



LOUGHTON ATHLETIC CLUB

Ware Cup 2023

11.15am, 9 December 2023 @ Roding Valley Recreation Ground. 7.7k approx

Women's individual results

#	Time	Name	Club
1st	32:02	Zoe Oldfield (W40)	Loughton AC
2nd	34:24	Eleanor George (SW)	Eton Manor AC
3rd	35:31	Jess Verrall (SW)	Eton Manor AC
4th	35:46	Ali Trauttmansdorff (W50)	Loughton AC
5th	36:44	Lee Milne (W40)	Eton Manor AC
6th	37:21	Mary Knapman (W40)	Loughton AC
7th	37:42	Claire Wagh Cameron (W40)	Eton Manor AC
8th	38:24	Nikkii Barnett (W50)	Orion Harriers
9th	38:38	Claire Fisher (SW)	Orion Harriers
10th	39:15	Victoria Thompson (W40)	Loughton AC
11th	40:04	Karen Lyons (W50)	Orion Harriers
12th	40:37	Sharon Bolister (W40)	Eton Manor AC
13th	40:44	Cath Perry (W40)	East London Runners
14th	40:51	Sharon Palmer (W50)	Loughton AC
15th	40:57	Lydia Daniels (SW)	Eton Manor AC
16th	41:02	Angela Flight (W40)	Orion Harriers
17th	41:10	Lucilla Ashton (W40)	Orion Harriers
18th	41:31	Erica Brown (W40)	Victoria Park & Tower Hamlets AC
19th	41:48	Alison Sale (W50)	Ilford AC
20th	42:02	Joyce Berry (W50)	Victoria Park & Tower Hamlets AC
21st	42:20	Jenny Richards (W40)	Loughton AC
22nd	42:27	Anna Waterman (W40)	Orion Harriers
23rd	43:45	Louise Vacher (W50)	Eton Manor AC
24th	43:57	Louise Christian (W40)	Loughton AC
25th	44:03	Karen West (W40)	Orion Harriers
26th	45:54	Naomi Bourne (W50)	Victoria Park & Tower Hamlets AC
27th	45:58	Melanie Peddle (W50)	Loughton AC
28th	46:04	Hayley Dalton (W50)	Eton Manor AC
29th	46:32	Sandra Preston (W50)	East London Runners
30th	46:40	Mary Connolly (W60)	East London Runners
31st	47:46	Sarah Mills (W40)	Orion Harriers
32nd	50:59	Mala Singh (W50)	Eton Manor AC
33rd	52:12	Amanda Overy (W50)	Loughton AC
34th	52:14	Susannah House (W50)	East London Runners
35th	52:50	Freida Keane (W60)	Ilford AC
36th	54:44	Clare Stevens (W30)	East London Runners

37th	54:50	Lynne Wakinshaw (W40)	Orion Harriers
38th	55:42	Kathy Morrissey (W50)	East London Runners
39th	00:37	Launa Broadley (W50)	Ilford AC

Men's individual results

#	Time	Name	Club
1st	29:25	Joe Dale (M40)	Victoria Park & Tower Hamlets AC
2nd	29:36	Craig Stevens (SM)	Eton Manor AC
3rd	29:50	Mick McTernan (M40)	Orion Harriers
4th	30:32	James Pilch (M40)	Eton Manor AC
5th	31:14	George Fernandez (SM)	Eton Manor AC
6th	31:21	Ben McGeown (M40)	Orion Harriers
7th	31:31	Neil McGoun (M40)	Orion Harriers
8th	31:33	Ben Thompson (M40)	Loughton AC
9th	31:37	Joshua Willis (SM)	Eton Manor AC
10th	31:56	Nick Barker (M40)	Loughton AC
11th	32:06	Ed Lunn (SM)	Orion Harriers
12th	32:15	George Abbott (MU20)	Loughton AC
13th	32:22	Henry Giddens (SM)	Orion Harriers
14th	32:29	Humfrey Jeakins (SM)	Eton Manor AC
15th	32:37	Simeon Bennett (M40)	Victoria Park & Tower Hamlets AC
16th	32:42	Mark Curling (SM)	Orion Harriers
17th	32:54	Seb Parris (SM)	Ilford AC
18th	33:18	Alex Pickering (M40)	East London Runners
19th	33:23	Russ Jones (M50)	Eton Manor AC
20th	33:41	Alan Fricker (M40)	Loughton AC
21st	33:51	Josh Dent (SM)	Eton Manor AC
22nd	34:05	Stephen Henry (SM)	Orion Harriers
23rd	34:55	Steve Palmer (M50)	Loughton AC
24th	35:03	Robert Sommerville (M50)	Eton Manor AC
25th	35:19	Robin Daines (M50)	Loughton AC
26th	35:33	Steve Chissell (M50)	Ilford AC
27th	36:03	James Quartly (SM)	Orion Harriers
28th	36:08	Ben Sack (M40)	Loughton AC
29th	36:24	Tim Wright (M50)	Orion Harriers
30th	36:32	Scott Duncan (SM)	Orion Harriers
31st	37:05	James Lamden (M60)	Loughton AC
32nd	37:10	John Sable (M40)	Orion Harriers
33rd	37:34	Aidan Oldfield (MU20)	Loughton AC
34th	37:38	Colin Smith (M40)	Orion Harriers
35th	37:41	Tim Miller (M50)	Victoria Park & Tower Hamlets AC
36th	37:58	Ian Mackie (M60)	East London Runners
37th	38:14	Andy Lunn (M50)	Orion Harriers
38th	38:20	Dave Daugirda (M60)	Eton Manor AC
39th	38:27	Jeff Mitchell (SM)	Victoria Park & Tower Hamlets AC
40th	39:22	Steve Taylor (M50)	Orion Harriers
41st	39:24	Dan Green (M50)	Orion Harriers

42nd	40:09	John Stubbs (M40)	Loughton AC
43rd	40:25	Michael Cates (M50)	Eton Manor AC
44th	40:43	William Burbridge-James (M50)	Victoria Park & Tower Hamlets AC
45th	40:55	Paul Stockings (M60)	Orion Harriers
46th	41:27	Mick Cairns (M50)	Victoria Park & Tower Hamlets AC
47th	41:34	Abdirahman Adan (M50)	East London Runners
48th	41:36	Graham Oldfield (M40)	Loughton AC
49th	41:43	Ben Joyce (M40)	Loughton AC
50th	42:03	Graham Hall (M60)	Victoria Park & Tower Hamlets AC
51st	42:59	Gary Bartlett (M60)	Orion Harriers
52nd	43:08	Tony Young (M50)	Ilford AC
53rd	43:32	Nick Ulyatt (M40)	Loughton AC
54th	44:05	Matt Gallagher (M50)	Orion Harriers
55th	44:20	John Paul Healy (M40)	East London Runners
56th	45:34	Paul Williams (M60)	Orion Harriers
57th	46:21	Jon Brown (M50)	Loughton AC
58th	46:29	Gerald Akrigg (M50)	Victoria Park & Tower Hamlets AC
59th	46:57	Darrell Woodhead (M40)	Eton Manor AC
60th	47:05	Tim Horton (M60)	Loughton AC
61st	56:01	Jim Tilbrook (M50)	Ilford AC
62nd	56:37	Pete Bulatis (M60)	Orion Harriers
63rd	00:38	Mark Fox (M40)	Loughton AC