

# SOUTHERN MASTERS CROSS COUNTRY CHAMPIONSHIPS 2009

## at BIGGLESWADE, BEDFORDSHIRE on 31 JANUARY 2009

### MEN OVER 40 — FINAL RESULTS

Distance = 10,000m

Pos	Name	Club	Time
1	B Reynolds	THAMESHARE & HOUNDS	32:03
2	A Weir	THAMESHARE & HOUNDS	32:18
3	J Critchlow	HARROW AC	32:37
4	I Johnston	Shettleston Harriers	32:44
5	G Chandler	SPRINGFIELD STRIDERS	32:57
6	J McHahon	BEDFORD & COUNTY AC	33:09
7	P Dobson	SPRINGFIELD STRIDERS	33:12
8	R McCormick	BARNET & DISTRICT AC	33:17
9	M Potter	LONDON HEATHSIDE	33:23
10	P Spowage	COLCHESTER HARRIERS	33:29
11	R Browne	LONDON HEATHSIDE	33:30
12	A Howell	THAMESHARE & HOUNDS	33:33
13	A Farquharson	KENT AC	33:40
14	P Lemmon	LONDON HEATHSIDE	33:49
15	I Campbell	METROPOLITAN POLICE AC	33:51
16	K Harris	SPRINGFIELD STRIDERS	33:58
17	V Dude	CRAWLEY AC	34:06
18	A Smalls	COLCHESTER HARRIERS	34:09
19	J Flahive	LONDON HEATHSIDE	34:12
20	M Cursons	HARROW AC	34:21
21	P Bleach	CITY OF PORTSMOUTH AC	34:32
22	L Armitage	KENT AC	34:33
23	C Michael	BARNET & DISTRICT AC	34:38
24	D Rayner	CRAWLEY AC	34:41
25	M Parry	CRAWLEY AC	34:44
26	J Dobson	HERCULES WIMBLEDON AC	34:46
27	A Mason	BARNET & DISTRICT AC	35:00
28	P Helliwell	COLCHESTER HARRIERS	35:01
29	D Cheshire	BEDFORD & COUNTY AC	35:06
30	L Reilly	KENT AC	35:09
31	S Medhurst	NENE VALLEY HARRIERS	35:28
32	A Kelleher	BARNET & DISTRICT AC	35:35
33	M Stapleton	BARNET & DISTRICT AC	35:43
34	A Khan	THAMES VALLEY HARRIERS	35:47
35	S Beard	NENE VALLEY HARRIERS	35:51
36	M Adcock	WATFORD HARRIERS	35:57
37	C Dixon	CAMBRIDGE HARRIERS	35:59
38	S Hiron	HILLINGDON AC	36:00
39	K Jacob	BILLERICAY STRIDERS	36:01
40	B Gristwood	EALING, SOUTHALL & MIDDX AC	36:11
41	S Reed	NENE VALLEY HARRIERS	36:18
42	L Welham	BIGGLESWADE AC	36:21
43	G Thayre	PHOENIX AC	36:33
44	P Wetton	THAMES VALLEY HARRIERS	36:42
45	M Lane	METROPOLITAN POLICE AC	36:44
46	P Gooding	BEDFORD & COUNTY AC	36:51
47	P Warburton	HILLINGDON AC	36:52
48	D Meller	TRENT PARK RC	36:54
49	P Reddaway	BROXBOURNER RUNNERS	36:57
50	M Blackwell	RIVERSIDE RUNNERS	37:13
51	J Husbands	THAMES VALLEY HARRIERS	37:15
52	D Goffe	CITY OF PORTSMOUTH AC	37:32
53	J Lejonvarn	LONDON HEATHSIDE	37:42
54	R Jenkin	HILLINGDON AC	37:43
55	M Young	NORTHHERTS ROAD RUNNERS	37:46
56	S Wicks	HILLINGDON AC	37:48
57	M Lakin	TRENT PARK RC	37:48
58	M Hughes	PHOENIX AC	37:51
59	S Pepper	ENFIELD & HARINGEY AC	38:04
60	D Walker	WATFORD HARRIERS	38:12
61	M Ashby	CAMBRIDGE HARRIERS	38:15
62	C Bradley	TONBRIDGE AC	38:26
63	S Claridge	HILLINGDON AC	38:35
64	M Lane	ANDOVER DOVES AC	38:39
65	A Clark	BILLERICAY STRIDERS	38:41
66	R Hemming	BIGGLESWADE AC	38:50
67	A Philips	RIVERSIDE RUNNERS	38:56
68	I Lawson	CHILTERN HARRIERS AC	38:59
69	A Roberts	VALE OF AYLESBURY AC	39:02
70	J Rusell	NORTHHERTS ROAD RUNNERS	39:10
71	G Walford	CHILTERN HARRIERS AC	39:17
72	M Smith	SERPENTINE RUNNING CLUB	39:26
73	J Ainsworth	QUEENSPARK HARRIERS	39:30
74	R Bell	THAMES VALLEY HARRIERS	39:35
75	J Holder	PITSEARC	39:44
76	K Hiner	RIVERSIDE RUNNERS	39:46
77	S Smithson	FAIRLANDS VALLEY SPARTANS	40:07
78	G Mayoh	WATFORD HARRIERS	40:07
79	J Spinks	NORTHHERTS ROAD RUNNERS	40:08
80	S Williams	METROPOLITAN POLICE AC	40:12
81	N Adams	RIVERSIDE RUNNERS	40:16
82	S Bowen	GARDEN CITY RUNNERS	40:19
83	J Belcombe	METROPOLITAN POLICE AC	40:22
84	D Smith	HILLINGDON AC	40:26
85	T Ridley	HERNE HILL HARRIERS	40:29
86	P Ridley	RIVERSIDE RUNNERS	40:32
87	J Pomfrett	PITSEARC	40:38
88	A Hall	CAMBRIDGE HARRIERS	40:45
89	M Jackson	TRENT PARK RC	40:48
90	J Shipman	BISHOPSTORTFORD RC	40:58
91	L Olsen	SERPENTINE RUNNING CLUB	41:03
92	P Bissell	RIVERSIDE RUNNERS	41:04
93	K Ritchie	RIVERSIDE RUNNERS	41:07
94	A Mason	SPRINGFIELD STRIDERS	41:11
95	T Bennett	ANDOVER DOVES AC	41:21
96	K Winch	BEXLEY BOROUGH AC	41:31
97	D Jackson	METROPOLITAN POLICE AC	41:35
98	P Marsh	COLCHESTER HARRIERS	41:48
99	P Bird	GARDEN CITY RUNNERS	41:50
100	J Flannery	TRENT PARK RC	41:52
101	M Hawkins	CAMBRIDGE HARRIERS	42:07
102	M Annetts	NORTHHERTS ROAD RUNNERS	43:05
103	R Baynham	HERTS PHOENIX AC	43:14
104	A Hyland	BROXBOURNER RUNNERS	43:18
105	A Blackmore	CAMBRIDGE HARRIERS	43:22
106	B McCarthy	TRENT PARK RC	43:23
107	D Litchfield	BIGGLESWADE AC	43:26
108	A Angus	QUEENSPARK HARRIERS	43:47
109	N Gregory	BIGGLESWADE AC	43:49
110	R Merchant	PITSEARC	44:16
111	R Hogg	TADWORTH AC	45:37
112	P Griffiths	BEXLEY BOROUGH AC	46:11
113	D Aycott	GARDEN CITY RUNNERS	46:17
114	M Forster	RIVERSIDE RUNNERS	46:42
115	M Glading	FAIRLANDS VALLEY SPARTANS	46:49
116	M Cullen	TRENT PARK RC	47:06
117	A Pepper	CHILTERN HARRIERS AC	47:30
118	T Blenkin	NORTHHERTS ROAD RUNNERS	50:06

### MEN OVER 40 — TEAM RESULTS

1	THAMES HARE & HOUNDS	15	—	1	B Reynolds	2	A Weir	12	A Howell
2	SPRINGFIELD STRIDERS	28	—	5	G Chandler	7	P Dobson	16	K Harris
3	LONDON HEATHSIDE	34	—	9	M Potter	11	R Browne	14	P Lemmon
4	COLCHESTER HARRIERS	56	—	10	P Spowage	18	A Smalls	28	P Helliwell
5	BARNET & DISTRICT AC	58	—	8	R McCormick	23	C Michael	27	A Mason
6	KENT AC	65	—	13	A Farquharson	22	L Armitage	30	L Reilly
7	CRAWLEY AC	66	—	17	V Dude	24	D Rayner	25	M Parry
8	BEDFORD & COUNTY AC	81	—	6	J McHahon	29	D Cheshire	46	P Gooding
9	NENE VALLEY HARRIERS	107	—	31	S Medhurst	35	S Beard	41	S Reed
10	THAMES VALLEY HARRIERS	129	—	34	A Khan	44	P Wetton	51	J Husbands
11	HILLINGDON AC	139	—	38	S Hiron	47	P Warburton	54	R Jenkin
12	METROPOLITAN POLICE AC	140	—	15	I Campbell	45	M Lane	80	S Williams
13	WATFORD HARRIERS	174	—	36	M Adcock	60	D Walker	78	G Mayoh
14	CAMBRIDGE HARRIERS	186	—	37	C Dixon	61	M Ashby	88	A Hall
15	RIVERSIDE RUNNERS	193	—	50	M Blackwell	67	A Philips	76	K Hiner
16	TRENT PARK RC	194	—	48	D Meller	57	M Lakin	89	M Jackson
17	NORTHHERTS ROAD RUNNERS	204	—	55	M Young	70	J Rusell	79	J Spinks
18	BIGGLESWADE AC	215	—	42	L Welham	66	R Hemming	107	D Litchfield
19	CHILTERN HARRIERS AC	256	—	68	I Lawson	71	G Walford	117	A Pepper
20	PITSEARC	272	—	75	J Holder	87	J Pomfrett	110	R Merchant
21	GARDEN CITY RUNNERS	294	—	82	S Bowen	99	P Bird	113	D Aycott

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: [graham@race-results.co.uk](mailto:graham@race-results.co.uk)  
 Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

# SOUTHERN MASTERS CROSS COUNTRY CHAMPIONSHIPS 2009

at BIGGLESWADE, BEDFORDSHIRE on 31 JANUARY 2009

MEN OVER 50 — FINAL RESULTS

Distance = 10,000m

Pos	Name	Cat/Pos	Club	Time
1	R Drage	50+ 1	TRAVISTOCKAC	34:01
2	C-J Sykes	50+ 2	OXFORDCITYAC	34:15
3	C Finill	50+ 3	HARROWAC	34:28
4	P Golding	50+ 4	St. EDMUND PACERS	34:40
5	M Bridgeland	50+ 5	CHELMSFORDAC	34:44
6	C Clarke	50+ 6	NENE VALLEY HARRIERS	35:01
7	S Owen	50+ 7	NENE VALLEY HARRIERS	35:04
8	P Thompson	50+ 8	NENE VALLEY HARRIERS	35:07
9	R Holland	50+ 9	WOODFORD GREENESSEX LADIES	35:43
10	K Archer	50+ 10	REIGATE PRIORY AC	36:23
11	S Smythe	50+ 11	DULWICH RUNNERS SAC	36:37
12	D Cox	50+ 12	WOODFORD GREENESSEX LADIES	36:39
13	D Butler	50+ 13	BILLERICAY STRIDERS	36:40
14	K McLellan	50+ 14	LUTON UNITED AC	36:44
15	I Howard	50+ 15	FLEET & CROOKHAMAC	36:53
16	D Wilcock	50+ 16	BARNET & DISTRICT AC	36:54
17	M Barnsdale	50+ 17	NENE VALLEY HARRIERS	36:57
18	D Desborough	50+ 18	GARDENCITY RUNNERS	36:59
19	J Wilkins	50+ 19	INVICTA EAST KENT	37:00
20	J Simmonds	50+ 20	HARDLEY RUNNERS	37:06
21	M Renyard	60+ 1	HARDLEY RUNNERS	37:10
22	B Lee	50+ 21	THAMES VALLEY HARRIERS	37:11
23	D Michael	50+ 22	BARNET & DISTRICT AC	37:14
24	N Morrison	50+ 23	HERTS PHOENIX AC	37:18
25	P Redden	50+ 24	RIVERSIDE RUNNERS	37:22
26	J Kilsby	50+ 25	BARNET & DISTRICT AC	37:27
27	S Livingstone	50+ 26	GARDENCITY RUNNERS	37:41
28	A Miles	50+ 27	HILLINGDON AC	37:43
29	J Griffiths	50+ 28	HEADINGTON ROAD RUNNERS	37:54
30	M Bradley	50+ 29	WATFORD HARRIERS	38:08
31	S Thorp	50+ 30	OXFORD CITY AC	38:12
32	A Catton	50+ 31	ILFORD AC	38:15
33	R Grant	50+ 32	OXFORD CITY AC	38:17
34	R Turner	50+ 33	THAMES SHARE & HOUNDS	38:18
35	P Ellis	50+ 34	BARNET & DISTRICT AC	38:34
36	S Pleased	50+ 35	EALING, SOUTH HALL & MIDD X AC	38:42
37	M Arnold	60+ 2	THAMES SHARE & HOUNDS	38:43
38	P Binns	60+ 3	SOUTHEND	38:45
39	M Lepps	50+ 36	HARROW AC	38:53
40	J Haines	50+ 37	BIGGLESWADE AC	38:54
41	N Baker	50+ 38	HEADINGTON ROAD RUNNERS	38:57
42	P Butler	50+ 39	DARTFORD ROAD RUNNERS	39:01
43	R Treadwell	60+ 4	OXFORD CITY AC	39:09
44	B Mullett	60+ 5	LEWES AC	39:22
45	T McCarthy	50+ 40	WOODFORD GREENESSEX LADIES	39:25
46	I Barnes	60+ 6	POOLER RUNNERS	39:29
47	P Fitzpatrick	50+ 41	HERTS PHOENIX AC	39:30
48	A Boast	50+ 42	BEDFORD & COUNTY AC	39:31
49	C Togwell	50+ 43	ILFORD AC	39:32
50	A Matthews	60+ 7	OXFORD CITY AC	39:34
51	P Cousins	50+ 44	WOKING AC	39:37
52	Y Apoya	50+ 45	BARNET & DISTRICT AC	39:45
53	G Newton	60+ 8	TADWORTH A C	39:47
54	K Murphy	50+ 46	TRENT PARK RC	39:51
55	M Cross	50+ 47	CAMBRIDGE HARRIERS	39:54
56	C Caseseman	50+ 48	THAMES SHARE & HOUNDS	39:56
57	P Wilkinson	50+ 49	BEDFORD & COUNTY AC	39:59
58	S Bryant	50+ 50	NORTHHERTS ROAD RUNNERS	40:04
59	M Holt	60+ 9	NENE VALLEY HARRIERS	40:06
60	B Barnaby	50+ 51	GARDENCITY RUNNERS	40:10
61	J Zapple	50+ 52	HERNE HILL HARRIERS	40:21
62	S Allen	50+ 53	BARNET & DISTRICT AC	40:21
63	S Dokic	50+ 54	HILLINGDON AC	40:24
64	S McIntyre	60+ 10	REIGATE PRIORY AC	40:29
65	D Parsons	60+ 11	OXFORD CITY AC	40:36
66	P McCubbins	50+ 55	SERPENTINE RUNNING CLUB	40:42
67	G Scott	60+ 12	POOLER RUNNERS	40:47
68	D Farrell	50+ 56	BEXLEY BOROUGH AC	40:49
69	D Carr	50+ 57	BISHOPSTORTFORD RC	40:50
70	R Davies	50+ 58	THAMES SHARE & HOUNDS	40:51
71	M Worthington	60+ 13	HEADINGTON ROAD RUNNERS	40:52
72	M Anglim	60+ 14	HARDLEY RUNNERS	40:53
73	A Holford	50+ 59	WOODFORD GREENESSEX LADIES	40:54
74	S Pledger	50+ 60	RIVERSIDE RUNNERS	40:56
75	M Mann	60+ 15	DULWICH RUNNERS SAC	41:04
76	F Nolan	50+ 61	QUEENSPARK HARRIERS	41:11
77	R Lands	50+ 62	BEDFORD & COUNTY AC	41:30
78	J Murphy	50+ 63	CAMBRIDGE HARRIERS	41:40
79	R Foskett	50+ 64	HERTS PHOENIX AC	41:44
80	J Flavey	50+ 65	EALING, SOUTH HALL & MIDD X AC	41:49
81	R Taylor	50+ 66	SPRINGFIELD STRIDERS	41:58
82	B Gevers	60+ 16	SOUTH LONDON HARRIERS	42:02
83	D Edwards	50+ 67	GARDENCITY RUNNERS	42:06
84	P Beatty	50+ 68	BISHOPSTORTFORD RC	42:11
85	B Pisolkar	50+ 69	TRENT PARK RC	42:13
86	D Dutchburn	50+ 70	BROXBOURNE RUNNERS	42:15
87	J Myall	50+ 71	HILLINGDON AC	42:17
88	S Mann	60+ 17	HERTS PHOENIX AC	42:22
89	A Murray	50+ 72	DULWICH RUNNERS SAC	42:27
90	R Mill	50+ 73	FLEET & CROOKHAMAC	42:34
91	M Smith	60+ 18	HARDLEY RUNNERS	42:37
92	J Bignell	50+ 74	HILLINGDON AC	42:38
93	M Grimdsdale	50+ 75	WATFORD HARRIERS	42:48
94	C Priestley	50+ 76	NORTHHERTS ROAD RUNNERS	42:49
95	M Hemingway	50+ 77	RIVERSIDE RUNNERS	42:58
96	T Hedge	50+ 78	WATFORD HARRIERS	43:00
97	J Brown	50+ 79	FAIRLANDS VALLEY SPARTANS	43:02
98	M Spragg	60+ 19	GREAT YARMOUTH ROAD RUNNERS	43:09
99	D Martin	50+ 80	HILLINGDON AC	43:32
100	P Blair-Fish	60+ 20	THAMES SHARE & HOUNDS	43:35
101	I Skerratt	50+ 81	BIGGLESWADE AC	43:39
102	A Dominey	60+ 21	POOLER RUNNERS	43:43
103	P Whitlock	50+ 82	THAMES SHARE & HOUNDS	43:45
104	P Loss	50+ 83	BEXLEY BOROUGH AC	43:47
105	K Lee	60+ 22	SOUTH LONDON HARRIERS	43:48
106	M Allen	50+ 84	TRENT PARK RC	43:54
107	M Searle	50+ 85	HILLINGDON AC	43:59
108	P McLaughlin	50+ 86	PITSEARAC	44:11
109	F Watt	60+ 23	LEIGHTONBUZZARD AC	44:28
110	R Bloom	60+ 24	HERTS PHOENIX AC	44:29
111	I Marshall	60+ 25	CAMBRIDGE HARRIERS	44:29
112	P Hadley	60+ 26	CAMBRIDGE HARRIERS	44:30
113	M Johnson	60+ 27	THAMES SHARE & HOUNDS	44:35
114	M Savage	60+ 28	SPRINGFIELD STRIDERS	44:37
115	E Wingrove	60+ 29	READING ROAD RUNNERS	44:38
116	G Statter	50+ 87	BISHOPSTORTFORD RC	44:43
117	D Toft	60+ 30	HARDLEY RUNNERS	44:44
118	S Maddison	50+ 88	THAMES VALLEY HARRIERS	44:50
119	A Lloyd	50+ 89	SERPENTINE RUNNING CLUB	44:57
120	M Dixon	60+ 31	HERTS PHOENIX AC	44:58
121	C Hamlet	60+ 32	WATFORD HARRIERS	45:01
122	J Hutchison	60+ 33	HARDLEY RUNNERS	45:11
123	P Goldfinch	50+ 90	TRENT PARK RC	45:17
124	C Hunn	60+ 34	SOUTH LONDON HARRIERS	45:20
125	R Wadley	60+ 35	BIGGLESWADE AC	45:29
126	D Maskell	60+ 36	VETERANS AC	45:38
127	N Skipper	50+ 91	LONDON HEATHSIDE	45:40
128	R Devitt	60+ 37	SHAFTESBURY BARNET HARRIERS	45:44
129	S Tovey	60+ 38	CAMBRIDGE HARRIERS	45:57
130	L Jansonn	60+ 39	POOLER RUNNERS	46:23
131	B Webb	60+ 40	BEDFORD & COUNTY AC	46:25
132	J Brook	50+ 92	STEYNING AC	46:41
133	P Mathieson	50+ 93	BEXLEY BOROUGH AC	46:47
134	T Smith	50+ 94	THAMES VALLEY HARRIERS	46:49
135	D Newland	60+ 41	SOUTH LONDON HARRIERS	47:12
136	A Keeler	50+ 95	EALING, SOUTH HALL & MIDD X AC	47:15
137	R Hammerson	60+ 42	READING ROAD RUNNERS	47:18
138	D Jewell	60+ 43	HARDLEY RUNNERS	47:22
139	A Stedman	60+ 44	HERTS PHOENIX AC	47:23
140	F Todd	50+ 96	STEYNING AC	47:32
141	P Allen	50+ 97	BISHOPSTORTFORD RC	47:33
142	L Thurston	50+ 98	BISHOPSTORTFORD RC	47:34
143	J Mackenzie	50+ 99	ILFORD AC	47:40
144	R Bale	60+ 45	POOLER RUNNERS	47:42
145	C Bent	60+ 46	PITSEARAC	48:18
146	B Feldman	60+ 47	HILLINGDON AC	48:20
147	R Riggall	60+ 48	NORTHHERTS ROAD RUNNERS	48:30
148	J Mulliner	50+ 100	HILLINGDON AC	49:14
149	T Hamilton	60+ 49	BARNET & DISTRICT AC	49:45
150	D Milsom	60+ 50	HILLINGDON AC	50:15
151	P Deadman	60+ 51	ORION HARRIERS	50:42
152	A Welch	60+ 52	HILLINGDON AC	50:45
153	S Patterson	60+ 53	HILLINGDON AC	50:49
154	A Shaw	60+ 54	HILLINGDON AC	50:58
155	I Sutcliffe	60+ 55	NORTHHERTS ROAD RUNNERS	51:17
156	A Brodie	50+ 101	QUEENSPARK HARRIERS	51:40
157	D Wilson	50+ 102	HERNE HILL HARRIERS	52:06
158	P Williams	50+ 103	PITSEARAC	52:21
159	J Storey	60+ 56	RIVERSIDE RUNNERS	52:31
160	P Hughes	50+ 104	TRENT PARK RC	52:52
161	B Bailey	60+ 57	NORTHHERTS ROAD RUNNERS	53:32
162	J Mackay	50+ 105	RIVERSIDE RUNNERS	53:53
163	T Allen	60+ 58	GARDENCITY RUNNERS	54:46
164	P Bates	60+ 59	PITSEARAC	54:51
165	T Bush	60+ 60	HARROW AC	55:41
166	M Cartwright	60+ 61	CHILTERN HARRIERS SAC	55:49
167	W O'Connor	60+ 62	QUEENSPARK HARRIERS	58:03
168	J Nugent	60+ 63	BROXBOURNE RUNNERS	59:07

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: [graham@race-results.co.uk](mailto:graham@race-results.co.uk)

Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

## MEN OVER 50 — TEAM RESULTS

1 NENE VALLEY HARRIERS	21	—	6 C Clarke	7 S Owen	8 P Thompson
2 BARNET & DISTRICT AC	65	—	16 D Wilcock	23 D Michael	26 J Kilsby
3 OXFORD CITY AC	66	—	2 C-J Sykes	31 S Thorp	33 R Grant
4 WOODFORD GREEN ESSEX LADIES	66	—	9 R Holland	12 D Cox	45 T McCarthy
5 GARDEN CITY RUNNERS	105	—	18 D Desborough	27 S Livingstone	60 B Barnaby
6 HARDLEY RUNNERS	113	—	20 J Simmonds	21 M Renyard	72 M Anglim
7 THAMES HARE & HOUNDS	127	—	34 R Turner	37 M Arnold	56 C Caseseman
8 HEADINGTON ROAD RUNNERS	141	—	29 J Griffiths	41 N Baker	71 M Worthington
9 HERTS PHOENIX AC	150	—	24 N Morrison	47 P Fitzpatrick	79 R Foskett
10 DULWICH RUNNERS AC	175	—	11 S Smythe	75 M Mann	89 A Murray
11 HILLINGDON AC	178	—	28 A Miles	63 S Dokic	87 J Myall
12 BEDFORD & COUNTY AC	182	—	48 A Boast	57 P Wilkinson	77 R Lands
13 RIVERSIDE RUNNERS	194	—	25 P Redden	74 S Pledger	95 M Hemingway
14 HARROW AC	207	—	3 C Finill	39 M Lepps	165 T Bush
15 POOLE RUNNERS	215	—	46 I Barnes	67 G Scott	102 A Dominey
16 WATFORD HARRIERS	219	—	30 M Bradley	93 M Grimsdale	96 T Hedge
17 ILFORD AC	224	—	32 A Catton	49 C Togwell	143 J Mackenzie
18 CAMBRIDGE HARRIERS	244	—	55 M Cross	78 J Murphy	111 I Marshall
19 TRENT PARK RC	245	—	54 K Murphy	85 B Pisolkar	106 M Allen
20 EALING, SOUTHALL & MIDDX AC	252	—	36 S Plested	80 J Flavey	136 A Keeler
21 BIGGLESWADE AC	266	—	40 J Haines	101 I Skerratt	125 R Wadley
22 BISHOP STORTFORD RC	269	—	69 D Carr	84 P Beatty	116 G Statter
23 THAMES VALLEY HARRIERS	274	—	22 B Lee	118 S Maddison	134 T Smith
24 NORTH HERTS ROAD RUNNERS	299	—	58 S Bryant	94 C Priestley	147 R Riggall
25 BEXLEY BOROUGH AC	305	—	68 D Farrell	104 P Loss	133 P Mathieson
26 SOUTH LONDON HARRIERS	311	—	82 B Gevers	105 K Lee	124 C Hunn
27 QUEENS PARK HARRIERS	399	—	76 F Nolan	156 A Brodie	167 W O'Connor
28 PITSEA RC	411	—	108 P McLaughlin	145 C Bent	158 P Williams

# SOUTHERN MASTERS CROSS COUNTRY CHAMPIONSHIPS 2009

## at BIGGLESWADE, BEDFORDSHIRE on 31 JANUARY 2009

### MEN OVER 50 - 50+ MEN — FINAL RESULTS

Distance = 10,000m

Pos	Name	Club	Time	Pos	Name	Club	Time
1	R Drage	TRAVISTOCKAC	34:01	54	S Dokic	HILLINGDONAC	40:24
2	C-J Sykes	OXFORDCITYAC	34:15	55	P McCubbins	SERPENTINERUNNINGCLUB	40:42
3	C Finill	HARROWAC	34:28	56	D Farrell	BEXLEYBOROUGHAC	40:49
4	P Golding	St. EDMUNDPACERS	34:40	57	D Carr	BISHOPSTORTFORDRC	40:50
5	M Bridgeland	CHELMSFORDAC	34:44	58	R Davies	THAMESHARE&HOUNDS	40:51
6	C Clarke	NENE VALLEY HARRIERS	35:01	59	A Holford	WOODFORDGREENESSEXLADIES	40:54
7	S Owen	NENE VALLEY HARRIERS	35:04	60	S Pledger	RIVERSIDERUNNERS	40:56
8	P Thompson	NENE VALLEY HARRIERS	35:07	61	F Nolan	QUEENSPARKHARRIERS	41:11
9	R Holland	WOODFORDGREENESSEXLADIES	35:43	62	R Lands	BEDFORD & COUNTY AC	41:30
10	K Archer	REIGATE PRIORY AC	36:23	63	J Murphy	CAMBRIDGEHARRIERS	41:40
11	S Smythe	DULWICH RUNNERS AC	36:37	64	R Foskett	HERTSPHOENIXAC	41:44
12	D Cox	WOODFORDGREENESSEXLADIES	36:39	65	J Flavey	EALING, SOUTHALL & MIDDX AC	41:49
13	D Butler	BILLERICAYSTRIDERS	36:40	66	R Taylor	SPRINGFIELDSTRIDERS	41:58
14	K McLellan	LUTON UNITED AC	36:44	67	D Edwards	GARDENCITYRUNNERS	42:06
15	I Howard	FLEET & CROOKHAMAC	36:53	68	P Beatty	BISHOPSTORTFORDRC	42:11
16	D Wilcock	BARNET & DISTRICT AC	36:54	69	B Pisolkar	TRENT PARK RC	42:13
17	M Barnsdale	NENE VALLEY HARRIERS	36:57	70	D Dutchburn	BROXBOURNERUNNERS	42:15
18	D Desborough	GARDENCITYRUNNERS	36:59	71	J Myall	HILLINGDONAC	42:17
19	J Wilkins	INVICTA EAST KENT	37:00	72	A Murray	DULWICH RUNNERS AC	42:27
20	J Simmonds	HARDLEY RUNNERS	37:06	73	R Mill	FLEET & CROOKHAMAC	42:34
21	B Lee	THAMES VALLEY HARRIERS	37:11	74	J Bignell	HILLINGDONAC	42:38
22	D Michael	BARNET & DISTRICT AC	37:14	75	M Grimsdale	WATFORD HARRIERS	42:48
23	N Morrison	HERTSPHOENIXAC	37:18	76	C Priestley	NORTHHERTSROADRUNNERS	42:49
24	P Redden	RIVERSIDERUNNERS	37:22	77	M Hemingway	RIVERSIDERUNNERS	42:58
25	J Kilsby	BARNET & DISTRICT AC	37:27	78	T Hedge	WATFORD HARRIERS	43:00
26	S Livingstone	GARDENCITYRUNNERS	37:41	79	J Brown	FAIRLANDS VALLEY SPARTANS	43:02
27	A Miles	HILLINGDONAC	37:43	80	D Martin	HILLINGDONAC	43:32
28	J Griffiths	HEADINGTONROADRUNNERS	37:54	81	I Skerratt	BIGGLESWADE AC	43:39
29	M Bradley	WATFORD HARRIERS	38:08	82	P Whitlock	THAMESHARE & HOUNDS	43:45
30	S Thorp	OXFORDCITYAC	38:12	83	P Loss	BEXLEYBOROUGHAC	43:47
31	A Catton	ILFORDAC	38:15	84	M Allen	TRENT PARK RC	43:54
32	R Grant	OXFORDCITYAC	38:17	85	M Searle	HILLINGDONAC	43:59
33	R Turner	THAMESHARE & HOUNDS	38:18	86	P McLaughlin	PITSEARC	44:11
34	P Ellis	BARNET & DISTRICT AC	38:34	87	G Statter	BISHOPSTORTFORDRC	44:43
35	S Plested	EALING, SOUTHALL & MIDDX AC	38:42	88	S Maddison	THAMES VALLEY HARRIERS	44:50
36	M Lepps	HARROWAC	38:53	89	A Lloyd	SERPENTINERUNNINGCLUB	44:57
37	J Haines	BIGGLESWADE AC	38:54	90	P Goldfinch	TRENT PARK RC	45:17
38	N Baker	HEADINGTONROADRUNNERS	38:57	91	N Skipper	LONDON HEATHSIDE	45:40
39	P Butler	DARTFORDROADRUNNERS	39:01	92	J Brook	STEYNINGAC	46:41
40	T McCarthy	WOODFORDGREENESSEXLADIES	39:25	93	P Mathieson	BEXLEYBOROUGHAC	46:47
41	P Fitzpatrick	HERTSPHOENIXAC	39:30	94	T Smith	THAMES VALLEY HARRIERS	46:49
42	A Boast	BEDFORD & COUNTY AC	39:31	95	A Keeler	EALING, SOUTHALL & MIDDX AC	47:15
43	C Togwell	ILFORDAC	39:32	96	F Todd	STEYNINGAC	47:32
44	P Cousins	WOKINGAC	39:37	97	P Allen	BISHOPSTORTFORDRC	47:33
45	Y Apoya	BARNET & DISTRICT AC	39:45	98	L Thurston	BISHOPSTORTFORDRC	47:34
46	K Murphy	TRENT PARK RC	39:51	99	J Mackenzie	ILFORDAC	47:40
47	M Cross	CAMBRIDGEHARRIERS	39:54	100	J Mulliner	HILLINGDONAC	49:14
48	C Caseseman	THAMESHARE & HOUNDS	39:56	101	A Brodie	QUEENSPARKHARRIERS	51:40
49	P Wilkinson	BEDFORD & COUNTY AC	39:59	102	D Wilson	HERNEHILLHARRIERS	52:06
50	S Bryant	NORTHHERTSROADRUNNERS	40:04	103	P Williams	PITSEARC	52:21
51	B Barnaby	GARDENCITYRUNNERS	40:10	104	P Hughes	TRENT PARK RC	52:52
52	J Zaple	HERNEHILLHARRIERS	40:21	105	J Mackay	RIVERSIDERUNNERS	53:53
53	S Allen	BARNET & DISTRICT AC	40:21				

### MEN OVER 50 - 50+ MEN — TEAM RESULTS

1	NENE VALLEY HARRIERS	21	—	6	C Clarke	7	S Owen	8	P Thompson
2	WOODFORDGREENESSEXLADIES	61	—	9	R Holland	12	D Cox	40	T McCarthy
3	BARNET & DISTRICT AC	63	—	16	D Wilcock	22	D Michael	25	J Kilsby
4	OXFORD CITY AC	64	—	2	C-J Sykes	30	S Thorp	32	R Grant
5	GARDENCITYRUNNERS	95	—	18	D Desborough	26	S Livingstone	51	B Barnaby
6	HERTSPHOENIXAC	128	—	23	N Morrison	41	P Fitzpatrick	64	R Foskett
7	THAMES HARE & HOUNDS	139	—	33	R Turner	48	C Caseseman	58	R Davies
8	HILLINGDONAC	152	—	27	A Miles	54	S Dokic	71	J Myall
9	BEDFORD & COUNTY AC	153	—	42	A Boast	49	P Wilkinson	62	R Lands
10	RIVERSIDERUNNERS	161	—	24	P Redden	60	S Pledger	77	M Hemingway
11	ILFORDAC	173	—	31	A Catton	43	C Togwell	99	J Mackenzie
12	WATFORD HARRIERS	182	—	29	M Bradley	75	M Grimsdale	78	T Hedge
13	EALING, SOUTHALL & MIDDX AC	195	—	35	S Plested	65	J Flavey	95	A Keeler
14	TRENT PARK RC	199	—	46	K Murphy	69	B Pisolkar	84	M Allen
15	THAMES VALLEY HARRIERS	203	—	21	B Lee	88	S Maddison	94	T Smith
16	BISHOPSTORTFORDRC	212	—	57	D Carr	68	P Beatty	87	G Statter
17	BEXLEY BOROUGH AC	232	—	56	D Farrell	83	P Loss	93	P Mathieson

# SOUTHERN MASTERS CROSS COUNTRY CHAMPIONSHIPS 2009

## at BIGGLESWADE, BEDFORDSHIRE on 31 JANUARY 2009

### MEN OVER 50 - 60+ MEN — FINAL RESULTS

Distance = 10,000m

Pos	Name	Club	Time
1	M Renyard	HARDLEYRUNNERS	37:10
2	M Arnold	THAMESHARE&HOUNDS	38:43
3	P Binns	SOUTHEND	38:45
4	R Treadwell	OXFORDCITYAC	39:09
5	BMullett	LEWESAC	39:22
6	I Barnes	POOLERUNNERS	39:29
7	A Matthews	OXFORDCITYAC	39:34
8	G Newton	TADWORTHAC	39:47
9	M Holt	NENEVALLEYHARRIERS	40:06
10	S McIntyre	REIGATEPRIORYAC	40:29
11	D Parsons	OXFORDCITYAC	40:36
12	G Scott	POOLERUNNERS	40:47
13	M Worthington	HEADINGTONROADRUNNERS	40:52
14	M Anglim	HARDLEYRUNNERS	40:53
15	MMann	DULWICHRUNNERSAC	41:04
16	B Gevers	SOUTHLONDONHARRIERS	42:02
17	S Mann	HERTSPHOENIXAC	42:22
18	M Smith	HARDLEYRUNNERS	42:37
19	M Spragg	GREATYARMOUTHROADRUNNERS	43:09
20	P Blair-Fish	THAMESHARE&HOUNDS	43:35
21	A Dominey	POOLERUNNERS	43:43
22	K Lee	SOUTHLONDONHARRIERS	43:48
23	F Watt	LEIGHTONBUZZARDAC	44:28
24	RBloom	HERTSPHOENIXAC	44:29
25	I Marshall	CAMBRIDGEHARRIERS	44:29
26	P Hadley	CAMBRIDGEHARRIERS	44:30
27	M Johnson	THAMESHARE&HOUNDS	44:35
28	M Savage	SPRINGFIELDSTRIDERS	44:37
29	E Wingrove	READINGROADRUNNERS	44:38
30	D Toft	HARDLEYRUNNERS	44:44
31	M Dixon	HERTSPHOENIXAC	44:58
32	CHamlet	WATFORDHARRIERS	45:01
33	J Hutchison	HARDLEYRUNNERS	45:11
34	CHunn	SOUTHLONDONHARRIERS	45:20
35	R Wadley	BIGGLESWADEAC	45:29
36	D Maskell	VETERANSAC	45:38
37	R Devitt	SHAFTESBURYBARNETHHARRIERS	45:44
38	S Tovey	CAMBRIDGEHARRIERS	45:57
39	L Janssonn	POOLERUNNERS	46:23
40	B Webb	BEDFORD&COUNTYAC	46:25
41	D Newland	SOUTHLONDONHARRIERS	47:12
42	R Hammerson	READINGROADRUNNERS	47:18
43	D Jewell	HARDLEYRUNNERS	47:22
44	A Stedman	HERTSPHOENIXAC	47:23
45	R Bale	POOLERUNNERS	47:42
46	C Bent	PITSEARC	48:18
47	BFeldman	HILLINGDONAC	48:20
48	R Riggall	NORTHHERTSROADRUNNERS	48:30
49	THamilton	BARNET&DISTRICTAC	49:45
50	DMilsom	HILLINGDONAC	50:15
51	P Deadman	ORIONHARRIERS	50:42
52	A Welch	HILLINGDONAC	50:45
53	S Patterson	HILLINGDONAC	50:49
54	A Shaw	HILLINGDONAC	50:58
55	I Sutcliffe	NORTHHERTSROADRUNNERS	51:17
56	J Storey	RIVERSIDERUNNERS	52:31
57	B Bailey	NORTHHERTSROADRUNNERS	53:32
58	T Allen	GARDENCITYRUNNERS	54:46
59	P Bates	PITSEARC	54:51
60	T Bush	HARROWAC	55:41
61	M Cartwright	CHILTERNHARRIERSAC	55:49
62	W O'Connor	QUEENSPARKHARRIERS	58:03
63	J Nugent	BROXBOURNERUNNERS	59:07

### MEN OVER 50 - 60+ MEN — TEAM RESULTS

1 OXFORD CITY AC	22 —	4 R Treadwell	7 A Matthews	11 D Parsons
2 HARDLEY RUNNERS	33 —	1 M Renyard	14 M Anglim	18 M Smith
3 POOLE RUNNERS	39 —	6 I Barnes	12 G Scott	21 A Dominey
4 THAMES HARE & HOUNDS	49 —	2 M Arnold	20 P Blair-Fish	27 M Johnson
5 HERTS PHOENIX AC	72 —	17 S Mann	24 RBloom	31 M Dixon
6 SOUTHLONDON HARRIERS	72 —	16 B Gevers	22 K Lee	34 CHunn
7 CAMBRIDGE HARRIERS	89 —	25 I Marshall	26 P Hadley	38 S Tovey
8 HILLINGDON AC	149 —	47 BFeldman	50 DMilsom	52 A Welch
9 NORTHHERTS ROAD RUNNERS	160 —	48 RRiggall	55 ISutcliffe	57 B Bailey

### WOMEN MASTERS - O70 MEN — FINAL RESULTS

Distance = 6000m

Pos	Name	Club	Time
1	K Spacie	THAMESHARE&HOUNDS	26:54
2	M Miller	HILLINGDONAC	29:17
3	D Powell	NORTHHERTSROADRUNNERS	29:54
4	J Steed	HERTSPHOENIXAC	32:02
5	D Draper	GARDENCITYRUNNERS	33:17
6	D Beane	GARDENCITYRUNNERS	35:00
7	J Bathe	TRENTPARKRC	36:39
8	G Merfield	SAXMUNDHAMR&FC	39:02
9	P Westlake	GARDENCITYRUNNERS	41:03

### WOMEN MASTERS - O70 MEN — TEAM RESULTS

1 GARDENCITYRUNNERS	20 —	5 D Draper	6 D Beane	9 P Westlake
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# SOUTHERN MASTERS CROSS COUNTRY CHAMPIONSHIPS 2009

## at BIGGLESWADE, BEDFORDSHIRE on 31 JANUARY 2009

### WOMEN MASTERS — FINAL RESULTS

Distance = 6000m

Pos	Name	Cat/Pos	Club	Time			
1	CElms	45+	1 DULWICHRUNNERSAC	23:00			
2	LElmore	35+	1 TRENTPARKRC	23:06			
3	JButler	35+	2 BLACKHEATH&BROMLEYAC	23:14			
4	J Craft	35+	3 HEADINGTONROADRUNNERS	23:22			
5	J Copitch	35+	4 READINGROADRUNNERS	24:19			
6	M Stedman	45+	2 READINGROADRUNNERS	24:25			
7	K Reeves	35+	5 METROPOLITANPOLICEAC	24:33			
8	L Butt	35+	6 CHILTERNHARRIERSAC	24:38			
9	C Donald	45+	3 MAIDENHEADAC	24:54			
10	C Neale	35+	7 STEYNINGAC	24:59			
11	M James	35+	8 WESTNORFOLKAC	25:03			
12	F Kennedy	45+	4 EALING, SOUTHALL&MIDDAC	25:07			
13	O Balme	35+	9 DULWICHRUNNERSAC	25:25			
14	C Woods	45+	5 ARENA 80 AC	25:27			
15	C Oliver	35+	10 DARTFORDHARRIERS	25:32			
16	C Hale	35+	11 GARDENCITYRUNNERS	25:38			
17	P Fudge	45+	6 WINDSOR SLOUGH&ETONAC	25:44			
18	De Laubenque G	35+	12 DULWICHRUNNERSAC	25:47			
19	M Westlund	35+	13 SERPENTINERUNNINGCLUB	25:48			
20	S Chaloner	35+	14 POOLEAC	25:49			
21	C Naylor	45+	7 ARENA 80 AC	25:51			
22	P Thomas	35+	15 EALING, SOUTHALL&MIDDAC	25:56			
23	J Farrow	35+	16 ARENA 80 AC	26:02			
24	J Orr	35+	17 CHILTERNHARRIERSAC	26:03			
25	A Eichen	35+	18 SERPENTINERUNNINGCLUB	26:09			
26	Talbot-Posner	45+	8 INVICTAEASTKENT	26:12			
27	P Abbott	35+	19 FLEET&CROOKHAMAC	26:13			
28	C Holloway	35+	20 CHILTERNHARRIERSAC	26:14			
29	C Aquilina	45+	9 ARENA 80 AC	26:18			
30	T Patmore	35+	21 RIVERSIDERUNNERS	26:20			
31	S Colbert	35+	22 SPRINGFIELDSTRIDERS	26:25			
32	M Amess	35+	23 STEYNINGAC	26:30			
33	J Lennon	35+	24 STEYNINGAC	26:36			
34	A Garnier	45+	10 THAMESHARE&HOUNDS	26:37			
35	B Nordin	45+	11 ILFORDAC	26:44			
36	N Richmond	35+	25 DULWICHRUNNERSAC	26:48			
37	N Pyle	35+	26 SPRINGFIELDSTRIDERS	26:52			
38	K Spacie	070	1 THAMESHARE&HOUNDS	26:54			
39	E Batty	45+	12 INVICTAEASTKENT	26:55			
40	P Forse	45+	13 STUBBINGTONGREENRUNNERS	26:59			
41	Y Jones	45+	14 GARDENCITYRUNNERS	27:03			
42	V Filsell	35+	27 THAMESHARE&HOUNDS	27:04			
43	G Morgan	45+	15 EALING, SOUTHALL&MIDDAC	27:06			
44	F Holland	45+	16 LONDONHEATHSIDE	27:08			
45	S Cooper	45+	17 INVICTAEASTKENT	27:20			
46	Y Scarrott	35+	28 NENE VALLEY HARRIERS	27:24			
47	V Bird	45+	18 GARDENCITYRUNNERS	27:25			
48	L Parker	35+	29 METROPOLITANPOLICEAC	27:30			
49	J Leggett	45+	19 FLEET&CROOKHAMAC	27:43			
50	J Neal	35+	30 POOLEAC	27:52			
51	R Tabor	45+	20 DULWICHRUNNERSAC	27:58			
52	U Wilson	35+	31 LONDONHEATHSIDE	28:02			
53	J Moss	35+	32 TRENTPARKRC	28:03			
54	G Loughlin	35+	33 WESTNORFOLKAC	28:05			
55	J Conn	35+	34 SERPENTINERUNNINGCLUB	28:06			
56	M Moody	45+	21 VETERANSAC	28:08			
57	D Haywood	35+	35 SERPENTINERUNNINGCLUB	28:10			
58	C Jones	45+	22 EALING, SOUTHALL&MIDDAC	28:14			
59	H Hughes	35+	36 POOLEAC	28:16			
60	A Mann	35+	37 GARDENCITYRUNNERS	28:18			
61	S Reddy	35+	38 SERPENTINERUNNINGCLUB	28:20			
62	S Clark	45+	23 SPRINGFIELDSTRIDERS	28:26			
63	K Horswood	35+	39 METROPOLITANPOLICEAC	28:34			
64	L Tanner	45+	24 SPRINGFIELDSTRIDERS	28:42			
65	S Vick	35+	40 SAXMUNDHAMR&FC	28:46			
66	S Knox	35+	41 SERPENTINERUNNINGCLUB	28:56			
67	P Michael	35+	42 BARNET&DISTRICTAC	29:01			
68	L Pettit	35+	43 SERPENTINERUNNINGCLUB	29:15			
69	J Reid	35+	44 METROPOLITANPOLICEAC	29:16			
70	M Miller	070	2 HILLINGDONAC	29:17			
				71 S Brighton	35+	45 LONDONHEATHSIDE	29:19
				72 C Steward	45+	25 DULWICHRUNNERSAC	29:24
				73 R Miller	45+	26 LONDONHEATHSIDE	29:29
				74 H Paterson	45+	27 SERPENTINERUNNINGCLUB	29:30
				75 D Harris	35+	46 NENE VALLEY HARRIERS	29:32
				76 K Dodsworth	45+	28 NORTHHERTSROADRUNNERS	29:46
				77 J Allen	45+	29 GARDENCITYRUNNERS	29:52
				78 D Powell	070	3 NORTHHERTSROADRUNNERS	29:54
				79 L Wilkin	35+	47 SPRINGFIELDSTRIDERS	30:02
				80 N Baker	35+	48 EALING, SOUTHALL&MIDDAC	30:23
				81 T Blackwell	35+	49 RIVERSIDERUNNERS	30:24
				82 D Braverman	45+	30 CAMBRIDGE&COLERIDGEAC	30:32
				83 A Bent	45+	31 PITSEARC	30:33
				84 J Harbon	35+	50 NORTHHERTSROADRUNNERS	30:37
				85 A Lapper	35+	51 METROPOLITANPOLICEAC	30:38
				86 J Gristwood	45+	32 EALING, SOUTHALL&MIDDAC	30:41
				87 E Lord	35+	52 NENE VALLEY HARRIERS	30:52
				88 S Barnett	45+	33 CAMBRIDGE&COLERIDGEAC	30:55
				89 P Rich	45+	34 SERPENTINERUNNINGCLUB	30:59
				90 C Pardoe	45+	35 GARDENCITYRUNNERS	31:08
				91 R Annetts	45+	36 NORTHHERTSROADRUNNERS	31:12
				92 S Bentley	45+	37 NENE VALLEY HARRIERS	31:29
				93 S Lambert	45+	38 SERPENTINERUNNINGCLUB	31:48
				94 J Owen	45+	39 WATFORDHARRIERS	31:49
				95 M Violet	35+	53 BARNET&DISTRICTAC	31:50
				96 B Wilson	45+	40 FAIRLANDS VALLEY SPARTANS	31:53
				97 K Henderson	45+	41 BARNET&DISTRICTAC	32:01
				98 J Steed	070	4 HERTS PHOENIXAC	32:02
				99 F Bishop	45+	42 WOKINGAC	32:17
				100 A-M Fischer	45+	43 HEADINGTONROADRUNNERS	32:23
				101 A Piumi	35+	54 NORTHHERTSROADRUNNERS	32:33
				102 T Flannigan	45+	44 PITSEARC	32:35
				103 M Brown	45+	45 BARNET&DISTRICTAC	32:36
				104 K McCready	35+	55 RIVERSIDERUNNERS	32:39
				105 S Crowley	45+	46 FAIRLANDS VALLEY SPARTANS	32:47
				106 D Durham	45+	47 VICTORY AC	32:50
				107 L Jackson	45+	48 TRENTPARKRC	32:54
				108 D Draper	070	5 GARDENCITYRUNNERS	33:17
				109 A Cowley	45+	49 GARDENCITYRUNNERS	33:18
				110 C Wisdom	45+	50 SERPENTINERUNNINGCLUB	33:25
				111 M Crocker	45+	51 VICTORY AC	33:29
				112 N Nation	35+	56 FAIRLANDS VALLEY SPARTANS	33:46
				113 H Tompkins	45+	52 PITSEARC	34:13
				114 C Bissell	35+	57 RIVERSIDERUNNERS	34:14
				115 M Forster	35+	58 RIVERSIDERUNNERS	34:17
				116 E Mansfield	45+	53 VETERANSAC	34:22
				117 F Neville	35+	59 TRENTPARKRC	34:47
				118 D Beane	070	6 GARDENCITYRUNNERS	35:00
				119 P Hemingway	45+	54 RIVERSIDERUNNERS	35:05
				120 C Glading	45+	55 FAIRLANDS VALLEY SPARTANS	35:05
				121 M Ridley	35+	60 RIVERSIDERUNNERS	35:23
				122 E Draper	45+	56 GARDENCITYRUNNERS	35:29
				123 T Hopper	35+	61 FAIRLANDS VALLEY SPARTANS	35:35
				124 M Shirley	45+	57 BARNET&DISTRICTAC	35:40
				125 S Leigh	35+	62 FAIRLANDS VALLEY SPARTANS	35:42
				126 J Bathe	070	7 TRENTPARKRC	36:39
				127 L Thomas	35+	63 FAIRLANDS VALLEY SPARTANS	36:39
				128 S Bates	35+	64 RIVERSIDERUNNERS	36:42
				129 J Miles	45+	58 HILLINGDONAC	36:59
				130 P Cording	45+	59 TRENTPARKRC	37:05
				131 C Sharp	45+	60 NORTHHERTSROADRUNNERS	37:26
				132 C Read	45+	61 TRENTPARKRC	37:33
				133 M Morris	45+	62 SERPENTINERUNNINGCLUB	38:30
				134 G Merfield	070	8 SAXMUNDHAMR&FC	39:02
				135 G Ranson	45+	63 TRENTPARKRC	39:18
				136 L Podgecka	45+	64 FAIRLANDS VALLEY SPARTANS	39:42
				137 K Johnstone	45+	65 BARNET&DISTRICTAC	40:40
				138 P Westlake	070	9 GARDENCITYRUNNERS	41:03
				139 A Kirby	45+	66 NORTHHERTSROADRUNNERS	41:33

## WOMEN MASTERS — TEAM RESULTS

1 DULWICH RUNNERS AC	32	—	1 C Elms	13 O Balme	18 De Laubenque G
2 ARENA 80 AC	58	—	14 C Woods	21 C Naylor	23 J Farrow
3 CHILTERN HARRIERS AC	60	—	8 L Butt	24 J Orr	28 C Holloway
4 STEYNING AC	75	—	10 C Neale	32 M Amess	33 J Lennon
5 EALING, SOUTHALL & MIDDX AC	77	—	12 F Kennedy	22 P Thomas	43 G Morgan
6 SERPENTINE RUNNING CLUB	99	—	19 M Westlund	25 A Eichen	55 J Conn
7 GARDEN CITY RUNNERS	104	—	16 CHale	41 Y Jones	47 V Bird
8 INVICTA EAST KENT	110	—	26 Talbot-Posner	39 E Batty	45 S Cooper
9 THAMES HARE & HOUNDS	114	—	34 A Garnier	38 K Spacie	42 V Filsell
10 METROPOLITAN POLICE AC	118	—	7 K Reeves	48 L Parker	63 K Horswood
11 POOLE AC	129	—	20 S Chaloner	50 J Neal	59 H Hughes
12 SPRINGFIELD STRIDERS	130	—	31 S Colbert	37 N Pyle	62 S Clark
13 TRENT PARK RC	162	—	2 L Elmore	53 J Moss	107 L Jackson
14 LONDON HEATHSIDE	167	—	44 F Holland	52 U Wilson	71 S Brighton
15 NENE VALLEY HARRIERS	208	—	46 Y Scarrott	75 D Harris	87 E Lord
16 RIVERSIDE RUNNERS	215	—	30 T Patmore	81 T Blackwell	104 K McCready
17 NORTH HERTS ROAD RUNNERS	238	—	76 K Dodsworth	78 D Powell	84 J Harbon
18 BARNET & DISTRICT AC	259	—	67 P Michael	95 M Violet	97 K Henderson
19 PITSEA RC	298	—	83 A Bent	102 T Flannigan	113 H Tompkins
20 FAIRLANDS VALLEY SPARTANS	313	—	96 B Wilson	105 S Crowley	112 N Nation

## WOMEN MASTERS - 35+ WOMEN — FINAL RESULTS

**Distance = 6000m**

Pos	Name	Club	Time
1	L Elmore	TRENT PARK RC	23:06
2	J Butler	BLACKHEATH & BROMLEY AC	23:14
3	J Craft	HEADINGTON ROAD RUNNERS	23:22
4	J Copitch	READING ROAD RUNNERS	24:19
5	K Reeves	METROPOLITAN POLICE AC	24:33
6	L Butt	CHILTERN HARRIERS AC	24:38
7	C Neale	STEYNING AC	24:59
8	M James	WEST NORFOLK AC	25:03
9	O Balme	DULWICH RUNNERS AC	25:25
10	C Oliver	DARTFORD HARRIERS	25:32
11	CHale	GARDEN CITY RUNNERS	25:38
12	De Laubenque G	DULWICH RUNNERS AC	25:47
13	M Westlund	SERPENTINE RUNNING CLUB	25:48
14	S Chaloner	POOLE AC	25:49
15	P Thomas	EALING, SOUTHALL & MIDDX AC	25:56
16	J Farrow	ARENA 80 AC	26:02
17	J Orr	CHILTERN HARRIERS AC	26:03
18	A Eichen	SERPENTINE RUNNING CLUB	26:09
19	P Abbott	FLEET & CROOKHAM AC	26:13
20	C Holloway	CHILTERN HARRIERS AC	26:14
21	T Patmore	RIVERSIDE RUNNERS	26:20
22	S Colbert	SPRINGFIELD STRIDERS	26:25
23	M Amess	STEYNING AC	26:30
24	J Lennon	STEYNING AC	26:36
25	N Richmond	DULWICH RUNNERS AC	26:48
26	N Pyle	SPRINGFIELD STRIDERS	26:52
27	V Filsell	THAMES HARE & HOUNDS	27:04
28	Y Scarrott	NENE VALLEY HARRIERS	27:24
29	L Parker	METROPOLITAN POLICE AC	27:30
30	J Neal	POOLE AC	27:52
31	U Wilson	LONDON HEATHSIDE	28:02
32	J Moss	TRENT PARK RC	28:03
33	G Loughlin	WEST NORFOLK AC	28:05
34	J Conn	SERPENTINE RUNNING CLUB	28:06
35	D Haywood	SERPENTINE RUNNING CLUB	28:10
36	H Hughes	POOLE AC	28:16
37	A Mann	GARDEN CITY RUNNERS	28:18
38	S Reddy	SERPENTINE RUNNING CLUB	28:20
39	K Horswood	METROPOLITAN POLICE AC	28:34
40	S Vick	SAXMUNDHAM R & FC	28:46
41	S Knox	SERPENTINE RUNNING CLUB	28:56
42	P Michael	BARNET & DISTRICT AC	29:01
43	L Pettit	SERPENTINE RUNNING CLUB	29:15
44	J Reid	METROPOLITAN POLICE AC	29:16
45	S Brighton	LONDON HEATHSIDE	29:19
46	D Harris	NENE VALLEY HARRIERS	29:32
47	L Wilkin	SPRINGFIELD STRIDERS	30:02
48	N Baker	EALING, SOUTHALL & MIDDX AC	30:23
49	T Blackwell	RIVERSIDE RUNNERS	30:24
50	J Harbon	NORTH HERTS ROAD RUNNERS	30:37
51	A Lapper	METROPOLITAN POLICE AC	30:38
52	E Lord	NENE VALLEY HARRIERS	30:52
53	M Violet	BARNET & DISTRICT AC	31:50
54	A Piumi	NORTH HERTS ROAD RUNNERS	32:33
55	K McCready	RIVERSIDE RUNNERS	32:39
56	N Nation	FAIRLANDS VALLEY SPARTANS	33:46
57	C Bissell	RIVERSIDE RUNNERS	34:14
58	M Forster	RIVERSIDE RUNNERS	34:17
59	F Neville	TRENT PARK RC	34:47
60	M Ridley	RIVERSIDE RUNNERS	35:23
61	T Hopper	FAIRLANDS VALLEY SPARTANS	35:35
62	S Leigh	FAIRLANDS VALLEY SPARTANS	35:42
63	L Thomas	FAIRLANDS VALLEY SPARTANS	36:39
64	S Bates	RIVERSIDE RUNNERS	36:42

## WOMEN MASTERS - 35+ WOMEN — TEAM RESULTS

1 CHILTERN HARRIERS AC	43	—	6 L Butt	17 J Orr	20 C Holloway
2 DULWICH RUNNERS AC	46	—	9 O Balme	12 De Laubenque G	25 N Richmond
3 STEYNING AC	54	—	7 C Neale	23 M Amess	24 J Lennon
4 SERPENTINE RUNNING CLUB	65	—	13 M Westlund	18 A Eichen	34 J Conn
5 METROPOLITAN POLICE AC	73	—	5 K Reeves	29 L Parker	39 K Horswood
6 POOLE AC	80	—	14 S Chaloner	30 J Neal	36 H Hughes
7 TRENT PARK RC	92	—	1 L Elmore	32 J Moss	59 F Neville
8 SPRINGFIELD STRIDERS	95	—	22 S Colbert	26 N Pyle	47 L Wilkin
9 RIVERSIDE RUNNERS	125	—	21 T Patmore	49 T Blackwell	55 K McCready
10 NENE VALLEY HARRIERS	126	—	28 Y Scarrott	46 D Harris	52 E Lord
11 FAIRLANDS VALLEY SPARTANS	179	—	56 N Nation	61 T Hopper	62 S Leigh

# SOUTHERN MASTERS CROSS COUNTRY CHAMPIONSHIPS 2009

## at BIGGLESWADE, BEDFORDSHIRE on 31 JANUARY 2009

### WOMEN MASTERS - 45+ WOMEN — FINAL RESULTS

Distance = 6000m

Pos	Name	Club	Time	Pos	Name	Club	Time
1	CElms	DULWICHRUNNERSAC	23:00	34	P Rich	SERPENTINERUNNINGCLUB	30:59
2	M Stedman	READINGROADRUNNERS	24:25	35	C Pardoe	GARDENCITYRUNNERS	31:08
3	C Donald	MAIDENHEADAC	24:54	36	R Annetts	NORTHHERTSROADRUNNERS	31:12
4	F Kennedy	EALING, SOUTHALL & MIDDX AC	25:07	37	S Bentley	NENE VALLEY HARRIERS	31:29
5	C Woods	ARENA 80 AC	25:27	38	S Lambert	SERPENTINERUNNINGCLUB	31:48
6	P Fudge	WINDSOR SLOUGH & ETON AC	25:44	39	J Owen	WATFORD HARRIERS	31:49
7	C Naylor	ARENA 80 AC	25:51	40	B Wilson	FAIRLANDS VALLEY SPARTANS	31:53
8	Talbot-Posner	INVICTA EAST KENT	26:12	41	K Henderson	BARNET & DISTRICT AC	32:01
9	C Aquilina	ARENA 80 AC	26:18	42	F Bishop	WOKING AC	32:17
10	A Garnier	THAMESHARE & HOUNDS	26:37	43	A-M Fischer	HEADINGTON ROADRUNNERS	32:23
11	B Nordin	ILFORD AC	26:44	44	T Flannigan	PITSEARC	32:35
12	E Batty	INVICTA EAST KENT	26:55	45	M Brown	BARNET & DISTRICT AC	32:36
13	P Forse	STUBBINGTON GREEN RUNNERS	26:59	46	S Crowley	FAIRLANDS VALLEY SPARTANS	32:47
14	Y Jones	GARDENCITYRUNNERS	27:03	47	D Durham	VICTORY AC	32:50
15	G Morgan	EALING, SOUTHALL & MIDDX AC	27:06	48	L Jackson	TRENT PARK RC	32:54
16	F Holland	LONDON HEATHSIDE	27:08	49	A Cowley	GARDENCITYRUNNERS	33:18
17	S Cooper	INVICTA EAST KENT	27:20	50	C Wisdom	SERPENTINERUNNINGCLUB	33:25
18	V Bird	GARDENCITYRUNNERS	27:25	51	M Crocker	VICTORY AC	33:29
19	J Leggett	FLEET & CROOKHAM AC	27:43	52	H Tompkins	PITSEARC	34:13
20	R Tabor	DULWICHRUNNERSAC	27:58	53	E Mansfield	VETERANS AC	34:22
21	M Moody	VETERANS AC	28:08	54	P Hemingway	RIVERSIDERUNNERS	35:05
22	C Jones	EALING, SOUTHALL & MIDDX AC	28:14	55	C Glading	FAIRLANDS VALLEY SPARTANS	35:05
23	S Clark	SPRINGFIELD STRIDERS	28:26	56	E Draper	GARDENCITYRUNNERS	35:29
24	L Tanner	SPRINGFIELD STRIDERS	28:42	57	M Shirley	BARNET & DISTRICT AC	35:40
25	C Steward	DULWICHRUNNERSAC	29:24	58	J Miles	HILLINGDON AC	36:59
26	R Miller	LONDON HEATHSIDE	29:29	59	P Cording	TRENT PARK RC	37:05
27	H Paterson	SERPENTINERUNNINGCLUB	29:30	60	C Sharp	NORTHHERTSROADRUNNERS	37:26
28	K Dodsworth	NORTHHERTSROADRUNNERS	29:46	61	C Read	TRENT PARK RC	37:33
29	J Allen	GARDENCITYRUNNERS	29:52	62	M Morris	SERPENTINERUNNINGCLUB	38:30
30	D Braverman	CAMBRIDGE & COLERIDGE AC	30:32	63	G Ranson	TRENT PARK RC	39:18
31	A Bent	PITSEARC	30:33	64	L Podecka	FAIRLANDS VALLEY SPARTANS	39:42
32	J Gristwood	EALING, SOUTHALL & MIDDX AC	30:41	65	K Johnstone	BARNET & DISTRICT AC	40:40
33	S Barnett	CAMBRIDGE & COLERIDGE AC	30:55	66	A Kirby	NORTHHERTSROADRUNNERS	41:33

### WOMEN MASTERS - 45+ WOMEN — TEAM RESULTS

1	ARENA 80 AC	21	—	5	C Woods	7	C Naylor	9	C Aquilina
2	INVICTA EAST KENT	37	—	8	Talbot-Posner	12	E Batty	17	S Cooper
3	EALING, SOUTHALL & MIDDX AC	41	—	4	F Kennedy	15	G Morgan	22	C Jones
4	DULWICH RUNNERS AC	46	—	1	CElms	20	R Tabor	25	C Steward
5	GARDENCITY RUNNERS	61	—	14	Y Jones	18	V Bird	29	J Allen
6	SERPENTINE RUNNING CLUB	99	—	27	H Paterson	34	P Rich	38	S Lambert
7	NORTHHERTS ROADRUNNERS	124	—	28	K Dodsworth	36	R Annetts	60	C Sharp
8	PITSEA RC	127	—	31	A Bent	44	T Flannigan	52	H Tompkins
9	FAIRLANDS VALLEY SPARTANS	141	—	40	B Wilson	46	S Crowley	55	C Glading
10	BARNET & DISTRICT AC	143	—	41	K Henderson	45	M Brown	57	M Shirley
11	TRENT PARK RC	168	—	48	L Jackson	59	P Cording	61	C Read