

5K Race 1 2016

County Teams (Senior) - Female

Race No	County Rank	Name	Time	Cat	Club
5K Race 1					
F					
1. St Albans Striders 1		17			
228	4	Wendy WALSH	0:19:59	FV45	St Albans Striders
12	6	Amy TANNER	0:20:37	FS	St Albans Striders
255	7	Helen CARTLIDGE	0:20:54	FV35	St Albans Striders
2. North Herts Road Runners 1		24			
241	1	Katie HARBON	0:18:59	FS	North Herts Road Runners
86	10	Barbara SAYERS	0:21:41	FV35	North Herts Road Runners
185	13	Caroline THRUSSELL	0:22:23	FV45	North Herts Road Runners
3. Dacorum & Tring AC 1		27			
128	2	Samantha FAWCETT	0:19:11	FS	Dacorum & Tring AC
164	5	Niamh DEMPSEY	0:20:14	FS	Dacorum & Tring AC
131	20	Louise FLOWER	0:24:02	FS	Dacorum & Tring AC