

FAIRLANDS VALLEY SPARTANS
2026 3K RELAYS - COUNTY CHAMPS - SENIOR AND VETS

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	<u>GOLD</u>	<u>TIME</u>	<u>SILVER</u>	<u>TIME</u>	<u>BRONZE</u>	<u>Time</u>
SENIOR - MALE	Herts Phoenix AC	37:39	North Herts RR	39:04	Stevenage & N Herts	39:14
SENIOR - FEMALE	Herts Phoenix AC	45:51	Fairlands Valley Spartans	51:00	St Albans Striders	53:06
SENIOR - MIXED	St Albans Striders	42:49	Ware Joggers	46:08	North Herts RR	49:20
VETS - MALE	Fairlands Valley Spartans.	40:56	Ware Joggers	41:13	St Albans Striders	42:20
VETS - FEMALE	St Albans Striders	46:27	Barnet & District	51:03	North Herts RR	51:16
VETS - MIXED	Ware Joggers	52:14	Watford Harriers	53:00	St Albans Striders.	53:26
