

**Herts County Cross Country Championships****Cassiobury Park, Watford 7 January 2018****Senior Men - 12000m**

<b>Position</b>	<b>Bib</b>	<b>Min Sec</b>	<b>Name Surname</b>	<b>Club</b>
1	369	38 46	John Eves	Herts Phoenix
2	321	39 37	Jack Parslow	Dacorum & Tring
3	323	40 28	Alex Milne	Enfield & Haringey
4	398	41 11	Tom Butler	Shaftesbury BH
5	485	41 25	Sha Janally	Watford Joggers
6	401	41 36	Adam Thorpe	Shaftesbury BH
7	405	41 41	Paul Adams	St Albans
8	380	42 00	Jim Mcconnel	N Herts RR
9	666	42 23	William Kirk	Charnwood AC
10	484	42 29	Ollie Hill	Watford Joggers
11	455	42 34	Ross Langley	Tring RC
12	400	42 48	Tom Kearns	Shaftesbury BH
13	442	42 50	Jonathan Scott	St Albans
14	490	43 20	David O'Sullivan	Watford Joggers
15	460	43 27	Matt Adcock	Watford Harriers
16	383	43 38	Darren Sunter	N Herts RR
17	420	43 41	Phillip Evans	St Albans
18	463	43 44	Ross Connor	Watford Harriers
19	456	43 46	Tom Sawyer	Tring RC
20	474	43 51	Mark Ames	Watford Joggers
21	320	44 00	Phil Oddy	Dacorum & Tring
22	387	44 23	Tom Beach	Royston R
23	345	44 34	Michael Ferris	Gade Valley
24	363	44 38	Neil Hume	Garden City Runners
25	310	44 41	Gabe Lowrie	Bishops Stortford RC
26	302	44 44	Alex Horton	Barnet & District
27	312	44 46	David Rogers	Bishops Stortford RC
28	315	44 48	Mike Carpenter	Dacorum & Tring
29	389	44 50	Daire Brennan	Royston R
30	489	44 51	Steve Norris	Watford Joggers
31	449	44 54	Christopher Westcott	Stevenage & NH
32	448	44 56	George Withers	St Albans
33	341	44 59	Rich Coles	Gade Valley
34	303	45 18	Adrian Mason	Barnet & District
35	476	45 21	Scott Charlton	Watford Joggers
36	447	45 33	Gary Warren	St Albans
37	381	45 37	Matt Sayers	N Herts RR
38	479	45 48	Craig Daniels	Watford Joggers
39	362	46 05	James Huish	Garden City Runners
40	459	46 11	Matt Wade	Tring RC
41	478	46 12	Tim Cook	Watford Joggers
42	393	46 16	Matthew Cottiss	Royston R
43	373	46 25	John Auld	N Herts RR
44	388	46 27	William Bowers	Royston R
45	426	46 29	Douglas Hobson	St Albans
46	372	46 37	Neil Gunstone	Morpeth Harriers
47	375	46 46	Dan Hills	N Herts RR
48	358	46 47	Russell Casey	Garden City Runners
49	408	46 56	Andy Auld	St Albans
50	304	47 04	Costa Michael	Barnet & District
51	429	47 06	Mike Jubb	St Albans
52	481	47 13	Will Frost	Watford Joggers
53	477	47 21	Sean Collum	Watford Joggers
54	390	47 24	Liam Butler	Royston R

## Herts County Cross Country Championships

Cassiobury Park, Watford 7 January 2018

### Senior Men - 12000m

55	424	47 31	Cathal Gallagher	St Albans
56	306	47 34	Mike Walker	Barnet & District
57	438	47 45	Thomas Neil	St Albans
58	355	47 48	Guy Woollett	Gade Valley
59	435	47 55	Michael Martin	St Albans
60	353	47 58	Dylan Wendleken	Gade Valley
61	394	48 03	Richard Harrison	Royston R
62	470	48 04	Frank Ryan	Watford Harriers
63	471	48 10	Eamonn Twomey	Watford Harriers
64	431	48 23	Mike Lancaster	St Albans
65	443	48 23	Tim Searle	St Albans
66	298	48 37	Andrew Cunningham	Barnet & District
67	391	48 44	Grant Chapman	Royston R
68	378	48 55	Dan Martin	N Herts RR
69	454	49 05	Tom Hill	Tring RC
70	480	49 09	Steve Davies	Watford Joggers
71	333	49 11	David Riddell	Fairlands VS
72	395	49 13	Tim Jones	Royston R
73	639	49 19	Edward Anders	St Albans
74	467	49 23	Nick Harris	Watford Harriers
75	360	49 25	Malcolm Down	Garden City Runners
76	366	49 32	Tom Wackett	Garden City Runners
77	385	49 35	James Walsh	N Herts RR
78	322	49 38	Ben Stratford	Dacorum & Tring
79	354	49 44	Anthony Willcox	Gade Valley
80	386	49 47	Nicholas Stallman	Queens Park H
81	357	49 51	Sean Bowen	Garden City Runners
82	486	50 10	Alan Kennedy	Watford Joggers
83	361	50 17	Andy Holt	Garden City Runners
84	347	50 28	Rob Humphreys	Gade Valley
85	483	50 42	Charles Henderson	Watford Joggers
86	475	50 48	Richard Bird	Watford Joggers
87	413	51 05	Richard Davis	St Albans
88	421	51 12	Richard Evans	St Albans
89	409	51 15	Gareth Beavis	St Albans
90	410	51 26	Colin Braybrook	St Albans
91	376	51 34	James Keogh	N Herts RR
92	301	51 39	Joe Gomes	Barnet & District
93	434	51 42	Errol Maginley	St Albans
94	307	51 50	Darren White	Barnet & District
95	404	52 07	Jay A'Court	St Albans
96	407	52 07	Nigel Aston	St Albans
97	335	52 36	Tim Saban	Fairlands VS
98	396	53 28	Richard Lowden	Royston R
99	468	53 30	Adrian Harwood	Watford Harriers
100	336	53 35	Thomas Sauka	Fairlands VS
101	325	53 38	Stuart Archer	Fairlands VS
102	432	53 58	Calum Latham	St Albans
103	356	53 59	Patrick Bird	Garden City Runners
104	451	54 13	Rick Ansell	Tring RC
105	350	54 17	Trevor Normoyle	Gade Valley
106	418	54 28	Paul Durbin	St Albans
107	425	54 34	Alastair Green	St Albans
108	437	54 50	Stuart Middleton	St Albans
109	317	55 45	Rob Davies	Dacorum & Tring

## Herts County Cross Country Championships

Cassiobury Park, Watford 7 January 2018

### Senior Men - 12000m

110	433	56 06	Philip Leach	St Albans
111	472	56 22	Ciaran Weldon	Watford Harriers
112	368	56 38	Richard Bloom	Herts Phoenix
113	445	57 00	Richard Vaughan	St Albans
114	300	57 38	Scott Fraser	Barnet & District
115	314	58 02	Derek Dutchburn	Broxbourne R
116	365	58 21	Brad Smith	Garden City Runners
117	327	58 40	Nicholas Crowley	Fairlands VS
118	487	58 52	Robert Kennison	Watford Joggers
119	427	58 56	James Ingles	St Albans
120	482	59 24	Robert Gaddie	Watford Joggers
121	462	59 55	Kevin Clark	Watford Harriers
122	457	60 23	David Sawyer	Tring RC
123	466	60 31	Steve Daniels	Watford Harriers
124	382	60 48	Johnny Spinks	N Herts RR
125	348	61 26	Martin Jeffrey	Gade Valley
126	491	63 07	Danny Risdon	Watford Joggers
127	326	63 45	Jim Brown	Fairlands VS
128	419	65 14	Chris Edwards	St Albans
129	414	65 37	Richard Derrick	St Albans
130	334	65 40	Tim Robinson	Fairlands VS
131	436	68 31	Martin Medforth	St Albans
132	406	94 00	James Allen	St Albans

### Senior Men - Teams

1	Watford Joggers 'A'	5;10;14;20;30;35	114
2	St Albans 'A'	7;13;17;32;36;45	150
3	N Herts RR	8;16;37;43;47;68	219
4	Royston R	22;29;42;44;54;61	252
5	Barnet & District	26;34;50;56;66;92	324
6	Watford Harriers	15;18;62;63;74;99	331
7	St Albans 'B'	49;51;55;57;59;64	335
8	Watford Joggers 'B'	38;41;52;53;70;82	336
9	Gade Valley	23;33;58;60;79;84	337
10	Garden City Runners	24;39;48;75;76;81	343
11	Tring RC	11;19;40;69;104;122	365
12	St Albans 'C'	65;73;87;88;89;90	492
13	St Albans 'D'	93;95;96;102;106;107	599
14	Fairlands VS	71;97;100;101;117;127	613
15	St Albans 'E'	108;110;113;119;128;129	707