

5K Race 1 2017

County Teams (Senior) - Male

CC Rank	Name	Cat	Time	Club
5K Race 1				
M				
1. North Herts Road Runners 1 25				
1	Mark VAUGHAN	MV40	0:16:20	North Herts Road Runners
4	Adam BOWLLER	MS	0:16:33	North Herts Road Runners
8	John AULD	MS	0:17:00	North Herts Road Runners
12	John RAYNER	MS	0:17:26	North Herts Road Runners
2. St Albans Striders 1 41				
2	Simon Fraser	MS	0:16:20	St Albans Striders
7	Graham SMITH	MV40	0:16:50	St Albans Striders
14	Michael MARTIN	MS	0:17:43	St Albans Striders
18	Gareth Beavis	MS	0:17:50	St Albans Striders
3. Fairlands Valley Spartans 1 45				
5	Grant RAMSAY	MV40	0:16:37	Fairlands Valley Spartans
6	Simon JACKSON	MV40	0:16:41	Fairlands Valley Spartans
15	Steffan FORD	MV40	0:17:46	Fairlands Valley Spartans
19	Richard Springall	MS	0:17:51	Fairlands Valley Spartans