

### Race 3 - Liverpool, 25 November 2023

Men [ 1st :30:21, 2nd :30:35, 3rd :31:03 ]

Pos	NAME	Cat	Time (hr)	(min)	(sec)	Points
1	Darren Shackleton	M	0	37	4	82.7

Women [ 1st :22:01, 2nd :22:10, 3rd :27:09 ]

Pos	NAME	Cat	Time (hr)	(min)	(sec)	Points
1	Emma Fiedler	F50	0	35	46	66.5
2	Deborah Gowans	F55	0	36	38	64.9
3	Mel Blackhurst	F55	0	36	53	64.5
4	Bev Wright	F50	0	43	15	55.0
5	Sheila Shackleton	F65	0	51	24	46.3