

5K Championship File 2023

Team Results

Name	Race 1	Race 2	Race 3	Best 2	Club
5K Race 3 2023					
1. Ware Joggers 1 02:17:24					
Vincent RIVIERE	0:16:36	0:16:51	0:16:36	0:33:13	Ware Joggers
William CAUNCE	0:16:50	0:17:45	0:17:00	0:33:51	Ware Joggers
Iain MCMURRAY	0:17:16	0:17:23	0:16:50	0:34:07	Ware Joggers
Neil BULL	0:18:06	0:18:45	0:18:06	0:36:12	Ware Joggers
2. St Albans Striders 1 02:19:08					
Callum BOND	0:16:53	0:17:01	0:16:22	0:33:16	St Albans Striders
Jonathan SCOTT	0:17:03	0:17:02	0:16:29	0:33:31	St Albans Striders
Andrew MCKILLOP	0:17:53	0:18:04	0:17:45	0:35:39	St Albans Striders
Andy JORDAN	0:18:40	0:18:27	0:18:14	0:36:41	St Albans Striders
3. North Herts Road Runners 1 02:26:40					
Tom DOBLE	0:17:42	0:19:23	0:17:23	0:35:05	North Herts Road Runners
Kris WHITMORE	0:18:06	0:18:23	0:18:20	0:36:27	North Herts Road Runners
Ian DATLEN	0:23:52	0:19:01	0:18:26	0:37:28	North Herts Road Runners
Michael OVER	0:19:04	0:19:02	0:18:35	0:37:38	North Herts Road Runners