

LWAC 5k Series - 5k Race 4 Results 22.08.23

Position	Time	Number	Firstname	Lastname	Running Club	Gender	Age Category	Gender position	Category Position
1	14.4	1266	Joe	Wilkinson	Bingley Harriers	M	Sen	1	1
2	15.3	1249	Thomas	Carpenter	Lincoln Wellington Athletic Club	M	U20	2	1
3	15.3	1265	Ronny	Wilson	Lincoln Wellington Athletic Club	M	Sen	3	2
4	16.1	1283	Abbie	Donnelly	Lincoln Wellington Athletic Club	F	Sen	1	1
5	16.09	1308	Alan	Oliver	Sleaford Striders AC	M	Sen	4	3
6	16.14	1274	Jamie	Swindale	Lincoln Wellington Athletic Club	M	U20	5	2
7	16.28	1268	Brad	Caress	Mansfield Harriers	M	Sen	6	4
8	16.30	1247	Ryan	Porter	Lincoln Wellington Athletic Club	M	V40	7	1
9	17.01	1339	Adrian	Dixon	Clapham Chasers	M	Sen	8	5
10	17.08	1263	Henry	Samkin	Lincoln Wellington Athletic Club	M	U20	9	3
11	17.11	1307	Lewis	Morgan	Cleethorpes AC	M	U20	10	4
12	17.13	1300	Jude	Hancock	Cleethorpes AC	M	U20	11	5
13	17.15	1269	India	Barwell	Lincoln Wellington Athletic Club	F	U20	2	1
14	17.17	1291	Joaquim	Jeronimo	Grantham Running Club	M	V40	12	2
15	17.21	1333	Tom	Hansen	Lincoln & District Runners	M	Sen	13	6
16	17.30	1347	Daniel	Backhouse	Lincoln Wellington Athletic Club	M	U17	14	1
17	17.31	1304	James	Sharples		M	Sen	15	7
18	17.33	1321	Wayne	Lathwell	Lincoln Wellington Athletic Club	M	V40	16	3
19	17.33	1270	Nicola	Curtis	Off that couch fitness	F	V40	3	1
20	17.43	872	Sam	Wilkinson		M	U20	17	6
21	17.55	1331	Edward	Evison	Lincoln Wellington Athletic Club	M	U17	18	2
22	17.59	1328	Chris	Sutton	Lincoln & District Runners	M	Sen	19	8
23	18.09	1281	Callum	Devaney	PrepByPage	M	Sen	20	9
24	18.11	1254	Patrick	Liddell	Lincoln Wellington Athletic Club	M	V40	21	4
25	18.12	1288	Craig	Lowis	Lincoln & District Runners	M	V40	22	5
26	18.13	1289	John	Clifton		M	V40	23	6
27	18.15	1272	Ray	Clayton	Lincoln Wellington Athletic Club	M	V40	24	7
28	18.33	1261	Danny	Hickson	Lincoln Wellington Athletic Club	M	Sen	25	10
29	18.34	1258	Gareth	Ellis	Lincoln Wellington Athletic Club	M	V40	26	8
30	18.40	1298	Daniel	Herd	Lincoln Wellington Athletic Club	M	U17	27	3

31	18.43	1302	Craig	Lynam		M	V50	28	1
32	18.50	1271	Justin	Revill		M	V40	29	9
33	18.50	915	Tim	Savage	City of Hull AC	M	V50	30	2
34	18.58	1327	Thomas	Marshall	Lincoln Wellington Athletic Club	M	Sen	31	11
35	18.59	1329	Lukas	Kuranda	Lincoln & District Runners	M	Sen	32	12
36	19.02	1350	Charlie	Fish	Lincoln Wellington Athletic Club	M	U17	33	4
37	19.07	1245	Adrian	Land	Grantham Running Club	M	V50	34	3
38	19.07	1260	Andrew	Joyce	Lincoln Wellington Athletic Club	M	V40	35	10
39	19.08	918	Oliver	Hughes		M	V40	36	11
40	19.09	1317	Sean	Willis	Scunthorpe & District Running Cl	M	Sen	37	13
41	19.09	1314	Olivia	Burton	Scunthorpe & District Running Cl	F	Sen	4	2
42	19.10	1257	Neil	McBride		M	V50	38	4
43	19.10	1164	James	Durham	City of Hull AC	M	V40	39	12
44	19.17	1325	Lee	Spink	Doncaster Athletic Club	M	V50	40	5
45	19.17	971	Matthew	Atter	Grantham Running Club	M	V40	41	13
46	19.30	1340	Steven	Roberts	Boston Community Runners	M	V50	42	6
47	19.50	898	Richard	Harrison	Selby Striders	M	V50	43	7
48	19.58	1349	Alfie	McGarragh		M	U17	44	5
49	20.03	1332	Martyn	Gammidge	Caistor Running Club	M	V50	45	8
50	20.1	1251	Peter	Duncan	Lincoln Wellington Athletic Club	M	V60	46	1
51	20.07	1337	Adam	Bevan	Boston Community Runners	M	Sen	47	14
52	20.09	1299	Chris	Groome	Lincoln Wellington Athletic Club	M	Sen	48	15
53	20.10	1280	Olivia	Lord	PrepByPage	F	Sen	5	3
54	20.14	1296	Sylvia	Parkinson	Lincoln Wellington Athletic Club	F	V40	6	2
55	20.15	1348	Ryan	Alexander		M	Sen	49	16
56	20.16	1287	Liam	Whittaker	Grantham Athletic Club	M	U17	50	6
57	20.20	1275	Brian	Mitchell	Lincoln Wellington Athletic Club	M	V50	51	9
58	20.21	774	Neil	Coney	Lincoln Wellington Athletic Club	M	V50	52	10
59	20.26	1315	Holly	Haywood	Lincoln Wellington Athletic Club	F	Sen	7	4
60	20.35	1244	Stefan	Latter	Grantham Running Club	M	V40	53	14
61	20.49	782	Ian	Bielby	RAF AA	M	V60	54	2
62	21.00	1353	Marcus	Lancastle	Lincoln & District Runners	M	V50	55	11
63	21.01	1311	Nicola	Ruston-Litchfield	Grantham Running Club	F	V40	8	3

64	21.02	1294	Chris	Buck		M	V40	56	15
65	21.11	1267	Hannah	Jones	Mansfield Harriers	F	Sen	9	5
66	21.12	780	Peter	Bonner	Grantham Running Club	M	V40	57	16
67	21.13	1316	Jon	Hobbs	Lincoln & District Runners	M	V50	58	12
68	21.16	1256	Holly	Durham	Grantham Running Club	F	V40	10	4
69	21.17	1322	Craig	Chaplin	Lincoln Wellington Athletic Club	M	Sen	59	17
70	21.26	1336	David	Evison	Lincoln Wellington Athletic Club	M	V50	60	13
71	21.29	1286	Helen	Pavey	Lincoln Wellington Athletic Club	F	V50	11	1
72	21.34	1330	William	Wilkinson	Lincoln Wellington Athletic Club	M	U17	61	7
73	21.36	1305	John	Burton	Boston Community Runners	M	V50	62	14
74	21.44	1262	Mick	Casey	Wolds Veteran RC	M	V60	63	3
75	21.54	1309	Christopher	Inman	Gainsborough & Morton Striders	M	V60	64	4
76	22.02	1352	Catherine	Payne	Grantham Running Club	F	V50	12	2
77	22.03	1277	Matthew	Roach	Lincoln Wellington Athletic Club	M	U17	65	8
78	22.04	922	Jerzy	Nowosielski		M	V50	66	15
79	22.07	998	Piotr	Bienko		M	Sen	67	18
80	22.08	1252	Samantha	Warrener	Sleaford Striders AC	F	Sen	13	6
81	22.11	1290	Georgia	Thomas	Lincoln Wellington Athletic Club	F	Sen	14	7
82	22.13	1310	Geoff	Hall		M	V60	68	5
83	22.43	1279	Gordon	Palmer	Off that couch fitness	M	V60	69	6
84	22.48	1334	Amy	Taylor	Notfast RC	F	Sen	15	8
85	22.54	1345	Jo	Diffey	Lincoln Wellington Athletic Club	F	V50	16	3
86	22.58	1276	Lily	Samkin	Lincoln Wellington Athletic Club	F	U17	17	1
87	23.04	840	Martin	Dennis		M	Sen	70	19
88	23.05	1351	Robert	McArdle	Grantham Running Club	M	V60	71	7
89	23.22	1342	Paul	Davis	Grantham Running Club	M	V50	72	16
90	23.25	1338	Simon	Machin	Lincoln Wellington Athletic Club	M	V50	73	17
91	23.28	1273	Danielle	Sinclair	Lincoln Wellington Athletic Club	F	Sen	18	9
92	23.41	1259	Keith	Rossiter		M	V60	74	8
93	23.44	1248	Kerry	Hallsworth	Caistor Running Club	F	V40	19	5
94	23.48	1319	Rachel	Barrett		F	V50	20	4
95	23.49	1255	Janice	Davidson	Grantham Athletic Club	F	V60	21	1
96	23.57	1285	Jill	Coleman	Boston Community Runners	F	V50	22	5

97	24.02	1301	Sarah	Jowett	Lincoln Wellington Athletic Club	F	V40	23	6
98	24.07	1278	Scott	Nicholls	Lincoln Wellington Athletic Club	M	V50	75	18
99	24.10	1306	Melvin	Ward	Lincoln Wellington Athletic Club	M	V60	76	9
100	24.13	1292	Paul	Jepson	Grantham Running Club	M	V60	77	10
101	25.01	1343	Caroline	Davis	Grantham Running Club	F	V50	24	6
102	25.07	1293	Marjorie	Spendlow	Grantham Running Club	F	V50	25	7
103	25.21	1346	Roberta	McInnes		F	Sen	26	10
104	25.25	1341	Sarah	High	Grantham Running Club	F	V60	27	2
105	25.30	1295	Laura	Piggott	Grantham Running Club	F	Sen	28	11
106	25.33	894	Chris	Limmer	Hinckley RC/Grantham RC	M	Sen	78	20
107	25.47	1335	Clare	Ward	Gainsborough & Morton Striders	F	Sen	29	12
108	26.25	1253	Poppy	Liddell	Lincoln Wellington Athletic Club	F	U17	30	2
109	26.34	1324	Sarah	Chadwick		F	V40	31	7
110	27.14	1297	Jim	Aram	Lincoln Wellington Athletic Club	M	V40	79	17
111	28.10	1323	Clifford	Middleton		M	V60	80	11
112	30.54	1303	Flora	Jolly	Lincoln Wellington Athletic Club	F	U17	32	3
113	30.57	1264	James	Clayton		M	V40	81	18
114	32.03	1344	Dee	McInnes		F	V50	33	8