

LWAC 5k Series - 5k Race 3 Results 30.07.24

Position	Time	Number	Firstname	Lastname	Running Club	Gender	Age Category	Gender position	Category Position
1	15:16	1846	William	Strangeway	Lincoln Wellington Athletic Club	M	Sen	1	1
2	16:04	1820	Harry	Dadd	Wreake and Soar AC	M	U20	2	1
3	16:07	1525	Tyler	Morris	Lincoln Wellington Athletic Club	M	U17	3	1
4	16:07	1807	Jamie	Swindale	Lincoln Wellington Athletic Club	M	U20	4	2
5	16:10	1804	Ryan	Porter	Lincoln Wellington Athletic Club	M	V40	5	1
6	16:39	1819	James	Gelsthorpe	Helpston Harriers	M	Sen	6	2
7	16:48	1825	Callum	Parkin	Lincoln Wellington Athletic Club	M	Sen	7	3
8	16:49	30	Geoffrey	Gregory	Vegan Runners UK	M	V40	8	2
9	16:57	1817	Henry	Samkin	Lincoln Wellington Athletic Club	M	U20	9	3
10	17:02	1816	James	Sharples	Beyond Active Edge Run Community	M	Sen	10	4
11	17:11	1813	Matthew	Bottomore	Mansfield Harriers	M	V40	11	3
12	17:15	1803	Ellarose	Whitworth	Lincoln Wellington Athletic Club	F	U17	1	1
13	17:18	1806	Charlie	Goude	Off that couch fitness	M	U17	12	2
14	17:28	1833	Gavin	Potter	Grantham Running Club	M	Sen	13	5
15	17:29	1810	Charlie	Thornton	Lincoln Wellington Athletic Club	F	Sen	2	1
16	17:35	1853	Tom	Hansen	Lincoln & District Runners	M	Sen	14	6
17	17:37	1835	David	Greenwood	Holme Pierrepont RC	M	V40	15	4
18	17:38	1822	James	Croft	Lincoln Wellington Athletic Club	M	Sen	16	7
19	17:39	29	Daniel	Hickson	Lincoln Wellington Athletic Club	M	Sen	17	8
20	17:39	1856	Chris	Sutton	Lincoln & District Runners	M	Sen	18	9
21	17:46	1830	Scott	Martin	prep by Page	M	Sen	19	10
22	17:48	1847	Patrick	Liddell	Lincoln Wellington Athletic Club	M	V40	20	5
23	17:56	1860	Jack	Chapman	Lincoln & District Runners	M	Sen	21	11
24	17:58	1838	Eddie	Rex	City of Hull AC	M	V40	22	6
25	18:14	1805	Samuel	Spencer	Lincoln and District Runners	M	V50	23	1
26	18:20	1829	Evie	Brooks	Lincoln Wellington Athletic Club	F	U20	3	1
27	18:32	1871	Phil	Bamford-Birkitt	Gainsborough & Morton Striders	M	V40	24	7
28	18:33	1848	Lee	Smith	Lincoln Wellington Athletic Club	M	V40	25	8
29	18:46	1851	Lewis	Chapman	The Running Hub	M	Sen	26	12
30	18:48	1849	Andrew	Joyce	Lincoln Wellington Athletic Club	M	V40	27	9

31	18:54	1777	James	Durham	City of Hull AC	M	V40	28	10
32	18:56	1863	Adi	El-Jazouli	prep by Page	M	Sen	29	13
33	18:58	1815	Neil	McBride	Lincoln Wellington Athletic Club	M	V50	30	2
34	19:13	1828	Craig	Lowis	Lincoln and District Runners	M	V40	31	11
35	19:16	1840	Amy	Broughton	prep by Page	F	Sen	4	2
36	19:17	1832	Adam	Gossiel	Lincoln Wellington Athletic Club	M	U17	32	3
37	19:18	1870	Steve	Roberts	Boston Triathlon Club	M	V50	33	3
38	19:18	1855	Charlie	Fish	Lincoln Wellington Athletic Club	M	U17	34	4
39	19:39	1809	Peter	Duncan	Lincoln Wellington Athletic Club	M	V60	35	1
40	19:52	1498	Oliver	Hughes		M	V40	36	12
41	19:56	1845	Peter	Dodds	Rasen Running Club	M	Sen	37	14
42	19:59	1831	John	Anderson		M	V50	38	4
43	20:02	1814	Geoff	Bottomore	Mansfield Harriers	M	V60	39	2
44	20:03	1865	Glenn	Moore	Lincoln Wellington Athletic Club	M	V60	40	3
45	20:05	1818	Mark	Leggott	Caistor Running Club	M	V60	41	4
46	20:09	1859	Olivia	Lord	prep by Page	F	Sen	5	3
47	20:38	1864	Daniel	Pearce	Grantham Running Club	M	V40	42	13
48	20:43	1812	Mick	Ramsden	Lincoln Wellington Athletic Club	M	V60	43	5
49	20:50	1866	Peter	Wass	Lincoln Wellington Athletic Club	M	V50	44	5
50	21:11	1821	Ian	Bielby	Lincoln and District Runners	M	V60	45	6
51	21:36	1624	Martyn	Gammidge	Caistor Running Club	M	V50	46	6
52	21:52	1869	Nicola	Ruston	Grantham Running Club	F	V40	6	1
53	21:54	1861	Nathan	Bensley		M	Sen	47	15
54	21:55	33	Robert	Howbrook	Grantham Running Club	M	V60	48	7
55	22:00	1836	Helen	Pavey	Lincoln Wellington Athletic Club	F	V50	7	1
56	22:12	1824	Richard	Dobbs	Grantham Running Club	M	V40	49	14
57	22:18	1858	Holly	Coles	prep by Page	F	Sen	8	4
58	22:29	1842	Tracey	Gibson	Wolds Veteran RC	F	V60	9	1
59	22:35	1576	Jerzy	Nowosielski		M	V50	50	7
60	22:38	1635	Piotr	Pienko		M	V40	51	15
61	23:01	1827	Kimberley	Etherington-Bate	Newark Athletic Club	F	Sen	10	5
62	23:04	1862	Lisa	Hobson	Sleaford Town Runners	F	V50	11	2
63	23:11	1850	Georgia	Thomas	Lincoln Wellington Athletic Club	F	Sen	12	6

64	23:27	1800	Simon	Machin	Lincoln Wellington Athletic Club	M	V50	52	8
65	23:29	1841	Geoff	Hall		M	V60	53	8
66	23:31	1867	Francis	Ward	Lincoln Wellington Athletic Club	M	V60	54	9
67	23:32	1857	Simon	Bower		M	V60	55	10
68	23:32	1808	Kerry	Hallsworth	Caistor Running Club	F	V40	13	2
69	23:38	1826	Keith	Rossiter		M	V60	56	11
70	23:52	1872	Andrew	Barlex	Sleaford Town Runners	M	V60	57	12
71	24:02	1854	Tommy	Napier	Grantham Running Club	M	V60	58	13
72	24:09	1753	Paul	Jepson	Grantham Running Club	M	V60	59	14
73	24:35	1652	Michal	Nizler		M	V40	60	16
74	24:56	1577	David	Mann	Lonely Goat RC	M	V40	61	17
75	25:02	1844	Andrew	Tattersall		M	V50	62	9
76	25:15	1623	Sarah	Chadwick	Caistor Running Club	F	V40	14	3
77	25:23	1843	Scott	Nicholls	Lincoln Wellington Athletic Club	M	V50	63	10
78	26:04	1834	Sarah	High	Grantham Running Club	F	V60	15	2
79	26:16	1632	Elsie	Gill	Lincoln Wellington Athletic Club	F	U17	16	2
80	27:54	1823	Jim	Aram	Lincoln Wellington Athletic Club	M	V40	64	18
81	28:06	1768	Meg	Smith	Sleaford Town Runners	F	V60	17	3