

LWAC 5k Series - 5k Race 3 Results 29.07.25

Position	Time	Number	Firstname	Lastname	Running Club	Gender	Age Category	Gender position	Category Position
1	00:14:52	1188	Strangeway	William	Lincoln Wellington Athletic Club	M	Sen	1	1
2	00:15:12	1176	Weston	Ryan	Blackheath & Bromley Harriers AC	M	Sen	2	2
3	00:15:41	1196	Morris	Tyler	Lincoln Wellington Athletic Club	M	U20	3	1
4	00:15:42	1138	Richardson	Jake	Grantham Running Club	M	Sen	4	3
5	00:15:44	1150	Page	Ryan	Prep by page	M	Sen	5	4
6	00:15:58	1125	Porter	Ryan	Lincoln Wellington Athletic Club	M	V40	6	1
7	00:16:04	1144	Swindale	Jamie	Lincoln Wellington Athletic Club	M	U23	7	1
8	00:16:18	1212	Cook	Paul	Beyond Active Edge	M	Sen	8	5
9	00:16:22	1198	Shuttleworth	Sam	Notts Athletic Club	M	Sen	9	6
10	00:16:22	1156	Troop	Martin	Lincoln Wellington Athletic Club	M	Sen	10	7
11	00:16:24	1160	Hickson	Danny	Lincoln Wellington Athletic Club	M	Sen	11	8
12	00:16:24	1197	Barbosa	Emmo	Lincoln Wellington Athletic Club	M	U20	12	2
13	00:16:25	1162	Hansen	Tom	Lincoln & District Runners	M	V40	13	2
14	00:16:32	1179	Drayton	Eddie	Winterton Running Club	M	Sen	14	9
15	00:16:34	1164	Weaver	Andrew	Off that couch fitness	M	V40	15	3
16	00:16:37	1122	Grierson	Alasdair	Retford Athletic Club	M	U20	16	3
17	00:16:37	1149	Emson	Nathan	Prep by page	M	Sen	17	10
18	00:16:38	1166	Sharples	James		M	V40	18	4
19	00:16:41	1151	Croft	James	Lincoln Wellington Athletic Club	M	Sen	19	11
20	00:16:45	1132	Henry	Daniel	Lincoln Wellington Athletic Club	M	U17	20	1
21	00:16:48	1178	Bruce	Jack	Winterton Running Club	M	Sen	21	12
22	00:17:04	1146	Wheatcroft	Michael	Derby Athletic Club	M	Sen	22	13
23	00:17:06	1218	Robinson	Zak		M	U17	23	2
24	00:17:06	1163	Bratley	Michael		M	Sen	24	14
25	00:17:08	1127	Thornton	Charlie	Lincoln Wellington Athletic Club	F	Sen	1	1
26	00:17:10	1157	Lathwell	Wayne	Lincoln Wellington Athletic Club	M	V40	25	5
27	00:17:11	1135	Smith	Sam		M	Sen	26	15
28	00:17:12	1191	Whittaker	Russel	Grantham Running Club	M	V40	27	6
29	00:17:12	1158	Curtis	Nicola	Off that couch fitness	F	V40	2	1
30	00:17:16	1177	Southern	Greg	Sleaford Striders AC	M	V50	28	1
31	00:17:20	1172	Foot	Jack	Lincoln Wellington Athletic Club	M	U23	29	2
32	00:17:21	1147	Rawdon	Robert		M	Sen	30	16
33	00:17:22	1182	Hopkinson	Lewis	Lonely Goat RC	M	V50	31	2
34	00:17:23	1195	Najeeb	Qasim	Lincoln Wellington Athletic Club	M	Sen	32	17
35	00:17:29	1183	Bamford-Birkitt	Philip	Fordy Runs Running Club	M	V40	33	7
36	00:17:31	1204	Clarke	Joe	Grantham Running Club	M	Sen	34	18
37	00:17:40	1136	Spencer	Samuel	Lincoln & District Runners	M	V50	35	3
38	00:17:40	1209	McGarragh	Alfie	Lincoln Wellington Athletic Club	M	U17	36	3
39	00:17:44	701	Samuel	Jepson	Grantham Running Club	M	Sen	37	19
40	00:17:46	720	Edmond	Finlay	Lincoln Wellington Athletic Club	M	U20	38	4
41	00:17:51	1124	Devaney	Callum	Royal Navy Triathlon	M	Sen	39	20
42	00:17:52	1200	Marshall	Thomas	Lincoln Wellington Athletic Club	M	Sen	40	21
43	00:18:06	1219	Sutton	Chris	Lincoln & District Runners	M	V40	41	8
44	00:18:09	1161	Revill	Justin	Beyond Active Edge	M	V40	42	9
45	00:18:15	1208	Thomas	Oliver		M	Sen	43	22
46	00:18:16	1170	Stonehewer	Nick	Scunthorpe & District Running Club	M	V50	44	4
47	00:18:18	1216	George	Sophie	Lincoln Wellington Athletic Club	F	Sen	3	2
48	00:18:35	1173	Bright	Darrell	Scunthorpe & District Running Club	M	Sen	45	23
49	00:18:35	1137	McBride	Neil	Lincoln Wellington Athletic Club	M	V50	46	5
50	00:18:45	1206	Lord	Olivia	Prep by page	F	Sen	4	3
51	00:18:45	1185	Robinson	Rich	Scunthorpe & District Running Club	M	V50	47	6
52	00:19:01	1220	Machado	Riassa	Lincoln Wellington Athletic Club	F	Sen	5	4
53	00:19:14	1133	Wintrip	Clive	Lincoln Wellington Athletic Club	M	V60	48	1
54	00:19:14	1148	Adlington	Matthew	Scunthorpe & District Running Club	M	V40	49	10
55	00:19:17	1229	Roberts	Steven	Boston Triathlon Club	M	V60	50	2
56	00:19:19	1202	Taylor	Ashley	Off that couch fitness	M	Sen	51	24
57	00:19:29	1130	Johnson	Harriet	Lincoln Wellington Athletic Club	F	V40	6	2
58	00:19:30	1134	Liddell	Patrick	Lincoln Wellington Athletic Club	M	V40	52	11
59	00:19:33	595	Hughes	Oliver		M	V40	53	12
60	00:19:34	1227	Dodds	Peter	Rasen Running Club	M	Sen	54	25
61	00:19:35	1222	Wilkinson	William	Lincoln Wellington Athletic Club	M	U17	55	4
62	00:19:39	1159	Kirk	Ian	Lincoln & District Runners	M	V50	56	7
63	00:19:39	1123	Duncan	Peter	Lincoln Wellington Athletic Club	M	V60	57	3

64	00:19:41	1165	Atter	Adrian	Lincoln Wellington Athletic Club	M	V50	58	8
65	00:19:43	1169	Chowdhury	Wajeed	Scunthorpe & District Running Club	M	Sen	59	26
66	00:19:48	1192	Wheat	Claire	Lincoln Wellington Athletic Club	F	Sen	7	5
67	00:19:52	1171	Martin	Claire	Telford Athletic Club	F	V50	8	1
68	00:19:53	1223	Gerundini	Anthony	Wolds Veteran RC	M	V50	60	9
69	00:19:55	1180	Clayton	Fushia		F	Sen	9	6
70	00:20:00	693	Wass	Peter	Lincoln Wellington Athletic Club	M	V50	61	10
71	00:20:03	592	James	Durham	City of Hull AC	M	V40	62	13
72	00:20:05	1175	Holliday	Rachel	Scunthorpe & District Running Club	F	Sen	10	7
73	00:20:14	1126	Broadbent	Jude	Lincoln Wellington Athletic Club	F	V40	11	3
74	00:20:18	1167	Collis	Olly		M	Sen	63	27
75	00:20:22	1228	Chapman	Ryan		M	U23	64	3
76	00:20:25	1140	Lovett	Adam		M	V40	65	14
77	00:20:28	1210	Tennyson	Peter	Scunthorpe & District Running Club	M	V50	66	11
78	00:20:30	1187	Ramsden	Michael	Lincoln Wellington Athletic Club	M	V60	67	4
79	00:20:32	1141	Croft	Jack	Prep by page	M	Sen	68	28
80	00:20:34	1199	Hamilton	Rachel	Grantham Running Club	F	Sen	12	8
81	00:20:35	1193	Potter	Gavin	Grantham Running Club	M	Sen	69	29
82	00:20:39	649	Stevens	Andrew	Sleaford Striders AC	M	V40	70	15
83	00:20:52	1174	Mitchell	Brian	Lincoln Wellington Athletic Club	M	V50	71	12
84	00:21:00	1181	Denton	Joe		M	Sen	72	30
85	00:21:08	759	Asher	Vickie		F	Sen	13	9
86	00:21:15	1129	Hurst	Chris	Skegness and District Athletic Club	M	V40	73	16
87	00:21:22	1128	Thornton	Chris		M	Sen	74	31
88	00:21:23	1153	Myers	Rob		M	V40	75	17
89	00:21:26	1155	Anderson	David		M	V40	76	18
90	00:21:48	1203	Thomas	Georgia	Lincoln Wellington Athletic Club	F	Sen	14	10
91	00:21:58	1139	Ireland	Graham	Prep by page	M	V40	77	19
92	00:21:59	1215	Diffey	Jo	Lincoln Wellington Athletic Club	F	V50	15	2
93	00:22:10	1143	Buckland	Frere		F	Sen	16	11
94	00:22:11	1131	Warrener	Sam	Sleaford Striders AC	F	Sen	17	12
95	00:22:15	1221	Mason	Ben	Grantham Running Club	M	V40	78	20
96	00:22:18	1190	Davy	Garry		M	V50	79	13
97	00:22:31	766	Neil	Coney	Lincoln Wellington Athletic Club	M	V50	80	14
98	00:22:38	996	Edmond	Sarah	Lincoln Wellington Athletic Club	F	V50	18	3
99	00:22:40	1211	Darling	Garrie	Sleaford Town Runners	M	V50	81	15
100	00:22:54	633	Nowosiezski	Jerzy		M	V40	82	21
101	00:22:58	1217	Machin	Simon	Lincoln Wellington Athletic Club	M	V50	83	16
102	00:23:08	1207	Byrne	Wayne	Nettleham Trotters Running Group	M	V40	84	22
103	00:23:14	1142	Scharpenberg	Dorothee		F	Sen	19	13
104	00:23:17	1152	Robinson	Hayley	Scunthorpe & District Running Club	F	V40	20	4
105	00:23:18	1213	Slcombe	Benn	Scunthorpe & District Running Club	M	V40	85	23
106	00:23:21	1205	Thomas	Charlie		M	Sen	86	32
107	00:23:35	735	Parkinson	Holly		F	Sen	21	14
108	00:23:37	1189	Inman	Christopher		M	V60	87	5
109	00:24:09	1154	Stott-Allworthy	Laura	Lincoln Wellington Athletic Club	F	V40	22	5
110	00:24:15	677	Barlex	Andrew	Sleaford Town Runners	M	V60	88	6
111	00:24:27	638	Spendlow	Marjorie	Grantham Running Club	F	V50	23	4
112	00:24:42	1224	Ward-Pawson	Kimberley		F	Sen	24	15
113	00:24:44	1184	Nicholls	Scott	Lincoln Wellington Athletic Club	M	V60	89	7
114	00:24:51	631	Bienko	Piotyr		M	V40	90	24
115	00:24:53	1214	Ward	Melvin	Lincoln Wellington Athletic Club	M	V70	91	1
116	00:25:01	1168	Bird	Joanna		F	V40	25	6
117	00:25:04	1145	Sweet	Michael		M	Sen	92	33
118	00:25:07	1225	Rowles	Selcan	Lincoln Wellington Athletic Club	F	V40	26	7
119	00:25:45	1186	Sinclair	Elle	Lincoln Wellington Athletic Club	F	Sen	27	16
120	00:25:47	1201	Tattersall	Andrew		M	V50	93	17
121	00:26:12	1226	Hyslop	Olivia		F	U23	28	1
122	00:26:24	760	Coyne	Paul	Sleaford Town Runners	M	V70	94	2
123	00:26:36	1194	Whittaker	Nicci	Grantham Running Club	F	V40	29	8