

Chingford League Race 1 - Men

RacePos	Number	First	Last	AWAgeCat	ClubAWName	RaceTime
1	632	Euan	Brown	SM	ELR	00:16:40
2	1306	Andrew	Barrington	SM	VPH&TH	00:16:57
3	1309	Stephen	Fabes	SM	VPH&TH	00:17:03
4	633	Kieran	Brown	M60	ELR	00:17:14
5	305	Gary	Pelosi	SM	Barnet	00:17:25
6	1111	Adam	Baker	M45	Orion	00:17:29
7	1303	David	Jones	SM	VPH&TH	00:17:31
8	1112	Gareth	Allen	SM	Orion	00:17:39
9	707	Jack	Henson	SM	ELTri	00:17:51
10	809	Sam	Anderson	SM	Eton M	00:17:53
11	1314	Ben	Wickham	M40	VPH&TH	00:17:57
12	1281	Neil	Cook	M40	VPH&TH	00:18:03
13	383	Gary	Coombes	M45	Bark RR	00:18:06
14	1122	Michael	McTernan	SM	Orion	00:18:07
15	1108	Brian	Jenkins	SM	Orion	00:18:09
16	550	Lindsay	Russell	SM	EERR	00:18:11
17	706	George	Tidmarsh	SM	ELTri	00:18:15
18	1100	Bob	Glasgow	M40	Orion	00:18:16
19	1288	Mike	Sheppard	SM	VPH&TH	00:18:22
20	1318	Vesa	Lindberg	M40	VPH&TH	00:18:24
21	708	Neill	Whittaker	M40	ELTri	00:18:30
22	1119	David	Wilson	SM	Orion	00:18:33
23	1115	Ben	Rowlands	SM	Orion	00:18:50
24	1333	Simeon	Bennett	M40	VPH&TH	00:18:56
25	1120	Scott	Reid	M50	Orion	00:19:01
26	992	Jon	Whitehouse	M45	Lought	00:19:02
27	1320	Anthony	Withstandley	M45	VPH&TH	00:19:05
28	1114	Tom	Beasley	SM	Orion	00:19:06
29	1310	Rob	Blair	M40	VPH&TH	00:19:07
30	9000	Seb	Parris	SM	Guest	00:19:12
31	808	Paul	Boddey	M40	Eton M	00:19:13
32	1088	Iain	Wilson	M45	Orion	00:19:14
33	621	Billy	Rayner	SM	ELR	00:19:16
34	1317	Martin	Vandemersch	M70	VPH&TH	00:19:18
35	1284	Sophie	Allen	SW	VPH&TH	00:19:21
36	1113	Buddy	Green	SM	Orion	00:19:31
37	709	Justin	McDermott	M45	ELTri	00:19:39
38	978	Steve	Palmer	M45	Lought	00:19:43
39	1319	Joseph	Lukwago	SM	VPH&TH	00:19:51
40	1315	Andrew	Bates	SM	VPH&TH	00:19:57
41	1308	Tony	Lashmar	M40	VPH&TH	00:19:57
42	1300	Ian	Weir	M40	VPH&TH	00:19:59
43	9002	Danny	Holeyman	M45	Guest	00:20:05
44	1082	Glen	Gosling	M45	Orion	00:20:09

45	618	Warren	Ibrahim	M45	ELR	00:20:11
46	1078	Darren	Matussa	M40	Orion	00:20:13
47	450	Peter	Salmon	M50	Dag88	00:20:17
48	1109	John	Sable	SM	Orion	00:20:20
49	811	David	Cato	M40	Eton M	00:20:36
50	705	Michael	Loiacono	M45	ELTri	00:20:37
51	623	Nick	Clarke	SM	ELR	00:20:40
52	813	Dave	Daugirda	M55	Eton M	00:20:44
53	1105	Tim	Freeland	SM	Orion	00:20:46
54	607	Mark	Moir	SM	ELR	00:20:47
55	810	Rob	Sommerville	M50	Eton M	00:20:49
56	619	Jacob	Stevens	M40	ELR	00:20:50
57	853	Adam	Bartlett	SM	Hwood	00:20:59
58	306	Paul	Carter	M55	Barnet	00:21:02
59	308	Michael	Martin	M55	Barnet	00:21:07
60	1104	Dan	Green	M50	Orion	00:21:09
61	1316	Tim	Todhunter	SM	VPH&TH	00:21:12
62	859	Patrick	Thoeung	M45	Hwood	00:21:13
63	528	Tomos	Packer	M40	Edmon	00:21:19
64	393	Paul	Withyman	SM	Bark RR	00:21:22
65	806	John	Black	M60	Eton M	00:21:24
66	1287	Tim	Miller	M50	VPH&TH	00:21:29
67	524	Michael	Orr	M45	Edmon	00:21:30
68	631	Calvin	Bobin	M60	ELR	00:21:34
69	521	James	Gill	M40	Edmon	00:21:41
70	304	Des	Michael	M65	Barnet	00:21:44
71	309	Gareth	Senior	M45	Barnet	00:21:50
72	1092	Andy	Lunn	M45	Orion	00:21:53
73	701	Paul	Dominguez	M45	ELTri	00:21:56
74	814	Owain	Crispin	SM	Eton M	00:21:59
75	523	Andy	Malleson	SM	Edmon	00:22:17
76	609	Peter	Hatley	M45	ELR	00:22:20
77	601	Karan	Gadhia	SM	ELR	00:22:23
78	525	Simon	Harrison	M50	Edmon	00:22:24
79	1101	Stephen	Bennett	M45	Orion	00:22:30
80	1311	Antonio	Del Valle	M40	VPH&TH	00:22:41
81	1095	Paul	Thornton	M40	Orion	00:22:51
82	1116	Grant	Corton	M55	Orion	00:22:52
83	636	Mounir	Dahbi	SM	ELR	00:22:53
84	1307	Rob	Collier	M55	VPH&TH	00:22:58
85	1107	Colin	Smith	M40	Orion	00:23:08
86	980	John	Stubbs	SM	Lought	00:23:16
87	526	Eddie	Sycamore	SM	Edmon	00:23:18
88	385	James	Hall	SM	Bark RR	00:23:24
89	1292	David	Shortridge	M45	VPH&TH	00:23:24
90	475	Jason	Suddaby	M40	Dag88	00:23:27
91	1093	Edward	Lunn	U20M	Orion	00:23:28

92	1118	Gary	Bartlett	M55	Orion	00:23:32
93	615	Emmet	Fitzgibbon	M40	ELR	00:23:36
94	456	Gary	Cardnell	M60	Dag88	00:23:41
95	375	David	Kail	SM	Bark RR	00:23:44
96	1121	Salvatore	Malanga	M55	Orion	00:23:46
97	1103	Chris	Chapman	SM	Orion	00:23:55
98	630	Ciaran	Canavan	M45	ELR	00:23:59
99	856	Mick	Brown	M50	Hwood	00:24:01
100	986	Ben	Joyce	SM	Lought	00:24:10
101	704	John	Kelly	M50	ELTri	00:24:15
102	9003	Ian	Hunter	M50	Guest	00:24:25
103	982	Duncan	Haslam	SM	Lought	00:24:30
104	851	Martin	Hawker	M40	Hwood	00:24:31
105	616	Michael	Wilson	M55	ELR	00:24:32
106	710	Graham	Bell	M40	ELTri	00:24:37
107	628	Cathal	Lynch	SM	ELR	00:24:46
108	301	Tim	Ward	M50	Barnet	00:24:46
109	520	Gareth	Jones	M55	Edmon	00:24:49
110	488	Ian	Cummins	M50	Dag88	00:24:53
111	629	Lance	Fuller	M55	ELR	00:24:59
112	626	Ford	Cadiogan	M45	ELR	00:24:59
113	310	Paul	Doyle	M40	Barnet	00:25:03
114	703	Timothy	Stodell	M40	ELTri	00:25:06
115	1026	David	Nelson	SM	Mchasers	00:25:11
116	991	Gary	Hooper	M45	Lought	00:25:15
117	1301	Gerry	Aka...	M50	VPH&TH	00:25:18
118	394	Richard	Dudman	M40	Bark RR	00:25:19
119	1079	Paul	Williams	M55	Orion	00:25:20
120	453	Andrew	Beazeley	M40	Dag88	00:25:25
121	981	Mark	Fox	M40	Lought	00:25:31
122	307	John	Owen	M70	Barnet	00:25:38
123	625	Andrew	Howard	M55	ELR	00:25:41
124	634	Alex	Jameson	M45	ELR	00:25:45
125	476	Manji	Gami	M50	Dag88	00:25:47
126	1298	Paul	Mee	M50	VPH&TH	00:25:55
127	522	John	Tudor	M40	Edmon	00:26:29
128	467	Michael	Pegnall	SM	Dag88	00:26:32
129	990	David	Tyson	M40	Lought	00:26:39
130	303	David	Scott	M55	Barnet	00:26:44
131	387	Andrew	Gwilliam	M45	Bark RR	00:27:04
132	395	Trevor	Robinson	M45	Bark RR	00:27:17
133	386	Jason	Li	M45	Bark RR	00:27:41
134	635	Arthur	Diaz	M50	ELR	00:27:47
135	983	Rob	Sargent	M65	Lought	00:27:47
136	376	Martin	Mason	M65	Bark RR	00:27:55
137	1117	Pete	Bulaitis	M65	Orion	00:28:33
138	812	Geoff	Nicholls	M65	Eton M	00:28:35

139	455	Steve	Whitfield	M55	Dag88	00:28:36
140	388	Nehal	Patel	SM	Bark RR	00:28:51
141	1200	Duncan	Bensted	M55	Trent PR	00:29:07
142	637	Mark	Durrant	M50	ELR	00:29:25
143	302	Steve	Holmes	M50	Barnet	00:29:38
144	381	Leslie	Jay	M65	Bark RR	00:29:41
145	854	Richard	Rockcliffe	M65	Hwood	00:30:16
146	471	John	Hughes	M50	Dag88	00:30:37
147	378	Dennis	Spencer-Perkins	M60	Bark RR	00:31:04
148	527	Roderick	Thorne	M45	Edmon	00:31:58
149	392	Greg	Adams	M60	Bark RR	00:32:13
150	807	James	Huddart	M70	Eton M	00:34:31
151	382	Robert	Courtier	M60	Bark RR	00:35:31

Chingford League Race 1 - Women

RacePos	Number	First	Last	AWAgeCat	ClubAWName	RaceTime
1	1296	Jo	Hall	SW	VPH&TH	00:19:56
2	777	Sarah	Flanagan	W40	Eton M	00:20:04
3	900	Natasha	Sheel	SW	Lon City	00:20:21
4	1081	Hayley	Rogerson	W40	Orion	00:20:58
5	779	Taryne	McPherson	W40	Eton M	00:21:10
6	1284	Sophie	Allen	SW	VPH&TH	00:21:19
7	782	Jenny	Heymann	W40	Eton M	00:21:30
8	1110	Jasmin	Fitzpatrick	SW	Orion	00:21:38
9	1304	Rebecca	Fode	SW	VPH&TH	00:21:40
10	622	Ellie	Wilkinson	SW	ELR	00:21:52
11	1087	Alison	Trautmannsdorff-Weinsberg	W45	Orion	00:21:55
12	1294	Isla	Cameron	SW	VPH&TH	00:21:58
13	1091	Claire	Huggins	SW	Orion	00:22:01
14	1297	Charlie	Bewley	SW	VPH&TH	00:22:03
15	608	Caroline	Frith	W40	ELR	00:22:15
16	380	Debbie	Coyle	W40	Bark RR	00:22:18
17	788	Claire	Fisher	SW	Eton M	00:22:19
18	985	Mary	Knapman	W40	Lought	00:22:21
19	975	Lorna	Gaffney	W50	Lought	00:22:30
20	702	Chloe	Vaughan	SW	ELTri	00:22:31
21	1080	Lorraine	Gosling	W45	Orion	00:22:32
22	1302	Rachel	Morison	SW	VPH&TH	00:22:36
23	602	Becky	Evans	W50	ELR	00:22:43
24	1278	Faye	Jeacocke	W40	VPH&TH	00:22:49
25	1280	Alice	Cranwell	SW	VPH&TH	00:23:03
26	1099	Pippa	Dowswell	W55	Orion	00:23:10
27	1293	Jennifer	Graham	SW	VPH&TH	00:23:12
28	1102	Hannah	White	SW	Orion	00:23:16
29	787	Zoe	Woodward	W55	Eton M	00:23:19
30	783	Kate	Malcolm	W45	Eton M	00:23:23
31	1282	Victoria	Fabbri	W40	VPH&TH	00:23:25
32	793	Jessica	Verrall	SW	Eton M	00:23:28
33	775	Sarah	Giles	SW	Eton M	00:23:30
34	1283	Ellie	Tait	SW	VPH&TH	00:23:35
35	627	Lauren	Kelly	SW	ELR	00:24:06
36	620	Chloe	Millan	SW	ELR	00:24:06
37	1097	Donna	Wilkins	W45	Orion	00:24:10
38	617	Kasia	Stachowiak	SW	ELR	00:24:15
39	1305	Gaby	Ellisbone	W45	VPH&TH	00:24:17
40	778	Gail	Hennessy	W65	Eton M	00:24:20
41	1075	Liz	Rossberg	W40	Orion	00:24:27
42	1313	Minna	Harrison	W45	VPH&TH	00:24:28
43	610	Maud	Hodson	W45	ELR	00:24:38
44	785	Rosie	Parker	SW	Eton M	00:24:39

45	611	Katie	Whitton	SW	ELR	00:24:40
46	855	Jennifer	Loudon	SW	Hwood	00:24:41
47	1077	Mary	Armitage	W55	Orion	00:24:42
48	1285	Harriet	Lowndes	SW	VPH&TH	00:24:45
49	1076	Christine	Inch	W55	Orion	00:24:48
50	857	Sara	de Winter	W50	Hwood	00:24:51
51	1299	Sarah	Stewart	SW	VPH&TH	00:24:58
52	789	Kay	Gillett	SW	Eton M	00:24:59
53	989	Wendy	Seymour	W40	Lought	00:25:10
54	1089	Angie	Flight	SW	Orion	00:25:20
55	1295	Claire	Ross	SW	VPH&TH	00:25:23
56	473	Jenny	Akroyd	SW	Dag88	00:25:54
57	624	Sarah	Burns	W40	ELR	00:26:00
58	603	Carolyn	Edwards	SW	ELR	00:26:03
59	1277	Joyce	Berry	W50	VPH&TH	00:26:13
60	1275	Philippa	Cockman	W55	VPH&TH	00:26:16
61	1083	Nikkii	Barnett	W45	Orion	00:26:19
62	781	Chloe	Shrimpton	SW	Eton M	00:26:19
63	464	Hannah	Sheikh	W45	Dag88	00:26:21
64	469	Rahana	Islam	W40	Dag88	00:26:22
65	850	Ruth	Quince	W40	Hwood	00:26:23
66	1096	Karen	Allworthy	W60	Orion	00:26:28
67	780	Chidi	Richardson	W50	Eton M	00:26:31
68	979	Amie	Harrison	SW	Lought	00:26:33
69	988	Georgie	Gillott	SW	Lought	00:26:36
70	503	Ai Seng	Paul	W60	Edmon	00:26:39
71	776	Janine	Durrant	W40	Eton M	00:26:54
72	790	Fen	Coles	W45	Eton M	00:26:55
73	604	Cat	Hoult	W40	ELR	00:26:56
74	1098	Nessa	Clyne	W45	Orion	00:26:56
75	458	Emma	Dudman	W40	Dag88	00:27:02
76	454	Jenny	O'Hanlon	SW	Dag88	00:27:02
77	1276	Sarah	Knox	W45	VPH&TH	00:27:17
78	852	Louise	Hawker	SW	Hwood	00:27:26
79	1291	Rebecca	Goult	SW	VPH&TH	00:27:34
80	500	Claire	Catmull	W40	Edmon	00:27:37
81	605	Filipa	Soares	W45	ELR	00:27:41
82	606	Claire	Emery	W45	ELR	00:27:53
83	1290	Amy	Blackburn-Lau	SW	VPH&TH	00:27:54
84	984	Nadine	Holland	W40	Lought	00:27:54
85	1025	Jennifer	Moore	SW	Mchasers	00:28:02
86	1312	Neeltje	Van Horen	W40	VPH&TH	00:28:02
87	501	Irina	Yankova	SW	Edmon	00:28:14
88	389	Lauren	Simmons	SW	Bark RR	00:28:15
89	613	Fiona	Day	W60	ELR	00:28:21
90	1090	Lisa	Smith	W60	Orion	00:28:24
91	784	Hayley	Dalton	W45	Eton M	00:28:38

92	384	Natalie	Traylen	W40	Bark RR	00:28:48
93	1084	Sandra	Heinze	W45	Orion	00:28:48
94	460	Jane	Swanson-Sprent	W50	Dag88	00:28:50
95	451	Rosina	Salmon	W45	Dag88	00:29:00
96	858	Amanda	Lewis	SW	Hwood	00:29:05
97	474	Suzanne	Easley	SW	Dag88	00:29:09
98	461	Emma	O'Shea	W45	Dag88	00:29:10
99	786	Siobhan	Parker	W45	Eton M	00:29:25
100	600	Alexandra	Rutishauser-Perera	W40	ELR	00:29:26
101	1279	Cheryl	Evans	SW	VPH&TH	00:29:35
102	502	Maria	Zota	SW	Edmon	00:29:39
103	1085	Anna	Barnett	W45	Orion	00:29:50
104	1086	Shayne	Bellas	W40	Orion	00:29:51
105	374	Rosalind	Thompson	SW	Barnet	00:30:35
106	463	Sarah	Capon	W55	Dag88	00:30:38
107	1094	Lynne	Wakinshaw	W40	Orion	00:30:57
108	452	Jackie	Frewin	W60	Dag88	00:30:58
109	466	Geri	Latimer	W50	Dag88	00:30:59
110	1106	Mary	Johnson	W40	Orion	00:31:33
111	612	Anna	Dingle	W40	ELR	00:31:43
112	459	Lorraine	Hilton	W55	Dag88	00:32:02
113	465	Tracy	Drake-Tapscott	SW	Dag88	00:32:24
114	377	Alison	Fryatt	W50	Bark RR	00:32:35
115	470	Sara	Prior	W45	Dag88	00:32:41
116	791	Claude	Gierl	W60	Eton M	00:33:08
117	792	Sue	Unsworth	W45	Eton M	00:33:15
118	462	Timi	Veerasingam	W65	Dag88	00:33:35
119	614	Maya	Goodwin	W45	ELR	00:33:49
120	472	Anne	Duggan	W50	Dag88	00:34:22
121	379	Isabel	Pinedo	SW	Bark RR	00:35:07
122	457	Kaye	Sandford	SW	Dag88	00:35:39
123	468	Pebbles	Wyrd	SW	Dag88	00:35:54
124	391	Nicola	Cranmer	W50	Bark RR	00:35:55
125	700	Dawn	Hunter	W50	ELTri	00:36:22
126	977	Catherine	Gurney	W50	Lought	00:37:14