

# Hertfordshire County Cross Country Championships

Fairlands Valley, Stevenage, 9 January 2016

Under 11 Boys - 1500m

Position	No	Time	Name	Surname	Club
1	279	7.51	Vinny	Clarke	Herts Phoenix
2	281	7.53	Max	Winfield	Luton AC
3	286	8.14	Alex	Kaempf	St Albans AC
4	536	8.15	Noah	Brown	St Albans AC
5	287	8.24	Alexander	McDonald	St Albans AC
6	289	8.26	Tom	Rayden	St Albans AC
7	276	8.29	Niall	Cassidy	Dacorum & Tring
8	282	8.43	Toby	Edwards	Shaftesbury BH
9	277	8.45	Sam	Day	Dacorum & Tring
10	291	9.04	Oliver	Hobdell	unattached
11	273	9.06	Arthur	Thomas-Bocking	Barnet & District
12	284	9.08	Enzo	Endean	St Albans AC
13	285	9.15	Nicholas	Giannetti	St Albans AC
14	280	9.28	Jamie	Roper	Herts Phoenix
15	283	9.38	William	Duncan	St Albans AC
16	278	9.40	Milo	Bowen	Herts Phoenix
17	290	9.56	Ben	Walker	St Albans AC
18	288	10.18	Rafe	Palmer	St Albans AC

## Teams

1	St Albans AC 'A'	3;4;5	12
2	St Albans AC 'B'	6;12;13	31
3	Herts Phoenix	1;14;16	31
4	St Albans AC 'C'	15;17;18	50

**Hertfordshire County Cross Country Championships**  
**Fairlands Valley, Stevenage, 9 January 2016**  
**Under 13 Boys - 3000m**

Position	No	Time	Name	Surname	Club
1	341	14.32	Luca	Stubbs	Shaftesbury BH
2	321	14.33	Michael	Armstrong	Dacorum & Tring
3	332	15.11	Bryce	Breen	Herts Phoenix
4	333	15.11	Ben	Crooks	Herts Phoenix
5	334	15.12	Daniel	Gill	Herts Phoenix
6	330	15.13	Sam	Sloan	Harlow AC
7	328	15.15	Freddie	Truman-Williams	Dacorum & Tring
8	338	15.39	Daniel	Bentham	Luton AC
9	337	15.54	Callum	Nicolson	Herts Phoenix
10	342	16.06	Jack	Dickinson	St Albans AC
11	320	16.07	Louis	Hunt	Chiltern Harriers
12	323	16.14	Jamie	Bailey	Dacorum & Tring
13	329	16.20	Ben	Sloan	Harlow AC
14	336	16.26	William	Hughes	Herts Phoenix
15	343	16.29	Morgan	Hume	St Albans AC
16	324	16.39	Sam	Burnell	Dacorum & Tring
17	326	16.47	Seth	Russell	Dacorum & Tring
18	345	16.57	Robert	Quigley	St Albans AC
19	349	16.59	Harry	Hatton	Stevenage & N Herts
20	348	17.03	Oliver	Crake	Stevenage & N Herts
21	318	17.05	Alex	Fraser	Barnet & District
22	537	17.28	Thomas	Ashton	Dacorum & Tring
23	327	19.18	Yoan	Tonev	Dacorum & Tring
24	331	22.13	James	Wilson	Harlow AC

**Teams**

1	Herts Phoenix	3;4;5	12
2	Dacorum & Tring 'A'	2;7;12	21
3	St Albans AC	10;15;18	43
4	Harlow AC	6;13;24	43
5	Dacorum & Tring 'B'	16;17;22	55

**Hertfordshire County Cross Country Championships**  
**Fairlands Valley, Stevenage, 9 January 2016**  
**Under 15 Boys - 4500m**

<b>Position</b>	<b>No</b>	<b>Time</b>	<b>Name</b>	<b>Surname</b>	<b>Club</b>
1	407	19.19	Tom	Patrick	Shaftesbury BH
2	402	19.35	Joe	Chott	Shaftesbury BH
3	418	19.41	Oliver	Davis	St Albans AC
4	401	20.14	Ben	Winfield	Luton AC
5	408	20.22	Henry	Rocha	Shaftesbury BH
6	404	20.49	Henry	Fulton	Shaftesbury BH
7	391	20.54	Jamie	Ayres	Dacorum & Tring
8	393	21.04	Kristian	Imroth	Dacorum & Tring
9	413	21.09	Scott	Brice	St Albans AC
10	424	21.12	Connor	Keogh	Watford Harriers
11	419	21.13	Jed	Lumb	St Albans AC
12	399	21.28	Joe	Smith	Herts Phoenix
13	417	21.56	Cameron	Clarke	St Albans AC
14	412	21.58	William	Bowran	St Albans AC
15	397	21.59	Elliot	Breen	Herts Phoenix
16	398	22.02	Brett	Rushman	Herts Phoenix
17	421	22.03	Aaron	Hadfield	Stevenage & N Herts
18	390	22.08	Benjamin	Howell	Chiltern Harriers
19	423	22.20	Oliver	Griffiths	Watford Harriers
20	400	22.25	Alex	Stapleton	Herts Phoenix
21	416	22.27	Jack	Chakraverty	St Albans AC
22	395	22.42	Tom	Wilson	Harlow AC
23	415	23.01	Adam	Busby	St Albans AC
24	394	23.27	Sam	Collins	Harlow AC
25	422	23.50	Haydn	Williams	Stevenage & N Herts
26	414	25.54	Mortimer	Brooks	St Albans AC
27	406	27.02	Ben	Kelly	Shaftesbury BH

**Teams**

1	Shaftesbury BH	1;2;5	8
2	St Albans AC 'A'	3;9;11	23
3	Herts Phoenix	12;15;16	43
4	St Albans AC 'B'	13;14;21	48

# Hertfordshire County Cross Country Championships

Fairlands Valley, Stevenage, 9 January 2016

Under 17 Men - 6000m

Position	No	Time	Name	Surname	Club
1	468	21.05	Jamie	Philpott	Herts Phoenix
2	469	21.29	Elliott	Dee	Shaftesbury BH
3	473	21.56	George	Groom	Shaftesbury BH
4	475	22.24	Ben	Clarke	St Albans AC
5	461	22.26	Samuel	Howell	Chiltern Harriers
6	471	22.31	Tom	Fulton	Shaftesbury BH
7	466	22.43	Beck	Grover	Herts Phoenix
8	479	23.06	Adam	Mason	Stevenage & N Herts
9	467	23.20	Adam	Hughes	Herts Phoenix
10	464	23.32	Rhys	Rowlands	Dacorum & Tring
11	474	23.43	Rufus	Kent	Shaftesbury BH
12	472	24.02	Nathan	Gammon	Shaftesbury BH
13	465	24.10	Joshua	Van Heiningen	Dacorum & Tring
14	481	25.37	Dean	Johal	Watford Harriers
15	480	25.49	Byron	Johal	Watford Harriers
16	477	26.43	Andrew	Doughty	St Albans AC
17	462	26.51	Joseph	Peppiatt	Barnet & District
18	476	27.05	Rowan	Daly	St Albans AC
19	478	27.37	Hugh	Thomas	St Albans AC
20	463	27.54	Matthew	Carter	Bishops Stortford RC

## Teams

1	Shaftesbury BH	2;3;6	11
2	Herts Phoenix	1;7;9	17
3	St Albans AC	4;16;18	38

# Hertfordshire County Cross Country Championships

Fairlands Valley, Stevenage, 9 January 2016

Under 20 Men - 8000m

Position	No	Time	Name	Surname	Club
1	105	26.30	Mark Pearce		Shaftesbury BH
2	510	27.56	Sam Griffiths		Shaftesbury BH
3	509	28.04	Jamie Dee		Shaftesbury BH
4	506	29.56	Oliver Formby		Barnet & District
5	515	30.21	Michael Carr		St Albans Striders
6	122	30.48	Jacob Hine		St Albans Striders
7	516	34.55	Jack Gladman		Stevenage & N Herts

## Teams

1	Shaftesbury BH	1;2;3	6
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**Hertfordshire County Cross Country Championships****Fairlands Valley, Stevenage, 9 January 2016****Senior Men - 12000m**

<b>Position</b>	<b>No</b>	<b>Time</b>	<b>Name</b>	<b>Surname</b>	<b>Club</b>
1	84	40.00	John Eves		Herts Phoenix
2	15	40.08	Luke Humphreys		Bedford & County
3	35	40.32	Alex Milne		Enfield & Haringey
4	104	41.24	Matt Grant		Shaftesbury BH
5	103	41.37	Phillip Crout		Shaftesbury BH
6	89	41.49	Andrew Leach		N Herts RR
7	113	42.31	Tom Crouch		St Albans Striders
8	107	42.46	Paul Adams		St Albans Striders
9	151	43.08	Luke Delderfield		Tring RC
10	157	43.28	Julian Critchlow		Watford Harriers
11	93	43.45	Mark Vaughan		N Herts RR
12	42	43.52	Craig Halsey		Fairlands Valley Spartans
13	56	44.09	Mark Crabtree		Gade Valley Harriers
14	116	44.17	Joseph Dunn		St Albans Striders
15	11	44.26	Ed Price		Barnet & District
16	166	44.34	Steve Norris		Watford Joggers
17	46	44.38	Andrew Patterson		Fairlands Valley Spartans
18	6	44.53	Adrian Mason		Barnet & District
19	47	44.57	Grant Ramsay		Fairlands Valley Spartans
20	10	45.02	Raj Patel		Barnet & District
21	23	45.18	Steven Prosser		Bishops Stortford RC
22	156	45.21	Matt Adcock		Watford Harriers
23	152	45.24	Ross Langley		Tring RC
24	38	45.36	Brian Brackstone		Fairlands Valley Spartans
25	167	45.38	David O'Sullivan		Watford Joggers
26	121	45.40	Matt Hann		St Albans Striders
27	33	45.42	Daire Brennan		Enfield & Haringey
28	90	46.16	Jim McConnell		N Herts RR
29	29	46.19	Michael Kazer		Dacorum & Tring
30	79	46.21	Alex Newman-Smith		Garden City Runners
31	106	46.22	Jamie Abbiss		St Albans Striders
32	128	46.23	Alex Juggins		St Albans Striders
33	7	46.29	Costa Michael		Barnet & District
34	8	46.47	Will Morris		Barnet & District
35	119	46.50	Simon Fraser		St Albans Striders
36	102	46.59	Jaime Reed		Royston Runners
37	76	47.08	Neil Hume		Garden City Runners
38	145	47.12	Chris Westcott		Stevenage & N Herts
39	73	47.24	Terry Fowler		Garden City Runners
40	91	47.47	John Rayner		N Herts RR
41	9	47.59	Daniel Nichols		Barnet & District
42	98	48.03	Graham Hill		Royston Runners
43	135	48.08	John Ockenden		St Albans Striders
44	70	48.27	Chris Eland		Garden City Runners
45	97	48.32	Richard Harrison		Royston Runners
46	153	48.33	Ed Laver		Tring RC
47	129	48.55	Jim King		St Albans Striders
48	51	49.19	Matt Ashby		Gade Valley Harriers
49	109	49.20	Colin Braybrook		St Albans Striders
50	99	49.23	Vince Long		Royston Runners
51	43	49.27	Paul Hewitt		Fairlands Valley Spartans
52	132	49.29	Michael Martin		St Albans Striders
53	88	49.43	John Auld		N Herts RR
54	24	49.54	Paul Scofield		Bishops Stortford RC
55	123	50.38	Douglas Hobson		St Albans Striders
56	87	50.44	Daniel Winfield		Luton AC

# Hertfordshire County Cross Country Championships

Fairlands Valley, Stevenage, 9 January 2016

## Senior Men - 12000m

57	65	50.59	Andrew Wells	Gade Valley Harriers
58	57	51.19	Richard Hutton	Gade Valley Harriers
59	1	51.27	Nick Barber	Barnet & District
60	36	51.32	Stewart Pepper	Enfield & Haringey
61	169	51.34	Colin Taylor	Watford Joggers
62	164	51.37	Charles Henderson	Watford Joggers
63	139	51.48	Sebastian Rowe	St Albans Striders
64	12	51.53	Rob Scott	Barnet & District
65	117	51.55	Andrew Forster	St Albans Striders
66	130	52.19	Mike Lancaster	St Albans Striders
67	59	52.28	Steve Newing	Gade Valley Harriers
68	5	52.29	Joe Gomes	Barnet & District
69	138	52.37	Jonathan Redshaw	St Albans Striders
70	100	52.52	Richard Lowden	Royston Runners
71	162	52.56	Paul Emery	Watford Joggers
72	50	53.10	Paul Whyte	Fairlands Valley Spartans
73	158	53.14	Paul Edwards	Watford Harriers
74	148	53.21	Simon Barnett	Tring RC
75	48	53.22	David Riddell	Fairlands Valley Spartans
76	20	53.34	Oliver Last	Bishops Stortford RC
77	28	53.40	Richard Brawn	Dacorum & Tring
78	26	53.40	Grant Glendinning	Broxbourne Runners
79	124	53.43	Marcus Hooper	St Albans Striders
80	69	54.04	Sean Bowen	Garden City Runners
81	149	54.27	Clive Cohen	Tring RC
82	147	54.29	Rick Ansell	Tring RC
83	68	54.42	Patrick Bird	Garden City Runners
84	160	54.49	Ciaran Weldon	Watford Harriers
85	118	55.01	Derek Fowler	St Albans Striders
86	19	55.11	Adam Chapman	Bishops Stortford RC
87	81	55.30	Brad Smith	Garden City Runners
88	168	55.46	Mark Studdart	Watford Joggers
89	155	55.48	Jon Salmon	Tring RC
90	101	55.52	Paul Martin	Royston Runners
91	60	56.00	Andrew Norton	Gade Valley Harriers
92	37	56.18	David Bowker	Fairlands Valley Spartans
93	40	56.21	Nicholas Crowley	Fairlands Valley Spartans
94	61	56.38	Dean Porter	Gade Valley Harriers
95	25	56.42	Derek Dutchburn	Broxbourne Runners
96	108	57.19	Gareth Beavis	St Albans Striders
97	74	57.32	Ricardo Gregorio	Garden City Runners
98	165	57.49	Robert Kenison	Watford Joggers
99	45	57.56	Richard Kennedy	Fairlands Valley Spartans
100	143	58.07	Richard Vaughan	St Albans Striders
101	86	58.37	David Stephens	Herts Phoenix
102	63	58.41	James Thomson	Gade Valley Harriers
103	125	58.50	John Hope	St Albans Striders
104	66	59.34	Dave Wise	Gade Valley Harriers
105	21	59.37	Robert Johnson	Bishops Stortford RC
106	49	59.43	Pete Smith	Fairlands Valley Spartans
107	115	59.54	Richard Derrick	St Albans Striders
108	30	60.02	Martin Kerr	Dacorum & Tring
109	150	60.03	Andy Collings	Tring RC
110	82	60.15	Justin Patten	Harlow RC
111	126	60.49	Michael Jack	St Albans Striders
112	140	60.53	Jim Simpson	St Albans Striders
113	142	60.56	Gladstone Thompson	St Albans Striders

## Hertfordshire County Cross Country Championships

Fairlands Valley, Stevenage, 9 January 2016

### Senior Men - 12000m

114	112	61.24	Howard Bull	St Albans Striders
115	31	61.59	Phillip Pugh	Dacorum & Tring
116	159	62.09	Graham Mayoh	Watford Harriers
117	163	62.23	Huw Hamer	Watford Joggers
118	32	62.52	Richard Stevens	Dacorum & Tring
119	96	62.54	Robin Chapple	Royston Runners
120	67	62.54	Trace Allen	Garden City Runners
121	131	63.03	Andrew Maher	St Albans Striders
122	22	64.22	Steven Pearson	Bishops Stortford RC
123	44	65.45	Andy Jay	Fairlands Valley Spartans
124	58	66.05	Dean Kidd	Gade Valley Harriers
125	39	67.12	Jim Brown	Fairlands Valley Spartans
126	134	69.33	Martin Medforth	St Albans Striders

### Teams

1	St Albans Striders 'A'	7;8;14;26;31;32	118
2	Barnet & District	15;18;20;33;34;41	161
3	Fairlands Valley Spartans 'A'	12;17;19;24;51;72	195
4	St Albans Striders 'B'	35;43;47;49;52;55	281
5	Garden City Runners	30;37;39;44;80;83	313
6	Tring RC	9;23;46;74;81;82	315
7	Watford Joggers	16;25;61;62;71;88	323
8	Royston Runners	36;42;45;50;70;90	333
9	Gade Valley Harriers	13;48;57;58;67;91	334
10	St Albans Striders 'C'	63;65;66;69;79;85	427
11	Bishops Stortford RC	21;54;76;86;105;122	464
12	Fairlands Valley Spartans 'B'	75;92;93;99;106;123	588
13	St Albans Striders 'D'	96;100;103;107;111;112	629