

# Chingford League Race 3 Men

## Hog Hill 6th November 2018

Pos	Number	First	Last	AWAgeCat	Time	ClubName
1	422	Euan	Brown	SM	16:08	East London Runners
2	283	Paul	Grange	M35	17:02	Barking Road Runners
3	768	Nick	Harris-Fry	SM	17:06	Orion Harriers
4	754	Daniel	Moses	SM	17:09	Orion Harriers
5	746	Brian	Jenkins	M35	17:15	Orion Harriers
6	531	Gary	Towers	M45	17:26	Eton Manor AC
7	421	Patrick	Brown	SM	17:37	East London Runners
8	522	Sam	Anderson	SM	17:44	Eton Manor AC
9	728	Adam	Baker	M45	17:44	Orion Harriers
10	633	Liam	O'Mahoney	SM	17:59	East London Tri
11	793	Reece	Barclay	SM	18:13	Orion Harriers
12	525	Simon	Cottle	M35	18:15	Eton Manor AC
13	795	Gary	Coombes	M45	18:17	Barking Road Runners
14	516	Paul	Boddey	M40	18:19	Eton Manor AC
15	619	Neill	Whittaker	M35	18:21	East London Tri
16	999	Simeon	Bennett	M40	18:27	Victoria Park Harriers
17	614	Daniel	Fish	SM	18:29	East London Tri
18	756	Matt	Woodman	M40	18:31	Orion Harriers
19	733	Bob	Glasgow	M40	18:35	Orion Harriers
20	929	Duncan	Steen	SM	18:36	Victoria Park Harriers
21	632	George	Tidmarsh	M35	18:39	East London Tri
22	757	Ben	Rowlands	M35	18:51	Orion Harriers
23	791	Seb	Parris	M35	18:53	Guest Runners
24	769	Mark	Dillon	M45	18:58	Orion Harriers
25	750	Raphael	Zenou	SM	19:00	Orion Harriers
26	767	Colin	Read	M50	19:00	Orion Harriers
27	979	George	Long	SM	19:01	Victoria Park Harriers
28	500	Chris	Tait	SM	19:02	Eton Manor AC
29	656	Adam	Bartlett	SM	19:06	Harold Wood RC
30	777	Tom	Beasley	SM	19:08	Orion Harriers
31	550	Giles	Bailey	M35	19:09	Eton Manor AC
32	521	James	Pilch	M35	19:09	Eton Manor AC
33	675	Christopher	King	SM	19:12	Harold Wood RC
34	532	Richard	Parr	M35	19:16	Eton Manor AC
35	545	Dylan	Williams	U20M	19:18	Eton Manor AC
36	742	David	Wilson	M35	19:19	Orion Harriers
37	736	Will	Reed-Wright	SM	19:25	Orion Harriers
38	655	Josh	Jenner	SM	19:30	Harold Wood RC
39	932	Craig	Robertson	M35	19:33	Victoria Park Harriers
40	524	David	Cato	M35	19:42	Eton Manor AC
41	894	Jon	Whitehouse	M45	19:44	Loughton AC
42	426	Nathan	Jones	SM	19:45	East London Runners
43	766	Geoff	Whitman	M45	19:47	Orion Harriers
44	1016	Kevin	Long	M40	19:49	Victoria Park Harriers
45	528	Paul	Cates	M55	19:50	Eton Manor AC
46	1013	David	Warwick	M45	19:50	Victoria Park Harriers
47	888	Steve	Palmer	M45	19:50	Loughton AC
48	448	James	Nichols	SM	19:50	East London Runners
49	915	Tony	Lashmar	M40	19:55	Victoria Park Harriers
50	605	Hefin	Davies	M35	19:59	East London Tri
51	284	Diarmuid	Mac Donnell	M45	20:05	Barking Road Runners

52	794	Lee	Bailey	SM	20:07	Orion Harriers
53	1012	Jose	Sanchez	M35	20:09	Victoria Park Harriers
54	761	John	Sable	M35	20:13	Orion Harriers
55	922	Paul	Mee	M50	20:15	Victoria Park Harriers
56	749	Martin	Reynolds	M35	20:17	Orion Harriers
57	737	Buddy	Green	SM	20:22	Orion Harriers
58	218	Michael	Martin	M55	20:26	Barnet & District AC
59	674	James	Coker	SM	20:27	Harold Wood RC
60	788	Shaka	Palmer	SM	20:29	Guest Runners
61	279	Paul	Ward	M45	20:31	Barking Road Runners
62	616	Michael	Loiacono	M45	20:37	East London Tri
63	673	Tony	Panton	M35	20:39	Harold Wood RC
64	501	Dave	Daugirda	M55	20:42	Eton Manor AC
65	753	James	Tharratt	M35	20:43	Orion Harriers
66	945	Rodney	Mushanganyisi	M40	20:47	Victoria Park Harriers
67	765	Roy	Perrott	M45	20:49	Orion Harriers
68	447	Peter	Craik	M45	20:56	East London Runners
69	607	Pete	Dyer	M45	20:57	East London Tri
70	440	Craig	Livermore	SM	21:00	East London Runners
71	435	Jacob	Stevens	M40	21:06	East London Runners
72	740	Dan	Green	M45	21:13	Orion Harriers
73	510	John	Black	M60	21:15	Eton Manor AC
74	613	Oscar	Kelly	U18M	21:18	East London Tri
75	520	Rob	Sommerville	M50	21:20	Eton Manor AC
76	988	Andrew	Bates	SM	21:22	Victoria Park Harriers
77	446	Terry	Lewsey	M40	21:27	East London Runners
78	873	Stuart	Manktelow	M55	21:33	Trent Park RC
79	1004	Julian	Burke	M45	21:45	Victoria Park Harriers
80	436	Paul	Marshall	SM	21:49	East London Runners
81	787	Ben	Fisher	M40	21:56	Orion Harriers
82	303	Jamie	Austin	SM	21:58	Dagenham 88 Runners
83	282	Viorel	Mih	M45	22:00	Barking Road Runners
84	285	Richard	Dudman	M40	22:19	Barking Road Runners
85	807	Richard	Allen	M35	22:21	Trent Park RC
86	217	Alun	Johns	M45	22:22	Barnet & District AC
87	752	Gary	Bartlett	M55	22:23	Orion Harriers
88	782	John	Smith	M60	22:26	Orion Harriers
89	798	Alan	Pearl	M55	22:26	Guest Runners
90	718	Stephen	Bennett	M45	22:29	Orion Harriers
91	603	Paul	Dominguez	M45	22:33	East London Tri
92	427	Peter	Hatley	M40	22:39	East London Runners
93	755	Grant	Corton	M55	22:51	Orion Harriers
94	610	Justin	McDermott	M45	22:51	East London Tri
95	621	Graham	Bell	M40	22:59	East London Tri
96	425	Gareth	Davies	M50	23:05	East London Runners
97	886	Richard	Berry	M45	23:11	Loughton AC
98	893	Cliff	Warren	M55	23:17	Loughton AC
99	429	Michael	Wilson	M55	23:19	East London Runners
100	295	David	Kail	SM	23:20	Barking Road Runners
101	732	Chris	Chapman	SM	23:22	Orion Harriers
102	1015	Keith	Mussington	M60	23:26	Victoria Park Harriers
103	792	Daniel	Carroll	M35	23:28	Orion Harriers
104	921	Antonio	Del Valle	M40	23:29	Victoria Park Harriers
105	1027	Paul	Stockings	M55	23:30	Woodford Green
106	211	Rob	Suddaby	SM	23:30	Barnet & District AC

107	302	Andy	Wright	M50	23:32	Dagenham 88 Runners
108	780	Jon	West	M40	23:39	Orion Harriers
109	615	David	Campbell	M55	23:43	East London Tri
110	652	Patrick	Thoeung	M40	23:44	Harold Wood RC
111	667	Johann	Le Roux	M40	23:45	Harold Wood RC
112	880	John	Stubbs	M35	23:52	Loughton AC
113	892	Ben	Joyce	M35	23:59	Loughton AC
114	220	Julian	St George	M60	24:02	Barnet & District AC
115	726	Anthony	Young	M50	24:04	Guest Runners
116	651	Andy	Page	M40	24:08	Harold Wood RC
117	611	Patrick	Farren	M55	24:20	East London Tri
118	437	Karan	Gadhia	SM	24:25	East London Runners
119	287	Martin	Brooks	M45	24:26	Barking Road Runners
120	920	Gigi	Giannella	M45	24:43	Victoria Park Harriers
121	280	Trevor	Robinson	M45	24:51	Barking Road Runners
122	401	Alex	Jameson	M45	24:55	East London Runners
123	604	David	Burack	M55	24:57	East London Tri
124	322	Ian	Cummins	M50	25:08	Dagenham 88 Runners
125	443	Grant	Conway	M50	25:20	East London Runners
126	412	John	Healy	M40	25:27	East London Runners
127	321	Michael	Pegnall	M35	25:35	Dagenham 88 Runners
128	895	Gary	Hooper	M45	25:41	Loughton AC
129	612	John	Kelly	M50	25:43	East London Tri
130	205	David	Scott	M55	25:48	Barnet & District AC
131	305	Luke	Summers	SM	25:55	Dagenham 88 Runners
132	324	Manji	Gami	M50	26:20	Dagenham 88 Runners
133	203	Nick	Bingham	M70	26:34	Barnet & District AC
134	745	John	Neighbour	M60	26:38	Orion Harriers
135	274	Andrew	Gwilliam	M40	26:46	Barking Road Runners
136	270	Gary	Harford	M60	26:54	Barking Road Runners
137	618	Keith	Saunders	M45	27:02	East London Tri
138	723	Dhurmendra	Mistry	M50	27:09	Orion Harriers
139	325	Andrew	Beazeley	M35	27:35	Dagenham 88 Runners
140	449	Jason	Levy	M45	27:45	East London Runners
141	291	Martin	Mason	M65	27:54	Barking Road Runners
142	727	Alan	Godbold	M50	28:03	Orion Harriers
143	919	Chris	Hawksworth	M35	28:27	Victoria Park Harriers
144	438	Lee	Rand	M50	28:37	East London Runners
145	278	Jason	Li	M45	28:49	Barking Road Runners
146	294	Richard	Quye	M45	28:54	Barking Road Runners
147	502	Geoff	Nicholls	M65	28:55	Eton Manor AC
148	281	Mark	Durrant	M50	29:06	Barking Road Runners
149	668	Martin	Hawker	M40	29:41	Harold Wood RC
150	670	Richard	Rockcliffe	M65	30:02	Harold Wood RC
151	219	Stephen	Hewitt	M65	31:20	Barnet & District AC
152	799	James	Huddart	M70	32:06	Guest Runners
153	292	Leslie	Jay	M60	32:32	Barking Road Runners
154	261	Robert	Courtier	M60	33:29	Barking Road Runners
155	264	Dennis	Spencer-Perkins	M60	34:12	Barking Road Runners
156	318	Sam	Veerasley	M70	37:38	Dagenham 88 Runners
157	534	Robert	Maggio	M70	39:38	Eton Manor AC
158	262	Michael	Ball	M70	40:04	Barking Road Runners