

Race 3 2021 - Uxbridge Individual Results

Pos	No.	Time	First Name	Surname	Club	M/F	Age Group	Gender	Age Group
1	1217	00:28:44	Beth	Hawling	Lon H	F	SL	FSL	
2	844	00:29:05	Hannah	Viner	High	F	SL	FSL	
3	803	00:30:41	Tara	Bage	High	F	SL	FSL	
4	1714	00:31:09	Verity	Hopkins	TVH	F	SL	FSL	
5	1711	00:31:15	Alexandra	Mundell	TVH	F	SL	FSL	
6	231	00:31:17	Alice	Sunderland	Eal E	F	V45	FV45	
7	1710	00:31:37	Emily	Dudgeon	TVH	F	SL	FSL	
8	1708	00:31:43	Yvie	Lock	TVH	F	SL	FSL	
9	1542	00:31:48	Natasha	Sheel	Serp	F	SL	FSL	
10	1922	00:31:51	Laura	Kaye	VPH&TH	F	SL	FSL	
11	1804	00:31:57	Emily	Jeanes	Trent P	F	SL	FSL	
12	1702	00:31:58	Chloe	Baker	TVH	F	SL	FSL	
13	1204	00:31:59	Evangelista	Divetain	Lon H	F	SL	FSL	
14	1627	00:32:18	Charlene	Jacobs-Conradie	SBH	F	V40	FV40	
15	812	00:32:22	Ellen	Donald	High	F	U20	FU20	
16	910	00:32:27	Carole	Coulon	Hill	F	V45	FV45	
17	1703	00:32:58	Lisa	Da Silva	TVH	F	SL	FSL	
18	221	00:33:02	Melissah	Gibson	Eal E	F	SL	FSL	
19	1057	00:33:17	Caoimhe	Nic Fhogartaigh	Lon C	F	V40	FV40	
20	937	00:33:20	Hannah	Wells	Hill	F	SL	FSL	
21	1202	00:33:25	Lily	Woolcock	Lon H	F	SL	FSL	
22	1353	00:33:27	Kat	Alpe	Met P	F	SL	FSL	
23	1915	00:33:37	Jo	Hall	VPH&TH	F	SL	FSL	
24	842	00:33:42	Karina	Thornton	High	F	SL	FSL	
25	1801	00:33:49	Alex	Baird	Trent P	F	V40	FV40	
26	834	00:33:51	Mia	Parry	High	F	U20	FU20	
27	950	00:33:59	Jennifer	Harvey	Hill	F	SL	FSL	
28	831	00:34:03	Alice	Mcgushin	High	F	SL	FSL	
29	1931	00:34:05	Sophie	Allen	VPH&TH	F	SL	FSL	
30	2120	00:34:06	Alicia	Mcardell	WG&EL	F	SL	FSL	
31	1923	00:34:08	Laura	Thompson	VPH&TH	F	SL	FSL	
32	1921	00:34:11	Kelly	Clark	VPH&TH	F	V40	FV40	
33	1222	00:34:14	Shannon	Sinclair	Lon H	F	SL	FSL	
34	1214	00:34:15	Emily	Reichert	Lon H	F	V40	FV40	
35	1559	00:34:18	Megan	Hunt	Serp	F	SL	FSL	
36	1902	00:34:22	Ellie	Daglish	VPH&TH	F	SL	FSL	
37	707	00:34:31	Deborah	Rushman	Herts P	F	V55	FV55	
38	1205	00:34:41	Ciera	Kennedy	Lon H	F	SL	FSL	
39	357	00:34:43	Sarah	Gerrie	ESM	F	SL	FSL	
40	814	00:35:05	Louise	Faherty	High	F	V45	FV45	
41	41	00:35:07	Karen	Murphy	Barn	F	V50	FV50	
42	455	00:35:10	Jenny	Heymann	Eton	F	V40	FV40	
43	1924	00:35:21	Lily	Zechmann	VPH&TH	F	SL	FSL	
44	918	00:35:22	Freya	Hollingsworth	Hill	F	SL	FSL	

Pos	No.	Time	First Name	Surname	Club	M/F	Age Group	Gender	Age Group
45	708	00:35:24	Kathryn	Chapman	Herts P	F	V45		FV45
46	1934	00:35:27	Valerie	Wong	VPH&TH	F	SL		FSL
47	1245	00:35:29	Sara	Garcia	Lon H	F	SL		FSL
48	652	00:35:29	Jo	Finill	Harrow	F	SL		FSL
49	360	00:35:36	Sarah	Harris	ESM	F	V40		FV40
50	1651	00:35:36	Ella	Fryer	SMR	F	U20		FU20
51	354	00:35:39	Shona	Cowper	ESM	F	SL		FSL
52	1203	00:35:46	Genevieve	Weston	Lon H	F	SL		FSL
53	1712	00:35:52	Rosie	Vallance	TVH	F	SL		FSL
54	466	00:35:53	Kate	Thompson	Eton	F	SL		FSL
55	665	00:35:54	Katie	Sandford	Harrow	F	SL		FSL
56	1933	00:35:58	Susan	Bint	VPH&TH	F	V45		FV45
57	503	00:36:03	Victoria	Cartwright	GoodGym	F	SL		FSL
58	660	00:36:07	Jessica	Johnson	Harrow	F	SL		FSL
59	1220	00:36:09	Eilidh	Wagstaff	Lon H	F	SL		FSL
60	1608	00:36:13	Elena	Roncarati	SBH	F	U20		FU20
61	1919	00:36:18	Katrin	Flikschuh	VPH&TH	F	V60		FV60
62	1713	00:36:21	Jessica	Dring-Morris	TVH	F	SL		FSL
63	2108	00:36:26	Zoe	Watson	WG&EL	F	SL		FSL
64	365	00:36:36	Fiona	Kennedy	ESM	F	V60		FV60
65	2100	00:36:40	Emily	Seager	VPH&TH	F	SL		FSL
66	701	00:36:42	Alicia	Found	Herts P	F	SL		FSL
67	925	00:36:43	Karmen	Pardoe	Hill	F	V50		FV50
68	467	00:36:44	Eleanor	George	Eton	F	SL		FSL
69	507	00:36:48	Rosie	Ashworth	GoodGym	F	SL		FSL
70	1209	00:36:57	Laura	Hunt	Lon H	F	SL		FSL
71	1805	00:37:07	Fiona	Hathaway	Trent P	F	V45		FV45
72	1910	00:37:19	Claire	Ross	VPH&TH	F	SL		FSL
73	1405	00:37:20	Juliette	Westbrook	Morn	F	SL		FSL
74	457	00:37:23	Lee	Milne	Eton	F	V45		FV45
75	380	00:37:32	Leanne	Smith	ESM	F	SL		FSL
76	702	00:37:35	Isabel	Found	Herts P	F	SL		FSL
77	1211	00:37:47	Tanya	Addison	Lon H	F	V50		FV50
78	1153	00:37:48	Hazel	Reade	Lon FR	F	SL		FSL
79	1813	00:37:49	Aimee	Jenner	Trent P	F	V40		FV40
80	213	00:38:05	Jennifer	Watt	Eal E	F	V50		FV50
81	1051	00:38:30	Marie	Duignan	Lon C	F	V40		FV40
82	1407	00:38:40	Fiona	Russell	Morn	F	V50		FV50
83	1951	00:38:45	Vendy	Dohnalova	VPH&TH	F	SL		FSL
84	653	00:39:01	Jennifer	Keal	Harrow	F	SL		FSL
85	464	00:39:04	Jane	Rukin-White	Eton	F	SL		FSL
86	502	00:39:07	Anna	Myat	GoodGym	F	V50		FV50
87	1815	00:39:11	Zoe	Redondo	Trent P	F	V40		FV40
88	1953	00:39:12	Anna	Trihan	VPH&TH	F	SL		FSL
89	1506	00:39:16	Jo	Burkett	Serp	F	V45		FV45

Pos	No.	Time	First Name	Surname	Club	M/F	Age Group	Gender	Age Group
90	369	00:39:17	Sarah	Mcintosh	ESM	F	V40		FV40
91	218	00:39:20	Katharine	Revill	Eal E	F	SL		FSL
92	809	00:39:29	Natasha	Cendrowicz	High	F	V50		FV50
93	1238	00:39:42	Annabel	Judd	Lon H	F	V50		FV50
94	952	00:39:49	Zoe	Dobbs	Hill	F	V50		FV50
95	226	00:39:51	Amy	Cope-Balchin	Eal E	F	V40		FV40
96	1935	00:39:55	Victoria	Fabbri	VPH&TH	F	V40		FV40
97	16	00:40:01	Alison	Drake	Barn	F	SL		FSL
98	361	00:40:05	Olivia	Howes Smith	ESM	F	V40		FV40
99	1158	00:40:09	Lucy	Wilson-Shaw	Lon FR	F	V40		FV40
100	656	00:40:13	Paula	Dunne	Harrow	F	SL		FSL
101	1709	00:40:16	Joy	Giorgi	TVH	F	V55		FV55
102	217	00:40:19	Catherine	North	Eal E	F	SL		FSL
103	1241	00:40:25	Yanna	Raykov	Lon H	F	SL		FSL
104	651	00:40:26	Lesley	Mcardle	Harrow	F	SL		FSL
105	18	00:40:34	Kathryn	Ellis	Barn	F	SL		FSL
106	35	00:40:41	Annabelle	White	Barn	F	SL		FSL
107	1233	00:40:50	Rose	Garrett	Lon H	F	U20		FU20
108	2092	00:40:54	Jess	Hannah	VPH&TH	F	SL		FSL
109	1218	00:40:58	Caroline	White	Lon H	F	V60		FV60
110	1243	00:41:02	Kimberli	Butler	Lon H	F	SL		FSL
111	459	00:41:12	Ruth	Rose	Eton	F	V40		FV40
112	850	00:41:15	Joanna	Gardner	High	F	SL		FSL
113	902	00:41:19	Debbie	Brown	Hill	F	V45		FV45
114	1535	00:41:27	Rhiannon	Needham	Serp	F	V40		FV40
115	1201	00:41:30	Jaqueline	Wastell	Lon H	F	V60		FV60
116	208	00:41:32	Anna	Shierson	Eal E	F	SL		FSL
117	1654	00:41:40	Thea	Cummings	SMR	F	SL		FSL
118	924	00:41:52	Karen	O'Rourke	Hill	F	V55		FV55
119	387	00:41:57	Midnight	Adams	ESM	F	U20		FU20
120	1237	00:41:59	Ann	Woulfe	Lon H	F	V40		FV40
121	663	00:42:04	Jennifer	Coxon	Harrow	F	SL		FSL
122	1401	00:42:05	Rafaele	Lamour	Morn	F	V50		FV50
123	1244	00:42:16	Jo	Irwin	Lon H	F	V50		FV50
124	465	00:42:22	Pippa	Dowswell	Eton	F	V55		FV55
125	951	00:42:24	Sheree	Kestell	Hill	F	V45		FV45
126	1707	00:42:25	Nadia	Whittaker	TVH	F	V45		FV45
127	943	00:42:27	Liz	Clark	Hill	F	V45		FV45
128	456	00:42:27	Maud	Hodson	Eton	F	V45		FV45
129	224	00:42:38	Maria	Hazzard	Eal E	F	SL		FSL
130	909	00:42:43	Lesley	Conway	Hill	F	V65		FV65
131	376	00:42:45	Louise	Prince	ESM	F	V50		FV50
132	232	00:42:46	Claire	Ellison	Eal E	F	V45		FV45
133	1402	00:43:04	Maki	Kimura	Morn	F	V50		FV50
134	222	00:43:17	Hayley	Kandt	Eal E	F	SL		FSL

Pos No.	Time	First Name	Surname	Club	M/F	Age Group	Gender	Age Group
135	1528	00:43:27	Angharad	Lescott	Serp	F	V40	FV40
136	1408	00:43:41	Fiona	Carr	Morn	F	SL	FSL
137	228	00:43:48	Anne	Sampson	Eal E	F	V50	FV50
138	364	00:43:59	Barbro	Julin	ESM	F	V55	FV55
139	932	00:44:10	Stephanie	Suntong	Hill	F	V50	FV50
140	944	00:44:15	Fiona	Day	Hill	F	V45	FV45
141	230	00:44:17	Lisa	Watson	Eal E	F	V45	FV45
142	706	00:44:19	Yvonne	Jones	Herts P	F	V55	FV55
143	458	00:44:38	Jane	Pannell	Eton	F	V50	FV50
144	363	00:44:41	Carol	Jones	ESM	F	V60	FV60
145	949	00:44:55	Elise	Delgrange	Hill	F	SL	FSL
146	929	00:45:01	Boo	Smith	Hill	F	V60	FV60
147	948	00:45:14	Chao	Cox	Hill	F	V40	FV40
148	917	00:45:15	Ellie	Henderson	Hill	F	SL	FSL
149	1152	00:45:20	Chris	Reade	Lon FR	F	SL	FSL
150	930	00:45:35	Pauline	Smith	Hill	F	V40	FV40
151	501	00:45:40	Tracey	Taylor	GoodGym	F	V55	FV55
152	452	00:45:46	Janine	Durrant	Eton	F	V45	FV45
153	506	00:45:52	Alison	Davidson	GoodGym	F	SL	FSL
154	1547	00:45:59	Sophie	Taylor	Serp	F	SL	FSL
155	359	00:46:02	Catherine	Gunnewicht	ESM	F	V50	FV50
156	940	00:46:30	Nastaran	Sepanj	Hill	F	SL	FSL
157	1539	00:46:45	Avril	Riddell	Serp	F	V65	FV65
158	353	00:46:52	Tara	Chandler	ESM	F	SL	FSL
159	1908	00:47:09	Beth	Paey	VPH&TH	F	SL	FSL
160	908	00:47:36	Alice	Coburn	Hill	F	SL	FSL
161	229	00:47:53	Suha	Lagu	Eal E	F	V40	FV40
162	1219	00:48:11	Emilia	Vynnycky	Lon H	F	V50	FV50
163	904	00:48:15	Vicky	Brownlee	Hill	F	V50	FV50
164	508	00:48:16	Samantha	Chapman	GoodGym	F	V45	FV45
165	661	00:48:24	Linda	Dunne	Harrow	F	V50	FV50
166	1225	00:48:44	Marianne	Gibson	Lon H	F	V50	FV50
167	17	00:48:52	Linda	Dworowski	Barn	F	V60	FV60
168	1355	00:49:28	Jacqueline	Reid	Met P	F	V55	FV55
169	916	00:50:14	Iwona	Gray-Cauvin	Hill	F	V40	FV40
170	1454	00:50:19	Shelley	Jameson	NEB	F	V45	FV45
171	946	00:50:27	Kerry	Mciintosh	Hill	F	SL	FSL
172	1063	00:51:38	Dee	Strang	Lon C	F	SL	FSL
173	662	00:51:42	Claire	Millbery	Harrow	F	V45	FV45
174	227	00:51:50	Helen	Lenox-Smith	Eal E	F	V55	FV55
175	1356	00:52:56	Christine	Edgoose	Met P	F	V45	FV45
176	511	00:53:27	Frances	Powrie	GoodGym	F	SL	FSL
177	10	00:54:06	Margaret	Butler	Barn	F	V60	FV60
178	205	00:54:21	Claudia	Aviles	Eal E	F	SL	FSL
179	512	00:56:59	Ivy	Lai	GoodGym	F	SL	FSL

Pos No.	Time	First Name	Surname	Club	M/F	Age Group	Gender	Age Group
180	2095 00:58:21	Susan	Leese	VPH&TH	F	V50		FV50
181	654 00:58:44	Kelly	Accetta Crowe	Harrow	F	SL		FSL
182	1810 00:59:27	Christine	Read	Trent P	F	V55		FV55

Race 3 2021 - Uxbridge Team Results

Ranking	Club	Points	Gender	Age Group
1	Eton Manor AC	187	F	Div3
2	Harrow AC	185	F	Div3
3	Thames Valley Harriers 'B'	161	F	Div3
4	GoodGym Raceteam	146	F	Div3
5	Mornington Chasers	143	F	Div3
6	Ealing, Southall and Middlesex 'B'	136	F	Div3
7	Hillingdon 'C'	98	F	Div3
8	St Mary's Richmond	85	F	Div3
9	Ealing, Southall and Middlesex 'C'	82	F	Div3
10	Metropolitan Police	67	F	Div3
11	Ealing Eagles 'C'	44	F	Div3
12	GoodGym Raceteam 'B'	31	F	Div3
13	Newham & Essex Beagles	7	F	Div3

Race 3 2021 - Uxbridge Individual Results

Pos	No.	Time	First Name	Surname	Club	M/F	Age Group	Gender	Age Group
1	1062	00:25:21	Jacob	Allen	High	M	SM	MSM	
2	1022	00:25:43	Alexander	Lepretre	High	M	SM	MSM	
3	1003	00:25:45	Robel	Bahelbi	High	M	SM	MSM	
4	1027	00:25:51	Christopher	Rainsford	High	M	SM	MSM	
5	1206	00:25:59	Robert	Thompson	Hill	M	SM	MSM	
6	3096	00:26:07	Alexander	Lawrence	VPH&TH	M	SM	MSM	
7	1015	00:26:27	Charlie	Haywood	High	M	SM	MSM	
8	1864	00:26:37	Thomas	Archer	Lon H	M	U20	MU20	
9	524	00:26:45	Elias	Ahmed	ESM	M	U20	MU20	
10	1051	00:26:47	Chris	Wright	High	M	SM	MSM	
11	845	00:26:49	Damian	Nevins	Harrow	M	V40	MV40	
12	2670	00:26:53	Hugo	Cayssials	TVH	M	SM	MSM	
13	1859	00:26:55	Tom	Aldred	Lon H	M	V40	MV40	
14	1070	00:26:59	Roger	Poolman	High	M	SM	MSM	
15	2669	00:27:02	Conor	Kissane-Wood	TVH	M	SM	MSM	
16	903	00:27:05	John	Eves	Herts P	M	SM	MSM	
17	3044	00:27:09	Paul	Martelletti	VPH&TH	M	V40	MV40	
18	3091	00:27:10	Adam	Millbery	VPH&TH	M	SM	MSM	
19	3213	00:27:15	Joe	Dale	VPH&TH	M	V40	MV40	
20	1210	00:27:23	James	Laing	Hill	M	SM	MSM	
21	3284	00:27:29	James	Stockings	WG&EL	M	SM	MSM	
22	831	00:27:32	Daniel	Howells	Harrow	M	U20	MU20	
23	3016	00:27:34	James	Hotham	VPH&TH	M	SM	MSM	
24	1204	00:27:36	Nathan	Hackley	Hill	M	U20	MU20	
25	3079	00:27:44	Andrew	Barrington	VPH&TH	M	SM	MSM	
26	541	00:27:44	Jamie	Taylor-Caldwell	ESM	M	SM	MSM	
27	823	00:27:46	Chris	Hudson	Harrow	M	U20	MU20	
28	1873	00:27:52	Henry	Cochrane	Lon H	M	SM	MSM	
29	1028	00:27:54	Sean	Renfer	High	M	SM	MSM	
30	2666	00:27:56	Calum	Nicol	TVH	M	SM	MSM	
31	1047	00:27:56	Lewis	Greaves	High	M	SM	MSM	
32	3252	00:27:59	Angus	Holford	WG&EL	M	SM	MSM	
33	1857	00:28:01	Matthew	Rallison	Lon H	M	SM	MSM	
34	1050	00:28:04	James	Barber	High	M	SM	MSM	
35	842	00:28:05	Narayan	Satheesh Kumar	Harrow	M	SM	MSM	
36	540	00:28:08	Stuart	Ferguson	ESM	M	SM	MSM	
37	1677	00:28:10	Tommy	Taylor	Lon FR	M	SM	MSM	
38	2679	00:28:12	Jake	Hooley	TVH	M	SM	MSM	
39	826	00:28:17	Jonathan	Morgan	Harrow	M	SM	MSM	
40	622	00:28:26	Jack	Henson	Eton	M	SM	MSM	
41	1025	00:28:34	Henry	Murdoch	High	M	SM	MSM	
42	547	00:28:35	Stefan	Ritte	ESM	M	SM	MSM	
43	820	00:28:40	George	Day	Harrow	M	SM	MSM	
44	1242	00:28:41	Aramias	Zeration	Hill	M	SM	MSM	

Pos No.	Time	First Name	Surname	Club	M/F	Age Group	Gender	Age Group
45	3009	00:28:42	Greg	Divall	VPH&TH	M	SM	MSM
46	2675	00:28:42	Daniel	Benton	TVH	M	U20	MU20
47	2504	00:28:43	Ashwin	Fowkes-Gajan	SBH	M	U20	MU20
48	850	00:28:43	Joshua	Poncia	Harrow	M	U20	MU20
49	1839	00:28:46	Charles	Hardy	Lon H	M	SM	MSM
50	3221	00:28:49	Liam	Vandamme	VPH&TH	M	SM	MSM
51	825	00:28:52	Phil	Benson	Harrow	M	SM	MSM
52	455	00:28:53	Ben	Waterman	ESM	M	SM	MSM
53	2607	00:28:53	Jonny	Brook	SMR	M	U20	MU20
54	3250	00:28:59	Dominic	Baxter	VPH&TH	M	SM	MSM
55	1071	00:29:02	Monte	Watson	High	M	U20	MU20
56	1862	00:29:04	Francesco	Melloni	Lon H	M	SM	MSM
57	3077	00:29:07	Zak	Knill	VPH&TH	M	SM	MSM
58	456	00:29:08	Christopher	Hepworth	ESM	M	SM	MSM
59	2951	00:29:10	Richard	Smith	VPH&TH	M	SM	MSM
60	3037	00:29:12	Nat	Rowland	VPH&TH	M	SM	MSM
61	3099	00:29:17	David	Jones	VPH&TH	M	SM	MSM
62	2207	00:29:19	Michael	Bereket	NEB	M	SM	MSM
63	2678	00:29:21	Ryan	Keane	TVH	M	SM	MSM
64	3261	00:29:24	Rhys	Edwards	WG&EL	M	U20	MU20
65	1059	00:29:25	John	Gilfedder	High	M	SM	MSM
66	1676	00:29:26	Tom	Watson	Lon FR	M	SM	MSM
67	3019	00:29:30	Joe	Walker	VPH&TH	M	SM	MSM
68	838	00:29:30	Jack	Whitebury	Harrow	M	SM	MSM
69	251	00:29:30	Will	Adolphy	Eal E	M	SM	MSM
70	833	00:29:33	Kevin	Fini	Harrow	M	SM	MSM
71	3256	00:29:34	Bertie	Powell	WG&EL	M	SM	MSM
72	801	00:29:34	Jim	Cooper	Harrow	M	V45	MV45
73	1622	00:29:36	Cameron	Hutton	Lon FR	M	SM	MSM
74	3262	00:29:38	Tom	Beedell	WG&EL	M	SM	MSM
75	2812	00:29:39	James	Arrowsmith	Trent P	M	V40	MV40
76	1811	00:29:41	Christopher	Gracie	Lon H	M	SM	MSM
77	803	00:29:42	Lee	Fedden	Harrow	M	V40	MV40
78	472	00:29:43	Luke	Nicholas	ESM	M	SM	MSM
79	1008	00:29:44	Andres	Chau	High	M	SM	MSM
80	2208	00:29:46	Wayne	Bell	NEB	M	V40	MV40
81	480	00:29:49	Tim	Lawrence	ESM	M	V40	MV40
82	2594	00:29:50	Dylan	Michel	SBH	M	U20	MU20
83	1201	00:29:51	Abdirahman	Hamud	Hill	M	SM	MSM
84	530	00:29:52	Dan	Porter	ESM	M	V40	MV40
85	464	00:29:52	John	Robertson	ESM	M	V40	MV40
86	1209	00:29:53	Martin	Bateman	Hill	M	V45	MV45
87	613	00:29:53	Gary	Towers	Eton	M	V45	MV45
88	1872	00:29:54	Billy	Cochrane	Lon H	M	SM	MSM
89	1218	00:29:59	Kirk	O'Rourke	Hill	M	SM	MSM

Pos	No.	Time	First Name	Surname	Club	M/F	Age Group	Gender	Age Group
90	910	00:30:09	Steve	Prosser	Herts P	M	V40		MV40
91	1852	00:30:16	Conor	Brown	Lon H	M	SM		MSM
92	816	00:30:26	Fergus	Allison	Harrow	M	SM		MSM
93	835	00:30:26	Jonathan	Hill	Harrow	M	SM		MSM
94	252	00:30:28	Niall	Gilchrist	Eal E	M	SM		MSM
95	3093	00:30:28	Mark	Boulton	VPH&TH	M	SM		MSM
96	3021	00:30:29	Jon	Andueza	VPH&TH	M	SM		MSM
97	1241	00:30:30	Daniel	Thompson	Hill	M	SM		MSM
98	807	00:30:30	Curtis	Stevens	Harrow	M	SM		MSM
99	846	00:30:31	Adam	Towle	Harrow	M	SM		MSM
100	2802	00:30:32	Carl	Redondo	Trent P	M	V40		MV40
101	310	00:30:33	Firas	Alhawat	Eal E	M	SM		MSM
102	2653	00:30:36	Saif	Saleh	TVH	M	SM		MSM
103	1671	00:30:40	Fergal	Joyce	Lon FR	M	SM		MSM
104	1868	00:30:42	Tom	Fancett	Lon H	M	SM		MSM
105	851	00:30:45	Laurance	Edwards	Harrow	M	U20		MU20
106	1055	00:30:45	Jake	Billingham	High	M	SM		MSM
107	3259	00:30:46	Simon	Beedell	WG&EL	M	SM		MSM
108	1615	00:30:47	Marius	Thies	Lon FR	M	SM		MSM
109	2668	00:30:55	Victor	Steinwand	TVH	M	U20		MU20
110	542	00:30:56	Jonathan	Horan	ESM	M	SM		MSM
111	1036	00:31:01	Alex	Davidson	High	M	V55		MV55
112	1817	00:31:04	Joseph	Cochrane	Lon H	M	SM		MSM
113	602	00:31:04	Paul	Boddey	Eton	M	V40		MV40
114	2821	00:31:07	Ben	Allen	Trent P	M	SM		MSM
115	299	00:31:08	Sam	Cunningham	Eal E	M	SM		MSM
116	1054	00:31:09	Alex	Holley	High	M	SM		MSM
117	2818	00:31:09	Scott	Aiken	Trent P	M	V50		MV50
118	1064	00:31:10	Tom	Cowling	High	M	SM		MSM
119	1223	00:31:10	Charlie	Edwards	Hill	M	SM		MSM
120	2826	00:31:13	William	Rowley	Trent P	M	SM		MSM
121	2359	00:31:17	Tim	Powell	Serp	M	SM		MSM
122	2209	00:31:18	Eddie	Nathaniel	NEB	M	SM		MSM
123	3263	00:31:19	Daniel William	Steel	WG&EL	M	SM		MSM
124	3280	00:31:21	Jon	Williams	WG&EL	M	SM		MSM
125	2680	00:31:24	Matthew	Mcdonnell	TVH	M	SM		MSM
126	1845	00:31:25	Jamie	Morris	Lon H	M	V45		MV45
127	2605	00:31:26	Louis	Cummings	SMR	M	U20		MU20
128	3066	00:31:27	Steve	Hobbs	VPH&TH	M	V45		MV45
129	2657	00:31:28	Manuel	Da Silva	TVH	M	V40		MV40
130	2809	00:31:29	Francis	Mannion	Trent P	M	SM		MSM
131	1016	00:31:32	Hanry	Heatherwick-Lammers	High	M	SM		MSM
132	1802	00:31:33	Jake	Spencer	Lon H	M	SM		MSM
133	2677	00:31:35	Gordon	Low	TVH	M	V50		MV50
134	2954	00:31:40	Paul	Ogo	VPH&TH	M	U20		MU20

Pos No.	Time	First Name	Surname	Club	M/F	Age Group	Gender	Age Group
135	1244	00:31:42	Jon	Hicks	Hill	M	V45	MV45
136	1414	00:31:48	Chris	Speed	Lon C	M	SM	MSM
137	461	00:31:48	Nick	Steel	ESM	M	SM	MSM
138	813	00:31:49	Mark	Cursons	Harrow	M	V55	MV55
139	2832	00:31:50	Jon	Willis	Trent P	M	V40	MV40
140	1849	00:31:51	Oliver	Negus	Lon H	M	SM	MSM
141	1806	00:31:52	Martin	Potter	Lon H	M	V50	MV50
142	606	00:31:55	George	Fernandez	Eton	M	SM	MSM
143	618	00:31:56	Graham	White	Eton	M	SM	MSM
144	605	00:31:59	Simon	Cottle	Eton	M	V40	MV40
145	3281	00:32:02	Peter James	Caton	WG&EL	M	V45	MV45
146	806	00:32:03	Chris	Finill	Harrow	M	V60	MV60
147	2348	00:32:05	Ewan	Maynard	Serp	M	SM	MSM
148	804	00:32:06	Declan	Traynor	Harrow	M	V40	MV40
149	256	00:32:10	John	Foxall	Eal E	M	SM	MSM
150	546	00:32:11	Sam	Gunnewicht	ESM	M	SM	MSM
151	2580	00:32:13	Robert	Rigby	SBH	M	V60	MV60
152	492	00:32:18	Sean	Hanrahan	ESM	M	SM	MSM
153	1825	00:32:20	Alex	Sweet	Lon H	M	V40	MV40
154	651	00:32:22	Graham	Atkins	GoodGym	M	SM	MSM
155	1069	00:32:23	Barny	Foot	High	M	V50	MV50
156	260	00:32:24	James	Cooper	Eal E	M	SM	MSM
157	1821	00:32:27	Mark	Jefford	Lon H	M	V55	MV55
158	2586	00:32:28	Daniel	Nichols	SBH	M	SM	MSM
159	2376	00:32:31	Richard	Lewis	Serp	M	V40	MV40
160	1818	00:32:33	Nathan	Tipping	Lon H	M	SM	MSM
161	1619	00:32:36	Giles	Oliver	Lon FR	M	V40	MV40
162	1646	00:32:41	Andrew	Doyle	Lon FR	M	SM	MSM
163	2819	00:32:44	Stephen	Moss	Trent P	M	V40	MV40
164	3062	00:32:46	Simeon	Bennett	VPH&TH	M	V45	MV45
165	1833	00:32:46	Paul	Mercer	Lon H	M	V45	MV45
166	915	00:32:49	Chris	Jones	Herts P	M	V45	MV45
167	1249	00:32:50	Dominic	Speight	Hill	M	SM	MSM
168	2684	00:32:50	Stephen	Norris	TVH	M	V50	MV50
169	314	00:32:59	Greg	George	Eal E	M	V45	MV45
170	2592	00:33:05	Mark	Cottle	SBH	M	SM	MSM
171	2676	00:33:06	Shami	Umashankar	TVH	M	U20	MU20
172	1846	00:33:08	Leonard	Martin	Lon H	M	SM	MSM
173	1809	00:33:11	Edward	Garrett	Lon H	M	V45	MV45
174	1670	00:33:15	Alex	Hellier	Lon FR	M	V40	MV40
175	1603	00:33:20	Tim	Charters	Lon FR	M	V40	MV40
176	1213	00:33:21	Jose Ramon	Polo Lopez	Hill	M	V40	MV40
177	1623	00:33:24	Nick	Jobbins	Lon FR	M	SM	MSM
178	2590	00:33:24	Jonny	Shaw	SBH	M	V50	MV50
179	2392	00:33:27	Charles	Lescott	Serp	M	V45	MV45

Pos No.	Time	First Name	Surname	Club	M/F	Age Group	Gender	Age Group
180	2985	00:33:30	David	Bone	VPH&TH	M	V45	MV45
181	906	00:33:35	Harry	Gilham	Herts P	M	SM	MSM
182	1651	00:33:38	Julian	Brun	Lon FR	M	SM	MSM
183	280	00:33:40	Patrick	Kingston	Eal E	M	V45	MV45
184	848	00:33:41	Mark	Smith	Harrow	M	SM	MSM
185	2970	00:33:42	Badar	Al Raisi	VPH&TH	M	SM	MSM
186	814	00:33:45	Nick	Andrews	Harrow	M	V50	MV50
187	1841	00:33:45	Chris	Hartley	Lon H	M	V55	MV55
188	1656	00:33:46	Leon	Clement	Lon FR	M	SM	MSM
189	1038	00:33:48	Joseph	Lowe	High	M	V50	MV50
190	2373	00:33:52	Philip	Whitehouse	Serp	M	SM	MSM
191	1607	00:33:57	Karlwinder	Hayer	Lon FR	M	V45	MV45
192	841	00:33:59	Graeme	Jones	Harrow	M	V45	MV45
193	1247	00:33:59	Steve	Hirons	Hill	M	V55	MV55
194	313	00:34:01	John	Shaw	Eal E	M	V60	MV60
195	2833	00:34:02	Andy	Betton	Trent P	M	V50	MV50
196	1824	00:34:03	Joel	Northcott	Lon H	M	V40	MV40
197	513	00:34:04	Robert	Brown	ESM	M	V55	MV55
198	306	00:34:05	Andrew	Green	Eal E	M	V45	MV45
199	68	00:34:08	Calvin	Wu	Barn	M	V40	MV40
200	1667	00:34:09	Euan	Cheyne	Lon FR	M	SM	MSM
201	2156	00:34:10	Philip	Sellar	Morn	M	SM	MSM
202	2829	00:34:12	Adrian	Edwards	Trent P	M	V55	MV55
203	293	00:34:13	Jose Manuel	Pabon	Eal E	M	SM	MSM
204	2665	00:34:14	Christian	Nielsen	TVH	M	V45	MV45
205	1869	00:34:15	Andrew	Wooding	Lon H	M	SM	MSM
206	285	00:34:17	Harry	Claxton	Eal E	M	V45	MV45
207	1804	00:34:19	Liam	Hazelton	Lon H	M	SM	MSM
208	2660	00:34:19	James	Malcolm	TVH	M	V40	MV40
209	2375	00:34:23	Frank	Womelsdorf	Serp	M	V40	MV40
210	1865	00:34:24	Philip	Hogg	Lon H	M	V50	MV50
211	2972	00:34:25	Benjamin	Roach	VPH&TH	M	SM	MSM
212	1021	00:34:26	Adam	Lennox	High	M	SM	MSM
213	2981	00:34:29	Dan	Mcphilimey	VPH&TH	M	SM	MSM
214	1239	00:34:30	Paul	Leppard	Hill	M	V40	MV40
215	1617	00:34:31	Matthew	Hunter	Lon FR	M	SM	MSM
216	2391	00:34:37	Roberto	Meneghello	Serp	M	V60	MV60
217	847	00:34:39	Jared	Richard	Harrow	M	SM	MSM
218	1856	00:34:41	Kwasi	Agyei-Owusu	Lon H	M	V40	MV40
219	258	00:34:49	Greg	Fernandes-Lawes	Eal E	M	SM	MSM
220	287	00:34:50	Paul	Duffy	Eal E	M	SM	MSM
221	2102	00:34:51	Nick	Pamboris	Met P	M	V40	MV40
222	1236	00:34:54	Richard	Jenkin	Hill	M	V60	MV60
223	301	00:34:58	Jozsef	Kalman	Eal E	M	SM	MSM
224	1625	00:34:59	Kai	Konkolewski	Lon FR	M	SM	MSM

Pos No.	Time	First Name	Surname	Club	M/F	Age Group	Gender	Age Group
225	1675	00:35:04	Glyn	Wise	Lon FR	M	SM	MSM
226	1830	00:35:05	Lee	Connor	Lon H	M	V50	MV50
227	1814	00:35:07	Stephen	Topp	Lon H	M	V45	MV45
228	2104	00:35:15	Nigel	Rowe	Met P	M	V55	MV55
229	1406	00:35:15	Jason	Carpenter	Lon C	M	V45	MV45
230	614	00:35:16	David	Cato	Eton	M	V40	MV40
231	261	00:35:18	Thomas	Irving	Eal E	M	SM	MSM
232	2155	00:35:20	Lachlan	Stibbard-Hawkes	Morn	M	SM	MSM
233	296	00:35:26	Ronan	Hughes	Eal E	M	V40	MV40
234	3275	00:35:29	Tony	Pamphilon	WG&EL	M	V60	MV60
235	840	00:35:30	Peter	Butler	Harrow	M	V45	MV45
236	812	00:35:33	Jag	Matharu	Harrow	M	V50	MV50
237	1058	00:35:36	Dave	Sutherland	High	M	V45	MV45
238	2664	00:35:42	Simon	Nixon	TVH	M	V50	MV50
239	2814	00:35:42	Luke	Bowie	Trent P	M	V40	MV40
240	1866	00:35:45	Mark	George	Lon H	M	V50	MV50
241	2659	00:35:46	Hugo	Dias	TVH	M	V40	MV40
242	2584	00:35:48	Tim	Underhill	SBH	M	V50	MV50
243	1672	00:35:49	James	Relph	Lon FR	M	SM	MSM
244	28	00:35:50	Kelvin	Koloko	Barn	M	V45	MV45
245	74	00:35:51	Robert	Scott	Barn	M	V50	MV50
246	2593	00:35:51	Lenard	Michel	SBH	M	V50	MV50
247	2661	00:35:52	Thomas	Horrex	TVH	M	SM	MSM
248	2153	00:35:55	Daniel	Berry	Morn	M	V55	MV55
249	263	00:35:55	Gerbrand	Alkema	Eal E	M	V45	MV45
250	309	00:35:56	Seán	Conlon	Eal E	M	SM	MSM
251	279	00:35:56	Harry	Pearson	Eal E	M	SM	MSM
252	5008	00:35:57	Mark	Korinek	Guest	M	V45	MV45
253	2569	00:36:00	David	Greenstein	SBH	M	V55	MV55
254	1810	00:36:04	Kris	Milovsorov	Lon H	M	SM	MSM
255	3058	00:36:11	Russell	Gillett-Toone	VPH&TH	M	V55	MV55
256	1803	00:36:14	Pete	Crockford	Lon H	M	V60	MV60
257	2825	00:36:18	Stuart	Manktelow	Trent P	M	V60	MV60
258	266	00:36:18	Kieran	Santry	Eal E	M	V40	MV40
259	1216	00:36:19	Anthony	Warnakulasuriya	Hill	M	SM	MSM
260	2570	00:36:25	Barry	Haws	SBH	M	V45	MV45
261	2672	00:36:26	Greg	Bennett	TVH	M	V45	MV45
262	2316	00:36:29	Simon	Caney	Serp	M	V50	MV50
263	810	00:36:30	Rob	Hawkes	Harrow	M	SM	MSM
264	612	00:36:32	Robert	Sommerville	Eton	M	V50	MV50
265	1828	00:36:33	Tom	Bedwell	Lon H	M	V40	MV40
266	2606	00:36:34	Clayton	Bannon	SMR	M	V40	MV40
267	1072	00:36:35	Phil	Hyett	High	M	SM	MSM
268	1630	00:36:37	Milon	Thomsen	Lon FR	M	SM	MSM
269	829	00:36:39	Jabbil	Chibwana	Harrow	M	SM	MSM

Pos No.	Time	First Name	Surname	Club	M/F	Age Group	Gender	Age Group
270	2820	00:36:40	David	Birks	Trent P	M	V55	MV55
271	1403	00:36:42	Nick	Sutcliffe	Lon C	M	V50	MV50
272	5004	00:36:43	Tim	Soar	Guest	M	V60	MV60
273	1250	00:36:44	Steven	O'Keefe	Hill	M	V50	MV50
274	1068	00:36:50	Chris	Bailey	High	M	V55	MV55
275	1840	00:36:56	Leo	Pemberton	Lon H	M	V40	MV40
276	2529	00:36:57	Danny	Digweed	SBH	M	SM	MSM
277	2589	00:36:58	Paul	Maccarthy	SBH	M	V55	MV55
278	55	00:37:01	Gareth	Senior	Barn	M	V45	MV45
279	1222	00:37:01	Andrew	Malyan	Hill	M	V55	MV55
280	1243	00:37:03	Alan	Tilly	Hill	M	V55	MV55
281	262	00:37:08	Simon	James	Eal E	M	V45	MV45
282	1858	00:37:10	Matt	Beard	Lon H	M	V50	MV50
283	756	00:37:18	Daniel	Jephcot	Harlow	M	SM	MSM
284	3040	00:37:19	Neil	Ingoe	VPH&TH	M	V40	MV40
285	659	00:37:22	Leo	Murray	GoodGym	M	SM	MSM
286	2302	00:37:23	Conrad	Addo	Serp	M	SM	MSM
287	1853	00:37:23	David	Hallam	Lon H	M	V50	MV50
288	2834	00:37:27	Matt	Bannon	Trent P	M	V40	MV40
289	544	00:37:28	Jav	Sondh	ESM	M	SM	MSM
290	1645	00:37:44	Shane	Cullinan	Lon FR	M	V45	MV45
291	1407	00:37:45	Mat	Barber	Lon C	M	V40	MV40
292	1422	00:37:47	Gen	Suzuki	Lon C	M	SM	MSM
293	1629	00:37:50	Francis	O'Callaghan	Lon FR	M	SM	MSM
294	1635	00:37:51	Fraser	Janeczko	Lon FR	M	SM	MSM
295	478	00:37:54	Ian	Leslie	ESM	M	V60	MV60
296	1045	00:37:59	Mark	Watson	High	M	V45	MV45
297	553	00:38:01	Wilton	Grey	ESM	M	V65	MV65
298	2651	00:38:01	Scott	Brewer	TVH	M	SM	MSM
299	22	00:38:03	Scott	Fraser	Barn	M	V50	MV50
300	1823	00:38:08	Joel	Hawes	Lon H	M	SM	MSM
301	1073	00:38:12	James	Rossiter	High	M	V50	MV50
302	4	00:38:13	Paul	Bassa	Barn	M	V60	MV60
303	1673	00:38:13	Michael	Rutherford	Lon FR	M	SM	MSM
304	652	00:38:19	Aidan	Padfield	GoodGym	M	SM	MSM
305	1606	00:38:22	Robert	Dufton	Lon FR	M	V55	MV55
306	294	00:38:28	Mark	Fisher	Eal E	M	V40	MV40
307	272	00:38:28	Nick	Davies	Eal E	M	V40	MV40
308	1237	00:38:29	Iain	Betson	Hill	M	V45	MV45
309	1214	00:38:31	Chris	Marchand	Hill	M	V60	MV60
310	2682	00:38:32	Max	Rubens	TVH	M	SM	MSM
311	292	00:38:34	Gareth	Payne	Eal E	M	V40	MV40
312	17	00:38:35	Peter	Ellis	Barn	M	V60	MV60
313	1408	00:38:38	James	Screen	Lon C	M	SM	MSM
314	2681	00:38:39	Simon	Rubens	TVH	M	V55	MV55

Pos No.	Time	First Name	Surname	Club	M/F	Age Group	Gender	Age Group
315	2105	00:38:44	Nick	Alpe	Met P	M	SM	MSM
316	1639	00:38:45	David	Pena	Lon FR	M	V45	MV45
317	1608	00:38:45	James	Hayward	Lon FR	M	V40	MV40
318	2121	00:38:49	Trevor	Normoyle	Met P	M	V40	MV40
319	2106	00:39:03	Aidan	Kelly	Met P	M	V45	MV45
320	2964	00:39:06	Aneirin	Glyn	VPH&TH	M	V45	MV45
321	270	00:39:11	Ben	Cale	Eal E	M	SM	MSM
322	2604	00:39:13	Trevor	Cummings	SMR	M	V55	MV55
323	278	00:39:15	Howard	Williams	Eal E	M	V45	MV45
324	1238	00:39:22	Jeremy	Cox	Hill	M	V45	MV45
325	271	00:39:24	Neil	Bass	Eal E	M	V45	MV45
326	1605	00:39:25	Neil	Colquhoun	Lon FR	M	V40	MV40
327	545	00:39:29	David	Foley	ESM	M	V60	MV60
328	1240	00:39:33	Stefan	Lammel	Hill	M	V65	MV65
329	63	00:39:36	Chris	Violet	Barn	M	V55	MV55
330	2658	00:39:39	Richard	Hooley	TVH	M	V55	MV55
331	751	00:39:42	Jamie	Jephcott	Harlow	M	V50	MV50
332	3282	00:39:43	Paul	Stockings	WG&EL	M	V60	MV60
333	281	00:39:52	Robert	Willin	Eal E	M	V60	MV60
334	1633	00:39:53	Conor	Devlin	Lon FR	M	V45	MV45
335	911	00:40:01	Andy	Holt	Herts P	M	V55	MV55
336	2831	00:40:05	Kai	Parker	Trent P	M	V45	MV45
337	623	00:40:10	Adrian	Frost	Eton	M	V60	MV60
338	1220	00:40:22	Stephen	Jeffery	Hill	M	V50	MV50
340	752	00:40:33	Chris	Arnell	Harlow	M	V45	MV45
341	1227	00:40:35	Peter	Warburton	Hill	M	V60	MV60
342	57	00:40:39	Matthew	Sleeman	Barn	M	V50	MV50
343	1860	00:40:43	Marco	Maserati	Lon H	M	V60	MV60
344	3068	00:40:48	Tim	Miller	VPH&TH	M	V50	MV50
345		00:40:49	No Declaration		Guest	M	SM	MSM
346	488	00:40:56	Angelo	John	ESM	M	V45	MV45
347	1215	00:41:04	Neal	Clark	Hill	M	V50	MV50
348	1248	00:41:21	Paul	Spencer	Hill	M	V50	MV50
349	1063	00:41:23	Martin	Black	High	M	V55	MV55
350	2157	00:41:35	Paul	Dickens	Morn	M	SM	MSM
351	2342	00:41:37	Sammy	Li	Serp	M	V55	MV55
352	1636	00:41:49	Anastasios	Koutsos	Lon FR	M	V40	MV40
353	617	00:41:59	Richard	Seddon	Eton	M	SM	MSM
354	1867	00:42:01	Ian	Whisson	Lon H	M	V60	MV60
355	1221	00:42:07	Paul	Mccay	Hill	M	V45	MV45
356	7	00:42:20	David	Byrne	Barn	M	V55	MV55
357	2333	00:43:01	Hans	Ho	Serp	M	SM	MSM
358	655	00:43:14	Steve	Coman	GoodGym	M	V60	MV60
359	2385	00:43:15	Neil	Bradshaw	Serp	M	V60	MV60
360	1870	00:43:49	Deng	Akol	Lon H	M	SM	MSM

Pos No.	Time	First Name	Surname	Club	M/F	Age Group	Gender	Age Group
361	1234	00:44:01	Dennis	Carey	Hill	M	V55	MV55
363	2393	00:44:13	Alex	Malzer	Serp	M	V50	MV50
364	2566	00:44:22	Philip	Cunningham	SBH	M	V55	MV55
365	277	00:44:26	Cameron	Large	Eal E	M	V50	MV50
366	1618	00:44:34	Colin	Munro	Lon FR	M	V45	MV45
367	2152	00:44:39	Gary	Homewood	Morn	M	V55	MV55
368	1871	00:44:52	Carl	Heap	Lon H	M	V65	MV65
369	1230	00:45:03	Mark Alexander	Hyde	Hill	M	V55	MV55
370	1245	00:45:28	Andrew	Mansi	Hill	M	V70	MV70
371	2807	00:45:42	Eamonn	Cullen	Trent P	M	V55	MV55
372	1246	00:46:58	Sam	Hurley	Hill	M	SM	MSM
373	3075	00:48:32	William	Burbridge-James	VPH&TH	M	V60	MV60
374	3253	00:48:58	Trevor	Powell	WG&EL	M	V70	MV70
375	656	00:49:04	John	Shirley	GoodGym	M	V60	MV60
376	1410	00:52:49	Richard	Jones	Lon C	M	V50	MV50

Race 3 2021 - Uxbridge Team Results

Ranking	Club	Points	Gender	Age Group
1	Harrow AC 'B'	821	M	Div3
2	Eton Manor AC	738	M	Div3
3	London Front Runners 'B'	655	M	Div3
4	Thames Valley Harriers 'B'	581	M	Div3
5	Hillingdon 'B'	534	M	Div3
6	Ealing, Southall and Middlesex 'B'	470	M	Div3
7	London Front Runners 'C'	382	M	Div3
8	Ealing Eagles 'C'	343	M	Div3
9	Metropolitan Police	258	M	Div3
10	Mornington Chasers	245	M	Div3
11	GoodGym Raceteam	206	M	Div3
12	Hillingdon 'C'	178	M	Div3
13	Trent Park RC 'B'	141	M	Div3
14	Thames Valley Harriers 'C'	103	M	Div3
15	Harlow RC	100	M	Div3
16	Serpentine RC 'B'	9	M	Div3