

## LWAC 5k Series - 5k Race 1 Results 30.05.23

Position	Time	Number	Firstname	Lastname	Running Club	Gender	Age Category	Gender position	Category Position
1	14.58	925	Tom	Straw	Lincoln Wellington Athletic Club	M	Sen	1	1
2	15.35	946	Ryan	Page	Lincoln Wellington Athletic Club	M	Sen	2	2
3	16.20	985	Jamie	Swindale	Lincoln Wellington Athletic Club	M	U20	3	1
4	16.22	980	Jeremy	Jones	Lincoln & District Runners	M	Sen	4	3
5	16.23	905	Tyler	Morris	Lincoln Wellington Athletic Club	M	U17	5	1
6	16.25	928	Phil	Williams	Lincoln Wellington Athletic Club	M	Sen	6	4
7	16.31	953	Benjamin	Allen		M	Sen	7	5
8	16.43	892	John	Mosley	Lincoln Wellington Athletic Club	M	V40	8	1
9	17.00	937	Lewis	Morgan	Cleethorpes AC	M	U20	9	2
10	17.00	981	Luke	Stonehewer		M	U23	10	1
11	17.01	996	Adam	Searle	Beeston AC	M	Sen	11	6
12	17.02	924	Stuart	Eccles	Lincoln Wellington Athletic Club	M	Sen	12	7
13	17.03	966	Steven	John		M	V40	13	2
14	17.05	983	Jude	Hancock	Cleethorpes AC	M	U20	14	3
15	17.11	949	Danny	Hickson	Lincoln Wellington Athletic Club	M	Sen	15	8
16	17.11	944	Jason	Robinson	Lincoln & District Runners	M	Sen	16	9
17	17.12	896	Marc	Burrows		M	V40	17	3
18	17.14	999	Wayne	Lathwell	Lincoln Wellington Athletic Club	M	V40	18	4
19	17.17	960	James	Sharples		M	Sen	19	10
20	17.18	891	Paul	Freeman		M	Sen	20	11
21	17.20	897	Joaquim	Jeronimo	Grantham Running Club	M	V40	21	5
22	17.23	872	Sam	Wilkinson		M	U20	22	4
23	17.23	911	Oliver	Cooney	Lincoln Wellington Athletic Club	M	U17	23	2
24	17.23	895	India	Barwell	Lincoln Wellington Athletic Club	F	U20	1	1
25	17.24	950	Leigh	MacDonald	Lincoln Wellington Athletic Club	M	Sen	24	12
26	17.32	902	Charlie	Hanson	Lincoln Wellington Athletic Club	F	Sen	2	1
27	17.38	945	Shane	Paxman	Prep by Page	M	Sen	25	13
28	17.39	919	Lindsay	Skinner	Off That Couch Fitness	F	V40	3	1
29	17.39	997	Chris	Sutton	Lincoln & District Runners	M	Sen	26	14
30	17.42	920	Nicola	Curtis	Off That Couch Fitness	F	V40	4	2

31	17.44	1242	Jamie	Macintyre	Mansfield Harriers	M	V40	27	6
32	17.48	1241	Trish	Jackman	Lincoln & District Runners	F	Sen	5	2
33	17.49	923	Laurence	Montgomery	Lincoln Wellington Athletic Club	M	Sen	28	15
34	17.49	952	Sarah	Barrett	City Of Norwich AC	F	U17	6	1
35	17.52	926	Samuel	Spencer	Lincoln & District Runners	M	V50	29	1
36	17.54	973	Samuel	Jepson-Rivers	Grantham Running Club	M	Sen	30	16
37	17.59	974	Ross	Butcher	Lincoln Wellington Athletic Club	M	U20	31	5
38	18.00	927	Ian	Boyle		M	Sen	32	17
39	18.16	961	Sophie	George	Lincoln Wellington Athletic Club	F	Sen	7	3
40	18.17	909	Patrick	Liddell	Lincoln Wellington Athletic Club	M	V40	33	7
41	18.18	976	John	Clifton		M	V40	34	8
42	18.26	989	Thomas	Marshall	Lincoln Wellington Athletic Club	M	Sen	35	18
43	18.27	1244	Emerson	Barbosa		M	U17	36	3
44	18.29	912	Claire	Cooney	Lincoln Wellington Athletic Club	F	V40	8	3
45	18.30	933	James	Croft	Gainsborough & Morton Striders	M	Sen	37	19
46	18.36	1252	Oliver	Cridland	Lincoln Wellington Athletic Club	M	U20	38	6
47	18.45	995	Caitlin	Bradbury	Beeston AC	F	Sen	9	4
48	18.49	1240	Alfie	McGarragh		M	U17	39	4
49	18.52	1236	Tom	Hansen	Lincoln & District Runners	M	Sen	40	20
50	19.0	968	Rebecca	Cole	Lincoln Wellington Athletic Club	F	V40	10	4
51	19.02	901	Ian	Kirk	Lincoln Wellington Athletic Club	M	V40	41	9
52	19.04	1239	Dylan	Lee		M	U17	42	5
53	19.13	964	Peter	Duncan	Lincoln Wellington Athletic Club	M	V60	43	1
54	19.21	904	Neil	McBride		M	V50	44	2
55	19.25	907	Claire	Wheat	Lincoln Wellington Athletic Club	F	Sen	11	5
56	19.29	918	Oliver	Hughes		M	V40	45	10
57	19.30	856	Barry	Douce	Boston Triathlon Club	M	V40	46	11
58	19.30	1245	Marcus	Lancastle	Lincoln & District Runners	M	V50	47	3
59	19.30	1243	Ryan	Alexander		M	Sen	48	21
60	19.33	915	Tim	Savage	City of Hull AC	M	V50	49	4
61	19.37	951	Callum	Parkin		M	Sen	50	22
62	19.55	894	Chris	Limmer	Hinckley RC/Grantham RC	M	Sen	51	23
63	19.58	893	Stefan	Latter	Grantham Running Club	M	V40	52	12

64	19.59	857	Gareth	Ellis	Lincoln Wellington Athletic Club	M	V40	53	13
65	20.01	988	Stewart	Pick	Grantham Running Club	M	V50	54	5
66	20.01	1000	Daniel	Pearce	Grantham Running Club	M	V40	55	14
67	20.04	916	Brian	Mitchell	Lincoln Wellington Athletic Club	M	V50	56	6
68	20.05	913	Sylvia	Parkinson	Lincoln Wellington Athletic Club	F	V40	12	5
69	20.05	906	William	Wilkinson	Lincoln Wellington Athletic Club	M	U17	57	6
70	20.06	898	Richard	Harrison	Selby Striders	M	V50	58	7
71	20.10	977	Emer	Magee	Lincoln Wellington Athletic Club	F	Sen	13	6
72	20.17	1249	Dave	Wainwright		M	V50	59	8
73	20.19	971	Matthew	Atter	Grantham Running Club	M	V40	60	15
74	20.20	990	Ewan	Merrell	Lincoln Wellington Athletic Club	M	U20	61	7
75	20.25	890	Jack	Bowles	Lincoln Wellington Athletic Club	M	U20	62	8
76	20.27	955	David	Evison	Lincoln Wellington Athletic Club	M	V50	63	9
77	20.28	957	Craig	Chaplin	Lincoln Wellington Athletic Club	M	Sen	64	24
78	20.33	929	Ian	Bielby	RAF AA	M	V60	65	2
79	20.39	965	Chris	Groome	Lincoln Wellington Athletic Club	M	Sen	66	25
80	20.46	938	Robert	Howbrook	Grantham Running Club	M	V60	67	3
81	20.50	986	Penny	Hodges	Grantham Running Club	F	V40	14	6
82	20.51	958	Simon	Bell	RAF AA	M	V50	68	10
83	20.53	1251	Martyn	Gammidge	Caistor	M	V50	69	11
84	21.03	959	Cam	Donald		M	Sen	70	26
85	21.07	939	Fiona	Usher	Lincoln & District Runners	F	V60	15	1
86	21.16	932	Matthew	Roach	Lincoln Wellington Athletic Club	M	U17	71	7
87	21.22	917	Sean	Barkes	Lincoln Wellington Athletic Club	M	V50	72	12
88	21.23	962	Helen	Pavey	Lincoln Wellington Athletic Club	F	V50	16	1
89	21.26	992	Christopher	Inman	Gainsborough & Morton Striders	M	V60	73	4
90	21.26	899	Samantha	Warrener	Sleaford Striders AC	F	Sen	17	7
91	21.40	936	Catherine	Payne	Grantham Running Club	F	V50	18	2
92	21.48	922	Jerzy	Nowosielski		M	V50	74	13
93	22.02	991	Georgia	Thomas		F	Sen	19	8
94	22.07	987	Stuart	Baty	Grantham Running Club	M	V50	75	14
95	22.17	982	Benjamin	Blacklock		M	U20	76	9
96	22.25	941	Anna-Marie	Thompson	Sleaford Striders AC	F	V50	20	3

97	22.31	967	Geoff	Hall		M	V60	77	5
98	22.37	998	Piotr	Bienko		M	Sen	78	27
99	22.39	1247	Paul	Davis	Grantham Running Club	M	V50	79	15
100	22.41	940	Paul	Hodgin	Lincoln & District Runners	M	V40	80	16
101	22.43	994	Jonathan	Chapman	Gainsborough & Morton Striders	M	V40	81	17
102	22.57	931	Lily	Samkin	Lincoln Wellington Athletic Club	F	U17	21	2
103	23.22	948	Ruth	Peet		F	Sen	22	9
104	23.27	910	Victor	Shirley	Northern Masters AC	M	V60	82	6
105	23.34	942	Janice	Davidson	Grantham Running Club	F	V60	23	2
106	23.37	866	Robert	McArdle	Grantham Running Club	M	V60	83	7
107	24.00	914	Craig	Kyson	Lincoln Wellington Athletic Club	M	V40	84	18
108	24.05	978	Vikki	Hearn	Gainsborough & Morton Striders	F	V40	24	7
109	24.11	934	Jeanette	Stevens	Notfast RC	F	V50	25	4
110	24.21	930	Keith	Rossiter		M	V60	85	8
111	24.39	900	John	Warrener	Sleaford Striders AC	M	V40	86	19
112	24.45	1238	Melvin	Ward	Lincoln Wellington Athletic Club	M	V60	87	9
113	24.50	1246	Caroline	Davis	Grantham Running Club	F	V50	26	5
114	25.16	1248	Sarah	High	Grantham Running Club	F	V60	27	3
115	25.23	921	Scott	Nicholls	Lincoln Wellington Athletic Club	M	V50	88	16
116	25.26	1250	Sarah	Chadwick		F	V40	28	8
117	25.28	972	Marjorie	Spendlow	Grantham Running Club	F	V50	29	6
118	25.40	954	Dave	Manning		M	V60	89	10
119	25.53	969	Laura	Pigott	Grantham Running Club	F	Sen	30	10
120	25.59	975	Flora	Jolly	Lincoln Wellington Athletic Club	F	U17	31	3
121	26.17	993	Daniel	Gleave	Gainsborough & Morton Striders	M	V50	90	17
122	26.24	908	Poppy	Liddell	Lincoln Wellington Athletic Club	F	U17	32	4
123	26.32	943	Samantha	Ritson	Scunthorpe & District Running Cl	F	V50	33	7
124	26.37	979	Hasim	Dogan		M	U20	91	10
125	26.51	935	Helen	Dunning		F	V50	34	8
126	27.02	947	Jim	Aram	Lincoln Wellington Athletic Club	M	V40	92	20
127	28.33	963	Clifford	Middleton		M	V60	93	11
128	30.03	970	Carole	Pigott	Grantham Running Club	F	V50	35	9
129	30.39	984	Nan	Wood	Lincoln Tri	F	V40	36	9