

Herts+Middx Vets XC 2020

Bib	Pos	Name	Cat	Club	Gun Time
Herts MV40 MV50					
m					
403	1	David O'SULLIVAN	MV40	Watford Joggers	0:37:06
347	2	Markus ALLEN	MV40	Garden City Runners	0:37:27
344	3	Joseph DUNN	MV40	St Albans Striders	0:37:45
394	4	Matthew ADCOCK	MV50	Watford Harriers	0:38:17
392	5	Tim COOK	MV40	Watford Joggers	0:38:35
345	6	Gareth PARKER	MV40	St Albans Striders	0:38:45
393	7	Steve BOWRAN	MV50	Harpenden Arrows	0:38:51
401	8	Steve DAVIES	MV50	Watford Joggers	0:38:57
400	9	Mark AMES	MV40	Watford Joggers	0:39:02
398	10	Frank RYAN	MV50	Watford Harriers	0:39:05
414	11	Adrian MASON	MV50	Barnet & District AC	0:39:44
376	12	Paul GREAVES	MV50	St Albans Striders	0:39:50
353	13	Chris JONES	MV40	Garden City Runners	0:39:59
367	14	Richard HARRISON	MV50	Royston Runners	0:40:19
349	15	Rob CASSERLEY	MV40	Garden City Runners	0:40:21
351	16	Herbie HOPKINS	MV40	Garden City Runners	0:40:34
373	17	Nigel ASTON	MV50	St Albans Striders	0:40:43
360	18	Andy HOLT	MV50	Garden City Runners	0:40:59
371	19	Derek FOWLER	MV40	St Albans Striders	0:41:03
362	20	Ammon PIEPGRASS	MV40	Harpenden Arrows	0:41:06
348	21	Russell CASEY	MV40	Garden City Runners	0:41:13
386	22	Gary WARREN	MV50	St Albans Striders	0:41:23
359	23	Peter HARVEY	MV50	Garden City Runners	0:41:39
415	24	Richard MCCORMICK	MV50	Barnet & District AC	0:41:50
342	25	Craig WILSON	MV40	Fairlands Valley Spartans	0:42:05
387	26	Michael BURGESS	MV50	Tring Running Club	0:42:24
446	27	Ben PICKFORD	MV40	Bishops Stortford Running Club	0:42:32
383	28	Jonathan BIRD	MV40	St Albans Striders	0:42:32
356	29	Sean BOWEN	MV50	Garden City Runners	0:43:42
361	30	Richard SOMERSET	MV50	Garden City Runners	0:44:05
321	31	Costa MICHAEL	MV50	Barnet & District AC	0:44:14
399	32	Derek WALKER	MV50	Watford Harriers	0:44:15
397	33	Adrian HARWOOD	MV50	Watford Harriers	0:44:30
324	34	Paul CHRISTIE	MV40	Dacorum & Tring AC	0:44:45
363	35	Steve GREEN	MV50	Harpenden Arrows	0:44:53
335	36	Howard CLARK	MV50	Dacorum & Tring AC	0:45:06
389	37	Steve SMITH	MV50	St Albans Striders	0:45:10
384	38	Matt LEESE	MV40	Dacorum & Tring AC	0:45:35
327	39	Adrian MARSHALL	MV40	Dacorum & Tring AC	0:46:00
374	40	Colin BRAYBROOK	MV50	St Albans Striders	0:47:46
409	41	Roger MONTGOMERY	MV50	Harpenden Arrows	0:48:18
404	42	Marcus EDWARDS	MV50	Watford Joggers	0:48:21
346	43	Martin WOOD	MV50	Fairlands Valley Spartans	0:48:33
352	44	Alec CAMPBELL	MV50	St Albans Striders	0:48:39
410	45	Mike ASHTON	MV50	Harpenden Arrows	0:48:41
395	46	Kevin CLARK	MV50	Watford Harriers	0:48:49
413	47	Dave BYRNE	MV50	Barnet & District AC	0:51:06
382	48	Gladstone THOMPSON	MV50	St Albans Striders	0:53:00
350	49	Marc PHILLIPS	MV50	St Albans Striders	0:53:42
407	50	Colin WILLIAMS	MV50	Watford Joggers	0:55:31

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Bib	Pos	Name	Cat	Club	Gun Time
343	51	Andy JAY	MV50	Fairlands Valley Spartans	0:56:10
405	52	Gary HILTON	MV50	Watford Joggers	0:57:57
406	53	Simon LAWRENCE	MV50	Watford Joggers	1:03:51
355	54	Wayne AYLOTT	MV50	Garden City Runners	1:08:42
451	55	Jon SALMON	MV50	Tring Running Club	1:37:33
388	56	Chris NICHOLLS	MV50	Tring Running Club	1:45:47

Number of records: 56