



LOUGHTON ATHLETIC CLUB

George Richardson Trophies 2024

11am, 19 October 2024 @ Roding Valley Recreation Ground. 8k approx

#	P	Time	Name	M/W	Club
493	1st	31:49	Roger Maidment (VM50)	M	Orion Harriers
452	2nd	32:28	Bob Glasgow (VM40)	M	Orion Harriers
552	3rd	33:44	Ben Thompson (VM40)	M	Loughton AC
569	4th	34:04	Zoe Oldfield (VW40)	W	Loughton AC
553	5th	34:34	James Swift (VM40)	M	Loughton AC
314	6th	34:56	Seb Parris (VM40)	M	Ilford AC
559	7th	35:10	Jon Whitehouse (VM50)	M	Loughton AC
520	8th	35:13	Russell Brown (VM50)	M	Orion Harriers
412	9th	35:47	Russ Jones (VM50)	M	Eton Manor AC
514	10th	36:13	Tim Wright (VM50)	M	Orion Harriers
561	11th	36:25	Alan Fricker (VM50)	M	Loughton AC
570	12th	37:16	Mary Knapman (VW40)	W	Loughton AC
403	13th	37:24	Rob Sommerville (VM50)	M	Eton Manor AC
501	14th	37:32	Kevin Burt (VM50)	M	Orion Harriers
562	15th	37:57	James Lambden (VM60)	M	Loughton AC
447	16th	38:21	Keithly Mussington (VM60)	M	Victoria Park & Tower Hamlets AC
583	17th	38:47	Michael Bamford (VM50)	M	East London Runners
464	18th	38:53	Paul Goodhew (VM50)	M	Orion Harriers
551	19th	39:07	Hayley Rogerson (VW40)	W	Orion Harriers
556	20th	39:18	Robin Daines (VM50)	M	Loughton AC
506	21st	39:21	Mark Farrar (VM50)	M	Orion Harriers
544	22nd	39:46	Nikkii Barnett (VW50)	W	Orion Harriers
567	23rd	40:27	Victoria Thompson (VW40)	W	Loughton AC
524	24th	40:49	Ian Emerson (VM50)	M	Orion Harriers
576	25th	41:22	Lorna Gaffney (VW50)	W	Loughton AC
543	26th	41:30	Lucilla Ashton (VW40)	W	Orion Harriers
550	27th	41:44	Anna Waterman (VW40)	W	Orion Harriers
545	28th	41:56	Julie Pond (VW50)	W	Orion Harriers
580	29th	42:09	Cindy Koon (VW50)	W	East London Runners
500	30th	42:15	Steve Taylor (VM50)	M	Orion Harriers
438	31st	42:33	David Shortridge (VM50)	M	Victoria Park & Tower Hamlets AC
566	32nd	42:35	Kristina Siupsinskaite (VW40)	W	Loughton AC
391	33rd	42:40	Michael Cates (VM50)	M	Eton Manor AC
555	34th	43:15	Nick Ulyatt (VM40)	M	Loughton AC
320	35th	43:45	Jim Tilbrook (VM50)	M	Ilford AC
497	36th	43:59	Simon Carter (VM50)	M	Orion Harriers
577	37th	44:18	Sharon Palmer (VW50)	W	Loughton AC
564	38th	44:45	Georgina Taylor (VW40)	W	Loughton AC

430	39th	44:56	Fen Coles (VW50)	W	Eton Manor AC
563	40th	45:10	Louise Christan (VW40)	W	Loughton AC
315	41st	45:18	Alison Sale (VW50)	W	Ilford AC
549	42nd	45:28	Janine Humberstone (VW50)	W	Orion Harriers
409	43rd	45:34	Adrian Frost (VM60)	M	Eton Manor AC
411	44th	45:57	Janet Pannell (VW50)	W	Eton Manor AC
382	45th	46:01	Peter Hatley (VM50)	M	East London Runners
581	46th	46:19	Christine Inch (VW60)	W	Orion Harriers
441	47th	47:07	Gavin Rosen Gilbert (VM40)	M	Victoria Park & Tower Hamlets AC
558	48th	47:19	Steve Worrall (VM50)	M	Loughton AC
413	49th	47:52	Mala Singh (VW50)	W	Eton Manor AC
367	50th	48:07	John O'Brien (VM50)	M	East London Runners
554	51st	48:10	Graham Oldfield (VM40)	M	Loughton AC
523	52nd	48:23	Graham Hall (VM60)	M	Orion Harriers
379	53rd	49:57	Grant Conway (VM50)	M	East London Runners
582	54th	50:10	Roger Green (VM70)	M	Woodford Green & Essex Ladies AC
571	55th	51:15	Lisa Perryman (VW50)	W	Loughton AC
405	56th	51:18	Geoff Nicholls (VM70)	M	Eton Manor AC
575	57th	51:27	Deborah Davies (VW50)	W	Loughton AC
433	58th	52:47	Hayley Dalton (VW50)	W	Eton Manor AC
316	59th	54:49	Frieda Keane (VW60)	W	Ilford AC
525	60th	56:14	Lynne Wakinshaw (VW40)	W	Orion Harriers



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Team results

Pos	Club (men)	1st	2nd	3rd	4th	Tot
1st	Orion Harriers	1	2	7	9	19
2nd	Loughton AC	3	4	6	10	23
3rd	Eton Manor AC	8	11	22	26	67
4th	East London Runners	15	27	30	33	105
5th	Victoria Park & Tower Hamlets AC	14	21	28		63
6th	Ilford AC	5	24			29
7th	Woodford Green with Essex Ladies AC	54				54

Pos	Club (women)	1st	2nd	3rd	4th	Tot
1st	Loughton AC	1	2	5	6	14
2nd	Orion Harriers	3	4	7	8	22
3rd	Eton Manor AC	14	18	20	23	75
4th	Ilford AC	16	24			40
5th	East London Runners	10				10

Overall team results including B teams

Pos	Club (men)	1st	2nd	3rd	4th	Tot
1st	Orion Harriers 'A'	1	2	7	9	19
2nd	Loughton AC 'A'	3	4	6	10	23
3rd	Orion Harriers 'B'	12	16	18	19	65
4th	Eton Manor AC	8	11	22	26	67
5th	Loughton AC 'B'	13	17	23	29	82
6th	East London Runners	15	27	30	33	105

Pos	Club (women)	1st	2nd	3rd	4th	Tot
1st	Loughton AC 'A'	1	2	5	6	14
2nd	Orion Harriers 'A'	3	4	7	8	22
3rd	Loughton AC 'B'	11	12	13	15	51
4th	Orion Harriers 'B'	9	17	19	25	70
5th	Eton Manor AC	14	18	20	23	75

Category winners

	Men	Club
1st	Bob Glasgow (VM40)	Orion Harriers
2nd	Ben Thompson (VM40)	Loughton AC
3rd	James Swift (VM40)	Loughton AC
1st	Roger Maidment (VM50)	Orion Harriers
2nd	Jon Whitehouse (VM50)	Loughton AC
3rd	Russell Brown (VM50)	Orion Harriers
1st	James Lambden (VM60)	Loughton AC
2nd	Keithly Mussington (VM60)	Victoria Park & TH AC
3rd	Adrian Frost (VM60)	Eton Manor AC
1st	Roger Green (VM70)	Woodford Green & Essex Ladies AC
2nd	Geoff Nicholls (VM70)	Eton Manor AC

Pos	Women	Club
1st	Zoe Oldfield (VW40)	Loughton AC
2nd	Mary Knapman (VW40)	Loughton AC
3rd	Hayley Rogerson (VW40)	Orion Harriers
1st	Nikkii Barnett (VW50)	Orion Harriers
2nd	Lorna Gaffney (VW50)	Loughton AC
3rd	Julie Pond (VW50)	Orion Harriers
1st	Christine Inch (VW60)	Orion Harriers
2nd	Frieda Keane (VW60)	Ilford AC



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Women's individual results

#	Time	Name	Club
1st	34:04	Zoe Oldfield (VW40)	Loughton AC
2nd	37:16	Mary Knapman (VW40)	Loughton AC
3rd	39:07	Hayley Rogerson (VW40)	Orion Harriers
4th	39:46	Nikkii Barnett (VW50)	Orion Harriers
5th	40:27	Victoria Thompson (VW40)	Loughton AC
6th	41:22	Lorna Gaffney (VW50)	Loughton AC
7th	41:30	Lucilla Ashton (VW40)	Orion Harriers
8th	41:44	Anna Waterman (VW40)	Orion Harriers
9th	41:56	Julie Pond (VW50)	Orion Harriers
10th	42:09	Cindy Koon (VW50)	East London Runners
11th	42:35	Kristina Siupsinskaite (VW40)	Loughton AC
12th	44:18	Sharon Palmer (VW50)	Loughton AC
13th	44:45	Georgina Taylor (VW40)	Loughton AC
14th	44:56	Fen Coles (VW50)	Eton Manor AC
15th	45:10	Louise Christan (VW40)	Loughton AC
16th	45:18	Alison Sale (VW50)	Ilford AC
17th	45:28	Janine Humberstone (VW50)	Orion Harriers
18th	45:57	Janet Pannell (VW50)	Eton Manor AC
19th	46:19	Christine Inch (VW60)	Orion Harriers
20th	47:52	Mala Singh (VW50)	Eton Manor AC
21st	51:15	Lisa Perryman (VW50)	Loughton AC
22nd	51:27	Deborah Davies (VW50)	Loughton AC
23rd	52:47	Hayley Dalton (VW50)	Eton Manor AC
24th	54:49	Frieda Keane (VW60)	Ilford AC
25th	56:14	Lynne Wakinshaw (VW40)	Orion Harriers

Men's individual results

#	Time	Name	Club
1st	31:49	Roger Maidment (VM50)	Orion Harriers
2nd	32:28	Bob Glasgow (VM40)	Orion Harriers
3rd	33:44	Ben Thompson (VM40)	Loughton AC
4th	34:34	James Swift (VM40)	Loughton AC
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10th	36:25	Alan Fricker (VM50)	Loughton AC
11th	37:24	Rob Sommerville (VM50)	Eton Manor AC
12th	37:32	Kevin Burt (VM50)	Orion Harriers
13th	37:57	James Lambden (VM60)	Loughton AC
14th	38:21	Keithly Mussington (VM60)	Victoria Park & Tower Hamlets AC
15th	38:47	Michael Bamford (VM50)	East London Runners
16th	38:53	Paul Goodhew (VM50)	Orion Harriers
17th	39:18	Robin Daines (VM50)	Loughton AC
18th	39:21	Mark Farrar (VM50)	Orion Harriers
19th	40:49	Ian Emerson (VM50)	Orion Harriers
20th	42:15	Steve Taylor (VM50)	Orion Harriers
21st	42:33	David Shortridge (VM50)	Victoria Park & Tower Hamlets AC
22nd	42:40	Michael Cates (VM50)	Eton Manor AC
23rd	43:15	Nick Ulyatt (VM40)	Loughton AC
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25th	43:59	Simon Carter (VM50)	Orion Harriers
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27th	46:01	Peter Hatley (VM50)	East London Runners
28th	47:07	Gavin Rosen Gilbert (VM40)	Victoria Park & Tower Hamlets AC
29th	47:19	Steve Worrall (VM50)	Loughton AC
30th	48:07	John O'Brien (VM50)	East London Runners
31st	48:10	Graham Oldfield (VM40)	Loughton AC
32nd	48:23	Graham Hall (VM60)	Orion Harriers
33rd	49:57	Grant Conway (VM50)	East London Runners
34th	50:10	Roger Green (VM70)	Woodford Green & Essex Ladies AC
35th	51:18	Geoff Nicholls (VM70)	Eton Manor AC