

**Hertfordshire County Cross-Country Championships**  
**Verulam Park, St Albans - 9 January 2011**  
**Under 11 Boys - 1500m**

<b>Position</b>	<b>No</b>	<b>Time</b>	<b>Name</b>	<b>Surname</b>	<b>Club</b>
1	697	5.29	Joseph Schott		Shaftesbury BH
2	688	5.38	Elliot Dee		Herts Phoenix
3	698	5.39	Ricardo James		St Albans AC
4	678	5.43	Rufus Kent		Barnet & District
5	703	5.44	Ross Gladman		Stevenage & NH
6	695	5.44	Oliver Light		Shaftesbury BH
7	707	5.49	Byron Johal		Watford Harriers
8	680	5.50	Jake Alderson		Dacorum & Tring
9	700	5.51	Andrew Shaw		St Albans AC
10	692	5.53	Sam Walford		Herts Phoenix
11	701	6.09	Alex Spilling		St Albans AC
12	689	6.11	Jacob Heighway		Herts Phoenix
13	683	6.14	Elliot Breen		Herts Phoenix
14	685	6.15	Louis Charlish-Jackson		Herts Phoenix
15	696	6.20	Patrick Mudd		Shaftesbury BH
16	691	6.24	James Staniforth		Herts Phoenix
17	690	6.32	Timmy Hyams		Herts Phoenix
18	679	6.38	Luke Murphy		Barnet & District
19	681	6.48	Kain Curran		Dacorum & Tring
20	677	6.54	Joe Healey		Barnet & District
21	705	6.59	Cameron Clarke		Watford Harriers
22	684	6.59	Fenner Brooks-Skeet		Herts Phoenix
23	682	7.09	Alexander Apen		Herts Phoenix
24	686	8.39	Harry Coyle		Herts Phoenix

**Teams**

1	Shaftesbury BH	1;6;15	22
2	St Albans AC	3;9;11	23
3	Herts Phoenix "A"	2;10;12	24
4	Barnet & District	4;18;20	42
5	Herts Phoenix "B"	13;14;16	43
6	Herts Phoenix "C"	17;22;23	62

# Hertfordshire County Cross-Country Championships

Verulam Park, St Albans - 9 January 2011

Under 13 Boys - 3000m

Position	No	Time	Name	Surname	Club
1	765	10.01	Jack	Gentle	St Albans AC
2	759	10.30	Jamie	Dee	Herts Phoenix
3	754	10.59	Jonty	Wager-Leigh	Dacorum & Tring
4	769	11.04	Adam	Wilmshurst	St Albans AC
5	776	11.11	Harrison	Pyrke	St Albans School
6	757	11.16	George	Cook	Herts Phoenix
7	777	11.17	Robert	Bolton	Stevenage & NH
8	751	11.23	Louis	Glyn	Dacorum & Tring
9	755	11.33	Jake	Williamson	Dacorum & Tring
10	764	11.38	Sam	Morris	Shaftesbury BH
11	763	11.42	Nathan	Davies	Shaftesbury BH
12	748	11.50	Thomas	Butler	Barnet & District
13	773	11.50	Oliver	Edmond	St Albans School
14	779	11.50	Ryan	Shaw-Hawkins	Stevenage & NH
15	756	11.54	Jamie	Cohen	Harrow AC
16	774	11.55	Tom	Halling	St Albans School
17	760	12.00	Peter	Hale	Herts Phoenix
18	766	12.11	Ben	Pattison	St Albans AC
19	772	12.17	Ben	Clarke	St Albans School
20	778	12.22	Matthew	Livesey	Stevenage & NH
21	768	12.30	Max	Willis	St Albans AC
22	749	12.37	Oliver	Formby	Barnet & District
23	762	12.39	Aidan	Daly	Shaftesbury BH
24	767	12.55	Hugh	Thomas	St Albans AC
25	782	12.58	Dean	Johal	Watford Harriers
26	770	13.18	Jack	Anderson	St Albans School
27	775	13.33	William	McKay	St Albans School
28	752	13.38	Thomas	Milton	Dacorum & Tring
29	750	14.23	Will	Martin	Barnet & District
30	758	16.47	Aiden	Coyle	Herts Phoenix

## Teams

1	Dacorum & Tring	3;8;9	20
2	St Albans AC	1;4;18	23
3	Herts Phoenix	2;6;17	25
4	St Albans School "A"	5;13;16	34
5	Stevenage & NH	7;14;20	41
6	Shaftesbury BH	10;11;23	44
7	Barnet & District	12;22;29	63
8	St Albans School "B"	19;26;27	72

**Hertfordshire County Cross-Country Championships**  
**Verulam Park, St Albans - 9 January 2011**  
**Under 15 Boys - 4500m**

<b>Position</b>	<b>No</b>	<b>Time</b>	<b>Name</b>	<b>Surname</b>	<b>Club</b>
1	834	15.39	Liam Dee		Herts Phoenix
2	849	16.03	Robin O'Connor		St Albans School
3	835	16.22	Nicholas Doyle		Herts Phoenix
4	850	16.56	Mark Pearce		St Albans School
5	846	17.09	Robbie Lightowler		St Albans School
6	863	17.14	Tom Verbena		Watford Harriers
7	852	17.27	Adam Thorpe		St Albans School
8	843	17.42	James Down		St Albans AC
9	836	17.49	George Pettifer		Herts Phoenix
10	859	17.58	Corey Keane		Watford Harriers
11	844	18.17	Sam Jones		St Albans AC
12	847	18.20	Daniel Myers		St Albans School
13	856	18.24	James Wotherspoon		Stevenage & NH
14	830	18.31	Matthew Simpson		Dacorum & Tring
15	829	19.07	Jack Quoroll		Dacorum & Tring
16	831	19.34	Marcus Godfrey		Harrow AC
17	855	19.50	Dominic Stevens		Stevenage & NH
18	842	20.00	Ryan Allen		St Albans AC
19	845	20.19	Andrew Wheatcroft		St Albans AC
20	848	21.31	Hugh Myers		St Albans School
21	853	23.44	Jack Gladman		Stevenage & NH

**Teams**

1	St Albans School "A"	2;4;5	11
2	Herts Phoenix	1;3;9	13
3	St Albans AC	8;11;18	37
4	St Albans School "B"	7;12;20	39
5	Stevenage & NH	13;17;21	51

# Hertfordshire County Cross-Country Championships

Verulam Park, St Albans - 9 January 2011

Under 17 Men - 6000m

No	Time	Name	Surname	Club
1	923 21.20	James	McMurray	St Albans AC
2	915 21.30	Michael	Callegari	Shaftesbury BH
3	912 21.43	Edward	Shepherd	Herts Phoenix
4	913 22.32	Mathew	Leach	N Herts RR
5	920 22.56	Mathew	McLaughlin	Shaftesbury BH
6	911 23.00	Alex	Cloona	Herts Phoenix
7	908 23.17	Oliver	Glyn	Dacorum & Tring
8	918 23.31	Phillip	Crout	Shaftesbury BH
9	921 24.17	Chris	Hilton	St Albans AC
10	916 24.27	Rory	Cox	Shaftesbury BH
11	919 24.50	Richard	Johnson	Shaftesbury BH
12	925 24.57	William	Floyd	St Albans School
13	926 25.46	Ashok	Mathur	St Albans School
14	924 26.20	Oliver	Poulain	St Albans AC

## Teams

1	Shaftesbury BH	2;5;8	15
2	St Albans AC	1;9;14	24

# Hertfordshire County Cross-Country Championships

Verulam Park, St Albans - 9 January 2011

Under 20 Men - 8000m

<b>Position</b>	<b>No</b>	<b>Time</b>	<b>Name</b>	<b>Surname</b>	<b>Club</b>
1	947	26.32	Matt	Salt	Dacorum & Tring
2	957	27.43	Euan	McKenzie	Shaftesbury BH
3	949	29.53	Tom	Barfoot	Herts Phoenix
4	959	30.57	Gregory	Evans	Stevenage & NH
5	951	32.05	James	Waterman	Herts Phoenix
6	953	32.53	Toby	Hone	Royston Runners
7	958	35.38	Andrew	Tuppen	St Albans Striders

**No Teams**

**Hertfordshire County Cross-Country Championships**  
**Verulam Park, St Albans - 9 January 2011**  
**Senior Men - 12000m**

<b>Position</b>	<b>No</b>	<b>Time</b>	<b>Name</b>	<b>Surname</b>	<b>Club</b>
1	2257	37.40	Neilson Hall		Herts Phoenix
2	2292	38.15	Glen Watts		Shaftesbury BH
3	2205	38.22	Shaun Collins		Enfield & Haringey
4	2268	38.48	Kevin Skinner		Newham & EB
5	2282	39.16	Orlando Edwards		Shaftesbury BH
6	2250	40.11	Richard Franzese		Harrow AC
7	2284	40.37	Matt Grant		Shaftesbury BH
8	2294	41.23	Paul Adams		St Albans Striders
9	2297	41.28	Edward Blake		St Albans Striders
10	2202	41.51	Andy Cracknell		Dacorum & Tring
11	2261	42.54	Stephen Prosser		Herts Phoenix
12	2310	43.04	Jonathan Scott		St Albans Striders
13	2293	43.15	Richard Williams		Shaftesbury BH
14	2269	43.26	Nick Beresford		N Herts RR
15	2236	43.49	Terry Fowler		Garden City Runners
16	2301	44.11	Jez Cox		St Albans Striders
17	2321	44.21	Jeremy Weightman		unattached
18	2189	44.58	Adrian Mason		Barnet & District
19	2187	45.10	Alex Horton		Barnet & District
20	2317	45.15	Ross Langley		Tring RC
21	2233	45.24	Dave Desborough		Garden City Runners
22	2225	45.32	Guy Woollett		Gade Valley H
23	2298	45.43	Colin Braybrook		St Albans Striders
24	2308	46.15	John Ockendon		St Albans Striders
25	2213	46.20	Steve Boyd		Gade Valley H
26	2291	46.22	Kevin Walden		Shaftesbury BH
27	2260	46.29	Norman Morrison		Herts Phoenix
28	2276	46.36	Vince Long		Royston Runners
29	2214	46.52	Bill Brimacombe		Gade Valley H
30	2185	47.01	Andy Cunningham		Barnet & District
31	2306	47.11	John Jones		St Albans Striders
32	2312	47.14	Paul Allan		Tring RC
33	2322	47.22	Matt Adcock		Watford Harriers
34	2256	47.27	Harry Gilham		Herts Phoenix
35	2201	47.37	Dave Willock		Barnet & District
36	2258	47.42	Jonathan Kinahan		Herts Phoenix
37	2315	47.48	Kevin Harding		Tring RC
38	2204	48.01	Andrew Tappin		Dulwich Runners
39	2199	48.08	James Taylor		Barnet & District
40	2319	48.11	Nick Williams		Tring RC
41	2274	48.23	Richard Harrison		Royston Runners
42	2194	48.44	Will Morris		Barnet & District
43	2230	48.46	Rob Casserley		Garden City Runners
44	2209	48.52	Stewart Pepper		Enfield & Haringey
45	2254	48.57	Matt Carlisle		Herts Phoenix
46	2311	48.59	Mark Taplin		St Albans Striders
47	2342	49.06	Colin Taylor		Watford Joggers
48	2275	49.29	Graham Hill		Royston Runners
49	2296	49.52	Doug Bates		St Albans Striders
50	2300	50.04	Stuart Clarke		St Albans Striders
51	2183	50.06	Paul Carter		Barnet & District
52	2222	50.12	Jon Roberts		Gade Valley H
53	2313	50.36	Simon Barnett		Tring RC
54	2338	50.41	Dave Dixon		Watford Joggers
55	2216	50.46	Vince Ellerby		Gade Valley H
56	2263	50.53	Stephen White		Herts Phoenix

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**Senior Men - 12000m**

57	2239	51.00	Paul Guy	Garden City Runners
58	2299	51.05	Michael Caddy	St Albans Striders
59	2318	51.30	Trevor Lark	Tring RC
60	2219	51.35	Tom North	Gade Valley H
61	2309	51.37	Jonathan Redshaw	St Albans Striders
62	2228	51.51	Patrick Bird	Garden City Runners
63	2215	52.01	Johnny Broom	Gade Valley H
64	2343	52.18	Mark Wolf	Watford Joggers
65	2289	52.24	Robert Pick	Shaftesbury BH
66	2237	52.34	Pat Gallagher	Garden City Runners
67	2332	54.18	Graham Mayoh	Watford Harriers
68	2182	54.53	Jerry Bryan	Barnet & District
69	2288	55.12	Tim Parkin	Shaftesbury BH
70	2337	55.18	Andy Dean	Watford Joggers
71	2259	55.21	Stuart Mann	Herts Phoenix
72	2336	55.53	Jonnie Wray	Watford Harriers
73	2224	56.00	Mark Travers	Gade Valley H
74	2330	56.01	Paul Illing	Watford Harriers
75	2290	56.05	Ray Powell	Shaftesbury BH
76	2272	56.21	Paul Green	Royston Runners
77	2325	56.22	Tim Cory	Watford Harriers
78	2253	56.25	Richard Bloom	Herts Phoenix
79	2212	56.33	Mark Bird	Gade Valley H
80	2196	56.56	John Owen	Barnet & District
81	2265	57.05	Lazarus Clarke	Herts Police
82	2344	57.26	Tim Woolridge	Watford Joggers
83	2223	57.59	Martin Storrie	Gade Valley H
84	2273	58.17	Malcolm Hall	Royston Runners
85	2328	58.28	Colin Hamlet	Watford Harriers
86	2221	58.38	Neil Parkins	Gade Valley H
87	2304	59.00	Pat Higgins	St Albans Striders
88	2226	59.21	Trace Allen	Garden City Runners
89	2295	59.32	Steve Alexander	St Albans Striders
90	2305	59.41	John Hope	St Albans Striders
91	2281	59.49	Russell Devitt	Shaftesbury BH
92	2218	60.48	Andrew Newing	Gade Valley H
93	2195	61.33	John Murphy	Barnet & District
94	2324	61.45	Richard Boyce	Watford Harriers
95	2326	62.32	Steve Daniel	Watford Harriers
96	2238	62.55	Perry Gear	Garden City Runners
97	2246	63.15	Ian Munro	Garden City Runners

**Teams**

1	St Albans Striders "A"	8;9;12;16;23;24	92
2	Shaftesbury BH	2;5;7;13;26;65	118
3	Herts Phoenix	1;11;27;34;36;45	154
4	Barnet & District	18;19;30;35;39;42	183
5	Tring RC	20;32;37;40;53;59	241
6	Gade Valley H "A"	22;25;29;52;55;60	243
7	Garden City Runners	15;21;43;57;62;66	264
8	St Albans Striders "B"	31;46;49;50;58;61	295
9	Watford Harriers	33;67;72;74;77;85	408
10	Gade Valley H "B"	63;73;79;83;86;92	476

# Hertfordshire County Cross-Country Championships

Verulam Park, St Albans - 9 January 2011

Under 11 Girls - 1500m

Position	No	Time	Name	Surname	Club
1	727	5.52	Imogen	Walker	Herts Phoenix
2	717	5.53	Emily	Russell	Harrow AC
3	730	5.54	Jessica	Hurley	Shaftesbury BH
4	735	5.55	Eleanor	Hobbs	St Albans AC
5	733	6.05	Catlin	Eckley	St Albans AC
6	713	6.17	Sophie	Morton	Chiltern Harriers
7	715	6.24	Scarlett	Wager-Leigh	Dacorum & Tring
8	739	6.26	Bella	Priestman-Bennett	St Albans AC
9	729	6.31	Kathryn	Canham	Luton AC
10	714	6.32	Isabelle	Aylwin	Dacorum & Tring
11	711	6.37	Scarlett	Kent	Barnet & District
12	734	6.38	Rhiannon	Ellis	St Albans AC
13	724	6.40	Louise	Reilly	Herts Phoenix
14	731	6.44	Ellen	Brookes	St Albans AC
15	736	6.47	Sarah	McCullough	St Albans AC
16	741	6.50	Emma	Bolton	Stevenage & NH
17	718	6.51	Eleanor	Found	Herts Phoenix
18	740	6.52	Freya	Weddell	St Albans AC
19	726	6.52	Romi	Sharp	Herts Phoenix
20	720	7.01	Katie	Liptrot	Herts Phoenix
21	721	7.02	Grace	Parker	Herts Phoenix
22	725	7.07	Rebecca	Sayers	Herts Phoenix
23	722	7.12	Victoria	Parry	Herts Phoenix
24	746	7.32	Rebecca	McDermott	Watford Harriers
25	747	7.34	Brooke	Yates	Watford Harriers
26	728	7.51	Stephanie	White	Herts Phoenix
27	742	8.15	Abigail	Pickard	Stevenage & NH
28	719	8.24	Rhiannon	Hayward	Herts Phoenix

## Teams

1	St Albans AC "A"	4;5;8	17
2	Herts Phoenix "A"	1;13;17	31
3	St Albans AC "B"	12;14;15	41
4	Herts Phoenix "B"	19;20;21	60
5	Herts Phoenix "C"	22;23;26	71

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

<b>Position</b>	<b>No</b>	<b>Time</b>	<b>Name</b>	<b>Surname</b>	<b>Club</b>
1	794	11.29	Marella	Whitfield	Harrow AC
2	789	11.41	Hannah	Morton	Chiltern Harriers
3	814	11.55	Tabitha	Weddell	St Albans AC
4	790	12.04	Claire	Baxter	Dacorum & Tring
5	815	12.13	Abbie	West	St Albans AC
6	795	12.19	Ellie	Baker	Herts Phoenix
7	798	12.24	Elizabeth	Francis	Herts Phoenix
8	809	12.27	Laura	Edwards	St Albans AC
9	818	12.29	Melissa	Doran	Stevenage & NH
10	819	12.35	Charlotte	Duke	Stevenage & NH
11	793	12.38	Melanie	Hall	Harrow AC
12	817	12.49	Rivers	Cook	Stevenage & NH
13	797	12.56	Erin	Breen	Herts Phoenix
14	820	12.59	Olivia	Hazell	Stevenage & NH
15	786	13.05	Gaia	Casciello	Barnet & District
16	791	13.06	Frankie	Rae	David Lloyd Pacers
17	823	13.12	Molly	Harland	Watford Harriers
18	807	13.14	Lauren	Eckley	St Albans AC
19	805	13.16	Jessica	Barnes	St Albans AC
20	788	13.25	Sophie	Chesterman	Chiltern Harriers
21	804	13.29	Naomi	Baker	St Albans AC
22	822	13.44	Louise	Hall	Watford Harriers
23	796	14.04	Megan	Bishop	Herts Phoenix
24	821	14.17	Emilia	Economu	Watford Harriers
25	802	14.20	Jennifer	Allen	St Albans AC
26	808	14.22	Jessica	Edwards	St Albans AC
27	816	14.23	Clare	Wilde	St Albans AC
28	806	14.23	Isabelle	Bicknell	St Albans AC
29	811	14.26	Lizzie	Markwell	St Albans AC
30	824	14.35	Fiona	McQuire	Watford Harriers
31	800	14.35	Ellen	Joyce	Shaftesbury BH

**Teams**

1	St Albans AC "A"	3;5;8	16
2	Herts Phoenix	6;7;13	26
3	Stevenage & NH	9;10;12	31
4	St Albans AC "B"	18;19;21	58
5	Watford Harriers	17;22;24	63
6	St Albans AC "C"	25;26;27	78

**Hertfordshire County Cross-Country Championships**  
**Verulam Park, St Albans - 9 January 2011**  
**Under 15 Girls - 4500m**

<b>Position</b>	<b>No</b>	<b>Time</b>	<b>Name</b>	<b>Surname</b>	<b>Club</b>
1	880	18.18	Natalie	Connor	Shaftesbury BH
2	889	18.34	Victoria	Prichard	St Albans AC
3	883	18.54	Eleanor	Hunt	Shaftesbury BH
4	877	19.06	Emily	Ruane	Herts Phoenix
5	876	19.37	Elizabeth	Parry	Herts Phoenix
6	899	20.01	Caroline	Willis	Stevenage & NH
7	902	20.03	Lavinia	Economu	Watford Harriers
8	891	20.09	Abbie	Smith	St Albans AC
9	895	20.24	Rebecca	Harris	Stevenage & NH
10	887	20.34	Meghan	Hobbs	St Albans AC
11	868	20.41	Flora	Boscawen	City of York
12	890	20.49	Niamh	Quinn	St Albans AC
13	901	20.56	Chloe	Dearman	Watford Harriers
14	882	21.03	Harriet	Hollis	Shaftesbury BH
15	878	21.07	Florence	Stansall-Seiler	Herts Phoenix
16	884	21.19	Pippa	Bailey	St Albans AC
17	869	21.22	Sarah	Needleman	Dacorum & Tring
18	892	21.39	Sophie	West	St Albans AC
19	867	21.45	Hannah	Wardley	Chiltern Harriers
20	897	21.50	Janie	Latchford	Stevenage & NH
21	885	21.58	Madeleine	Geers	St Albans AC
22	888	22.11	Alice	Mulcahy	St Albans AC
23	871	22.12	Alicia	Found	Herts Phoenix
24	905	22.15	Paige	Smith	Watford Harriers
25	872	22.24	Isabel	Found	Herts Phoenix
26	886	22.34	Katie	Harper	St Albans AC
27	894	22.38	Sarah	Feely	Stevenage & NH
28	874	22.59	Emily	Hore	Herts Phoenix
29	866	23.30	Zoe	Smith	Barnet & District
30	864	23.50	Hetty	Rudman	Barnet & District
31	896	23.55	Sophie	Keeble	Stevenage & NH
32	903	26.59	Charlotte	Fuller	Watford Harriers
33	865	28.28	Holly	Smith	Barnet & District

**Teams**

1	Shaftesbury BH	1;3;14	18
2	St Albans AC "A"	2;8;10	20
3	Herts Phoenix "A"	4;5;15	24
4	Stevenage & NH	6;9;20	35
5	Watford Harriers	7;13;24	44
6	St Albans AC "B"	12;16;18	46
7	St Albans AC "C"	21;22;26	69
8	Herts Phoenix "B"	23;25;28	76
9	Barnet & District	29;30;33	92

**Hertfordshire County Cross-Country Championships**  
**Verulam Park, St Albans - 9 January 2011**  
**Under 17 Women - 6000m**

<b>Position</b>	<b>No</b>	<b>Time</b>	<b>Name</b>	<b>Surname</b>	<b>Club</b>
1	932	25.45	Elizabeth Bird		Herts Phoenix
2	939	25.48	Laura Farrar		St Albans AC
3	944	26.22	Hannah Dewhurst		Stevenage & NH
4	945	26.36	Natalie Wickings		Watford Harriers
5	938	26.54	Isobel Thompson		Shaftesbury BH
6	942	27.36	Megan Steer		St Albans AC
7	941	28.14	Rebecca Pritchard		St Albans AC
8	940	28.43	Hannah Hull		St Albans AC
9	934	29.21	Ella Lloyd		Herts Phoenix
10	933	29.46	Aisling Hayward		Herts Phoenix
11	943	33.24	Charlotte Baird		Stevenage & NH

**Teams**

1	St Albans AC	2;6;7	15
2	Herts Phoenix	1;9;10	20

**Hertfordshire County Cross-Country Championships**

**Verulam Park, St Albans - 9 January 2011**

**Under 20 Women - 6000m**

<b>Position</b>	<b>No</b>	<b>Time</b>	<b>Name</b>	<b>Surname</b>	<b>Club</b>
1	964	24.30	Sophie	Connor	Shaftesbury BH
2	962	27.51	Ella	Fuller	Herts Phoenix

**No Teams**

# Hertfordshire County Cross-Country Championships

Verulam Park, St Albans - 9 January 2011

## Senior Women - 8000m

Position	No	Time	Name	Surname	Club
1	654	30.19	Lisa Elmore		Trent Park RC
2	634	31.01	Claire Miles		Shaftesbury BH
3	653	31.16	Lucy Waterlow		St Albans Striders
4	633	31.30	Rebekah Gardiner		Shaftesbury BH
5	647	32.14	Sally Onn		St Albans Striders
6	961	32.28	Martha Hall		Garden City Runners
7	606	33.10	Jo Kent		Barnet & District
8	618	33.15	Sharon McHugh		Enfield & Haringey
9	649	33.23	Deborah Steer		St Albans Striders
10	607	33.35	Karen Murphy		Barnet & District
11	643	34.33	Zoe Lowe		St Albans Striders
12	668	34.59	Helen Johal		Watford Harriers
13	675	36.34	Caroline Whittaker		Watford Joggers
14	613	36.37	Celia Findlay		David Lloyd Pacers
15	652	36.51	Elizabeth Walls		St Albans Striders
16	616	37.02	Jane Rae		David Lloyd Pacers
17	604	37.30	Helen Hoyle		Barnet & District
18	656	37.57	Alison Harding		Tring RC
19	671	38.33	Clare Bonnick		Watford Joggers
20	605	38.51	Kirsty Johnstone		Barnet & District
21	655	39.27	Kirsty Barnett		Tring RC
22	641	39.37	Deirdre Heydecker		St Albans Striders
23	669	39.44	Alison Putko		Watford Harriers
24	626	39.53	Celia Pardoe		Garden City Runners
25	636	40.11	Mandy Attree		St Albans Striders
26	603	40.22	Philippa Horton		Barnet & District
27	621	40.47	Virginia Bird		Garden City Runners
28	648	41.19	Linda Powell		St Albans Striders
29	658	41.27	Rachel Lark		Tring RC
30	664	41.50	Nicoletta Economu		Watford Harriers
31	666	42.02	Angela Halford		Watford Harriers
32	601	42.15	Karen Denham		Barnet & District
33	628	42.21	Carol Reid		Garden City Runners
34	615	43.12	Catherine Parsi		David Lloyd Pacers
35	619	43.22	Sharon Crowley		Fairlands Valley Spartans
36	637	44.06	Becky Bates		St Albans Striders
37	673	45.08	Kathryn Duffy		Watford Joggers
38	620	47.22	Lorraine Thomas		Fairlands Valley Spartans
39	646	47.40	Sheryl Norman		St Albans Striders
40	672	48.12	Sarah Coltman		Watford Joggers
41	663	48.15	Christine Dearman		Watford Harriers
42	650	49.04	Alison Telfer		St Albans Striders

### Teams

1	St Albans Striders	3;5;9;11	28
2	Barnet & District	7;10;17;20	54
3	St Albans Striders	15;22;25;28	90
4	Garden City Runners	6;24;27;33	90
5	Watford Harriers	12;23;30;31	96
6	Watford Joggers	13;19;37;40	109