

Hertfordshire County Cross Country Championships
Verulam Park, St Albans, 4 January 2015
Under 11 Boys - 1500m

Position	No	Time	Name	Surname	Club
1	63	5.15	Luca	Stubbs	Shaftesbury BH
2	43	5.15	Jamie	Bailey	Dacorum & Tring AC
3	53	5.22	William	Hughes	Herts Phoenix AC
	60	5.32	Dylan	Michel n/s	Shaftesbury BH*
4	71	5.34	Robert	Quigley	St Albans AC
5	56	5.37	Daniel	Bentham	Luton AC
6	57	5.38	Euan	Turner	Luton AC
7	66	5.43	Morgan	Hume	St Albans AC
8	44	5.45	Ethan	Brimmer	Dacorum & Tring AC
	59	5.45	Samuel	Greenstein n/s	Shaftesbury BH*
9	42	5.58	Thomas	Ashton	Dacorum & Tring AC
10	45	6.02	Samuel	Burnell	Dacorum & Tring AC
11	76	6.05	Thomas	Hobbs	Watford Harriers
12	50	6.07	Vinny	Clarke	Herts Phoenix AC
13	69	6.09	Nathan	Masters	St Albans AC
14	68	6.12	Jake	Leech	St Albans AC
15	62	6.14	Dillon	Stolarski	Shaftesbury BH
16	58	6.15	Max	Winfield	Luton AC
	61	6.15	Gilad	Nachshen n/s	Shaftesbury BH*
17	54	6.15	Andrew	McCann	Herts Phoenix AC
18	75	6.18	George	Beasley	Watford Harriers
19	73	6.20	Ben	Miller	St Marys School
20	37	6.22	Matthew	Clarke	Bishops Stortford RC
21	51	6.22	Benjamin	Cracknell	Herts Phoenix AC
22	72	6.27	Zac	Segal	St Albans AC
23	64	6.35	Oscar	Azzuri	St Albans AC
24	36	6.37	Tobias	Bird	Bishops Stortford RC
25	55	6.38	Jamie	Roper	Herts Phoenix AC
26	39	6.40	Thomas	Edwards	Bishops Stortford RC
27	41	6.48	Toby	Small	Bishops Stortford RC
28	74	6.55	Danny	Mead	Stevenage & NH
29	70	7.01	Rafe	Palmer	St Albans AC
30	47	7.15	Hayden	Baker	Herts Phoenix AC
31	67	7.24	Marin	Hyseni	St Albans AC
32	38	7.59	Vincent	Davall	Bishops Stortford RC

Teams

1	Dacorum & Tring AC	2;8;9	19
2	St Albans AC	4;7;13	24
3	Luton AC	5;6;16	27
4	Herts Phoenix AC	3;12;17	32
5	St Albans AC 'B'	14;22;23	59
6	Bishops Stortford RC	20;24;26	70
7	Herts Phoenix AC 'B'	21;25;30	76

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Under 13 Boys - 3000m

Position	No	Time	Name	Surname	Club
1	137	10.22	Kristian	Imroth	Dacorum & Tring AC
2	146	10.44	Joe	Smith	Herts Phoenix AC
3	162	10.50	Stefan	Martin	St Albans AC
	157	11.03	Judah	Yawitch n/s	Shaftesbury BH*
4	142	11.04	Bryce	Breen	Herts Phoenix AC
5	165	11.04	Josh	Avenall	St Albans School
6	174	11.07	Oliver	Griffiths	Watford Harriers
7	135	11.09	Benjamin	Howell	Chiltern Harriers
	149	11.11	Ben	Bloom n/s	Shaftesbury BH*
8	166	11.18	Scott	Brice	St Albans School
9	151	11.19	Conrad	Holland	Shaftesbury BH
10	141	11.25	Louis	Hunt	Harrow AC
11	163	11.34	Nicholas	Ralfe	St Albans AC
12	148	11.37	Alex	Stapleton	Herts Phoenix AC
13	136	11.49	James	Glyn	Dacorum & Tring AC
14	145	11.53	Brett	Rushman	Herts Phoenix AC
15	139	11.56	Freddie	Truman-Williams	Dacorum & Tring AC
16	159	12.01	Jack	Dickinson	St Albans AC
17	140	12.06	James	Murphy	Harlow AC
18	170	12.07	Haydn	Williams	Stevenage & NH
19	164	12.07	Matthew	Stevens	St Albans AC
20	153	12.10	Samuel	Lee	Shaftesbury BH
21	169	12.37	Jason	List	Stevenage & NH
22	168	12.43	Harry	Parker	St Albans School
23	155	12.59	Andrew	Rogers	Shaftesbury BH
24	152	13.04	Ben	Kelly	Shaftesbury BH
25	143	13.10	Thomas	Hughes	Herts Phoenix AC
26	172	13.11	Lewis	Clark	Watford Harriers
27	130	13.20	Keiron	Lee	Barnet & District
28	131	13.25	Jos	Ross-Brown	Barnet & District
29	128	13.43	Edward	Fraser	Barnet & District
30	134	14.12	Matthew	Curtis	Bishops Stortford RC
31	171	15.50	Ralph	Williams	Stevenage & NH
32	147	15.52	Joe	Snowball	Herts Phoenix AC
33	133	17.04	Steve	Burgess	Bishops Stortford RC

Teams

1	Herts Phoenix AC	2;4;12	18
2	Dacorum & Tring AC	1;13;15	29
3	St Albans AC	3;11;16	30
4	St Albans School	5;8;22	35
5	Shaftesbury BH	9;20;23	52
6	Stevenage & NH	18;21;31	70
7	Herts Phoenix AC 'B'	14;25;32	71
8	Barnet & District	27;28;29	84

Hertfordshire County Cross Country Championships
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Under 15 Boys - 4500m

Position	No	Time	Name	Surname	Club
1	237	15.46	George	Groom	Shaftesbury BH
2	232	15.55	Jeremy	Dempsey	Shaftesbury BH
3	231	16.14	Elliot	Dee	Shaftesbury BH
4	235	16.45	Tom	Fulton	Shaftesbury BH
5	233	16.57	Joshua	Edwards	Shaftesbury BH
6	236	17.16	Nathan	Gammon	Shaftesbury BH
7	258	17.22	Daniel	Streeter	Stevenage & NH
8	256	17.34	Adam	Mason	Stevenage & NH
9	250	17.50	Callum	Walsh	St Albans AC
10	229	17.53	Joe	Chott	Shaftesbury BH
11	246	17.57	Oliver	Davis	St Albans AC
12	218	18.02	Joshua	Van Heiningen	Dacorum & Tring AC
13	242	18.12	Adam	Shiret	Shaftesbury BH
14	239	18.14	Rufus	Kent	Shaftesbury BH
15	241	18.15	Henry	Rocha	Shaftesbury BH
16	234	18.21	Henry	Fulton	Shaftesbury BH
	225	18.42	Jack	Bloom n/s	Shaftesbury BH*
17	261	18.53	Byron	Johal	Watford Harriers
18	220	19.02	Elliot	Breen	Herts Phoenix AC
19	223	19.05	Adam	Hughes	Herts Phoenix AC
20	222	19.09	Jacob	Fenwick	Herts Phoenix AC
21	245	19.18	Rowan	Daly	St Albans AC
22	244	19.37	Cameron	Clark	St Albans AC
23	253	19.57	Greg	Hurley	St Albans School
24	247	20.06	Jed	Lumb	St Albans AC
25	213	21.37	Matthew	Carter	Bishops Stortford RC
26	259	21.46	Cameron	Clark	Watford Harriers
27	221	22.50	Angus	Clifford	Herts Phoenix AC

Teams

1	Shaftesbury BH	1;2;3	6
2	Shaftesbury BH 'B'	4;5;6	15
3	Shaftesbury BH 'C'	10;13;14	37
4	St Albans AC	9;11;21	41
5	Herts Phoenix AC	18;19;20	57

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Under 17 Men - 6000m

Position	No	Time	Name	Surname	Club
1	315	21.47	Jamie Dee		Shaftesbury BH
2	303	22.07	Thomas Butler		Barnet & District
3	314	22.51	George Cook		Herts Phoenix AC
4	320	23.19	Ben Clarke		St Albans AC
5	317	23.27	Charlie Griffiths		Shaftesbury BH
6	309	23.30	Jonty Wager-Leigh		Chiltern Harriers
7	335	23.37	Thomas Rayner		Watford Harriers
8	328	24.04	Ben Hems		St Albans School
9	305	24.19	Oliver Formby		Barnet & District
10	313	24.23	Oscar Bell		HAWCS
11	312	24.31	Rhys Rowlands		Dacorum & Tring AC
12	307	24.33	Samuel Howell		Chiltern Harriers
13	326	24.49	Oliver Edmund		St Albans School
14	322	25.11	Ben Pattison		St Albans AC
15	327	25.17	Tom Halling		St Albans School
16	304	25.49	Mark Cunningham		Barnet & District
17	311	26.04	Matthew Renphrey		Dacorum & Tring AC
18	318	26.11	Edward Anders		St Albans AC
19	332	26.15	James Costella-Munday		Watford Harriers
20	321	26.47	Andrew Doherty		St Albans AC
21	310	26.58	Samuel Fielding		Dacorum & Tring AC
22	308	27.07	Henry Turnbull		Chiltern Harriers
23	323	27.22	Hugh Thomas		St Albans AC
24	325	27.48	Sebastian Bretnall		St Albans School
25	306	29.08	Joseph Peppiatt		Barnet & District

Teams

1	Barnet & District	2;9;16	27
3	St Albans School	8;13;15	36
2	St Albans AC	4;14;18	36
4	Chiltern Harriers	6;12;22	40
5	Dacorum & Tring AC	11;17;21	49

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Under 20 Men - 8000m

Position	No	Time	Name	Surname	Club
1	352	27.12	James	McMurray	St Albans AC
2	342	27.40	Robert	Lightowler	Shaftesbury BH
3	340	28.19	Sam	Griffiths	Shaftesbury BH
4	346	29.13	Adam	Thorpe	Shaftesbury BH
5	353	29.50	Oliver	Poulain	St Albans AC
6	349	30.08	Michael	Carr	St Albans AC
7	348	30.15	Kane	Bailey	St Albans AC
8	350	30.15	Jacob	Hine	St Albans AC
9	362	31.44	Harvey	O'Brart	Watford Harriers
10	347	32.35	Jamie	Abbiss	St Albans AC
11	359	35.34	Jack	Gladman	Stevenage & NH
12	360	35.40	Jonathan	Horne	Watford Harriers

Teams

1	Shaftesbury BH	2;3;4	9
2	St Albans AC	1;5;6	12
3	St Albans AC 'B'	7;8;10	25

Hertfordshire County Cross Country Championships
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Senior Men - 12000m

Position	No	Time	Name	Surname	Club
	2002	38.53	Neilson Hall (n/s)		Bedford & County AC
1	908	39.00	Matt Leach		N Herts Road Runners
2	902	39.10	Edward Shepherd		Herts Phoenix AC
3	899	39.26	John Eves		Herts Phoenix AC
4	819	40.31	Luke Humphreys		Bedford & County AC
5	818	40.48	Michael Wright		Barnet & District
6	935	40.59	Tom Crouch		St Albans Striders
7	850	41.22	Ben Nagy		Enfield & Haringey
8	927	41.43	Matt Grant		Shaftesbury BH
9	926	42.04	Orlando Edwards		Shaftesbury BH
10	932	42.14	Paul Adams		St Albans Striders
11	907	42.26	Andrew Leach		N Herts Road Runners
12	924	42.48	Dan Davies		Shaftesbury BH
13	928	43.32	Euan MacKenzie		Shaftesbury BH
14	910	44.01	Oliver Saville		N Herts Road Runners
15	972	44.05	Luke Delderfield		Tring Running Club
16	867	44.12	Mark Crabtree		Gade Valley Harriers
17	911	44.15	Mark Vaughan		N Herts Road Runners
18	958	44.50	Graham Smith		St Albans Striders
19	967	44.51	Robin Brown		Thames H&H
20	804	44.54	Adrian Mason		Barnet & District
21	857	44.59	Grant Ramsay		Fairlands Valley Spartans
22	940	45.06	Adam Dunajko		St Albans Striders
23	942	45.26	Simon Fraser		St Albans Striders
24	825	45.34	Steven Prosser		Bishops Stortford RC
25	905	45.38	Rob Harris		N Herts Road Runners
26	811	45.50	Raj Patel		Barnet & District
27	891	46.11	Neill Hughes		Garden City Runners
28	806	46.22	Costa Michael		Barnet & District
29	808	46.24	Will Morris		Barnet & District
30	805	46.27	Richard McCormick		Barnet & District
31	914	46.31	Tom Beach		Royston Runners
32	919	46.40	Jaime Reed		Royston Runners
33	997	46.50	David O'Sullivan		Watford Joggers
34	929	46.53	Michael Potticary		Shaftesbury BH
35	912	46.59	James Walsh		N Herts Road Runners
36	812	47.02	Ed Price		Barnet & District
37	897	47.51	Robert Draper		Hercules Wimbledon
38	843	47.53	Jamie Marlow		Dacorum & Tring AC
39	964	47.53	George Withers		St Albans Striders
40	855	48.12	Simon Jackson		Fairlands Valley Spartans
41	861	48.19	Martin Wood		Fairlands Valley Spartans
42	880	48.27	Guy Woollett		Gade Valley Harriers
43	915	48.29	Richard Harrison		Royston Runners
44	883	48.34	Russell Casey		Garden City Runners
45	916	48.45	Graham Hill		Royston Runners
46	814	48.51	James Taylor		Barnet & District
47	963	48.52	Martin Whitworth		St Albans Striders
48	962	48.57	Gary Warren		St Albans Striders
49	909	49.03	Steve McKeown		N Herts Road Runners
50	982	49.05	Garth Morris		Ware Joggers
51	953	49.21	Johnny Ockenden		St Albans Striders
52	892	49.22	Neil Hume		Garden City Runners
53	827	49.23	Paul Scofield		Bishops Stortford RC
54	974	49.29	Kevin Harding		Tring Running Club
55	977	49.55	Steve Long		Tring Running Club

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Senior Men - 12000m

56	875	50.01	Jon Roberts	Gade Valley Harriers
57	989	50.04	David Beany	Watford Harriers
58	904	50.15	John Auld	N Herts Road Runners
59	968	50.19	Paul Allen	Tring Running Club
60	840	50.21	Duncan Hamilton	Dacorum & Tring AC
61	954	50.33	Alex Pritchard	St Albans Striders
62	877	50.36	Dylan Wendleken	Gade Valley Harriers
63	822	50.39	Jonathan Haynes	Bishops Stortford RC
64	959	50.45	Steve Smith	St Albans Striders
65	845	50.47	Steve Russell	Dacorum & Tring AC
66	918	50.51	Richard Lowden	Royston Runners
67	851	50.52	Stewart Pepper	Enfield & Haringey
68	817	50.52	Darren White	Barnet & District
69	863	51.02	Julian Smith	Gade Valley Harriers
70	801	51.03	Dan Digweed	Barnet & District
71	933	51.14	Colin Braybrook	St Albans Striders
72	999	51.16	Colin Taylor	Watford Joggers
73	862	51.21	Ian Yenny	Fairlands Valley Spartans
74	870	51.36	Bill Hawes	Gade Valley Harriers
75	895	51.54	Richard Somerset	Garden City Runners
76	830	52.10	Grant Glendinning	Broxbourne Runners
77	949	52.11	Michael Martin	St Albans Striders
78	839	52.23	Douglas Hamilton	Dacorum & Tring AC
79	868	52.31	Scott Dixon	Gade Valley Harriers
80	802	52.45	Joe Gomes	Barnet & District
81	864	52.54	Michael Birch	Gade Valley Harriers
82	844	53.09	Chris Marriott	Dacorum & Tring AC
83	976	53.14	Ben Hurford	Tring Running Club
84	970	53.51	Simon Barnett	Tring Running Club
85	841	54.02	John Hopper	Dacorum & Tring AC
86	800	54.04	Paul Carter	Barnet & District
87	874	54.10	Stephen Newing	Gade Valley Harriers
88	828	54.46	Robin Stewart	Bishops Stortford RC
89	920	55.11	Steve Smith	Royston Runners
90	983	55.21	David Pomeroy	Ware Joggers
91	807	55.29	Sean Mitchell	Barnet & District
92	969	55.52	Rick Ansell	Tring Running Club
93	992	55.59	Adrian Harwood	Watford Harriers
94	900	56.01	Peter Fitzpatrick	Herts Phoenix AC
95	813	56.02	Rob Scott	Barnet & District
96	1000	56.02	Danny Ware	Watford Joggers
97	978	56.11	John Manning	Tring Running Club
98	923	56.35	Phil Cunningham	Shaftesbury BH
99	821	56.43	Phil Butson	Bishops Stortford RC
100	901	57.05	John Rushman	unattached
101	881	55.17	Patrick Bird	Garden City Runners
102	987	57.45	James Tryer	Ware Joggers
103	994	57.56	Graham Mayoh	Watford Harriers
104	951	58.08	Stuart Middleton	St Albans Striders
105	986	58.20	Les Taylor	Ware Joggers
106	894	58.34	Brad Smith	Garden City Runners
107	898	58.37	Richard Bloom	Herts Phoenix AC
108	960	58.40	Richard Todd	St Albans Striders
109	995	58.50	Richard Bird	Watford Joggers
110	966	59.06	Trevor Mason	Stevenage & NH
111	860	59.59	Paul Whyte	Fairlands Valley Spartans
112	876	60.19	James Thomson	Gade Valley Harriers

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Senior Men - 12000m

113	957	60.31	Jim Simpson	St Albans Striders
114	847	60.39	Andrew Trevillion	Dacorum & Tring AC
115	993	61.17	Maurice Lisle	Watford Harriers
116	829	61.26	Derek Dutchburn	Broxbourne Runners
117	979	61.31	Simon Stevenson	Tring Running Club
118	823	62.03	Jason Loughlin	Bishops Stortford RC
119	896	63.07	Craig Stephenson	Garden City Runners
120	858	64.32	Thomas Sauka	Fairlands Valley Spartans
121	971	64.49	Andy Collings	Tring Running Club
122	872	65.15	Dean Kidd	Gade Valley Harriers
123	871	65.17	Richard Hutton	Gade Valley Harriers
124	882	65.27	Trace Allen	Garden City Runners
125	865	65.31	Johnny Broom	Gade Valley Harriers
126	853	65.40	Jim Brown	Fairlands Valley Spartans
127	945	66.30	Patrick Higgins	St Albans Striders
128	824	66.40	Steven Pearson	Bishops Stortford RC
129	833	66.49	Simon Bright	Dacorum & Tring AC
130	984	66.56	Phil Smith	Ware Joggers
131	985	66.58	Matthew Stephens	Ware Joggers
132	950	72.52	Martin Medforth	St Albans Striders
133	837	75.21	Caspar Du Buisson	Dacorum & Tring AC

Teams

1	N Herts Road Runners	1;11;14;17;25;35	103
2	St Albans Striders	6;10;18;22;23;39	118
3	Barnet & District	5;20;26;28;29;30	138
4	Shaftesbury BH	8;9;12;13;34;98	174
5	Royston Runners	31;32;43;45;66;89	306
6	Gade Valley Harriers	16;42;56;62;69;74	319
7	St Albans Striders 'B'	47;48;51;61;64;71	342
8	Tring Running Club	15;54;55;59;83;84	350
9	Barnet & District 'B'	36;46;68;70;80;86	386
10	Garden City Runners	27;44;52;75;101;106	405
11	Fairlands Valley Spartans	21;40;41;73;111;120	406
12	Dacorum & Tring AC	38;60;65;78;82;85	408
13	Bishops Stortford RC	24;53;63;88;99;118	445
14	Gade Valley Harriers 'B'	79;81;87;112;122;123	604
15	Ware Joggers	50;90;102;105;130;131	608
16	St Albans Striders 'C'	77;104;108;113;127;132	661

Hertfordshire County Cross Country Championships

Verulam Park, St Albans, 4 January 2015

Under 11 Girls - 1500m

Position	No	Time	Name	Surname	Club
	17	5.46	Maayan	Radus	Shaftesbury BH*
1	18	5.47	Aimi	Weightman	Shaftesbury BH
2	14	5.55	Sydney	Allen	Shaftesbury BH
3	21	6.04	Lucy	Evans	St Albans AC
4	9	6.11	Olivia	Edwards	Dacorum & Tring AC
5	3	6.19	Jessica	Moore	Barnet & District
6	5	6.25	Elena	Roncarati	Barnet & District
7	20	6.26	Emeline	Brown	St Albans AC
8	24	6.27	Antonio	Jubb	St Albans AC
9	6	6.28	Estelle	Pierrejean	Bishops Stortford RC
10	25	6.29	Sara	Laitner	St Albans AC
11	29	6.33	Mei-Rose	Layeye	Stevenage & NH
12	8	6.34	Emily	Scofield	Bishops Stortford RC
13	33	6.34	Sabrina	Jansen	Watford Harriers
14	22	6.39	Sylvie	Foster	St Albans AC
15	28	6.48	Jessica	Astill	Stevenage & NH
16	13	6.50	Megan	Reid	Herts Phoenix AC
17	23	7.00	Emma	Furner	St Albans AC
18	31	7.01	Sophie	Griffiths	Watford Harriers
19	34	7.02	Charlotte	Masters	Watford Harriers
20	1	7.05	Olivia	Bradbury	Barnet & District
21	4	7.16	Anna	Murphy	Barnet & District
22	7	7.21	Lauren	Robinson	Bishops Stortford RC
23	19	7.25	Nia	Boty	St Albans AC
24	15	7.26	Eleanor	Rachel	Shaftesbury BH
25	12	7.33	Charlotte	Hobson	Herts Phoenix AC
26	10	7.34	Zarah	Bastide	Herts Phoenix AC
27	16	7.42	Lottie	Rachel	Shaftesbury BH
28	32	7.43	Sophie	Harris	Watford Harriers

Teams

1	St Albans AC	3;7;8	18
2	Shaftesbury BH	1;2;24	27
3	Barnet & District	5;6;20	31
4	St Albans AC	10;14;17	41
5	Bishops Stortford RC	9;12;22	43
6	Watford Harriers	13;18;19	50
7	Herts Phoenix AC	16;25;26	67

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Under 13 Girls - 3000m

Position	No	Time	Name	Surname	Club
1	126	11.23	Grace	Ingles	Watford Harriers
2	119	11.28	Keira	Stern	St Albans AC
3	84	11.35	Emily	Alderson	Chiltern Harriers
4	107	11.45	Scarlett	Kent	Shaftesbury BH
5	94	11.48	Jaynie	Awcock	Herts Phoenix AC
6	105	11.50	Mia	Groom	Shaftesbury BH
7	86	11.51	Indira	Patel	Dacorum & Tring AC
8	118	12.00	Sophie	Robin	St Albans AC
9	103	12.05	Sophia	Dempsey	Shaftesbury BH
10	101	12.06	Elizabeth	Bentham	Luton AC
11	127	12.07	Hannah	Trotman	Watford Harriers
12	100	12.11	Freya	Stapleton	Herts Phoenix AC
13	121	12.31	Demi	Tuninema	St Albans AC
14	108	12.42	Emily	Barnes	St Albans AC
15	96	12.52	Molly	Hobson	Herts Phoenix AC
16	117	12.58	Emily	Rayden	St Albans AC
17	120	13.02	Beatrix	Towers	St Albans AC
18	91	13.09	Sarah	Andrews	Harrow AC
19	110	13.28	Christina	Durbin	St Albans AC
20	114	13.50	Niamh	Gallagher	St Albans AC
21	85	14.01	Jessica	Hoar	Dacorum & Tring AC
22	82	14.09	Grace	Malcolm	Bishops Stortford RC
23	92	14.16	Katie	Egerton	HAWCS
24	99	14.17	Erin	Smith	Herts Phoenix AC
25	112	14.46	Lucy	Edmond	St Albans AC
26	115	14.52	Rosie	Hall	St Albans AC
27	116	14.53	Ellie	Hume	St Albans AC
28	81	15.08	Pearl	Thomas-Bocking	Barnet & District
29	124	15.13	Leah	Cairns	Stevenage & NH
30	80	15.43	Isobel	Parker	Barnet & District
31	113	16.14	Emma	Edwards	St Albans AC
32	83	16.16	Mairi	Malcolm	Bishops Stortford RC
33	79	17.03	Emily	Murphy	Barnet & District

Teams

1	Shaftesbury BH	4;6;9	19
2	St Albans AC	2;8;13	23
3	Herts Phoenix AC	5;12;15	32
4	St Albans AC 'B'	14;16;17	47
5	St Albans AC 'C'	19;20;25	64
6	St Albans AC 'D'	26;27;31	84
7	Barnet & District	28;30;33	91

Hertfordshire County Cross Country Championships

Verulam Park, St Albans, 4 January 2015

Under 15 Girls - 4500m

Position	No	Time	Name	Surname	Club
1	186	18.05	Sophie	Morton	Chiltern Harriers
2	188	18.47	Scarlett	Wager-Leigh	Chiltern Harriers
3	185	18.55	Emily	Bannister	Chiltern Harriers
4	197	19.01	Lidia	Kyriacou	Shaftesbury BH
5	202	19.04	Jessica	Laitner	St Albans AC
6	192	19.18	Lottie	Rowedder	Harlow AC
7	205	19.27	Hannah	Rayden	St Albans AC
8	206	19.41	Freya	Weddell	St Albans AC
9	211	19.45	Zoe	Thompson	Stevenage & NH
10	191	20.26	Katie	Champion	Harlow AC
11	200	20.31	Emily	Anders	St Albans AC
12	190	20.36	Grace	Birdseye	Dacorum & Tring AC
13	189	20.49	Isabelle	Amos	Dacorum & Tring AC
14	187	20.52	Charlotte	Munn	Chiltern Harriers
15	196	21.08	Jessica	Hurley	Shaftesbury BH
16	204	21.41	Sophie	Olney	St Albans AC
17	201	21.50	Caitlin	Eckley	St Albans AC
18	198	22.15	Georgia	Lee	Shaftesbury BH
19	209	22.36	Erin	Oliver	Stevenage & NH
20	203	22.41	Aoife	Linzell	St Albans AC
21	183	23.00	Eilidh	Malcolm	Bishops Stortford RC
22	193	23.03	Eleanor	Found	Herts Phoenix AC
23	199	25.03	Lily	Rachel	Shaftesbury BH
24	176	25.20	Katie	Cicco	Barnet & District
25	212	25.35	Molley-Ann	Jarvis	Watford Harriers
26	175	26.05	Charlotte	Cicco	Barnet & District
27	182	26.52	Amy	Lavery	Bishops Stortford RC

Teams

1	Chiltern Harriers	1;2;3	6
2	St Albans AC	5;7;8	20
3	Shaftesbury BH	4;15;18	37
4	St Albans AC	11;16;17	44

Hertfordshire County Cross Country Championships

Verulam Park, St Albans, 4 January 2015

Under 17 Women - 6000m

Position	No	Time	Name	Surname	Club
1	281	26.35	Hannah	Morton	Chiltern Harriers
2	300	27.18	Tabitha	Weddell	St Albans AC
3	287	27.27	Gabriella	Kyriacou	Shaftesbury BH
4	297	27.39	Rachel	Parlour	St Albans AC
5	282	28.28	Rebecca	Vears	Harlow AC
6	285	29.03	Charlotte	Stapleton	Herts Phoenix AC
7	284	29.23	Hannah	Booth	Herts Phoenix AC
8	288	29.25	Rebecca	Hurley	Shaftesbury BH
9	299	29.44	Orla	Schatzlein	St Albans AC
10	280	29.56	Sophie	Chesterman	Chiltern Harriers
11	291	29.58	Jessica	Barnes	St Albans AC
12	290	30.56	Naomi	Baker	St Albans AC
13	292	30.59	Alex	Bentley	St Albans AC
14	298	31.25	Georgia	Robin	St Albans AC
15	294	31.32	Lauren	Eckley	St Albans AC
16	302	31.41	Charlie	Duke	Stevenage & NH
17	295	33.54	Jessica	Edwards	St Albans AC
18	301	37.47	Lisa	Barber	Stevenage & NH

Teams

1	St Albans AC	2;4;9	15
2	St Albans AC 'B'	11;12;13	36
3	St Albans AC 'C'	14;15;17	46

Hertfordshire County Cross Country Championships
Verulam Park, St Albans, 4 January 2015
Under 20 Women - 6000m

Position	No	Time	Name	Surname	Club
1	276	25.58	Megan	Steer	St Albans AC
2	264	26.25	Alex	Eykelbosch	Dacorum & Tring AC
3	272	27.01	Natalie	Connor	Shaftesbury BH
4	270	27.21	Florence	Stansall-Seiler	Herts Phoenix AC
5	266	27.22	Sophie	Morris	Dacorum & Tring AC
6	269	27.33	Elizabeth	Parry	Herts Phoenix AC
7	267	27.40	Alicia	Found	Herts Phoenix AC
8	263	28.51	Hannah	Wardley	Chiltern Harriers
9	277	28.52	Chloe	Dearman	Watford Harriers
10	275	30.17	Francesca	Durbin	St Albans AC

Teams

1	Herts Phoenix AC	4;6;7	17
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Hertfordshire County Cross Country Championships

Verulam Park, St Albans, 4 January 2015

Senior Women - 8000m

Position	No	Time	Name	Surname	Club
1	431	29.12	Rachel Felton		Shaftesbury BH
2	422	29.53	Lizzy Janes		Herts Phoenix AC
3	436	30.03	Claire Hallissey		St Albans Striders
4	433	31.00	Victoria Walker		Shaftesbury BH
5	370	31.27	Joanne Kent		Barnet & District
6	378	31.39	Zoe Doyle		Tring Running Club
7	420	32.11	Rebecca Hayden		HAWCS
8	452	32.36	Wendy Webster		St Albans Striders
9	450	32.59	Wendy Walsh		St Albans Striders
10	376	33.05	Frankie Vidler		Barnet & District
11	445	33.15	Deborah Steer		St Albans Striders
12	419	33.28	Martha Hall		Garden City Runners
13	372	33.40	Karen Murphy		Barnet & District
14	371	34.02	Kath March		Barnet & District
15	428	34.11	Astrid McKeown		N Herts Road Runners
16	434	34.16	Elaine Garvican		St Albans Striders
17	470	35.26	Caroline Whittaker		Watford Harriers
18	469	35.42	Angela Trussler		Watford Harriers
19	423	36.05	Deborah Rushman		unattached
20	439	36.12	Zoe Lowe		St Albans Striders
21	367	36.18	Lisa Gaul		Barnet & District
22	426	37.13	Jane Clarke		N Herts Road Runners
23	403	37.23	Madeleine Pritchard		Fairlands Valley Spartans
24	456	37.42	Alison Harding		Tring Running Club
25	375	37.52	Danielle Stapleton		Barnet & District
26	363	37.56	Nina Atherton		Barnet & District
27	440	38.00	Lucy Martin		St Albans Striders
28	425	38.11	Helen Cairns		N Herts Road Runners
29	443	38.22	Johanna Sharples		St Albans Striders
30	405	38.35	Julie Simmons		Fairlands Valley Spartans
31	458	38.58	Lisa Banahan		Ware Joggers
32	368	39.05	Helen Hoyle		Barnet & District
33	455	39.06	Amy Goss		Tring Running Club
34	399	39.11	Samantha Sullivan		Dacorum & Tring AC
35	449	39.14	Elizabeth Walls		St Albans Striders
36	438	39.20	Gillian Jubb		St Albans Striders
37	465	39.22	Liza Croft		Watford Harriers
38	435	39.29	Mercedes Getino		St Albans Striders
39	421	39.29	Elizabeth Doyle		Herts Phoenix AC
40	457	39.39	Claire Mistry		Tring Running Club
41	380	39.59	Jayne Shepherd		Bishops Stortford RC
42	476	40.15	Janine Blasi		Watford Harriers
43	409	40.34	Victoria Crawley		Gade Valley Harriers
44	404	40.35	Michelle Reeves		Fairlands Valley Spartans
45	418	40.36	Virginia Bird		Garden City Runners
46	461	41.08	Annette Fairhurst		Ware Joggers
47	466	41.35	Robyn Delivett		Watford Harriers
48	460	41.51	Hazel Clark		Ware Joggers
49	474	41.58	Sarah Sharman		Watford Joggers
50	471	42.05	Clare Bonnicks		Watford Joggers
51	373	42.28	Katey Ross		Barnet & District
52	400	43.12	Lisa Gray		Fairlands Valley Spartans
53	366	43.13	Heather Dawson		Barnet & District
54	391	43.14	Rachel Lewis		Dacorum & Tring AC

Hertfordshire County Cross Country Championships

Verulam Park, St Albans, 4 January 2015

Senior Women - 8000m

55	396	43.15	Allison Richardson	Dacorum & Tring AC
56	393	43.31	Clare Murray	Dacorum & Tring AC
57	430	43.37	Caroline Crouchman	Royston Runners
58	416	43.49	Shelley Walsh	Gade Valley Harriers
59	475	43.54	Jane Welch	Watford Joggers
60	462	44.02	Susan Millward	Ware Joggers
61	414	44.23	Gemma Stanley	Gade Valley Harriers
62	424	44.33	Linda Aird	N Herts Road Runners
63	394	44.47	Manon Pagniez	Dacorum & Tring AC
64	468	44.48	Alison Putko	Watford Harriers
65	412	45.05	Emma Nash	Gade Valley Harriers
66	383	45.39	Charlotte Ashton	Dacorum & Tring AC
67	467	45.51	Andrea Harris	Watford Harriers
68	410	46.26	Jacki Eskdale	Gade Valley Harriers
69	415	46.54	Karis Thomas	Gade Valley Harriers
70	369	47.40	Kirsty Johnstone	Barnet & District
71	447	47.41	Kate Tettmar	St Albans Striders
72	411	48.04	Joanna Kidd	Gade Valley Harriers
73	464	48.28	Helen Pringle	Ware Joggers
74	459	48.30	Julia Booker	Ware Joggers
75	453	49.20	Kirsty Barnett	Tring Running Club
76	364	49.22	Clare Boutle	Barnet & District
77	384	50.15	Denise Burford	Dacorum & Tring AC
78	379	51.38	Georgia Hammond	Bishops Stortford RC
79	392	55.06	Caroline McDonald	Dacorum & Tring AC
80	444	56.52	Lina Soliwoda	St Albans Striders

Teams

1	St Albans Striders	3;8;9;11	31
2	Barnet & District	5;10;13;14	42
3	St Albans Striders 'B'	16;20;27;29	92
4	Tring Running Club	6;24;33;40	103
5	Barnet & District 'B'	21;25;26;32	104
6	Watford Harriers	17;18;37;42	114
7	N Herts Road Runners	15;22;28;62	127
8	Fairlands Valley Spartans	23;30;44;52	149
9	St Albans Striders 'C'	35;36;38;71	180
10	Ware Joggers	31;46;48;60	185
11	Dacorum & Tring AC	34;54;55;56	199
12	Gade Valley Harriers	43;58;61;65	227
13	Barnet & District 'C'	51;53;70;76	250
14	Dacorum & Tring AC 'B'	63;66;77;79	285