

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	Pos	Name	Club	Time
1	L Elmore	TRENT PARK RC	23:06	33	G Loughlin	WEST NORFOLK AC	28:05
2	J Butler	BLACKHEATH & BROMLEY AC	23:14	34	J Conn	SERPENTINE RUNNING CLUB	28:06
3	J Craft	HEADINGTON ROAD RUNNERS	23:22	35	D Haywood	SERPENTINE RUNNING CLUB	28:10
4	J Copitch	READING ROAD RUNNERS	24:19	36	H Hughes	POOLE AC	28:16
5	K Reeves	METROPOLITAN POLICE AC	24:33	37	A Mann	GARDEN CITY RUNNERS	28:18
6	L Butt	CHILTERN HARRIERS AC	24:38	38	S Reddy	SERPENTINE RUNNING CLUB	28:20
7	C Neale	STEYNING AC	24:59	39	K Horswood	METROPOLITAN POLICE AC	28:34
8	M James	WEST NORFOLK AC	25:03	40	S Vick	SAXMUNDHAM R & FC	28:46
9	O Balme	DULWICH RUNNERS AC	25:25	41	S Knox	SERPENTINE RUNNING CLUB	28:56
10	C Oliver	DARTFORD HARRIERS	25:32	42	P Michael	BARNET & DISTRICT AC	29:01
11	CHale	GARDEN CITY RUNNERS	25:38	43	L Pettit	SERPENTINE RUNNING CLUB	29:15
12	De Laubenque G	DULWICH RUNNERS AC	25:47	44	J Reid	METROPOLITAN POLICE AC	29:16
13	M Westlund	SERPENTINE RUNNING CLUB	25:48	45	S Brighton	LONDON HEATHSIDE	29:19
14	S Chaloner	POOLE AC	25:49	46	D Harris	NENE VALLEY HARRIERS	29:32
15	P Thomas	EALING, SOUTHALL & MIDDX AC	25:56	47	L Wilkin	SPRINGFIELD STRIDERS	30:02
16	J Farrow	ARENA 80 AC	26:02	48	N Baker	EALING, SOUTHALL & MIDDX AC	30:23
17	J Orr	CHILTERN HARRIERS AC	26:03	49	T Blackwell	RIVERSIDE RUNNERS	30:24
18	A Eichen	SERPENTINE RUNNING CLUB	26:09	50	J Harbon	NORTH HERTS ROAD RUNNERS	30:37
19	P Abbott	FLEET & CROOKHAM AC	26:13	51	A Lapper	METROPOLITAN POLICE AC	30:38
20	C Holloway	CHILTERN HARRIERS AC	26:14	52	E Lord	NENE VALLEY HARRIERS	30:52
21	T Patmore	RIVERSIDE RUNNERS	26:20	53	M Violet	BARNET & DISTRICT AC	31:50
22	S Colbert	SPRINGFIELD STRIDERS	26:25	54	A Piumi	NORTH HERTS ROAD RUNNERS	32:33
23	M Amess	STEYNING AC	26:30	55	K McCready	RIVERSIDE RUNNERS	32:39
24	J Lennon	STEYNING AC	26:36	56	N Nation	FAIRLANDS VALLEY SPARTANS	33:46
25	N Richmond	DULWICH RUNNERS AC	26:48	57	C Bissell	RIVERSIDE RUNNERS	34:14
26	N Pyle	SPRINGFIELD STRIDERS	26:52	58	M Forster	RIVERSIDE RUNNERS	34:17
27	V Filsell	THAMES HARE & HOUNDS	27:04	59	F Neville	TRENT PARK RC	34:47
28	Y Scarrott	NENE VALLEY HARRIERS	27:24	60	M Ridley	RIVERSIDE RUNNERS	35:23
29	L Parker	METROPOLITAN POLICE AC	27:30	61	T Hopper	FAIRLANDS VALLEY SPARTANS	35:35
30	J Neal	POOLE AC	27:52	62	S Leigh	FAIRLANDS VALLEY SPARTANS	35:42
31	U Wilson	LONDON HEATHSIDE	28:02	63	L Thomas	FAIRLANDS VALLEY SPARTANS	36:39
32	J Moss	TRENT PARK RC	28:03	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
1	CElms	DULWICHRUNNERSAC	23:00
2	MStedman	READINGROADRUNNERS	24:25
3	CDonald	MAIDENHEADAC	24:54
4	F Kennedy	EALING, SOUTHALL & MIDDX AC	25:07
5	C Woods	ARENA 80 AC	25:27
6	P Fudge	WINDSOR SLOUGH & ETON AC	25:44
7	C Naylor	ARENA 80 AC	25:51
8	Talbot-Posner	INVICTA EAST KENT	26:12
9	C Aquilina	ARENA 80 AC	26:18
10	A Garnier	THAMESHARE & HOUNDS	26:37
11	B Nordin	ILFORD AC	26:44
12	E Batty	INVICTA EAST KENT	26:55
13	P Forse	STUBBINGTON GREEN RUNNERS	26:59
14	Y Jones	GARDENCITY RUNNERS	27:03
15	G Morgan	EALING, SOUTHALL & MIDDX AC	27:06
16	F Holland	LONDON HEATHSIDE	27:08
17	S Cooper	INVICTA EAST KENT	27:20
18	V Bird	GARDENCITY RUNNERS	27:25
19	J Leggett	FLEET & CROOKHAM AC	27:43
20	R Tabor	DULWICH RUNNERS AC	27:58
21	M Moody	VETERANS AC	28:08
22	C Jones	EALING, SOUTHALL & MIDDX AC	28:14
23	S Clark	SPRINGFIELD STRIDERS	28:26
24	L Tanner	SPRINGFIELD STRIDERS	28:42
25	C Steward	DULWICH RUNNERS AC	29:24
26	R Miller	LONDON HEATHSIDE	29:29
27	H Paterson	SERPENTINE RUNNING CLUB	29:30
28	K Dodsworth	NORTHHERTS ROAD RUNNERS	29:46
29	J Allen	GARDENCITY RUNNERS	29:52
30	D Braverman	CAMBRIDGE & COLERIDGE AC	30:32
31	A Bent	PITSEARC	30:33
32	J Gristwood	EALING, SOUTHALL & MIDDX AC	30:41
33	S Barnett	CAMBRIDGE & COLERIDGE AC	30:55
34	P Rich	SERPENTINE RUNNING CLUB	30:59
35	C Pardoe	GARDENCITY RUNNERS	31:08
36	R Annetts	NORTHHERTS ROAD RUNNERS	31:12
37	S Bentley	NENE VALLEY HARRIERS	31:29
38	S Lambert	SERPENTINE RUNNING CLUB	31:48
39	J Owen	WATFORD HARRIERS	31:49
40	B Wilson	FAIRLANDS VALLEY SPARTANS	31:53
41	K Henderson	BARNET & DISTRICT AC	32:01
42	F Bishop	WOKING AC	32:17
43	A-M Fischer	HEADINGTON ROAD RUNNERS	32:23
44	T Flannigan	PITSEARC	32:35
45	M Brown	BARNET & DISTRICT AC	32:36
46	S Crowley	FAIRLANDS VALLEY SPARTANS	32:47
47	D Durham	VICTORY AC	32:50
48	L Jackson	TRENT PARK RC	32:54
49	A Cowley	GARDENCITY RUNNERS	33:18
50	C Wisdom	SERPENTINE RUNNING CLUB	33:25
51	M Crocker	VICTORY AC	33:29
52	H Tompkins	PITSEARC	34:13
53	E Mansfield	VETERANS AC	34:22
54	P Hemingway	RIVERSIDE RUNNERS	35:05
55	C Glading	FAIRLANDS VALLEY SPARTANS	35:05
56	E Draper	GARDENCITY RUNNERS	35:29
57	M Shirley	BARNET & DISTRICT AC	35:40
58	J Miles	HILLINGDON AC	36:59
59	P Cording	TRENT PARK RC	37:05
60	C Sharp	NORTHHERTS ROAD RUNNERS	37:26
61	C Read	TRENT PARK RC	37:33
62	M Morris	SERPENTINE RUNNING CLUB	38:30
63	G Ranson	TRENT PARK RC	39:18
64	L Podecka	FAIRLANDS VALLEY SPARTANS	39:42
65	K Johnstone	BARNET & DISTRICT AC	40:40
66	A Kirby	NORTHHERTS ROAD RUNNERS	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 ROAD RUNNERS	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