



LOUGHTON ATHLETIC CLUB

LAC George Richardson Trophies Inter-club Vets Race

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

#	P	W	M	Time	Name	Club
157	1		1	28:56	Brian Jenkins (MV40)	Orion Harriers
194	2		2	29:07	Mick McTernan (MV40)	Orion Harriers
172	3		3	29:14	Tommy Grimes (MV40)	Orion Harriers
101	4		4	29:16	Stephen Fabes (MV40)	Victoria Park Harriers & THAC
237	5		5	30:12	James Pilch (MV40)	Eton Manor AC
168	6		6	31:00	Adrian Smith (MV50)	Orion Harriers
235	7		7	31:17	Simon Cottle (MV40)	Eton Manor AC
201	8		8	31:28	Neil McGuon (MV40)	Orion Harriers
180	9		9	31:30	Scott Reid (MV50)	Orion Harriers
262	10		10	31:31	Jon Whitehouse (MV45)	Loughton AC
195	11		11	31:44	Russell Brown (MV50)	Orion Harriers
90	12			32:26	Brett Cases (MV)	Guest
240	13		12	32:30	Toni Pang (MV50)	Eton Manor AC
158	14		13	32:36	Neil Swift (MV50)	Orion Harriers
260	15		14	33:01	Diarmuid MacDonnell (MV50)	Ilford AC
177	16		15	33:07	Stephen Thompson (MV40)	Orion Harriers
117	17	1		33:19	Samantha Lamb (WV50)	Victoria Park Harriers & THAC
175	18		16	33:24	Paul Goodhew (MV50)	Orion Harriers
209	19		17	33:29	Tim Wright (MV50)	Orion Harriers
269	20	2		33:31	Zoe Oldfield (WV45)	Loughton AC
263	21		18	33:33	Alan Fricker (MV45)	Loughton AC
243	22			33:39	Dylan Williams (Guest)	Eton Manor AC
105	23		19	33:44	Richard Bryant (MV50)	Victoria Park Harriers & THAC
267	24		20	33:44	Robin Daines (MV50)	Loughton AC
232	25		21	33:51	Tony Pamphilon (MV60)	Vets AC
270	26	3		33:53	Mary Knapman (WV40)	Loughton AC
108	27	4		34:22	Jo Singer (WV40)	Victoria Park Harriers & THAC
266	28		22	35:02	Nick Barker (MV40)	Loughton AC
165	29		23	35:04	Joey Ashman (MV50)	Orion Harriers
257	30		24	35:26	Joel Denning (MV40)	Ilford AC
241	31		25	35:31	John Black (MV60)	Eton Manor AC
288	32		26	35:44	Ashley Faria (MV)	East London Runners
253	33	5		35:50	Lee Milne (WV40)	Eton Manor AC
271	34	6		35:53	Ali Trauttmansdorff (WV50)	Loughton AC
213	35		27	35:54	Glenn Gosling (MV50)	Orion Harriers
197	36		28	36:03	Paul Thornton (MV40)	Orion Harriers
218	37	7		36:08	Hayley Rogerson (WV40)	Orion Harriers
204	38		29	36:15	Darren Welsford (MV40)	Orion Harriers
87	39		30	36:16	James Lamden (MV60)	Loughton AC
244	40		31	36:45	Dave Daugirda (MV60)	Eton Manor AC

261	41	32	36:56	Steve Palmer (MV50)	Loughton AC
211	42	33	36:58	Martin Reynolds (MV40)	Orion Harriers
284	43	34	37:00	Jacob Stevens (MV)	East London Runners
46	44	35	37:11	Ian Mackie (MV)	East London Runners
268	45	36	37:24	David Mills (MV55)	Loughton AC
206	46	37	37:26	Steve Taylor (MV50)	Orion Harriers
291	47	8	37:58	Caroline Frith (WV)	East London Runners
297	48	9	38:22	Sarah Burns (WV)	East London Runners
256	49	10	38:38	Joanne Reeves (WV40)	Ilford AC
208	50	38	38:49	Ben Fisher (MV40)	Orion Harriers
272	51	11	38:55	Georgina Taylor (WV40)	Loughton AC
283	52	39	39:07	Peter Hatley (MV)	East London Runners
192	53	40	39:25	Mark Muscat (MV60)	Orion Harriers
199	54	41	39:28	Jon West (MV40)	Orion Harriers
276	55	12	39:29	Sharon Palmer (WV45)	Loughton AC
178	56	42	39:30	Gary Bartlett (MV60)	Orion Harriers
214	57	43	39:45	Paul Stockings (MV60)	Orion Harriers
106	58	44	39:50	David Shortridge (MV50)	Victoria Park Harriers & THAC
252	59	13	40:07	Ru Rose (WV40)	Eton Manor AC
289	60	45	40:10	Borislav Petkov (MV)	East London Runners
207	61	46	40:12	Andy Moore (MV50)	Orion Harriers
182	62	47	40:17	Andy Kennedy (MV40)	Orion Harriers
287	63	48	40:23	Adbirahman Mohammed (MV)	East London Runners
281	64	49	40:25	Mike Wilson (MV)	East London Runners
221	65	14	40:26	Lucilla Ashton (WV40)	Orion Harriers
205	66	50	40:29	Simon Haigh (MV50)	Orion Harriers
103	67	51	40:34	David Wilkey (MV50)	Victoria Park Harriers & THAC
300	68	15	40:58	Cindy Koon (WV)	East London Runners
219	69	16	41:04	Karen Lyons (WV50)	Orion Harriers
228	70	17	41:06	Jo Plumb (WV50)	Orion Harriers
124	71	18	41:15	Annie Gammon (WV50)	Victoria Park Harriers & THAC
226	72	19	41:25	Karen West (WV40)	Orion Harriers
109	73	20	41:33	Amelia Evans (WV40)	Victoria Park Harriers & THAC
265	74	52	41:38	Steve Worrall (MV45)	Loughton AC
282	75	53	41:40	Ramesh Pala (MV)	East London Runners
216	76	21	41:48	Kerry Parker (WV40)	Orion Harriers
173	77	54	41:50	Bill Bennett (MV60)	Orion Harriers
248	78	22	41:53	Louise Vacher (WV50)	Eton Manor AC
259	79	55	42:02	Edward Skinner (MV60)	Ilford AC
247	80	23	42:15	Gail Hennessey (WV60)	Eton Manor AC
290	81	56	42:34	John O'Brien (MV)	East London Runners
203	82	57	42:40	Simon Carter (MV50)	Orion Harriers
231	83	24	42:46	Patricia Thomas (WV55)	Vets AC
89	84	58	42:58	Roger Green (MV70)	Woodford Green and Essex Ladies
295	85	25	43:18	Sandra Preston (WV)	East London Runners
200	86	59	43:21	Gordon Sutcliffe (MV40)	Orion Harriers
273	87	26	43:25	Melanie Peddle (WV50)	Loughton AC
60	88	60	43:37	Tim Horton (MV60)	Loughton AC
84	89	61	43:48	Jon Brown (MV50)	Loughton AC
233	90	62	43:52	David Hinds (MV70)	Vets AC
164	91	63	43:57	Paul Williams (MV60)	Orion Harriers
258	92	64	44:00	Jim Tilbrook (MV50)	Ilford AC

292	93	27	44:21	Ann Dunne (WV)	East London Runners
239	94	65	45:05	Geoff Nicholls (MV60)	Eton Manor AC
225	95	28	45:15	Helen Pearce (WV50)	Orion Harriers
293	96	29	45:34	Alexandra Rutishauser -Perara (WV)	East London Runners
246	97	30	46:01	Hayley Dalton (WV50)	Eton Manor AC
229	98	31	46:09	Han Lu (WV40)	Orion Harriers
296	99	32	46:17	Suzanne Taylor (WV)	East London Runners
251	100	33	46:27	Janine Durrant (WV40)	Eton Manor AC
224	101	34	46:34	Catriona Davies (WV)	East London Runners
227	102	35	46:35	Katherine Taylor (WV50)	Orion Harriers
280	103	36	46:44	Lisa Perryman (WV45)	Loughton AC
279	104	37	47:02	Rebecca Fricker (WV45)	Loughton AC
274	105	38	47:24	Nadine Holland (WV45)	Loughton AC
###	106	66	47:33	Unknown Runner (MV)	Eton Manor AC
217	107	39	47:51	Helen Ward (WV40)	Orion Harriers
277	108	40	49:17	Amanda Overy (WV55)	Loughton AC
220	109	41	49:18	Lynne Wakinshaw (WV40)	Orion Harriers
298	110	42	50:31	Diana Rex (WV)	East London Runners
294	111	43	50:42	Victoria Charlesworth (WV)	East London Runners
91	112	44	50:52	Clare Drakeford (WV)	East London Runners
51	113	45	50:58	Caroline Moore (WV)	East London Runners
299	114	46	52:05	Kathy Morrissey (WV)	East London Runners
222	115	47	52:12	Everine Botha (WV40)	Orion Harriers
123	116	48	53:00	Susan Leese (WV50)	Victoria Park Harriers & THAC
275	117	49	58:58	Sallyann Eyles (WV50)	Loughton AC



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George Richardson Trophies results

Pos	Club (men)						Pos	Club (women)					
1st	Orion Harriers	1	2	3	6	12	1st	Loughton	2	3	6	11	22
2nd	Eton Manor AC	5	7	12	25	49	2nd	Victoria Park & THAC	1	4	18	20	43
3rd	Loughton	10	18	20	22	70	3rd	Orion Harriers	7	14	16	17	54
4th	Victoria Park & THAC	4	19	44	51	118	4th	East London Runners	8	9	15	25	57
5th	East London Runners	26	34	35	39	134	5th	Eton Manor AC	5	13	22	23	63
6th	Ilford AC	14	24	55	64	157	6th	Ilford AC	10				10
7th	Vets AC	21				21	7th	Vets AC	24				24

Overall team results including B teams

Pos	Club (men)						Pos	Club (women)					
1st	Orion Harriers 'A'	1	2	3	6	12	1st	Loughton AC 'A'	2	3	6	11	22
2nd	Orion Harriers 'B'	8	9	11	13	41	2nd	Victoria Park & THAC	1	4	18	20	43
3rd	Eton Manor AC	5	7	12	25	49	3rd	Orion Harriers 'A'	7	14	16	17	54
4th	Loughton AC 'A'	10	18	20	22	70	4th	East London Runners 'A'	8	9	15	25	57
5th	Orion Harriers 'C'	15	16	17	23	71	5th	Eton Manor AC	5	13	22	23	63
6th	Orion Harriers 'D'	27	28	29	33	117	6th	Orion Harriers 'B'	19	21	28	31	99
7th	Victoria Park & THAC	4	19	44	51	118	7th	Loughton AC 'B'	12	26	36	37	111
8th	East London Runners	26	34	35	39	134	8th	East London Runners 'B'	27	29	32	34	122
9th	Loughton AC 'B'	30	32	36	52	150	9th	Orion Harriers 'C'	35	39	41	47	162
10th	Orion Harriers 'E'	37	38	40	41	156	10th	East London Runners 'C'	42	43	44	45	174
11th	Ilford AC	14	24	55	64	157	11th	Ilford AC	10				10
12th	Orion Harriers 'F'	42	43	46	47	178	12th	Vets AC	24				24
13th	East London Runners	45	48	49	53	195							
14th	Orion Harriers 'G'	50	54	57	59	220							
15th	Vets AC	21				21							