

# Chingford League Race 3 Men

## Hog Hill 6th November 2018

Pos	Number	First	Last	AWAgeCat	Time	ClubName
1	422	Euan	Brown	SM	16:08	East London Runners
2	283	Paul	Grange	M35	17:02	Barking Road Runners
3	768	Nick	Harris-Fry	SM	17:06	Orion Harriers
4	754	Daniel	Moses	SM	17:09	Orion Harriers
5	746	Brian	Jenkins	M35	17:15	Orion Harriers
6	531	Gary	Towers	M45	17:26	Eton Manor AC
7	421	Patrick	Brown	SM	17:37	East London Runners
8	522	Sam	Anderson	SM	17:44	Eton Manor AC
9	728	Adam	Baker	M45	17:44	Orion Harriers
10	633	Liam	O'Mahoney	SM	17:59	East London Tri
11	793	Reece	Barclay	SM	18:13	Orion Harriers
12	525	Simon	Cottle	M35	18:15	Eton Manor AC
13	795	Gary	Coombes	M45	18:17	Barking Road Runners
14	516	Paul	Boddey	M40	18:19	Eton Manor AC
15	619	Neill	Whittaker	M35	18:21	East London Tri
16	999	Simeon	Bennett	M40	18:27	Victoria Park Harriers
17	614	Daniel	Fish	SM	18:29	East London Tri
18	756	Matt	Woodman	M40	18:31	Orion Harriers
19	733	Bob	Glasgow	M40	18:35	Orion Harriers
20	929	Duncan	Steen	SM	18:36	Victoria Park Harriers
21	632	George	Tidmarsh	M35	18:39	East London Tri
22	757	Ben	Rowlands	M35	18:51	Orion Harriers
23	791	Seb	Parris	M35	18:53	Guest Runners
24	769	Mark	Dillon	M45	18:58	Orion Harriers
25	750	Raphael	Zenou	SM	19:00	Orion Harriers
26	767	Colin	Read	M50	19:00	Orion Harriers
27	979	George	Long	SM	19:01	Victoria Park Harriers
28	500	Chris	Tait	SM	19:02	Eton Manor AC
29	656	Adam	Bartlett	SM	19:06	Harold Wood RC
30	777	Tom	Beasley	SM	19:08	Orion Harriers
31	550	Giles	Bailey	M35	19:09	Eton Manor AC
32	521	James	Pilch	M35	19:09	Eton Manor AC
33	675	Christopher	King	SM	19:12	Harold Wood RC
34	532	Richard	Parr	M35	19:16	Eton Manor AC
35	545	Dylan	Williams	U20M	19:18	Eton Manor AC
36	742	David	Wilson	M35	19:19	Orion Harriers
37	736	Will	Reed-Wright	SM	19:25	Orion Harriers
38	655	Josh	Jenner	SM	19:30	Harold Wood RC
39	932	Craig	Robertson	M35	19:33	Victoria Park Harriers
40	524	David	Cato	M35	19:42	Eton Manor AC
41	894	Jon	Whitehouse	M45	19:44	Loughton AC
42	426	Nathan	Jones	SM	19:45	East London Runners
43	766	Geoff	Whitman	M45	19:47	Orion Harriers
44	1016	Kevin	Long	M40	19:49	Victoria Park Harriers
45	528	Paul	Cates	M55	19:50	Eton Manor AC
46	1013	David	Warwick	M45	19:50	Victoria Park Harriers
47	888	Steve	Palmer	M45	19:50	Loughton AC
48	448	James	Nichols	SM	19:50	East London Runners
49	915	Tony	Lashmar	M40	19:55	Victoria Park Harriers
50	605	Hefin	Davies	M35	19:59	East London Tri
51	284	Diarmuid	Mac Donnell	M45	20:05	Barking Road Runners

52	794	Lee	Bailey	SM	20:07	Orion Harriers
53	1012	Jose	Sanchez	M35	20:09	Victoria Park Harriers
54	761	John	Sable	M35	20:13	Orion Harriers
55	922	Paul	Mee	M50	20:15	Victoria Park Harriers
56	749	Martin	Reynolds	M35	20:17	Orion Harriers
57	737	Buddy	Green	SM	20:22	Orion Harriers
58	218	Michael	Martin	M55	20:26	Barnet & District AC
59	674	James	Coker	SM	20:27	Harold Wood RC
60	788	Shaka	Palmer	SM	20:29	Guest Runners
61	279	Paul	Ward	M45	20:31	Barking Road Runners
62	616	Michael	Loiacono	M45	20:37	East London Tri
63	673	Tony	Panton	M35	20:39	Harold Wood RC
64	501	Dave	Daugirda	M55	20:42	Eton Manor AC
65	753	James	Tharratt	M35	20:43	Orion Harriers
66	945	Rodney	Mushanganyisi	M40	20:47	Victoria Park Harriers
67	765	Roy	Perrott	M45	20:49	Orion Harriers
68	447	Peter	Craik	M45	20:56	East London Runners
69	607	Pete	Dyer	M45	20:57	East London Tri
70	440	Craig	Livermore	SM	21:00	East London Runners
71	435	Jacob	Stevens	M40	21:06	East London Runners
72	740	Dan	Green	M45	21:13	Orion Harriers
73	510	John	Black	M60	21:15	Eton Manor AC
74	613	Oscar	Kelly	U18M	21:18	East London Tri
75	520	Rob	Sommerville	M50	21:20	Eton Manor AC
76	988	Andrew	Bates	SM	21:22	Victoria Park Harriers
77	446	Terry	Lewsey	M40	21:27	East London Runners
78	873	Stuart	Manktelow	M55	21:33	Trent Park RC
79	1004	Julian	Burke	M45	21:45	Victoria Park Harriers
80	436	Paul	Marshall	SM	21:49	East London Runners
81	787	Ben	Fisher	M40	21:56	Orion Harriers
82	303	Jamie	Austin	SM	21:58	Dagenham 88 Runners
83	282	Viorel	Mih	M45	22:00	Barking Road Runners
84	285	Richard	Dudman	M40	22:19	Barking Road Runners
85	807	Richard	Allen	M35	22:21	Trent Park RC
86	217	Alun	Johns	M45	22:22	Barnet & District AC
87	752	Gary	Bartlett	M55	22:23	Orion Harriers
88	782	John	Smith	M60	22:26	Orion Harriers
89	798	Alan	Pearl	M55	22:26	Guest Runners
90	718	Stephen	Bennett	M45	22:29	Orion Harriers
91	603	Paul	Dominguez	M45	22:33	East London Tri
92	427	Peter	Hatley	M40	22:39	East London Runners
93	755	Grant	Corton	M55	22:51	Orion Harriers
94	610	Justin	McDermott	M45	22:51	East London Tri
95	621	Graham	Bell	M40	22:59	East London Tri
96	425	Gareth	Davies	M50	23:05	East London Runners
97	886	Richard	Berry	M45	23:11	Loughton AC
98	893	Cliff	Warren	M55	23:17	Loughton AC
99	429	Michael	Wilson	M55	23:19	East London Runners
100	295	David	Kail	SM	23:20	Barking Road Runners
101	732	Chris	Chapman	SM	23:22	Orion Harriers
102	1015	Keith	Mussington	M60	23:26	Victoria Park Harriers
103	792	Daniel	Carroll	M35	23:28	Orion Harriers
104	921	Antonio	Del Valle	M40	23:29	Victoria Park Harriers
105	1027	Paul	Stockings	M55	23:30	Woodford Green
106	211	Rob	Suddaby	SM	23:30	Barnet & District AC

107	302	Andy	Wright	M50	23:32	Dagenham 88 Runners
108	780	Jon	West	M40	23:39	Orion Harriers
109	615	David	Campbell	M55	23:43	East London Tri
110	652	Patrick	Thoeung	M40	23:44	Harold Wood RC
111	667	Johann	Le Roux	M40	23:45	Harold Wood RC
112	880	John	Stubbs	M35	23:52	Loughton AC
113	892	Ben	Joyce	M35	23:59	Loughton AC
114	220	Julian	St George	M60	24:02	Barnet & District AC
115	726	Anthony	Young	M50	24:04	Guest Runners
116	651	Andy	Page	M40	24:08	Harold Wood RC
117	611	Patrick	Farren	M55	24:20	East London Tri
118	437	Karan	Gadhia	SM	24:25	East London Runners
119	287	Martin	Brooks	M45	24:26	Barking Road Runners
120	920	Gigi	Giannella	M45	24:43	Victoria Park Harriers
121	280	Trevor	Robinson	M45	24:51	Barking Road Runners
122	401	Alex	Jameson	M45	24:55	East London Runners
123	604	David	Burack	M55	24:57	East London Tri
124	322	Ian	Cummins	M50	25:08	Dagenham 88 Runners
125	443	Grant	Conway	M50	25:20	East London Runners
126	412	John	Healy	M40	25:27	East London Runners
127	321	Michael	Pegnall	M35	25:35	Dagenham 88 Runners
128	895	Gary	Hooper	M45	25:41	Loughton AC
129	612	John	Kelly	M50	25:43	East London Tri
130	205	David	Scott	M55	25:48	Barnet & District AC
131	305	Luke	Summers	SM	25:55	Dagenham 88 Runners
132	324	Manji	Gami	M50	26:20	Dagenham 88 Runners
133	203	Nick	Bingham	M70	26:34	Barnet & District AC
134	745	John	Neighbour	M60	26:38	Orion Harriers
135	274	Andrew	Gwilliam	M40	26:46	Barking Road Runners
136	270	Gary	Harford	M60	26:54	Barking Road Runners
137	618	Keith	Saunders	M45	27:02	East London Tri
138	723	Dhurmendra	Mistry	M50	27:09	Orion Harriers
139	325	Andrew	Beazeley	M35	27:35	Dagenham 88 Runners
140	449	Jason	Levy	M45	27:45	East London Runners
141	291	Martin	Mason	M65	27:54	Barking Road Runners
142	727	Alan	Godbold	M50	28:03	Orion Harriers
143	919	Chris	Hawksworth	M35	28:27	Victoria Park Harriers
144	438	Lee	Rand	M50	28:37	East London Runners
145	278	Jason	Li	M45	28:49	Barking Road Runners
146	294	Richard	Quye	M45	28:54	Barking Road Runners
147	502	Geoff	Nicholls	M65	28:55	Eton Manor AC
148	281	Mark	Durrant	M50	29:06	Barking Road Runners
149	668	Martin	Hawker	M40	29:41	Harold Wood RC
150	670	Richard	Rockcliffe	M65	30:02	Harold Wood RC
151	219	Stephen	Hewitt	M65	31:20	Barnet & District AC
152	799	James	Huddart	M70	32:06	Guest Runners
153	292	Leslie	Jay	M60	32:32	Barking Road Runners
154	261	Robert	Courtier	M60	33:29	Barking Road Runners
155	264	Dennis	Spencer-Perkins	M60	34:12	Barking Road Runners
156	318	Sam	Veerasley	M70	37:38	Dagenham 88 Runners
157	534	Robert	Maggio	M70	39:38	Eton Manor AC
158	262	Michael	Ball	M70	40:04	Barking Road Runners

# Chingford League Race 3 Women

## Hog Hill 6th November 2018

Pos	Numbe	First	Last	WAgeC	Time	ClubName
1	987	Laura	Kaye	SW	19:11	Victoria Park Harriers
2	917	Kelly	Clark	W35	20:32	Victoria Park Harriers
3	724	Hayley	Rogerson	W40	20:50	Orion Harriers
4	1014	Hannah	Somani	SW	20:51	Victoria Park Harriers
5	548	Sarah	Flanaghan	W40	20:56	Eton Manor AC
6	902	Charlotte	Maling	SW	21:04	Victoria Park Harriers
7	518	Jenny	Heymann	W35	21:11	Eton Manor AC
8	993	Jo	Singer	W45	21:12	Victoria Park Harriers
9	710	Holly	Wood	SW	21:15	Orion Harriers
10	722	Alison	Trauttmannsdorff-	W45	21:40	Orion Harriers
11	1011	Virginia	Silio	W35	21:44	Victoria Park Harriers
12	517	Sharon	Bolister	W35	21:47	Eton Manor AC
13	908	Cheryl	Evans	SW	22:01	Victoria Park Harriers
14	912	Charlie	Bewley	W35	22:10	Victoria Park Harriers
15	503	Zoe	Woodward	W55	22:14	Eton Manor AC
16	889	Mary	Knapman	W35	22:26	Loughton AC
17	918	Ellie	Tait	SW	22:28	Victoria Park Harriers
18	707	Alison	Taylor	W35	22:29	Orion Harriers
19	885	Lorna	Gaffney	W50	22:30	Loughton AC
20	717	Lucy	Humphreys	SW	22:33	Orion Harriers
21	430	Caroline	Frith	W40	22:43	East London Runners
22	706	Lorraine	Gosling	W40	22:49	Orion Harriers
23	535	Kate	Malcolm	W45	22:51	Eton Manor AC
24	1007	Cristina	Eason	W35	23:07	Victoria Park Harriers
25	779	Pippa	Dowswell	W50	23:07	Orion Harriers
26	657	Linda	Day	W45	23:09	Harold Wood RC
27	509	Clare	Wagh-Cameron	W35	23:27	Eton Manor AC
28	626	Norma	Ortiz	W35	23:31	East London Tri
29	905	Annie	Trihan	W35	23:49	Victoria Park Harriers
30	907	Sarah	Pierce	SW	23:51	Victoria Park Harriers
31	659	Rosie	Hatch	SW	23:52	Harold Wood RC
32	508	Kay	Gillett	W35	23:57	Eton Manor AC
33	1048	Kate	Stockings	SW	24:03	Woodford Green
34	406	Becky	Evans	W50	24:05	East London Runners
35	511	Louise	Vacher	W50	24:08	Eton Manor AC
36	731	Rosie	Marshall	SW	24:09	Orion Harriers
37	1008	Phillipa	Carr	W35	24:18	Victoria Park Harriers
38	783	Ella	Wilson	SW	24:21	Orion Harriers
39	1009	Agata	Slota	W35	24:23	Victoria Park Harriers
40	1010	Helen	Nichols	W35	24:26	Victoria Park Harriers
41	770	Mary	Armitage	W55	24:28	Orion Harriers
42	439	Kasia	Stachowiak	W35	24:32	East London Runners
43	730	Inga	Hayden-Cooper	W50	24:38	Guest Runners
44	314	Hannah	Sheikh	W45	24:53	Dagenham 88 Runners
45	400	Maud	Hodson	W45	24:56	East London Runners
46	671	Claire	Brinsmead	W40	25:02	Harold Wood RC
47	216	Cath	Perry	W35	25:06	Barnet & District AC
48	705	Karen	West	W40	25:17	Orion Harriers
49	713	Donna	Wilkins	W45	25:18	Orion Harriers
50	275	Charlotte	Owen	SW	25:20	Barking Road Runners

51	676	Sophie	Apps	SW	25:23	Harold Wood RC
52	654	Ruth	Quince	W40	25:26	Harold Wood RC
53	906	June	Barrow-Green	W65	25:36	Victoria Park Harriers
54	606	Isabelle	Schelcher	W45	25:40	East London Tri
55	335	Rahana	Islam	W40	25:46	Dagenham 88 Runners
56	703	Andrea	Macqueen	W55	25:50	Orion Harriers
57	332	Jenny	Akroyd	W35	25:55	Dagenham 88 Runners
58	505	Janine	Durrant	W40	26:10	Eton Manor AC
59	711	Karen	Allworthy	W60	26:13	Orion Harriers
60	891	Gay	Shillaker	W55	26:18	Loughton AC
61	672	Jennifer	Loudon	SW	26:22	Harold Wood RC
62	735	Nessa	Clyne	W45	26:29	Orion Harriers
63	404	Rachel	Le Roux	W35	26:34	East London Runners
64	441	Georgie	Hooper	SW	26:40	East London Runners
65	910	Christa	Ronan	W35	26:44	Victoria Park Harriers
66	904	Marlis	Haase	W50	26:51	Victoria Park Harriers
67	994	Sarah	Stewart	SW	26:55	Victoria Park Harriers
68	499	Filipa	Soares	W40	26:58	East London Runners
69	909	Amy	Blackburn-Lau	W35	26:59	Victoria Park Harriers
70	786	Connie	Lahiff	SW	27:10	Guest Runners
71	407	Fiona	Day	W60	27:22	East London Runners
72	876	Melanie	Peddle	W50	27:22	Loughton AC
73	1025	Susan	Edwards	W50	27:26	Woodford Green
74	300	Louise	Chappell	W40	27:33	Dagenham 88 Runners
75	725	Julie	Robinson	W60	27:45	Orion Harriers
76	310	Jenny	O'Hanlon	W35	27:50	Dagenham 88 Runners
77	267	Natalie	Traylen	W40	28:13	Barking Road Runners
78	546	Mala	Singh	W45	28:19	Eton Manor AC
79	660	Louise	Hawker	W35	28:40	Harold Wood RC
80	661	Leanne	Mitchell	W50	28:43	Harold Wood RC
81	297	Rachel	Robinson	W40	28:43	Barking Road Runners
82	781	Lisa	Smith	W55	28:54	Orion Harriers
83	450	Alexandra	Rutishauser-Perera	W40	28:56	East London Runners
84	530	Hayley	Dalton	W45	28:57	Eton Manor AC
85	890	Nadine	Holland	W40	29:01	Loughton AC
86	312	Emma	O'Shea	W40	29:09	Dagenham 88 Runners
87	985	Susan	Leese	W50	29:12	Victoria Park Harriers
88	875	Amie	Harrison	SW	29:21	Loughton AC
89	1006	Alice	Rudge	SW	29:32	Victoria Park Harriers
90	442	Anna	Dingle	W40	29:34	East London Runners
91	882	Caroline	Gipson	W45	29:51	Loughton AC
92	317	Timi	Veerasamy	W65	30:20	Dagenham 88 Runners
93	208	Kirsty	Johnstone	W55	30:39	Barnet & District AC
94	669	Lynsey	Mann	W35	31:08	Harold Wood RC
95	1005	Sophie	Critchlow	W50	31:10	Victoria Park Harriers
96	290	Veronica	Barikor	W55	31:10	Barking Road Runners
97	547	Elaine	Thompson	W50	31:11	Eton Manor AC
98	760	Judi	Leddy	W50	31:36	Orion Harriers
99	609	Clare	Hirst	W40	31:42	East London Tri
100	293	Cristina	Cooper	W40	31:50	Barking Road Runners
101	326	Geri	Latimer	W45	32:10	Dagenham 88 Runners
102	336	Lorraine	Moor	W55	32:10	Dagenham 88 Runners
103	549	Christina	Watson	W60	32:16	Eton Manor AC
104	878	Michaela	Davis	W50	32:18	Loughton AC
105	334	Jackie	Frewin	W60	32:20	Dagenham 88 Runners

106	330	Rachel	Branch	W35	33:30	Dagenham 88 Runners
107	327	Jane	Swanson-Sprent	W45	33:30	Dagenham 88 Runners
108	329	Christine	Lardner	SW	33:41	Dagenham 88 Runners
109	319	Denise	Woolston	W50	35:13	Dagenham 88 Runners
110	333	Kelly	Drake-Tapscott	W40	35:15	Dagenham 88 Runners
111	663	Julie	Bradd	W50	36:08	Harold Wood RC
112	507	Caroline	Nicholson	W50	36:30	Eton Manor AC
113	602	Dawn	Hunter	W45	36:39	East London Tri
114	337	Debbie	Joy	W45	37:24	Dagenham 88 Runners
115	445	Sue	Bushnell	W60	38:34	East London Runners
116	311	Abigail	O'Shea	U20W	38:36	Dagenham 88 Runners
117	328	Jacqui	Elliot	M50	38:49	Dagenham 88 Runners
118	323	Ronnie	Waller	W65	39:06	Dagenham 88 Runners
119	331	Natalie	Summers	W40	39:09	Dagenham 88 Runners