

# LWAC Summer Road Race Series

## Fastest Times (as at 26 August 2009)

### 1k Race U11 Boys

|   |                  |             |            |
|---|------------------|-------------|------------|
| 1 | George Harris    | 3:41 Linc W | 24/06/2009 |
| 2 | Oliver Blanchard | 3:43 Linc W | 29/07/2009 |
| 3 | Michael Harper   | 3:55 Linc W | 27/08/2008 |

### 3k Race U13 Boys

|   |                  |              |            |
|---|------------------|--------------|------------|
| 1 | Jake Coyle       | 10:24 Linc W | 25/06/2003 |
| 2 | Jack Skeet       | 10:39 Linc W | 25/08/2004 |
| 3 | Haran Dunderdale | 10:46 Linc W | 25/07/2007 |

### 3k Race U15 Boys

|   |                 |              |            |
|---|-----------------|--------------|------------|
| 1 | Ian Maplethorpe | 9:59 Linc W  | 27/06/2007 |
| 2 | Jake Coyle      | 10:03 Linc W | 25/05/2005 |
| 3 | Jack Skeet      | 10:09 Linc W | 24/08/2005 |

### 5k Race U17 Men

|   |                 |              |            |
|---|-----------------|--------------|------------|
| 1 | Ian Maplethorpe | 16:00 Linc W | 20/05/2009 |
| 2 | Shane Robinson  | 16:22 Linc W | 23/05/2007 |
| 3 | Tom Straw       | 16:25 Linc W | 25/07/2007 |

### 5k Race U20 Men

|   |                 |              |            |
|---|-----------------|--------------|------------|
| 1 | Ian Kimpton     | 16:01 Linc W | 30/06/2004 |
| 2 | Will Strangeway | 16:04 Linc W | 26/05/2004 |
| 3 | Tom Straw       | 16:08 Linc W | 26/08/2009 |

### 5k Race Senior Men

|   |                 |              |            |
|---|-----------------|--------------|------------|
| 1 | Matt Bowser     | 14:42 Linc W | 24/06/2009 |
| 2 | Pumlani Bangani | 15:33 Salf   | 30/07/2008 |
| 3 | Aaron Scott     | 15:38 Linc W | 20/05/2009 |

### 5k Race Veteran Men

|   |               |                |            |
|---|---------------|----------------|------------|
| 1 | Steve Murdoch | 15:37 Eden     | 20/06/2001 |
| 2 | Les Ball      | 15:55 Linc W   | 29/07/2009 |
| 3 | Mark Sands    | 16:02 Sleat TR | 20/05/2009 |

### 1k Race U11 Girls

|    |                  |             |            |
|----|------------------|-------------|------------|
| 1= | Millie Buckthorp | 4:00 Linc W | 20/05/2009 |
| 1= | Alex Jackson     | 4:00 Linc W | 24/06/2009 |
| 3  | Lucy Thornton    | 4:03 u/a    | 24/06/2009 |

### 3k Race U13 Girls

|   |               |              |            |
|---|---------------|--------------|------------|
| 1 | Blue Haywood  | 10:35 Linc W | 26/05/2004 |
| 2 | Bo Haywood    | 10:51 Linc W | 29/07/2009 |
| 3 | Hester Talbot | 11:09 Linc W | 29/06/2005 |

### 3k Race U15 Girls

|   |              |              |            |
|---|--------------|--------------|------------|
| 1 | Blue Haywood | 10:32 Linc W | 25/05/2005 |
| 2 | Georgia Ball | 10:59 Linc W | 30/08/2006 |
| 3 | Laura Smith  | 11:27 Louth  | 26/05/2004 |

### 5k Race U17 Women

|   |              |              |            |
|---|--------------|--------------|------------|
| 1 | Blue Haywood | 16:54 Linc W | 23/05/2007 |
| 2 | Georgia Ball | 18:29 Linc W | 27/06/2007 |
| 3 | Lara Thomas  | 18:49 Linc W | 27/08/2008 |

### 5k Race U20 Women

|   |                 |              |            |
|---|-----------------|--------------|------------|
| 1 | Blue Haywood    | 17:13 Linc W | 29/07/2009 |
| 2 | Lucinda Pitcher | 18:52 Linc W | 21/05/2003 |
| 3 | Sarah Coates    | 18:59 Linc W | 21/05/2003 |

### 5k Race Senior Women

|   |                 |              |            |
|---|-----------------|--------------|------------|
| 1 | Jenny Blizard   | 16:47 Roth   | 27/08/2008 |
| 2 | Harriet Canter  | 18:04 Linc W | 23/05/2007 |
| 3 | Lucinda Pitcher | 18:05 Linc W | 27/08/2008 |

### 5k Race Veteran Women

|   |               |              |            |
|---|---------------|--------------|------------|
| 1 | Sharron Hatch | 17:38 Derry  | 18/07/2001 |
| 2 | Annette Bell  | 18:42 Linc W | 14/08/2002 |
| 3 | Tanya Taylor  | 18:58 Nene V | 24/05/2006 |

U11 Times are from 2008 onwards as the old 1k course was short