



LOUGHTON ATHLETIC CLUB

LAC George Richardson Trophies Inter-club Vets Race

11am, 5 November 2022 @ Roding Valley Recreation Ground, Loughton

Men's individual results

#	P	Time	Name	Club
157	1st	28:56	Brian Jenkins (V40)	Orion Harriers
194	2nd	29:07	Mick McTernan (V40)	Orion Harriers
172	3rd	29:14	Tommy Grimes (V40)	Orion Harriers
101	4th	29:16	Stephen Fabes (V40)	Victoria Park Harriers & THAC
237	5th	30:12	James Pilch (V40)	Eton Manor AC
168	6th	31:00	Adrian Smith (V50)	Orion Harriers
235	7th	31:17	Simon Cottle (V40)	Eton Manor AC
201	8th	31:28	Neil McGuon (V40)	Orion Harriers
180	9th	31:30	Scott Reid (V50)	Orion Harriers
262	10th	31:31	Jon Whitehouse (V45)	Loughton AC
195	11th	31:44	Russell Brown (V50)	Orion Harriers
240	12th	32:30	Toni Pang (V50)	Eton Manor AC
158	13th	32:36	Neil Swift (V50)	Orion Harriers
260	14th	33:01	Diarmuid MacDonnell (V50)	Ilford AC
177	15th	33:07	Stephen Thompson (V40)	Orion Harriers
175	16th	33:24	Paul Goodhew (V50)	Orion Harriers
209	17th	33:29	Tim Wright (V50)	Orion Harriers
263	18th	33:33	Alan Fricker (V45)	Loughton AC
105	19th	33:44	Richard Bryant (V50)	Victoria Park Harriers & THAC
267	20th	33:44	Robin Daines (V50)	Loughton AC
232	21st	33:51	Tony Pamphilon (V60)	Vets AC
266	22nd	35:02	Nick Barker (V40)	Loughton AC
165	23rd	35:04	Joey Ashman (V50)	Orion Harriers
257	24th	35:26	Joel Denning (V40)	Ilford AC
241	25th	35:31	John Black (V60)	Eton Manor AC
288	26th	35:44	Ashley Faria (V)	East London Runners
213	27th	35:54	Glenn Gosling (V50)	Orion Harriers
197	28th	36:03	Paul Thornton (V40)	Orion Harriers
204	29th	36:15	Darren Welsford (V40)	Orion Harriers
87	30th	36:16	James Lamden (V60)	Loughton AC
244	31st	36:45	Dave Daugirda (V60)	Eton Manor AC
261	32nd	36:56	Steve Palmer (V50)	Loughton AC
211	33rd	36:58	Martin Reynolds (V40)	Orion Harriers
284	34th	37:00	Jacob Stevens (V)	East London Runners
46	35th	37:11	Ian Mackie (V)	East London Runners
268	36th	37:24	David Mills (V55)	Loughton AC

206	37th	37:26	Steve Taylor (V50)	Orion Harriers
208	38th	38:49	Ben Fisher (V40)	Orion Harriers
283	39th	39:07	Peter Hatley (V)	East London Runners
192	40th	39:25	Mark Muscat (V60)	Orion Harriers
199	41st	39:28	Jon West (V40)	Orion Harriers
178	42nd	39:30	Gary Bartlett (V60)	Orion Harriers
214	43rd	39:45	Paul Stockings (V60)	Orion Harriers
106	44th	39:50	David Shortridge (V50)	Victoria Park Harriers & THAC
289	45th	40:10	Borislav Petkov (V)	East London Runners
207	46th	40:12	Andy Moore (V50)	Orion Harriers
182	47th	40:17	Andy Kennedy (V40)	Orion Harriers
287	48th	40:23	Adbirahman Mohammed (V)	East London Runners
281	49th	40:25	Mike Wilson (V)	East London Runners
205	50th	40:29	Simon Haigh (V50)	Orion Harriers
103	51st	40:34	David Wilkey (V50)	Victoria Park Harriers & THAC
265	52nd	41:38	Steve Worrall (V45)	Loughton AC
282	53rd	41:40	Ramesh Pala (V)	East London Runners
173	54th	41:50	Bill Bennett (V60)	Orion Harriers
259	55th	42:02	Edward Skinner (V60)	Ilford AC
290	56th	42:34	John O'Brien (V)	East London Runners
203	57th	42:40	Simon Carter (V50)	Orion Harriers
89	58th	42:58	Roger Green (V70)	Woodford Green and Essex Ladies
200	59th	43:21	Gordon Sutcliffe (V40)	Orion Harriers
60	60th	43:37	Tim Horton (V60)	Loughton AC
84	61st	43:48	Jon Brown (V50)	Loughton AC
233	62nd	43:52	David Hinds (V70)	Vets AC
164	63rd	43:57	Paul Williams (V60)	Orion Harriers
258	64th	44:00	Jim Tilbrook (V50)	Ilford AC
239	65th	45:05	Geoff Nicholls (V60)	Eton Manor AC
###	66th	47:33	Unknown Runner (V)*	Eton Manor AC

**started 5 minutes behind field*