

James Wellington

Completed the 5000M - Heat 3 at the Tracksmith Twilight 5000 in

18:08.7

July 8, 2023

Overall: **10/10**

Div Place: **1/3**

Sex Place: **8/15**

Bib No: **46**

Division: **M40-49**

Pace: **5:51.0**