

Hertfordshire County Veterans Cross Country Championships
Therfield Heath, Royston

Veteran Women (4 miles)

8 March 2009

Position	No	Time	Name	Name	Club
1	56	21.09	Lisa	Elmore	Trent Park RC
2	81	21.48	Danielle	Sanderson	Watford Harriers
3	77	21.53	Deborah	Steer	St Albans Striders
4	36	22.18	Helen	Hoyle	Barnet & District
5	47	22.43	Caroline	Hale	Garden City Runners
6	53	22.53	Elizabeth	McKie	St Albans Striders
7	62	23.22	Catherine	Davies	Dacorum & Tring
8	42	23.38	Vicki	Harrison	David Lloyd Pacers
9	35	23.58	Karen	Bradley	Barnet & District
10	58	24.01	Jackie	Drew	Watford Joggers
11	52	24.01	Zoe	Lowe	St Albans Striders
12	69	24.27	Virginia	Bird	Garden City Runners
13	79	24.33	Alison	Harding	Tring RC
14	84	24.43	Caroline	Whitaker	Watford Joggers
15	48	24.51	Andrea	Mann	Garden City Runners
16	63	24.53	Celia	Findlay	David Lloyd Pacers
17	38	25.16	Nicola	Henry	Dacorum & Tring
18	82	25.18	Clare	Bonnice	Watford Joggers
19	78	25.25	Elizabeth	Walls	St Albans Striders
20	72	25.28	Julie	Simmonds	Herts Phoenix
21	83	25.59	Sharon	Kassemzaoch	Watford Joggers
22	71	26.17	Celia	Pardoe	Garden City Runners
23	39	26.25	Clare	Murray	Dacorum & Tring
24	40	26.34	Wendy	Stephenson	Dacorum & Tring
25	41	26.39	Moira	Craft	David Lloyd Pacers
26	86	27.13	Joy	Allen	Garden City Runners
27	74	27.19	Karen	Dodsworth	N Herts RR
28	90	27.23	Judy	Pomphrey	St Albans Striders
29	49	27.46	Michelle	Smith	Garden City Runners
30	46	27.48	Tracy	Pez	Fairlands Valley Spartans
31	37	27.56	Pauline	Michael	Barnet & District
32	50	27.59	Jo	Harbon	N Herts RR
33	51	27.59	Jo	Summers	N Herts RR
34	89	28.18	Elizabeth	Barber	St Albans Striders
35	57	28.31	Nicolotte	Economu	Watford Harriers
36	64	29.19	Julia	Gristwood	Ealing, Southall & Middx
37	91	29.31	Jane	Richmond	Watford Joggers
38	54	29.55	Carole	Mooney	St Albans Striders
39	80	29.56	Jil	Owen	Watford Harriers
40	73	30.06	Rachel	Annetts	N Herts RR
41	65	30.08	Sharon	Crowley	Fairlands Valley Spartans
42	87	30.12	Avis	Cowley	Garden City Runners
43	61	31.23	Kirsty	Johnstone	Barnet & District
44	44	32.25	Tricia	Hopper	Fairlands Valley Spartans
45	68	32.35	Lorraine	Thomas	Fairlands Valley Spartans
46	92	32.42	Eleanor	Draper	Garden City Runners
47	85	33.44	Maureen	Shirley	Barnet & District
48	75	33.50	Christine	Sharp	N Herts RR
49	59	35.12	Carrie	Stanley	Watford Joggers
50	67	36.45	Lina	Podecha	Fairlands Valley Spartans

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Teams

1	St Albans Striders (A)	3,6,11	20
2	Garden City Runners (A)	5,12,15	32
3	Watford Joggers (A)	10,14,18	42
4	Barnet & District	4,9,31	44
5	Dacorum & Tring	7,17,23	47
6	David Lloyd Pacers	8,16,25	49
7	Watford Harriers	2,35,39	76
8	Garden City Runners (B)	22,26,29	77
9	St Albans Striders (B)	19,28,34	81
10	North Herts Road Runners	27,32,33	92
11	Watford Joggers (B)	21,37,49	107
12	Fairlands Valley Spartans	30,41,44	115