

# 5K Championship File 2023

## Team Results

Name	Race 1	Race 2	Race 3	Best 2	Club
5K Race 3 2023					
<b>1. St Albans Striders 1</b>		<b>01:55:03</b>			
Lucy WATERLOW	0:19:06	0:18:55	0:18:44	0:37:39	St Albans Striders
Lily SEACH	0:18:57	0:19:07	0:18:48	0:37:46	St Albans Striders
Kate DIXON	0:19:49	0:19:47	0:19:50	0:39:37	St Albans Striders
<b>2. North Herts Road Runners 1</b>		<b>02:00:09</b>			
Rhia BOTHA	0:19:41	0:19:41	0:19:31	0:39:13	North Herts Road Runners
Sophie THRUSSELL	0:20:03	0:19:56	0:19:51	0:39:48	North Herts Road Runners
Rachel ARNOTT	0:20:33	0:20:50	0:20:35	0:41:08	North Herts Road Runners
<b>3. Garden City Runners 1</b>		<b>02:07:08</b>			
Martha HALL	0:19:25	0:19:34	0:19:23	0:38:49	Garden City Runners
Zoe STEPHENS	0:21:13	0:21:51	0:21:05	0:42:19	Garden City Runners
Amber-Leigh MARVIN	0:23:21	0:23:13	0:22:46	0:46:00	Garden City Runners