

LWAC Summer Road Race Series

Fastest Times (as at 29 July 2009)

1k Race U11 Boys

1	George Harris	3:41 Linc W	24/06/2009
2	Oliver Blanchard	3:43 Linc W	29/07/2009
3	Michael Harper	3:55 Linc W	27/08/2008

3k Race U13 Boys

1	Jake Coyle	10:24 Linc W	25/06/2003
2	Jack Skeet	10:39 Linc W	25/08/2004
3	Haran Dunderdale	10:46 Linc W	25/07/2007

3k Race U15 Boys

1	Ian Maplethorpe	9:59 Linc W	27/06/2007
2	Jake Coyle	10:03 Linc W	25/05/2005
3	Jack Skeet	10:09 Linc W	24/08/2005

5k Race U17 Men

1	Ian Maplethorpe	16:00 Linc W	20/05/2009
2	Shane Robinson	16:22 Linc W	23/05/2007
3	Tom Straw	16:25 Linc W	25/07/2007

5k Race U20 Men

1	Ian Kimpton	16:01 Linc W	30/06/2004
2	Will Strangeway	16:04 Linc W	26/05/2004
3	Shane Robinson	16:18 Linc W	27/08/2008

5k Race Senior Men

1	Matt Bowser	14:42 Linc W	24/06/2009
2	Pumlani Bangani	15:33 Salf	30/07/2008
3	Aaron Scott	15:38 Linc W	20/05/2009

5k Race Veteran Men

1	Steve Murdoch	15:37 Eden	20/06/2001
2	Les Ball	15:55 Linc W	29/07/2009
3	Mark Sands	16:02 Sleat TR	20/05/2009

1k Race U11 Girls

1=	Millie Buckthorp	4:00 Linc W	20/05/2009
1=	Alex Jackson	4:00 Linc W	24/06/2009
3	Lucy Thornton	4:03 u/a	24/06/2009

3k Race U13 Girls

1	Blue Haywood	10:35 Linc W	26/05/2004
2	Bo Haywood	10:51 Linc W	29/07/2009
3	Hester Talbot	11:09 Linc W	29/06/2005

3k Race U15 Girls

1	Blue Haywood	10:32 Linc W	25/05/2005
2	Georgia Ball	10:59 Linc W	30/08/2006
3	Laura Smith	11:27 Louth	26/05/2004

5k Race U17 Women

1	Blue Haywood	16:54 Linc W	23/05/2007
2	Georgia Ball	18:29 Linc W	27/06/2007
3	Lara Thomas	18:49 Linc W	27/08/2008

5k Race U20 Women

1	Blue Haywood	17:13 Linc W	29/07/2009
2	Lucinda Pitcher	18:52 Linc W	21/05/2003
3	Sarah Coates	18:59 Linc W	21/05/2003

5k Race Senior Women

1	Jenny Blizard	16:47 Roth	27/08/2008
2	Harriet Canter	18:04 Linc W	23/05/2007
3	Lucinda Pitcher	18:05 Linc W	27/08/2008

5k Race Veteran Women

1	Sharron Hatch	17:38 Derry	18/07/2001
2	Annette Bell	18:42 Linc W	14/08/2002
3	Tanya Taylor	18:58 Nene V	24/05/2006

U11 Times are from 2008 onwards as the old 1k course was short