



LOUGHTON ATHLETIC CLUB

Ware Cup 2022

11.15am, 28 January 2023 @ Roding Valley Recreation Ground. 7.7k approx

Postponed from 17 November 2022

#	P	W	M	Time	Name	Club
354	1st		1	29:00	Jack Henson (SM)	Eton Manor AC
323	2nd		2	30:08	Olly Mountstephens (SM)	Loughton AC
359	3rd		3	30:40	Humfrey Jeakins (SM)	Eton Manor AC
388	4th		4	30:42	Freddy Bennett (SM)	Victoria Park & Tower Hamlets
309	5th		5	30:45	Chris Thomas (M40)	Loughton AC
353	6th		6	30:48	Craig Stevens (SM)	Eton Manor AC
391	7th		7	31:05	Graham Atkins (SM)	Victoria Park & Tower Hamlets
382	8th		8	31:15	Simeon Bennett (M40)	Victoria Park & Tower Hamlets
362	9th		9	31:19	Dylan Williams (SM)	Eton Manor AC
419	10th		10	31:34	Scott Reid (M50)	Orion Harriers
320	11th		11	31:44	Edwin Gaye (SM)	Loughton AC
318	12th		12	31:46	Jon Whitehouse (M50)	Loughton AC
385	13th		13	31:54	Andre Dahlkamp (M50)	Victoria Park & Tower Hamlets
383	14th		14	32:25	Neil Cook (M40)	Victoria Park & Tower Hamlets
420	15th		15	32:35	Dan Gritton (M50)	Orion Harriers
381	16th		16	32:56	Tim Murray (M40)	Victoria Park & Tower Hamlets
366	17th		17	33:06	Alex Pickering (M45)	East London Runners
392	18th		18	33:29	Dan McPhilimey (SM)	Victoria Park & Tower Hamlets
330	19th	1		33:33	Zoe Oldfield (W40)	Loughton AC
389	20th		19	33:40	Tim Todhunter (SM)	Victoria Park & Tower Hamlets
303	21st		20	33:55	Alan Fricker (M40)	Loughton AC
345	22nd	2		34:11	Jess Verrall (SW)	Eton Manor AC
314	23rd		21	34:12	Robin Daines (M50)	Loughton AC
329	24th	3		34:25	Mary Knapman (W40)	Loughton AC
301	25th		22	34:27	Nick Barker (M40)	Loughton AC
412	26th		23	34:51	Paul Goodhew (M50)	Orion Harriers
408	27th	4		35:09	Fran Gamble (SW)	Orion Harriers
395	28th	5		35:22	Jo Singer (W50)	Victoria Park & Tower Hamlets
365	29th		24	35:25	Amit Marks (M45)	East London Runners
416	30th		25	35:38	Buddy Green (SM)	Orion Harriers
433	31st		26	35:42	Michael Bamford (M50)	East London Runners
319	32nd		27	35:48	Will Chavner (SM)	Loughton AC
413	33rd		28	36:02	Joe Ashman (M50)	Orion Harriers
339	34th	6		36:27	Ali Trauttmansdorff (W50)	Loughton AC
432	35th		29	36:29	James Lambden (M60)	Loughton AC
422	36th		30	36:36	Brendan Clooney (M50)	Orion Harriers
430	37th		31	36:39	Colin Smith (M45)	Orion Harriers
384	38th		32	36:41	Stephen Philipps (M50)	Victoria Park & Tower Hamlets
390	39th		33	36:46	Max Duval (SM)	Victoria Park & Tower Hamlets
429	40th		34	36:50	Martin Reynolds (M40)	Orion Harriers
424	41st		35	36:54	Darren Welsford (M40)	Orion Harriers
409	42nd	7		37:17	Claire Huggins (SW)	Orion Harriers
370	43rd		36	37:23	Calvin Bobin (M65)	East London Runners
357	44th		37	37:25	Dave Daugirda (M60)	Eton Manor AC
321	45th		38	37:36	Bradley McGeough (SM)	Loughton AC
371	46th		39	37:38	Borislav Petkov (SM)	East London Runners
426	47th		40	37:46	Andy Lunn (M50)	Orion Harriers
403	48th	8		37:47	Nikkii Barnett (W50)	Orion Harriers

308	49th	41	37:50	John Stubbs (M40)	Loughton AC
387	50th	42	38:01	Keith Mussington (M65)	Victoria Park & Tower Hamlets
369	51st	43	38:09	Ian Mackie (M65)	East London Runners
350	52nd	9	38:14	Lee Milne (W40)	Eton Manor AC
344	53rd	10	38:25	Sharon Bolister (SW)	Eton Manor AC
306	54th	44	38:37	Terry Stokes (M40)	Loughton AC
335	55th	11	39:04	Victoria Thompson (W40)	Loughton AC
336	56th	12	39:21	Lorna Gaffney (W50)	Loughton AC
324	57th	45	39:32	Simon Slattery (SM)	Loughton AC
364	58th	46	39:41	Peter Hatley (M40)	East London Runners
307	59th	47	39:44	Nico Strydom (M40)	Loughton AC
431	60th	48	39:52	Michael Cates (M50)	Eton Manor AC
423	61st	49	40:18	Paul Stockings (M60)	Orion Harriers
396	62nd	13	40:21	Victoria Fabbri (W)	Victoria Park & Tower Hamlets
374	63rd	14	40:35	Cindy Koon (W40)	East London Runners
348	64th	15	40:47	Lydia Daniels (SW)	Eton Manor AC
398	65th	16	40:52	Alison Sale (W50)	Ilford AC
425	66th	50	41:03	Jon West (M45)	Orion Harriers
304	67th	51	41:10	Ben Joyce (M40)	Loughton AC
311	68th	52	41:22	Luke Williamson (M40)	Loughton AC
386	69th	53	41:24	David Shortridge (M50)	Victoria Park & Tower Hamlets
333	70th	17	41:53	Jenny Richards (W40)	Loughton AC
394	71st	18	41:57	Joyce Berry (W50)	Victoria Park & Tower Hamlets
400	72nd	19	42:01	Gaye Young (W50)	Ilford AC
352	73rd	20	42:27	Ru Rose (W40)	Eton Manor AC
406	74th	21	42:45	Karen West (W45)	Orion Harriers
415	75th	54	42:46	Andy Kennedy (M45)	Orion Harriers
325	76th	22	42:50	Michelle Ayrton (W40)	Loughton AC
343	77th	23	42:58	Jane Pannell (W50)	Eton Manor AC
367	78th	55	43:09	George Georgiou (M50)	East London Runners
355	79th	56	43:13	Adrian Frost (M60)	Eton Manor AC
341	80th	24	43:50	Louise Vacher (W50)	Eton Manor AC
410	81st	25	44:00	Christine Inch (W60)	Orion Harriers
376	82nd	26	44:05	Sandra Preston (W50)	East London Runners
372	83rd	27	44:06	Veronica Carrasco (SW)	East London Runners
312	84th	57	44:19	Steve Worrall (M40)	Loughton AC
315	85th	58	44:33	Rob Eggleston (M50)	Loughton AC
397	86th	28	44:36	Mandy Reid (W40)	Ilford AC
358	87th	59	44:38	Gabriel Ellenberg (M60)	Eton Manor AC
404	88th	29	44:42	Sarah Mills (W40)	Orion Harriers
338	89th	30	44:53	Melanie Peddle (W50)	Loughton AC
313	90th	60	45:00	Jon Brown (M50)	Loughton AC
379	91st	31	45:23	Ann Dunne (W60)	East London Runners
342	92nd	32	45:38	Tracey Taylor (W50)	Eton Manor AC
305	93rd	61	46:01	Graham Oldfield (M40)	Loughton AC
326	94th	33	46:10	Rebecca Fricker (W40)	Loughton AC
401	95th	34	47:01	Sarah Odell (SW)	Orion Harriers
310	96th	62	48:21	Paul Thomas (M40)	Loughton AC
373	97th	35	48:32	Catriona Hault (W40)	East London Runners
340	98th	36	48:49	Mala Singh (W50)	Eton Manor AC
377	99th	37	49:04	Victoria Charlesworth (W50)	East London Runners
402	100th	38	49:25	Lynne Wakinshaw (W45)	Orion Harriers
327	101st	39	49:47	Nadine Holland (W40)	Loughton AC
399	102nd	40	50:12	Julia Galea (W60)	Ilford AC
337	103rd	41	51:26	Amanda Overy (W50)	Loughton AC
380	104th	42	52:23	Caroline Moore (W60)	East London Runners
346	105th	43	56:33	Sacha Ackland (W40)	Eton Manor AC
347	106th	44	01:01:18	Christina Watson (W60)	Eton Manor AC



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Team results

Pos	Club (men)						Pos	Club (women)					
1st	Eton Manor AC	1	3	6	9	19	1st	Loughton AC	1	3	6	11	21
2nd	Loughton AC	2	5	11	12	30	2nd	Eton Manor AC	2	9	10	15	36
3rd	Victoria Park & Tower Hamlets	4	7	8	13	32	3rd	Orion Harriers	4	7	8	21	40
4th	Orion Harriers	10	15	23	25	73	4th	East London Runners	14	26	27	31	98
5th	East London Runners	17	24	25	36	102	5th	Ilford AC	16	19	28	40	103
							6th	Victoria Park & Tower Hamlets	5	13	18		36

Overall team results including B teams

Pos	Club (men)						Pos	Club (women)					
1st	Eton Manor AC 'A'	1	3	6	9	19	1st	Loughton AC 'A'	1	3	6	11	21
2nd	Loughton AC 'A'	2	5	11	12	30	2nd	Eton Manor AC 'A'	2	9	10	15	36
3rd	Victoria Park & Tower Hamlets 'A'	4	7	8	13	32	3rd	Orion Harriers 'A'	4	7	8	21	40
4th	Victoria Park & Tower Hamlets 'B'	14	16	18	19	67	4th	Loughton AC 'B'	12	17	22	30	81
5th	Orion Harriers 'A'	10	15	23	25	73	5th	East London Runners 'A'	14	26	27	31	98
6th	Loughton AC 'B'	20	21	22	27	90	6th	Eton Manor AC 'B'	20	23	24	32	99
7th	East London Runners 'A'	17	24	25	36	102	7th	Ilford AC	16	19	28	40	103
8th	Orion Harriers 'B'	28	30	31	34	123	8th	Orion Harriers 'B'	25	29	34	38	126
9th	Loughton AC 'C'	29	38	41	44	152	9th	Victoria Park & Tower Hamlets	5	13	18		36
10th	Victoria Park & Tower Hamlets 'C'	32	33	42	53	160	10th	Loughton AC 'C'	33	39	41		113
11th	Orion Harriers 'C'	35	40	49	50	174	11th	East London Runners 'B'	35	37	42		114
12th	East London Runners 'B'	39	43	46	55	183	12th	Eton Manor AC 'C'	36	43	44		123
13th	Loughton AC 'D'	45	47	51	52	195							
14th	Eton Manor AC 'B'	37	48	56	59	200							
15th	Loughton AC 'E'	57	58	60	61	236							