

5K Track Challenge 2019

Team Results

Pos	Name	Cat	Time	Club
1. Fairlands Valley Spartans 1 1:30:47				
7	David HARRIS-CHERGUIT	MV40	17:38	Fairlands Valley Spartans
9	Stuart HAYCROFT	MV40	17:41	Fairlands Valley Spartans
10	Grant RAMSAY	MV40	17:48	Fairlands Valley Spartans
19	James KAY	MS	18:30	Fairlands Valley Spartans
29	Gail MACKIE	FS	19:07	Fairlands Valley Spartans
2. Harpenden Arrows 1 1:32:22				
13	Steve BOWRAN	MV50	17:51	Harpenden Arrows
18	Rowland HUGHES	MV40	18:28	Harpenden Arrows
21	Adam MATTISON	MS	18:36	Harpenden Arrows
23	Hannah TURNER	FV35	18:41	Harpenden Arrows
25	Adrian CLOAKE	MV40	18:43	Harpenden Arrows
3. North Herts Road Runners 1 1:32:38				
1	Nathan PASK	MV40	16:18	North Herts Road Runners
15	John AULD	MS	18:10	North Herts Road Runners
20	Adrian SHERWOOD	MV50	18:32	North Herts Road Runners
24	Darren MATUSSA	MV40	18:42	North Herts Road Runners
38	Rhia BOTHA	FS	20:55	North Herts Road Runners