

LWAC 5k Series - 5k Race 4 Results - First 3 overall and veteran categories - 22.08.23

Female Overall

Position	Time	Number	Firstname	Lastname	Running Club
1	16.05	1283	Abbie	Donnelly	Lincoln Wellington Athletic Club
2	17.15	1269	India	Barwell	Lincoln Wellington Athletic Club
3	17.33	1270	Nicola	Curtis	Off that couch fitness

Female V40

Position	Time	Number	Firstname	Lastname	Running Club
1	17.33	1270	Nicola	Curtis	Off that couch fitness
2	20.14	1296	Sylvia	Parkinson	Lincoln Wellington Athletic Club
3	21.01	1311	Nicola	Ruston-Litchfield	Grantham Running Club

Female V50

Position	Time	Number	Firstname	Lastname	Running Club
1	21.29	1286	Helen	Pavey	Lincoln Wellington Athletic Club
2	22.02	1352	Catherine	Payne	Grantham Running Club
3	22.54	1345	Jo	Diffey	Lincoln Wellington Athletic Club

Female V60

Position	Time	Number	Firstname	Lastname	Running Club
1	23.49	1255	Janice	Davidson	Grantham Athletic Club
2	25.25	1341	Sarah	High	Grantham Running Club

Male Overall

Position	Time	Number	Firstname	Lastname	Running Club
1	14.41	1266	Joe	Wilkinson	Bingley Harriers
2	15.31	1249	Thomas	Carpenter	Lincoln Wellington Athletic Club
3	15.34	1265	Ronny	Wilson	Lincoln Wellington Athletic Club

Male V40

Position	Time	Number	Firstname	Lastname	Running Club
1	16.30	1247	Ryan	Porter	Lincoln Wellington Athletic Club
2	17.17	1291	Joaquim	Jeronimo	Grantham Running Club
3	17.33	1321	Wayne	Lathwell	Lincoln Wellington Athletic Club

Male V50

Position	Time	Number	Firstname	Lastname	Running Club
1	18.43	1302	Craig	Lynam	
2	18.50	915	Tim	Savage	City of Hull AC
3	19.07	1245	Adrian	Land	Grantham Running Club

Male V60

Position	Time	Number	Firstname	Lastname	Running Club
1	20.05	1251	Peter	Duncan	Lincoln Wellington Athletic Club
2	20.49	782	Ian	Bielby	RAF AA
3	21.44	1262	Mick	Casey	Wolds Veteran RC