Lancelot was born in Tumbarumba, New South Wales, in 1889, the son of Joseph and Lavinia Rachel Adams. In 1909 he married Alice May Elizabeth Bryans and at the time of his enlistment, had three children, Albury James, born 1910, William Lancelot, born 1912 and Irvine Grange born 1914.

He enlisted into E Company, AN&MEF on 11th August 1914 stating he was a fireman by trade. Although married at the time of his enlistment, he gave his mother at 45 Elizabeth St, Paddington, NSW as his next of kin.

Lancelot returned from Rabaul and was discharged on 18th January 1915, time expired completing 161 days service.

On 16th February 1915, he joined D Company, 17th Battalion, regimental number 112. On 12th May he embarked aboard the THEMISTOCLES for Suez and joined the unit on Gallipoli on 11th Sept 1915. On 24th October 1915 he was appointed Lance Sergeant and was hospitalised with malaria in St Patrick's, Malta during November/December 1915 as the battalion was being withdrawn from Gallipoli. He left the Middle East aboard the KANOWNA on 28th Jan 1916 arriving back in Sydney on 10th March 1916. He was discharged medically unfit, "Debility after Malaria" on 2nd May 1916.

Toward the end of the war, on 20th September 1918, Lancelot received a Commission as a Temp Lieutenant in the CMF and in 1919 purchased a settlement block in Cabramatta. He died on 28th April 1948 and is buried at Woronora Memorial Park Cemetery.