



LOUGHTON ATHLETIC CLUB

Event: Unto the Fields, Thursday 19 May 2022 at Roding Valley Recreation Ground

Race: Senior men 7.7 km

#	Pos	Cat			Club
		Pos	Time	Name	
244	1	1	27:18	Joe Walker (Sm)	VPH
210	2	2	27:23	Steve Hobbs (M45)	VPH
82	3	3	28:27	Simon Cottle (M40)	Eton Manor
175	4	4	28:30	Dasos Gonnella (Sm)	Orion
174	5	5	28:45	Mick Mcternan (Sm)	Orion
228	6	6	29:00	David Jones (Sm)	VPH
177	7	7	29:18	Dan Moses (Sm)	Orion
76	8	8	29:18	Paul Boddey (M40)	Eton Manor
21	9	9	29:19	Olly Mountstephens (Sm)	Loughton AC
125	10	10	29:20	Ed Jenkins (Sm)	Eton Manor
116	11	11	29:50	Dylan Williams (Sm)	Eton Manor
178	12	12	29:55	Gareth Allen (Sm)	Orion
77	13	13	30:06	James Pilch (M40)	Eton Manor
113	14	14	30:08	Graham White (Sm)	Eton Manor
142	15	15	31:19	Seb Parris (Sm)	Ilford
109	16	16	31:34	Jonathan Leith (Sm)	Eton Manor
16	17	17	31:43	Jon Whitehouse (M45)	Loughton AC
167	18	18	31:46	Scott Reid (M50)	Orion
78	19	19	31:53	David Cato (M40)	Eton Manor
154	20	20	31:56	Phu Ly (M40)	Orion
242	21	21	32:29	Will Yeates (Sm)	VPH
84	22	22	32:43	Robert Sommerville (M50)	Eton Manor
17	23	23	32:50	Steve Palmer (M50)	Loughton AC
141	25	24	32:55	Steven Crane (M40)	Ilford
165	26	25	33:01	Neil Swift (M50)	Orion
104	27	26	33:03	John Black (M65)	Eton Manor
22	31	27	33:16	Thomas Abbott (Sm)	Loughton AC
13	33	28	33:21	Alan Fricker (M45)	Loughton AC
180	34	29	33:23	Callum Smyth (Sm)	Orion
110	37	30	33:38	George Fernandez (Sm)	Eton Manor
161	38	31	33:41	Paul Goodhew (M50)	Orion
150	42	32	33:59	Gwilym Johnston (M40)	Orion
83	44	33	34:18	Peter Craik (M50)	Eton Manor
164	45	34	34:31	Colin Read (M50)	Orion
19	47	35	34:41	David Mills (M55)	Loughton AC
162	48	36	34:42	Brendan Clooney (M50)	Orion
151	49	37	35:08	Darren Welsford (M40)	Orion
158	50	38	35:23	Steve Bennett (M50)	Orion
159	51	39	35:34	Steve Taylor (M50)	Orion

127	53	40	35:58	Michael Cates (M50)	Eton Manor
12	54	41	36:18	Nico Strydom (M45)	Loughton AC
211	56	42	36:25	Tim Miller (M50)	VPH
152	58	43	36:41	Ben Fisher (M40)	Orion
149	60	44	36:55	Glenn Gosling (M40)	Orion
168	62	45	37:08	Danny Fitzsimmons (M50)	Orion
156	63	46	37:20	Jon West (M40)	Orion
97	64	47	37:52	Dave Daugirda (M60)	Eton Manor
4	65	48	37:57	John Stubbs (M40)	Loughton AC
18	67	49	38:08	Gary Hooper (M50)	Loughton AC
124	70	50	38:34	Richard Seddon (Sm)	Eton Manor
163	71	51	38:43	Simon Haigh (M50)	Orion
169	72	52	38:48	Gary Bartlett (M60)	Orion
172	77	53	39:47	Bill Bennett (M60)	Orion
153	79	54	40:24	Andy Kennedy (M40)	Orion
105	86	55	41:54	Geoff Nicholls (M65)	Eton Manor
98	87	56	41:56	Gabriel Ellenberg (M60)	Eton Manor
20	90	57	43:00	Tim Horton (M55)	Loughton AC
160	97	58	44:34	Dhurmendra Mistry (M50)	Orion
5	101	59	45:18	Paul Thomas (M40)	Loughton AC