

5K Race 1 2016

County Teams (Senior) - Male

County Rank	Name	Cat	Time	Club
5K Race 1				
M				
1. North Herts Road Runners 1 35				
4	Mark VAUGHAN	MV40	0:16:31	North Herts Road Runners
7	John RAYNER	MS	0:17:09	North Herts Road Runners
9	John AULD	MS	0:17:19	North Herts Road Runners
15	Adam BOWLLER	MS	0:17:43	North Herts Road Runners
2. Ware Joggers 1 76				
12	Jon WILLIAMS	MS	0:17:37	Ware Joggers
13	Oscar BELL	MS	0:17:38	Ware Joggers
24	Justin HILL	MV50	0:18:19	Ware Joggers
27	Larry MANGELSHOT	MV50	0:18:25	Ware Joggers
3. St Albans Striders 1 82				
11	Graham SMITH	MV40	0:17:30	St Albans Striders
14	Michael MARTIN	MS	0:17:41	St Albans Striders
28	Jim KING	MV40	0:18:27	St Albans Striders
29	Graham FOSTER	MV50	0:18:32	St Albans Striders