**RESULT OF THE WARE CUP, 5-MILE CROSS COUNTRY RACE**

**AT LOUGHTON ON 7 DECEMBER 2019**

1. George Day (O) 30:24

2. James Hutchinson (EM) 30:34

3. Reece Barclay (O) 31:08

4. Mike Roberts (O) 31:36

5. Paul Boddey (EM) (V40) 31:38

6. James Pilch (EM) 32:06

7. Adam Baker (O) (V40) 32:18

8. Ben Rowlands (O) 32:34

9. Bob Glasgow (O) (V40) 32:47

10. Scott Reid (O) (V50) 32:49

11. Steve Philcox (Ilf) (V50) 32:53

12. George Happe (O) 33:40

13. Sam Rahman (Ilf) 33:45

14. Simon Cottle (EM) 34:05

15. Will Breese (O) 34:16

16. Dan Holeyman (Ilf) (V45) 34:19

17. Neil McGoun (O) 34:28

18. Jerome Francis (EM) 34:36

19. Henry Giddens (O) 34:43

20. Dave Cato (EM) (V40) 34:53

21. Tim Wright (O) (V50) 34:59

22. Dan Gritton (O) (V40) 35:04

23. Diarmid MacDonnell (Ilf) (V45) 35:20

24. Rob Sommerville (EM) (V50) 35:26

25. Steve Palmer (Lou) (V45) 36:00

26. Alex Elferink (O) (V40) 36:09

27. Eric Paul (O) (V50) 36:30

28. Naomi Dews (EM) 36:49 (W1)

29. Ali Trautmansdorff (O) (V40) 36:59 (W2)

30. Jim Lamsden (Lou) (V55) 37:39

31. Colin Smith (O) (V40) 37:50

32. Simon Kaye (O) 38:04

33. Alan Pearl (Ilf) (V60) 38:09

34. Jenni Hayman (EM) (V40) 38:24 (W3)

35. John Smith (O) (V60) 38:37

36. Dave Daugirda (EM) (V50) 38:52

37. Caroline Frith (ELR) (V40) 39:34 (W4)

38. Ben Fisher (O) (V40) 39:36

39. Dave Barrett ((O) (V50) 40:27

40. Mary Knapman (Lou) (V40) 40:38 (W5)

41. Lorna Gaffney (Lou) (V50) 40:44 (W6)

42. Bree Nordin (Ilf) (W60) 40:54 (W7)

43. Grant Corton (O) (V50) 41:19

44. Cara Gaffney (Lou) 41:21 (W8)

45. Pippa Dowswell (O) (V50) 41:32 (W9)

46. Sarah Carey (EM) 41:43 (W10)

47. Louise Vacher (EM) (V55) 41:50 (W11)

48. Jess Verrall (EM) 41:56 (W12)

49. Lucy Humphreys (O) 42:02 (W13)

50. Jane Pannell (EM) (V45) 42:20 (W14)

51. Richard Berry (Lou) (V45) 42:36

52. Adrian Frost (EM) (V60) 42:52

53. Jim Tilbrook (Ilf) (V70) 43:00

54. --- (Orion) (V60) 43:18

55. Mark Fox (Lou) (V40) 43:36

56. Mary Armitage (O) (V50) 43:41 (W15)

57. Ruth Rose (EM) 44:06 (W16)

58. Ben Aldersley (EM) (V40) 44:18

59. Jo Skehan (O) 44:28 (W17)

60. Jenni Hall (EM) (V40) 44:41 (W18)

61. Sharon Palmer (Lou) (V45) 44:55 (W19)

62. Gabriel Ellenberg (EM) (V60) 45:12

63. Georgie Gillott (Lou) 45:19 (W20)

64. Ernie Forsyth (Ilf) (V60) 45:36

65. Angie Flight (O) 46:10 (W21)

66. Ed Skinner (Ilf) (V60) 46:29

67. Sandra Preston (ELR) (V55) 46:49 (W22)

68. Janine Durrant (EM) (V45) 47:14 (W23)

69. Lance Tabraham (EM) (V55) 48:03

70. Laura Gaga (Ilf) (V35) 48:22 (W24)

71. Hayley Dalton (EM) (V45) 48:48 (W25)

72. Rob Sargent (Ilf) (V65) 49:40

73. Emma Cook (O) 50:59 (W26)

74. Nadine Holland (Lou) (V40) 51:53 (W27)

75. Irene Petersen (Lou) (V50) 53:02 (W28)

76. Doris Gaga (Ilf) (V50) 54:45 (W29)

77. Jim Huddart (Ilf) (V70) 60:21

**Mens' Teams (Scoring 4)**

1. Orion H 15

2. Eton Manor 27

3. Ilford 63

4. Loughton 161

**Womens' Teams (Scoring 4)**

1. Eton Manor 25

2. Loughton 38

3. Orion 39

4. Ilford (60+30) 90