

## Hertfordshire 5K Vets Championships - 2015

County Rank	Name	Cat	Time	Club
<b>Gold</b>	<b>Garden City Runners</b>		<b>36</b>	
6	Chris ELAND	MV40	00:17:45	Garden City Runners
9	Andrew HOLT	MV50	00:18:22	Garden City Runners
10	Mark REDMOND	MV40	00:18:28	Garden City Runners
11	Neil HUME	MV40	00:18:32	Garden City Runners
<b>Silver</b>	<b>North Herts Road Runners</b>		<b>36</b>	
1	Andrew LEACH	MV50	00:16:43	North Herts Road Runners
4	Mark VAUGHAN	MV40	00:16:57	North Herts Road Runners
8	Martyn ANNETTS	MV50	00:18:15	North Herts Road Runners
23	Richard HARBON	MV50	00:19:55	North Herts Road Runners
<b>Bronze</b>	<b>Fairlands Valley Spartans</b>		<b>64</b>	
3	Grant RAMSEY	MV40	00:16:56	Fairlands Valley Spartans
15	Bernie BARNABY	MV50	00:19:26	Fairlands Valley Spartans
19	Barry OSBORNE	MV60	00:19:36	Fairlands Valley Spartans
27	Tim SABAN	MV40	00:20:14	Fairlands Valley Spartans
<b>Gold</b>	<b>St Albans Striders</b>		<b>8</b>	
1	Wendy WALSH	FV45	00:20:16	St Albans Striders
2	Helen CARTLIDGE	FV35	00:20:27	St Albans Striders
5	Judy WILLITS	FV45	00:21:41	St Albans Striders
<b>Silver</b>	<b>Ware Joggers</b>		<b>20</b>	
3	Beverley MCLEES	FV45	00:21:28	Ware Joggers
8	Carla BELL	FV55	00:23:31	Ware Joggers
9	Janet READITT	FV45	00:23:32	Ware Joggers
<b>Bronze</b>	<b>Ware Joggers</b>		<b>33</b>	
10	Jane WREN	FV45	00:23:40	Ware Joggers
11	Sam ROWE	FV45	00:24:17	Ware Joggers
12	Anne RAMSDEN	FV55	00:25:04	Ware Joggers
Gold	Helen CARTLIDGE	FV35	00:20:27	St Albans Striders
Silver	Anna BELLINGHAM	FV35	00:23:19	Unattached
Bronze	Laura BAILEY	FV35	00:25:34	St Albans Striders
Gold	Wendy WALSH	FV45	00:20:16	St Albans Striders
Silver	Beverley MCLEES	FV45	00:21:28	Ware Joggers
Bronze	Judy WILLITS	FV45	00:21:41	St Albans Striders
Gold	Veronica SHADBOLT	FV55	00:21:39	Garden City Runners
Silver	Carla BELL	FV55	00:23:31	Ware Joggers
Bronze	Anne RAMSDEN	FV55	00:25:04	Ware Joggers

Gold	Georgie HAMILTON	FV65	00:28:24	Harpenden Arrows
Silver	Margaret WADDINGHAM	FV65	00:29:26	Ware Joggers
Bronze	Maureen SHIRLEY	FV65	00:30:11	Barnet & District AC
Gold	Eleanor DRAPER	FV75	00:31:41	Garden City Runners
Silver	Val STRINGER	FV75	00:41:21	Ware Joggers
Gold	Peter CROWDELL	MV40	00:16:44	St Albans Striders
Silver	Grant RAMSEY	MV40	00:16:56	Fairlands Valley Spartans
Bronze	Mark VAUGHAN	MV40	00:16:57	North Herts Road Runners
Gold	Andrew LEACH	MV50	00:16:43	North Herts Road Runners
Silver	Paul GREAVES	MV50	00:17:38	Herts Phoenix
Bronze	Graham FOSTER	MV50	00:18:03	St Albans Striders
Gold	Barry OSBORNE	MV60	00:19:36	Fairlands Valley Spartans
Silver	Peter BEATTY	MV60	00:19:51	Bishops Stortford Running Club
Bronze	John HOPE	MV60	00:23:24	St Albans Striders
Gold	Richard BLOOM	MV70	00:21:17	Herts Phoenix
Silver	Ian SUTCLIFFE	MV70	00:26:25	North Herts Road Runners
Bronze	Brian YATES	MV70	00:28:34	Harpenden Arrows