**RESULT OF THE WARE CUP RACE, 8 DECEMBER 2018**

1. Sam Humphrey (VPH/TH) 27:54

2. George Day (Orion) 28:01

3. Lewis Haulknett (Orion, U/20) 28:09

4. Dan Moses (Orion) 28:31

5. William Kirk (VPH/TH) 28:38

6. Gaz Powers (E Manor, V40) 29:11

7. Carl Selya-Hammer (VPH/TH) 29:22

8. Neil Cook (VPH/TH, V40) 29:24

9. Seb Parris (Ilf) 29:26

10. Bob Glasgow (Orion, V40) 29:39

11. Sam Priestley (VPH/TH) 29:39

12. Paul Boddey (E Manor, V40) 30:02

13. Gary Coombes (Ilf, V45) 30:42

14. James Cheseldine (Orion) 31:02

15. Simeon Bennett (VPH/TH, V40) 31:13

16. Andrew Hodgetts (VPH/TH) 31:35

17. Dan Gritton (ELR, V45) 31:37

18, James Pilch (E Manor) 31:56

19. Richard Bryant (VPH/TH, V45) 32:00

20. Andrew Hutson (VPH/TH) 32:02

21. Ben Rowlands (Orion) 32:10

22. Dave Cato (E Manor) 32:26

23. Paul Cates (E Manor, V50) 32:29

24. Neil McGoun (Orion) 32:36

25. Jose Sanchez (VPH/TH) 32:40

26. Fernando Banciella (VPH/TH, V40) 33:06

27. Not declared - 144 (VPH/TH?) 33:36

28. Steve Palmer (Lou, V45) 33:47

29. Diarmid Mac Donnell (Ilf, V45) 33:54

30. Rob Sommerville (E Manor, V50) 33:54

31. John Black (E Manor, V60) 34:14

32. Sarah Flanagan (E Manor, V40) 34:17 (W1)

33. Dave Daugirda (E Manor, V50) 34:45

34. Graham White (E Manor) 34:57

35. Colin Smith (Guest, V40) 35:01

36. Virginia Silic (VPH/TH, V35) 35:23 (W2)

37. James Lamsden (Guest, V55) 35:25

38. Cheryl Evans (VPH/TH) 35:27 (W3)

39. Joe Feltham (VPH/TH) 35:34

40. Claire Fisher (E Manor) 35:41 (W4)

41. Martin Hockey (E Manor, V50) 36:04

42. Jenny Heyman( E Manor, V35) 36:44 (W5)

43. Zoe Woodward (E Manor, V55) 36:55 (W6)

44. Heather Birtwistle (VPH/TH) 37:07 (W7)

45. Colm McCrory (E Manor) 37:08

46. Jason Sewards (Guest, V50) 37:14

47. Ben Thomas (Orion, V40) 37:25

48. Lorna Gaffney (Lou, V50) 37:51 (W8)

49. Bree Norbin (Ilf, V60) 37:54 (W9)

50. Jane Ruckin White (E Manor) 37:58 (W10)

51. Steve Bennett (VPH/TH, V40) 38:22

52. Victoria Fabbry (VPH/TH, V35) 38:24 (W11)

53. Chris Chapman (Orion) 38:32

54. Louise Vacher (E Manor, V50) 38:36 (W12)

55. Mary Knapman (Lou, V40) 39:09 (W13)

56. Joyce Berry (VPH/TH, V50) 39:15 (W14)

57. Kate Malcolm (E Manor, V45) 39:34 (W15)

58. Agata Slota (VPH/TH, V35) 39:40 (W16)

59. Martha Clark (VPH/TH, V35) 39:50 (W17)

60. Sarah Carey (E Manor, V35) 40:19 (W18)

61. Laura Morgan (VPH/TH) 40:30 (W19)

62. Lydia Birtwistle-Sawyer (VPH/TH, V35) 40:37 (W20)

63. Ed Skinner (Ilf, V60) 40:40

64. June Barrow-Green (VPH/TH, V65) 40:55 (W21)

65. Nicola Hopkinson (Ilf, V65) 41:10 (W22)

66. Yuan Ren (VPH/TH) 41:20 (W23)

67. Mary Armitage (Orion, V50) 41:23 (W24)

68. Roger Alburey (E Manor, V60) 41:31

69. Gail Hennessy (E Manor, V60) 41:36 (W25)

70. Joyce Berry (VPH/TH, V50) 41:47 (W26)

71. Graham Hall (Orion, V50) 42:47

72. Janine Darrant (E Manor, V40) 42:51 (W27)

73. Emma Robinson (VPH/TH, V35) 43:39 (W28)

74. Rachel Brittle (E Manor, V55) 43:57 (W29)

75. Francis Wilson (Orion, V50) 44:32 (W30)

76. Kate Nelson (VPH/TH) 44:41 (W31)

77. Christa Ronan (VPH/TH, V35) 44:43 (W32)

78. Gaye Young (Ilf, V45) 44:53 (W33)

79. Frank Merrigan (VPH/TH, V50) 44:57

80. Marlis Haase (VPH/TH, V50) 45:02 (W34)

81. Jean Hobbs (Lou, V65) 46:55 (W35)

82. Fen Coles ( E Manor, V45) 47:20 (W36)

83. Jayan Nayar (E Manor, V50) 50:22

84. Christina Watson (E Manor, V60) 51:56 (W37)

85. Michelle B-Nickham (E Manor, V40) 52:22 (W38)

86. Mary Johnson (Orion, V40) 54:26 (W39)

87. Jim Hubbart (Ilf, V70) 56:07

**Men's teams (scoring 4) Women's teams (scoring 4)**

1. Orion 19 1. E Manor 167

2. VPH/TH 21 2. VPH 172

3. E Manor 58

4. Ilford` 114