

Chingford League Cross Country Relay - Wanstead Flats - 5th March 2022

All teams

Team	Club	Cat	Stage 1	Min	Sec	Pos	Stage 2	Min	Sec	Pos	Stage 3	Min	Sec	Pos	Stage 4	Min	Sec	Pos
15	OH	SM	Ben Francis SM	11	26	4	Richard Smith SM	22	30	2	George Day SM	33	41	1	Lewis Harknett SM	44	25	1
				11	26			11	4			11	11			10	44	
16	TP	SM	Jim Arrowsmith VM	11	30	5	Ben Allen SM	22	33	3	Will Rowley SM	33	56	3	Dougal Burrowes SM	45	8	2
				11	30			11	3			11	23			11	12	
1	BA	SM	Will Morris SM	11	37	8	Gary Pelosi SM	22	42	4	Thomas Thain SM	34	3	4	Edward Spencer SM	45	20	3
				11	37			11	5			11	21			11	17	
55	OH	SM	Mick McTernan SM	11	23	3	Rob Dutfield SM	22	28	1	Arthur Ansell JM	33	42	2	Josh Seager SM	45	21	4
				11	23			11	5			11	14			11	39	
6	EM	SM	Paul Boddey VM	11	33	7	Simon Cottle VM	23	2	6	Stevie Boyle SM	34	5	5	Gary Towers VM	45	43	5
				11	33			11	29			11	3			11	38	
56	TP	SM	Dominic Paine JM	11	13	2	Max Kercher JM	22	53	5	Ethan Jackson JM	35	8	6	Alessio Ferrari JM	46	35	6
				11	13			11	40			12	15			11	27	
17	VP	SM	Patrick Thomas SM	12	13	13	Tiago Mendes SM	24	1	7	Pete Dyson SM	35	55	8	Jamie Cornuau SM	47	19	7
				12	13			11	48			11	54			11	24	
8	ET	SM	Neill Whittaker VM	12	28	17	George Tidmarsh SM	24	27	10	Liam O'Mahoney SM	36	35	9	Jack Henson SM	47	37	8
				12	28			11	59			12	8			11	2	
10	IL	SM	Paul Grange VM	11	0	1	Neil Crisp VM	24	22	8	Rhys Edwards SM	35	47	7	Ronan Edwards SM	48	7	9
				11	0			13	22			11	25			12	20	
46	EM	SM	Graham White SM	12	8	11	George Fernandez SM	24	44	13	Ed Jenkins SM	37	24	13	Craig Stevens SM	49	21	10
				12	8			12	36			12	40			11	57	
135	OH	SM	Colin Read VM	12	35	18	Stephen Thompson VM	24	36	12	Adrian Smith VM	37	36	14	Patrick Brown SM	49	51	11
				12	35			12	1			13	0			12	15	
2	BR	SM	Joe Stacey SM	11	57	9	James Lowndes VM	24	27	9	Simon Abelado VM	36	50	10	Paul Withyman VM	50	1	12
				11	57			12	30			12	23			13	11	
13	LO	SM	Steve Palmer VM	12	43	21	Jon Whitehouse VM	25	4	15	Alan Fricker VM	38	17	15	Olly Mountstephens SM	50	19	13
				12	43			12	21			13	13			12	2	

Team	Club	Cat	Stage 1	Min	Sec	Pos	Stage 2	Min	Sec	Pos	Stage 3	Min	Sec	Pos	Stage 4	Min	Sec	Pos
7	EL	SM	Scott McMillan VM	12	22	16	John Henry VM	25	5	16	Robert Spread VM	37	14	12	Karan Gadhia SM	50	31	14
				12	22			12	43			12	9			13	17	
36	TP	SW	Emily Jeanes SW	12	19	15	Anja Greenwood VW	25	17	17	Alex Baird VW	38	26	17	Jessica Prior SW	51	0	15
				12	19			12	58			13	9			12	34	
12	LH	SM	Andy Barnes SM	11	32	6	Joseph Clemoes SM	24	35	11	Gareth Marshall SM	37	12	11	Pete Crockford VM	51	16	16
				11	32			13	3			12	37			14	4	
151	OH	SM	Neil McGoun VM	12	44	22	Phu Ly VM	25	33	18	Colin Smith VM	39	11	19	Scott Reid VM	51	33	17
				12	44			12	49			13	38			12	22	
57	VP	SM	Tim Todhunter SM	12	50	24	Tim Murray VM	26	5	19	Simeon Bennett VM	38	58	18	Kevin Long VM	51	59	18
				12	50			13	15			12	53			13	1	
148	OH	SM	Gwilym Johnston VM	13	16	27	James Collett VM	26	46	22	Paul Goodhew VM	40	18	22	David Wilson SM	52	42	20
				13	16			13	30			13	32			12	24	
126	EM	SM	David Cato VM	12	40	20	Jon Dysdale VM	26	24	20	Robert Sommerville VM	39	47	20	Aaron Johnson-Chapman SM	53	1	21
				12	40			13	44			13	23			13	14	
41	BA	SM	James Marschalek SM	12	3	10	Boon Wu VM	26	49	23	Peter Ellis VM	41	25	25	Alex Horton SM	53	37	22
				12	3			14	46			14	36			12	12	
136	TP	SM	Luke Bowie VM	13	15	26	Edwin Coutts VM	27	26	24	Alan Hathaway VM	40	32	23	Adam Walker VM	53	42	23
				13	15			14	11			13	6			13	10	
137	VP	SM	Neil Ingoe VM	14	11	36	Russell Toone VM	27	56	29	Neil Cook VM	40	16	21	Keith Mussington VM	54	54	24
				14	11			13	45			12	20			14	38	
18	WG	U15B	Aidan O'Driscoll 15	13	28	29	Patrick Hayden 15	27	28	25	Max Henze 15	41	27	26	Joseph Arnold 15	55	23	25
				13	28			14	0			13	59			13	56	
37	VP	SW	Laura Thompson SW	13	12	25	Katrin Flikschuh VW	28	12	32	Ali Trauttmansdorff VW	41	50	27	Lily Zechmann SW	55	26	26
				13	12			15	0			13	38			13	36	
26	EM	SW	Jenny Heymann VW	13	21	28	Lee Milne VW	27	36	26	Jane Rukin-White SW	42	11	29	Kate Thompson SW	56	7	27
				13	21			14	15			14	35			13	56	
124	OH	U15B	Oscar Emery 15	12	9	12	Eddie D'Souza 15	24	51	14	William Muffett 15	38	21	16	Max Bell 15	56	19	28
				12	9			12	42			13	30			17	58	

Team	Club	Cat	Stage 1	Min	Sec	Pos	Stage 2	Min	Sec	Pos	Stage 3	Min	Sec	Pos	Stage 4	Min	Sec	Pos
47	EL	SM	Mark Moir SM	13	55	34	Amit Marks VM	27	38	27	Hamza Adan SM	41	22	24	Neil Gage VM	56	21	29
				13	55			13	43			13	44			14	59	
35	OH	SW	Hayley Rogerson VW	13	57	35	Jasmin Fitzpatrick SW	28	49	36	Anna Louis VW	42	48	33	Claire Huggins SW	56	34	30
				13	57			14	52			13	59			13	46	
53	LO	SM	John Stubbs SM	15	10	52	James Lambden VM	29	37	41	David Mills VM	43	41	36	Nick Barker SM	57	4	31
				15	10			14	27			14	4			13	23	
48	ET	SM	Colin Kinsey VM	13	48	31	Michael Loiacono VM	28	27	33	Jeremy Bush VM	42	32	31	Ben Watts SM	57	6	32
				13	48			14	39			14	5			14	34	
100	OH	SM	Steve Bennett VM	14	39	41	Tim Wright VM	27	49	28	Benjamin Fisher VM	42	47	32	Steve Taylor VM	57	27	33
				14	39			13	10			14	58			14	40	
109	TP	SM	Kai Wong VM	14	51	45	David Birks VM	29	5	38	Nathan Douglas JM	43	27	35	Matt Bannon VM	57	50	34
				14	51			14	14			14	22			14	23	
33	LO	SW	Zoe Oldfield VW	13	51	33	Lorna Gaffney VW	28	43	35	Lizzie Knapman JW	43	14	34	Charlotte Palmer JW	57	56	35
				13	51			14	52			14	31			14	42	
5	EE	SW	Ian Pithouse SM	14	13	38	Steven Ruben Lazaro SM	28	1	31	Jamie Zucker SM	42	25	30	Jim Manzano VM	58	5	36
				14	13			13	48			14	24			15	40	
21	BA	SW	Joanne Kent VW	14	39	42	Sarah Boxer VW	29	40	43	Charlotte Michael SW	43	53	37	Karen Murphy VW	58	33	37
				14	39			15	1			14	13			14	40	
22	BR	SW	Debbie Coyle VW	13	46	30	Rosanna Fforde SW	29	38	42	Sarah Friel VW	44	15	38	Jess Collett SW	58	41	38
				13	46			15	52			14	37			14	26	
112	LO	UB	George Fox JM	15	21	57	Bruno Stubbs JM	29	3	37	Joseph James JM	44	25	39	George Abbott JM	58	44	39
				15	21			13	42			15	22			14	19	
42	BR	SM	Stuart Mackay VM	13	48	32	Jagbir Bassi SM	29	24	40	Colin Jones VM	44	36	40	Adrian Davison VM	60	27	40
				13	48			15	36			15	12			15	51	
121	BA	SM	Des Michael VM	15	23	58	Scott Fraser VM	30	39	48	Tim Ward VM	46	30	46	Kelvin Koloko VM	60	50	41
				15	23			15	16			15	51			14	20	
106	EM	SW	Sarah Carey SW	15	0	49	Jess Verrall SW	29	17	39	Jane Pannell VW	45	38	43	Ruth Rose VW	60	58	42
				15	0			14	17			16	21			15	20	

Team	Club	Cat	Stage 1	Min	Sec	Pos	Stage 2	Min	Sec	Pos	Stage 3	Min	Sec	Pos	Stage 4	Min	Sec	Pos
4	ED	SM	Ilia Loubenski VM	12	39	19	James Gill VM	26	28	21	Michael Whitehead VM	42	5	28	Austen Slattery VM	61	6	43
				12	39			13	49			15	37			19	1	
127	EL	SM	Mounir Dhabi VM	15	39	61	Finbar Sheahan VM	30	58	49	Jacob Stevens VM	45	55	44	Ian Mackie VM	61	28	44
				15	39			15	19			14	57			15	33	
139	OH	SM	Dhurmendra Mistry VM	18	25	84	Russell Brown VM	31	44	55	Chris Napthine SM	47	52	52		61	33	45
				18	25			13	19			16	8			13	41	
27	EL	SW	Betty Bohane SW	15	14	55	Caroline Frith VW	29	57	45	Becky Evans VW	44	41	41	Sandra Preston VW	62	0	46
				15	14			14	43			14	44			17	19	
3	DA	SM	Billy Walkington VM	14	46	43	Daniel Miller SM	30	14	46	Alec Wragg SM	45	10	42	Michael Peggall VM	62	6	47
				14	46			15	28			14	56			16	56	
9	HW	SM	Michael Braybrook SM	12	49	23	Paul McAuliffe VM	28	39	34	Steve Gourley VM	45	58	45	Martin Hawker VM	62	10	48
				12	49			15	50			17	19			16	12	
120	OH	SM	Roy Perrott VM	15	3	50	Paul Williams VM	31	34	54	Bill Bennett VM	47	26	49	Andy Kennedy VM	62	57	49
				15	3			16	31			15	52			15	31	
115	OH	SW	Lorraine Gosling VW	15	25	59	Katherine Taylor VW	31	18	51	Mary Armitage VW	47	30	50	Laura Graham-Clare SW	63	14	50
				15	25			15	53			16	12			15	44	
133	LO	SM	Mark Fox VM	15	48	65	Nathan Wakinshaw JM	32	37	57	George Smith JM	48	22	54	Tom Meredith SM	63	18	51
				15	48			16	49			15	45			14	56	
45	EE	SW	Niall Mulholland VM	14	49	44	Nick Gorman VM	31	19	52	Shreeraj Laturia VM	47	21	48	Remi Kubar VM	63	48	52
				14	49			16	30			16	2			16	27	
104	EM	SM	Dave Daugirda VM	14	13	37	Lance Tabraham VM	32	18	56	Geoff Nicholls VM	50	20	61	Trevor East VM	64	12	53
				14	13			18	5			18	2			13	52	
156	TP	SW	Amelie Driscoll Edwards JW	15	11	53	Poppy-Jo Allwright JW	32	46	59	Xin-Yi Du JW	49	12	56	Roisin Keohane JW	64	21	54
				15	11			17	35			16	26			15	9	
101	BA	SW	Stephanie Harrison SW	15	41	63	Kate Phillips VW	33	9	62	Kathryn Ellis SW	49	19	57	Sarah Ralphs SW	64	36	55
				15	41			17	28			16	10			15	17	
129	TP	SM	Chas Taylor VM	17	28	74	John Kercher VM	33	0	61	Paul Hart VM	49	55	59	Paul Ward VM	64	53	56
				17	28			15	32			16	55			14	58	

Team	Club	Cat	Stage 1	Min	Sec	Pos	Stage 2	Min	Sec	Pos	Stage 3	Min	Sec	Pos	Stage 4	Min	Sec	Pos
30	IL	SW	Amy Bird SW	14	33	40	Gaye Young VW	31	7	50	Hannah Sheikh VW	47	33	51	Pauline Tester VW	64	56	57
				14	33			16	34			16	26			17	23	
155	OH	SW	Angela Flight VW	16	2	67	Kerry Parker VW	32	54	60	Lucilla Ashton VW	49	54	58	India Emery JW	65	35	58
				16	2			16	52			17	0			15	41	
113	LO	SW	Laura Fernandez VW	15	40	62	Georgina Taylor VW	31	28	53	Michelle Ayrton VW	48	54	55	Mia Ali SW	65	49	59
				15	40			15	48			17	26			16	55	
50	IL	SM	Dennis Briggs VM	14	55	47	Andy Catton VM	29	54	44	Jim Tillbrook VM	47	57	53	Trevor Robinson VM	66	5	60
				14	55			14	59			18	3			18	8	
116	TP	SW	Anna Sikorska VW	15	13	54	Anne Ward VW	34	37	70	Christine Hawker VW	52	20	68	Fiona Hathaway VW	66	16	61
				15	13			19	24			17	43			13	56	
123	BA	SM	David Scott VM	16	58	73	Vince Peters VM	34	15	66	Melfin Davies VM	50	47	63	Dave Byrne VM	66	41	62
				16	58			17	17			16	32			15	54	
146	EM	SW	Christina Long VW	16	57	72	Pippa Dowsell VW	33	15	63	Louise Vacher VW	50	8	60	Maud Hodson VW	66	49	63
				16	57			16	18			16	53			16	41	
24	ED	SW	Katie Moey SW	15	29	60	Helen Gill VW	34	21	67	Jan Hazirci VW	51	43	66	Dora Scavello SW	67	12	64
				15	29			18	52			17	22			15	29	
122	BR	SM	Ron Vialls VM	16	24	69	Martin O'Toole VM	34	39	71	Nehal Patel SM	50	45	62	Daniel Plawiak VM	67	24	65
				16	24			18	15			16	6			16	39	
43	DA	SM	Manji Gami VM	17	33	75	Costas Kotrofis VM	33	38	64	John Hughes VM	51	18	64	Jason Manning VM	69	46	66
				17	33			16	5			17	40			18	28	
159	BR	SM	Jason Li VM	18	21	83	Gary Harford VM	36	25	78	John George VM	52	52	70	Alain Cooper VM	71	5	67
				18	21			18	4			16	27			18	13	
117	VP	SW	Joyce Berry VW	15	55	66	Sarah Knox VW	32	45	58	Amy Blackburn-Lau SW	51	26	65	Fiona Cobb SW	71	9	68
				15	55			16	50			18	41			19	43	
141	BA	SW	Linda Dworowski VW	18	15	80	Anna Murray VW	36	58	79	Tracey Deeks VW	55	16	76	Pauline Michael VW	71	52	69
				18	15			18	43			18	18			16	36	
153	LO	SW	Nadine Holland VW	18	19	82	Sharon Palmer VW	34	33	69	Deborah Davies VW	53	28	72	Clare Thomas VW	72	1	70
				18	19			16	14			18	55			18	33	

Team	Club	Cat	Stage 1	Min	Sec	Pos	Stage 2	Min	Sec	Pos	Stage 3	Min	Sec	Pos	Stage 4	Min	Sec	Pos
107	EL	SW	Catriona Hoult VW	17	37	76	Kate Brett VW	35	25	74	Suzanne Taylor VW	53	21	71	Victoria Charlesworth VW	72	24	71
				17	37			17	48			17	56			19	3	
34	MC	SW	Anne Caspi VW	16	53	71	Elizabeth Aryeetey VW	35	46	76	Carmen Harrington SW	53	54	73	Jennifer Moore SW	72	46	72
				16	53			18	53			18	8			18	52	
102	BR	SW	Belinda Riches VW	17	58	78	Joyce Golder VW	35	17	73	Rosie Kaylor VW	54	9	74	Isabel Borobio Pinedo SW	72	57	73
				17	58			17	19			18	52			18	48	
140	OH	SW	Christine Inch VW	16	28	70	Sarah Mills VW	34	31	68	Paula Fairlamb VW	56	35	77	Helen Pearce VW	75	8	74
				16	28			18	3			22	4			18	33	
25	EE	SW	Han Cherry VW	14	53	46	Iclal Lawrence VW	39	17	83	Joanna Dorling VW	58	39	80	Hazel Reade SW	78	8	75
				14	53			24	24			19	22			19	29	
23	DA	SW	Sonya Byers VW	20	17	91	Pebbles Wyard SW	41	48	86	Kaya Smith SW	60	24	82	Jennifer Ackroyd VW	78	16	76
				20	17			21	31			18	36			17	52	
103	DA	SW	Natalie Traylen VW	18	18	81	Rahana Islam VW	35	39	75	Timi Veerasamy VW	57	0	78	Victoria Rose VW	79	27	77
				18	18			17	21			21	21			22	27	
145	BR	SM	Martin Mason VM	21	10	94	Les Jay VM	41	54	87	Shuhel Khan VM	57	59	79	Rob Courtier VM	80	48	78
				21	10			20	44			16	5			22	49	
147	EL	SW	Diana Rexhepaj VW	20	29	93	Kathy Morrissey VW	41	43	85	Caroline Moore VW	61	27	83	Sabrina Traynor VW	81	20	79
				20	29			21	14			19	44			19	53	
108	LO	SW	Mary Johnson VW	19	53	89	Catherine Gurney VW	42	34	88	Michelle Hurley VW	60	12	81	Jean Hobbs VW	81	48	80
				19	53			22	41			17	38			21	36	
143	BA	SW	Philippa Hart VW	20	18	92	Beverly Dewberry VW	42	39	90	Anneli Sydenham SW	65	56	85	Alessandra Almeida-Jones VW	84	44	81
				20	18			22	21			23	17			18	48	
114	EM	SW	Sue Unsworth VW	19	44	88	Janine Durrant VW	37	12	80		0	0	0		0	0	100
				19	44			17	28			-38	-12			0	0	
119	OH	SW	Lynne Wakinshaw VW	20	1	90	Daniela Witten VW	40	38	84	Janet Cassford VW	62	2	84		0	0	101
				20	1			20	37			21	24			-63	-2	
125	EL	SM	Michael Wilson VM	15	6	51	Thomas Grimes VM	0	0	0	Shahib Ali SM	0	0	0		0	0	102
				15	6			-16	-6			0	0			0	0	

Team	Club	Cat	Stage 1	Min	Sec	Pos	Stage 2	Min	Sec	Pos	Stage 3	Min	Sec	Pos	Stage 4	Min	Sec	Pos
128	ET	SM	Sean Reed VM	15	17	56	Timothy Stodell VM	30	37	47	Graeme Bell VM	46	33	47		0	0	103
				15	17			15	20			15	56			-47	-33	
130	VP	SM	Chris Brammer VM	15	45	64		0	0	0		0	0	0		0	0	104
				15	45			-16	-45			0	0			0	0	
14	MC	SM	Matthew Thomas SM	14	26	39	Lachlan Stibbard Hawkes SM	27	58	30	David Nelson SM	0	0	0	Patrick Li VM	0	0	105
				14	26			13	32			-28	-58			0	0	
142	BR	SW	Debra Jean-Baptiste VW	19	8	87	Alison Fryatt VW	42	36	89	Veronica Barikor VW	0	0	0		0	0	106
				19	8			23	28			-43	-36			0	0	
144	OH	U15 G	Abbie Hoult 15	14	58	48	Kiera Bellas 15	34	8	65	Evie Maher JW	52	26	69		0	0	107
				14	58			19	10			18	18			-53	-26	
149	TP	SW	Christine Read VW	21	49	95	Judy Prior VW	38	12	81		0	0	0		0	0	108
				21	49			16	23			-39	-12			0	0	
154	MC	SW	Maki Kimura VW	17	46	77		0	0	0		0	0	0		0	0	109
				17	46			-18	-46			0	0			0	0	
160	OH	U17 G	Imogen Smith 17	16	19	68		0	0	0		0	0	0		0	0	110
				16	19			-17	-19			0	0			0	0	
28	ET	SW	Sarah Odell SW	18	50	86	Lucie Lachnitova VW	38	30	82	Chloe Vaughan VW	0	0	0		0	0	111
				18	50			19	40			-39	-30			0	0	
58	WG	SM	Harold Wyber SM	12	17	14		0	0	0		0	0	0		0	0	112
				12	17			-13	-17			0	0			0	0	