

Hertfordshire County Veterans Cross Country Championships
Trent Park, Cockfosters
14 March 2010

Women (6000m)

Place	Time	Name	Team
1	0:23:55	ELMORE, Lisa	Trent Park RC
2	0:25:09	SANDERSON, Danielle	Watford Harriers
3	0:25:30	GANDEE, Jane	Herts Phoenix AC
4	0:26:15	McKIE, Elizabeth	St Albans Striders
5	0:26:34	LOWE, Zoe	St Albans Striders
6	0:27:06	WOOD, Alison	Fairlands Valley Spartans
7	0:27:10	HALE, Caroline	Garden City Runners
8	0:28:11	BIRD, Virginia	Garden City Runners
9	0:28:28	WHITTAKER, Caroline	Watford Joggers
10	0:28:54	BONNICK, Clare	Watford Joggers
11	0:29:05	MURPHY, Marion	Trent Park RC
12	0:29:24	WALLS, Liz	St Albans Striders
13	0:30:03	ATREE, Mandy	St Albans Striders
14	0:30:24	BARBER, Elizabeth	St Albans Striders
15	0:31:08	MILLER, Helen	Fairlands Valley Spartans
16	0:31:21	SHEPHERD, Jayne	Bishops Stortford RC
17	0:31:46	JOHNSTONE, Kirsty	Barnet & District
18	0:31:47	JONES, Yvonne	Fairlands Valley Spartans
19	0:31:51	ECONOMU, Nicoletta	Watford Harriers
20	0:32:01	OWEN, Jill	Watford Harriers
21	0:32:33	WYATT, Harriet	Bishops Stortford RC
22	0:32:53	ALLEN, Joy	Garden City Runners
23	0:33:33	MOONEY, Carole	St Albans Striders
24	0:33:37	WILSON, Barbara	Fairlands Valley Spartans
25	0:34:20	GRISTWOOD, Julia	Ealing, Southall & Middlesex
26	0:34:28	RICHMOND, Jane	Watford Joggers
27	0:35:07	CROWLEY, Sharon	Fairlands Valley Spartans
28	0:36:25	LEIGH, Sue	Fairlands Valley Spartans
29	0:36:45	HEATH, Dania	Fairlands Valley Spartans
30	0:37:13	JACKSON, Liz	Trent Park RC
31	0:37:24	HORNSEY, Iris	Fairlands Valley Spartans
32	0:37:42	MAYFIELD, Stephanie	Fairlands Valley Spartans
33	0:38:13	HOPPER, Tricia	Fairlands Valley Spartans
34	0:39:01	DRAPER, Eleanor	Garden City Runners
35	0:39:45	SILSBY, Marianne	Fairlands Valley Spartans

Medals:

W35	1 Lisa Elmore (TPRC)	2 Jane Gandee (HPX)	3 Elizabeth Mckie (SAS)
W45	1 Danielle Sanderson (Wath)	2 Virginia Bird (GCR)	3 Caroline Whittaker (WatJ)
W55	1 Elizabeth Barber (SAS)	2 Joy Allen (GCR)	3 Barbara Wilson (FVS)
W65	1 Iris Hornsey (Roy)	2 Eleanor Draper (GCR)	

Teams W35:

1	St Albans Striders (4, 5, 10)	19
2	Fairlands Valley Spartans (6, 11, 12)	29
3	Watford Harriers (2, 13, 14)	29
4	Garden City Runners (7, 9, 16)	32

**Hertfordshire County Veterans Cross Country Championships
Trent Park, Cockfosters
14 March 2010**

Men 35-39 (10000m)

Place	Time	Name	Team
1	0:43:33	MANSUKHANI, Raoul	Serpentine Running Club
2	0:45:03	CARTER, Paul	Fairlands Valley Spartans
3	0:45:18	MITCHELL, Sean	Barnet & District

**Hertfordshire County Veterans Cross Country Championships
Trent Park, Cockfosters
14 March 2010**

Men 40-49 (10000m)

Place	Time	Name	Team
1	0:35:20	JOHNSTON, Ian	Shettleston Harriers
2	0:36:13	GREAVES, Paul	Herts Phoenix AC
3	0:36:56	STAINER, Peter	Shaftesbury Barnet
4	0:37:29	HOLT, Andy	Garden City Runners
5	0:38:12	MASON, Adrian	Barnet & District
6	0:39:40	HARRISON, Richard	Royston Runners
7	0:39:51	ADCOCK, Matt	Watford Harriers
8	0:40:00	HYLAND, Andy	Broxbourne Runners
9	0:40:15	MARTIN, Paul	Royston Runners
10	0:40:57	LONG, Vince	Royston Runners
11	0:41:29	TOFTS, Godfrey	Royston Runners
12	0:42:21	NOBLE, Ebrima	Serpentine Running Club
13	0:42:46	BOWEN, Sean	Garden City Runners
14	0:43:17	GENEVER, Nick	Garden City Runners
15	0:44:05	MAYOH, Graham	Watford Harriers
16	0:44:12	BUSNELL, Dominic	Royston Runners
17	0:44:44	CORY, Tim	Watford Harriers
18	0:45:49	EMERY, P	Watford Joggers
19	0:46:06	WOOLDRIDGE, T	Watford Joggers
20	0:46:40	MAYFIELD, Steve	Fairlands Valley Spartans
21	0:46:52	BAYNHAM, Robin	Herts Phoenix AC
22	0:47:37	JACKSON, Mark	Trent Park RC
23	0:47:43	EAST, Simon	Watford Harriers
24	0:47:55	POWELL, Ray	Shaftesbury Barnet
25	0:48:19	AYLOTT, Wayne	Garden City Runners
26	0:49:05	HULL, Andrew	Fairlands Valley Spartans
27	0:52:36	MURPHY, John	Barnet & District

Teams:

1	Royston Runners (6, 9, 10, 11))	36
2	Garden City Runners (4, 13, 14, 25)	56
3	Watford Harriers (7, 15, 17, 23)	62

Hertfordshire County Veterans Cross Country Championships Trent Park, Cockfosters

Men 50-69 (10000m)

14 March 2010

Place	Time	Name	Age	Team
1	0:38:41	KEMBLE, Steve	M50	Garden City Runners
2	0:38:44	DESBOROUGH, Dave	M50	Garden City Runners
3	0:38:52	GRISTWOOD, Bill	M50	Ealing, Southall & Middlesex
4	0:39:32	LIVINGSTONE, Steve	M50	Garden City Runners
5	0:39:49	WARBURTON, Peter	M50	Hillingdon AC
6	0:39:52	MORRISON, Norman	M50	Herts Phoenix AC
7	0:41:10	TAYLOR, Colin	M50	Watford Joggers
8	0:41:33	McLELLAN, Keith	M50	Luton AC
9	0:41:44	BRADLEY, Mikk	M50	Watford Harriers
10	0:42:44	BOWKER, David	M50	Fairlands Valley Spartans
11	0:43:57	GREEN, Paul	M50	Royston Runners
12	0:44:36	BIRD, Patrick	M50	Garden City Runners
13	0:44:38	BARNABY, Bernie	M50	Garden City Runners
14	0:44:45	REDDAWAY, Paul	M50	Broxbourne Runners
15	0:44:51	SHELLEY, Phil	M50	Shaftesbury Barnet
16	0:45:15	PICK, Robert	M50	Shaftesbury Barnet
17	0:45:35	FITZPATRICK, Peter	M50	Herts Phoenix AC
18	0:46:15	BLOOM, Richard	M60	Herts Phoenix AC
19	0:46:29	MELVERN, Richard	M60	Herts Phoenix AC
20	0:46:31	FOSKETT, Richard	M50	Herts Phoenix AC
21	0:46:42	HEDGATE, Terry	M50	Watford Harriers
22	0:47:23	HAMLET, Colin	M60	Watford Harriers
23	0:47:58	SHIRLEY, John	M60	Barnet & District
24	0:48:16	HOLE, Rick	M50	Garden City Runners
25	0:48:47	KELLY, John	M50	Shaftesbury Barnet
26	0:48:55	DERRICK, Richard	M50	St Albans Striders
27	0:48:59	BOWE, Michael	M60	Garden City Runners
28	0:49:14	BUTTON, Steve	M50	Garden City Runners
29	0:49:27	FULLER, John	M60	Barnet & District
30	0:49:45	GAMBLE, James	M50	Watford Joggers
31	0:49:46	HOPE, John	M60	St Albans Striders
32	0:49:53	GREY, Garry	M50	Garden City Runners
33	0:50:14	BROWN, Jim	M50	Fairlands Valley Spartans
34	0:51:27	SMITH, Mick	M60	Garden City Runners
35	0:51:42	ALLEN, Trace	M60	Garden City Runners
36	0:52:22	McCLYMONT, Ian	M60	Bishops Stortford RC
37	0:52:28	PROWING, Jim	M60	Garden City Runners
38	0:52:58	BLACKWOOD, Malcolm	M60	Trent Park RC
39	0:53:08	GOLDFINCH, Peter	M50	Trent Park RC
40	0:53:50	WISE, Mick	M50	Garden City Runners
41	0:54:09	MOSCROP, Dave	M50	Garden City Runners
42	0:54:31	HILL, Maurice	M60	Royston Runners
43	0:54:42	BONNICK, Ian	M50	Watford Joggers
44	0:56:20	KIMBER, Edward	M60	Barnet & District
45	0:57:38	ARNOLD, David	M60	Trent Park RC
46	0:59:51	BROWN, Dave	M60	Garden City Runners
47	0:59:55	WALLACE, Bob	M60	Watford Joggers
48	1:06:00	NUGENT, John	M60	Broxbourne Runners
49	1:25:12	HOYLE, Ray	M60	Watford Harriers

Medals:

M50	1	Steve Kemble (GCR)	2	Dave Desborough (GCR)	3	Bill Gristwood (ESM)
M60	1	Richard Bloom (HPX)	2	Richard Melvern (HPX)	3	Colin Hamlet (Wath)

Teams - M50:

1	Garden City Runners A (1, 2, 4, 12)	19
2	Garden City Runners B (13, 20, 23, 25)	91

Teams - M60:

1	Garden City Runners (5, 8, 9)	22
2	Barnet & District AC (4, 6, 14)	24

Hertfordshire County Veterans Cross Country Championships
Trent Park, Cockfosters
14 March 2010

Men 70+ (6000m)

Place	Time	Name	Team
1	0:31:27	STEED, John	Herts Phoenix AC
2	0:32:57	KINDLEY, Angus	Herts Phoenix AC
3	0:34:32	OSBORNE, Tony	Fairlands Valley Spartans
4	0:35:16	DRAPER, Dennis	Garden City Runners
5	0:35:28	MILLER, Mick	Hillingdon AC
6	0:36:54	BEANE, David	Garden City Runners
7	0:37:30	FOWLER, Brian	Barnet & District AC
8	0:39:40	COHEN, Ron	Fairlands Valley Spartans
9	0:42:02	WOODS, George	Garden City Runners

Team:

1 Garden City Runners (4, 6, 9) 19