

Senior Club Championship 2023

Road - Winter 3k Series

Personal bests are shown in Bold/Red	Race 1	Race 2	Race 3	Race 4	Race 5	Best	#
	31-Jan	28-Feb	tbc	tbc	tbc	Time	Races
Male 17 to 34							
James Nash	14.15	14.57	-	-	-	14.15	2
Male 35 to 39							
Rob Foster	13.36	12.45	-	-	-	12.45	2
Male 50 to 54							
Kevin Ashworth	12.21	11.58	-	-	-	11.58	2
Steve Wright	14.19	-	-	-	-	14.19	1
Male 55 to 59							
Shaun Kirk	12.30	13.25	-	-	-	12.30	2
Marc Walpot	12.10	-	-	-	-	12.10	1
Male 60 to 64							
Nick Oxley	17.03	-	-	-	-	17.03	1
Male 65 to 69							
Roger Webb	17.15	17.10	-	-	-	17.10	2
Male 70 to 74							
Brian Marjoram	16.01	15.34	-	-	-	15.34	2

Female 35 to 39							
Dani Waters	13.28	-	-	-	-	13.28	1
Female 45 to 49							
Laura Ashworth	14.27	14.17	-	-	-	14.17	2

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