

Hertfordshire County Veterans Cross Country Championships
Cassiobury Park, Watford
13 March 2016

Veteran Men (40-59) (10000m)

Position	No	Time	Name	Club	Age group
1	23	36.17	Neil Hume	Garden City Runners	M40
2	15	36.34	Matt Adcock	Watford Harriers	M40
3	4	36.39	Graeme Jones	Harrow AC	M40
4	9	37.20	Anthony James	Gade Valley Harriers	M40
5	20	37.42	Chris Eland	Garden City Runners	M40
6	24	37.46	Bruce Judge	Garden City Runners	M40
7	39	38.07	Steve Bowran	Harpenden Arrows	M40
8	32	38.16	Dustin Bird	Bishop's Stortford RC	M40
9	10	38.18	Dylan Wendleken	Gade Valley Harriers	M40
10	76	38.22	Justin Hill	Ware Joggers	M50
11	78	38.28	Costa Michael	Barnet & District	M50
12	7	38.38	Guy Woollett	Gade Valley Harriers	M40
13	42	38.58	John Roberts	Gade Valley Harriers	M40
14	18	39.28	Rob Casserley	Garden City Runners	M40
15	8	39.54	Thomas North	Gade Valley Harriers	M40
16	28	40.28	Richard Waterton	Ware Joggers	M40
17	12	40.42	Andy Norton	Gade Valley Harriers	M40
18	55	41.07	Kevin Harding	Tring Running Club	M50
19	33	41.13	Russell Morriss	Dacorum & Tring	M40
20	60	41.15	Bernie Barnaby	Herts Phoenix	M50
21	29	41.18	Robert Scott	Barnet & District	M40
22	70	41.27	Sean Bowen	Garden City Runners	M50
23	80	41.29	Colin Taylor	Watford Joggers	M50
24	27	41.49	Kevin Carter	Ware Joggers	M40
25	57	42.07	Paul Edwards	Watford Harriers	M50
26	83	42.25	Robin Tremaine	Watford Joggers	M50
27	79	42.50	Derek Dutchburn	Broxbourne Runners	M50
28	65	43.00	Colin Braybrook	St Albans Striders	M50
29	22	43.03	Rob Hughes	Garden City Runners	M40
30	53	43.05	Jon Salmon	Tring Running Club	M50
31	58	43.22	Derek Walker	Watford Harriers	M50
32	69	44.06	Patrick Bird	Garden City Runners	M50
33	31	44.08	Mark Studdart	Watford Joggers	M40
34	14	44.10	Adrian Harwood	Watford Harriers	M40
35	52	44.20	Clive Cohen	Tring Running Club	M50
36	35	44.38	Keith Wishart	Dacorum & Tring	M40
37	66	44.51	Richard Todd	St Albans Striders	M50
38	50	45.52	Rick Ansell	Tring Running Club	M50
39	34	46.29	Robert Davies	Dacorum & Tring	M40
40	86	46.30	Tony Reeves	Dacorum & Tring	M50
41	2	46.35	Riaz Rashid	Ossie's Angels	M40
42	13	46.36	Ciaran Weldon	Watford Harriers	M40
43	25	46.51	Craig Bacon	Fairlands Valley Spartans	M40
44	90	47.08	Robert Salt	Dacorum & Tring	M50
45	36	48.31	Michael Irvine	Dacorum & Tring	M40
46	71	48.40	Tim Cooke	Garden City Runners	M50
47	85	48.41	Philip Pugh	Dacorum & Tring	M50
48	59	48.52	Graham Mayoh	Watford Harriers	M50
49	89	49.05	John Stevens	Dacorum & Tring	M50
50	56	49.37	David Sawyer	Tring Running Club	M50
51	67	49.41	Richard Derrick	St Albans Striders	M50
52	30	50.01	Stephen Hewitt	Watford Joggers	M40
53	72	50.11	Dave Edwards	Garden City Runners	M50
54	61	50.17	Adrian Pattison	St Albans Striders	M50
55	5	50.42	Johnny Spinks	N Herts RR	M40
56	63	50.53	Michael Jack	St Albans Striders	M50
57	19	51.52	Richard Darley	Garden City Runners	M40

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58	26	52.21	Phil Smith	Ware Joggers	M40
59	88	52.42	Matthew Stears	Dacorum & Tring	M50
60	64	53.31	Martin Medforth	St Albans Striders	M50
61	68	53.39	Pat Higgins	St Albans Striders	M50
62	82	54.49	Ian Bonnick	Watford Joggers	M50
63	3	56.00	Babis Kalatzis	Ossie's Angels	M40
64	91	59.03	Gary Sturdy	Dacorum & Tring	M50
65	87	62.17	Alan Groves	Dacorum & Tring	M50

Teams - M40

1	Garden City Runners	1;5;6;14	26
2	Gade Valley Harriers	4;9;12;13	38
3	Dacorum & Tring	19;36;39;45	139

Teams - M50

1	Tring Running Club	18;30;35;38	121
2	Garden City Runners	22;32;46;53	153
3	St Albans Striders	28;37;51;54	170
4	Dacorum & Tring	40;44;47;49	180

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Veteran Men (60+) (7500m)

Position	No	Time	Name	Club	Age Group
1	173	29.28	Peter Beatty	Bishop's Stortford RC	M60
2	184	30.32	Brian James	Watford Joggers	M60
3	169	31.59	Peter Fitzpatrick	Herts Phoenix	M60
4	164	32.31	Richard Bloom	Herts Phoenix	M70
5	171	33.59	John Hope	St Albans Striders	M60
6	187	34.16	Bruce Baker	Dacorum & Tring	M60
7	186	34.43	Kenneth Perry	Dacorum & Tring	M60
8	175	34	Steve Button	Garden City Runners	M60
9	170	36.06	Richard Foskett	Herts Phoenix	M60
10	178	36.37	Colin Ewin	Garden City Runners	M60
11	180	37.5	Trace Allen	Garden City Runners	M70
12	185	38.29	Richard Hilson	Watford Joggers	M60
13	162	38.38	Ian Sutcliffe	N Herts RR	M70
14	176	39.18	John M Davis	Garden City Runners	M60
15	188	39.31	John Owen	Barnet & District	M70
16	166	40.29	John Steed	Herts Phoenix	M70
17	179	44.02	Harry Ward	Garden City Runners	M60
18	163	45.56	Brian Judkins	N Herts RR	M60
19	181	50.39	Dennis Draper	Garden City Runners	M70
20	189	52.37	John Nugent	Broxbourne Runners	M70
21	182	53.26	George Woods	Garden City Runners	M70
22	183	61.14	Tony Osborne	Fairlands Valley Spartans	M70
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Teams

1	Herts Phoenix	3;4;9	16
2	Garden City Runners	8;10;11	29
3	Garden City Runners	14;17;19	50

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Veteran Women (7500m)

Position	No	Time	Name	Club	Age Gp
1	265	28.59	Joanne Kent	Barnet & District	W45
2	207	29.44	Angela Trussler	Watford Harriers	W35
3	252	30.07	Helen Johal	Watford Harriers	W45
4	224	30.16	Katherine March	Barnet & District	W35
5	271	30.55	Lynda Hembury	Tring Running Club	W55
6	264	31.28	Kate Pickard	Watford Joggers	W45
7	245	31.50	Zoe Lowe	St Albans Striders	W45
8	272	32.48	Alison Harding	Tring Running Club	W55
9	273	32.50	Chris King	Ossie's Angels	W55
10	257	32.50	Claire Pullen	Fairlands Valley Spartans	W45
11	220	32.57	Samatha Sullivan	Dacorum & Tring	W35
12	216	33.23	Lisa Roberts	Ware Joggers	W35
13	269	33.31	Celia Findlay	Dacorum & Tring	W45
14	223	33.51	Lisa Battye	Unattached	W35
15	268	34.01	Karen Wishart	Dacorum & Tring	W45
16	209	34.14	Joanna Arcscott	Bishop's Stortford RC	W35
17	278	34.28	Virginia Bird	Garden City Runners	W55
18	277	34.34	Elizabeth Walls	St Albans Striders	W55
19	247	34.40	Caroline Bailes	St Albans Striders	W45
20	219	34.43	Allison Richardson	Dacorum & Tring	W35
21	276	51.00	Deirdre Heydecker	St Albans Striders	W55
22	214	34.53	Charlotte Dadd	Ware Joggers	W35
23	259	35.06	Sarah Price	Ossie's Angels	W45
24	213	35.13	Hazel Clark	Ware Joggers	W35
25	244	35.18	Mandy Attree	St Albans Striders	W45
26	283	35.49	Carla Bell	Ware Joggers	W55
27	286	35.52	Kirsty Johnstone	Barnet & District	W55
28	205	36.22	Jackie Drew	Watford Harriers	W35
29	215	36.27	Sharon Threlfall	Ware Joggers	W35
30	211	36.55	Sophie Cowan	Fairlands Valley Spartans	W35
31	255	37.19	Marie Heald	Herts Phoenix	W45
32	202	37.22	Maria Evans	Tring Running Club	W35
33	248	37.23	Linda Powell	St Albans Striders	W45
34	256	38.02	Peta Wilson	Fairlands Valley Spartans	W45
35	275	38.18	Linda Aird	N Herts RR	W55
36	246	38.34	Caroline Jack	St Albans Striders	W45
37	284	38.38	Julia Gristwood	Ware Joggers	W55
38	282	38.00	Jenni Viner	Ware Joggers	W55
39	267	42.00	Penny Walduck	Dacorum & Tring	W45
40	274	38.48	Barbara Wilson	Ossie's Angels	W55
41	285	39.00	Anne Ramsden	Ware Joggers	W55
42	262	39.41	Joanne Duggan	Watford Joggers	W45
43	217	39.47	Helen Pringle	Ware Joggers	W35
44	270	39.47	Barbara Baker	Dacorum & Tring	W45
45	261	40.13	Clare Boutle	Barnet & District	W45
46	201	41.41	Becky Platt	Ossie's Angels	W35
47	243	41.55	Caroline Skyrme	St Albans Striders	W45
48	241	42.31	Susan Mears	Unattached	W45
49	254	42.39	Katie Chilton	St Albans Striders	W45
50	258	42.53	Julie Shadbolt	Fairlands Valley Spartans	W45
51	280	43.58	Bernadette Byrne	Garden City Runners	W55
52	279	44.04	Sandra Wise	Garden City Runners	W55
53	218	44.55	Sarah Coltman	Watford Joggers	W35
54	291	45.03	Maureen Steed	Garden City Runners	W65
55	287	47.14	Jean Webb	St Albans Striders	W55
56	281	50.19	Sharon Crowley	Fairlands Valley Spartans	W55

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Veteran Women (7500m)

Teams			
1	Dacorum & Tring	11;13;15;20	59
2	St Albans Striders	7;18;19;21	65
3	Barnet & District	1;4;27;45	77
4	Ware Joggers	12;22;24;26	84
5	Fairlands Valley Spartans	10;30;34;50	124
6	St Albans Striders	25;33;36;47	141
7	Ware Joggers	29;37;38;41	145
8	Garden City Runners	17;51;52;54	174