

## LWAC 5k Series - 5k Race 3 Results 26.07.22

Position	Time	Number	Firstname	Lastname	Running Club	Gender	Age Catego	Gender Po	Category Position
1	15.46	482	Ryan	Page	Lincoln Wellington Athletic Club	M	Sen	1	1
2	15.54	513	Adam	Dalton	Cleethorpes Athletic Club	M	Sen	2	2
3	15.55	440	Thomas	Carpenter	Lincoln Wellington Athletic Club	M	U17	3	1
4	15.58	437	Ryan	Porter	Lincoln Wellington Athletic Club	M	V40	4	1
5	15.58	463	Shane	Robinson	Lincoln Wellington Athletic Club	M	Sen	5	3
6	16.11	465	Alan	Oliver	Sleaford Striders Athletic Club	M	Sen	6	4
7	16.27	483	Jack	Hancock	Cleethorpes Athletic Club	M	U23	7	1
8	16.29	480	William	Goodacre	Lincoln Wellington Athletic Club	M	Sen	8	5
9	16.38	456	Steven	Sims	East Cornwall Harriers	M	Sen	9	6
10	16.43	458	Jeremy	Jones	Lincoln & District Runners	M	Sen	10	7
11	17.03	489	Nathan	Addlesee	Lincoln & District Runners	M	Sen	11	8
12	17.04	460	Sean	Barkes	Lincoln Wellington Athletic Club	M	V50	12	1
13	17.07	406	Wayne	Lathwell	Lincoln Wellington Athletic Club	M	V40	13	2
14	17.19	485	Jason	Robinson	Lincoln & District Runners	M	Sen	14	9
15	17.21	515	Christopher	Taylor	Lincoln Wellington Athletic Club	M	V40	15	3
16	17.25	467	Greg	Southern	Sleaford Striders Athletic Club	M	V50	16	2
17	17.31	511	Tom	Hansen	Lincoln & District Runners	M	Sen	17	10
18	17.34	481	Lewis	Morgan	Cleethorpes Athletic Club	M	U17	18	2
19	17.36	522	Daniel	Backhouse		M	U17	19	3
20	17.41	443	David	Hunter	Lincoln & District Runners	M	V40	20	4
21	17.42	450	Charlie	Hanson	Lincoln Wellington Athletic Club	F	Sen	1	1
22	17.43	441	Paul	Freeman		M	Sen	21	11
23	17.48	488	Samuel	Spencer	Lincoln & District Runners	M	V50	22	3
24	18.00	43	Martin	Waite	Witham Runners (Lincolnshire)	M	V50	23	4
25	18.01	466	Chris	Sutton	Lincoln & District Runners	M	Sen	24	12
26	18.15	472	Raymond	Clayton	Lincoln Wellington Athletic Club	M	V40	25	5
27	18.22	520	Jack	Moore		M	U23	26	2
28	18.23	527	John	Mosley	Lincoln Wellington Athletic Club	M	V40	27	6
29	18.27	94	Brian	Hawkins	Rotherham Harriers	M	V40	28	7
30	18.28	525	John	Clifton		M	V40	29	8
31	18.32	504	Leigh	MacDonald	Lincoln Wellington Athletic Club	M	Sen	30	13
32	18.42	447	Claire	Cooney	Lincoln Wellington Athletic Club	F	V40	2	1
33	18.43	479	Adrian	Atter	Lincoln Wellington Athletic Club	M	V40	31	9
34	18.48	396	Dave	Dews	Newark Striders Running Club	M	Sen	32	14
35	18.51	454	Oliver	Hughes		M	V40	33	10
36	18.52	501	Kirk	Conroy		M	V40	34	11
37	19.01	523	Simon	Wright		M	V50	35	5
38	19.04	464	Amy	Rockall	Lincoln Wellington Athletic Club	F	V40	3	2
39	19.05	491	Aiden	Vaughan		M	Sen	36	15
40	19.09	502	Joshua	Thompson		M	Sen	37	16
41	19.17	448	Peter	Duncan	Lincoln Wellington Athletic Club	M	V60	38	1
42	19.18	503	Sam	Piggott		M	Sen	39	17
43	19.36	507	Toby	Williams	Lincoln Wellington Athletic Club	M	U20	40	1
44	19.39	494	Stefan	Latter	Grantham Running Club	M	V40	41	12
45	19.43	516	Daniel	Pearce	Grantham Running Club	M	Sen	42	18
46	19.44	477	Martyn	Gammidge		M	V50	43	6
47	19.45	451	Gareth	Ellis		M	V40	44	13
48	19.47	526	Ryan	Alexander	Lincoln Wellington Athletic Club	M	Sen	45	19
49	19.50	490	Brian	Mitchell	Lincoln Wellington Athletic Club	M	V50	46	7
50	19.52	524	Ewan	Merrell	Lincoln Wellington Athletic Club	M	U17	47	4
51	20.01	519	Marcus	Lancastle	Lincoln & District Runners	M	V50	48	8
52	20.09	442	Neil	McBride		M	V50	49	9
53	20.26	509	Angela	Thompson	Skegness & District Running Club	F	V50	4	1
54	20.43	478	Dave	Wainwright	Caistor Running Club	M	V50	50	10
55	20.50	455	Peter	Wass	Lincoln Wellington Athletic Club	M	V50	51	11
56	20.53	528	Thomas	Marshall	Lincoln Wellington Athletic Club	M	Sen	52	20
57	20.55	474	Mark	Kidd	Caistor Running Club	M	V50	53	12
58	20.58	469	Chris	Groome	Lincoln Wellington Athletic Club	M	Sen	54	21
59	20.58	512	Steve	Neill	Lincoln Wellington Athletic Club	M	V50	55	13
60	21.04	453	Ian	Bielby		M	V60	56	2
61	21.05	475	Hannah	Smith	Caistor Running Club	F	Sen	5	2
62	21.10	506	Jack	Bowles	Lincoln Wellington Athletic Club	M	U17	57	5
63	21.12	508	Simon	Machin	Lincoln Wellington Athletic Club	M	V50	58	14
64	21.24	498	Jamie	Waller	Lincoln Lakeside	M	Sen	59	22
65	21.28	518	Rebecca	Hodgson		F	Sen	6	3
66	21.48	449	Helen	Pavey	Lincoln Wellington Athletic Club	F	V50	7	2
67	21.53	461	Kevin	Dunne	Gainsborough & Morton Striders	M	V60	60	3
68	22.03	476	Andy	Jackson-Parr		M	V40	61	14
69	22.18	505	Rowena	Burgess	Louth Triathlon Club	F	Sen	8	4
70	22.22	496	Sarah	Edmond	Lincoln Wellington Athletic Club	F	V50	9	3
71	22.22	517	Cam	Donald		M	Sen	62	23
72	22.31	445	Chris	Dunn		M	V60	63	4

73	22.32	459	Ian	Kirk	Lincoln Wellington Athletic Club	M	V40	64	15
74	22.32	457	Bethany	Maplethorpe		F	Sen	10	5
75	22.38	499	Christopher	Inman	Gainsborough & Morton Striders	M	V60	65	5
76	22.56	487	Geoff	Hall		M	V60	66	6
77	23.06	415	Jerzy	Nowosielski	PBw UK	M	V50	67	15
78	23.08	530	Emily	Martinson	Barton & District Athletic Club	F	Sen	11	6
79	23.19	529	Joanne	Diffey	Lincoln Wellington Athletic Club	F	V50	12	4
80	23.43	446	Gavin	Firth		M	Sen	68	24
81	23.46	438	Kevin	Maplethorpe	Lincoln Wellington Athletic Club	M	Sen	69	25
82	23.47	510	Lydia	Patsalides	Lincoln Wellington Athletic Club	F	V40	13	3
83	23.58	47	Jeanette	Stevens	Notfast RC	F	V50	14	5
84	24.08	486	Kimberley	Etherington-Bates	Newark Athletic Club	F	Sen	15	7
85	24.10	495	Donna	Walters	Lincoln Wellington Athletic Club	F	V50	16	6
86	24.18	492	Robert	McArdle	Grantham Running Club	M	V60	70	7
87	24.19	444	Clare	Hunter	Lincoln & District Runners	F	Sen	17	8
88	24.33	473	Kristie	Holroyd		F	V40	18	4
89	24.36	468	Scott	Nicholls	Lincoln Wellington Athletic Club	M	V50	71	16
90	24.46	452	Peter	Bonner	Grantham Running Club	M	V40	72	16
91	24.54	471	Vikki	Hearn	Gainsborough & Morton Striders	F	Sen	19	9
92	24.56	470	Samantha	Ritson	Scunthorpe & District Running Club	F	V50	20	7
93	26.02	493	Sarah	High	Grantham Running Club	F	V60	21	1
94	26.19	531	Melvin	Ward	Lincoln Wellington Athletic Club	M	V60	73	8
95	26.33	514	Sarah	Rastall		F	V40	22	5
96	26.44	462	Flora	Jolly	Lincoln Wellington Athletic Club	F	U17	23	1
97	29.02	521	Julie	Cartwright		F	V40	24	6
98	30.03	500	Samantha	Woffindin	Gainsborough & Morton Striders	F	V40	25	7