

LWAC 5k Series - 5k Race 3 Results - First 3 overall and veteran categories - 30.07.24

Female Overall					
Position	Time	Number	Firstname	Lastname	Running Club
1	17:15	1803	Ellarose	Whitworth	Lincoln Wellington Athletic Club
2	17:29	1810	Charlie	Thornton	Lincoln Wellington Athletic Club
3	18:20	1829	Evie	Brooks	Lincoln Wellington Athletic Club

Female V40					
Position	Time	Number	Firstname	Lastname	Running Club
1	21:52	1869	Nicola	Ruston	Grantham Running Club
2	23:32	1808	Kerry	Hallsworth	Caistor Running Club
3	25:15	1623	Sarah	Chadwick	Caistor Running Club

Female V50					
Position	Time	Number	Firstname	Lastname	Running Club
1	22:00	1836	Helen	Pavey	Lincoln Wellington Athletic Club
2	23:04	1862	Lisa	Hobson	Sleaford Town Runners

Female V60					
Position	Time	Number	Firstname	Lastname	Running Club
1	22:29	1842	Tracey	Gibson	Wolds Veteran RC
2	26:04	1834	Sarah	High	Grantham Running Club
3	28:06	1768	Meg	Smith	Sleaford Town Runners

Male Overall					
Position	Time	Number	Firstname	Lastname	Running Club
1	15:16	1846	William	Strangeway	Lincoln Wellington Athletic Club
2	16:04	1820	Harry	Dadd	Wreake and Soar AC
3	16:07	1525	Tyler	Morris	Lincoln Wellington Athletic Club

Male V40					
Position	Time	Number	Firstname	Lastname	Running Club
1	16:10	1804	Ryan	Porter	Lincoln Wellington Athletic Club
2	16:49	30	Geoffrey	Gregory	Vegan Runners UK
3	17:11	1813	Matthew	Bottomore	Mansfield Harriers

Male V50					
Position	Time	Number	Firstname	Lastname	Running Club
1	18:14	1805	Samuel	Spencer	Lincoln and District Runners
2	18:58	1815	Neil	McBride	Lincoln Wellington Athletic Club
3	19:18	1870	Steve	Roberts	Boston Triathlon Club

Male V60					
Position	Time	Number	Firstname	Lastname	Running Club
1	19:39	1809	Peter	Duncan	Lincoln Wellington Athletic Club
2	20:02	1814	Geoff	Bottomore	Mansfield Harriers
3	20:03	1865	Glenn	Moore	Lincoln Wellington Athletic Club