

Hertfordshire County Cross Country Championships
Fairlands Valley, Stevenage

Under 11 Boys (1565m)

7 January 2007

Position	No	Time	Name	Club
1	288	06:03	L Dee	Welwyn St Mary's CE Primary School
2	274	06:22	M Cloke	St Albans AC
3	265	06:30	O Fyfe	Herts Phoenix AC
4	280	06:30	E Marsh	Watford Harriers
5	286	06:33	H Wickings	Watford Harriers
6	287	06:34	M Wright	Watford Harriers
7	272	06:42	C McCormack	Shaftesbury Barnet Harriers
8	278	06:46	G Williams	St Albans AC
9	282	06:47	B Parsons	Watford Harriers
10	271	06:51	M Fordham	Shaftesbury Barnet Harriers
11	257	06:59	R Thompson	Barnet & District AC
12	269	07:00	P Murphy	Herts Phoenix AC
13	276	07:01	E Lawford	St Albans AC
14	284	07:02	J Pickford	Watford Harriers
15	264	07:04	C Clarke	Herts Phoenix AC
16	267	07:06	C Hawley	Herts Phoenix AC
17	283	07:07	J Phillips	Watford Harriers
18	270	07:23	C Westrope	Herts Phoenix AC
19	261	07:26	S Inns	Dacorum & Tring AC
20	277	07:43	A Wheatcroft	St Albans AC
21	279	07:52	A Kinsella	Stevenage & N Herts AC
22	255	07:59	W Martin	Barnet & District AC

Teams:	1	Watford H (4,5,6)	15
	2	St Albans AC (2,8,13)	23
	3	Herts Phoenix (3,12,15)	30
	4	Watford H [B] (9,14,17)	40

**Hertfordshire County Cross Country Championships
Fairlands Valley, Stevenage**

Under 13 Boys (2875m)

7 January 2007

Position	No	Time	Name	Club
1	349	10:33	E Shepherd	Herts Phoenix AC
2	365	11:06	S Byrne	Watford Harriers
3	356	11:14	J McMurray	St Albans AC
4	352	11:16	V Zaver	Herts Phoenix AC
5	363	11:18	M Leach	Stevenage & N Herts AC
6	357	11:25	O Poulain	St Albans AC
7	343	11:27	O Glyn	Dacorum & Tring AC
8	341	11:39	R Buck	Dacorum & Tring AC
9	339	12:07	M Bonito	Dacorum & Tring AC
10	340	12:11	A Bramley	Dacorum & Tring AC
11	366	12:23	L Dormer	Watford Harriers
12	347	12:28	J Coffey	Herts Phoenix AC
13	359	12:35	T Brooks	St Albans School
14	364	12:38	P Spicer	Stevenage & N Herts AC
15	342	12:40	J Eykelbosch	Dacorum & Tring AC
16	335	12:43	A Bidmead	Barnet & District AC
17	338	12:44	A Bevan	Dacorum & Tring AC
18	360	12:46	J Smiler	St Albans School
19	354	12:51	B Brewer	St Albans AC
20	355	12:55	C Giles	St Albans AC
21	368	12:56	C Rowbottom	Watford Harriers
22	344	12:58	T Warr	Dacorum & Tring AC
23	346	13:32	M Boyd	Herts Phoenix AC
24	358	13:34	C Williams	St Albans AC
25	362	14:00	T Kinsella	Stevenage & N Herts AC
26	361	14:03	P De'Ath	Stevenage & N Herts AC
27	348	14:28	R Faulkner	Herts Phoenix AC

Teams	1 Herts Phoenix (1,4,12)	17
	2 Dacorum & Tring (7,8,9)	24
	3 St Albans AC (3,6,19)	28
	4 Watford Harriers (2,11,21)	34
	5 Dacorum & Tring [B] (10,15,17)	42
	6 Stevenage & N Herts (5,14,25)	44

**Hertfordshire County Cross Country Championships
Fairlands Valley, Stevenage**

Under 15 Boys (4625m)

7 January 2007

Position	No	Time	Name	Club
1	434	16:35 N	Fleming	Shaftesbury Barnet Harriers
2	423	16:55 M	Salt	Dacorum & Tring AC
3	427	17:13 T	Gough	Herts Phoenix AC
4	443	17:19 E	Mackenzie	St Albans School
5	430	17:25 A	Veitch	Herts Phoenix AC
6	439	17:30 E	Poulain	St Albans AC
7	435	17:37 B	Johnston	Shaftesbury Barnet Harriers
8	424	17:41 J	Thie	Dacorum & Tring AC
9	444	18:01 C	Pontin	St Albans School
10	454	18:12 T	Williams	Watford Harriers
11	447	18:24 L	Keeble	Stevenage & N Herts AC
12	451	18:37 J	Dormer	Watford Harriers
13	421	18:58 R	Molloy	Dacorum & Tring AC
14	419	19:01 J	Ruffell	British Airways AC
15	437	19:08 K	Al Abaidy	St Albans AC
16	448	19:10 L	Lungley	Stevenage & N Herts AC
17	440	19:12 T	Dace	St Albans School
18	442	19:30 C	Lye	St Albans School
19	445	19:38 A	Razzano	St Albans School
20	441	19:43 J	Graham	St Albans School
21	432	19:52 D	Wilson	Herts Phoenix AC
22	436	19:55 J	McCormick	Shaftesbury Barnet Harriers
23	450	19:56 D	Pickett	Stevenage & N Herts AC
24	446	19:57 W	Herridge	Stevenage & N Herts AC
25	449	20:40 D	O'Connell	Stevenage & N Herts AC
26	425	21:26 R	SurrIDGE	Enfield & Haringey AC
27	431	21:33 J	Waterman	Herts Phoenix AC

Teams		
1	Dacorum & Tring (2,8,13)	23
2	Herts Phoenix (3,5,21)	29
3	St Albans School (4,9,17)	30
4	Shaftesbury BH (1,7,22)	30
5	Stevenage & N Herts (11,16,23)	50
6	St Albans School [B] (18,19,20)	57

**Hertfordshire County Cross Country Championships
Fairlands Valley, Stevenage**

Under 17 Men (5750m)

7 January 2007

Position	No	Time	Name	Club
1	503	19:47 D	Easter	Shaftesbury Barnet Harriers
2	494	20:12 S	Collins	Enfield & Haringey AC
3	502	20:24 B	Collins	Shaftesbury Barnet Harriers
4		21:46	Guest	
5	511	21:55 C	Graham	St Albans School
6	504	22:01 O	Illot	Shaftesbury Barnet Harriers
7	513	22:04 R	Priseman	St Albans School
8	515	22:26 F	Tilby-Jones	St Albans School
9	500	22:36 P	Townsend	Herts Phoenix AC
10	491	22:55 O	Randall	Barnet & District AC
11	506	23:07 S	Ng	St Albans AC
12	512	23:08 R	Miles	St Albans School
13	516	23:24 C	McKechnie	Stevenage & N Herts AC
14	517	23:39 J	Moss	Stevenage & N Herts AC
15	498	24:03 R	Brown	Herts Phoenix AC
16	525	24:07 R	Van Tromp	Watford Harriers
17	514	24:18 D	Rimmer	St Albans School
18	519	24:28 L	Naylor	Stevenage & N Herts AC
19	499	24:43 M	Thaddeus	Herts Phoenix AC
20	495	25:24 N	Crowley	Fairlands Valley Spartans
21	510	25:56 N	Fordham	St Albans School

Teams	Count
1 Shaftesbury BH (1,3,6)	10
2 St Albans School (5,7,8)	20
3 Herts Phoenix (9,15,19)	43
4 Stevenage & N Herts (13,14,18)	45
5 St Albans School [B] (12,17,21)	50

Hertfordshire County Cross Country Championships
Fairlands Valley, Stevenage

Under 20 Men (7500m)

7 January 2007

Position No	Time	Name	Club
1	554 24:58	J Pepper	Enfield & Haringey AC
2	553 28:12	T Sheldrick	Dacorum & Tring AC
3	562 28:26	D Poulton	Stevenage & N Herts AC
4	559 29:14	R Tarpey	Herts Phoenix AC
5	561 30:52	S Poulton	Stevenage & N Herts AC
6	560 35:02	M McKechnie	Stevenage & N Herts AC

Team 1 Stevenage & N Herts (3,5,6) 14

Hertfordshire County Cross Country Championships Fairlands Valley, Stevenage

Senior Men (11000m)

7 January 2007

Position	No	Time	Name	Club
1	77	37:55	A Bowden	Harrow AC
2	160	38:02	N Burton	Tipton Harriers
3	127	38:31	O Edwards	Shaftesbury Barnet Harriers
4	17	38:40	N Hall	Bedford & County AC
5	3	39:37	R Gamble	Barnet & District AC
6	104	39:44	N Miller	N Herts Road Runners
7	156	39:55	S Pullen	St Albans Striders
8	78	40:22	J Critchlow	Harrow AC
9	16	40:40	T Burke	Bedford & County AC
10	171	40:42	J McGinn	Watford Harriers
11	95	40:55	C Saville	Herts Phoenix AC
12	143	41:09	P Adams	St Albans Striders
13	154	41:33	M Jubb	St Albans Striders
14	82	41:44	M Rahim	Harrow AC
15	119	42:22	I Murray	Royston Runners
16	25	42:29	A Sainsbury	Dacorum & Tring AC
17	98	42:56	N Beresford	N Herts Road Runners
18	7	43:04	A Mason	Barnet & District AC
19	63	43:09	S Mace	Garden City Runners
20	103	43:20	S McKewon	N Herts Road Runners
21	58	43:36	A Holt	Garden City Runners
22	146	43:46	S Buckle	St Albans Striders
23	62	43:57	S Livingstone	Garden City Runners
24	563	44:06	A Searle	Stevenage & N Herts AC
25	14	44:12	J Taylor	Barnet & District AC
26	113	44:16	K Cable	Royston Runners
27	94	44:26	N Morrison	Herts Phoenix AC
28	574	44:35	M Dickinson	Garden City Runners
29	59	44:39	B Judge	Garden City Runners
30	158	44:52	S Weston	St Albans Striders
31	152	45:00	J Hicks	St Albans Striders
32	86	45:18	A Benson	Herts Phoenix AC
33	45	45:24	R Casey	Garden City Runners
34	110	45:32	D Bowker	Royston Runners
35	41	45:43	M Allen	Garden City Runners
36	161	45:50	M Adcock	Watford Harriers
37	134	45:54	T Parkin	Shaftesbury Barnet Harriers
38	126	46:00	P Cunningham	Shaftesbury Barnet Harriers
39	120	46:05	J Newall	Royston Runners
40	177	46:17	C Taylor	Watford Joggers
41	170	46:39	G Mayoh	Watford Harriers
42	169	46:40	P Illing	Watford Harriers
43	122	46:41	G Tofts	Royston Runners
44	93	47:02	R Melvern	Herts Phoenix AC
45	89	47:49	P Fitzpatrick	Herts Phoenix AC
46	150	48:06	D Digweed	St Albans Striders
47	168	48:11	T Hedge	Watford Harriers
48	24	48:24	A Tant	Broxbourne Runners
49	23	48:35	D Sullivan	Broxbourne Runners
50	1	48:40	S Allen	Barnet & District AC
51	46	48:41	R Casserlei	Garden City Runners
52	52	48:47	D Edwards	Garden City Runners
53	106	48:50	J Russell	N Herts Road Runners
54	100	48:52	S Bryant	N Herts Road Runners
55	18	48:52	R Ruffell	British Airways AC
56	10	48:54	J Murphy	Barnet & District AC
57	157	49:06	J Redshaw	St Albans Striders

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Senior Men (11000m)

7 January 2007

58	55	49:14	P	Gallagher	Garden City Runners
59	31	49:18	J	Brown	Fairlands Valley Spartans
60	164	49:28	T	Cory	Watford Harriers
61	39	49:31	A	Ackrill	Garden City Runners
62	173	49:33	D	Walker	Watford Harriers
63	36	49:40	P	Maguire	Fairlands Valley Spartans
64	102	49:42	D	Hooker	N Herts Road Runners
65	27	50:05	M	Fone	Enfield & Haringey AC
66	30	50:06	G	Blackburn	Fairlands Valley Spartans
67	35	50:15	T	Gray	Fairlands Valley Spartans
68	38	50:24	S	Smithson	Fairlands Valley Spartans
69	180	50:29	T	Woolridge	Watford Joggers
70	44	50:30	S	Bowen	Garden City Runners
71	114	50:33	P	Green	Royston Runners
72	107	50:35	J	Spinks	N Herts Road Runners
73	71	51:00	S	Smith	Garden City Runners
74	19	51:08	D	Dutchburn	Broxbourne Runners
75	92	51:40	S	Mann	Herts Phoenix AC
76	129	52:03	J	Kelly	Shaftesbury Barnet Harriers
77	166	52:24	C	Hamlet	Watford Harriers
78	20	52:32	A	Hyland	Broxbourne Runners
79	153	52:46	M	Jack	St Albans Striders
80	108	53:32	S	Taplin	N Herts Road Runners
81	85	53:34	D	Beasley	Herts Phoenix AC
82	69	54:06	P	Sawko	Garden City Runners
83	57	54:24	M	Hewitson	Garden City Runners
84	176	54:25	M	Mitchell	Watford Joggers
85	179	54:28	T	Williams	Watford Joggers
86	159	54:34	P	Eames	Stevenage & N Herts AC
87	178	55:17	K	Taylor	Watford Joggers
88	34	55:23	M	Glading	Fairlands Valley Spartans
89	165	55:53	S	Daniel	Watford Harriers
90	65	56:25	D	Moscrop	Garden City Runners
91	40	59:35	T	Allen	Garden City Runners
92	33	59:35	A	Garratt	Fairlands Valley Spartans
93	99	59:55	P	Bowal	N Herts Road Runners
94	174	60:05	D	Bradford	Watford Joggers

Teams:	1	St Albans Striders (7,12,13,22,30,31)	115
	2	Garden City Runners (19,21,23,28,29,33)	153
	3	N Herts Road Runners (6,17,20,53,54,64)	214
	4	Royston Runners (15,26,34,39,43,71)	228
	5	Herts Phoenix (11,27,32,44,45,75)	234
	6	Watford Harriers (10,36,41,42,47,60)	236
	7	Garden City Runners [B] (35,51,52,58,61,70)	327
	8	Fairlands Spartans (59,63,66,67,68,88)	411
	9	Watford Joggers (40,69,84,85,87,94)	459

Hertfordshire County Cross Country Championships Fairlands Valley, Stevenage

Under 11 Girls (1565m)

7 January 2007

Position	No	Time	Name	Club
1	312	06:23 N	Connor	Shaftesbury Barnet Harriers
2	304	06:25 N	Dalton	Herts Phoenix AC
3	316	06:28 D	Newman	Shaftesbury Barnet Harriers
4	321	06:35 N	Hodson	St Albans AC
5	323	06:37 S	Messent	St Albans AC
6	314	06:41 F	Lenton	Shaftesbury Barnet Harriers
7	292	06:41 B	Carter	Barnet & District AC
8	328	06:44 S	Bentley	Watford Harriers
9	332	06:49 H	Hollis	Watford Harriers
10	334	07:00 L	Varnham	Watford Harriers
11	330	07:01 L	Economu	Watford Harriers
12	298	07:03 H	Rudman	Barnet & District AC
13	308	07:04 E	Parry	Herts Phoenix AC
14	309	07:04 B	Walker	Herts Phoenix AC
15	317	07:07 S	Bull	St Albans AC
16	319	07:09 N	Crawford	St Albans AC
17	331	07:15 A	Harris	Watford Harriers
18	301	07:16 L	Roberts	Dacorum & Tring AC
19	300	07:20 C	Phillipson	Dacorum & Tring AC
20	299	07:21 S	Needleman	Dacorum & Tring AC
21	327	07:25 S	Eames	Stevenage & N Herts AC
22	329	07:32 G	Chester	Watford Harriers
23	302	07:33 L	Wright	Dacorum & Tring AC
24	303	07:34 S	Vassiliou	Enfield & Haringey AC
25	295	07:45 P	Osborn	Barnet & District AC
26	325	07:46 H	Seglah	St Albans AC
27	294	08:00 L	Herridge	Barnet & District AC
28	326	08:02 A	Townend	St Albans AC
29	322	08:03 G	Hull	St Albans AC
30	291	08:05 E	Byrne	Barnet & District AC
31	305	08:38 A	Freeman	Herts Phoenix AC
32	307	08:39 H	Nolan	Herts Phoenix AC
33	311	08:41 M	Zaver	Herts Phoenix AC
34	310	08:44 D	Wolfe	Herts Phoenix AC
35	290	08:59 M	Bruno	Barnet & District AC
36	296	09:46 I	Rochester	Barnet & District AC
37	297	10:20 M	Rochester	Barnet & District AC

Teams		
1	Shaftesbury BH (1,3,6)	10
2	St Albans AC (4,5,19)	24
3	Watford H (8,9,10)	27
4	Herts Phoenix (2,13,14)	29
5	Barnet (7,12,37)	44
6	Watford H [B] (11,17,22)	50
7	Dacorum & Tring (18,19,20)	57
8	St Albans AC [B] (16,26,28)	70
9	Barnet [B] (27,30,35)	92
10	Herts Phoenix [B] (31,32,33)	96

Hertfordshire County Cross Country Championships Fairlands Valley, Stevenage

Under 13 Girls (2875m)

7 January 2007

Position	No	Time	Name	Club
1	401	12:02 H	Dewhurst	Stevenage & N Herts AC
2	392	12:04 L	Farrar	St Albans AC
3	372	12:22 K	Barber	Barnet & District AC
4	418	12:22 K	Wright	Watford Harriers
5	375	12:29 R	Armorgie	Dacorum & Tring AC
6	390	12:32 C	Stewart	Shaftesbury Barnet Harriers
7	416	12:43 N	Wickings	Watford Harriers
8	382	12:54 S	Olah	Dacorum & Tring AC
9	394	12:55 A	MacKenzie	St Albans AC
10	385	12:56 J	Denham	Herts Phoenix AC
11	386	13:16 E	Lloyd	Herts Phoenix AC
12	378	13:17 A	Eykelbosch	Dacorum & Tring AC
13	405	13:18 S	Pike	Stevenage & N Herts AC
14	379	13:21 S	Grover	Dacorum & Tring AC
15	414	13:23 M	Omar	Watford Harriers
16	403	13:29 A	Gates	Stevenage & N Herts AC
17	376	13:31 L	Brown	Dacorum & Tring AC
18	374	13:39 C	Wingfield	Barnet & District AC
19	397	13:44 M	Steer	St Albans AC
20	381	13:47 A	Moores	Dacorum & Tring AC
21	380	13:57 S	Kinley	Dacorum & Tring AC
22	396	14:10 R	Seglah	St Albans AC
23	384	14:11 H	Perks	Harrow AC
24	373	14:16 A	Grist	Barnet & District AC
25	393	14:33 H	Hull	St Albans AC
26	409	14:39 C	Bentley	Watford Harriers
27	383	14:51 A	Wright	Dacorum & Tring AC
28	408	14:53 N	Yates	Stevenage & N Herts AC
29	388	14:56 D	West	Herts Phoenix AC
30	402	15:13 T	Fajobi	Stevenage & N Herts AC
31	412	15:14 J	Hartley	Watford Harriers
32	400	15:19 C	Baird	Stevenage & N Herts AC
33	391	15:55 F	Cook	St Albans AC
34	407	16:28 K	Sweetlove	Stevenage & N Herts AC

Teams:	1	Dacorum & Tring (5,8,12)	25
	2	Watford Harriers (4,7,15)	26
	3	Stevenage & N Herts (1,13,16)	30
	4	St Albans AC (2,9,19)	30
	5	Barnet (3,18,24)	45
	6	Herts Phoenix (10,11,29)	50
	7	Dacorum & Tring [B] (14,17,20)	51
	8	St Albans AC [B] (22,25,33)	80
	9	Stevenage & N Herts [B] (28,30,32)	

Hertfordshire County Cross Country Championships
Fairlands Valley, Stevenage

Under 15 Girls (3940m)

7 January 2007

Position	No	Time	Name	Club
1	469	15:58 S	Connor	Shaftesbury Barnet Harriers
2	489	16:13 V	Walker	Watford Harriers
3	462	16:30 P	Lowe	Harrow AC
4	463	16:36 E	Fuller	Herts Phoenix AC
5	482	16:39 V	Little	Stevenage & N Herts AC
6	486	17:03 C	Vernon-Hamilton	Stevenage & N Herts AC
7	483	17:05 N	Little	Stevenage & N Herts AC
8	480	18:04 A	Smith	St Albans AC
9	475	18:12 L	Proffitt	Shaftesbury Barnet Harriers
10	481	18:25 D	Yeomans	St Albans AC
11	485	18:55 A	Pring	Stevenage & N Herts AC
12	466	18:57 N	Humberstone	Herts Phoenix AC
13	465	19:20 S	Harry	Herts Phoenix AC
14	457	19:25 A	Hampton	Dacorum & Tring AC
15	467	19:28 E	Meakins	Herts Phoenix AC
16	484	19:30 L	O'Connell	Stevenage & N Herts AC
17	472	19:43 J	Johnson	Shaftesbury Barnet Harriers
18	460	20:11 M	Taylor	Dacorum & Tring AC
19	468	20:20 C	Airey	Shaftesbury Barnet Harriers
20	477	21:21 E	Huxley	St Albans AC
21	464	22:50 A	Gray	Herts Phoenix AC

Teams		
1	Stevenage & N Herts (5,6,7)	18
2	Sghaftesbury BH (1,9,17)	27
3	Herts Phoenix (4,12,13)	29
4	St Albans AC (8,10,20)	38

Hertfordshire County Cross Country Championships
Fairlands Valley, Stevenage

Under 17 Women (4625m)

7 January 2007

Position	No	Time	Name	Club
1	533	18:49 H	Walker	Dacorum & Tring AC
2	548	18:58 J	Mansell	Stevenage & N Herts AC
3	545	19:30 L	Yates	Shaftesbury Barnet Harriers
4	541	19:37 R	Gardner	Shaftesbury Barnet Harriers
5	535	19:51 S	Brown	Harrow AC
6	542	20:04 S	Proffitt	Shaftesbury Barnet Harriers
7	532	20:06 E	Smith	Dacorum & Tring AC
8	531	20:15 F	Roberts	Dacorum & Tring AC
9	527	20:17 H	Sheridan	Barnet & District AC
10	550	20:36 H	Kitchen	Watford Harriers
11	539	20:37 L	Whitehead	Herts Phoenix AC
12	534	22:16 H	Barsby	Harrow AC
13	526	23:12 T	Sarsfield	Barnet & District AC
14	544	24:07 C	Simm	Shaftesbury Barnet Harriers
15	529	24:07 P	Bensusan	Dacorum & Tring AC
16	537	25:23 C	Davies	Herts Phoenix AC

Teams	1 Shaftesbury BH (3,4,6)	13
	2 Dacorum & Tring (1,7,8)	16

**Hertfordshire County Cross Country Championships
Fairlands Valley, Stevenage**

Under 20 Women (5750m)

7 January 2007

Position	No	Time	Name	Club
1	570	22:49	S Bailey	Stevenage & N Herts AC
2	566	24:35	Z Wray	Barnet & District AC
3	569	25:17	N Taylor	Herts Phoenix AC
4	571	26:13	L Cunningham	Stevenage & N Herts AC
5	572	26:29	B Newstead	Stevenage & N Herts AC
6	567	26:54	C Dollman	Dacorum & Tring AC
7	564	27:41	K Henderson	Barnet & District AC
8	568	29:27	Z Dunnings	Dacorum & Tring AC
9	573	32:55	M Scheuber	Stevenage & N Herts AC

Teams 1 Stevenage & N Herts (1,4,5) 10

Hertfordshire County Cross Country Championships
Fairlands Valley, Stevenage

Senior Women (7500m)

7 January 2007

Position	No	Time	Name	Club
1	231	28:03	V Webster	Shaftesbury Barnet Harriers
2	189	28:59	R Gibbs	Bedford & County AC
3	248	29:07	C Willer	Watford Harriers
4	211	29:20	S Morris	Garden City Runners
5	218	29:41	E Hall	Herts Phoenix AC
6	246	29:47	H Beard	Stevenage & N Herts AC
7	190	29:57	P Prescott	Bedford & County AC
8	223	30:23	A McKewon	N Herts Road Runners
9	242	30:56	D Steer	St Albans Striders
10	187	31:03	K March	Barnet & District AC
11	200	31:14	L Clifford	Garden City Runners
12	192	31:17	L Bowles	Enfield & Haringey AC
13	208	31:38	M Livingstone	Garden City Runners
14	227	31:55	M Winters	N Herts Road Runners
15	205	32:43	M Hall	Garden City Runners
16	206	32:56	C Harris	Garden City Runners
17	193	33:03	S McHugh	Enfield & Haringey AC
18	203	33:28	J Gray	Garden City Runners
19	185	33:55	N Froud	Barnet & District AC
20	237	34:24	G Jubb	St Albans Striders
21	207	34:45	Y Jones	Garden City Runners
22	204	35:15	C Hale	Garden City Runners
23	182	35:24	L Bruce-Burgess	Barnet & District AC
24	209	36:20	A Mann	Garden City Runners
25	222	36:53	J Harbon	N Herts Road Runners
26	197	38:05	P Wilson	Fairlands Valley Spartans
27	250	38:21	P Christophorou	Watford Joggers
28	221	38:54	K Dodsworth	N Herts Road Runners
29	198	39:15	B Wilson	Fairlands Valley Spartans
30	210	39:31	J Matthews	Garden City Runners
31	195	40:07	S O'Callaghan	Fairlands Valley Spartans
32	225	41:39	C Sharp	N Herts Road Runners
33	194	43:46	S Crowley	Fairlands Valley Spartans
34	220	45:15	L Cook	N Herts Road Runners
35	251	49:59	S Coltman	Watford Joggers

Teams		
	1 Garden City Runners (4,11,13,15)	43
	2 N Herts Road Runners (8,14,25,28)	75
	3 Garden City Runners [B] (16,18,21,23)	77
	4 Fairlands Valley Spartans (26,29,31,33)	119