

5K Championship File

Team Results

Name	Race 1	Race 2	Race 3	Best 2	Club
5K Race 1 2016					
1. North Herts Road Runners 1 02:53:57					
Mark VAUGHAN	0:16:31	0:16:29	0:16:35	0:33:01	North Herts Road Runners
Adam BOWLLER	0:17:43	0:17:16	0:17:13	0:34:29	North Herts Road Runners
John AULD	0:17:19	0:17:57	0:17:30	0:34:50	North Herts Road Runners
Spencer BEVAN	0:17:51	0:17:48	0:17:35	0:35:24	North Herts Road Runners
Darren MATUSSA	0:18:11	0:18:03	0:18:08	0:36:11	North Herts Road Runners
2. St Albans Striders 1 03:03:46					
Graham SMITH	0:17:30	0:17:17	0:17:26	0:34:44	St Albans Striders
Michael MARTIN	0:17:41	0:17:27	0:17:50	0:35:08	St Albans Striders
Graham FOSTER	0:18:32	0:18:27	0:18:27	0:36:55	St Albans Striders
Sebastian ROWE	0:19:09	0:18:33	0:18:56	0:37:29	St Albans Striders
Colin SINGLETON	0:19:50	0:19:39	0:19:54	0:39:29	St Albans Striders
3. Harpenden Arrows 1 03:08:39					
Ian BRYSON	0:17:21	0:17:10	0:17:00	0:34:11	Harpenden Arrows
James CHASEN	0:17:56	0:18:00	0:18:14	0:35:57	Harpenden Arrows
David RUSSELL	0:18:22	0:18:27	0:18:13	0:36:36	Harpenden Arrows
Rowland HUGHES	0:19:46	0:18:59	0:19:07	0:38:06	Harpenden Arrows
Graham HARPER	0:22:06	0:21:41	0:22:24	0:43:48	Harpenden Arrows
4. Ware Joggers 1 03:12:07					
Oscar BELL	0:17:38	0:17:25	0:17:45	0:35:04	Ware Joggers
Justin HILL	0:18:19	0:18:09	0:18:12	0:36:22	Ware Joggers
Larry MANGELSHOT	0:18:25	0:18:42	0:18:33	0:36:58	Ware Joggers
Paul MARTIN	0:19:47	0:19:25	0:19:22	0:38:47	Ware Joggers
Mark CYL	0:21:01	0:24:08	0:23:53	0:44:54	Ware Joggers
5. Garden City Runners 1 03:12:30					
Chris JONES	0:17:47	0:17:44	0:17:36	0:35:20	Garden City Runners
Peter HARVEY	0:18:35	0:18:06	0:18:02	0:36:08	Garden City Runners
Paul DAVIES	0:19:40	0:18:55	0:17:47	0:36:42	Garden City Runners
Malcolm DOWN	0:19:16	0:19:14	0:18:57	0:38:11	Garden City Runners
Michael PAINE	0:23:11	0:24:52	0:22:54	0:46:06	Garden City Runners
6. North Herts Road Runners 2 03:21:39					
Martyn ANNETTS	0:18:24	0:18:39	0:18:40	0:37:03	North Herts Road Runners
Simon POOLE	0:19:22	0:18:56	0:18:38	0:37:34	North Herts Road Runners
Peter SIBBETT	0:19:41	0:19:59	0:19:29	0:39:10	North Herts Road Runners
Richard HARBON	0:20:57	0:20:08	0:19:47	0:39:55	North Herts Road Runners
Matthew ANKERS	0:24:46	0:24:10	0:23:44	0:47:55	North Herts Road Runners
7. Ware Joggers 2 04:24:05					
John MALLETT	0:26:43	0:23:27	0:23:45	0:47:12	Ware Joggers
Alan RANDALL	0:25:04	0:24:26	0:24:21	0:48:48	Ware Joggers
Phil HUDSON	0:27:27	0:27:14	0:26:28	0:53:42	Ware Joggers
Martin BLACKER	0:36:32	0:21:25	0:34:10	0:55:36	Ware Joggers
Terry NICHOLS	0:29:58	0:29:47	0:28:58	0:58:46	Ware Joggers