

Senior Club Championship 2024 - Road - Winter 3k Series

(PBs in Green)

	Race 1.	Race 2	Race 3	Race 4	Race 5	Best Time	# Races	Final position(3 best runs)
	Cold , dry , still conditions 30-Jan							
Male 17 to 34								
James Nash	13:13						1	3
Male 35 to 39								
Rob Foster	12:29						1	1
Male 40 to 44								
Male 45 to 49								
Antony Waters	13:25	-	-	-	-	0.00	1	4
Male 50 to 54								
Steve Wright	14:25						1	6
Male 55 to 59								
Shaun Kirk	12:40						1	2
Vince Langdon	15:46						1	8
Paul Williams	14:25						1	6
Male 60 to 64								
Guy Henderson	14:14						1	5
Male 65 to 69								
Roger Webb	17:26						1	10
Male 70 to 74								
Brian Marjoram	16:14						1	9
Male 75 to 79								
Junior Female								
Female 17 to 34								
Female 35 to 39								
Dani Waters	12:55							1
Female 40 to 44								
Female 45 to 49								
Female 50 to 54								
Rachel Irish	16:06							2
Female 55 to 59								
Female 60 to 64								
Female 65 to 69								
Female 70 to 74								
Female 75 to 79								

Age categories are based on age as of the first 3k race of the season

Guest Runners								
Marshals								

Jean Grier-Jackson
Liz Lee
John Drennan
Marc Walpot
Alan Sloman
Lynda Sloman