



2024 Newport Spirit Run

Adult 5k Prize Winners

Men

<u>Place</u>	<u>Name</u>	<u>Yr</u>	<u>G</u>	<u>Time</u>	<u>Pace</u>
1	Mcluckie, Henry	21	M	14:41.9	4:44
2	Spector, Nicholas	32	M	14:54.7	4:48
3	Van Niekerk, Rikus	23	M	14:59.2	4:50

Women

1	Lawrence, Stevie	27	F	16:47.0	5:25
2	Hermansson, Hanna	34	F	17:15.5	5:34
3	Monoszlay, Casey	27	F	17:32.4	5:39