

<u>Position</u>	<u>Men</u>	<u>Club</u>	<u>Status</u>	<u>Time</u>
1	Bryn Reynolds	Striders		
2	Andrew Mynott	Striders		
3		Stortford		
4	James Firth			
5	Chris Dodge	Striders	V	33:17
6				
7	Ian McDougall	Striders	V	
8	Alan Broughton	Harlow	V	
9		Stortford		
10	Nick Kenyon-Muir	Ware	V	
11	John Evans	Harlow		
12		Stortford		
13	Kevin Whelan	Ware		
14	John Beaumont	Ware		
15	John Williams	Ware		
16	Garth Morris	Ware	V	
17	Jamie Jephcott	Harlow	V	
18	Nigel Coates	Striders	V	36:49
19		Stortford		
20	Jason Haigh	Harlow		
21	David Pomeroy	Ware		
22	Dan Pickering	Ware		
23	John James	Striders	V	37:12
24		Stortford		
25		Stortford		
26		Stortford		
27	Rick Ricketts	Harlow	V	
28	David Ayling	Harlow		
29		Stortford		
30		Stortford		
31	Rob Woodward	Striders	V	
32	Gavin Brett	Harlow		
33	Roy Steven	Harlow	V	
34	Kenny Blyth	Ware	V	
35	Nick Mahoney	Striders	V	39:32
36	John Rumold	Ware	V	
37	Jon Steadman	Harlow		0:39:48
38	Roger Partridge	Ware	V	
39	Steve White	Striders	V	
40	Adrian Fell	Harlow	V	
41	Tony Davison	Striders	V	40:08
42	Jamie Luck	Harlow		
43	Pasquale Pellechia	Harlow	V	
44	Paul Waters	Striders	V	41:00
45	Tony Rose	Ware		
46	Mark Sanz	Ware		
47	Matthew Jones	Harlow	V	
48	John Tennant	Harlow	V	
49	Andrew Peck	Ware		
50		Stortford		
51		Stortford		
52		Stortford		
53		Stortford		

54		Stortford	
55	John Bull	Harlow	V
56	Richard Coffey	Ware	
57		Stortford	
58	Graham Pugh	Harlow	V
59	Keith Savill	Striders	V
60		Stortford	
61		Stortford	
62		Stortford	
63	Pascal Marmhous	Ware	
64		Stortford	
65		Stortford	
66	Martin McColgan	Harlow	V
67		Stortford	
68	Alan Moir	Harlow	V
69		Stortford	
70		Stortford	
71	Warren Pickering	Ware	
72	Andre Ferreira	Ware	
73	Phil Lancaster	Ware	
74	Chris Williams	Ware	
75	Robert Waddingham	Ware	
76	Ron Newton	Harlow	V
77		Stortford	
78	Neil Heraud	Ware	
79	Graham Roberts	Ware	
80	John Pickering	Ware	
81		Stortford	
82		Stortford	
83		Stortford	
84	Kevin Speller	Ware	
85	Martin Blacker	Ware	
86	Phil Hudson	Ware	
87	Richard Millward	Ware	
88	Phil Cunningham	Ware	
89	Graham Saville	Harlow	V
89	Gary Howe	Striders	V
			45:15
91	Alex Reve	Ware	
92	John Butcher	Ware	
93	John Heywood	Ware	

<u>Position</u>	<u>Women</u>	<u>Club</u>	<u>Status</u>	<u>Time</u>
1	Fiona Halls	Striders	V	00:38:52
2				
3	Rebecca White	Striders		39:56
4				
5	Claire Walters	Striders	V	00:41:15
6	Maki Kimura	Ware	V	
7	Katie Herrington	Harlow		
8	Annette hardiman	Ware		
9	Daniella Siddi-Bostrom	Ware		
10				
11	Dionne Jones	Harlow	V	
12	Paula Gallop	Ware		
13	Jan Stock	Ware	V	
14	Hazel Clarke	Ware		
15	Claire Farley	Ware	V	
16	Evaline Leahy	Ware		
17		Stortford		
18	Kate Holden	Striders	V	
19		Stortford		
20		Stortford		
21		Stortford		
22		Stortford		
23		Stortford		
24	Louise Hart	Ware		
25	Bridget Savill	Striders	V	
26	Claire Williams	Harlow	V	
27	Sue Millward	Ware		
28	Julia Gristwood	Ware		
29		Stortford		
30		Stortford		
31	Karen Moir	Harlow	V	
32	Kimberly Mangelshot	Ware		
33	Linda Selby	Harlow	V	
34	Nicola Pickering	Ware	V	
35	Cathie Lawson	Striders	V	
36	Nikki King	Ware		
37		Stortford		
38	Sarah Howard	Ware		
39	Alison Bull	Harlow	V	
40		Stortford		
41	Helen Marks	Ware		
42	Liz Lord	Ware	V	

Ware Cross Country**Sun 17th January 2010**

Men's Team Race	Scores	Position	Points
Saffron Striders	87	1	4
Ware	93	2	3
Bishops Stortford	98	3	2
Harlow	141	4	1

Women's Team Race	Scores	Position	Points
Saffron Striders	9	1	4
Bishops Stortford	16	2	3
Ware	23	3	2
Harlow	44	4	1

Overall Team Race	Scores	Position	Points
Saffron Striders	96	1	4
Bishops Stortford	114	2	3
Ware	116	3	2
Harlow	185	4	1