

Herts Cross Country Championships

Results

Pl.	Bib	Name	Cat	Club	GunTim
U/11 Girls					
Female					
FU11					
1.	3267	Ella PINDER	FU11	St Albans Striders	06:26
2.	3275	Scarlett FINLAY	FU11	Watford Harriers	06:34
3.	3277	Chloe WILSON	FU11	Watford Harriers	06:37
4.	3261	Olivia DANIEL	FU11	St Albans Striders	06:44
5.	3269	Sadie SMITH	FU11	St Albans Striders	06:46
6.	3273	Haysan SO	FU11	Stevenage & North Herts AC	06:47
7.	3252	Vivienne OLAS	FU11	Harrow AC	06:54
8.	3258	Zara BENSON	FU11	St Albans Striders	06:55
9.	3248	Una JONES	FU11	Dacorum Athletic Club	07:06
10.	3257	Emilia GORMER	FU11	St Albans Striders	07:06
11.	3278	Scarlett LAWTON	FU11	Wood End School RC	07:06
12.	3266	Eloisa KERRY	FU11	St Albans Striders	07:09
13.	3270	Maya YFANTOUDAS	FU11	St Albans Striders	07:11
14.	3271	Florence JANES	FU11	St Mary's Infant School Baldock	07:23
15.	3253	Niva PATEL	FU11	Harrow AC	07:24
16.	3259	Freya BULLEN	FU11	St Albans Striders	07:24
17.	3251	April WINFIELD	FU11	Dacorum Athletic Club	07:24
18.	3264	Emily GILKES	FU11	St Albans Striders	07:43
19.	3256	Catherine HATHERLY	FU11	Skyswood Primary School	07:43
20.	3274	Maya ASAAD	FU11	Watford Harriers	07:46
21.	3263	Jessica EDWARDS	FU11	St Albans Striders	07:54
22.	3255	Iris BOYLE	FU11	Skyswood Primary School	08:02
23.	3276	Eloise SWINTON	FU11	Watford Harriers	08:08
24.	3265	Seren GOODWIN	FU11	St Albans Striders	08:24
25.	3260	Roxana COCKER	FU11	St Albans Striders	08:31
26.	3262	Jasmine DOW	FU11	St Albans Striders	08:49
27.	3254	Kylie MARTIN	FU11	Royston Crows	08:56
28.	3247	Bridie VASS	FU11	Bishops Stortford RC	09:17
29.	3249	Jessica MAYNE	FU11	Dacorum Athletic Club	09:37
30.	3403	Emily SINHA	FU11	St Albans Striders	10:35
31.	3272	Freya CULLEN	FU11	Stevenage & North Herts AC	12:04

U/11 Boys

Male					
MU11					
1.	3300	Joshua MAIDEN	MU11	Herts Phoenix AC	05:34
2.	3281	Oliver BRUCE - WHITE	MU11	Aldwickbury School	05:51
3.	3295	Harry MCDONALD	MU11	Dacorum Athletic Club	06:00
4.	3307	Daniel KENNEDY	MU11	St Albans Striders	06:02
5.	3304	Mark BANSAGHI	MU11	St Albans Striders	06:03
6.	3314	Connor KEALEY	MU11	Stevenage & North Herts AC	06:06
7.	3313	Kieran KEALEY	MU11	Stevenage & North Herts AC	06:06
8.	3311	Elliot JANES	MU11	St Mary's Infant School Baldock	06:08

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Results

Pl.	Bib	Name	Cat	Club	GunTim
9.	3317	Javi BUSTAMANTE	MU11	Watford Harriers	06:16
10.	3280	Callum BOBBETT	MU11	Aldwickbury School	06:19
11.	3279	Max AYERS	MU11	Aldwickbury School	06:23
12.	3291	Toby SIDWELL	MU11	Aldwickbury School	06:25
13.	3309	Henry WRAGG	MU11	St Albans Striders	06:27
14.	3325	Erik KAMERI	MU11	York House School	06:28
15.	3305	Matthew HILL	MU11	St Albans Striders	06:32
16.	3310	Matthew YEREMEYEV	MU11	St Albans Striders	06:36
17.	3290	Freddie SHIELDS	MU11	Aldwickbury School	06:40
18.	3284	Charles HALLAM	MU11	Aldwickbury School	06:42
19.	3286	Thomas MARSHALL	MU11	Aldwickbury School	06:43
20.	3320	Will ROCHESTER	MU11	Watford Harriers	06:43
21.	3316	Jamie BARNETT	MU11	Watford Harriers	06:46
22.	3297	Harrison DODWELL	MU11	Harlow AC	06:47
23.	3318	Joey FORD	MU11	Watford Harriers	06:48
24.	3296	Jude MURPHY	MU11	Dacorum Athletic Club	06:49
25.	3299	Max CROFT	MU11	Herts Phoenix AC	06:49
26.	3282	Daniel CROCKFORD	MU11	Aldwickbury School	06:56
27.	3289	William ROBINSON	MU11	Aldwickbury School	07:07
28.	3324	James TATTERSALL	MU11	Woodford Green AC with Essex Ladies	07:08
29.	3288	Max PACHECO	MU11	Aldwickbury School	07:10
30.	3319	Oliver KING	MU11	Watford Harriers	07:13
31.	3308	George PICKERING	MU11	St Albans Striders	07:21
32.	3322	Zackery PAKSTUN	MU11	Woodford Green AC with Essex Ladies	07:24
33.	3321	Monty MACKENZIE HOWARD	MU11	Woodford Green AC with Essex Ladies	07:24
34.	3407	Haydn RUTLEDGE	MU11	Watford Harriers	07:33
35.	3312	Isaac BULL	MU11	Stevenage & North Herts AC	07:39
36.	3293	Zachary THOMSON	MU11	Aldwickbury School	07:46
37.	3283	Louis ELSON	MU11	Aldwickbury School	08:48
38.	3285	Luke MARRIOTT	MU11	Aldwickbury School	08:59
39.	3298	John O'SULLIVAN	MU11	Harrow AC	09:00
40.	3287	Dara ODUNSI	MU11	Aldwickbury School	10:56

U/13 Girls

Female

FU13

1.	6296	Eimear MCGINLEY	FU13	Watford Harriers	12:07
2.	6278	Aimee PORTER	FU13	Shaftesbury Barnet Harriers	12:52
3.	6298	Anya ROCHESTER	FU13	Watford Harriers	13:01
4.	6290	Elodie SMITH	FU13	St Albans Striders	13:06
5.	6294	Hazel SPITZER	FU13	Stevenage & North Herts AC	13:34
6.	6283	Amelia DRANE	FU13	St Albans Striders	13:34
7.	6286	Annabella KERRY	FU13	St Albans Striders	13:42
8.	6291	Paloma THEOBALDS	FU13	St Albans Striders	13:46
9.	6275	Amelie AXAM	FU13	Herts Phoenix AC	13:56
10.	6276	Olivia CROFT	FU13	Herts Phoenix AC	14:03
11.	6281	Phoebe DANIELS	FU13	St Albans Striders	14:07

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Results

Pl.	Bib	Name	Cat	Club	GunTim
12.	6297	Megan MOORE	FU13	Watford Harriers	14:09
13.	6273	Heidi KING	FU13	Dacorum Athletic Club	14:23
14.	6644	Josie MANSOUR	FU13	Watford Harriers	14:25
15.	6285	Maya JONES	FU13	St Albans Striders	14:27
16.	6299	Charlotte SWINTON	FU13	Watford Harriers	14:29
17.	6287	Eliza POWER	FU13	St Albans Striders	15:00
18.	6272	Selima HEAD	FU13	Dacorum Athletic Club	15:04
19.	6271	Olivia CANNON	FU13	Dacorum Athletic Club	15:05
20.	6293	Neve SAYERS	FU13	Stevenage & North Herts AC	15:32
21.	6280	Isla CHITTY	FU13	St Albans Striders	16:15
22.	6289	Deanna SINGH	FU13	St Albans Striders	20:28

U/13 Boys

Male

MU13

1.	6312	Oliver MCDONALD	MU13	Dacorum Athletic Club	11:00
2.	6323	Isaac GIBSON-DUNT	MU13	St Albans Striders	11:06
3.	6318	Jake SUMMERS	MU13	Herts Phoenix AC	11:20
4.	6311	James-Dean DOCHERTY	MU13	Dacorum Athletic Club	12:06
5.	6324	Edward GOODWIN	MU13	St Albans Striders	12:07
6.	6302	James HALLAM	MU13	Aldwickbury School	12:12
7.	6329	Guy RUSSELL-JONES	MU13	St Albans Striders	12:15
8.	6310	Connor BARR	MU13	Dacorum Athletic Club	12:15
9.	6327	Joseph MCGRATH	MU13	St Albans Striders	12:15
10.	6326	Zachary JONES	MU13	St Albans Striders	12:23
11.	6317	Harry MURPHY	MU13	Herts Phoenix AC	12:27
12.	6332	Jack FOWLER	MU13	Stevenage & North Herts AC	12:28
13.	6643	Samuel AMES	MU13	Watford Harriers	12:35
14.	6309	Hector GAMBLIN	MU13	Chiltern Harriers AC	12:45
15.	6335	Leonardo BORRILL	MU13	Watford Harriers	12:49
16.	6328	Jonah MCNAUGHT	MU13	St Albans Striders	12:53
17.	6338	Jake MUSSEN	MU13	Watford Harriers	12:59
18.	6313	Rory MOLONEY	MU13	Dacorum Athletic Club	13:00
19.	6308	Lenny	MU13	Chiltern Harriers AC	13:13
20.	6325	George HILL	MU13	St Albans Striders	13:14
21.	6333	Oliver ROSE	MU13	Stevenage & North Herts AC	13:27
22.	6304	Rory JOHNSTON	MU13	Aldwickbury School	13:33
23.	6337	Jacob RENEW	MU13	Watford Harriers	13:37
24.	6331	James COOK	MU13	Stevenage & North Herts AC	14:34
25.	6316	Lucas JAMES-TREZONA	MU13	Herts Phoenix AC	14:57
26.	6321	Edward LOWDEN	MU13	Royston Crows	14:58
27.	6307	Dougal WILSON	MU13	Aldwickbury School	15:19
28.	6319	Ollie WILKINSON	MU13	Herts Phoenix AC	15:26
29.	6336	Will BOWLER	MU13	Watford Harriers	15:27
30.	6305	Toby O'TOOLE	MU13	Aldwickbury School	15:28
31.	6314	Daragh NOBLE	MU13	Dacorum Athletic Club	15:32
32.	6334	Cameron HAYWARD	MU13	Trent Park Running Club	15:58

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Results

Pl.	Bib	Name	Cat	Club	GunTim
33.	6303	Daniel JAYAWARDENA	MU13	Aldwickbury School	16:27
34.	6300	Daire EVANS	MU13	Aldwickbury School	18:09
35.	6301	Joe FOX	MU13	Aldwickbury School	21:41
36.	6648	Joseph BROWN	MU13	Watford Harriers	33:49

U/15 Girls

Female

FU15

1.	3327	Lily JOHNSON	FU15	Dacorum Athletic Club	17:03
2.	3326	Enid FLEETWOOD	FU15	Dacorum Athletic Club	18:11
3.	3350	Celeste KOYEJO	FU15	Watford Harriers	18:37
4.	3349	Sarena SO	FU15	Stevenage & North Herts AC	18:40
5.	3333	Paige WADLEY	FU15	Herts Phoenix AC	18:54
6.	3348	Esme SEARLE	FU15	Stevenage & North Herts AC	19:08
7.	3344	Emma TRELOAR	FU15	St Albans Striders	19:15
8.	3347	Eleanor ROBERTS	FU15	Stevenage & North Herts AC	19:52
9.	3330	Isla GARRETT	FU15	Harlow AC	19:55
10.	3337	Lily KENNEDY	FU15	St Albans Striders	19:57
11.	3341	Eliza NIGHTINGALE	FU15	St Albans Striders	20:08
12.	3339	Anna METCALFE	FU15	St Albans Striders	20:26
13.	3335	Eva DIXON	FU15	St Albans Striders	20:35
14.	3342	Emily PATTON	FU15	St Albans Striders	20:53
15.	3331	Emma GUDGEON	FU15	Herts Phoenix AC	20:58
16.	3405	Indiya QUINLAN	FU15	Stevenage & North Herts AC	21:07
17.	3346	Jane GRIFFIN	FU15	Stevenage & North Herts AC	21:18
18.	3351	Isabelle MINZEY	FU15	Watford Harriers	21:24
19.	3345	Hannah COOK	FU15	Stevenage & North Herts AC	21:25
20.	3336	Yau Sum KAN	FU15	St Albans Striders	21:57
21.	3328	Maya MACGREGOR	FU15	Dacorum Athletic Club	22:01
22.	3340	Isabelle MORRELL MCGARVIE	FU15	St Albans Striders	22:33
23.	3352	Safiyah MOHAMEDALI	FU15	Watford Harriers	22:34

U/15 Boys

Male

MU15

1.	3368	Joshua HIRST	MU15	St Albans Striders	14:56
2.	3371	Oscar NAGALINGAM	MU15	St Albans Striders	15:06
3.	3358	Teddy MURPHY	MU15	Dacorum Athletic Club	15:08
4.	3353	Thomas FORD	MU15	Chiltern Harriers AC	15:19
5.	3376	Aubrey MURRAY	MU15	Stevenage & North Herts AC	15:38
6.	3360	Lucas OLIVER	MU15	Dacorum Athletic Club	15:45
7.	3367	Adam HEALEY	MU15	St Albans Striders	15:55
8.	3361	Toby PRITCHARD	MU15	Dacorum Athletic Club	16:21
9.	3373	Jacob RAFFERTY	MU15	St Albans Striders	16:25
10.	3369	Lukas MCIVOR	MU15	St Albans Striders	16:30
11.	3357	Joshua MOODY	MU15	Dacorum Athletic Club	17:15
12.	3363	Freddie HOLLINGS-YATES	MU15	Herts Phoenix AC	17:37

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Results

Pl.	Bib	Name	Cat	Club	GunTim
13.	3359	Ethan OLIMA	MU15	Dacorum Athletic Club	17:59
14.	3354	Jack MARTIN	MU15	Chiltern Harriers AC	18:08
15.	3370	Samuel MCNAUGHT	MU15	St Albans Striders	18:18
16.	3374	Theodore LAM	MU15	St Mary's Catholic School	18:20
17.	3372	Alex PETERMAN	MU15	St Albans Striders	18:21
18.	3406	Sean MAZUR	MU15	Herts Phoenix AC	18:23
19.	3362	Charlie ARNOLD	MU15	Herts Phoenix AC	18:53
20.	3355	Gabriel AYERS	MU15	Dacorum Athletic Club	18:58
21.	3365	Jacob BURLEY	MU15	St Albans Striders	19:18
22.	3377	Ralph PARKER	MU15	Stevenage & North Herts AC	19:35
23.	3375	Sam GRAY	MU15	Stevenage & North Herts AC	20:00

U/17 Women

Female

FU17

1.	6345	Phoebe GILL	FU17	St Albans Striders	22:08
2.	6339	Emily FORD	FU17	Chiltern Harriers AC	23:51
3.	6341	Anna DALGAS	FU17	Dacorum Athletic Club	25:26
4.	6351	Gina LUCKHURST	FU17	Watford Harriers	25:34
5.	6350	Abigail MANSON	FU17	Stevenage & North Herts AC	25:48
6.	6342	Phoebe GOSS	FU17	Dacorum Athletic Club	25:52
7.	6344	Rebecca CRAY	FU17	St Albans Striders	26:10
8.	6348	Katharine KYLE	FU17	St Albans Striders	27:26
9.	6347	Yau Ka Charlotte KAN	FU17	St Albans Striders	27:35
10.	6346	Zoë HILTON	FU17	St Albans Striders	27:52
11.	6343	Lowri STANSFIELD	FU17	Dacorum Athletic Club	29:56
12.	6349	Katie RODWAY	FU17	St Albans Striders	31:23

U/20 Women

Female

FU20

1.	3385	Antonia JUBB	FU20	St Albans Striders	23:54
2.	3388	Lily TSE	FU20	St Albans Striders	24:11
3.	3384	Tabitha WOODHOUSE	FU20	Herts Phoenix AC	24:17
4.	3382	Grace MASON	FU20	Herts Phoenix AC	24:28
5.	3386	Sarah MCGRATH	FU20	St Albans Striders	24:36
6.	3379	India FROST	FU20	Dacorum Athletic Club	25:01
7.	3378	Florence CROWLEY	FU20	Dacorum Athletic Club	25:58
8.	3383	Meisha TREND-EVANS	FU20	Herts Phoenix AC	26:04
9.	3381	Daisy WILLSON	FU20	Dacorum Athletic Club	27:15
10.	3389	Rebecca HODGES	FU20	Watford Harriers	28:11

U/17 Men

Male

MU17

1.	6365	Gianleo STUBBS	MU17	Shaftesbury Barnet Harriers	19:51
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Pl.	Bib	Name	Cat	Club	GunTim
2.	6357	Luke DUNHAM	MU17	Herts Phoenix AC	20:05
3.	6373	Tommy CROPLEY	MU17	Stevenage & North Herts AC	20:21
4.	6377	Oliver COOPER	MU17	Watford Harriers	20:26
5.	6359	Ben MURPHY	MU17	Herts Phoenix AC	21:19
6.	6360	Zaki TEMSI	MU17	Herts Phoenix AC	21:40
7.	6372	Adam SMITH	MU17	St Albans Striders	21:47
8.	6364	Tommy NARVAEZ-WHITE	MU17	Shaftesbury Barnet Harriers	21:55
9.	6366	Thomas BAILEY	MU17	St Albans Striders	22:04
10.	6379	James INGHAM	MU17	Watford Harriers	22:07
11.	6368	George METCALFE	MU17	St Albans Striders	22:26
12.	6378	Jenan CRAGGS	MU17	Watford Harriers	22:42
13.	6371	Matthew NICHOLLS	MU17	St Albans Striders	22:48
14.	6361	Oliver TOM	MU17	Herts Phoenix AC	23:04
15.	6369	Samuel MULDOON	MU17	St Albans Striders	23:27
16.	6374	George FIFIELD	MU17	Stevenage & North Herts AC	24:06
17.	6376	Alessandro BUTT	MU17	Watford Harriers	24:14
18.	6367	Cameron JUMP	MU17	St Albans Striders	24:24
19.	6358	Owen FAN	MU17	Herts Phoenix AC	25:04
20.	6356	Hayden GARRETT	MU17	Harlow AC	25:32
21.	6380	Vedant RAO	MU17	Watford Harriers	25:36
22.	6363	Thomas CADWALLADER	MU17	Shaftesbury Barnet Harriers	27:13

U/20 Men

Male

MU20

1.	3398	Archie MARSHALL	MU20	St Albans Striders	30:23
2.	3394	Caleb O'NEILL	MU20	Herts Phoenix AC	30:36
3.	3399	Alexander MCDONALD	MU20	St Albans Striders	30:46
4.	3395	Ben GOSTICK	MU20	Shaftesbury Barnet Harriers	31:42
5.	3400	Euan TURNER	MU20	St Albans Striders	32:32
6.	3396	Joe GRIERSON	MU20	Southampton University Athletics & Cross Country	33:19
7.	3393	Oliver HOBDELL	MU20	Herts Phoenix AC	34:19
8.	3392	Ernie OLIMA	MU20	Dacorum Athletic Club	35:03
9.	3402	Isaac WHITTEN	MU20	Stevenage & North Herts AC	35:35
10.	3401	Owen WATKINS	MU20	Stevenage & North Herts AC	35:39
11.	3391	Jamie LILLEY	MU20	Dacorum Athletic Club	41:03

Senior Women

Female

FS

1.	6416	Lizzy JANES	FS	Herts Phoenix AC	31:51
2.	6421	Indira PATEL	FS	Loughborough Students AC	33:08
3.	6401	Kate RENNIE	FS	Dacorum Athletic Club	33:39
4.	6455	Keira STERN	FS	St Albans Striders	34:23
5.	6450	Hannah RAYDEN	FS	St Albans Striders	34:43
6.	6425	Zoe HEWITSON	FS	Royston Runners	35:05
7.	6417	Harriet KEALY	FS	Herts Phoenix AC	35:18

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Results

Pl.	Bib	Name	Cat	Club	GunTim
8.	6433	Hannah BURKHARDT	FS	St Albans Striders	35:27
9.	6415	Jo HICKMAN DUNNE	FS	Helm Hill Runners	35:58
10.	6456	Megan Zoe WALKER	FS	St Albans Striders	36:12
11.	6473	Helen MUSSEN	FS	Watford Joggers	36:26
12.	6439	Penny HABBICK	FS	St Albans Striders	36:30
13.	6420	Beverley WHITFIELD	FS	Hillingdon AC	36:33
14.	6458	Freya WEDDELL	FS	St Albans Striders	36:34
15.	6409	Lizzie PARRY	FS	Garden City Runners	36:37
16.	6481	Fliss TOURNANT	FS	Watford Joggers	36:47
17.	6396	Claire HALLISSEY	FS	Dacorum Athletic Club	36:53
18.	6414	Claire BENTLEY	FS	Harrow AC	36:55
19.	6452	Lily SEACH	FS	St Albans Striders	36:55
20.	6438	Christina DURBIN	FS	St Albans Striders	37:51
21.	6445	Lucy JONES	FS	St Albans Striders	38:15
22.	6437	Kate DIXON	FS	St Albans Striders	38:46
23.	6408	Martha HALL	FS	Garden City Runners	39:39
24.	6486	Karen MURPHY	FS	Barnet & District AC	39:41
25.	6384	Katherine MARCH	FS	Barnet & District AC	39:59
26.	6477	Carole ROBERTS	FS	Watford Joggers	40:06
27.	6410	Zoe STEPHENS	FS	Garden City Runners	40:22
28.	6442	Laura HICKS	FS	St Albans Striders	40:25
29.	6430	Louise BENTHAM	FS	St Albans Striders	40:32
30.	6474	Rachel ORMESHER	FS	Watford Joggers	40:38
31.	6637	Emily HICKEY-BAIRD	FS	St Albans Striders	41:06
32.	6434	Hannah CARRUTHERS	FS	St Albans Striders	41:13
33.	6389	Joanna JURD	FS	Bishops Stortford RC	41:22
34.	6391	Vicky SIMPSON	FS	Bishops Stortford RC	41:46
35.	6392	Victoria COLEMAN	FS	Dacorum Athletic Club	41:56
36.	6435	Helen CARTLIDGE	FS	St Albans Striders	41:57
37.	6383	Joanne KENT	FS	Barnet & District AC	42:06
38.	6446	Anna JONES	FS	St Albans Striders	42:18
39.	6394	Rebecca FAWCETT	FS	Dacorum Athletic Club	42:35
40.	6429	Phoebe BAXTER	FS	St Albans Striders	42:37
41.	6454	Deborah STEER	FS	St Albans Striders	42:47
42.	6403	Lucy WALLDUCK	FS	Dacorum Athletic Club	42:55
43.	6412	Aisling PATTERSON	FS	Harpندن Arrows	43:08
44.	6427	Mandy ATTREE	FS	St Albans Striders	43:52
45.	6436	Chloe COOKE	FS	St Albans Striders	44:15
46.	6443	Claire HOBSON	FS	St Albans Striders	44:34
47.	6470	Helen HAWKINS	FS	Watford Joggers	44:40
48.	6482	Gail WINTER	FS	Watford Joggers	45:14
49.	6390	Eilidh MALCOLM	FS	Bishops Stortford RC	45:18
50.	6431	Luisa BRANA	FS	St Albans Striders	45:21
51.	6407	Sarah DURSTON	FS	Garden City Runners	45:31
52.	6468	Kate DUNSCOMBE	FS	Watford Joggers	45:52
53.	6441	Fleur HARVEY-KEENAN	FS	St Albans Striders	46:01
54.	6465	Claire CASSELTON	FS	Watford Joggers	46:02
55.	6476	Joanna PERRY	FS	Watford Joggers	46:08

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Results

Pl.	Bib	Name	Cat	Club	GunTim
56.	6447	Ruth KENT	FS	St Albans Striders	46:18
57.	6406	Rebecca BARDEN	FS	Garden City Runners	46:23
58.	6649	Sophie PACKMAN	FS	Garden City Runners	46:45
59.	6453	Anna SILKSTONE	FS	St Albans Striders	46:51
60.	6400	Tina LE	FS	Dacorum Athletic Club	47:01
61.	6653	Lucy ILES	FS	Garden City Runners	47:29
62.	6411	Linda HELM-MANLEY	FS	Harlow Running & Tri Club	47:36
63.	6444	Beth HOPLA	FS	St Albans Striders	47:48
64.	6448	Laura LANE	FS	St Albans Striders	47:50
65.	6463	Kate BLACKWELL	FS	Watford Joggers	48:02
66.	6393	Sarah DEAS	FS	Dacorum Athletic Club	48:04
67.	6381	Davina GUTTERIDGE	FS	Barnet & District AC	48:04
68.	6449	Julianne NIGHTINGALE	FS	St Albans Striders	48:18
69.	6478	Sarah ROBERTS	FS	Watford Joggers	48:28
70.	6388	Annabelle WHITE	FS	Barnet & District AC	48:46
71.	6464	Clare BONNICK	FS	Watford Joggers	48:55
72.	6432	Anne-Marie BULLIVANT	FS	St Albans Striders	48:57
73.	6387	Ann PHILLIPS	FS	Barnet & District AC	49:02
74.	6462	Emma BALFE	FS	Watford Joggers	49:43
75.	6402	Hannah SMEE	FS	Dacorum Athletic Club	50:15
76.	6471	Annie KEMP	FS	Watford Joggers	52:12
77.	6480	Marie STAUNTON	FS	Watford Joggers	52:57
78.	6472	Melisa MOODY	FS	Watford Joggers	55:43
79.	6479	Yasmin SHAHRAD	FS	Watford Joggers	56:02
80.	6405	Elizabeth CROWLEY	FS	Fairlands Valley Spartans	56:14
81.	6398	Mandy JACKSON	FS	Dacorum Athletic Club	57:13
82.	6467	Francesca D'SOUZA	FS	Watford Joggers	57:33
83.	6423	Lindsay COOK	FS	North Herts Road Runners	57:35
84.	6395	Helen GORTON	FS	Dacorum Athletic Club	57:36
85.	6466	Sarah COLTMAN	FS	Watford Joggers	58:41
86.	6404	Sharon CROWLEY	FS	Fairlands Valley Spartans	1:00:19
87.	6475	Denise PARKER	FS	Watford Joggers	1:04:33

Senior Men

Male

MS

1.	6533	Brett RUSHMAN	MS	Herts Phoenix AC	36:30
2.	6552	Tom BUTLER	MS	Shaftesbury Barnet Harriers	36:38
3.	6529	John EVES	MS	Herts Phoenix AC	37:07
4.	6566	Cameron DOCKERILL	MS	St Albans Striders	38:07
5.	6542	Thomas WEBB	MS	North Herts Road Runners	38:27
6.	6569	Phillip EVANS	MS	St Albans Striders	39:22
7.	6510	Jack PARSLOW	MS	Dacorum Athletic Club	39:28
8.	6614	Michael WADDINGTON	MS	Ware Joggers	39:30
9.	6624	Oliver HILL	MS	Watford Joggers	39:50
10.	6592	George WITHERS	MS	St Albans Striders	40:07
11.	6497	Sam PEDLEY	MS	Bishops Stortford RC	40:15

Herts Cross Country Championships

Results

Pl.	Bib	Name	Cat	Club	GunTim
12.	6518	Bradley BIRCH	MS	Garden City Runners	40:32
13.	6492	Stephen BULLOUGH	MS	Bishops Stortford RC	40:46
14.	6563	Chris DENNELL	MS	St Albans Striders	41:24
15.	6593	Adam YORWERTH	MS	St Albans Striders	41:33
16.	6511	Rhys ROWLANDS	MS	Dacorum Athletic Club	41:43
17.	6584	Jonathan SCOTT	MS	St Albans Striders	41:46
18.	6504	Douglas COLEMAN	MS	Dacorum Athletic Club	41:57
19.	6512	Angus SAUNDERS	MS	Dacorum Athletic Club	42:03
20.	6490	Edward SPENCER	MS	Barnet & District AC	42:10
21.	6627	David O'SULLIVAN	MS	Watford Joggers	42:16
22.	6522	James HUIISH	MS	Garden City Runners	42:34
23.	6545	Matthew COTTISS	MS	Royston Runners	42:47
24.	6600	Ross LANGLEY	MS	Tring RC	43:12
25.	6618	Mark AMES	MS	Watford Joggers	43:16
26.	6526	Paul GOODWIN	MS	Harpenden Arrows	43:19
27.	6517	Chris BAYLIS	MS	Garden City Runners	43:21
28.	6539	Nathan PASK	MS	North Herts Road Runners	43:28
29.	6579	Ross MAY	MS	St Albans Striders	43:33
30.	6543	Tom BEACH	MS	Royston Runners	43:34
31.	6597	Mark HEAD	MS	Tring RC	43:35
32.	6604	Will BREESE	MS	Ware Joggers	43:38
33.	6561	Thomas CROFT	MS	St Albans Striders	43:44
34.	6603	Nick AXAM	MS	Ware Joggers	43:46
35.	6585	Andrew SHAW	MS	St Albans Striders	43:55
36.	6623	Julian GOOD	MS	Watford Joggers	43:57
37.	6588	Barnaby WALKER	MS	St Albans Striders	44:01
38.	6619	Will BROTHERSTON	MS	Watford Joggers	44:06
39.	6540	Matthew SAYERS	MS	North Herts Road Runners	44:27
40.	6645	Mark KENNEDY	MS	St Albans Striders	44:33
41.	6531	Martin O'NEILL	MS	Herts Phoenix AC	44:44
42.	6610	Matthew CUMMINGS	MS	Ware Joggers	44:54
43.	6491	Charlie WHITE	MS	Barnet & District AC	45:01
44.	6487	Alexander HORTON	MS	Barnet & District AC	45:05
45.	6573	Douglas HOBSON	MS	St Albans Striders	45:06
46.	6500	Stephen WILKES	MS	Bishops Stortford RC	45:16
47.	6488	Richard MCCORMICK	MS	Barnet & District AC	45:23
48.	6509	Andrew MURPHY	MS	Dacorum Athletic Club	45:27
49.	6546	Richard HARRISON	MS	Royston Runners	45:32
50.	6535	Shahab AHMAD	MS	North Herts Road Runners	45:51
51.	6499	Robert THORPE	MS	Bishops Stortford RC	45:57
52.	6496	Matt MCRANDAL	MS	Bishops Stortford RC	46:05
53.	6519	Thom BUZZARD	MS	Garden City Runners	46:09
54.	6601	Tom MORETON	MS	Tring RC	46:11
55.	6553	Kevin WALDEN	MS	Shaftesbury Barnet Harriers	46:19
56.	6516	Gaetano BASIACO	MS	Garden City Runners	46:24
57.	6594	Adam SEARLE	MS	Stevenage & North Herts AC	46:29
58.	6544	Grant CHAPMAN	MS	Royston Runners	46:43
59.	6537	Mike BANISTER	MS	North Herts Road Runners	46:52

Herts Cross Country Championships

Results

Pl.	Bib	Name	Cat	Club	GunTim
60.	6582	Gavin MURRISON	MS	St Albans Striders	46:56
61.	6607	Neil BULL	MS	Ware Joggers	47:10
62.	6583	Steve SCORER	MS	St Albans Striders	47:15
63.	6625	Paul HOGAN	MS	Watford Joggers	47:17
64.	6596	Simon BARNETT	MS	Tring RC	47:27
65.	6523	Chris JONES	MS	Garden City Runners	47:33
66.	6562	Richard DAVIS	MS	St Albans Striders	47:41
67.	6636	Graham HILL	MS	Royston Runners	48:01
68.	6538	Ian DATLEN	MS	North Herts Road Runners	48:07
69.	6574	Alex JOHNSTON	MS	St Albans Striders	48:17
70.	6617	Nick WHITE	MS	Watford Harriers	48:20
71.	6524	Nick SUMMERS	MS	Garden City Runners	48:31
72.	6506	Dave FELLOWES	MS	Dacorum Athletic Club	48:44
73.	6484	Philip COLLINGTON	MS	Barnet & District AC	48:50
74.	6599	Roland KEMP	MS	Tring RC	48:56
75.	6554	Alex BARRELL	MS	St Albans Striders	49:10
76.	6534	James GRIERSON	MS	Lonely Goat RC	49:31
77.	6489	Robert SCOTT	MS	Barnet & District AC	49:35
78.	6608	Will CAUNCE	MS	Ware Joggers	49:46
79.	6551	Tim BUTLER	MS	Shaftesbury Barnet Harriers	49:55
80.	6640	Mick STANBRIDGE	MS	Watford Harriers	50:18
81.	6521	Andy HOLT	MS	Garden City Runners	50:26
82.	6567	Paul DURBIN	MS	St Albans Striders	50:40
83.	6571	Martin HEALEY	MS	St Albans Striders	50:50
84.	6613	Jamie HIGGS	MS	Ware Joggers	51:09
85.	6635	Chun Ho WONG	MS	Watford Joggers	51:36
86.	6525	Dom THOMAS	MS	Garden City Runners	51:39
87.	6595	John ROSE	MS	Trent Park Running Club	51:44
88.	6502	Stuart BAILEY	MS	Dacorum Athletic Club	51:56
89.	6493	Adam CHAPMAN	MS	Bishops Stortford RC	51:59
90.	6581	Stuart MIDDLETON	MS	St Albans Striders	52:19
91.	6626	Martin O'KEEFFE	MS	Watford Joggers	52:49
92.	6609	Alexander CHAPPELL	MS	Ware Joggers	52:59
93.	6630	Anatole RANSOM	MS	Watford Joggers	53:00
94.	6536	John AULD	MS	North Herts Road Runners	54:37
95.	6483	Paul CARTER	MS	Barnet & District AC	54:47
96.	6586	Mark STEVENS	MS	St Albans Striders	55:03
97.	6577	Christian KUREK	MS	St Albans Striders	55:29
98.	6560	Gavin CLIFTON	MS	St Albans Striders	55:59
99.	6615	Adrian HARWOOD	MS	Watford Harriers	56:07
100.	6557	Colin BRAYBROOK	MS	St Albans Striders	56:20
101.	6495	Gordon MCLEOD	MS	Bishops Stortford RC	56:47
102.	6642	Andy BAIN	MS	Serpentine RC	57:03
103.	6612	Jonathan HALL	MS	Ware Joggers	57:23
104.	6485	Grahame DAVIES	MS	Barnet & District AC	57:33
105.	6587	Ben THOMAS	MS	St Albans Striders	57:42
106.	6498	Jamie SMITH	MS	Bishops Stortford RC	58:18
107.	6494	Richard FOWERAKER	MS	Bishops Stortford RC	59:08

Herts Cross Country Championships

Results

Pl.	Bib	Name	Cat	Club	GunTim
108.	6386	Mark GLOVER	MS	Barnet & District AC	59:51
109.	6605	Paul BRENNAN	MS	Ware Joggers	1:00:14
110.	6589	Jay WHEELER	MS	St Albans Striders	1:00:24
111.	6622	Richard DOUGHTY	MS	Watford Joggers	1:01:23
112.	6591	Adam WILLIAMS	MS	St Albans Striders	1:01:37
113.	6520	Russell CASEY	MS	Garden City Runners	1:02:41
114.	6634	Colin WILLIAMS	MS	Watford Joggers	1:04:19
115.	6633	Nigel TEX	MS	Watford Joggers	1:06:30
116.	6513	Ian WOLSTENCROFT	MS	Dacorum Athletic Club	1:08:25
117.	6632	Nitin TANK	MS	Watford Joggers	1:13:28