

Hertfordshire County Cross Country Championships
 Haileybury College, Hertford Heath, 8 January 2017
 Under 11 Boys - 1500m

Position	No	Time	Name	Surname	Club
1	337	5.32	Archie Nash		Shaftesbury BH
2	323	5.33	Olly Painter		Dacorum & Tring
3	338	5.42	Gian Leo Stubbs		Shaftesbury BH
4	330	5.44	John Sporborg		Herts Phoenix
5	358	5.45	Isaac Whitten		Stevenage & N Herts
6	318	5.46	Leon Doran		Chiltern Harriers
7	340	5.46	Noah Brown		St Albans Striders
8	319	5.46	Jamie Powell		Chiltern Harriers
9	351	5.48	Alexander McDonald		St Albans Striders
10	334	5.50	Joshua White		Herts Phoenix
11	368	5.53	Ellis Carter		WGEL
12	314	5.55	Zico Jones		Barnet & District
13	360	5.59	Ben Carter		unattached
14	345	6.00	Pedro Gomez-Jones		St Albans Striders
15	363	6.03	Oliver Cooper		Watford Harriers
16	344	6.04	Sean Gallagher		St Albans Striders
17	346	6.05	Benjamin Gostick		St Albans Striders
18	367	6.07	William Bailey		WGEL
19	320	6.07	Niall Cassidy		Dacorum & Tring
20	333	6.09	George Ward		Herts Phoenix
21	364	6.14	Archie Marshall		Watford Harriers
22	353	6.18	Adam Smith		St Albans Striders
23	357	6.21	Dylan Thorman		Stevenage & N Herts
24	336	6.24	Toby Edwards		Shaftesbury BH
25	347	6.26	Archie Hedges		St Albans Striders
26	321	6.28	Sam Day		Dacorum & Tring
27	302	6.32	Jame Guite		Aldwickbury School
28	361	6.35	Oliver Hobdell		unattached
29	339	6.36	James Beasley		St Albans Striders
30	335	6.42	Dylan Winfield		Luton AC
31	348	6.42	Sam Humphrey		St Albans Striders
32	355	6.45	George Lovelock		Stevenage & N Herts
33	316	6.45	Jake Rankin		Bishops Stortford RC
34	326	6.50	Luke Canny		Herts Phoenix
35	342	6.52	William Duncan		St Albans Striders
36	354	6.52	Benjamin Walker		St Albans Striders
37	301	6.53	Harrison Gray		Aldwickbury School
38	312	6.54	Harry Skeat		Aldwickbury School
39	352	6.57	Oliver Segal		St Albans Striders
40	303	7.00	Rory Hayes		Aldwickbury School
41	325	7.16	Tom Bishop		Herts Phoenix
42	309	7.16	Nicholas Lee		Aldwickbury School
43	308	7.18	Toby Laver		Aldwickbury School
44	298	7.21	Matthew Chopping		Aldwickbury School
45	313	7.26	Max Waddington		Aldwickbury School
46	299	7.28	Herbie Willson		Aldwickbury School
47	324	7.30	Jonah Peris		Harrow AC
48	305	7.33	Tadhg Iley		Aldwickbury School
49	331	7.33	Joshua Stewart		Herts Phoenix
50	332	7.47	Ciaran Sweeney		Herts Phoenix
51	329	7.54	Richard Milton		Herts Phoenix
52	328	7.54	Joshua Jeffery		Herts Phoenix
53	327	7.54	Kieran Clark		Herts Phoenix
54	356	7.56	Reo Mohun		Stevenage & N Herts
55	310	8.33	Robinson Mounsey		Aldwickbury School
56	317	8.43	Max Southwell		Bishops Stortford RC

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Under 11 Boys - 1500m

57 304 10.35

Alex Hill

Aldwickbury School

Teams

1	Shaftesbury BH	1;3;24	28
2	St Albans Striders (A)	7;9;14	30
3	Herts Phoenix (A)	4;10;20	34
4	Dacorum & Tring	2;19;26	47
5	St Albans Striders (B)	16;17;23	56
6	Stevenage & N Herts	5;22;32	59
7	St Albans Striders (C)	25;29;31	85
8	Aldwickbury School (A)	27;37;38	102
9	St Albans Striders (D)	35;36;39	110
10	Herts Phoenix (B)	34;41;49	124
11	Aldwickbury School (B)	40;42;43	125
12	Aldwickbury School (C)	44;45;46	135
13	Herts Phoenix (C)	50;51;52	153
14	Aldwickbury School (D)	48;55;57	160

Hertfordshire County Cross Country Championships
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 Under 13 Boys - 3000m

Position	No	Time	Name	Surname	Club
1	422	12.40	Luca	Stubbs	Shaftesbury BH
2	434	12.44	Ben	Hunter	Watford Harriers
3	410	12.54	Daniel	Gill	Herts Phoenix
4	426	12.57	Sam	Hicks	St Albans Striders
5	430	13.02	Robert	Quigley	St Albans Striders
6	412	13.04	Ethan	Primett	Herts Phoenix
7	394	13.26	Jonathan	Lee	Aldwickbury School
8	406	13.30	Max	Batty	Herts Phoenix
9	432	13.36	Tommy	Wilson	St Albans Striders
10	398	13.37	James	Bailey	Dacorum & Tring
11	397	13.40	Thomas	Ashton	Dacorum & Tring
12	416	13.44	Daniel	Bentham	Luton AC
13	417	13.50	Max	Winfield	Luton AC
14	400	13.59	Sam	Burnell	Dacorum & Tring
15	408	14.02	Ben	Crooks	Herts Phoenix
16	425	14.03	Alex	Fine	St Albans Striders
17	415	14.18	Ciaran	Whatmore	Herts Phoenix
18	389	14.35	Alex	Chang-Evans	Aldwickbury School
19	431	14.49	Zachary	Segal	St Albans Striders
20	427	14.50	Morgan	Hume	St Albans Striders
21	419	14.58	Nathan	Masters	Shaftesbury BH
22	401	15.05	Seth	Russell	Dacorum & Tring
23	403	15.08	Solomon	Peris	Harrow AC
24	429	15.40	Samuel	Parkes	St Albans Striders
25	396	15.40	Alex	Fraser	Barnet & District
26	393	15.56	Lucas	Johnson-Faustino	Aldwickbury School
27	395	16.23	Alex	Moffat	Aldwickbury School
28	423	16.37	George	Beasley	St Albans Striders
29	428	17.33	Ben	Humphrey	St Albans Striders
30	390	18.29	Jonty	Dawes	Aldwickbury School
31	404	18.53	Owen	Ottery	HAWCS

Teams

1	Herts Phoenix	3;6;8	17
2	St Albans Striders (A)	4;5;9	18
3	Dacorum & Tring	10;11;14	35
4	Aldwickbury School	7;18;26	51
5	St Albans Striders (B)	16;19;20	55
6	St Albans Striders (C)	24;28;29	81

Hertfordshire County Cross Country Championships
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 Under 15 Boys - 4500m

Position	No	Time	Name	Surname	Club
1	482	16.32	Kristian	Imroth	Dacorum & Tring
2	509	17.17	Connor	Keogh	Watford Harriers
3	483	17.49	Freddie	Truman-Williams	Dacorum & Tring
4	511	18.15	Charlie	Woollett	Watford Harriers
5	508	18.18	Ollie	Griffiths	Watford Harriers
6	493	18.20	Brett	Rushman	Herts Phoenix
7	488	18.30	Bryce	Breen	Herts Phoenix
8	512	18.33	Ben	Sloan	WGEL
9	503	19.17	Jack	Dickinson	St Albans Striders
10	513	19.26	Sam	Sloan	WGEL
11	499	19.38	Fergus	Watson	Shaftesbury BH
12	502	19.38	Thomas	Cooper	St Albans Striders
13	504	19.56	William	Gallo	St Albans Striders
14	479	20.06	Ben	Howell	Chiltern Harriers
15	507	20.08	Lewis	Clark	Watford Harriers
16	500	20.12	James	Allison	St Albans Striders
17	487	20.20	Callum	Blair-Park	Herts Phoenix
18	486	20.43	Alexander	Rosewarn	Harrow AC
19	505	20.55	Jacob	Rigby	St Albans Striders
20	495	21.04	Ben	Kelly	Shaftesbury BH
21	478	21.44	Joseph	Wilkes	Bishops Stortford RC
22	477	21.49	Jude	Miranda	Barnet & District
23	476	22.18	Edward	Fraser	Barnet & District

Teams

1	Watford Harriers	2;4;5	11
2	Herts Phoenix	6;7;17	30
3	St Albans Striders	9;12;13	34

Hertfordshire County Cross Country Championships
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 Under 17 Men - 6000m

Position	No	Time	Name	Surname	Club
1	559	20.37	George	Groom	Shaftesbury BH
2	556	20.50	Jeremy	Dempsey	Shaftesbury BH
3	558	21.33	Thomas	Fulton	Shaftesbury BH
4	564	22.13	Ben	Winfield	Shaftesbury BH
5	568	23.23	Jed	Lumb	St Albans Striders
6	549	23.30	Jamie	Ayres	Dacorum & Tring
7	567	23.31	Oliver	Davis	St Albans Striders
8	561	23.59	Rufus	Kent	Shaftesbury BH
9	551	24.27	Elliot	Breen	Herts Phoenix
10	550	24.28	Joshua	van Heiningen	Dacorum & Tring
11	553	24.36	Jake	Sherlock	Herts Phoenix
12	557	24.48	Henry	Fulton	Shaftesbury BH
13	552	25.15	Adam	Hughes	Herts Phoenix
14	566	25.59	Cameron	Clark	St Albans Striders
15	565	27.14	Adam	Busby	St Albans Striders
16	570	27.18	Cameron	Clark	Watford Harriers

Teams

1	Shaftesbury BH (A)	1;2;3	6
2	Shaftesbury BH (B)	4;8;12	24
3	St Albans Striders	5;7;14	26
4	Herts Phoenix	9;11;13	33

Hertfordshire County Cross Country Championships
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Under 20 Men - 8000m

Position	No	Time	Name	Surname	Club
1	593	26.18	Thomas	Butler	Barnet & District
2	600	27.20		Sam Griffiths	Shaftesbury BH
3	609	28.09	Thomas	Rayner	Watford Harriers
4	597	28.25		Rhys Rowlands	Dacorum & Tring
5	606	28.44		Ben Clarke	St Albans Striders
6	595	28.58	Samuel	Howell	Chiltern Harriers
7	605	29.36	Edward	Anders	St Albans Striders
8	607	30.18		Jacob Hine	St Albans Striders

Teams

1	St Albans Striders	5;7;8	20
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Hertfordshire County Cross Country Championships
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 Senior Men - 11000m

Position	No	Time	Name	Surname	Club
1	136	36.26	James	McMurray	St Albans Striders
2	75	36.52	John	Eves	Herts Phoenix
3	122	37.47	Tom	Crouch	St Albans Striders
4	32	38.00	Jack	Parslow	Dacorum & Tring
5	85	38.26	Andrew	Leach	N Herts RR
6	114	38.49	Paul	Adams	St Albans Striders
7	79	38.55	Peter	Townsend	Herts Phoenix
8	112	39.02	Richard	Williams	Shaftesbury BH
9	37	39.22	Craig	Halsey	Fairlands Valley Spartans
10	111	39.28	Matt	Grant	Shaftesbury BH
11	67	39.41	Mark	Dickinson	Garden City Runners
12	92	39.56	Mark	Vaughan	N Herts RR
13	53	40.02	Mark	Crabtree	Gade Valley Harriers
14	184	40.04	Sha	Janally	Watford Joggers
15	40	40.12	Grant	Ramsay	Fairlands Valley Spartans
16	76	40.15	Asier	Gonzalez	Herts Phoenix
17	143	40.18	Oliver	Poulain	St Albans Striders
18	39	40.32	Andrew	Patterson	Fairlands Valley Spartans
19	88	40.44	Jim	McConnell	N Herts RR
20	70	40.48	Neil	Hume	Garden City Runners
21	113	41.09	Jamie	Abbiss	St Albans Striders
22	188	41.18	David	O'Sullivan	Watford Joggers
23	95	41.19	Tom	Beach	Royston Runners
24	158	41.29	Ross	Langley	Tring RC
25	82	41.36	Adam	Bowler	N Herts RR
26	91	41.42	Darren	Sunter	N Herts RR
27	172	41.48	Matthew	Adcock	Watford Harriers
28	11	41.52	Raj	Patel	Barnet & District
29	51	42.02	Richard	Coles	Gade Valley Harriers
30	147	42.08	Graham	Smith	St Albans Striders
31	116	42.11	Michele	Besio	St Albans Striders
32	24	42.20	Thomas	Kearns	Cambridge U Hare & Hounds
33	161	42.33	Tom	Sawyer	Tring RC
34	7	42.44	Adrian	Mason	Barnet & District
35	19	42.53	Paul	Scofield	Bishops Stortford RC
36	127	43.04	Cathal	Gallagher	St Albans Striders
37	71	43.11	Bruce	Judge	Garden City Runners
38	96	43.14	William	Bowers	Royston Runners
39	150	43.15	Christopher	Westcott	Stevenage & N Herts
40	175	43.20	Nana	Agyei	Watford Joggers
41	83	43.25	Dan	Hills	N Herts RR
42	162	43.26	Matthew	Wade	Tring RC
43	12	43.30	Edward	Price	Barnet & District
44	166	43.32	Kevin	Francis	Ware Joggers
45	149	43.50	Martin	Whitworth	St Albans Striders
46	142	44.05	John	Ockenden	St Albans Striders
47	178	44.09	Sean	Collum	Watford Joggers
48	47	44.11	Matt	Ashby	Gade Valley Harriers
49	61	44.13	Jon	Roberts	Gade Valley Harriers
50	134	44.21	Mike	Martin	St Albans Striders
51	119	44.26	Mike	Bridge	St Albans Striders
52	6	44.28	Alex	Horton	Barnet & District
53	29	44.28	Michael	Kazer	Dacorum & Tring
54	167	44.29	Justin	Hill	Ware Joggers
55	66	44.29	Russell	Casey	Garden City Runners
56	104	44.34	Graham	Hill	Royston Runners

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57	103	44.49	Richard Harrison	Royston Runners
58	108	45.00	Robin Todd	Royston Runners
59	187	45.07	Steven Norris	Watford Joggers
60	68	45.10	Malcolm Down	Garden City Runners
61	105	45.14	Vince Long	Royston Runners
62	17	45.24	Gabe Lowrie	Bishops Stortford RC
63	97	45.27	Daire Brennan	Royston Runners
64	145	45.30	Sebastian Rowe	St Albans Striders
65	179	45.34	Tim Cook	Watford Joggers
66	159	45.36	Ed Laver	Tring RC
67	63	45.44	Anthony Willcox	Gade Valley Harriers
68	87	45.50	Darren Matussa	N Herts RR
69	49	45.50	James Birnie	Gade Valley Harriers
70	174	46.04	Nick Harris	Watford Harriers
71	152	47.03	Paul Allen	Tring RC
72	139	47.07	Tom Neill	St Albans Striders
73	1	47.09	Nick Barber	Barnet & District
74	3	47.14	Andrew Cunningham	Barnet & District
75	164	47.20	Kevin Carter	Ware Joggers
76	107	47.23	Dean Reilly	Royston Runners
77	46	47.32	Richard Springall	Fairlands Valley Spartans
78	81	47.33	John Auld	N Herts RR
79	165	47.41	Mark Cyl	Ware Joggers
80	163	47.43	Martin Blacker	Ware Joggers
81	65	47.45	Sean Bowen	Garden City Runners
82	62	47.59	Andy Wells	Gade Valley Harriers
83	26	48.02	Mervyn Dempsey	Dacorum & Tring
84	84	48.06	James Keogh	N Herts RR
85	141	48.10	Anthony Nicholson	St Albans Striders
86	115	48.15	Chris Barr	St Albans Striders
87	144	48.37	Jonathan Redshaw	St Albans Striders
88	15	48.46	Oliver Last	Bishops Stortford RC
89	86	48.46	Dan Martin	N Herts RR
90	94	48.49	Vince Wright	N Herts RR
91	117	48.57	Colin Braybrook	St Albans Striders
92	21	49.01	Grant Glendinning	Broxbourne Runners
93	36	49.28	Todd Gray	Fairlands Valley Spartans
94	186	49.32	Richard Mason	Watford Joggers
95	171	49.43	Howard Roden	Ware Joggers
96	41	49.54	David Riddell	Fairlands Valley Spartans
97	109	49.59	Mark Wilsher	Royston Runners
98	125	50.02	Paul Durbin	St Albans Striders
99	189	50.14	Colin Taylor	Watford Joggers
100	89	50.32	Stewart Overton	N Herts RR
101	101	50.54	Robin Chapple	Royston Runners
102	157	51.13	Ian Gower	Tring RC
103	58	51.28	Andy Norton	Gade Valley Harriers
104	190	51.35	Robin Tremaine	Watford Joggers
105	44	51.46	Tim Saban	Fairlands Valley Spartans
106	78	51.55	David Stephens	Herts Phoenix
107	148	51.55	Richard Vaughan	St Albans Striders
108	56	52.18	Steve Newing	Gade Valley Harriers
109	98	52.35	Liam Buttler	Royston Runners
110	54	52.38	David Goodman	Gade Valley Harriers
111	52	53.05	Andy Cook	Gade Valley Harriers
112	45	53.26	Peter Smith	Fairlands Valley Spartans
113	72	53.46	Brad Smith	Garden City Runners

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114	155	54.07	Paul Bayley	Tring RC
115	20	54.23	Derek Dutchburn	Broxbourne Runners
116	27	54.46	Matthew Hallissey	Dacorum & Tring
117	48	55.04	Antony Beamish	Gade Valley Harriers
118	140	55.07	Robin Newby	St Albans Striders
119	77	55.25	Stuart Mann	Herts Phoenix
120	182	56.11	Barry Griffin	Watford Joggers
121	121	56.24	Anthony Bunker	St Albans Striders
122	59	56.29	Rob Potton	Gade Valley Harriers
123	183	56.47	Huw Hamer	Watford Joggers
124	123	56.56	Richard Derrick	St Albans Striders
125	185	57.17	Robert Kenison	Watford Joggers
126	160	58.40	David Sawyer	Tring RC
127	151	59.22	Richard Alcock	Tring RC
128	130	59.36	Michael Jack	St Albans Striders
129	133	61.03	Andrew Maher	St Albans Striders
130	43	62.02	Tim Robinson	Fairlands Valley Spartans
131	80	64.43	Matt Ankers	N Herts RR
132	137	72.36	Martin Medforth	St Albans Striders

Teams

1	St Albans Striders (A)	1;3;6;17;21;30	78
2	N Herts RR	5;12;19;25;26;41	128
3	Watford Joggers (A)	14;22;40;47;59;65	247
4	St Albans Striders (B)	31;36;45;46;50;51	259
5	Garden City Runners	11;20;37;55;60;81	264
6	Gade Valley Harriers (A)	13;29;48;49;67;69	275
7	Royston Runners	23;38;56;57;58;61	293
8	Barnet & District	28;34;43;52;73;74	304
9	Fairlands Valley Spartans	9;15;18;77;93;96	308
10	Tring RC	24;33;42;66;71;102	338
11	Ware Joggers	44;54;75;79;80;95	427
12	St Albans Striders (C)	64;72;85;86;87;91	485
13	N Herts RR	68;78;84;89;90;100	509
14	Gade Valley Harriers (B)	82;103;108;110;111;117	631
15	Watford Joggers (B)	94;99;104;120;123;125	665
16	St Albans Striders (D)	98;107;118;121;124;128	696