

Hertfordshire County Cross-Country Championships
Cassiobury Park, Watford - 28 March 2010
Under 11 Boys - 1500m

Position	No	Time	Name	Surname	Club
1	87	6.07	Adam	Wilmshurst	St Albans AC
2	69	6.14	Jamie	Cohen	Harrow AC
3	90	6.16	Alex	Harris	Watford Harriers
4	83	6.24	Adam	Pritchard	St Albans AC
5	81	6.30	Ricardo	James	St Albans AC
6	61	6.30	Sam	Howell	Dacorum & Tring
7	82	6.38	Ben	Pattison	St Albans AC
8	80	6.41	Oliver	Light	Shaftesbury BH
9	91	6.49	Byron	Johal	Watford Harriers
10	94	6.51	Daniel	Verbena	Watford Harriers
11	58	6.55	Arran	Fitzsimmons	Bishops Stortford RC
12	89	6.56	Alfie	Edwards	Watford Harriers
13	56	7.00	Rufus	Kent	Barnet & District
14	84	7.02	Andrew	Shaw	St Albans AC
15	55	7.03	Lewis	Henry	Barnet & District
16	86	7.04	Hugh	Thomas	St Albans AC
17	73	7.08	Robert	Green	Herts Phoenix
18	59	7.10	Rory	Sale	Bishops Stortford RC
19	92	7.20	Dean	Johal	Watford Harriers
20	57	7.24	Luke	Murphy	Barnet & District
21	60	7.25	Ollie	Wyatt	Bishops Stortford RC
22	53	7.26	Ben	Bhela	Barnet & District
23	62	7.29	Will	Liggett	Dacorum & Tring
24	72	8.08	Aiden	Coyle	Herts Phoenix
25	77	8.27	Nicholas	Murray	Herts Phoenix
26	74	10.49	Charlie	Hockney	Herts Phoenix

Teams

1	St Albans AC 'A'	1,4,5	10
2	Watford Harriers	3,9,10	22
3	St Albans AC 'B'	7,14,16	37
4	Barnet & District	13,15,20	48
5	Bishops Stortford RC	11,18,21	50
6	Herts Phoenix	17,24,25	66

Hertfordshire County Cross-Country Championships

Cassiobury Park, Watford - 28 March 2010

Under 13 Boys - 3000m

Position	No	Time	Name	Surname	Club
1	197	9.43	Harvey	O'Brart	Watford Harriers
2	167	9.45	Jake	Barraclough	Herts Phoenix
3	199	9.53	Tom	Verbena	Watford Harriers
4	602	9.56	Robert	Lightowler	Shaftesbury BH
5	178	10.24	Josh	Clifford	Shaftesbury BH
6	164	10.36	Jonty	Wager-Leigh	Dacorum & Tring
7	193	10.42	Corey	Keane	Watford Harriers
8	192	10.45	Stephen	Harris	Watford Harriers
9	174	10.49	Matthew	Wright	Herts Phoenix
10	184	10.53	Harrison	Pyrke	St Albans School
11	162	11.10	Louis	Glyn	Dacorum & Tring
12	182	11.14	Oliver	Edmond	St Albans School
13	165	11.18	Jake	Williamson	Dacorum & Tring
14	179	11.29	Marius	Bell	St Albans AC
15	168	11.37	George	Cook	Herts Phoenix
16	194	11.39	Edward	Marsh	Watford Harriers
17	181	11.49	Simon	Smythe	St Albans AC
18	173	12.18	Matthew	Papa	Herts Phoenix
19	157	12.32	Will	Martin	Barnet & District
20	188	12.42	Matthew	Livesey	Stevenage & NH
21	155	12.57	Tom	Butler	Barnet & District
22	159	13.18	William	Hoole	Bishops Stortford RC

Teams

1	Watford Harriers	1,3,7	11
2	Herts Phoenix	2,9,15	26
3	Dacorum & Tring	6,11,13	30

Hertfordshire County Cross-Country Championships
Cassiobury Park, Watford - 28 March 2010
Under 15 Boys - 4500m

Position	No	Time	Name	Surname	Club
1	255	16.31	James	McMurray	St Albans AC
2	241	16.46	Ross	Taylor	Dacorum & Tring
3	262	17.02	Mark	Pearce	St Albans School
4	248	17.11	Richard	Johnson	Shaftesbury BH
5	250	17.42	Rory	Mudd	Shaftesbury BH
6	246	18.13	George	Pettifer	Herts Phoenix
7	259	18.15	Ashok	Mathur	St Albans School
8	604	18.35	Jimmy	Davis	Chiltern Harriers
9	254	19.15	Sam	Jamieson-West	St Albans AC
10	257	19.49	Andrew	Wheatcroft	St Albans AC
11	237	19.51	Stewart	Somerville	Bishops Stortford RC

Teams			
1	St Albans AC	1,9,10	20

Hertfordshire County Cross-Country Championships

Cassiobury Park, Watford - 28 March 2010

Under 17 Men - 6000m

Position	No	Time	Name	Surname	Club
1	303	19.36	Edward	Shepherd	Herts Phoenix
2	301	20.12	Tom	Barfoot	Herts Phoenix
3	304	20.47	David	Wilson	Herts Phoenix
4	317	21.19	Gregory	Evans	Stevenage & NH
5	603	21.51	Elliott	Poulain	St Albans AC
6	306	22.14	Elliott	Crossman	Shaftesbury BH
7	294	22.52	Greg	Bennett	Dacorum & Tring

Teams

1	Herts Phoenix	1,2,3	6
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Hertfordshire County Cross-Country Championships

Cassiobury Park, Watford - 28 March 2010

Under 20 Men - 8000m

Position	No	Time	Name	Surname	Club
1	337	27.16	Alex	Milne	Enfield & Haringey
2	341	28.44	Peter	Townsend	Herts Phoenix
3	347	31.15	Toby	Hone	Team Bath
4	569	34.58	Andrew	Tuppen	St Albans Striders

No Teams

Hertfordshire County Cross-Country Championships
Cassiobury Park, Watford - 28 March 2010
Senior Men - 12000m

Position	No	Time	Name	Surname	Club
1	507	41.49	Julian	Critchlow	Harrow AC
2	494	42.59	Andy	Holt	Garden City Runners
3	495	43.53	Bruce	Judge	Garden City Runners
4	577	44.22	Ross	Langley	Tring RC
5	497	44.44	Simon	Mace	Garden City Runners
6	579	45.13	Matt	Adcock	Watford Harriers
7	462	45.27	Bill	Gristwood	Ealing, Southall & Middx
8	528	45.39	Gary	Cook	N Herts RR
9	588	45.52	Nick	Harris	Watford Harriers
10	490	46.25	Mike	Bridge	Garden City Runners
11	499	46.45	Patrick	Pearce	Garden City Runners
12	520	47.01	Norman	Morrison	Herts Phoenix
13	571	47.28	Grant	West	St Albans Striders
14	493	48.44	Mark	Green	Garden City Runners
15	567	49.29	Jonathan	Redshaw	St Albans Striders
16	581	50.04	Tim	Birkett	Watford Harriers
17	465	51.19	Graham	Blackburn	Fairlands Valley Spartans
18	500	52.42	Neville	Porteous	Garden City Runners
19	513	53.04	Robin	Baynham	Herts Phoenix
20	595	53.15	Paul	Emery	Watford Joggers
21	601	53.50	Josh	Worthington	Watford Joggers
22	589	54.34	Paul	Illing	Watford Harriers
23	600	54.44	Tim	Woolridge	Watford Joggers
24	598	54.54	Matt	Lobb	Watford Joggers
25	516	55.30	Richard	Foskett	Herts Phoenix
26	584	59.25	Steve	Daniel	Watford Harriers
27	529	62.34	Duncan	Hooker	N Herts RR
28	596	62.39	Robert	Gaddie	Watford Joggers

Teams

1	Garden City Runners	2,3,5,10,11,14	45
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Hertfordshire County Cross-Country Championships

Cassiobury Park, Watford - 28 March 2010

Under 11 Girls - 1500m

Position	No	Time	Name	Surname	Club
1	12	6.26	Marella	Whitfield	Harrow AC
2	39	6.35	Eleanor	Hobbs	St Albans AC
3	45	6.37	Helen	Wilkinson	St Albans AC
4	44	6.44	Tabitha	Weddell	St Albans AC
5	30	6.48	Olivia	Almond	St Albans AC
6	11	6.53	Emily	Russell	Harrow AC
7	29	6.56	Marie	Sato	Shaftesbury BH
8	38	6.57	Emily	Hack	St Albans AC
9	46	7.04	Susie	Williams	St Albans AC
10	8	7.09	Eleanor	Metcalfe	Dacorum & Tring
11	31	7.11	Alice	Bentley	St Albans AC
12	14	7.15	Zoe	Benton	Herts Phoenix
13	50	7.17	Sophie	Higgs	Watford Harriers
14	34	7.17	Charley	Dowsett	St Albans AC
15	15	7.18	Erin	Breen	Herts Phoenix
16	35	7.20	Catlin	Eckey	St Albans AC
17	48	7.22	Bethany	Harley	Stevenage & NH
18	37	7.22	Rhiannon	Ellis	St Albans AC
19	32	7.25	Heather	Cobley	St Albans AC
20	4	7.30	Naomi	Bates	Bishops Stortford RC
21	5	7.33	Maddie	Bonser	Bishops Stortford RC
22	7	7.43	Annabel	Hunt	Dacorum & Tring
23	36	7.50	Jessica	Edwards	St Albans AC
24	52	8.11	Brooke	Yates	Watford Harriers
25	21	8.15	Charlotte	Horwood	Herts Phoenix
26	27	8.22	Louise	Reilly	Herts Phoenix
27	28	8.36	Ellie	Williams	Herts Phoenix
28	13	8.46	Hannah	Bates	Herts Phoenix
29	17	9.14	Isabel	Collin	Herts Phoenix
30	10	9.59	Neve	Waters	Dacorum & Tring
31	25	10.07	Alise	Murray	Herts Phoenix

Teams

1	St Albans AC 'A'	2,3,4	9
2	St Albans AC 'B'	5,8,9	22
3	St Albans AC 'C' *	11,14,16	41
4	Herts Phoenix 'A'	12,15,25	52
5	St Albans AC 'D'	18,19,23	60
6	Dacorum & Tring	10,22,30	62
7	Herts Phoenix 'B'	26,27,28	81

(* Bronze team medals go to Herts Phoenix 'A' in accordance with County rules)

Hertfordshire County Cross-Country Championships
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Under 13 Girls - 3000m

Position	No	Time	Name	Surname	Club
1	134	10.52	Victoria	Prichard	St Albans AC
2	105	10.58	Hannah	Morton	Chiltern Harriers
3	145	11.01	Danielle	Murphy	Stevenage & NH
4	136	11.08	Abigail	West	St Albans AC
5	150	11.09	Chloe	Dearman	Watford Harriers
6	144	11.22	Janie	Latchford	Stevenage & NH
7	119	11.38	Elizabeth	Parry	Herts Phoenix
8	125	11.50	Pippa	Bailey	St Albans AC
9	114	11.56	Ellie	Baker	Herts Phoenix
10	148	11.57	Suzanne	Bentley	Watford Harriers
11	153	11.58	Paige	Smith	Watford Harriers
12	116	11.59	Megan	Breen	Herts Phoenix
13	120	12.02	Emma	Ponder	Herts Phoenix
14	141	12.03	Olivia	Hazell	Stevenage & NH
15	130	12.14	Laura	Edwards	St Albans AC
16	124	12.26	Jennifer	Allen	St Albans AC
17	103	12.31	Zoe	Smith	Barnet & District
18	106	12.36	Megan	Archer	Dacorum & Tring
19	126	12.36	Naomi	Baker	St Albans AC
20	117	12.37	Alicia	Found	Herts Phoenix
21	118	12.38	Isabel	Found	Herts Phoenix
22	140	12.46	Sarah	Feely	Stevenage & NH
23	146	13.01	Louise	Phillips	Stevenage & NH
24	129	13.07	Lauren	Eckley	St Albans AC
25	127	13.30	Charlotte	Brooke	St Albans AC
26	97	13.37	Olive	Curran	Barnet & District
27	115	13.48	Megan	Bishop	Herts Phoenix
28	102	13.52	Holly	Smith	Barnet & District
29	110	14.12	Amelia	Liggett	Dacorum & Tring
30	99	14.15	Lydia	Herridge	Barnet & District
31	152	14.26	Charlotte	Fuller	Watford Harriers
32	149	14.34	Jessica	Davies	Watford Harriers

Teams

1	St Albans AC 'A'	1,4,8	13
2	Stevenage & NH	3,6,14	23
3	Watford Harriers	5,10,11	26
4	Herts Phoenix 'A'	7,9,12	28
5	St Albans AC 'B'	15,16,19	50
6	Herts Phoenix 'B'	13,20,21	54
7	Barnet & District	17,26,28	71

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Under 15 Girls - 4500m

Position	No	Time	Name	Surname	Club
1	234	18.23	Shannon Swann		Watford Harriers
2	211	18.37	Elizabeth Bird		Herts Phoenix
3	226	18.54	Isobel Thompson		Shaftesbury BH
4	227	19.22	Naomi Hodson		St Albans AC
5	204	19.53	Charlotte Michael		Barnet & District
6	206	19.56	Eleanor Dolan		Chiltern Harriers
7	212	20.02	Jade Denham		Herts Phoenix
8	230	20.24	Megan Steer		St Albans AC
9	228	20.29	Hannah Hull		St Albans AC
10	221	20.59	Harriet Hollis		Shaftesbury BH
11	232	21.02	Georgia Hazell		Stevenage & NH
12	231	21.04	Sophie West		St Albans AC
13	210	21.34	Sarah Needleman		Dacorum & Tring
14	207	22.54	Hannah Wardley		Chiltern Harriers
15	216	22.59	Helena Page		Herts Phoenix
16	209	23.04	Sarah Grover		Dacorum & Tring
17	205	23.10	Katherine Last		Bishops Stortford RC
18	214	27.51	Aisling Hayward		Herts Phoenix

Teams

1	St Albans AC	4,8,9	21
2	Herts Phoenix	2,7,15	24

Hertfordshire County Cross-Country Championships

Cassiobury Park, Watford - 28 March 2010

Under 17 Women - 6000m

Position	No	Time	Name	Surname	Club
1	283	22.19	Laura Farrar		St Albans AC
2	281	23.23	Ciara Stewart		Shaftesbury BH
3	287	24.02	Hannah Dewhurst		Stevenage & NH
4	291	24.23	Natalie Wickings		Watford Harriers
5	276	24.37	Ella Fuller		Herts Phoenix
6	285	25.33	Rebecca Pritchard		St Albans AC
7	289	28.27	Sarah Pike		Stevenage & NH

No Teams

Hertfordshire County Cross-Country Championships
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Under 20 Women - 6000m

Position	No	Time	Name	Surname	Club
1	328	23.27	Charlotte	Davies	Herts Phoenix

No Teams

Hertfordshire County Cross-Country Championships

Cassiobury Park, Watford - 28 March 2010

Senior Women - 8000m

Position	No	Time	Name	Surname	Club
1	432	31.24	Danielle	Sanderson	Watford Harriers
2	429	32.09	Loise	Manson	Watford Harriers
3	370	32.56	Sharon	McHugh	Enfield & Haringey
4	428	33.20	Helen	Johal	Watford Harriers
5	409	33.23	Zoe	Lowe	St Albans Striders
6	387	33.39	Caroline	Hale	Garden City Runners
7	365	35.25	Catherine	Parsi	David Lloyd Pacers
8	416	36.29	Elizabeth	Walls	St Albans Striders
9	386	37.19	Sophie	Cowie	Garden City Runners
10	436	38.25	Sharon	Kassemzadeh	Watford Joggers
11	431	38.55	Alison	Putko	Watford Harriers
12	425	39.08	Angela	Halford	Watford Harriers
13	353	39.43	Kirsty	Johnstone	Barnet & District
14	368	41.50	Julia	Gristwood	Ealing, Southall & Middx
15	434	42.26	Jackie	Drew	Watford Joggers
16	410	44.20	Elizabeth	McKie	St Albans Striders
17	394	54.31	Lindsay	Cook	N Herts RR

Teams

1	Watford Harriers	1,2,4,11	18
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