

5K Race 1 2016

Finishers County Male

County Rank	Name	Cat	Club	Time
5K Race 1				
1	Shaun COLLINS	MS	Enfield and Haringey A C	0:16:17
2	Craig HALSEY	MS	Fairlands Valley Spartans	0:16:27
3	Mark CRABTREE	MS	Gade Valley Harriers	0:16:30
4	Mark VAUGHAN	MV40	North Herts Road Runners	0:16:31
5	Simon JACKSON	MV40	Fairlands Valley Spartans	0:16:55
6	Oliver DAVIS	BU17	St Albans Athletic Club	0:16:59
7	John RAYNER	MS	North Herts Road Runners	0:17:09
8	Julian CRITCHLOW	MV50	Watford Harriers	0:17:18
9	John AULD	MS	North Herts Road Runners	0:17:19
10	Ian BRYSON	MV40	Harpenden Arrows	0:17:21
11	Graham SMITH	MV40	St Albans Striders	0:17:30
12	Jon WILLIAMS	MS	Ware Joggers	0:17:37
13	Oscar BELL	MS	Ware Joggers	0:17:38
14	Michael MARTIN	MS	St Albans Striders	0:17:41
15	Adam BOWLLER	MS	North Herts Road Runners	0:17:43
16	Adam HUGHES	MS	Herts Phoenix	0:17:46
17	Chris JONES	MV40	Garden City Runners	0:17:47
18	Spencer BEVAN	MS	North Herts Road Runners	0:17:51
19	Nicholas MALPELLI	MV50	North Herts Road Runners	0:17:53
20	James CHASEN	MS	Harpenden Arrows	0:17:56
21	Paul GREAVES	MV50	Herts Phoenix	0:18:01
22	Darren MATUSSA	MS	North Herts Road Runners	0:18:11
23	Mark REDMOND	MV40	Herts Phoenix	0:18:15
24	Justin HILL	MV50	Ware Joggers	0:18:19
25	David RUSSELL	MV50	Harpenden Arrows	0:18:22
26	Martyn ANNETTS	MV50	North Herts Road Runners	0:18:24
27	Larry MANGELSHOT	MV50	Ware Joggers	0:18:25
28	Jim KING	MV40	St Albans Striders	0:18:27
29	Graham FOSTER	MV50	St Albans Striders	0:18:32
30	Peter HARVEY	MV40	Garden City Runners	0:18:35
31	David GREEN	MV50	Harpenden Arrows	0:18:37
32	David BULLOCK	MV40	Unattached	0:18:40
33	Jonathan HAYNES	MV60	Bishops Stortford Running Club	0:18:47
34	Daniel LANGTON	MS	St Albans Striders	0:18:57
35	Stuart CHANDLER	MS	Ware Joggers	0:18:58
36	Richard SOMERSET	MV40	Garden City Runners	0:18:59
37	Robert DILLEY	MS	Garden City Runners	0:19:02
38	Ian HIRTH	MS	St Albans Striders	0:19:05
39	Sebastian ROWE	MV40	St Albans Striders	0:19:09
40	Jack GLADMAN	MS	Stevenage & North Herts AC	0:19:12
41	Jamie HIGGS	MS	Ware Joggers	0:19:14
42	Malcolm DOWN	MV50	Garden City Runners	0:19:16
43	Stuart HANSELL	MS	Unattached	0:19:19
44	Lee HAYES	MV40	Unattached	0:19:20
45	Simon POOLE	MS	North Herts Road Runners	0:19:22
46	James WALSH	MV40	North Herts Road Runners	0:19:23
47	Paul DAVIES	MS	Garden City Runners	0:19:40
48	Peter SIBBETT	MV50	North Herts Road Runners	0:19:41
49	Rowland HUGHES	MV40	Harpenden Arrows	0:19:46

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50	Paul MARTIN	MS	Ware Joggers	0:19:47
51	Anthony NICOLSON	MV50	St Albans Striders	0:19:53
52	Ben SCOTT	MS	St Albans Striders	0:19:59
53	Colin BRAYBROOK	MV50	St Albans Striders	0:20:51
54	Richard HARBON	MV50	North Herts Road Runners	0:20:57
55	Mark CYL	MV40	Ware Joggers	0:21:01
56	Garth MORRIS	MV50	Ware Joggers	0:21:11
57	Peter BAKER	MV50	Ware Joggers	0:21:17
58	Michael HESSEY	MV50	Harpenden Arrows	0:21:22
59	Howard BULL	MS	St Albans Striders	0:21:29
60	Joshua DADD	MS	Ware Joggers	0:21:35
61	Jeremy RACKHAM	MV50	Team Trident	0:21:59
62	Graham HARPER	MV60	Harpenden Arrows	0:22:06
63	Richard BLOOM	MV70	Herts Phoenix	0:22:07
64	Mark SANZ	MV40	Unattached	0:22:25
65	Marc PHILLIPS	MV50	St Albans Striders	0:22:52
66	Tony REEVE	MV50	Dacorum & Tring AC	0:23:01
67	Ben THORN	MS	Tring Running Club	0:23:06
68	Rasmi NANDA	MV40	Dacorum & Tring AC	0:23:07
69	Spencer GRANT	MV40	St Albans Striders	0:23:10
70	Michael PAINE	MV50	Garden City Runners	0:23:11
71	Philip PUGH	MV60	Dacorum & Tring AC	0:23:25
72	Soong-kong AU-YEONG	MS	St Albans Striders	0:23:27
73	Kenny BLYTH	MV60	Ware Joggers	0:23:40
74	John SHIRLEY	MV60	Barnet & District AC	0:23:49
75	Matthew ANKERS	MS	North Herts Road Runners	0:24:46
76	Alan RANDALL	MV50	Ware Joggers	0:25:04
77	Trace ALLEN	MV70	Garden City Runners	0:25:06
78	Andy NEWING	MV50	Gade Valley Harriers	0:25:29
79	Jim BROWN	MV60	Fairlands Valley Spartans	0:25:35
80	Adam GUEST	MS	Ware Joggers	0:25:45
81	Martin MEDFORTH	MV50	St Albans Striders	0:25:53
82	Russ ANDREWS	MV50	Stevenage Striders	0:26:13
83	Andrew MAHER	MV40	St Albans Striders	0:26:18
84	Andrew TOMLINSON	MS	Unattached	0:26:31
85	Ian SUTCLIFFE	MV70	North Herts Road Runners	0:26:34
86	John MALLETT	MV40	Ware Joggers	0:26:43
87	Robert WADDINGHAM	MV60	Ware Joggers	0:26:57
88	Wayne AYLOTT	MV50	Garden City Runners	0:26:58
89	Phil HUDSON	MV60	Ware Joggers	0:27:27
90	Paul HOLGATE	MV50	Fairlands Valley Spartans	0:27:53
91	David LEVELL	MV50	Ware Joggers	0:28:28
92	Michael DUNCAN	MV40	Unattached	0:29:51
93	Martin BLACKER	MV40	Ware Joggers	0:36:32
94	Paul BRENNAN	MV50	Ware Joggers	0:37:36
95	Colin NAMAN	MV60	Ware Joggers	0:44:01

Number of records: 95