

Hertfordshire County Cross-Country Championships
Cassiobury Park, Watford - 11 January 2009
Under 13 Girls - 3000m

| Position | No | Time | Name | Surname | Club |
|----------|-----|-------|-------------|-------------|---------------------|
| 1 | 150 | 11.19 | N Connor | N Connor | Shaftesbury BH |
| 2 | 140 | 11.32 | M Gough | M Gough | Herts Phoenix |
| 3 | 161 | 11.38 | N Hodson | N Hodson | St Albans AC |
| 4 | 143 | 12.00 | E Ruane | E Ruane | Herts Phoenix |
| 5 | 164 | 12.07 | V Pritchard | V Pritchard | St Albans AC |
| 6 | 141 | 12.13 | L Parry | L Parry | Herts Phoenix |
| 7 | 167 | 12.16 | G Hazell | G Hazell | Stevenage & N Herts |
| 8 | 169 | 12.18 | D Murphy | D Murphy | Stevenage & N Herts |
| 9 | 137 | 12.23 | L Coffey | L Coffey | Herts Phoenix |
| 10 | 146 | 12.28 | E Calder | E Calder | Royston Crows |
| 11 | 153 | 12.29 | L Ham | L Ham | Shaftesbury BH |
| 12 | 136 | 12.33 | M Breen | M Breen | Herts Phoenix |
| 13 | 156 | 12.46 | N Shah | N Shah | Shaftesbury BH |
| 14 | 142 | 12.50 | E Ponder | E Ponder | Herts Phoenix |
| 15 | 125 | 12.58 | B Carter | B Carter | Barnet & District |
| 16 | 152 | 13.03 | R Graham | R Graham | Shaftesbury BH |
| 17 | 178 | 13.04 | H Hollis | H Hollis | Watford Harriers |
| 18 | 132 | 13.06 | S Needleman | S Needleman | Dacorum & Tring |
| 19 | 133 | 13.16 | R O'Neill | R O'Neill | Harrow AC |
| 20 | 154 | 13.21 | F Koroma | F Koroma | Shaftesbury BH |
| 21 | 160 | 13.21 | M Hobbs | M Hobbs | St Albans AC |
| 22 | 130 | 13.26 | Z Smith | Z Smith | Barnet & District |
| 23 | 157 | 13.27 | P Bailey | P Bailey | St Albans AC |
| 24 | 175 | 13.28 | L Economu | L Economu | Watford Harriers |
| 25 | 171 | 13.28 | S Bentley | S Bentley | Watford Harriers |
| 26 | 128 | 13.29 | H Rudman | H Rudman | Barnet & District |
| 27 | 145 | 13.34 | D Calvert | D Calvert | Royston Crows |
| 28 | 129 | 13.43 | H Smith | H Smith | Barnet & District |
| 29 | 166 | 13.45 | E Cervi | E Cervi | Stevenage & N Herts |
| 30 | 134 | 13.48 | G Bennett | G Bennett | Herts Phoenix |
| 31 | 131 | 13.57 | J Hail | J Hail | Dacorum & Tring |
| 32 | 168 | 13.59 | S Keeble | S Keeble | Stevenage & N Herts |
| 33 | 124 | 14.11 | R Bradley | R Bradley | Barnet & District |
| 34 | 139 | 14.31 | I Found | I Found | Herts Phoenix |
| 35 | 165 | 14.40 | E Target | E Target | St Albans AC |
| 36 | 180 | 14.47 | L Varnham | L Varnham | Watford Harriers |
| 37 | 138 | 15.05 | A Found | A Found | Herts Phoenix |
| 38 | 158 | 15.09 | C Brooke | C Brooke | St Albans AC |
| 39 | 126 | 15.13 | L Herridge | L Herridge | Barnet & District |
| 40 | 144 | 15.28 | E Annets | E Annets | Royston Crows |

Teams

| | | | |
|----|-----------------------|----------|-----|
| 1 | Herts Phoenix 'A' | 2,4,6 | 12 |
| 2 | Shaftesbury BH | 1,11,13 | 25 |
| 3 | St Albans AC 'A' | 3,5,21 | 29 |
| 4 | Herts Phoenix 'B' | 9,12,14 | 35 |
| 5 | Stevenage & NH | 7,8,29 | 44 |
| 6 | Barnet & District 'A' | 15,22,26 | 63 |
| 7 | Watford Harriers | 17,24,25 | 66 |
| 8 | Royston Crows | 10,27,40 | 77 |
| 9 | St Albans AC 'B' | 23,35,38 | 96 |
| 10 | Barnet & District 'B' | 28,33,39 | 100 |
| 11 | Herts Phoenix 'C' | 30,34,37 | 101 |