

Herts+Middx Vets XC 2020

Team Results Herts MV50

Rank	Name	Cat	Time	Club
1. Watford Harriers 1 40				
1	Matthew ADCOCK	MV50	0:38:17	Watford Harriers
4	Frank RYAN	MV50	0:39:05	Watford Harriers
17	Derek WALKER	MV50	0:44:15	Watford Harriers
18	Adrian HARWOOD	MV50	0:44:30	Watford Harriers
2. St Albans Striders 1 45				
6	Paul GREAVES	MV50	0:39:50	St Albans Striders
8	Nigel ASTON	MV50	0:40:43	St Albans Striders
10	Gary WARREN	MV50	0:41:23	St Albans Striders
21	Steve SMITH	MV50	0:45:10	St Albans Striders
3. Garden City Runners 1 49				
9	Andy HOLT	MV50	0:40:59	Garden City Runners
11	Peter HARVEY	MV50	0:41:39	Garden City Runners
14	Sean BOWEN	MV50	0:43:42	Garden City Runners
15	Richard SOMERSET	MV50	0:44:05	Garden City Runners