

5K Championship File 2023

Age Group Winner

Rank	Name	Cat	Club	Race 1	Race 2	Race 3	Best 2
MV40							
1.	Ben BEECROFT	MV40	Dacorum Athletic Club	0:16:44	0:16:46	0:16:25	0:33:10
2.	Vincent RIVIERE	MV40	Ware Joggers	0:16:36	0:16:51	0:16:36	0:33:13
3.	Jonathan SCOTT	MV40	St Albans Striders	0:17:03	0:17:02	0:16:29	0:33:31
MV50							
1.	Russell BROWN	MV50	Orion Harriers	0:17:32	0:17:20	0:17:37	0:34:53
2.	Peter HARVEY	MV50	Garden City Runners	0:17:45	0:17:47	0:17:41	0:35:27
3.	Andrew MCKILLOP	MV50	St Albans Striders	0:17:53	0:18:04	0:17:45	0:35:39
MV60							
1.	Andy JORDAN	MV60	St Albans Striders	0:18:40	0:18:27	0:18:14	0:36:41
2.	Mike LEMON	MV60	Bearbrook Running Club	0:19:44	0:19:55	0:19:29	0:39:14
3.	Peter SIBBETT	MV60	North Herts Road Runners	0:20:31	0:20:21	0:19:59	0:40:21
MV70							
1.	James STOCKER	MV70	Huntingdonshire AC	0:22:10	0:22:44	0:22:09	0:44:20
2.	Richard BLOOM	MV70	Herts Phoenix AC	0:23:22	0:23:40	0:23:28	0:46:50
3.	John ROWLANDS	MV70	Harpenden Arrows	0:26:09	0:26:23	0:25:29	0:51:39
FV35							
1.	Rhia BOTHA	FV35	North Herts Road Runners	0:19:41	0:19:41	0:19:31	0:39:13
2.	Kate DIXON	FV35	St Albans Striders	0:19:49	0:19:47	0:19:50	0:39:37
3.	Jane CLARKE	FV35	North Herts Road Runners	0:21:15	0:21:13	0:20:42	0:41:56
FV45							
1.	Martha HALL	FV45	Garden City Runners	0:19:25	0:19:34	0:19:23	0:38:49
2.	Wendy WALSH	FV45	St Albans Striders	0:20:36	0:20:33	0:20:13	0:40:47
3.	Rachel ARNOTT	FV45	North Herts Road Runners	0:20:33	0:20:50	0:20:35	0:41:08
FV55							
1.	Nicky LAITNER	FV55	St Albans Striders	0:21:24	0:21:59	0:21:41	0:43:06
2.	Caroline THRUSSELL	FV55	North Herts Road Runners	0:22:59	0:22:43	0:22:30	0:45:13
3.	Janet READITT	FV55	Ware Joggers	0:23:24	0:23:34	0:23:20	0:46:44
FV65							
1.	Pamela WILSON	FV65	Ware Joggers	0:23:23	0:23:36	0:23:19	0:46:43
2.	Mandy JACKSON	FV65	Dacorum Athletic Club	0:25:10	0:25:43	0:25:45	0:50:54
3.	Anne RAMSDEN	FV65	Ware Joggers	0:26:55	0:27:33	0:26:52	0:53:47