

HERTFORDSHIRE CROSS COUNTRY CHAMPIONSHIPS – Took place last Sunday at Haileybury College, Hertford Heath on 8 January 2017

Under 11 Boys (1500m) – **ARCHIE NASH** won the Gold Medal (5.32), **GIANLEO STUBBS** won the Bronze Medal (5.42), **TOBY EDWARDS** 24th (6.24) 57 runners finished. Team result **1st SBH (28 points)**, 2nd St Albans Striders (30), 3rd Herts Phoenix (34)

Under 13 Boys (3000m) – **LUCA STUBBS** won the Gold Medal (12.40), **NATHAN MASTERS** 21st (14.58) 31 runners finished. Team result 1st Herts Phoenix (17 points), 2nd St Albans Striders (18), 3rd Dacorum & Tring (35)

Under 13 Girls (3000m) – **AIMI WEIGHTMAN** won the Gold Medal (13.41), **SYDNEY ALLEN** 5th (14.42), **ISABELLE FLEET** 20th (17.04), **ANNA MURPHY** 21st (17.04) 28 runners finished. Team result 1st St Albans Striders 'A' (9 points), 2nd St Albans Striders 'B' (24), **3rd SBH (26)**

Under 15 Boys (4500m) – **KRISTIAN IMROTH** (2nd Claim) won the Gold Medal (16.32), **FERGUS WATSON** 11th (19.38), **BEN KELLY** 20th (21.04) 23 runners finished. Team result 1st Watford Harriers (11 points), 2nd Herts Phoenix (30), 3rd St Albans Striders (34)

Under 15 Girls (4500m) – **MIA GROOM** 6th (19.49), **SOPHIA DEMPSEY** 10th (20.38), **GEMMA HARPER** 19th (22.22) 25 runners finished, the winner was Grace Ingles of Watford Harriers (18.37). Team result 1st St Albans Striders (23 points), 2nd Watford Harriers (28), 3rd Stevenage & North Herts (33), **4th SBH (35)**

Under 17 Men (6000m) – **GEORGE GROOM** won the Gold Medal (20.37), **JEREMY DEMPSEY** won the Silver Medal (20.50), **THOMAS FULTON** won the Bronze Medal (21.33), **BEN WHITFIELD** 4th (22.13), **RUFUS KENT** 6th (23.29), **HENRY FULTON** 12th (24.48) 16 runners finished. Team result **1st SBH 'A' (6 points)**, **2nd SBH 'B' (24)**, 3rd St Albans Striders (26)

Under 17 Women (6000m) – **LIDIA KYRIACOU** won the Silver Medal (26.45), **SARAH BUTLER** 5th (28.17), **JESSICA HURLEY** 6th (28.26) 16 runners finished, the winner was Lottie Rowedder of Harlow (25.54). Team result **1st SBH (13 points)**, 2nd St Albans Striders (22)

Under 20 Men (8000m) – **SAM GRIFFITHS** won the Silver Medal (27.20) 8 runners finished, the winner was Thomas Butler of Barnet (26.18). Team result 1st St Albans Striders (20 points)

Under 20 Women (6000m) – **NATALIE CONNOR** won the Gold Medal (24.33), **GABRIELLA KYRIACOU** won the Bronze Medal (26.31), **CHARLOTTE JOHNSTON** 4th (27.04) 11 runners finished. Team result **1st SBH (8 points)**, 2nd St Albans Striders (29)

Senior Men (11000m) – **RICHARD WILLIAMS V35** 8th (39.02), **MATT GRANT** 10th (39.28), 132 runners finished, the winner was James McMurray of St Albans Striders (36.26). Team result 1st St Albans Striders (78 points), 2nd North Herts (128), 3rd Watford Joggers (247)

Senior Women (8000m) – **VICTORIA PRITCHARD** won the Silver Medal (28.56), **VICTORIA WALKER** won the Bronze Medal (29.46), **JO KENT V45** (2nd Claim) 5th (1st V45 30.41) 78 runners finished, the winner was Jo Hickman Dunne of Loughborough Students (28.16). Team result 1st Barnet (39 points), 2nd Dacorum & Tring (60), 3rd Ware Joggers (95)