

Hertfordshire 5K Open Championships - 2015

County Rank	Name	Cat	Time	Club
Gold	North Herts Road Runners	24		
2	Mark VAUGHAN	MV40	17:04	North Herts Road Runners
4	John RAYNER	MS	17:24	North Herts Road Runners
8	James WALSH	MV40	17:40	North Herts Road Runners
10	Martyn ANNETTS	MV50	17:51	North Herts Road Runners
Silver	Garden City Runners	38		
5	Chris ELAND	MV40	17:25	Garden City Runners
6	Neill HUGHES	MV40	17:30	Garden City Runners
13	Mark REDMOND	MV40	18:01	Garden City Runners
14	Simon BOSTOCK	MS	18:12	Garden City Runners
Bronze	St Albans Striders	43		
3	Peter CROWDELL	MV40	17:06	St Albans Striders
9	Michael MARTIN	MS	17:50	St Albans Striders
12	Graham FOSTER	MV50	17:55	St Albans Striders
19	Douglas HOBSON	MS	18:37	St Albans Striders
Gold	North Herts Road Runners	16		
1	Astrid MCKEOWN	FV35	18:45	North Herts Road Runners
4	Katie HARBON	FS	19:13	North Herts Road Runners
11	Jane CLARKE	FV35	21:34	North Herts Road Runners
Silver	Barnet & District AC	25		
2	Karen MURPHY	FV45	18:47	Barnet & District AC
5	Joanne KENT	FV45	19:14	Barnet & District AC
18	Lynne COX	FS	24:09	Barnet & District AC
Bronze	Garden City Runners	31		
6	Lientjie DE VILLIERS	FS	19:34	Garden City Runners
12	Cath HARRIS	FV45	22:17	Garden City Runners
13	Anna LILLIE	FS	23:30	Garden City Runners