**RESULT OF THE WARE CUP - 9 DECEMBER 2017**

1. Aaron McReady (SM) VPH 27:09

2. Joe Dale (SM) VPH 27:11

3. George Day (U/20M) Orion 27:40

4. Dan Moses (SM) Orion 27:48

5. Carl Salya-Hammer (SM) VPH 28:11

6. Gary Towers (V40) EM 28:21 25

7. William Kirk (SM) VPH 28:28

8. Jonathan Scott (SM) VPH 28:35

9. Tony MacDowell (SM) VPH 28:40

10. Neil Cook (V40) VPH 28:47

11. Ben Hall (SM) Orion 28:51

12. David Jones (SM) VPH 29:01

13. Adam Baker (V45) Orion 29:04

14. Ben Wickham (SM) VPH 29:10

15. Chris Tait (SM) EM 29:15 24

16. Duncan Steen (SM) VPH 29:55

17. Simeon Bennett (V40) VPH 29:57

18. Anthony Withstandley (V45) VPH 30:11

19. James Pilch (SM) EM 30:16 23

20. Simon Cottle (SM) EM 30:23 22

21. Sam Rahman (SM) Ilford 30:27

22. Andy Hutson (SM) VPH 30:48

23. Giles Bailey (SM) EM 31:02 21

24. Jack Russell (SM) VPH 31:18

25. Barking RR man? 31:22

26. Peter Fairlamb (SM) Orion 31:34

27. Paul Boddy (V40) EM 31:38 20

28. Ian Weir (V40) VPH 31:42

29. Sam Villis (SM) VPH 32:07

30. Dan Hall (V40) EM 32:09 19

31. Paul Cates (V50) EM 32:15 18

32. Dave Cato (SM) EM 32:17 17

33. Sophie Donges (SW) VPH 32:26 (W1)

34. Jon Whitehouse (V40) Lou 32:29

35. Gary Bagnall (V45) VPH 32:31

36. Kevin Long (V40) VPH 32:32

37. Naomi Dews (SW) EM 33:27 (W2) 25

38. Annie Byrne (SW) VPH 33:32 (W3)

39. Diarmid MacDonnell (V45) Ilford 33:35

40. Gavriel Hollander (SM) VPH 33:48

41. Hannah Somani (SW) VPH 34:08 (W4)

42. Holly Wood (SW) Orion 34:31 (W5)

43. Rob Sommerville (V45) EM 34:33 16

44. Roy Perrott (V45) Orion 34:44

45. Andy Catton (V60) Ilford 35:16

46. John Black (V60) EM 35:27 15

47. James Lamsden (V55) Lou 35:30

48. Taryne McPherson (V40) EM 35:35 (W6) 24

49. Adrian Frost (V60) EM 35:37 14

50. Dennis Briggs (V40) Ilford 35:41

51. Kieran McKenna (V45) Ilford 35:55

52. Ian Lambert (V60) EM 36:06 13

53. Holly Weir (V35) VPH 36:11 (W7)

54. Steve Dunn (V40) EM 36:21 12

55. Justin McDemott (V45) EM 36:31 11

56. Dave Campbell (V50) EM 36:37 -

57. Joe Feltham (SM) VPH 36:37

58. Zoe Woodward (V50) EM 36:39 (W8) 23

59. Steve Bennett (V45) Orion 36:41

60. Claire Fisher (SW) EM 36:49 (W9) 22

61. Bill Bennett (V60) Orion 36:55

62. Bree Nordin (V60) Ilford 37:10 (W10)

63. John Smith (V55) Orion 37:37

64. Jason Sewards (V45) Lou 37:39

65. Jenni Heyman (V35) EM 37:41 (W11) 21

66. Lorna Gaffney (V50) Lou 38:09 (W12)

67. Mick Cairns (V55) VPH 38:09

68. Gary Bartlett (V55) Orion 38:12

69. Jenni Hall (V35) EM 38:35 (W12) 20

70. Cheryl Evans (SW) VPH 38:45 (W13)

71. Alan Fricker (V40) Lou 38:47

72. Alison Taylor (V35) Orion 38:51 (W14)

73. Pippa Dowswell (V45) Orion 39:06 (W15)

74. Trevor Robinson (V40) Lou 39:18

75. Sarah Pierce (SW) VPH 39:28 (W16)

76. Graham Hall (V50) Orion 39:40

77. Kate Malcolm (V40) EM 39:45 (W17) 19

78. Louise Vacher (V50) EM 40:07 (W18) 18

79. Paul - ELR? 40:08

80. Ed Skinner (V60) Ilford 40:19

81. Joyce Berry (V45) VPH 40:39 (W19)

82. Gaye Van Der Vyver (V45) Ilford 41:00 (W20)

83. David Wilkey (V45) VPH 41:22

84. Janine Durrant (V40) EM 41:24 (W21) 17

85. Victoria Fabbri (V35) VPH 41:27 (W22)

86. Jo Plumb (V45) Orion 41:35 (W23)

87. Sharon Wood (V45) Orion 41:44 (W24)

88. Satha Alaga (V50) Ilford 41:55

89. Ruth Rose (V35) EM 42:06 (W25) 16

90. Frank Merrigan (V50?) VPH 42:25

91. Paula Faircomb (V35) Orion 43:00 (W26)

92. Fen Coles (V35) EM 43:35 (W27) 15

93. Ellie Townend (SW) VPH 43:44 (W28)

94. Rachel Brittle (V50) EM 45:22 (W29) 14

95. Mick Conway (V60) Orion 45:46

96. Mala Singh (V40) EM 46:42 (W30) 13

97. Hayley Dalton (V45) EM 47:31 (W31) 12

98. Peter Bullaitis (V60) Orion 47:54

99. Melanie Peddle (V45) Lou 48:50 (W32)

100. Geoffrey Nichols (V60) EM 49:17 10

101. Andrew Gwilliam (V40) Lou 49:20

102. Barking RR woman 49:20 (W33)

103. Nicola Chester (V40) Ilford 49:28 (W34)

104. Suki Jandu (V50) Ilford 51:06

105. Claude Gierl (V60) EM 52:39 (W35) 11

106. Pam Jones (V80) Ilford 55:24 (W36)

**Men's teams (scoring 4) Women's teams (scoring 4)**

1. VPH/TH (1, 2, 5, 7) 15 1. VPH/TH (1, 3, 4, 7) 15

2. Orion (3, 4, 11, 13) 31 2. EM (2, 6, 8, 9) 25

3. EM (6, 15, 19, 20) 60 3. Orion (5, 14, 15, 23) 57

4. Ilford (21, 39, 45, 50) 155 4. Ilford (10, 20, 34, 36) 100

5. Loughton (34, 47, 64, 71) 216 5. Loughton (12, 32, 37, 37) 118