

# Herts County Vets Championships 5K 2014

	Winner	Club		Winner	Club
<b>MV40</b>			<b>FV35</b>		
1st	Mark Vaughan	North Herts Road Runners	1st	Martha Hall	Garden City Runners
2nd	Grant Ramsay	Fairlands Valley Spartans	2nd	Astrid McKeown	North Herts Road Runners
3rd	Graham Smith	St Albans Striders	3rd	Wendy Walsh	St Albans Striders
<b>MV50</b>			<b>FV45</b>		
1st	Larry Mangelshot	Ware Joggers	1st	Deborah Steer	St Albans Striders
2nd	David Green	Harpندن Arrows	2nd	Jane Chappell	North Herts Road Runners
3rd	Andy Holt	Garden City Runners	3rd	Louise Crosby	Harpندن Arrows
<b>MV60</b>			<b>FV55</b>		
1st	Brian James	Watford Joggers	1st	Julie Simmons	Fairlands Valley Spartans
2nd	Richard Bloom	Herts Phoenix	2nd	Susan Foot	North Herts Road Runners
3rd	Mervyn Gilham	Mervyn Gilham	3rd	Diane Wallis	Bedford Harriers AC
<b>MV70</b>			<b>FV65</b>		
1st	Tony Hamilton	Barnet & District AC	1st	Georgie Hamilton	Harpندن Arrows
2nd	Brian Yates	Harpندن Arrows	2nd	Vibeke Rowe	Ware Joggers
3rd	Roy Stringer	Ware Joggers	3rd	Monica Cullin	North Herts Road Runners
<b>Team G</b>	Neil Hume Neill Hughes Chris Eland Andy Holt	Garden City Runners	<b>Team G</b>	Astrid McKeown Jane Clarke Jane Chappell	North Herts Road Runners
<b>Team S</b>	Graham Smith Gary Warren Graham Foster Colin Braybrook	St Albans Striders	<b>Team S</b>	Martha Hall Genevieve Helsby Carol Reid	Garden City Runners
<b>Team B</b>	Mark Vaughan Steve McKeown Nick Malpeli Mark Young	North Herts Road Runners	<b>Team B</b>	Clare Moore Julie Simmons Andrea Westcott	Fairlands Valley Spartans

## COUNTY OPEN RESULTS - MEN

1	224	15:30	Dave MITCHINSON	MS	Newham & Essex Beagles AC
2	171	15:44	Tom CROUCH	MS	St Albans Striders
3	113	16:30	Grant RAMSAY	MV40	Fairlands Valley Spartans

## COUNTY OPEN RESULTS - WOMEN

1	100	19:27	Wendy WALSH	FV35	St Albans Striders
2	135	19:35	Charlotte DAVIES	FS	Ware Joggers
3	164	20:14	Katherine MARCH	FV35	Barnet & District AC

## Pos TEAM RESULTS-COUNTY WOMEN

Pos	Score	Club
<b>1</b>	<b>17</b>	<b>Fairlands Valley Spartans 'A'</b>
4	233	Madeleine PRITCHARD FS Fairlands Valley Spartans
6	244	Suzy HAWKINS FV35 Fairlands Valley Spartans
7	195	Clare MOORE FV35 Fairlands Valley Spartans
<b>2</b>	<b>22</b>	<b>Barnet &amp; District AC 'A'</b>
3	164	Katherine MARCH FV35 Barnet & District AC
8	229	Pauline MICHAEL FV45 Barnet & District AC
11	11	Rosamond DE LA BERTAUCHE FV55 Barnet & District AC
<b>3</b>	<b>32</b>	<b>Garden City Runners 'A'</b>
9	254	Joanne MATTHEWS FV45 Garden City Runners
10	55	Carol REID FV45 Garden City Runners
13	94	Louise SMITH FV55 Garden City Runners

## Pos TEAM RESULTS - COUNTY MEN

Pos	Score	Club
<b>1</b>	<b>25</b>	<b>St Albans Striders 'A'</b>
2	171	Tom CROUCH MS St Albans Striders
6	1	Graham SMITH MV40 St Albans Striders
8	242	Peter CROWDELL MV40 St Albans Striders
9	139	Gary WARREN MV40 St Albans Striders
<b>2</b>	<b>44</b>	<b>Fairlands Valley Spartans 'A'</b>
3	113	Grant RAMSAY MV40 Fairlands Valley Spartans
7	187	Simon JACKSON MS Fairlands Valley Spartans
12	134	Ian YENNEY MS Fairlands Valley Spartans
22	252	Davie STAFFORD MS Fairlands Valley Spartans
<b>3</b>	<b>65</b>	<b>North Herts Road Runners 'A'</b>
5	87	Mark VAUGHAN MV40 North Herts Road Runners
13	143	Steve MCKEOWN MV40 North Herts Road Runners
20	53	James WALSH MV40 North Herts Road Runners
27	24	Nick MALPELI MV40 North Herts Road Runners