

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