

## LWAC 5k Series - 5k Race 4 Results 26.08.25

Position	Time	Number	Firstname	Lastname	Running Club	Gender	Age Category	Gender position	Category Position
1	15:33	1348	Callum	Parkin	Lincoln Wellington Athletic Club	M	Sen	1	1
2	15:46	1340	Jake	Richardson	Grantham Running Club	M	Sen	2	2
3	15:48	1369	Henry	Samkin	Lincoln Wellington Athletic Club	M	U20	3	1
4	15:55	1400	Tyler	Morris	Lincoln Wellington Athletic Club	M	U20	4	2
5	16:01	1417	Ryan	Page	Lincoln Wellington Athletic Club	M	Sen	5	3
6	16:31	1366	Andrew	Weaver	Off that couch fitness	M	V40	6	1
7	16:38	1419	Sam	Shuttleworth	Notts Athletic Club	M	Sen	7	4
8	16:39	1372	Tom	Hansen	Lincoln & District Runners	M	V40	8	2
9	16:43	1364	Nathan	Addlesee	Lincoln & District Runners	M	Sen	9	5
10	16:51	1389	Steven	Sheppard	Lincoln Wellington Athletic Club	M	Sen	10	6
11	16:53	1373	Giuseppe	Bruni	Lincoln Wellington Athletic Club	M	Sen	11	7
12	16:55	1349	James	Croft	Lincoln Wellington Athletic Club	M	Sen	12	8
13	17:01	1359	Michael	Bratley		M	Sen	13	9
14	17:08	1430	Paul	Cook	Beyond Active Edge	M	Sen	14	10
15	17:16	1360	David	Robinson	Winterton Running Club	M	V40	15	3
16	17:18	1391	Alfie	McGarragh	Lincoln Wellington Athletic Club	M	U17	16	1
17	17:19	1352	Wayne	Lathwell	Lincoln Wellington Athletic Club	M	V40	17	4
18	17:21	1383	Lewis	Hopkinson	Lonely Goat RC	M	V50	18	1
19	17:21	1397	Gavin	Potter	Grantham Running Club	M	Sen	19	11
20	17:22	1362	Philip	Bamford-Birkitt	Fordy Runs Running Club	M	V40	20	5
21	17:23	1328	Charlie	Thornton	Lincoln Wellington Athletic Club	F	Sen	1	1
22	17:25	1358	Ben	Brown		M	Sen	21	12
23	17:28	1350	Matthew	Kingston-Lee	Grantham Running Club	M	V40	22	6
24	17:31	1375	Russel	Whittaker	Grantham Running Club	M	V40	23	7
25	17:36	1377	Jason	Robinson	Lincoln & District Runners	M	V40	24	8
26	17:46	1403	Samuel	Jepson	Grantham Running Club	M	Sen	25	13
27	17:49	1351	Jake	Massey		M	Sen	26	14
28	17:50	1310	Thomas	Marshall	Lincoln Wellington Athletic Club	M	Sen	27	15
29	17:50	1378	Kieran	Hotchkin	Lincoln Wellington Athletic Club	M	Sen	28	16
30	17:56	1342	Harry	Edwards		M	Sen	29	17
31	18:06	1396	Leigh	Macdonald	Lincoln Wellington Athletic Club	M	Sen	30	18
32	18:16	1429	Tiago	Mendes	Off that couch fitness	M	Sen	31	19
33	18:18	1431	Chris	Sutton	Lincoln & District Runners	M	V40	32	9
34	18:23	1432	Sophie	George	Lincoln Wellington Athletic Club	F	Sen	2	2
35	18:26	1363	Keri	Pearson	City of Hull AC	F	V40	3	1
36	18:27	720	Finlay	Edmond	Lincoln Wellington Athletic Club	M	U20	33	3
37	18:33	1399	Raissa	Machado	Lincoln Wellington Athletic Club	F	Sen	4	3
38	18:33	1392	Lewis	Chapman	The Running Hub	M	Sen	34	20
39	18:33	1332	Patrick	Liddell	Lincoln Wellington Athletic Club	M	V40	35	10
40	18:35	1330	Liam	Levick	Lincoln Wellington Athletic Club	M	U17	36	2
41	18:39	1388	Nick	Stonehewer	Scunthorpe & District Running Club	M	V50	37	2
42	18:44	1325	Adam	Gossiel	Lincoln Wellington Athletic Club	M	U20	38	4
43	18:47	1367	Ross	Butcher	Lincoln Wellington Athletic Club	M	U23	39	1
44	19:06	1415	Olivia	Lord	Prep by page	F	Sen	5	4
45	19:11	1401	Hugh	Gordon		M	U17	40	3
46	19:11	1306	James	Sharples		M	V40	41	11
47	19:16	1356	Jack	Taylor	Horncastle Running Club	M	Sen	42	21
48	19:25	595	Oliver	Hughes		M	V40	43	12
49	19:31	1354	Ollie	Collis	Collingwood Athletic Club	M	Sen	44	22
50	19:32	1408	Benn	Slocombe	Scunthorpe & District Running Club	M	V40	45	13
51	19:33	1394	Claire	Wheat	Lincoln Wellington Athletic Club	F	Sen	6	5
52	19:34	1339	Jim	Smith		M	V50	46	3
53	19:36	1333	Peter	Duncan	Lincoln Wellington Athletic Club	M	V60	47	1
54	19:38	1327	Harriet	Johnson	Lincoln Wellington Athletic Club	F	V40	7	2
55	19:39	1410	Darrell	Bright	Scunthorpe & District Running Club	M	Sen	48	23
56	19:41	1406	Aiden	Boucher	Scunthorpe & District Running Club	M	Sen	49	24
57	19:44	1386	Holly	Haywood	Lincoln Wellington Athletic Club	F	Sen	8	6
58	19:44	1344	Neil	McBride	Lincoln Wellington Athletic Club	M	V50	50	4
59	19:48	1414	Marcus	Lancastle		M	V50	51	5
60	19:53	1365	Adrian	Atter		M	V50	52	6
61	19:56	1437	Anthony	Gerundini	Wolds Veteran RC	M	V50	53	7
62	20:00	1404	Peter	Dodds	Rasen Running Club	M	Sen	54	25
63	20:02	1433	Steven	Roberts	Boston Triathlon Club	M	V60	55	2
64	20:05	1347	Karl	Baillie		M	Sen	56	26
65	20:07	693	Peter	Wass	Lincoln Wellington Athletic Club	M	V50	57	8
66	20:12	1390	James	McMullen	Grantham Running Club	M	V40	58	14
67	20:16	649	Andrew	Stevens	Sleaford Striders AC	M	V40	59	15
68	20:20	1379	Scott	Jones	Grantham Running Club	M	V50	60	9

69	20:21	1380	Joaquim	Jeronimo	Grantham Running Club	M	V40	61	16
70	20:32	1345	Isabella	Vinter	Lincoln Wellington Athletic Club	F	U23	9	2
71	20:37	1395	Chris	Groome	Lincoln Wellington Athletic Club	M	Sen	62	27
72	20:45	1422	Richard	Litchfield	Grantham Running Club	M	V40	63	17
73	20:48	1382	Michael	Ramsden	Lincoln Wellington Athletic Club	M	V60	64	3
74	20:55	1336	Rob	Myers		M	V40	65	18
75	20:58	1353	Simon	Bell	Royal Air Force	M	V50	66	10
76	21:00	1420	Abbie	Radcliffe	Lincoln Wellington Athletic Club	F	U20	10	1
77	21:02	1407	Rachel	Holliday	Scunthorpe & District Running Club	F	Sen	11	7
78	21:06	1346	Catherine	Payne	Grantham Running Club	F	V50	12	1
79	21:08	1428	Emma	Mendes	Scunthorpe & District Running Club	F	Sen	13	8
80	21:11	1337	Ian	Bielby	Lincoln & District Runners	M	V60	67	4
81	21:12	1421	Nicola	Ruston-Litchfield	Grantham Running Club	F	V40	14	3
82	21:15	1355	Rebecca	Hodgson	Cleethorpes AC	F	V40	15	4
83	21:24	1343	Paul	Pattinson	Sleaford Town Runners	M	V50	68	11
84	21:35	1411	Holly	Durham	Grantham Running Club	F	V40	16	5
85	21:42	1361	Kevin	Wallace	Grantham Running Club	M	V50	69	12
86	21:57	1418	Ben	Mason	Grantham Running Club	M	V40	70	19
87	21:59	1376	Kerry	Riddell		F	V40	17	6
88	22:11	1409	Georgia	Thomas	Lincoln Wellington Athletic Club	F	Sen	18	9
89	22:16	1387	Chowdhury	Wajeed	Scunthorpe & District Running Club	M	Sen	71	28
90	22:19	1405	Claire	Wallace		F	Sen	19	10
91	22:24	1331	Sam	Warrener	Sleaford Striders AC	F	Sen	20	11
92	22:28	1368	Frere	Buckland		F	Sen	21	12
93	22:30	1424	Jerzy	Nowosiezski		M	V40	72	20
94	22:35	1335	Graham	Ireland	Prep by page	M	V40	73	21
95	22:39	996	Sarah	Edmond	Lincoln Wellington Athletic Club	F	V50	22	2
96	22:40	1434	Garrie	Darling	Sleaford Town Runners	M	V50	74	13
97	22:45	1423	Simon	Machin	Lincoln Wellington Athletic Club	M	V50	75	14
98	22:53	1427	Anna-Marie	Thompson	Sleaford Striders AC	F	V50	23	3
99	22:56	1426	Jo	Diffey	Lincoln Wellington Athletic Club	F	V50	24	4
100	23:04	1357	Dan	Hunt	Horncastle Running Club	M	Sen	76	29
101	23:12	1385	Katherine	James	Lincoln Wellington Athletic Club	F	Sen	25	13
102	23:14	735	Holly	Parkinson		F	Sen	26	14
103	23:14	631	Piotyr	Bienko		M	V40	77	22
104	23:16	1416	Louise	Collins		F	V40	27	7
105	23:25	1326	Gary	Summers		M	Sen	78	30
106	23:39	1413	Wayne	Byrne	Nettleham Trotters Running Group	M	V40	79	23
107	23:49	1393	Christopher	Inman		M	V60	80	5
108	23:55	1384	Sarah	Jowett	Lincoln Wellington Athletic Club	F	V40	28	8
109	24:01	1374	Andrew	Tattersall		M	V50	81	15
110	24:04	1329	Rachel	O'Donovan		F	Sen	29	15
111	24:10	1402	Geoff	Hall	Lincoln Wellington Athletic Club	M	V70	82	1
112	24:13	1398	Melvin	Ward	Lincoln Wellington Athletic Club	M	V70	83	2
113	24:26	677	Andrew	Barlex	Sleaford Town Runners	M	V60	84	6
114	24:28	1341	Sylv	Hull	Grantham Running Club	F	V40	30	9
115	24:30	1370	Elle	Sinclair	Lincoln Wellington Athletic Club	F	Sen	31	16
116	24:32	1425	Nicola	Fountain	Scunthorpe & District Running Club	F	V40	32	10
117	24:38	638	Marjorie	Spendlow	Grantham Running Club	F	V50	33	5
118	24:48	1436	Selcan	Rowles	Lincoln Wellington Athletic Club	F	V40	34	11
119	24:51	1371	Scott	Nicholls	Lincoln Wellington Athletic Club	M	V60	85	7
120	24:56	1338	Keith	Rossiter		M	V70	86	3
121	25:16	1435	Elektra	Roberts	Boston Community Runners	F	V50	35	6
122	25:41	1312	Robert	McArdle	Grantham Running Club	M	V60	87	8
123	26:32	787	Paul	Coyne	Sleaford Town Runners	M	V70	88	4
124	26:35	1412	Addelle	Pattison	Grantham Running Club	F	Sen	36	17