

5K Race 2 2019

Finishers County Male

Rank	Name	Cat	Club	Time
5K Race 2				
1	Kevin SAMBRIDGE	MV40	Ware Joggers	0:16:41
2	Matthew SAYERS	MV40	North Herts Road Runners	0:16:48
3	Kevin FRANCIS	MV40	Ware Joggers	0:16:52
4	Simon JACKSON	MV40	Fairlands Valley Spartans	0:17:03
5	Bruce JUDGE	MV40	Garden City Runners	0:17:07
6	Gareth PARKER	MV40	St Albans Striders	0:17:07
7	Russell BROWN	MV50	Unattached	0:17:09
8	Neil HUME	MV40	Garden City Runners	0:17:12
9	Paul REDDAWAY	MV50	Ware Joggers	0:17:15
10	Adrian MASON	MV50	Barnet & District AC	0:17:27
11	Paul GUY	MV40	Garden City Runners	0:17:34
12	Stephen HOSTY	MV40	St Albans Striders	0:17:40
13	Martin WHITWORTH	MV40	Unattached	0:17:51
14	Keith COUGHLIN	MV40	Fairlands Valley Spartans	0:17:52
15	Gary WARREN	MV50	St Albans Striders	0:17:54
16	Grant RAMSAY	MV40	Fairlands Valley Spartans	0:17:57
17	Terry ATKINSON	MV40	Harpenden Arrows	0:17:59
18	Paul MARTIN	MV40	Ware Joggers	0:18:11
19	Kris WHITMORE	MV40	Hitchin Hares	0:18:21
20	Steve BOWRAN	MV50	Harpenden Arrows	0:18:29
21	Peter SIBBETT	MV50	North Herts Road Runners	0:18:40
22	Adrian SHERWOOD	MV50	North Herts Road Runners	0:18:50
23	Jamie HIGGS	MV40	Ware Joggers	0:18:51
24	Rowland HUGHES	MV40	Harpenden Arrows	0:18:53
25	Jonathan HAYNES	MV60	Bishops Stortford Running Club	0:18:54
26	Nigel ASTON	MV50	St Albans Striders	0:18:56
27	Tim SEARLE	MV40	St Albans Striders	0:19:03
28	Andrew HOLT	MV50	Garden City Runners	0:19:04
29	Adrian JAMES	MV50	Harpenden Arrows	0:19:05
30	Neil BULL	MV40	Ware Joggers	0:19:06
31	Barry KING	MV50	Fairlands Valley Spartans	0:19:09
32	Ian DATLEN	MV40	North Herts Road Runners	0:19:16
33	Nick WHITE	MV40	Watford Harriers	0:19:24
34	Robert SCOTT	MV50	Barnet & District AC	0:19:24
35	Lyndon HEARN	MV40	Harpenden Arrows	0:19:31
36	Sebastian ROWE	MV40	St Albans Striders	0:19:39
37	Richard MORETON	MV40	Harpenden Arrows	0:19:39
38	Richard SOMERSET	MV50	Garden City Runners	0:19:44
39	John HARRIS	MV50	Fairlands Valley Spartans	0:19:49
40	Jerry BRYAN	MV50	Barnet & District AC	0:20:06
41	Tim SABAN	MV50	Fairlands Valley Spartans	0:20:10
42	Stuart COCKS	MV40	North Herts Road Runners	0:20:32
43	Richard HARBON	MV50	North Herts Road Runners	0:20:45
44	Colin BRAYBROOK	MV50	St Albans Striders	0:20:56
45	James FORRESTER	MV60	Garden City Runners	0:21:03
46	Robert DILLEY	MV40	Garden City Runners	0:21:10
47	Dave DESBOROUGH	MV60	Garden City Runners	0:21:20
48	Alan TAYLOR	MV40	Ware Joggers	0:21:47
49	Richard BLOOM	MV70	Herts Phoenix	0:22:16

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Rank	Name	Cat	Club	Time
50	Paul GREEN	MV60	Royston Runners	0:22:38
51	Philip PUGH	MV60	Dacorum & Tring AC	0:22:46
52	Graham HARPER	MV60	Harpenden Arrows	0:22:49
53	Andrew SIMS	MV50	Ware Joggers	0:22:55
54	Andy MITCHELL	MV50	Dacorum & Tring AC	0:22:59
55	Karl HUDSON	MV40	Stevenage Striders	0:23:06
56	Phil DEAVES	MV60	Stevenage Striders	0:23:13
57	Peter WILLIAMS	MV60	Unattached	0:23:18
58	Ray CLARABUT	MV70	Trent Park Running Club	0:23:22
59	Peter BLESSING	MV50	St Albans Striders	0:23:27
60	Andy MALES	MV40	Unattached	0:23:34
61	John OWEN	MV70	Barnet & District AC	0:23:54
62	Geoff MURRAY-ROCHARD	MV60	North Herts Road Runners	0:23:57
63	Richard BROWN	MV60	Garden City Runners	0:24:00
64	Clive SMITH	MV60	Ware Joggers	0:24:28
65	Phil CUNNINGHAM	MV60	Ware Joggers	0:24:37
66	Costa MICHAEL	MV50	Barnet & District AC	0:24:38
67	Stephen FAULKNER	MV60	Unattached	0:24:42
68	Nigel WIGGINS	MV40	Dacorum & Tring AC	0:24:48
69	David SCOTT	MV50	Barnet & District AC	0:24:50
70	Nick KLEANTHOUS	MV50	Fairlands Valley Spartans	0:25:23
71	Simon JOYCE	MV50	Ware Joggers	0:25:30
72	Roger PARTRIDGE	MV50	Ware Joggers	0:25:31
73	Julian TOVEY	MV60	Barnet & District AC	0:26:14
74	Anton MCCALLA	MV40	Fairlands Valley Spartans	0:26:15
75	John SHIRLEY	MV70	Barnet & District AC	0:26:37
76	Andrew PORTER	MV70	North Herts Road Runners	0:27:11
77	Ian SUTCLIFFE	MV70	North Herts Road Runners	0:27:44
78	Phil HUDSON	MV60	Ware Joggers	0:28:40
79	Terry NICHOLS	MV70	Ware Joggers	0:29:22
80	Brian YATES	MV70	Harpenden Arrows	0:31:57
81	Paul HOLGATE	MV60	Fairlands Valley Spartans	0:34:12
82	Roger BIGGS	MV70	Fairlands Valley Spartans	0:36:06
83	Dennis DRAPER	MV80	Garden City Runners	0:37:12
84	John ROWLANDS	MV60	Harpenden Arrows	0:42:19
85	Wayne AYLOTT	MV50	Garden City Runners	0:58:29

Number of records: 85