

5K Race 1 2017

Finishers County Male

CC Rank	Name	Cat	Club	Time
5K Race 1				
1	Mark VAUGHAN	MV40	North Herts Road Runners	0:16:20
2	Simon Fraser	MS	St Albans Striders	0:16:20
3	Oliver SAVILLE	MS	Bedford & County Athletic Club	0:16:29
4	Adam BOWLLER	MS	North Herts Road Runners	0:16:33
5	Grant RAMSAY	MV40	Fairlands Valley Spartans	0:16:37
6	Simon JACKSON	MV40	Fairlands Valley Spartans	0:16:41
7	Graham SMITH	MV40	St Albans Striders	0:16:50
8	John AULD	MS	North Herts Road Runners	0:17:00
9	Kevin FRANCIS	MV40	Ware Joggers	0:17:02
10	Paul Davies	MS	Garden City Runners	0:17:16
11	Christopher WESTCOTT	MV40	Stevenage & North Herts AC	0:17:22
12	John RAYNER	MS	North Herts Road Runners	0:17:26
13	James Huish	MS	Garden City Runners	0:17:30
14	Michael MARTIN	MS	St Albans Striders	0:17:43
15	Steffan FORD	MV40	Fairlands Valley Spartans	0:17:46
16	Paul REDDAWAY	MV50	Broxbourne Runners	0:17:47
17	Matthew SAYERS	MV40	North Herts Road Runners	0:17:48
18	Gareth Beavis	MS	St Albans Striders	0:17:50
19	Richard Springall	MS	Fairlands Valley Spartans	0:17:51
20	Nick MALPELI	MV50	North Herts Road Runners	0:17:51
21	Mark REDMOND	MV40	Herts Phoenix	0:17:54
22	Robert CASSERLEY	MV40	Garden City Runners	0:18:05
23	Russell CASEY	MV40	Garden City Runners	0:18:05
24	David Riddell	MV50	Fairlands Valley Spartans	0:18:09
25	Paul MARTIN	MS	Ware Joggers	0:18:13
26	Mike LANCASTER	MS	St Albans Striders	0:18:27
27	Jonathon NICHOLLS	MS	Ware Joggers	0:18:28
28	Simon POOLE	MS	North Herts Road Runners	0:18:30
29	Graham FOSTER	MV50	St Albans Striders	0:18:33
30	Steve WELLS	MV50	Unattached	0:18:36
31	Daniel FIGG	MS	Garden City Runners	0:18:38
32	Jamie HIGGS	MS	Ware Joggers	0:18:53
33	Andrew GREEN	MS	North Herts Road Runners	0:18:53
34	Patrick MCGUINNESS	MV50	Harpenden Arrows	0:18:55
35	Brian WHITE	MV60	Fairlands Valley Spartans	0:18:57
36	Rowland HUGHES	MV40	Harpenden Arrows	0:18:59
37	Garth MORRIS	MV50	Ware Joggers	0:19:03
38	Michael Austin	MS	St Albans Striders	0:19:06
39	Mark COLLINS	MS	Fairlands Valley Spartans	0:19:08
40	Michael RUSSELL	MV50	Team Trident	0:19:11
41	Robert DILLEY	MS	Garden City Runners	0:19:14
42	Darren MATUSSA	MV40	North Herts Road Runners	0:19:17
43	Stuart MIDDLETON	MV40	St Albans Striders	0:19:18
44	Ian MUNRO	MV40	Garden City Runners	0:19:18
45	Joseph PRICE	MS	Garden City Runners	0:19:23
46	James WALSH	MV40	North Herts Road Runners	0:19:25
47	Colin BRAYBROOK	MV50	St Albans Striders	0:19:39
48	Nigel ASTON	MV50	St Albans Striders	0:19:46
49	Peter Sibbett	MV50	North Herts Road Runners	0:19:48

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50	Martyn ANNETTS	MV50	North Herts Road Runners	0:19:53
51	Adam WATSON	MS	Ware Joggers	0:19:54
52	Richard MORETON	MV40	Harpenden Arrows	0:19:55
53	Colin SINGLETON	MV60	St Albans Striders	0:19:58
54	John COOPER	MV50	St Albans Striders	0:20:04
55	David WHITE	MV40	Harpenden Arrows	0:20:05
56	Barry OSBORNE	MV60	Fairlands Valley Spartans	0:20:14
57	Kieran FEETHAM	MS	Fairlands Valley Spartans	0:20:38
58	Martin HALLING	MV60	St Albans Striders	0:20:42
59	Patrick Bird	MV50	Garden City Runners	0:20:46
60	Joe REES	MS	Harpenden Arrows	0:20:49
61	Michael IRVINE	MV50	Dacorum & Tring AC	0:21:29
62	Luke WALLER	MS	Dacorum & Tring AC	0:21:37
63	Graham HARPER	MV60	Harpenden Arrows	0:21:40
64	Ben THORN	MS	Tring Running Club	0:21:52
65	Adam GUEST	MS	Ware Joggers	0:21:55
66	Tony REEVE	MV50	Dacorum & Tring AC	0:22:31
67	Richard Bloom	MV70	Herts Phoenix	0:22:33
68	Chitra DUNN	MV50	Harpenden Arrows	0:22:40
69	Philip PUGH	MV60	Dacorum & Tring AC	0:22:41
70	Michael ANDREWS	MS	Fairlands Valley Spartans	0:22:56
71	Robert Wallis	MV50	Bedford Harriers AC	0:23:06
72	Russ ANDREWS	MV50	Stevenage Striders	0:23:19
73	Matt ANKERS	MS	North Herts Road Runners	0:23:26
74	Jim BROWN	MV60	Fairlands Valley Spartans	0:24:12
75	Andrew TOMLINSON	MS	Unattached	0:24:15
76	Andrew GUILDER	MS	Dacorum & Tring AC	0:24:16
77	Clive SMITH	MV60	Ware Joggers	0:24:23
78	Roger PARTRIDGE	MV50	Ware Joggers	0:24:54
79	Martin MEDFORTH	MV50	St Albans Striders	0:25:17
80	John ROWLANDS	MV60	Harpenden Arrows	0:25:22
81	Ian SUTCLIFFE	MV70	North Herts Road Runners	0:25:27
82	Julian TOVEY	MV60	Barnet & District AC	0:25:41
83	Martin GUY	MS	Ware Joggers	0:26:07
84	Phil HUDSON	MV60	Ware Joggers	0:26:55
85	Omaz WOODBURN BLAKE	MS	Unattached	0:27:05
86	Michael DUNCAN	MV40	Unattached	0:29:01
87	Paul HOLGATE	MV60	Fairlands Valley Spartans	0:30:28
88	Martin CRISP	MV50	St Albans Striders	0:30:51

Number of records: 88