

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

Position	No	Time	Name	Surname	Club
1	377	6.04	Louise	Grenfell	Herts Phoenix
2	373	6.12	Amy	Lane	Dacorum & Tring
3	388	6.18	Daisy	Mainwaring	Watford Harriers
4	375	6.25	Maya	Delyfer	Herts Phoenix
5	385	6.32	Annabel	Hedge	St Albans Striders
6	383	6.42	Poppy	Fisher	St Albans Striders
7	370	6.44	Emma	McCluskey	Barnet & District
8	381	6.53	Florence	Crowley	St Albans Striders
9	382	7.03	Martha	Duncan	St Albans Striders
10	384	7.08	Iris	Foley	St Albans Striders
11	371	7.18	Jessica	Eeles	Bishops Stortford RC
12	387	7.23	Saoirse	MacMahon	Watford Harriers
13	369	7.33	Georgina	Connolly	Barnet & District
14	372	7.40	Grace	Moulton	Bishops Stortford RC
15	379	7.57	Amy	Summers	Herts Phoenix
16	376	8.09	Sophie	Ellerd-Elliott	Herts Phoenix
17	374	9.59	Isabella	Butt	Herts Phoenix

Teams

1	St Albans Striders	5;6;8	19
2	Herts Phoenix	1;4;15	20

Hertfordshire County Cross Country Championships
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Under 13 Girls - 3000m

Position	No	Time	Name	Surname	Club
1	452	13.41	Aimi	Weightman	Shaftesbury BH
2	467	13.56	Lily	Tse	St Albans Striders
3	464	14.00	Mia	Pullan	St Albans Striders
4	460	14.08	Antonia	Jubb	St Albans Striders
5	446	14.42	Sydney	Allen	Shaftesbury BH
6	472	14.55	Scarlett	Gammell	Watford Harriers
7	456	14.56	Eve	Gamsby	St Albans Striders
8	461	15.13	Sara	Laitner	St Albans Striders
9	462	15.16	Sarah	McGrath	St Albans Striders
10	457	15.18	Isabel	Gamsby	St Albans Striders
11	439	15.19	Jessica	Benveniste	Dacorum & Tring
12	440	15.27	Isabella	Painter	Dacorum & Tring
13	442	15.39	Stella	Whitlum	Dacorum & Tring
14	469	15.42	Laura	Thompson	Stevenage & N Herts
15	441	15.44	Emma	To	Dacorum & Tring
16	459	15.48	Yasmin	Howgego	St Albans Striders
17	474	15.49	Grace	Hucknall	Watford Harriers
18	463	16.11	Scarlett	Parkes	St Albans Striders
19	455	16.34	Orla	Foley	St Albans Striders
20	447	17.04	Isabelle	Fleet	Shaftesbury BH
21	449	17.04	Anna	Murphy	Shaftesbury BH
22	435	17.26	Joyce	Miranda	Barnet & District
23	547	17.31	Jordan	Walters	Watford Harriers
24	458	17.35	Madeleine	Hack	St Albans Striders
25	465	17.59	Jessica	Robertson	St Albans Striders
26	471	18.43	Amani	Chishti	Watford Harriers
27	438	19.32	Emily	Scofield	Bishops Stortford RC
28	437	23.35	Mhari	McCrudden	Bishops Stortford RC

Teams

1	St Albans Striders (A)	2;3;4	9
2	St Albans Striders (B)	7;8;9	24
3	Shaftesbury BH	1;5;20	26
4	Dacorum & Tring	11;12;13	36
5	St Albans Striders (C)	10;16;18	44
6	Watford Harriers	6;17;23	46
7	St Albans Striders (D)	19;24;25	68

Hertfordshire County Cross Country Championships
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Under 15 Girls - 4500m

Position	No	Time	Name	Surname	Club
1	543	18.37	Grace	Ingles	Watford Harriers
2	629	19.03	Jane	Williamson	Chiltern Harriers
3	537	19.20	Keira	Stern	St Albans Striders
4	519	19.31	Amy	Cassidy	Dacorum & Tring
5	539	19.40	Bluebell	Cooke	Stevenage & N Herts
6	526	19.49	Mia	Groom	Shaftesbury BH
7	517	20.08	Emily	Alderson	Chiltern Harriers
8	540	20.11	Lucy	Taylor	Stevenage & N Herts
9	532	20.31	Niamh	Gallagher	St Albans Striders
10	525	20.38	Sophia	Dempsey	Shaftesbury BH
11	531	20.44	Christina	Durbin	St Albans Striders
12	544	21.01	Caitlin	Johal	Watford Harriers
13	521	21.17	Beatrix	Wraith	HAWCS
14	523	21.23	Anna	Gifford	Herts Phoenix
15	546	21.55	Hannah	Trotman	Watford Harriers
16	520	21.59	Zoe	Rutter	Harlow AC
17	524	22.10	Elizabeth	Bentham	Luton AC
18	518	22.15	Lily	Boden	Dacorum & Tring
19	527	22.22	Gemma	Harper	Shaftesbury BH
20	541	22.43	Katie	Thompson	Stevenage & N Herts
21	522	23.06	Sarah	Crooks	Herts Phoenix
22	515	23.39	Grace	Malcolm	Bishops Stortford RC
23	538	23.45	Beatrix	Towers	St Albans Striders
24	536	27.03	Aysha	Saifullah	St Albans Striders
25	516	27.56	Mairi	Malcolm	Bishops Stortford RC

Teams

1	St Albans Striders	3;9;11	23
2	Watford Harriers	1;12;15	28
3	Stevenage & N Herts	5;8;20	33
4	Shaftesbury BH	6;10;19	35

Hertfordshire County Cross Country Championships
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Under 17 Women - 6000m

Position	No	Time	Name	Surname	Club
1	581	25.54	Lottie Rowedder		Harlow AC
2	585	26.45	Lidia Kyriacou		Shaftesbury BH
3	579	27.20	Aoife Hanling		Dacorum & Tring
4	589	28.09	Jessica Laitner		St Albans Striders
5	583	28.17	Sarah Butler		Shaftesbury BH
6	584	28.26	Jessica Hurley		Shaftesbury BH
7	575	28.40	Emily Bannister		Chiltern Harriers
8	591	28.56	Hannah Rayden		St Albans Striders
9	580	29.04	Katie Champion		Harlow AC
10	587	29.33	Emily Anders		St Albans Striders
11	590	30.18	Sophie Olney		St Albans Striders
12	576	30.22	Scarlett Wager-Leigh		Chiltern Harriers
13	582	30.24	Jessica Rosewarn		Harrow AC
14	574	32.08	Jade Woodward		Bishops Stortford RC
15	592	35.35	Freya Weddell		St Albans Striders
16	573	45.09	Caithin McCrudden		Bishops Stortford RC

Teams

1	Shaftesbury BH	2;5;6	13
2	St Albans Striders	4;8;10	22

Hertfordshire County Cross Country Championships
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Under 20 Women - 6000m

Position	No	Time	Name	Surname	Club
1	615	24.33	Natalie	Connor	Shaftesbury BH
2	610	25.20	Hannah	Morton	Chiltern Harriers
3	618	26.31	Gabriella	Kyriacou	Shaftesbury BH
4	617	27.04	Charlotte	Johnstone	Shaftesbury BH
5	628	27.37	Chloe	Dearman	Watford Harriers
6	611	28.06	Marella	Whitfield	Harrow AC
7	612	28.15	Alicia	Found	Herts Phoenix
8	623	29.25	Alex	Bentley	St Albans Striders
9	613	30.53	Isabel	Found	Herts Phoenix
10	621	31.19	Naomi	Baker	St Albans Striders
11	624	33.30	Juliet	Merelie	St Albans Striders

Teams

1	Shaftesbury BH	1;3;4	8
2	St Albans Striders	8;10;11	29

Hertfordshire County Cross Country Championships
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Senior Women - 8000m

Position	No	Time	Name	Surname	Club
1	235	28.16	Jo Hickman	Dunne	Loughborough Students AC
2	250	28.56	Vicky Pritchard		Shaftesbury BH
3	251	29.46	Vicky Walker		Shaftesbury BH
4	233	30.39	Emily Ruane		Herts Phoenix
5	200	30.41	Joanne Kent		Barnet & District
6	236	31.14	Charlene Jacobs-Conradie		Luton AC
7	202	31.33	Karen Murphy		Barnet & District
8	243	31.52	Katie Harbon		N Herts RR
9	266	32.02	Megan Steer		St Albans Striders
10	212	32.45	Niamh Dempsey		Dacorum & Tring
11	215	32.54	Sam Fawcett		Dacorum & Tring
12	231	33.08	Martha Hall		Garden City Runners
13	193	33.33	Nina Atherton		Barnet & District
14	194	33.54	Nicola Atkin		Barnet & District
15	290	34.07	Angela Trussler		Watford Harriers
16	210	35.00	Hannah Bennett		Dacorum & Tring
17	276	35.02	Lynda Hembury		Tring RC
18	286	35.06	Claire Bentley		Watford Harriers
19	197	35.08	Nicola Froud		Barnet & District
20	278	35.11	Nuala Carson		Ware Joggers
21	204	35.40	Danielle Stapleton		Barnet & District
22	283	35.42	Lindsay Russell-Smith		Ware Joggers
23	213	35.48	Kelly Du Buisson		Dacorum & Tring
24	206	35.56	Joanna Arscott		Bishops Stortford RC
25	280	36.04	Beverley McLees		Ware Joggers
26	234	36.07	Deborah Rushman		Herts Phoenix
27	264	36.08	Zoe Lowe		St Albans Striders
28	279	36.14	Charlotte Dadd		Ware Joggers
29	229	36.22	Maria Kenny		Gade Valley Harriers
30	238	36.37	Kat Burr		N Herts RR
31	271	36.49	Elizabeth Walls		St Albans Striders
32	262	37.05	Hannah Hull		St Albans Striders
33	230	37.09	Lisa Newing		Gade Valley Harriers
34	260	37.24	Francesca Durbin		St Albans Striders
35	288	37.36	Robyn Delivett		Watford Harriers
36	255	37.58	Magda Bobon		St Albans Striders
37	274	38.05	Judy Willits		St Albans Striders
38	282	38.12	Louise Oliver		Ware Joggers
39	257	38.24	Katherine Caris-Harris		St Albans Striders
40	261	38.33	Deirdre Heydecker		St Albans Striders
41	252	39.19	Mandy Attree		St Albans Striders
42	199	39.44	Kirsty Johnstone		Barnet & District
43	220	39.51	Hazel Clark		Fairlands Valley Spartans
44	216	40.11	Louise Flower		Dacorum & Tring
45	219	40.35	Vicky Thornley		Dacorum & Tring
46	209	40.37	Vicky McCrudden		Bishops Stortford RC
47	198	40.39	Davina Gutteridge		Barnet & District
48	242	41.05	Jo Harbon		N Herts RR
49	284	41.29	Natalie Thornton		Ware Joggers
50	287	41.38	Christine Dearman		Watford Harriers
51	285	41.52	Sharon Threlfall		Ware Joggers
52	195	42.13	Clare Boutle		Barnet & District
53	297	42.48	Vicki Sylvester		Watford Joggers
54	237	42.58	Linda Aird		N Herts RR

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55	267	43.00	Lucy Stern	St Albans Striders
56	203	43.01	Danielle Savvas	Barnet & District
57	281	43.03	Sophie Minter	Ware Joggers
58	241	43.15	Helen Harbon	N Herts RR
59	268	43.23	Anne Stilton	St Albans Striders
60	232	44.19	Elizabeth Doyle	Herts Phoenix
61	227	44.24	Peta Wilson	Fairlands Valley Spartans
62	207	44.41	Ellen Brooks	Bishops Stortford RC
63	263	44.57	Carole Jack	St Albans Striders
64	246	45.07	Miranda Morgan	N Herts RR
65	222	45.22	Claire Cox	Fairlands Valley Spartans
66	221	45.50	Sophie Cowan	Fairlands Valley Spartans
67	217	46.27	Erica Klein	Dacorum & Tring
68	208	46.29	Sue Last	Bishops Stortford RC
69	256	46.49	Kate Bunting	St Albans Striders
70	223	47.44	Sharon Crowley	Fairlands Valley Spartans
71	192	47.53	Alessandra Almeida-Jones	Barnet & District
72	295	48.02	Lory Pace	Watford Joggers
73	224	48.51	Sue Hamer	Fairlands Valley Spartans
74	239	49.48	Lindsay Cook	N Herts RR
75	228	49.50	Helen Cook	Gade Valley Harriers
76	259	50.48	Michelle Coombs	St Albans Striders
77	258	51.09	Linda Cassidy	St Albans Striders
78	247	51.12	Carina Quayle	N Herts RR

Teams

1	Barnet & District (A)	5;7;13;14	39
2	Dacorum & Tring	10;11;16;23	60
3	Ware Joggers (A)	20;22;25;28	95
4	St Albans Striders (A)	9;27;31;32	99
5	Watford Harriers	15;18;35;50	118
6	Barnet & District (B)	19;21;42;47	129
7	N Herts RR (A)	8;30;48;54	140
8	St Albans Striders (B)	34;36;37;39	146
9	Ware Joggers (B)	38;49;51;57	195
10	St Albans Striders (C)	40;41;55;59	195
11	Bishops Stortford RC	24;46;62;68	200
12	Fairlands Valley Spartans	43;61;65;66	235
13	N Herts RR (B)	58;64;74;78	274
14	St Albans Striders (D)	63;69;76;77	285