

5K Race 2 2016

Finishers County Male

County Rank	Name	Cat	Club	Time
5K Race 2				
1	Mark VAUGHAN	MV40	North Herts Road Runners	0:16:29
2	Grant RAMSAY	MV40	Fairlands Valley Spartans	0:16:31
3	Neil HUME	MV40	Garden City Runners	0:16:54
4	Ian BRYSON	MV40	Harpenden Arrows	0:17:10
5	Christopher WESTCOTT	MV40	Stevenage & North Herts AC	0:17:12
6	Graham SMITH	MV40	St Albans Striders	0:17:17
7	Paul GUY	MV40	Garden City Runners	0:17:23
8	Nicholas MALPELI	MV50	North Herts Road Runners	0:17:41
9	PAUL GREAVES	MV50	Herts Phoenix	0:17:42
10	Chris JONES	MV40	Garden City Runners	0:17:44
11	Darren MATUSA	MV40	North Herts Road Runners	0:18:03
12	Peter HARVEY	MV40	Garden City Runners	0:18:06
13	Justin HILL	MV50	Ware Joggers	0:18:09
14	Jim KING	MV40	St Albans Striders	0:18:13
15	Graham FOSTER	MV50	St Albans Striders	0:18:27
16	David RUSSELL	MV50	Harpenden Arrows	0:18:27
17	Chris ELAND	MV40	Garden City Runners	0:18:32
18	Sebastian ROWE	MV40	St Albans Striders	0:18:33
19	Jonathan HAYNES	MV60	Bishops Stortford Running Club	0:18:34
20	Steve MCKEOWN	MV40	North Herts Road Runners	0:18:34
21	David BULLOCK	MV40	Unattached	0:18:36
22	Martyn ANNETTS	MV50	North Herts Road Runners	0:18:39
23	Larry MANGELSHOT	MV50	Ware Joggers	0:18:42
24	Rowland HUGHES	MV40	Harpenden Arrows	0:18:59
25	Garth MORRIS	MV50	Ware Joggers	0:19:03
26	John HARRIS	MV50	Fairlands Valley Spartans	0:19:05
27	Lee HAYES	MV40	Unattached	0:19:13
28	Malcolm DOWN	MV50	Garden City Runners	0:19:14
29	Mark REDMOND	MV40	Herts Phoenix	0:19:17
30	Andrew HOLT	MV50	Garden City Runners	0:19:37
31	Colin SINGLETON	MV60	St Albans Striders	0:19:39
32	Howard RODEN	MV40	Ware Joggers	0:19:54
33	Peter SIBBETT	MV50	North Herts Road Runners	0:19:59
34	Chris KITCHENER	MV40	Dacorum & Tring AC	0:20:03
35	Richard HARBON	MV50	North Herts Road Runners	0:20:08
36	Mark DIPPER	MV40	Ware Joggers	0:20:24
37	Richard MORETON	MV40	Harpenden Arrows	0:20:28
38	Stuart MIDDLETON	MV40	St Albans Striders	0:20:49
39	Andrew WASS	MV40	Dacorum & Tring AC	0:20:52
40	Michael LAMB	MV40	Dacorum & Tring AC	0:21:00
41	Robert DAVIES	MV40	Dacorum & Tring AC	0:21:02
42	David ROFFE	MV40	Unattached	0:21:04
43	Colin BRAYBROOK	MV50	St Albans Striders	0:21:16
44	Mark SANZ	MV40	Unattached	0:21:16
45	Martin BLACKER	MV40	Ware Joggers	0:21:25
46	Graham HARPER	MV60	Harpenden Arrows	0:21:41
47	Kenny BLYTH	MV60	Ware Joggers	0:21:46
48	Richard STEVENS	MV40	Dacorum & Tring AC	0:22:00
49	Richard BLOOM	MV70	Herts Phoenix	0:22:02

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50	Tony REEVE	MV50	Dacorum & Tring AC	0:22:31
51	Matthew David STEARS	MV50	Dacorum & Tring AC	0:22:35
52	Rasmi NANDA	MV40	Dacorum & Tring AC	0:22:39
53	Paul BRENNAN	MV50	Ware Joggers	0:22:42
54	Djerk GEURTS	MV40	Harpenden Arrows	0:22:44
55	Philip PUGH	MV60	Dacorum & Tring AC	0:23:23
56	John MALLETT	MV40	Ware Joggers	0:23:27
57	Andy MITCHELL	MV50	Dacorum & Tring AC	0:23:28
58	Michael WISE	MV60	Garden City Runners	0:23:28
59	Stephen FAULKNER	MV50	Unattached	0:23:31
60	Richard BROWN	MV60	Garden City Runners	0:23:46
61	John ROWLANDS	MV60	Harpenden Arrows	0:23:47
62	Jim BROWN	MV60	Fairlands Valley Spartans	0:23:59
63	Roger PARTRIDGE	MV50	Ware Joggers	0:24:07
64	Mark CYL	MV40	Ware Joggers	0:24:08
65	Alan RANDALL	MV50	Ware Joggers	0:24:26
66	Rob SALT	MV50	Dacorum & Tring AC	0:24:32
67	Andy NEWING	MV50	Gade Valley Harriers	0:24:49
68	Michael PAINE	MV50	Garden City Runners	0:24:52
69	Mervyn GILHAM	MV60	Herts Phoenix	0:25:27
70	Robert WADDINGHAM	MV60	Ware Joggers	0:25:28
71	Martin MEDFORTH	MV50	St Albans Striders	0:25:55
72	David LEVELL	MV50	Ware Joggers	0:26:08
73	Bill HARDING	MV60	St Albans Striders	0:26:17
74	Russ ANDREWS	MV50	Stevenage Striders	0:26:35
75	Tony HAMILTON	MV70	Barnet & District AC	0:26:56
76	Julian TOVEY	MV60	Barnet & District AC	0:27:02
77	Phil HUDSON	MV60	Ware Joggers	0:27:14
78	Richard WHITING	MV60	Herts Phoenix	0:27:21
79	Paul HOLGATE	MV50	Fairlands Valley Spartans	0:27:35
80	Wayne AYLOTT	MV50	Garden City Runners	0:27:37
81	Terry NICHOLS	MV70	Ware Joggers	0:29:47
82	James PIPER	MV40	Unattached	0:29:48
83	Brian YATES	MV70	Harpenden Arrows	0:30:05
84	Martin CRISP	MV50	St Albans Striders	0:30:05
85	Dennis DRAPER	MV80	Garden City Runners	0:33:20
86	Colin NAMAN	MV60	Ware Joggers	0:34:09
87	John HEYWOOD	MV80	Ware Joggers	0:36:01
88	Roy STRINGER	MV80	Ware Joggers	0:38:26

Number of records: 88