

**Standalone 10k - Herts County Championship Results**  
**4 October 2009 - Hitchin**

**Mens Result**

Posn	FirstName	LastName	TeamName	FinishTime	ChipTime
1	Neilson	Hall	North Herts Road Runners	00:30:38	00:30:38
2	Edward	Blake	St Albans Striders	00:34:01	00:34:01
3	Steve	Mckeown	North Herts Road Runners	00:35:13	00:35:12
4	Costa	Michael	Barnet & District AC	00:35:34	00:35:33
5	Richard	Bate	Fairlands Valley Spartans	00:35:44	00:35:44
6	Adam	Searle	Stevenage and NH AC	00:35:53	00:35:53
7	Simon	Jackson	Fairlands Valley Spartans	00:35:56	00:35:55
8	Nick	Beresford	North Herts Road Runners	00:35:58	00:35:58
9	James	Atkins	North Herts Road Runners	00:36:04	00:36:04
10	Keith	Mclellan	Garden City Runners	00:36:13	00:36:12
11	Peter	Scrowther	North Herts Road Runners	00:36:17	00:36:16
12	James	Foy	FVS TRI	00:36:23	00:36:22
13	Laurence	Pidcock	Garden City Runners	00:36:25	00:36:24
14	Peter	Sibbett	North Herts Road Runners	00:36:37	00:36:37
15	Russell	Casey	Garden City Runners	00:36:57	00:36:56
16	Alex	Horton	Barnet & District AC	00:37:01	00:37:00
17	Shaw	Pye	Fairlands Valley Spartans	00:37:11	00:37:08
18	Richard	Bevan	Biggleswade AC	00:37:14	00:37:11
19	Neil	Hume		00:37:36	00:37:34
20	Colin	Braybrook	St Albans Striders	00:37:52	00:37:47
21	Peter	Ryan	FVS TRI	00:38:08	00:38:05
22	Danny	Hukin	Fairlands Valley Spartans	00:38:30	00:38:27
23	Robert	Casserley	Garden City Runners	00:38:40	00:38:37
24	Garth	Morris	Ware Joggers	00:38:47	00:38:45
25	Mark	Speed		00:39:13	00:39:07
26	Jeremy	Rackham	Stevenage and NH AC	00:39:38	00:39:34
27	Michael	Green	Fairlands Valley Spartans	00:39:47	00:39:40
28	Ian	Murray	Fairlands Valley Spartans	00:40:11	00:40:03
29	Peter	Smith	Fairlands Valley Spartans	00:40:14	00:40:10
30	Peter	Fitzpatrick	Herts Phoenix AC	00:40:22	00:40:18
31	Steve	Smithson	Fairlands Valley Spartans	00:40:49	00:40:46
32	David	Berthelier		00:40:51	00:40:46
33	Jamie	Laird	Fairlands Valley Spartans	00:40:55	00:40:51
34	David	Edwards	Garden City Runners	00:41:08	00:41:05
35	Tristan	Emptage	Fairlands Valley Spartans	00:41:23	00:41:20
36	Malcolm	Holmes	Fairlands Valley Spartans	00:41:44	00:41:30
37	Graham	Blackburn	Fairlands Valley Spartans	00:41:45	00:41:38
38	Christopher	Suckling	FVS TRI	00:41:50	00:41:40
39	Todd	Gray	Fairlands Valley Spartans	00:41:54	00:41:51
40	Tim	Pine	Fairlands Valley Spartans	00:42:02	00:41:56
41	Richard	Bloom	Herts Phoenix AC	00:42:04	00:42:01
42	Tony	Bradford	Fairlands Valley Spartans	00:42:10	00:42:05
43	John	Cox		00:42:20	00:42:18
44	Richard	Hazeldene	Fairlands Valley Spartans	00:42:27	00:42:18
45	Jim	Brown	Fairlands Valley Spartans	00:42:33	00:42:26
46	Matthew	Jamieson	Fairlands Valley Spartans	00:42:36	00:42:29
47	Andrew	Harper	Vegetarian C&AC	00:42:47	00:42:40
48	Adrian	Donnelly	Fairlands Valley Spartans	00:42:53	00:42:45
49	Steve	Mayfield	Fairlands Valley Spartans	00:43:03	00:42:55
50	Donald	Papworth	Fairlands Valley Spartans	00:43:08	00:42:58

51	Andrew	Salisbury	Herts Phoenix AC	00:43:21	00:43:18
52	Rick	Hole	Garden City Runners	00:43:28	00:43:25
53	Richard	Sidlin	Fairlands Valley Spartans	00:43:31	00:43:14
54	Christopher	Onn	St Albans Striders	00:43:50	00:43:41
55	Liam	Herbert	Fairlands Valley Spartans	00:44:10	00:43:52
56	Les	Taylor	Ware Joggers	00:44:23	00:44:19
57	David	Hamill	Fairlands Valley Spartans	00:44:50	00:44:37
58	Mark	Beaver	FVS TRI	00:44:52	00:44:42
59	Steve	Moakes	FVS TRI	00:45:02	00:44:36
60	John	Shirley	Barnet & District AC	00:45:04	00:45:01
61	David	Welch	FVS TRI	00:45:10	00:44:52
62	Jerry	Bryan	Barnet & District AC	00:45:11	00:44:52
63	Gary	Mulhern	Fairlands Valley Spartans	00:45:12	00:44:49
64	Andrew	Hull	Fairlands Valley Spartans	00:45:15	00:44:52
65	Ben	Fowler		00:45:24	00:45:13
66	Richard	Moore	Fairlands Valley Spartans	00:45:29	00:45:09
67	Simon	Douglas	FVS TRI	00:45:38	00:45:16
68	Sean	Griffin	Fairlands Valley Spartans	00:45:56	00:45:37
69	Michael	Connell	Fairlands Valley Spartans	00:46:06	00:45:45
70	Les	Betts	Fairlands Valley Spartans	00:46:10	00:45:57
71	Chris	Leigh	Fairlands Valley Spartans	00:46:12	00:45:42
72	David	Moss	Fairlands Valley Spartans	00:46:28	00:46:10
73	Mark	Goodwin	Fairlands Valley Spartans	00:46:49	00:46:27
74	Derek	Surrey	Shaftesbury Barnet H	00:46:50	00:46:31
75	Alan	Skewis		00:46:57	00:46:28
76	Robert	Evans	Fairlands Valley Spartans	00:47:00	00:46:37
77	Darren	Wilby	Fairlands Valley Spartans	00:47:03	00:46:41
78	Roger	Partridge	Ware Joggers	00:47:18	00:47:12
79	Anthony	White	Fairlands Valley Spartans	00:47:34	00:47:12
80	Neil	Blake		00:47:41	00:47:19
81	Chris	Newbitt	Fairlands Valley Spartans	00:47:50	00:47:10
82	Simon	Owens	Fairlands Valley Spartans	00:47:58	00:47:31
83	Andy	Jay	Fairlands Valley Spartans	00:48:11	00:47:50
84	Chris	Williams	Ware Joggers	00:48:52	00:48:47
85	Wayne	Aylott	Garden City Runners	00:49:07	00:49:03
86	Craig	Bacon	Fairlands Valley Spartans	00:49:09	00:48:17
87	Mike	King	Fairlands Valley Spartans	00:49:38	00:49:22
88	Paul	Childs	Fairlands Valley Spartans	00:49:49	00:49:34
89	Angus	Kindley		00:49:49	00:49:42
90	Steven	Mills	Fairlands Valley Spartans	00:50:18	00:50:00
91	Mike	Gray	Ware Joggers	00:51:03	00:50:26
92	Owen	Stewart	Fairlands Valley Spartans	00:51:16	00:50:50
93	Colin	Naman	Ware Joggers	00:51:36	00:51:24
94	Sean	Thompson	Fairlands Valley Spartans	00:53:20	00:52:53
95	Darren	Bennett	Fairlands Valley Spartans	00:54:21	00:53:51
96	Matthew	Gatherar	Fairlands Valley Spartans	00:54:27	00:53:46
97	Andrew	Porter		00:54:33	00:54:01
98	Andy	Hartley		00:54:33	00:53:26
99	Ian	Larman	Fairlands Valley Spartans	00:54:57	00:54:28
100	Mark	Drummond	Fairlands Valley Spartans	00:55:12	00:54:20
101	Philip	Rushton	Fairlands Valley Spartans	00:55:24	00:54:24
102	Doug	Hall	Fairlands Valley Spartans	00:55:28	00:54:40
103	Ron	Cohen	Fairlands Valley Spartans	00:56:22	00:55:05
104	Khera	Gurmukh Singh		00:57:10	00:56:56
105	Les	Butler	Fairlands Valley Spartans	00:57:11	00:56:13
106	Dr Karl	Ace		00:57:38	00:56:46

107	Tony	Wilson	Fairlands Valley Spartans	00:57:38	00:56:45
108	Anthony	Osborne	Fairlands Valley Spartans	01:00:28	00:59:36
109	Richard	Whiting	Herts Phoenix AC	01:01:17	01:01:01
110	George	Lamprell		01:04:06	01:03:00
111	Chris	Ramsden	Ware Joggers	01:07:48	01:06:42
112	Iva	Barr	Bedford Harriers	01:18:18	01:17:02
113	Matthew	Holgate	Fairlands Valley Spartans	01:23:43	01:22:27
114	Paul	Holgate	Fairlands Valley Spartans	01:23:44	01:22:28

## Womens Result

Posn	FirstName	LastName	TeamName	FinishTime	ChipTime
1	Rebecca	Newstead	Bedford and County	00:36:14	00:36:14
2	Sarah	Stimpson	FVS TRI	00:36:26	00:36:25
3	Rachel	Gibbs	North Herts Road Runners	00:36:42	00:36:42
4	Lizzy	Hall	North Herts Road Runners	00:37:15	00:37:15
5	Astrid	Mckeown	North Herts Road Runners	00:38:10	00:38:09
6	Natasha	Pitman	North Herts Road Runners	00:39:37	00:39:35
7	Jo	Laing	Fairlands Valley Spartans	00:39:41	00:39:36
8	Sally	Onn	St Albans Striders	00:40:19	00:40:14
9	Jane	Chappell	North Herts Road Runners	00:40:21	00:40:19
10	Gemma	Sargent	FVS TRI	00:42:13	00:42:12
11	Caroline	Hale	Garden City Runners	00:42:19	00:42:16
12	Kate	Turner	FVS TRI	00:42:49	00:42:39
13	Pauline	Michael	Barnet & District AC	00:43:01	00:42:59
14	Kerry	James	Fairlands Valley Spartans	00:44:11	00:44:02
15	Claire	Haddleton	Fairlands Valley Spartans	00:44:41	00:44:32
16	Katy	Jinks	FVS TRI	00:44:58	00:44:47
17	Elizabeth	Barber	St Albans Striders	00:45:37	00:45:16
18	Philippa	Horton	Barnet & District AC	00:46:01	00:45:54
19	Nikki	Nation	Fairlands Valley Spartans	00:46:54	00:46:20
20	Anna	Holden	FVS TRI	00:47:10	00:46:55
21	Nikki	Andrews	Stevenage and NH AC	00:48:22	00:48:00
22	Christine	Feely	Fairlands Valley Spartans	00:48:35	00:48:13
23	Cheryl	Scudamore	Ware Joggers	00:48:44	00:48:39
24	Dawn	Easby	Fairlands Valley Spartans	00:48:45	00:47:54
25	Ruth	Bradford	Fairlands Valley Spartans	00:49:38	00:49:22
26	Tracy	Kennedy	FVS TRI	00:49:56	00:49:40
27	Anne	Chatterton	FVS TRI	00:50:14	00:49:37
28	Barbara	Wilson	Fairlands Valley Spartans	00:50:50	00:50:19
29	Jennifer	Robertson	Fairlands Valley Spartans	00:51:12	00:50:19
30	Liz	Gray	Ware Joggers	00:51:29	00:50:52
31	Sarah	Kearsey	Fairlands Valley Spartans	00:51:32	00:51:03
32	Janet	Readitt	Ware Joggers	00:51:49	00:51:37
33	Christine	Sharman	Fairlands Valley Spartans	00:51:51	00:50:58
34	Esther	Hamill	Fairlands Valley Spartans	00:52:43	00:52:31
35	Claire	Nichols	Ware Joggers	00:53:16	00:53:10
36	Becky	Platt	Fairlands Valley Spartans	00:53:32	00:52:39
37	Rita	Williams	Ware Joggers	00:53:36	00:53:24
38	Theresa	Bryan	Barnet & District AC	00:53:42	00:53:09
39	Anne	Ramsden	Ware Joggers	00:53:47	00:53:34
40	Sharon	Crowley	Fairlands Valley Spartans	00:54:36	00:54:00
41	Elizabeth	Tranter		00:54:45	00:54:17
42	Karen	Liddle	Fairlands Valley Spartans	00:54:55	00:54:00
43	Neeley	Casserly	FVS TRI	00:55:08	00:54:22
44	Maureen	Shirley	Barnet & District AC	00:55:11	00:54:38

45	Susan Leigh	Fairlands Valley Spartans	00:55:20	00:54:43
46	Sue Connell	Fairlands Valley Spartans	00:56:01	00:55:17
47	Michelle Wood		00:56:31	00:55:43
48	Monica Read	Fairlands Valley Spartans	00:57:25	00:56:30
49	Tricia Hopper	Fairlands Valley Spartans	00:57:37	00:57:00
50	Sarah Howard	Ware Joggers	00:57:50	00:57:37
51	Lina Porecha	Fairlands Valley Spartans	00:58:02	00:57:09
52	Maria-Louise Page	Ware Joggers	00:58:11	00:58:05
53	Alison Suckling	Fairlands Valley Spartans	00:58:14	00:57:44
54	Katarina Darcy	Bedford Harriers	00:58:15	00:57:15
55	Iris Hornsey	Fairlands Valley Spartans	00:58:43	00:57:48
56	Jill Child	Fairlands Valley Spartans	00:58:45	00:57:38
57	Jackie Morrison	Fairlands Valley Spartans	00:59:38	00:58:40
58	Anna O'sullivan	Fairlands Valley Spartans	00:59:59	00:59:03
59	Gemma Parris	Fairlands Valley Spartans	01:00:13	00:59:16
60	Balwinder Kandola	Fairlands Valley Spartans	01:00:36	00:59:44
61	Jeanette Collins	Fairlands Valley Spartans	01:00:45	00:59:48
62	Michelle Long	Fairlands Valley Spartans	01:01:53	01:00:54
63	Cathy Britten		01:02:15	01:01:31
64	Laura Stafford	Fairlands Valley Spartans	01:02:17	01:01:03
65	Emma Chambers	Fairlands Valley Spartans	01:02:54	01:01:43
66	Karen Smith	Fairlands Valley Spartans	01:02:55	01:01:56
67	Catherine Scott	Barnet & District AC	01:04:45	01:04:03
68	Maria Rushton	Fairlands Valley Spartans	01:06:52	01:05:53
69	Joan Ridger	Fairlands Valley Spartans	01:07:20	01:06:20
70	Amanda Digweed	Fairlands Valley Spartans	01:10:53	01:09:37
71	Angela Moore	Fairlands Valley Spartans	01:11:52	01:10:35
72	Lisa Potter	Fairlands Valley Spartans	01:13:59	01:12:42
73	Theresa Shearing	Fairlands Valley Spartans	01:16:14	01:14:57
74	Michelle Dighton	Fairlands Valley Spartans	01:17:26	01:16:10
75	Carolyn Barber	Fairlands Valley Spartans	01:18:46	01:17:30
76	Katrina Doyle	Fairlands Valley Spartans	01:18:47	01:17:31