

Hatfield Midweek 5K Series

Herts Senior Champs - Male Team

| CC Pos | Name | Cat | Club | Time |
|--------|------|-----|------|------|
|--------|------|-----|------|------|

Race One incorporating the Herts Senior Championships

1. North Herts Road Runners 1 48

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|----|----------------|------|--------------------------|-------|
| 1 | Ben HADMAN | MS | North Herts Road Runners | 15:31 |
| 2 | Thomas WEBB | MS | North Herts Road Runners | 15:33 |
| 20 | Matthew SAYERS | MV40 | North Herts Road Runners | 16:59 |
| 25 | Shahab AHMAD | MV40 | North Herts Road Runners | 17:22 |

2. Fairlands Valley Spartans 1 52

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|----|------------------|------|---------------------------|-------|
| 5 | Andrew PATTERSON | MV40 | Fairlands Valley Spartans | 16:00 |
| 8 | Jonathan PARR | MS | Fairlands Valley Spartans | 16:18 |
| 10 | Kirk NDUGU | MS | Fairlands Valley Spartans | 16:33 |
| 29 | Nick GILL | MS | Fairlands Valley Spartans | 17:48 |

3. St Albans Striders 1 55

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|----|----------------|----|--------------------|-------|
| 7 | Jonny PENNELL | MS | St Albans Striders | 16:17 |
| 11 | Adam YORWERTH | MS | St Albans Striders | 16:35 |
| 18 | Barnaby WALKER | MS | St Albans Striders | 16:53 |
| 19 | Callum BOND | MS | St Albans Striders | 16:54 |