



LOUGHTON ATHLETIC CLUB

George Richardson Trophies: inter-club vets race

11am, 11 November 2023 @ Roding Valley Recreation Ground, 5 miles approx

#	P	W	M	Time	Name	Club
354	1st		1st	32:02	Roger Maidment (VM50)	Orion Harriers
328	2nd		2nd	32:12	Mick Mcternan (VM40)	Orion Harriers
329	3rd		3rd	32:26	Thomas Grimes (VM40)	Orion Harriers
401	4th		4th	33:57	Nick Barker (VM40)	Loughton AC
409	5th		5th	34:20	Ben Thompson (VM40)	Loughton AC
355	6th		6th	34:52	Russell Brown (VM50)	Orion Harriers
405	7th		7th	35:20	Alan Fricker (VM40)	Loughton AC
374	8th		8th	35:38	Alex Pickering (VM40)	East London Runners
363	9th		9th	36:03	Seb Parris (VM40)	Iford AC
311	10th		10th	36:12	Ian Mackie (VM60)	East London Runners
412	11th		11th	36:32	Robin Daines (VM50)	Loughton AC
373	12th		12th	36:41	Steve Chissell (VM50)	Iford AC
426	13th	1st		36:44	Mary Knapman (VW40)	Loughton AC
331	14th		13th	36:49	Tim Wright (VM50)	Orion Harriers
351	15th		14th	36:59	Paul Goodhew (VM50)	Orion Harriers
350	16th		15th	37:33	Alex Elferink (VM50)	Orion Harriers
414	17th		16th	38:09	Steve Palmer (VM50)	Loughton AC
419	18th		17th	38:21	James Lambden (VM60)	Loughton AC
335	19th		18th	39:04	Colin Smith (VM40)	Orion Harriers
436	20th			39:18	Simon Wakinshaw (VM40)	Guest
343	21st		19th	40:02	Joe Ashman (VM50)	Orion Harriers
327	22nd		20th	40:09	Brian Jenkins (VM40)	Orion Harriers
383	23rd		21st	40:10	Dave Daugirda (VM60)	Eton Manor AC
318	24th	2nd		40:19	Becky Evans (VW50)	East London Runners
311	25th		22nd	40:23	Ian Mackie (VM60)	East London Runners
430	26th	3rd		40:55	Victoria Thompson (VW40)	Loughton AC
432	27th		4th	41:12	Lorna Gaffney (VW50)	Loughton AC
377	28th		23rd	41:31	Michael Cates (VM50)	Eton Manor AC
332	29th		24th	41:33	Steve Taylor (VM50)	Orion Harriers
360	30th		5th	41:43	Karen Lyons (VW50)	Orion Harriers
314	31st		25th	41:50	Calvin Bobin (VM60)	East London Runners
366	32nd		6th	41:55	Joanne Reeves (VW40)	Iford AC
323	33rd		7th	42:49	Cath Perry (VW40)	East London Runners
407	34th		26th	43:00	Ben Joyce (VM40)	Loughton AC
435	35th		27th	43:11	Darminder Bhamra (VM50)	East London Runners
353	36th		28th	43:29	Ben Fisher (VM40)	Orion Harriers
429	37th		8th	43:30	Georgina Taylor (VW40)	Loughton AC
434	38th		9th	43:45	Sharon Palmer (VW50)	Loughton AC
326	39th		10th	44:30	Cindy Koon (VW40)	East London Runners
357	40th		11th	45:15	Anna Waterman (VW40)	Orion Harriers
319	41st		29th	45:29	John Paul Healy (VM40)	East London Runners
307	42nd		30th	45:35	Grant Conway (VM50)	East London Runners

400	43rd	12th	45:46	Louise Vacher (VW50)	Eton Manor AC
398	44th	13th	46:01	Jane Pannell (VW50)	Eton Manor AC
391	45th	14th	46:14	Ru Rose (VW40)	Eton Manor AC
370	46th	31st	46:22	Tony Young (VM50)	Iford AC
378	47th	32nd	46:52	Adrian Frost (VM60)	Eton Manor AC
368	48th	33rd	47:03	Edward Skinner (VM60)	Iford AC
420	49th	15th	47:31	Louise Christian (VW40)	Loughton AC
376	50th	34th	48:18	John O'Brien (VM50)	East London Runners
315	51st	16th	48:33	Mary Connolly (VW60)	East London Runners
362	52nd	35th	48:35	Sean Costello (VM50)	Iford AC
417	53rd	36th	48:41	Tim Horton (VM60)	Loughton AC
422	54th	17th	48:43	Rebecca Fricker (VW40)	Loughton AC
316	55th	18th	48:48	Ann Dunne (VW60)	East London Runners
411	56th	37th	49:03	Jon Brown (VM50)	Loughton AC
389	57th	19th	49:31	Hayley Dalton (VW50)	Eton Manor AC
427	58th	20th	50:22	Lisa Perryman (VW40)	Loughton AC
433	59th	21st	55:03	Amanda Overy (VW50)	Loughton AC
361	60th	22nd	55:33	Lynne Wakinshaw (VW40)	Orion Harriers
365	61st	23rd	57:48	Frieda Keane (VW60)	Iford AC
369	62nd	24th	58:19	Julia Galea (VW60)	Iford AC
372	63rd	25th	58:45	Launa Broadley (VW50)	Iford AC
359	64th	26th	1:02:37	Daniela Witten (VW50)	Orion Harriers
402	65th	38th	1:02:39	Mark Fox (VM40)	Loughton AC



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Team results

Pos	Club (men)					
1st	Orion Harriers	1	2	3	6	12
2nd	Loughton AC	4	5	7	11	27
3rd	East London Runners	8	10	22	25	65
4th	Ilford AC	9	12	31	33	85
5th	Eton Manor AC	21	23	32		

Pos	Club (women)					
1st	Loughton AC	1	3	4	8	16
2nd	East London Runners	2	7	10	16	35
3rd	Eton Manor	12	13	14	19	58
4th	Orion Harriers	5	11	22	26	64
5th	Ilford AC	6	23	24	25	78

Overall team results including B teams

Pos	Club (men)					
1st	Orion Harriers 'A'	1	2	3	6	12
2nd	Loughton AC 'A'	4	5	7	11	27
3rd	Orion Harriers 'B'	13	14	15	18	60
4th	East London Runners 'A'	8	10	22	25	65
5th	Ilford AC 'A'	9	12	31	33	85
6th	Orion Harriers 'C'	19	20	24	28	91
7th	Loughton AC 'B'	16	17	26	36	95
8th	East London Runners 'B'	27	29	30	34	120

Pos	Club (women)					
1st	Loughton AC 'A'	1	3	4	8	16
2nd	East London Runners	2	7	10	16	35
3rd	Eton Manor	12	13	14	19	58
4th	Loughton AC 'B'	9	15	17	20	61
5th	Orion Harriers	5	11	22	26	64
6th	Ilford AC	6	23	24	25	78