

Senior Club Championship 2024 - Road - Winter 3k Series (PBs in Green)

	Race 1 Cold , dry , still	Race 2 Damp, cold, breezy	Race 3 Dry, cool still	Race 4 Dry, cool, still	Race 5 Cool , still, dry	Best time	# Races	Final position(3 best runs)	Total of best three times
	30-Jan	27-Feb	17-Sep	22-Oct	12-Nov				
Male 17 to 34									
James Nash	13:13	12:57	14:04	14:42	14:50	12:57	5	4	40:14
Male 35 to 39									
Rob Foster	12:29	12:31		13:14	12:42	12:29	4	2	37:42
Male 45 to 49									
Antony Waters	13:25			14:01		13:25	2		
Male 50 to 54									
Matthew Senior	-	15:12		16:03	15:05	15:05	3	7	46:20
Steve Wright	14:25	14:35				14:25	2		
Male 55 to 59									
Shaun Kirk	12:40	12:40	12:20	14:48	12:30	12:20	4	1	37:30
Vince Langdon	15:46	14:38	15:21			14:38	4	6	44:47
Paul Williams	14:25					14:25	1		
Marc Walpot		14:04	12:34		13:00	12:34	3	3	39:38
Male 60 to 64									
Guy Henderson	14:14	14:10	14:35			14:10	3	5	42:59
Male 65 to 69									
Roger Webb	17:26	17:57	17:25	17:03	17:03	17:03	5	8	51:31
Male 70 to 74									
Brian Marjoram	16:14					16:14	1		
Female 17 to 34									
Minnie Ashford-Lavery				14:53		14:53	1		
Female 35 to 39									
Dani Waters	12:55	12:26	13:30	13:03		12:26	4	1	38:24
Female 50 to 54									
Rachel Irish	16:06					16:06	1		
Female 60 to 64									
Kerry Bell	-	-	14:11	-	-	14:11	1		

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

Guest Runners									
Marshals									

Jean Grier-Jackson	Jean Grier-Jackson	Jean Grier-Jackson	Jean Grier-Jackson
Liz Lee	Dave and Liz Lee	Dave and Liz Lee	Dave and Liz Lee
John Drennan	John Drennan	John Drennan	John Drennan
Marc Walpot	Alan Sloman	Alan and Lynda Slc	Alan and Lynda Sloman
Alan Sloman	Lynda Sloman	Steph and Bill Bartl	Steph and Bill Bartlett
Lynda Sloman	Steph Bartlett		