



LOUGHTON ATHLETIC CLUB

Ware Cup 2022

11.15am, 28 January 2023 @ Roding Valley Recreation Ground, Loughton

Postponed from 17 November 2022

Women's individual results

#	P	Time	Name	Club
330	1	33:33	Zoe Oldfield (W40)	Loughton AC
345	2	34:11	Jess Verrall (SW)	Eton Manor AC
329	3	34:25	Mary Knapman (W40)	Loughton AC
408	4	35:09	Fran Gamble (SW)	Orion Harriers
395	5	35:22	Jo Singer (W50)	Victoria Park & Tower Hamlets
339	6	36:27	Ali Trauttmansdorff (W50)	Loughton AC
409	7	37:17	Claire Huggins (SW)	Orion Harriers
403	8	37:47	Nikkii Barnett (W50)	Orion Harriers
350	9	38:14	Lee Milne (W40)	Eton Manor AC
344	10	38:25	Sharon Bolister (SW)	Eton Manor AC
335	11	39:04	Victoria Thompson (W40)	Loughton AC
336	12	39:21	Lorna Gaffney (W50)	Loughton AC
396	13	40:21	Victoria Fabbri	Victoria Park & Tower Hamlets
374	14	40:35	Cindy Koon (W40)	East London Runners
348	15	40:47	Lydia Daniels (SW)	Eton Manor AC
398	16	40:52	Alison Sale (W50)	Ilford AC
333	17	41:53	Jenny Richards (W40)	Loughton AC
394	18	41:57	Joyce Berry (W50)	Victoria Park & Tower Hamlets
400	19	42:01	Gaye Young (W50)	Ilford AC
352	20	42:27	Ru Rose (W40)	Eton Manor AC
406	21	42:45	Karen West (W45)	Orion Harriers
325	22	42:50	Michelle Ayrton (W40)	Loughton AC
343	23	42:58	Jane Pannell (W50)	Eton Manor AC
341	24	43:50	Louise Vacher (W50)	Eton Manor AC
410	25	44:00	Christine Inch (W60)	Orion Harriers
376	26	44:05	Sandra Preston (W50)	East London Runners
372	27	44:06	Veronica Carrasco (SW)	East London Runners
397	28	44:36	Mandy Reid (W40)	Ilford AC
404	29	44:42	Sarah Mills (W40)	Orion Harriers
338	30	44:53	Melanie Peddle (W50)	Loughton AC
379	31	45:23	Ann Dunne (W60)	East London Runners
342	32	45:38	Tracey Taylor (W50)	Eton Manor AC
326	33	46:10	Rebecca Fricker (W40)	Loughton AC
401	34	47:01	Sarah Odell (SW)	Orion Harriers

373	35	48:32	Catriona Hoult (W40)	East London Runners
340	36	48:49	Mala Singh (W50)	Eton Manor AC
377	37	49:04	Victoria Charlesworth (W50)	East London Runners
402	38	49:25	Lynne Wakinsshaw (W45)	Orion Harriers
327	39	49:47	Nadine Holland (W40)	Loughton AC
399	40	50:12	Julia Galea (W60)	Ilford AC
337	41	51:26	Amanda Overy (W50)	Loughton AC
380	42	52:23	Caroline Moore (W60)	East London Runners
346	43	56:33	Sacha Ackland (W40)	Eton Manor AC
347	44	01:01:18	Christina Watson (W60)	Eton Manor AC

Men's individual results

#	P	Time	Name	Club
354	1	29:00	Jack Henson (SM)	Eton Manor AC
323	2	30:08	Olly Mountstephens (SM)	Loughton AC
359	3	30:40	Humfrey Jeakins (SM)	Eton Manor AC
388	4	30:42	Freddy Bennett (SM)	Victoria Park & Tower Hamlets
309	5	30:45	Chris Thomas (M40)	Loughton AC
353	6	30:48	Craig Stevens (SM)	Eton Manor AC
391	7	31:05	Graham Atkins (SM)	Victoria Park & Tower Hamlets
382	8	31:15	Simeon Bennett (M40)	Victoria Park & Tower Hamlets
362	9	31:19	Dylan Williams (SM)	Eton Manor AC
419	10	31:34	Scott Reid (M50)	Orion Harriers
320	11	31:44	Edwin Gaye (SM)	Loughton AC
318	12	31:46	Jon Whitehouse (M50)	Loughton AC
385	13	31:54	Andre Dahlkamp (M50)	Victoria Park & Tower Hamlets
383	14	32:25	Neil Cook (M40)	Victoria Park & Tower Hamlets
420	15	32:35	Dan Gritton (M50)	Orion Harriers
381	16	32:56	Tim Murray (M40)	Victoria Park & Tower Hamlets
366	17	33:06	Alex Pickering (M45)	East London Runners
392	18	33:29	Dan McPhilimey (SM)	Victoria Park & Tower Hamlets
389	19	33:40	Tim Todhunter (SM)	Victoria Park & Tower Hamlets
303	20	33:55	Alan Fricker (M40)	Loughton AC
314	21	34:12	Robin Daines (M50)	Loughton AC
301	22	34:27	Nick Barker (M40)	Loughton AC
412	23	34:51	Paul Goodhew (M50)	Orion Harriers
365	24	35:25	Amit Marks (M45)	East London Runners
416	25	35:38	Buddy Green (SM)	Orion Harriers
433	26	35:42	Michael Bamford (M50)	East London Runners
319	27	35:48	Will Chavner (SM)	Loughton AC
413	28	36:02	Joe Ashman (M50)	Orion Harriers
432	29	36:29	James Lambden (M60)	Loughton AC
422	30	36:36	Brendan Clooney (M50)	Orion Harriers
430	31	36:39	Colin Smith (M45)	Orion Harriers
384	32	36:41	Stephen Philipps (M50)	Victoria Park & Tower Hamlets
390	33	36:46	Max Duval (SM)	Victoria Park & Tower Hamlets

429	34	36:50	Martin Reynolds (M40)	Orion Harriers
424	35	36:54	Darren Welsford (M40)	Orion Harriers
370	36	37:23	Calvin Bobin (M65)	East London Runners
357	37	37:25	Dave Daugirda (M60)	Eton Manor AC
321	38	37:36	Bradley McGeough (SM)	Loughton AC
371	39	37:38	Borislav Petkov (SM)	East London Runners
426	40	37:46	Andy Lunn (M50)	Orion Harriers
308	41	37:50	John Stubbs (M40)	Loughton AC
387	42	38:01	Keith Mussington (M65)	Victoria Park & Tower Hamlets
369	43	38:09	Ian Mackie (M65)	East London Runners
306	44	38:37	Terry Stokes (M40)	Loughton AC
324	45	39:32	Simon Slattery (SM)	Loughton AC
364	46	39:41	Peter Hatley (M40)	East London Runners
307	47	39:44	Nico Strydom (M40)	Loughton AC
431	48	39:52	Michael Cates (M50)	Eton Manor AC
423	49	40:18	Paul Stockings (M60)	Orion Harriers
425	50	41:03	Jon West (M45)	Orion Harriers
304	51	41:10	Ben Joyce (M40)	Loughton AC
311	52	41:22	Luke Williamson (M40)	Loughton AC
386	53	41:24	David Shortridge (M50)	Victoria Park & Tower Hamlets
415	54	42:46	Andy Kennedy (M45)	Orion Harriers
367	55	43:09	George Georgiou (M50)	East London Runners
355	56	43:13	Adrian Frost (M60)	Eton Manor AC
312	57	44:19	Steve Worrall (M40)	Loughton AC
315	58	44:33	Rob Eggleston (M50)	Loughton AC
358	59	44:38	Gabriel Ellenberg (M60)	Eton Manor AC
313	60	45:00	Jon Brown (M50)	Loughton AC
305	61	46:01	Graham Oldfield (M40)	Loughton AC
310	62	48:21	Paul Thomas (M40)	Loughton AC