC
27	478	26.51	Annabelle	Hunt	Dacorum & Tring
28	512	33.25	Gemma	Stanger	Watford Harriers

Teams

1	Chiltern Harriers	1;7;10	18
2	St Albans AC A	4;11;12	27
3	Herts Phoenix	3;8;21	32
4	Shaftesbury BH	5;15;23	43
5	St Albans AC B	14;16;17	47
6	Dacorum & Tring	9;20;27	56
7	St Albans AC C	18;19;22	59

Hertfordshire County Cross Country Championships

Hertford Heath, 6 January 2013

Under 17 Women - 6100m

Position	No	Time	Name	Surname	Club
1	560	25.29	Eleanor	Hunt	Shaftesbury BH
2	559	26.02	Natalie	Connor	Shaftesbury BH
3	555	27.35	Mary	Gough	Herts Phoenix
4	556	27.49	Elizabeth	Parry	Herts Phoenix
5	558	27.53	Florence	Stansall-Seiler	Herts Phoenix
6	551	27.53	Sarah	Needleman	Chiltern Harriers
7	554	28.04	Isabel	Found	Herts Phoenix
8	553	28.12	Alicia	Found	Herts Phoenix
9	557	29.11	Émily	Ruane	Herts Phoenix
10	565	29.34	Caroline	Willis	Stevenage & NH
11	550	30.16	Sophie	Parker	Barnet & District
12	552	30.21	Hannah	Wardley	Chiltern Harriers
13	566	30.58	Chloe	Dearman	Watford Harriers
14	564	31.47	Janie	Latchford	Stevenage & NH
15	568	32.27	Paige	Smith	Watford Harriers

Teams

1	Herts Phoenix A	3;4;5	12
2	Herts Phoenix B	7;8;9	24

Hertfordshire County Cross Country Championships

Hertford Heath, 6 January 2013

Under 20 Women - 6100m

Position	No	Time	Name	Surname	Club
1	584	24.34	Lizzie	Bird	Shaftesbury BH
2	586	25.00	Sophie	Connor	Shaftesbury BH
3	589	25.12	Victoria	Walker	Shaftesbury BH
4	581	27.04	Alex	Eykelbosch	Dacorum & Tring
5	585	27.36	Harriet	Clifford	Shaftesbury BH
6	591	27.41	Megan	Steer	St Albans AC
7	580	28.23	Charlotte	Michael	Barnet & District
8	592	29.16	Natalie	Wickings	Watford Harriers
9	588	29.29	Izzy	Thompson	Shaftesbury BH

Teams

1	Shaftesbury BH	1;2;3	6
---	----------------	-------	---

Hertfordshire County Cross Country Championships
Hertford Heath, 6 January 2013
Senior Women - 8000m

Position	No	Time	Name	Surname	Club
1	203	32.31	Jo Hickman Dunne		Loughborough
2	199	32.47	Katherine Philp		Garden City Runners
3	174	33.43	Rachel Gibbs		Bedford & County
4	170	34.24	Karen Murphy		Barnet & District
5	168	34.53	Joanne Kent		Barnet & District
6	200	35.10	Jenny Robinson		Garden City Runners
7	198	35.12	Martha Hall		Garden City Runners
8	187	35.28	Lois Bowles		Enfield & Haringey
9	220	36.04	Liz McKie		St Albans Striders
10	248	36.17	Caroline Whittaker		Watford Harriers
11	169	36.25	Katherine March		Barnet & District
12	179	37.24	Catherine Davies		Dacorum & Tring
13	197	37.36	Virginia Bird		Garden City Runners
14	242	38.00	Liza Croft		Watford Harriers
15	161	38.24	Karen Bradley		Barnet & District
16	246	38.29	Helen Johal		Watford Harriers
17	218	38.32	Claire Kremer		St Albans Striders
18	219	38.52	Zoe Lowe		St Albans Striders
19	181	39.04	Moir Croft		David Lloyd Pacers
20	188	39.17	Sharon McHugh		Enfield & Haringey
21	191	39.49	Rhiannon Griffin		Fairlands Valley S
22	232	40.04	Wendy Walsh		St Albans Striders
23	204	40.36	Helen Cairns		N Herts RR
24	183	40.45	Celia Findlay		David Lloyd Pacers
25	231	41.12	Liz Walls		St Albans Striders
26	207	41.26	Tina Le		Royston Runners
27	238	41.36	Bryony Harding		Tring RC
28	245	41.54	Angela Halford		Watford Harriers
29	171	42.03	Catherine Perry		Barnet & District
30	216	42.12	Deirdre Heydecker		St Albans Striders
31	211	42.21	Mandy Attree		St Albans Striders
32	178	43.07	Sharon Rider		Broxbourne R
33	176	43.14	Jayne Shepherd		Bishops Stortford RC
34	212	43.25	Beckie Bates		St Albans Striders
35	240	43.26	Jane Porteous		Tring RC
36	165	43.32	Philippa Horton		Barnet & District
37	180	43.38	Janine Blasi		David Lloyd Pacers
38	194	43.42	Julie Simmons		Fairlands Valley S
39	167	43.49	Kirsty Johnstone		Barnet & District
40	177	45.01	Michaela Glendinning		Broxbourne R
41	182	45.07	Jackie Drew		David Lloyd Pacers
42	239	45.20	Clare Murray		Tring RC
43	223	46.14	Christine Pout		St Albans Striders
44	236	46.24	Katie Ferguson		Tring RC
45	235	47.35	Kirsty Barnett		Tring RC
46	228	47.40	Lucy Stern		St Albans Striders
47	190	47.47	Karen Ellis		Fairlands Valley S
48	193	48.25	Karen Liddle		Fairlands Valley S
49	226	48.30	Carol Ransom		St Albans Striders
50	244	49.15	Nicoleta Economu		Watford Harriers
51	185	49.40	Jane Rae		David Lloyd Pacers
52	189	50.07	Sharon Crowley		Fairlands Valley S
53	162	50.58	Karen Denham		Barnet & District
54	192	51.19	Tricia Hopper		Fairlands Valley S
55	229	51.37	Tina Tremaine		St Albans Striders

Hertfordshire County Cross Country Championships

Hertford Heath, 6 January 2013

Senior Women - 8000m

56	213	52.04	Katie Chilton	St Albans Striders
57	196	53.25	Maria Thorne	Fairlands Valley S
58	214	56.32	Kim Dickson	St Albans Striders
59	243	56.38	Christine Dearman	Watford Harriers
60	172	59.25	Maureen Shirley	Barnet & District

Teams

1	Garden City Runners	2;6;7;13	28
2	Barnet & District A	4;5;11;15	35
3	St Albans Striders A	9;17;18;22	66
4	Watford Harriers	10;14;16;28	68
5	St Albans Striders B	25;30;31;34	120
6	David Lloyd Pacers	19;24;37;41	121
7	Tring RC	27;35;42;44	148
8	Fairlands Valley S	21;38;47;48	154
9	Barnet & District B	29;36;39;53	157
10	St Albans Striders C	43;46;49;55	193