

5K Race 2 2019

County Male Winners

Rank	Cat	Name	Club	Gun Time
5K Race 2				
M				
MV40				
1	MV40	Kevin SAMBRIDGE	Ware Joggers	0:16:41
2	MV40	Matthew SAYERS	North Herts Road Runners	0:16:48
3	MV40	Kevin FRANCIS	Ware Joggers	0:16:52
MV50				
1	MV50	Russell BROWN	Unattached	0:17:09
2	MV50	Paul REDDAWAY	Ware Joggers	0:17:15
3	MV50	Adrian MASON	Barnet & District AC	0:17:27
MV60				
1	MV60	Jonathan HAYNES	Bishops Stortford Running Club	0:18:54
2	MV60	James FORRESTER	Garden City Runners	0:21:03
3	MV60	Dave DESBOROUGH	Garden City Runners	0:21:20
MV70				
1	MV70	Richard BLOOM	Herts Phoenix	0:22:16
2	MV70	Ray CLARABUT	Trent Park Running Club	0:23:22
3	MV70	John OWEN	Barnet & District AC	0:23:54
MV80				
1	MV80	Dennis DRAPER	Garden City Runners	0:37:12

Number of records: 13