

## **11th December 2021 - Ware Cup Results**

<b>Pos</b>	<b>Time</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>
1	26.43	Adam Milberry	SM	Victoria Park Harriers
2	28.10	Dan Moses	SM	Orion Harriers
3	28.26	David Jones	SM	Victoria Park Harriers
4	28.41	Rich Smith	SM	East London Runners
5	29.07	Paul Quinton	M40	Victoria Park Harriers
6	29.09	Jon Andueza	SM	Orion Harriers
7	29.13	Mick McTernan	SM	Orion Harriers
8	29.35	Stevie Boyle	SM	Eton Manor
9	29.57	Patrick Thomas	SM	Victoria Park Harriers
10	30.00	Dylan Williams	SM	Eton Manor
11	30.34	Graham White	SM	Eton Manor
12	30.43	George Fernandez	SM	Eton Manor
13	30.52	Seb Parris	SM	Ilford
14	30.58	Dan McPhilimey	SM	Victoria Park Harriers
15	31.03	Jon Whitehouse	M45	Loughton
16	31.09	Scott Reid	M50	Orion Harriers
17	31.12	Arif Erdogan	SM	Victoria Park Harriers
18	31.19	Gavin Lau	SM	Victoria Park Harriers
19	31.31	Alex Pickering	M40	East London Runners
20	31.40	Neil Swift	M50	Orion Harriers
21	31.50	Ed Lunn	SM	Orion Harriers
22	31.51	Quentin Grieu	SM	Eton Manor
23	31.53	Danny Holeyman	M45	Ilford
24	31.59	Henry Giddens	SM	Orion Harriers
25	32.11	Russ Jones	M50	Eton Manor
26	32.12	Daniel O'Sullivan	M45	Victoria Park Harriers
27	32.15	Neil McGoun	M40	Orion Harriers
28	32.19	Toni Pang	M45	Eton Manor
29	32.39	Steve Palmer	M50	Loughton
30	32.42	Rob Sommerville	M50	Eton Manor
31	33.02	Colin Smith	M40	Orion Harriers
32	33.06	Jenny Heymann	W40	Eton Manor
33	33.35	Jonathan Leith	SM	Eton Manor
34	33.41	Alan Fricker	M45	Loughton
35	33.49	Lydia Briggs	SW	Victoria Park Harriers
36	34.09	Amit Marks	M40	East London Runners
37	34.17	Richard Bryant	M50	Victoria Park Harriers
38	34.18	Valerie Wong	SW	Victoria Park Harriers
39	34.19	Sam Brewitt	M40	Guest
40	34.37	David Mills	M55	Loughton
41	34.46	Andrew Baxter	M50	East London Runners
42	35.09	Dave Daugirda	M55	Eton Manor
43	35.12	Karan Gadhia	SM	East London Runners
44	35.13	Zoe Oldfield	W40	Loughton
45	35.14	Lee Milne	W45	Eton Manor
46	35.24	Mary Knapman	W40	Loughton
47	35.41	Simon Bonner	M45	Victoria Park Harriers

<b>Pos</b>	<b>Time</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>
48	35.56	Buddy Green	WM	Orion Harriers
49	35.59	James Lambden	M55	Loughton
50	36.02	Hannah White	SW	Orion Harriers
51	36.11	Paul Stockings	M60	Orion Harriers
52	36.17	Paul Goodhew	M50	Orion Harriers
53	36.23	Faye Jeacocke	W40	Victoria Park Harriers
54	36.27	Caroline Frith	W40	East London Runners
55	36.30	Darren Welsford	M40	Orion Harriers
56	36.36	Christine Kennedy	W60	Orion Harriers
57	36.39	Anna Fiederova	SW	Victoria Park Harriers
58	36.39	Jasmin Fitzpatrick	SW	Orion Harriers
59	36.49	Unknown		
60	36.57	Lorna Gaffney	W50	Loughton
61	36.57	Steve Taylor	M50	Orion Harriers
62	37.02	Unknown		Victoria Park Harriers
63	37.26	John Stubbs	SM	Loughton
64	37.31	Cliff Warren	M55	Loughton
65	37.36	Jess Hannah	SW	Victoria Park Harriers
66	37.42	Vicky Thompson	W40	Guest
67	37.57	Victoria Fabbri	W40	Victoria Park Harriers
68	38.04	Gary Bartlett	M60	Orion Harriers
69	38.08	Nico Strydon	M45	Loughton
70	38.09	Sarah Carey	SW	Eton Manor
71	38.19	Simon Haigh	M50	Orion Harriers
72	38.39	Annie Trihan	SW	Victoria Park Harriers
73	38.47	Noelle Casalis	SW	Victoria Park Harriers
74	38.49	Gigi Giannella		Victoria Park Harriers
75	39.05	Monir Dahbi	M40	East London Runners
76	39.21	Jon West	M40	Orion Harriers
77	39.44	Jo Plumb	W50	Orion Harriers
78	40.02	Ben Joyce	M40	Loughton
79	40.22	Sharon Palmer	W45	Loughton
80	40.25	Paul Williams	M60	Orion Harriers
81	40.25	Louise Vacher	W55	Eton Manor
82	40.43	Mary Armitage	W50	Orion Harriers
83	40.53	Laura Fernandez	W55	Loughton
84	40.57	Unknown		Victoria Park Harriers
85	41.40	Jenny Richards	W40	Loughton
86	41.12	Gerald Akrigg	M55	Victoria Park Harriers
87	41.52	Katherine Taylor	W50	Orion Harriers
88	42.02	Beth Henry	SW	Orion Harriers
89	42.29	Steve Worrall	M45	Loughton
90	42.55	Gabriel Ellenberg	M60	Eton Manor
91	43.23	Melanie Peddle	W50	Loughton
92	43.30	Philippa Cockman	W60	Victoria Park Harriers
93	43.50	Bal Gil	M50	Orion Harriers
94	44.06	Helen Pearce	W50	Orion Harriers
95	45.03	Janine Durrant	W45	Eton Manor
96	45.29	Amy Blackburn-Lau	SW	Victoria Park Harriers

<b>Pos</b>	<b>Time</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>
97	45.49	Fen Coles	W50	Eton Manor
98	45.59	Hayley Dalton	W50	Eton Manor
99	46.32	William Burbridge-James	M60	Victoria Park Harriers
100	46.53	Mala Singh	W45	Eton Manor
101	47.14	Nadine Holland	W45	Loughton
102	47.41	Frieda Keane	W55	Ilford
103	48.00	Deborah Davies	W50	Loughton
104	48.03	Unknown		
105	48.07	Han Lu	W40	Orion Harriers
106	48.56	Lynne Wakinshaw	W40	Orion Harriers
107	49.20	Alexandra Rutishauser-Perera	W40	East London Runners
108	50.40	Morag Campbell	W50	East London Runners
109	53.33	Unknown		

### Men

<b>1</b>	<b>Victoria Park Harriers</b>	<b>19</b>
<b>2</b>	<b>Orion Harriers</b>	<b>29</b>
<b>3</b>	<b>Eton Manor</b>	<b>41</b>
<b>4</b>	<b>East London Runners</b>	<b>96</b>
<b>5</b>	<b>Loughton</b>	<b>114</b>

### Women

<b>1</b>	<b>Victoria Park Harriers</b>	<b>24</b>
<b>2</b>	<b>Loughton</b>	<b>45</b>
<b>3</b>	<b>Eton Manor</b>	<b>46</b>
<b>4</b>	<b>Orion Harriers</b>	<b>50</b>