

Individual Age Category Winners

Herts Winners XC Vets 2019

Bib	Age Rank	Name	Age Cat	Club	Gun Time
MV40					
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
MV50					
394	1	Matthew ADCOCK	MV50	Watford Harriers	0:38:17
393	2	Steve BOWRAN	MV50	Harpenden Arrows	0:38:51
401	3	Steve DAVIES	MV50	Watford Joggers	0:38:57
MV60					
471	1	Paul REDDAWAY	MV60	Ware Joggers	0:32:03
458	2	Mike RUSSELL	MV60	Garden City Runners	0:35:22
443	3	Peter BEATTY	MV60	Bishops Stortford Running Club	0:35:28
MV70+					
442	1	Desmond MICHAEL	MV70+	Barnet & District AC	0:38:47
441	2	John OWEN	MV70+	Barnet & District AC	0:43:10
449	3	John SLACK	MV70+	Dacorum & Tring AC	0:47:43
FV35					
558	1	Jo SHERMAN	FV35	Watford Joggers	0:36:27
539	2	Kathryn PENFOLD	FV35	St Albans Striders	0:36:34
508	3	Vickie COLEMAN	FV35	Dacorum & Tring AC	0:37:11
FV45					
520	1	Alison WOOD	FV45	Fairlands Valley Spartans	0:36:36
536	2	Zoe LOWE	FV45	St Albans Striders	0:37:19
566	3	Sue MCCORMICK	FV45	Barnet & District AC	0:42:32
FV55					
550	1	Alison HARDING	FV55	Tring Running Club	0:42:28
526	2	Lisa MUNT	FV55	Harpenden Arrows	0:42:31
505	3	Emma NIXON	FV55	Bishops Stortford Running Club	0:42:42