



# LOUGHTON ATHLETIC CLUB

Event: Ware Cup 11th December 2021

Race: All seniors

#	Pos	Time	Name	Club
101	1	26:43	Adam Millbery (SM)	Victoria Park and Tower Hamlets
21	2	28:10	Dan Moses (SM)	Orion Harriers
91	3	28:26	David Jones (SM)	Victoria Park and Tower Hamlets
19	4	28:41	Rich Smith (SM)	Orion Harriers
15	5	29:07	Paul Quinton (M40)	East London Runners
99	6	29:09	Jon Andueza (SM)	Victoria Park and Tower Hamlets
38	7	29:13	Mick McTernan (SM)	Orion Harriers
71	8	29:35	Stevie Boyle (SM)	Eton Manor
95	9	29:57	Patrick Thomas (SM)	Victoria Park and Tower Hamlets
76	10	30:00	Dylan Williams (SM)	Eton Manor
70	11	30:34	Graham White (SM)	Eton Manor
82	12	30:43	George Fernandez (SM)	Eton Manor
2	13	30:52	Seb Parris (SM)	Ilford
90	14	30:58	Dan McPhilimey (SM)	Victoria Park and Tower Hamlets
194	15	31:03	Jon Whitehouse (M45)	Loughton AC
33	16	31:09	Scott Reid (M50)	Orion Harriers
94	17	31:12	Arif Erdogan (SM)	Victoria Park and Tower Hamlets
96	18	31:19	Gavin Lau (SM)	Victoria Park and Tower Hamlets
9	19	31:31	Alex Pickering (M40)	East London Runners
31	20	31:40	Neil Swift (M50)	Orion Harriers
37	21	31:50	Ed Lunn (SM)	Orion Harriers
69	22	31:51	Quentin Grieu (SM)	Eton Manor
1	23	31:53	Danny Holeyman (M45)	Ilford
29	24	31:59	Henry Giddens (SM)	Orion Harriers
73	25	32:11	Russ Jones (M50)	Eton Manor
85	26	32:12	Daniel O'Sullivan (M45)	Victoria Park and Tower Hamlets
28	27	32:15	Neil McGuon (M40)	Orion Harriers
78	28	32:19	Toni Pang (M45)	Eton Manor
187	29	32:39	Steve Palmer (M50)	Loughton AC
74	30	32:42	Rob Sommerville (M50)	Eton Manor
34	31	33:02	Colin Smith (M40)	Orion Harriers
56	32	33:06	Jenny Heymann (W40)	Eton Manor
80	33	33:35	Jonathan Leith (SM)	Eton Manor
192	34	33:41	Alan Fricker (M45)	Loughton AC
102	35	33:49	Lydia Briggs (SW)	Victoria Park and Tower Hamlets
11	36	34:09	Amit Marks (M40)	East London Runners

87	37	34:17	<b>Richard Bryant (M50)</b>	Victoria Park and Tower Hamlets
111	38	34:18	<b>Valerie Wong (SW)</b>	Victoria Park and Tower Hamlets
197	39	34:19	<b>Sam Brewitt (M40)</b>	Guest
185	40	34:37	<b>David Mills (M55)</b>	Loughton AC
14	41	34:46	<b>Andrew Baxter (M50)</b>	East London Runners
72	42	35:09	<b>Dave Daugirda (M55)</b>	Eton Manor
12	43	35:12	<b>Karan Gadhia (SM)</b>	East London Runners
109	44	35:13	<b>Zoe Oldfield (W40)</b>	Loughton AC
68	45	35:14	<b>Lee Milne (W45)</b>	Eton Manor
182	46	35:24	<b>Mary Knapman (W40)</b>	Loughton AC
86	47	35:41	<b>Simon Bonner (M45)</b>	Victoria Park and Tower Hamlets
39	48	35:56	<b>Buddy Green (SM)</b>	Orion Harriers
195	49	35:59	<b>James Lambden (M55)</b>	Loughton AC
44	50	36:02	<b>Hannah White (SW)</b>	Orion Harriers
32	51	36:11	<b>Paul Stockings (M60)</b>	Orion Harriers
27	52	36:17	<b>Paul Goodhew (M50)</b>	Orion Harriers
115	53	36:23	<b>Faye Jeacocke (W40)</b>	Victoria Park and Tower Hamlets
7	54	36:27	<b>Caroline Frith (W40)</b>	East London Runners
24	55	36:30	<b>Darren Welsford (M40)</b>	Orion Harriers
46	56	36:36	<b>Christine Kennedy (W60)</b>	Orion Harriers
103	57	36:39	<b>Anna Fiedlerova (SW)</b>	Victoria Park and Tower Hamlets
48	58	36:39	<b>Jasmin Fitzpatrick (SW)</b>	Orion Harriers
123	59	36:49	<b>Joe Feltham ( )</b>	Victoria Park and Tower Hamlets
161	60	36:57	<b>Lorna Gaffney (W50)</b>	Loughton AC
20	61	36:57	<b>Steve Taylor (M50)</b>	Orion Harriers
120	62	37:02	<b>Declan Phelan (M60)</b>	Victoria Park and Tower Hamlets
186	63	37:26	<b>John Stubbs (SM)</b>	Loughton AC
198	64	37:31	<b>Cliff Warren (M60)</b>	Loughton AC
106	65	37:36	<b>Jess Hannah (SW)</b>	Victoria Park and Tower Hamlets
183	66	37:42	<b>Vicky Thompson (W40)</b>	Guest
114	67	37:57	<b>Victoria Fabbri (W40)</b>	Victoria Park and Tower Hamlets
36	68	38:04	<b>Gary Bartlett (M60)</b>	Orion Harriers
190	69	38:08	<b>Nico Strydom (M45)</b>	Loughton AC
63	70	38:09	<b>Sarah Carey (SW)</b>	Eton Manor
40	71	38:19	<b>Simon Haigh (M50)</b>	Orion Harriers
108	72	38:39	<b>Annie Trihan (SW)</b>	Victoria Park and Tower Hamlets
107	73	38:47	<b>Noëlle Cazalis (SW)</b>	Victoria Park and Tower Hamlets
117	74	38:49	<b>Gigi Giannella (W50)</b>	Victoria Park and Tower Hamlets
10	75	39:05	<b>Monir Dahbi (M40)</b>	East London Runners
35	76	39:21	<b>Jon West (M40)</b>	Orion Harriers
53	77	39:44	<b>Jo Plumb (W50)</b>	Orion Harriers
196	78	40:02	<b>Ben Joyce (M40)</b>	Loughton AC
129	79	40:22	<b>Sharon Palmer (W45)</b>	Loughton AC
25	80	40:25	<b>Paul Williams (M60)</b>	Orion Harriers
60	81	40:25	<b>Louise Vacher (W55)</b>	Eton Manor
51	82	40:43	<b>Mary Armitage (W50)</b>	Orion Harriers
150	83	40:53	<b>Laura Fernandez (W55)</b>	Loughton AC
119	84	40:57	<b>Yuan Ren (SW)</b>	Victoria Park and Tower Hamlets
134	85	41:40	<b>Jenny Richards (W40)</b>	Loughton AC
88	86	41:12	<b>Gerald Akrigg (M55)</b>	Victoria Park and Tower Hamlets

41	87	41:52	<b>Katherine Taylor (W50)</b>	Orion Harriers
47	88	42:02	<b>Beth Henry (SW)</b>	Orion Harriers
193	89	42:29	<b>Steve Worrall (M45)</b>	Loughton AC
77	90	42:55	<b>Gabriel Ellenberg (M60)</b>	Eton Manor
142	91	43:23	<b>Melanie Peddle (W50)</b>	Loughton AC
118	92	43:30	<b>Philippa Cockman (W60)</b>	Victoria Park and Tower Hamlets
30	93	43:50	<b>Bal Gil (M50)</b>	Orion Harriers
42	94	44:06	<b>Helen Pearce (W50)</b>	Orion Harriers
59	95	45:03	<b>Janine Durrant (W45)</b>	Eton Manor
112	96	45:29	<b>Amy Blackburn-Lau (SW)</b>	Victoria Park and Tower Hamlets
61	97	45:49	<b>Fen Coles (W50)</b>	Eton Manor
65	98	45:59	<b>Hayley Dalton (W50)</b>	Eton Manor
89	99	46:32	<b>William Burbridge-James (M60)</b>	Victoria Park and Tower Hamlets
62	100	46:53	<b>Mala Singh (W45)</b>	Eton Manor
145	101	47:14	<b>Nadine Holland (W45)</b>	Loughton AC
3	102	47:41	<b>Frieda Keane (W55)</b>	Ilford
136	103	48:00	<b>Deborah Davies (W50)</b>	Loughton AC
121	104	48:03	<b>Marlis Hass ()</b>	Victoria Park and Tower Hamlets
52	105	48:07	<b>Han Lu (W40)</b>	Orion Harriers
43	106	48:56	<b>Lynne Wakinshaw (W40)</b>	Orion Harriers
6	107	49:20	<b>Alexandra Rutishauser-Perera (W40)</b>	East London Runners
8	108	50:40	<b>Morag Campbell (W50)</b>	East London Runners
122	109	53:33	<b>Susan Leese ()</b>	Victoria Park and Tower Hamlets
184	110		<b>Mark Fox (M40)</b>	Loughton AC