

Chingford League Cross Country Relay - Wanstead Flats - 9th March 2019

All teams

Num	Club	Cat	Stage 1	Min	Sec	Pos	Stage 2	Min	Sec	Pos	Stage 3	Min	Sec	Pos	Stage 4	Min	Sec	Pos
103	LC	SM		10	46	2		22	6	1		33	39	1		45	5	1
			Adam Millberry	10	46		Matt Speed	11	20		Simon Brown	11	33		Josh Slingsby	11	26	
122	EL	SM		10	41	1		22	46	3		34	16	2		45	46	2
			Euan Brown	10	41		Billy Rayner	12	5		Patrick Brown	11	30		Thomas Grimes	11	30	
105	EM	SM		11	27	4		22	41	2		34	23	3		45	49	3
			James Hutchin	11	27		Paul Boddey	11	14		James Pilch	11	42		Gary Towers	11	26	
146	OH	SM		11	45	6		23	28	5		34	55	5		45	53	4
			Adam Baker	11	45		Joseph Clark	11	43		Brian Jenkins	11	27		George Day	10	58	
138	VP	SM		11	18	3		22	59	4		34	54	4		46	19	5
			Zak Knill	11	18		David Bone	11	41		Neil Cook	11	55		David Jones	11	25	
143	TP	SM		12	23	10		24	33	7		38	2	7		50	9	6
			Paul Brennan	12	23		Will Rowley	12	10		David Birks	13	29		Ben Allen	12	7	
107	EM	SM		12	59	16		25	21	9		38	8	8		50	37	7
			Graham White	12	59		Simon Cottle	12	22		George Fernand	12	47		David Cato	12	29	
123	EL	SM		11	46	7		25	41	10		38	36	10		50	45	8
			Joe Gunn	11	46		James Nichols	13	55		Mark Moir	12	55		John Henry	12	9	
166	ET	NS		12	10	8		24	27	6		38	32	9		50	46	9
			Jack Henson	12	10		Dan Fish	12	17		Michael Loiacon	14	5		Jack Henson	12	14	
139	VP	SM		12	30	11		25	17	8		38	0	6		50	56	10
			Simeon Benne	12	30		Andrew Bates	12	47		Tim Murray	12	43		Gavin Lau	12	56	
158	WG	SM		12	12	9		27	12	16		39	4	11		50	59	11
			Paul Manson	12	12		Alistair Holford	15	0		Peter Caton	11	52		Harold Wyber	11	55	
147	OH	SM		13	26	19		27	18	17		39	19	12		51	16	12
			John Sable	13	26		Dan Green	13	52		Scott Reid	12	1		Will Reed-Wrig	11	57	
135	VP	SW		13	42	21		27	0	14		39	35	13		51	53	13
			Sophie Allen	13	42		Hazel Norton-	13	18		Kat Gundersen	12	35		Laura Kaye	12	18	
110	EM	SW		12	31	12		26	10	11		40	18	15		53	4	14
			Naomi Dews	12	31		Jenny Heyman	13	39		Jane Rukin-Whit	14	8		Sarah Flanagan	12	46	
144	TP	SW		13	5	17		26	25	13		40	0	14		53	6	15
			Kat Alpe	13	5		Anja Greenwo	13	20		Katie Vooght	13	35		Cyn Cano	13	6	
124	EL	SM		12	58	15		26	20	12		40	22	16		54	26	16
			Andrew Baxter	12	58		Jacob Stevens	13	22		Karan Gadhia	14	2		Neil Gage	14	4	
116	OH	U15B		12	31	13		29	8	24		42	38	19		55	5	17
			Arthur Ansell	12	31		Owen Keen	16	37		Ed De Souza	13	30		Ronan Edwards	12	27	
148	OH	SM		12	39	14		27	7	15		41	1	17		55	19	18
			Neil Swift	12	39		Ben Fisher	14	28		Edward Lunn	13	54		Roy Perrott	14	18	
129	LO	VM		16	38	43		28	38	21		41	53	18		56	2	19
			Mark Fox	16	38		Jon Whitehous	12	0		Steve Palmer	13	15		James Lambde	14	9	
150	OH	SW		13	58	25		28	41	22		42	56	20		56	43	20
			Alison Trautt-	13	58		Lorraine Goslin	14	43		Roisin Archer	14	15		Hayley Rogerso	13	47	
142	VP	NS		13	19	18		28	35	20		44	5	23		57	24	21
			Kevin Long	13	19		Gerry Akrigg	15	16		Keith Mussington	15	30		Kevin Long	13	19	
167	ET	SM		13	51	23		28	44	23		43	24	21		57	37	22
			Ben Watts	13	51		Graham Bell	14	53		Paul Dominguez	14	40		Ben Watts	14	13	

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			Min	Sec	Pos	Min	Sec	Pos	Min	Sec	Pos	Min	Sec	Pos			
137	VP	SW		14	39	28		29	57	27		44	31	24	58	40	23
			Jennifer Graha	14	39		Claire Ross	15	18		Minna Harrison	14	34		Rachel Morison	14	
109	EM	VM		15	40	35		29	50	26		45	4	25	58	45	24
			Lance Tabraha	15	40		John Black	14	10		Jan Van Weert	15	14		Trevor East	13	
125	EL	SM		13	37	20		28	18	18		43	53	22	59	34	25
			Amit Marks	13	37		Stuart Hodson	14	41		Jonathan Wooldr	15	35		Michael Wilson	15	
106	EM	SM		15	39	34		32	36	38		46	59	29	59	48	26
			Ben Aldersley	15	39		Gabriel Ellenb	16	57		Rob Sommerville	14	23		Jack Whyles	12	
108	EM	SM		13	51	22		32	6	36		48	43	37	61	13	27
			Dave Daugirda	13	51		Geoff Nicholls	18	15		Steve Adams	16	37		Craig Stevens	12	
114	EM	NS		14	18	26		34	56	44		47	17	31	61	23	28
			Martin Hockey	14	18		Sian Williams	20	38		Paul Boddey	12	21		Daniel Hall	14	
149	OH	SM		14	58	30		31	47	33		46	35	28	61	23	29
			Bill Bennett	14	58		Paul Williams	16	49		David Wilson	14	48		Grant Corton	14	
111	EM	SW		15	2	31		30	32	28		46	30	27	61	25	30
			Sarah Carey	15	2		Kate Malcolm	15	30		Ruth Rose	15	58		Claire Fisher	14	
169	BR	SM		16	25	42		28	26	19		46	21	26	62	31	31
			James Hall	16	25		Gary Coombes	12	1		Andrew Gwilliam	17	55		Nehal Patel	16	
121	EL	SW		14	54	29		30	59	29		47	38	32	63	25	32
			Becky Evans	14	54		Maud Hodson	16	5		Cat Hoult	16	39		Kasia Stachowi	15	
131	LO	U15B		13	52	24		31	18	30		47	44	33	63	30	33
			Henry Williams	13	52		Nathan Wakin	17	26		Joseph James	16	26		George Abbott	15	
115	OH	NS		15	41	36		31	35	31		47	46	34	63	56	34
			Cara O'Donnel	15	41		Verity Garcia	15	54		Pandora Baker	16	11		Verity Garcia	16	
151	OH	VW		16	18	41		32	2	35		48	25	35	64	26	35
			Alison Taylor	16	18		Christine Inch	15	44		Mary Armitage	16	23		Pippa Dowswell	16	
119	BA	NS		18	15	50		33	46	42		49	23	39	65	38	36
			Milan Balaz	18	15		Annabelle Lee	15	31		Tim Ward	15	37		Annabelle Lee	16	
171	BR	NS		16	6	39		35	8	45		47	15	30	65	46	37
			Rosanna Fford	16	6		Natalie Traylen	19	2		Gary Coombes	12	7		Isabel Pinedo	18	
136	VP	SW		15	35	32		32	8	37		50	26	42	65	54	38
			Victoria Fabbri	15	35		Joyce Berry	16	33		Amy Blackburn-L	18	18		Gaby Ellis Bone	15	
126	EL	NS		15	48	37		33	15	39		49	54	41	65	55	39
			Alex Jameson	15	48		Samir Younsi	17	27		Kathryn Hertzber	16	39		Lydia Merrett	16	
101	DA	NS		15	38	33		33	16	40		50	52	43	65	27	40
			Andy Wright	15	38		Rahana Islam	17	38		John Hughes	17	36		Andy Wright	14	
173	EE	NS		18	0	49		35	56	46		52	46	46	67	26	41
			Onyi Ekebusi	18	0		Imran Patel	17	56		Andrew Pargeter	16	50		Angelo Pieris	14	
118	BA	SM		16	49	44		31	39	32		49	21	38	68	26	42
			David Scott	16	49		Peter Ellis	14	50		Steve Holmes	17	42		Milan Balaz	19	
99	EM	NS		16	15	40		31	58	34		49	45	40	68	26	43
			Elliott Palmer	16	15		Noah Ferraz	15	43		Elliott Palmer	17	47		Noah Ferraz	18	
127	EL	NS		19	31	54		38	44	52		55	33	49	69	59	44
			Fiona Day	19	31		Alexandra Ruti	19	13		Viktor Szabadi	16	49		Jacob Stevens	14	
132	LO	VW		19	20	53		36	6	47		54	38	48	70	5	45
			Caroline Ford	19	20		Wendy Seymo	16	46		Nadine Holland	18	32		Mary Knapman	15	

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168	ET	NS		16	4	38		34	23	43		50	55	44		70	26		46
			Timothy Stodel	16	4		Clare Hirst	18	19		Timothy Stodell	16	32		Clare Hirst	19	31		
152	OH	SW		17	22	46		33	18	41		51	16	45		71	41		47
			Helen Pearce	17	22		Angie Flight	15	56		Karen Allworthy	17	58		Shayne Bellas	20	25		
170	BR	NS		17	6	45		36	54	48		52	3	47		71	57		48
			Nehal Patel	17	6		Leslie Jay	19	48		James Hall	15	9		Jason Li	19	54		
145	TP	NS		24	34	58		39	5	54		57	26	53		72	24		49
			Christine Read	24	34		Stuart Manktel	14	31		Chas Taylor	18	21		Marcus De Freit	14	58		
130	LO	NS		21	27	56		37	5	49		59	36	56		72	25		50
			Victoria Willia	21	27		Simon William	15	38		Catherine Gurne	22	31		Jon Whitehouse	12	49		
113	EM	SW		17	49	47		37	26	50		56	31	52		72	44		51
			Jenni Hall	17	49		Sacha Ackland	19	37		Christina Watson	19	5		Casey Nurse	16	13		
102	DA	NS		19	39	55		38	9	51		56	3	50		73	27		52
			Timi Veerasam	19	39		Jane Swanson	18	30		Jenny Akroyd	17	54		Michael Peggall	17	24		
172	ED	NS		18	45	51		39	4	53		56	30	51		74	16		53
			Shaolin Loke	18	45		Claire Catmull	20	19		Ai Seng Paul	17	26		Ai Seng Paul	17	46		
112	EM	SW		18	0	48		39	29	55		57	39	54		74	28		54
			Amanda Hearn	18	0		Sue Unsworth	21	29		Janine Durrant	18	10		Chloe Shrimpto	16	49		
174	EE	NS		14	26	27		29	38	25		48	42	36		75	35		55
			Jamie Zucker	14	26		Angelo Pieris	15	12		Onyi Ekebusi	19	4		Vinodini Patel	26	53		
117	BA	SW		19	10	52		39	57	56		57	58	55		75	50		56
			Margaret Butle	19	10		Sarah Dickinso	20	47		Anna Murray	18	1		Stephanie Harri	17	52		
100	HW	VW		24	5	57		40	0	57		60	8	57		78	28		57
			Ingrid Dias	24	5		Lucy Walker	15	55		Amanda Clark	20	8		Susan Munns	18	20		
104	LC	VM		11	31	5		0	0	0		0	0	0		0	0		58
			Stew Muir	11	31			+01	+01			0	0			0	0		