

## 5K Championship File 2023

### Top 3

| Name          | Cat  | Club                      | R1      | R2      | R3      | Best2   |
|---------------|------|---------------------------|---------|---------|---------|---------|
| <b>Female</b> |      |                           |         |         |         |         |
| Lucy Waterlow | FV35 | St Albans Striders        | 0:19:06 | 0:18:55 | 0:18:44 | 0:37:39 |
| Lily Seach    | FS   | St Albans Striders        | 0:18:57 | 0:19:07 | 0:18:48 | 0:37:46 |
| Hannah Turner | FV45 | Dacorum Athletic Club     | 0:18:54 | 0:18:56 | 0:19:12 | 0:37:51 |
| <b>Male</b>   |      |                           |         |         |         |         |
| Jonathan Parr | MS   | Fairlands Valley Spartans | 0:16:18 | 0:16:35 | 0:16:21 | 0:32:39 |
| Aaron Graves  | MS   | Tiptree Road Runners      | 0:16:34 | 0:17:19 | 0:16:26 | 0:33:00 |
| Oliver Grady  | MS   |                           | 0:16:28 | 0:16:48 | 0:16:31 | 0:33:00 |