

**Hertfordshire County Veterans Cross Country Championships**  
**Trent Park**  
**22 March 2015**

**Veteran Men (8000m)**

1	2	29.34	Neil Miller	Bedford & County	M40
2	38	30.12	Julian Critchlow	Watford Harriers	M50
3	13	31.13	Paul Makowski	Royston Runners	M40
4	151	31.31	Richard McCormick	Barnet & District	M50
5	152	31.37	Costa Michael	Barnet & District	M50
6	28	31.46	Mathew Adcock	Watford Harriers	M40
7	6	31.52	Paul Scofield	Bishops Stortford RC	M40
8	23	32.08	Graham Smith	St Albans Striders	M40
9	34	32.16	Karl Cable	Royston Runners	M50
10	150	32.36	Andrew Kelleher	Barnet & District	M50
11	16	32.56	Ian Murray	Royston Runners	M40
12	10	33.11	Richard Harrison	Royston Runners	M40
13	169	33.25	Michael Burgess	Tring RC	M50
14	12	33.26	Graham Hill	Royston Runners	M40
15	163	33.28	Graham Foster	St Albans Striders	M50
16	155	33.40	Andy Holt	Garden City Runners	M50
17	171	34.14	Paul Allen	Tring RC	M50
18	11	34.25	Vince Long	Royston Runners	M40
19	153	34.57	Alan Morris	Barnet & District	M50
20	21	35.22	Craig Dowie	St Albans Striders	M40
21	174	35.31	Colin Taylor	Watford Joggers	M50
22	164	35.39	Martin Halling	St Albans Striders	M50
23	30	35.55	Peter Beatty	Bishops Stortford RC	M50
24	27	35.57	Adrian Harwood	Watford Harriers	M40
25	170	36.13	Kevin Harding	Tring RC	M50
26	5	36.38	Oliver Last	Bishops Stortford RC	M40
27	24	36.57	Tim Underhill	St Albans Striders	M40
28	159	37.03	Sean Bowen	Garden City Runners	M50
29	157	37.39	Patrick Bird	Garden City Runners	M50
30	35	37.43	Paul Martin	Royston Runners	M50
31	4	37.53	Chris Green	Bishops Stortford RC	M40
32	32	37.55	Bernie Barnaby	Fairlands Valley Spartans	M50
33	172	37.59	Clive Cohen	Tring RC	M50
34	168	38.02	Rick Ansell	Tring RC	M50
35	154	38.26	Andy Tant	Broxbourne Runners	M50
36	271	38.31	Stewart Bryan	N Herts RR	M50
37	39	38.42	Paul Edwards	Watford Harriers	M50
38	175	38.58	Marcus Edwards	Watford Joggers	M50
39	3	39.04	Phillip Butson	Bishops Stortford RC	M40
40	18	39.10	Martin Reed	Stevenage & NH	M40
41	167	39.12	Richard Todd	St Albans Striders	M50
42	176	39.22	Robin Tremaine	Watford Joggers	M50
43	36	39.25	Trevor Mason	Stevenage & NH	M50
44	17	39.53	Paul Pickard	Stevenage & NH	M40
45	7	40.15	Thomas Sanka	Fairlands Valley Spartans	M40
46	22	40.30	Andrew Maher	St Albans Striders	M40
47	173	42.17	Tim Woolridge	Watford Joggers	M50
48	160	42.29	Tom Weatherhead	Garden City Runners	M50
49	37	43.10	Anthony Carolan	Stevenage & NH	M50
50	165	43.42	Michael Jack	St Albans Striders	M50
51	19	44.31	Steve Alexander	St Albans Striders	M40
52	31	45.19	Martin Wood	Fairlands Valley Spartans	M50
52	31	45.19	Martin Wood	Fairlands Valley Spartans	M50

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**Teams - M40**

1	Royston Runners	3;9;11;12	35
2	Watford Harriers	2;6;24;37	69
3	Bishops Stortford RC	7;23;26;31	87
4	St Albans Striders	8;20;27;46	101
5	Stevenage & NH	40;43;44;49	176

**Teams - M50**

1	Barnet & District	4;5;10;19	38
2	Tring RC	13;17;25;33	88
3	Garden City Runners	16;28;29;48	121
4	St Albans Striders	15;22;41;50	128
5	Watford Joggers	21;38;42;47	148

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**Veteran Men (6500m)**

1	262	28.47	Jonathon Haynes	Bishops Stortford RC	M60
2	275	29.50	Brian James	Watford Joggers	M60
3	269	30.18	Peter Fitzpatrick	Herts Phoenix	M60
4	267	31.12	Richard Bloom	Herts Phoenix	M60
5	268	32.16	Richard Foskett	Herts Phoenix	M60
6	571	32.25	John Owen	Barnet & District	M70
7	260	32.28	Desmond Michael	Barnet & District	M60
8	575	33.49	Colin Rees	Tring RC	M70
9	266	36.12	Mick Wise	Garden City Runners	M60
10	263	37.45	John Davis	Garden City Runners	M60
11	576	37.52	Tony Reynolds	Watford Harriers	M70
12	272	38.28	Brian Bailey	N Herts RR	M60
13	270	38.47	Ian Sutcliffe	N Herts RR	M60
14	573	40.04	John Steed	Herts Phoenix	M70
15	570	49.42	John Nugent	Broxbourne Runners	M70
15	570	49.42	John Nugent	Broxbourne Runners	M70

**Teams**

1	Herts Phoenix	3;4;5	12
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**Veteran Women (6500m)**

1	463	27.52	Wendy Walsh	St Albans Striders	W45
2	309	30.11	Angela Trussler	Watford Harriers	W35
3	458	30.13	Zoe Lowe	St Albans Striders	W45
4	453	30.40	Catherine Davies	Dacorum & Tring	W45
5	505	31.28	Yuko Gordon	N Herts RR	W55
6	462	32.14	Gillian Jubb	St Albans Striders	W45
7	451	32.27	Karen Bradley	Barnet & District	W45
8	303	32.34	Samantha Sullivan	Dacorum & Tring	W35
9	501	32.46	Julie Simmons	Fairlands Valley Spartans	W55
10	302	33.03	Wendy Pearson	Dacorum & Tring	W35
11	464	33.20	Clare Bonnick	Watford Joggers	W45
12	509	33.27	Deidre Heydecker	St Albans Striders	W55
13	457	33.59	Mandy Attree	St Albans Striders	W45
14	307	34.47	Maria Evans	Tring RC	W35
15	306	35.18	Amy Jankiewicz	St Albans Striders	W35
16	304	36.13	Alison Richardson	Dacorum & Tring	W35
17	506	36.23	Linda Aird	N Herts RR	W55
18	305	36.23	Sian Mitchell	Garden City Runners	W35
19	310	36.30	Alison Putko	Watford Harriers	W35
20	452	36.45	Kirsty Johnstone	Barnet & District	W45
21	460	37.36	Carole Mooney	St Albans Striders	W45
22	455	37.43	Elaine Giles	Garden City Runners	W45
23	454	38.13	Peta Wilson	Fairlands Valley Spartans	W45
24	308	38.23	Kirsty Barnett	Tring RC	W35
25	450	40.01	Clare Boutle	Barnet & District	W45
26	508	40.56	Christine Sharp	N Herts RR	W55
27	503	41.05	Sandra Wise	Garden City Runners	W55
28	504	41.59	Maureen Steed	Garden City Runners	W55
29	510	42.49	Caroline Skyrme	St Albans Striders	W55
30	502	43.48	Sharon Crowley	Fairlands Valley Spartans	W55
31	456	43.55	Lindsay Cook	N Herts RR	W45
32	461	44.19	Alison Campbell	St Albans Striders	W45
33	600	44.49	Iris Hornsey	Fairlands Valley Spartans	W65
33	600	44.49	Iris Hornsey	Fairlands Valley Spartans	W65

**Teams**

1	St Albans Striders	1;3;6;12	22
2	Dacorum & Tring	4;8;10;16	38
3	St Albans Striders 'B'	13;15;21;29	78
4	N Herts RR	5;17;26;31	79
5	Garden City Runners	18;22;27;28	95
6	Fairlands Valley Spartans	9;23;30;33	95

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**Medal and trophy winners**

**Women - Individual winner of trophy**

Wendy Walsh St Albans Striders W45

**Women W35**

1	Angela Trussler	Watford Harriers
2	Samantha Sullivan	Dacorum & Tring
3	Wendy Pearson	Dacorum & Tring

**Women W45**

1	Wendy Walsh	St Albans Striders
2	Zoe Lowe	St Albans Striders
3	Catherine Davies	Dacorum & Tring

**Women W55**

1	Yuko Gordon	N Herts RR
2	Julie Simmons	Fairlands Valley Spartans
3	Deidre Heydecker	St Albans Striders

**Women W65+**

1	Iris Hornsey	Fairlands Valley Spartans
2	Iris Hornsey	Fairlands Valley Spartans
3		

**Women's Team with Trophy (4 to score)**

1	St Albans Striders	1;3;6;12	22
2	Dacorum & Tring	4;8;10;16	38
3	St Albans Striders 'B'	13;15;21;29	78

**Men - Individual winner of trophy**

Neil Miller Bedford & County M40

**Men M40**

1	Neil Miller	Bedford & County
2	Paul Makowski	Royston Runners
3	Mathew Adcock	Watford Harriers

**Men M50**

1	Julian Critchlow	Watford Harriers
2	Richard McCormick	Barnet & District
3	Costa Michael	Barnet & District

**Men M60**

1	Jonathon Haynes	Bishops Stortford RC
2	Brian James	Watford Joggers
3	Peter Fitzpatrick	Herts Phoenix

**Men M70+**

1	John Owen	Barnet & District
2	Colin Rees	Tring RC
3	Tony Reynolds	Watford Harriers

**Men's M40 Team with Trophy (4 to score)**

1	Royston Runners	3;9;11;12	35
2	Watford Harriers	2;6;24;37	69
3	Bishops Stortford RC	7;23;26;31	87

**Men's M50 Team (4 to score)**

1	Barnet & District	4;5;10;19	38
2	Tring RC	13;17;25;33	88
3	Garden City Runners	16;28;29;48	121

**Men's M60+ Team (3 to score)**

1	Herts Phoenix	3;4;5	12
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