



LOUGHTON ATHLETIC CLUB

Event: Ware Cup 11th December 2021

Race: Senior Men and Women

Pos	Club	Points	Pos	Club	Points
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MEN A TEAM RESULT

1	Victoria Park and Tower Hamlets	19
2	Orion Harriers	29
3	Eton Manor	41
4	East London Runners	96
5	Loughton AC	114
6	Ilford	

WOMEN A TEAM RESULT

1	Victoria Park and Tower Hamlets	24
2	Loughton AC	45
3	Eton Manor	46
4	Orion Harriers	50
5	East London Runners	
6	Ilford	

MEN ALL TEAMS RESULT

1	Victoria Park and Tower Hamlets	19
2	Orion Harriers	29
3	Eton Manor	41
4	Victoria Park and Tower Hamlets B	75
5	Orion Harriers B	92
6	East London Runners	96
7	Eton Manor B	105
8	Loughton AC	114
9	Orion Harriers C	162
10	Victoria Park and Tower Hamlets C	172
11	Loughton AC B	197
12	Orion Harriers D	200
13	Ilford	

WOMEN ALL TEAMS RESULT

1	Victoria Park and Tower Hamlets	24
2	Loughton AC	45
3	Eton Manor	46
4	Orion Harriers	50
5	Victoria Park and Tower Hamlets B team	67
6	Victoria Park and Tower Hamlets C team	111
7	Orion Harriers B team	113
8	Loughton AC B team	120
9	Eton Manor B team	141
10	East London Runners	
11	Ilford	

East London Runners

1	Paul Quinton (M40)	5
2	Alex Pickering (M40)	19
3	Amit Marks (M40)	34
4	Andrew Baxter (M50)	38
		<hr/>
		96

East London Runners

	Caroline Frith (W40)	9
	Alexandra Rutishauser-Perera (W40)	42
	Morag Campbell (W50)	43
		<hr/>

Eton Manor

1	Stevie Boyle (SM)	8
2	Dylan Williams (SM)	10
3	Graham White (SM)	11
4	George Fernandez (SM)	12
		<hr/>
		41

Eton Manor

1	Jenny Heymann (W40)	1
2	Lee Milne (W45)	5
3	Sarah Carey (SW)	17
4	Louise Vacher (W55)	23
		<hr/>
		46

Ilford AC

1	Seb Parris (SM)	13
2	Danny Holeyman (M45)	23
3		
4		
		<hr/>

Ilford AC

1	Frieda Keane (W55)	38
2		
3		
4		
		<hr/>

Loughton AC

1	Jon Whitehouse (M45)	15
2	Steve Palmer (M50)	29
3	Alan Fricker (M45)	33
4	David Mills (M55)	37
		<hr/>
		114

Loughton AC

1	Zoe Oldfield (W40)	4
2	Mary Knapman (W40)	6
3	Lorna Gaffney (W50)	13
4	Sharon Palmer (W45)	22
		<hr/>
		45

Orion Harriers	
1 Dan Moses (SM)	2
2 Rich Smith (SM)	4
3 Mick McTernan (SM)	7
4 Scott Reid (M50)	16
	<hr/> 29

Victoria Park and Tower Hamlets	
1 Adam Millbery (SM)	1
2 David Jones (SM)	3
3 Jon Andueza (SM)	6
4 Patrick Thomas (SM)	9
	<hr/> 19

Eton Manor B team	
1 Quentin Grieu (SM)	22
2 Russ Jones (M50)	25
3 Toni Pang (M45)	28
4 Rob Sommerville (M50)	30
	<hr/> 105

Loughton AC B team	
1 James Lambden (M55)	43
2 John Stubbs (SM)	50
3 Cliff Warren (M60)	51
4 Nico Strydom (M45)	53
	<hr/> 197

Orion Harriers B team	
1 Neil Swift (M50)	20
2 Ed Lunn (SM)	21
3 Henry Giddens (SM)	24
4 Neil McGuon (M40)	27
	<hr/> 92

Orion Harriers C team	
Colin Smith (M40)	31
Buddy Green (SM)	42
Paul Stockings (M60)	44
Paul Goodhew (M50)	45
	<hr/> 162

Orion Harriers D team	
Darren Welsford (M40)	46
Steve Taylor (M50)	48
Gary Bartlett (M60)	52
Simon Haigh (M50)	54
	<hr/> 200

Victoria Park and Tower Hamlets B team	
Dan McPhilimey (SM)	14
Arif Erdogan (SM)	17
Gavin Lau (SM)	18
Daniel O'Sullivan (M45)	26
	<hr/> 75

Victoria Park and Tower Hamlets C team	
Richard Bryant (M50)	35
Simon Bonner (M45)	41
Joe Feltham ()	47
Declan Phelan (M60)	49
	<hr/> 172

Orion Harriers	
1 Hannah White (SW)	7
2 Christine Kennedy (W60)	10
3 Jasmin Fitzpatrick (SW)	12
4 Jo Plumb (W50)	21
	<hr/> 50

Victoria Park and Tower Hamlets	
1 Lydia Briggs (SW)	2
2 Valerie Wong (SW)	3
3 Faye Jeacocke (W40)	8
4 Anna Fiedlerova (SW)	11
	<hr/> 24

Eton Manor B team	
Janine Durrant (W45)	33
Fen Coles (W50)	35
Hayley Dalton (W50)	36
Mala Singh (W45)	37
	<hr/> 141

Loughton AC B team	
Laura Fernandez (W55)	25
Jenny Richards (W40)	27
Melanie Peddle (W50)	30
Nadine Holland (W45)	38
	<hr/> 120

Orion Harriers B team	
Mary Armitage (W50)	24
Katherine Taylor (W50)	28
Beth Henry (SW)	29
Helen Pearce (W50)	32
	<hr/> 113

Victoria Park and Tower Hamlets B team	
Jess Hannah (SW)	14
Victoria Fabbri (W40)	16
Annie Trihan (SW)	18
Noëlle Cazalis (SW)	19
	<hr/> 67

Victoria Park and Tower Hamlets C team	
Gigi Giannella (W50)	20
Yuan Ren (SW)	26
Philippa Cockman (W60)	31
Amy Blackburn-Lau (SW)	34
	<hr/> 111