

## 5K Race 1 2019

### **Winners List - County Senior Champs**

<b>CC Rank</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Cat</b>
<b>5K Race 1</b>				
<b>F</b>				
1	Annabel GUMMOW	Ware Joggers	0:16:52	FS
2	Kate RENNIE	Dacorum & Tring AC	0:17:47	FV45
3	Michelle REEVES	Fairlands Valley Spartans	0:19:50	FS
<b>M</b>				
1	Michael WADDINGTON	Ware Joggers	0:15:40	MS
2	Thomas WEBB	North Herts Road Runners	0:15:50	MS
3	Oscar BELL	Ware Joggers	0:16:10	MS