

Hertfordshire County Cross Country Championships
Cassiobury Park, Watford, 5 January 2014
Under 11 Boys - 1500m

Position	No	Time	Name	Surname	Club
1	25	6.23	Luca	Stubbs	Shaftesbury BH
2	21	6.31	Jack	Cobb	Shaftesbury BH
3	15	6.35	Bryce	Breen	Herts Phoenix
4	30	6.43	Joshua	Forrester	St Albans AC
5	22	6.46	Michael	Craig	Shaftesbury BH
	24	6.49	Matti	Harris n/s	Shaftesbury BH
6	11	6.50	Joel	James	Chiltern H
7	20	6.50	Daniel	Bentham	Luton AC
8	23	6.52	Matthew	Craig	Shaftesbury BH
9	34	6.53	Dominic	Walsh	St Albans AC
10	16	6.58	Isaac	Evans	Herts Phoenix
	26	7.00	Judah	Yawitch n/s	Shaftesbury BH
11	33	7.00	Robert	Quigley	St Albans AC
12	29	7.02	Jack	Dickenson	St Albans AC
13	18	7.02	William	Hoare	Herts Phoenix
14	37	7.07	Samuel	Beasley	Watford Harriers
15	19	7.14	Tom	Hughes	Herts Phoenix
16	13	7.15	Max	Batty	Herts Phoenix
17	12	7.16	Freddie	Whale	Chiltern H
18	31	7.17	Morgan	Hume	St Albans AC
19	28	7.19	Oscar	Azzuri	St Albans AC
20	5	7.25	Matthew	Curtis	Bishops Stortford RC
21	38	7.27	Lewis	Clark	Watford Harriers
22	14	7.32	Arron	Bishop	Herts Phoenix
23	27	7.32	Lewis	Andrew	St Albans AC
24	41	7.43	Luke	Webb	Watford Harriers
25	2	8.11	Max	Purton	Barnet & District
26	3	8.19	Jos	Ross-Brown	Barnet & District
27	7	8.24	Tom	Edwards	Bishops Stortford RC
28	8	8.32	Callum	Harold	Bishops Stortford RC
29	9	8.44	Jake	Wenzel	Bishops Stortford RC
30	4	8.54	Steven	Burgess	Bishops Stortford RC
31	10	8.56	Tom	Williams	Bishops Stortford RC
32	6	10.06	Vincent	Davall	Bishops Stortford RC
33	17	11.16	Nathan	Farenden	Herts Phoenix

Teams

1	Shaftesbury BH	1;2;5	8
2	St Albans AC 'A'	4;9;11	24
3	Herts Phoenix 'A'	3;10;13	26
4	St Albans AC 'B'	12;18;19	49
5	Herts Phoenix 'B'	15;16;22	53
6	Watford Harriers	14;21;24	59
7	Bishops Stortford RC 'A'	20;27;28	75
8	Bishops Stortford RC 'B'	29;30;31	90

Hertfordshire County Cross Country Championships
Cassiobury Park, Watford, 5 January 2014
Under 13 Boys - 3000m

Position	No	Time	Name	Surname	Club
1	99	9.15	Jamie Harpur		Shaftesbury BH
	106	9.19	David Stone	n/s	Shaftesbury BH
2	112	9.36	Josh Edwards		St Albans AC
3	98	10.03	Henry Fulton		Shaftesbury BH
4	97	10.06	Nathan Fernandes		Shaftesbury BH
5	96	10.15	Joe Chott		Shaftesbury BH
6	88	10.21	James Cooper		Herts Phoenix
7	91	10.22	Jake Sherlock		Herts Phoenix
8	110	10.24	Cameron Clark		St Albans AC
9	89	10.26	Jamie Ives		Herts Phoenix
10	111	10.33	Oliver Davis		St Albans AC
11	114	10.39	Jed Lumb		St Albans AC
12	104	10.41	Henry Rocha		Shaftesbury BH
13	105	10.45	Freddie Shiret		Shaftesbury BH
14	108	10.47	Harry Bentley		St Albans AC
15	86	10.48	Elliott Breen		Herts Phoenix
16	84	10.59	James Glyn		Dacorum & Tring
17	85	11.01	Stephen Bates		Herts Phoenix
18	116	11.05	Ross Gladman		Stevenage & NH
19	87	11.13	Angus Clifford		Herts Phoenix
20	90	11.24	Ethan Page		Herts Phoenix
21	124	11.27	Haydn Williams		Watford Harriers
22	101	11.32	Samuel Lee		Shaftesbury BH
23	109	11.34	Rory Brenson		St Albans AC
24	119	11.37	William Jarvis		Watford Harriers
25	92	11.39	Alex Stapleton		Herts Phoenix
26	107	12.07	Murray Wilson		Shaftesbury BH
27	113	12.14	Liam Jones		St Albans AC
28	123	12.42	Ralph Williams		Watford Harriers
29	81	12.45	Alexander Appleby		Bishops Stortford RC
30	117	12.56	Cameron Clark		Watford Harriers
31	115	13.00	Dylan Williams		St Albans AC
32	82	13.07	Oscar Dale		Chiltern H
33	83	13.10	Joel Amos		Dacorum & Tring
34	120	15.02	Joe Moore		Watford Harriers

Teams

1	Shaftesbury BH	1;3;4	8
2	St Albans AC	2;8;10	20
3	Herts Phoenix	6;7;9	22
4	Shaftesbury BH	5;12;13	30
5	St Albans AC	11;14;23	48
6	Herts Phoenix	15;17;19	51
7	Watford Harriers	21;24;28	73

Hertfordshire County Cross Country Championships
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Under 15 Boys - 4500m

Position	No	Time	Name	Surname	Club
1	189	16.08	Jamie Philpott		Herts Phoenix
2	196	16.25	George Groom		Shaftesbury BH
3	188	16.56	Beck Grover		Herts Phoenix
4	193	17.15	Jeremy Dempsey		Shaftesbury BH
5	221	17.25	Thomas Rayner		Watford Harriers
6	192	17.29	Elliott Dee		Shaftesbury BH
7	195	18.02	Charlie Griffith		Shaftesbury BH
8	211	18.08	Tom Fulton		St Albans School
9	210	18.10	Ben Clarke		St Albans School
10	178	18.15	Jake Alderson		Chiltern H
11	183	18.20	Rhys Rowlands		Dacorum & Tring
12	186	18.20	Matthew McGeary		Harrow AC
13	214	18.29	Adam Mason		Stevenage & NH
14	215	18.44	James Costello		Watford Harriers
15	197	18.53	Rufus Kent		Shaftesbury BH
16	216	19.02	Dean Johal		Watford Harriers
17	184	19.06	Joshua Van Heiningen		Dacorum & Tring
18	209	19.10	Jack Bevan		St Albans School
19	181	19.39	Vincent Murray		Dacorum & Tring
20	194	19.48	Nathan Gammon		Shaftesbury BH
21	187	19.49	Jacob Fenwick		Herts Phoenix
22	202	19.58	Andrew Doherty		St Albans AC
23	208	20.05	Bertie Arbuthnot		St Albans School
24	205	20.22	Andrew Shaw		St Albans AC
25	182	20.37	Matthew Renphrey		Dacorum & Tring
26	207	20.43	Jack Anderson		St Albans School
27	206	20.53	Benjamin Totty		St Albans AC
28	203	21.06	Conor McCallion		St Albans AC
29	222	21.16	Matthew Robins		Watford Harriers
30	212	21.35	Liam Gregory		Stevenage & NH
31	190	21.54	Sam Walford		Herts Phoenix
32	217	23.07	Byron Johal		Watford Harriers
33	177	24.05	Matthew Carter		Bishops Stortford RC
34	213	25.22	Thomas Locke		Stevenage & NH

Teams

1	Shaftesbury BH 'A'	2;4;6	12
2	Herts Phoenix	1;3;21	25
3	St Albans School	8;9;18	35
4	Watford Harriers	5;14;16	35
5	Shaftesbury BH 'B'	7;15;20	42
6	Dacorum & Tring	11;17;19	47
7	St Albans AC	22;24;27	73
8	Stevenage & NH	13;30;34	77

Hertfordshire County Cross Country Championships

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Under 17 Men - 6000m

Position	No	Time	Name	Surname	Club
1	273	18.39	Jamie Dee		Shaftesbury BH
2	286	19.26	Robbie Lightowler		St Albans School
3	274	19.34	Sam Griffiths		Shaftesbury BH
4	287	19.59	Daniel Myers		St Albans School
5	268	20.08	Jonty Wager-Leigh		Chiltern H
6	263	20.23	Thomas Butler		Barnet & District
7	266	20.26	Callum Neal		Chiltern H
8	290	20.29	Tim Richards		St Albans School
9	289	20.30	Harrison Pyrke		St Albans School
10	271	20.36	Josh Clifford		Shaftesbury BH
11	277	20.48	Jacob Hine		St Albans AC
12	279	20.49	Gregory Sinnott		St Albans AC
13	267	20.50	Matt Simpson		Chiltern H
14	291	21.12	Adam Thorpe		St Albans School
15	278	21.18	Sam Jones		St Albans AC
16	276	21.27	Michael Carr		St Albans AC
17	292	21.50	Robert Bolton		Stevenage & NH
18	280	22.00	Tom Alexander		St Albans School
19	265	22.16	Oliver Formby		Barnet & District
20	284	22.17	Tom Halling		St Albans School
21	294	23.08	Corey Keane		Watford Harriers
22	264	23.31	Mark Cunningham		Barnet & District
23	281	23.54	Sebastian Bretnall		St Albans School
24	293	24.07	Jack Gladman		Stevenage & NH
25	288	25.43	Owen Pearce		St Albans School

Teams

1	St Albans School 'A'	2;4;8	14
2	Shaftesbury BH	1;3;10	14
3	Chiltern H	5;7;13	25
4	St Albans AC	11;12;15	38
5	St Albans School 'B'	9;14;18	41
6	Barnet & District	6;19;22	47
7	St Albans School 'C'	20;23;25	68

Hertfordshire County Cross Country Championships
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Under 20 Men - 8000m

Position	No	Time	Name	Surname	Club
1	325	26.48	Ben	Rochford	Shaftesbury BH
2	323	26.49	Mark	Pearce	Shaftesbury BH
3	319	27.03	Phillip	Crout	Shaftesbury BH
4	324	27.55	Joseph	Redwood	Shaftesbury BH
5	326	29.32	James	Sothcott	Shaftesbury BH
6	321	29.52	Kyle	Langford	Shaftesbury BH
7	331	30.49	Jack	Simpson	St Albans AC
8	328	31.07	Joshua	Eckley	St Albans AC
9	327	31.17	Jamie	Abbiss	St Albans AC

Teams

1	Shaftesbury BH 'A'	1;2;3	6
2	Shaftesbury BH 'B'	4;5;6	15
3	St Albans AC	7;8;9	24

Hertfordshire County Cross Country Championships
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Senior Men - 12000m

Position	No	Time	Name	Surname	Club
1	318	38.33	Michael	Callegari	Shaftesbury BH
2	421	38.51	Edward	Shepherd	Herts Phoenix
3	368	38.54	Shaun	Collins	Enfield & Haringey
4	369	39.07	Alex	Milne	Enfield & Haringey
5	359	39.08	Matthew	Leach	Bedford & County
6	417	39.30	John	Eves	Herts Phoenix
7	340	39.38	Neil	Phillips	Aldershot, Farnham & District
8	358	39.42	Luke	Humphreys	Bedford & County
9	431	40.13	Dominic	Easter	Shaftesbury BH
10	432	40.44	Orlando	Edwards	Shaftesbury BH
	356	40.57	Michael	Wright n/s	Barnet & District
11	422	41.18	Peter	Townsend	Herts Phoenix
12	439	41.34	Paul	Adams	St Albans Striders
13	345	41.53	Alex	Horton	Barnet & District
14	437	42.09	Euan	MacKenzie	Shaftesbury BH
15	499	42.12	John	McGinn	Watford Harriers
16	443	42.26	Steve	Buckle	St Albans Striders
17	427	42.34	Wayne	Bell	Newham & EB
18	436	42.46	Matt	Grant	Shaftesbury BH
19	467	43.22	Graham	Smith	St Albans Striders
20	348	43.29	Richard	McCormick	Barnet & District
21	357	43.37	Jonathan	Yeates	Barnet & District
22	487	43.46	Matt	Adcock	Watford Harriers
23	347	43.57	Adrian	Mason	Barnet & District
24	386	44.06	Mark	Crabtree	Gade Valley Harriers
25	413	44.21	Graeme	Jones	Harrow AC
26	408	44.43	Craig	Halsey	Garden City Runners
27	379	44.59	Andrew	Patterson	Fairlands Valley Spartans
28	355	45.11	Mike	Walker	Barnet & District
29	352	45.17	Rajesh	Patel	Barnet & District
30	483	45.19	Ross	Langley	Tring RC
31	375	45.26	Simon	Jackson	Fairlands Valley Spartans
32	438	45.35	Kevin	Walden	Shaftesbury BH
33	450	45.50	Joe	Dunn	St Albans Striders
34	383	46.09	Ian	Yenney	Fairlands Valley Spartans
35	404	46.20	Chris	Eland	Garden City Runners
36	473	46.27	Gary	Warren	St Albans Striders
37	349	46.40	Costa	Michael	Barnet & District
38	414	46.40	Steve	Norris	Harrow AC
39	389	46.49	Bill	Hawes	Gade Valley Harriers
40	453	47.03	Cathal	Gallagher	St Albans Striders
41	361	47.12	Chris	Dunham	Bishops Stortford RC
42	385	47.18	Steven	Boyd	Gade Valley Harriers
43	472	47.34	Ben	Walsh	St Albans Striders
44	452	47.39	Simon	Fraser	St Albans Striders
45	462	48.03	John	Ockenden	St Albans Striders
46	401	48.05	Guy	Woollett	Gade Valley Harriers
47	341	48.10	Tim	Butler	Barnet & District
48	504	48.17	Dave	Dixon	Watford Joggers
49	480	48.26	Kevin	Fielding	Tring RC
50	492	48.56	Chris	Ellis	Watford Harriers
51	442	49.19	Colin	Braybrook	St Albans Striders
52	387	49.38	Vince	Ellerby	Gade Valley Harriers
53	441	49.50	Edward	Blake	St Albans Striders
54	363	49.56	Jonathan	Haynes	Bishops Stortford RC
55	514	49.57	Robin	Tremaine	Watford Joggers

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Senior Men - 12000m

56	478	50.05	Simon Barnett	Tring RC
57	373	50.10	Todd Gray	Fairlands Valley Spartans
58	424	50.17	Steve White	Herts Phoenix
59	365	50.18	Paul Scofield	Bishops Stortford RC
60	463	50.21	Jonathan Redshaw	St Albans Striders
61	481	50.30	Kevin Harding	Tring RC
62	425	50.38	Paul Fairchild	N Herts RR
63	461	50.56	Anthony Nicolson	St Albans Striders
64	426	51.32	James Keogh	N Herts RR
65	366	51.42	Chris Webb	Bishops Stortford RC
66	392	51.56	Stephen Newing	Gade Valley Harriers
67	391	51.58	Matthew Loddy	Gade Valley Harriers
68	388	52.02	Simon Geary	Gade Valley Harriers
69	490	52.09	Stewart Dearman	Watford Harriers
70	367	52.24	Andy Tant	Broxbourne Runners
71	397	52.29	Simon Wallis	Gade Valley Harriers
72	505	52.36	Marcus Edwards	Watford Joggers
73	498	52.45	Graham Mayoh	Watford Harriers
74	509	52.50	Bran James	Watford Joggers
75	418	52.55	Peter Fitzpatrick	Herts Phoenix
76	485	53.22	John Manning	Tring RC
77	400	53.45	David Wise	Gade Valley Harriers
78	494	53.49	Adrian Harwood	Watford Harriers
79	402	54.10	Patrick Bird	Garden City Runners
80	477	54.17	Rick Ansell	Tring RC
81	371	54.36	Andrew Bennett	Fairlands Valley Spartans
82	512	54.40	Mark Studdart	Watford Joggers
83	415	54.44	Richard Bloom	Herts Phoenix
84	405	54.49	Colin Ewin	Garden City Runners
85	470	54.51	Richard Todd	St Albans Striders
86	515	55.09	Joshua Worthington	Watford Joggers
87	471	55.53	Mark Travers	St Albans Striders
88	459	56.13	Andrew Maher	St Albans Striders
89	370	56.23	Daniel Bates	Fairlands Valley Spartans
90	381	56.42	Thomas Sauka	Fairlands Valley Spartans
91	395	56.48	Martin Storrie	Gade Valley Harriers
92	447	57.01	Richard Derrick	St Albans Striders
93	360	57.26	Mark Burkett	Bishops Stortford RC
94	444	57.33	Howard Bull	St Albans Striders
95	448	57.43	Michael Donovan	St Albans Striders
96	353	57.50	Rob Scott	Barnet & District
97	457	58.03	Andrew Hull	St Albans Striders
98	382	58.35	James Seals	Fairlands Valley Spartans
99	393	58.52	Andy Norton	Gade Valley Harriers
100	456	59.18	John Hope	St Albans Striders
101	342	60.24	David Byrne	Barnet & District
102	511	61.17	Simon Middleton	Watford Joggers
103	475	62.39	Anthony Carolan	Stevenage & NH
104	430	62.44	Russell Devitt	Shaftesbury BH
105	510	62.53	Rustum Khedkar	Watford Joggers
106	376	63.18	Andy Jay	Fairlands Valley Spartans
107	466	65.18	Adrian Simm	St Albans Striders
108	501	66.20	Derek Walker	Watford Harriers
109	458	68.32	Michael Jack	St Albans Striders
110	508	71.25	Nigel Higgs	Watford Joggers

Teams

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Senior Men - 12000m

1	Shaftesbury BH	1;9;10;14;18;32	84
2	Barnet & District	13;20;21;23;28;29	134
3	St Albans Striders 'A'	12;16;19;33;36;40	156
4	Herts Phoenix	2;6;11;58;75;83	235
5	Gade Valley Harriers 'A'	24;39;42;46;52;66	269
6	St Albans Striders 'B'	43;44;45;51;53;60	296
7	Watford Harriers	15;22;50;69;73;78	307
8	Fairlands Valley Spartans	27;31;34;57;81;89	319
9	Tring RC	30;49;56;61;76;80	352
10	Watford Joggers	48;55;72;74;82;86	417
11	Gade Valley Harriers 'B'	67;68;71;77;91;99	473
12	St Albans Striders 'C'	63;85;87;88;92;94	509

Hertfordshire County Cross Country Championships

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Under 11 Girls - 1500m

Position	No	Time	Name	Surname	Club
	66	8.02	Maayam	Radus n/s	Shaftesbury BH
1	77	8.07	Grace	Ingles	Watford Harriers
2	75	8.15	Demi	Tuinema	St Albans AC
3	51	8.19	Sarah	Andrews	Harrow AC
4	67	8.43	Aimi	Weightman	Shaftesbury BH
5	54	8.45	Daisy	Creasey	Herts Phoenix
6	74	8.58	Beatrix	Towers	St Albans AC
7	69	9.05	Lucy	Evans	St Albans AC
8	73	9.19	Sophie	Mulcahy	St Albans AC
9	55	9.30	Lauren	Simpson	Herts Phoenix
	61	9.35	Amelia	Corbo n/s	Shaftesbury BH
10	71	9.38	Ellie	Hume	St Albans AC
	65	9.42	Louann	Lamy n/s	Shaftesbury BH
11	42	9.48	Jessica	Moore	Barnet & District
12	56	9.54	Tilly	Adams	Shaftesbury BH
13	76	9.58	Lucy	Feely	Stevenage & NH
14	70	10.06	Emma	Furner	St Albans AC
15	48	10.14	Isabel	Smink	Bishops Stortford RC
16	44	10.16	Pearl	Thomas-Bocking	Barnet & District
17	45	10.30	Grace	Malcolm	Bishops Stortford RC
18	43	10.36	Emily	Murphy	Barnet & District
19	53	10.54	Zarah	Bastide	Herts Phoenix
20	47	10.56	Emily	Scofield	Bishops Stortford RC
21	46	11.38	Mairi	Malcolm	Bishops Stortford RC
22	72	12.45	Iona	Hysem	St Albans AC

Teams

1	St Albans AC 'A'	2;6;7	15
2	St Albans AC 'B'	8;10;14	32
3	Herts Phoenix	5;9;19	33
4	Barnet & District	11;16;18	45
5	Bishops Stortford RC	15;17;20	52

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Under 13 Girls - 3000m

Position	No	Time	Name	Surname	Club
1	133	10.18	Sophie	Morton	Chiltern H
2	153	10.59	Emily	Anders	St Albans AC
3	165	11.03	Freya	Weddell	St Albans AC
4	164	11.04	Keira	Stern	St Albans AC
5	158	11.04	Jessica	Laitner	St Albans AC
6	134	11.08	Charlotte	Munn	Chiltern H
7	132	11.09	Emily	Alderson	Chiltern H
8	147	11.13	Mia	Groom	Shaftesbury BH
9	151	11.20	Lidia	Kyriacou	Shaftesbury BH
10	162	11.35	Sophie	Robin	St Albans AC
11	150	11.38	Scarlett	Kent	Shaftesbury BH
12	148	11.39	Gemma	Harper	Shaftesbury BH
13	176	11.42	Hannah	Trotman	Watford Harriers
14	141	11.54	Anna	Fuller	Herts Phoenix
15	137	11.58	Sophie	Peters	Harrow AC
16	155	12.03	Emily	Barnes	St Albans AC
17	166	12.05	Mollie	Astill	Stevenage & NH
18	144	12.10	Elizabeth	Bentham	Luton AC
19	125	12.20	Georgia	Lee	Barnet & District
20	168	12.21	Erin	Oliver	Stevenage & NH
21	139	12.25	Jayne	Awcock	Herts Phoenix
22	146	12.32	Sophie	Dempsey	Shaftesbury BH
23	159	12.43	Aoife	Linzell	St Albans AC
24	174	12.45	Caitlin	Johal	Watford Harriers
25	145	12.47	Ciara	Daly	Shaftesbury BH
26	169	12.49	Sophie	Ashby	Watford Harriers
27	149	12.53	Jade	Kashi	Shaftesbury BH
28	131	12.58	Jade	Woodward	Bishops Stortford RC
29	143	13.05	Danielle	Thompsett	Herts Phoenix
30	172	13.12	Rachael	Crowder	Watford Harriers
31	156	13.18	Ellie	Cotter	St Albans AC
32	161	13.31	Emily	Rayden	St Albans AC
33	140	13.32	Kirsten	Brown	Herts Phoenix
34	129	13.42	Eilidh	Malcolm	Bishops Stortford RC
35	175	14.06	Emily	Lough	Watford Harriers
36	167	14.14	Emma	Bolton	Stevenage & NH
37	127	14.14	Hannah	Connolly	Bishops Stortford RC
38	157	14.33	Emma	Edwards	St Albans AC
39	170	14.47	Tasmin	Basit	Watford Harriers
40	142	14.48	Georgina	Newberry	Herts Phoenix
41	128	15.55	Amy	Lavery	Bishops Stortford RC
42	130	15.55	Hannah	Wilds	Bishops Stortford RC

Teams

1	St Albans AC 'A'	2;3;4	9
2	Chiltern H	1;6;7	14
3	Shaftesbury BH 'A'	8;9;11	28
4	St Albans AC 'B'	5;10;16	31
5	Shaftesbury BH 'B'	12;22;25	59
6	Watford Harriers 'A'	13;24;26	63
7	Herts Phoenix	14;21;29	64
8	Stevenage & NH	17;20;36	73
9	St Albans AC 'C'	23;31;32	86
10	Bishops Stortford RC	28;34;37	99

Hertfordshire County Cross Country Championships
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Under 13 Girls - 3000m

11	Watford Harriers 'B'	30;35;39	104
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Hertfordshire County Cross Country Championships

Cassiobury Park, Watford, 5 January 2014

Under 15 Girls - 4500m

Position	No	Time	Name	Surname	Club
1	231	18.40	Marella	Whitfield	Harrow AC
2	256	19.00	Tabitha	Weddell	St Albans AC
3	227	19.03	Scarlett	Wager-Leigh	Chiltern H
4	240	19.55	Jessica	Hurley	Shaftesbury BH
5	241	19.58	Gabriella	Kyriacou	Shaftesbury BH
6	235	20.32	Georgia	McKenzie	Herts Phoenix
7	225	20.47	Emily	Bannister	Chiltern H
8	232	21.01	Hannah	Booth	Herts Phoenix
9	249	21.19	Eleanor	Hobbs	St Albans AC
10	245	21.28	Alex	Bentley	St Albans AC
11	234	21.36	Eleanor	Found	Herts Phoenix
12	247	21.39	Caitlin	Eckley	St Albans AC
13	253	21.46	Sophie	Olney	St Albans AC
14	250	21.56	Elizabeth	Markwell	St Albans AC
15	244	21.59	Jessica	Barnes	St Albans AC
16	258	22.04	Charlie	Duke	Stevenage & NH
17	254	22.05	Hannah	Rayden	St Albans AC
18	228	22.10	Isabelle	Amos	Dacorum & Tring
19	229	22.11	Grace	Birdseye	Dacorum & Tring
20	255	22.14	Georgia	Robin	St Albans AC
21	248	23.40	Jessica	Edwards	St Albans AC
22	233	23.55	Erin	Breen	Herts Phoenix
23	261	24.14	Mollie	Jarvis	Watford Harriers
24	246	26.13	Abbey	Clarke	St Albans AC
25	251	26.19	Molly	McGuirk	St Albans AC
26	257	27.15	Lisa	Barber	Stevenage & NH
27	223	30.49	Jessica	Hinks	Bishops Stortford RC
28	224	30.49	Jena	Millard	Bishops Stortford RC

Teams

1	St Albans AC 'A'	2;9;10	21
2	Herts Phoenix	6;8;11	25
3	St Albans AC 'B'	12;13;14	39
4	St Albans AC 'C'	15;17;20	52
5	St Albans AC 'D'	21;24;25	70

Hertfordshire County Cross Country Championships
Cassiobury Park, Watford, 5 January 2014
Under 17 Women - 6000m

Position	No	Time	Name	Surname	Club
1	301	23.05	Hannah	Morton	Chiltern H
2	305	23.58	Elizabeth	Parry	Herts Phoenix
3	313	24.10	Rachel	Parlour	St Albans AC
4	304	24.26	Alicia	Found	Herts Phoenix
5	315	24.40	Chloe	Dearman	Watford Harriers
6	299	24.52	Claire	Baxter	Chiltern H
7	300	24.58	Sophie	Chesterman	Chiltern H
8	303	25.01	Isabel	Found	Herts Phoenix
9	309	25.17	Rebecca	Hurley	Shaftesbury BH
10	311	25.59	Lauren	Eckley	St Albans AC
11	310	27.14	Naomi	Baker	St Albans AC
12	307	27.21	Gaia	Casciello	Shaftesbury BH
13	312	27.30	Laura	Edwards	St Albans AC

Teams

1	Chiltern H	1;6;7	14
2	Herts Phoenix	2;4;8	14
3	St Albans AC	3;10;11	24

Hertfordshire County Cross Country Championships

Cassiobury Park, Watford, 5 January 2014

Under 20 Women - 6000m

Position	No	Time	Name	Surname	Club
1	339	22.50	Hannah Dewhurst		Stevenage & NH
2	335	23.35	Emily Ruane		Herts Phoenix
3	334	23.51	Mary Gough		Herts Phoenix
4	527	23.55	Sarah Needleman		Chiltern H
5	337	26.24	Izzy Thompson		Shaftesbury BH

No Teams

Hertfordshire County Cross Country Championships
Cassiobury Park, Watford, 5 January 2014
Senior Women - 8000m

Position	No	Time	Name	Surname	Club
1	581	30.13	Hannah	Kitchen	Watford Harriers
2	523	30.25	Rachel	Gibbs	Bedford & County
3	553	30.42	Rebekah	Gardiner	Shaftesbury BH
4	521	30.52	Joanne	Kent	Barnet & District
5	554	31.18	Victoria	Walker	Shaftesbury BH
6	570	31.33	Wendy	Webster	St Albans Striders
7	548	31.52	Martha	Hall	Garden City Runners
8	579	32.00	Angela	Halford	Watford Harriers
9	522	32.12	Karen	Murphy	Barnet & District
10	566	32.31	Deborah	Steer	St Albans Striders
11	546	33.15	Mary	Bird	Garden City Runners
12	583	33.25	Danielle	Sanderson	Watford Harriers
	556	33.38	Claire	Kremer n/s	St Albans Striders
13	585	33.49	Caroline	Whittaker	Watford Harriers
14	562	34.09	Liz	McKie	St Albans Striders
15	536	34.26	Gemma	Bitaraf	Gade Valley Harriers
16	525	35.07	Emma	Deary	Bishops Stortford RC
17	575	35.16	Moira	Craft	Watford Harriers
18	561	35.24	Zoe	Lowe	St Albans Striders
19	530	35.45	Tracy	Pez	Fairlands Valley Spartans
20	524	36.07	Kathryn	Chapman	Bishops Stortford RC
21	544	36.18	Teresa	Reason	Gade Valley Harriers
22	550	36.40	Helen	Cairns	N Herts RR
23	564	36.44	Christine	Pout	St Albans Striders
24	542	36.51	Claire	McDonnell	Gade Valley Harriers
25	572	37.17	Alison	Harding	Tring RC
26	589	37.22	Kate	Pickard	Watford Joggers
27	565	37.22	Johanna	Sharples	St Albans Striders
28	576	37.51	Liza	Croft	Watford Harriers
29	517	38.12	Karen	Bradley	Barnet & District
30	529	38.45	Rhiannon	Griffin	Fairlands Valley Spartans
31	559	38.50	Deirdre	Heydecker	St Albans Striders
32	569	39.09	Liz	Walls	St Albans Striders
33	540	39.17	Susanna	Ivin	Gade Valley Harriers
34	586	39.28	Clare	Bonnick	Watford Joggers
35	547	39.36	Virginia	Bird	Garden City Runners
36	573	39.51	Jane	Porteous	Tring RC
37	520	40.50	Kirsty	Johnstone	Barnet & District
38	567	41.00	Lucy	Stern	St Albans Striders
39	590	41.12	Victoria	Sylvester	Watford Joggers
40	578	41.52	Nicoletta	Economu	Watford Harriers
41	526	42.17	Jayne	Shepherd	Bishops Stortford RC
42	563	42.24	Carole	Mooney	St Albans Striders
43	558	42.35	Petra	Grosse	St Albans Striders
44	571	42.41	Liz	Daniel	Tring RC
45	533	42.52	Peta	Wilson	Fairlands Valley Spartans
46	516	43.20	Clare	Boutle	Barnet & District
47	534	44.22	Maxine	Bateman	Gade Valley Harriers
48	535	44.31	Anita	Berwick	Gade Valley Harriers
49	539	45.06	Jacki	Eskdale	Gade Valley Harriers
50	543	45.10	Emma	Nash	Gade Valley Harriers
51	557	45.35	Katie	Chilton	St Albans Striders
52	545	45.48	Karis	Thomas	Gade Valley Harriers
53	541	45.49	Joanna	Kidd	Gade Valley Harriers

Hertfordshire County Cross Country Championships

Cassiobury Park, Watford, 5 January 2014

Senior Women - 8000m

54	584	47.52	Jayne Turnley	Watford Harriers
55	577	54.25	Christine Dearman	Watford Harriers
56	528	57.23	Sharon Crowley	Fairlands Valley Spartans
57	588	61.34	Carol Higgs	Watford Joggers

Teams

1	Watford Harriers 'A'	1;8;12;13	34
2	St Albans Striders 'A'	6;10;14;18	48
3	Barnet & District	4;9;29;37	79
4	Gade Valley Harriers 'A'	15;21;24;33	93
5	St Albans Striders 'B'	23;27;31;32	113
6	Watford Harriers 'B'	17;28;40;54	139
7	Fairlands Valley Spartans	19;30;45;56	150
8	Watford Joggers	26;34;39;57	156
9	St Albans Striders 'C'	38;42;43;51	174
10	Gade Valley Harriers 'B'	47;48;49;50	194