

2022.06.22 Elvis #3 @ QEOP

Pos	Race No	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Club	Age Grade %
1	94	Joshua Rees DAVIES	00:16:29	00:16:29	TOP3	1	Male	1	EAST LONDON RUNNERS	77.36
2	30	Angelo PIERIS	00:16:34	00:16:34	TOP3	2	Male	2	EAST END ROAD RUNNERS	82.34
3	396	George CLANCY	00:16:40	00:16:39	TOP3	3	Male	3		75.69
4	389	Simon COTTLE	00:16:46	00:16:46	V40	1	Male	4	ETON MANOR AC	80.77
5	391	Stephen FABES	00:16:48	00:16:47	V40	2	Male	5		80.05
6	107	John HENRY	00:17:09	00:17:08	V40	3	Male	6	EAST LONDON RUNNERS	78.95
7	210	James BLOGG	00:17:15	00:17:15	V40	4	Male	7	HAVERING 90 JOGGERS	79.1
8	150	George FERNANDEZ	00:17:20	00:17:17	OPEN	1	Male	8	ETON MANOR AC	72.72
9	142	Paul BODDEY	00:17:22	00:17:19	V40	5	Male	9	ETON MANOR AC	79.83
10	119	Scott MCMILLAN	00:17:24	00:17:23	V40	6	Male	10	EAST LONDON RUNNERS	80.89
11	321	Samuel ANDERSON	00:17:29	00:17:28	OPEN	2	Male	11		72.2
12	159	Edward JENKINS	00:17:34	00:17:32	OPEN	3	Male	12	ETON MANOR AC	72.1
13	362	Oliver MOUNTSTEPHENS	00:17:35	00:17:33	OPEN	4	Male	13	LOUGHTON ATHLETICS CLUB	72.57
14	135	Rob SPREAD	00:17:39	00:17:37	V40	7	Male	14	EAST LONDON RUNNERS	76.71
15	174	James PILCH	00:17:41	00:17:39	V40	8	Male	15	ETON MANOR AC	76.62
16	287	Bob GLASGOW	00:17:45	00:17:44	V40	9	Male	16	ORION HARRIERS	79.3
17	125	Daniel ODONOGHUE	00:17:53	00:17:51	OPEN	5	Male	17	EAST LONDON RUNNERS	72.01
18	390	Connor JOHNSTON	00:17:56	00:17:54	OPEN	6	Male	18	EAST END ROAD RUNNERS	73.86
19	161	Jonathan LEITH	00:18:12	00:18:08	OPEN	7	Male	19	ETON MANOR AC	72.78
20	186	Dylan WILLIAMS	00:18:19	00:18:16	OPEN	8	Male	20	ETON MANOR AC	68.9
21	128	Alex PICKERING	00:18:25	00:18:23	V40	10	Male	21	EAST LONDON RUNNERS	74.65
22	151	Jerome FRANCIS	00:18:28	00:18:21	OPEN	9	Male	22	ETON MANOR AC	68.8
23	166	Phil MCNEILL	00:18:29	00:18:26	OPEN	10	Male	23	ETON MANOR AC	69.33
24	105	Joseph GUNN	00:18:40	00:18:38	OPEN	11	Male	24	EAST LONDON RUNNERS	68.36
25	374	Alex SENSIER	00:18:43	00:18:40	OPEN	12	Male	25	URBAN RUNNER	67.44
26	49	Peter JACKSON	00:18:51	00:18:48	V40	11	Male	26	BARKING ROAD RUNNERS	75.26
27	163	Kevin LONG	00:18:56	00:18:51	V40	12	Male	27	ETON MANOR AC	73.75
28	313	Geoff WHITMAN	00:18:57	00:18:57	V50	1	Male	28	ORION HARRIERS	77.95
29	59	Paul WITHYMAN	00:18:59	00:18:57	V40	13	Male	29	BARKING ROAD RUNNERS	70.81
30	31	Ian PITHOUSE	00:19:05	00:19:02	OPEN	13	Male	30	EAST END ROAD RUNNERS	68.88
31	33	Steven RUBEN LAZARO	00:19:08	00:19:04	OPEN	14	Male	31	EAST END ROAD RUNNERS	65.97
32	172	Toni PANG	00:19:11	00:19:06	V50	2	Male	32	ETON MANOR AC	75.16
33	123	James NICHOLS	00:19:15	00:19:10	OPEN	15	Male	33	EAST LONDON RUNNERS	68.32
34	407	Mark MCCOLGAN	00:19:18	00:19:16	OPEN	16	Male	34	EAST END ROAD RUNNERS	67.6
35	156	Jenny HEYMANN	00:19:21	00:19:17	TOP3	1	Female	1	ETON MANOR AC	79.51
36	284	Zoltan FODOR	00:19:25	00:19:21	V40	14	Male	35	ORION HARRIERS	71.39
37	270	Richard WOOLVERTON	00:19:30	00:19:28	V50	3	Male	36	ILFORD AC	73.96
38	258	Jordan HINDS	00:19:34	00:19:30	TOP3	2	Female	2	ILFORD AC	73.64
39	120	Mark MOIR	00:19:35	00:19:32	OPEN	17	Male	37	EAST LONDON RUNNERS	64.68
40	12	Coren HANLEY	00:19:37	00:19:33	TOP3	3	Female	3	EAST END ROAD RUNNERS	73.65
41	93	Jimmy DALE	00:19:38	00:19:34	OPEN	18	Male	38	EAST LONDON RUNNERS	65.63
42	304	Hayley ROGERSON	00:19:39	00:19:35	V40	1	Female	4	ORION HARRIERS	79.09
43	289	Glenn GOSLING	00:19:44	00:19:41	V40	15	Male	39	ORION HARRIERS	72.49
44	262	Diarmuid MAC DONNELL	00:19:45	00:19:41	V50	4	Male	40	ILFORD AC	73.01
45	250	Stephen CRANE	00:19:48	00:19:42	V40	16	Male	41	ILFORD AC	68.43
46	295	Claire HUGGINS	00:19:50	00:19:46	OPEN	1	Female	5	ORION HARRIERS	72.61
47	225	Guy HILDRETH	00:19:52	00:19:52	V40	17	Male	42	HAVERING 90 JOGGERS	68.2
48	296	Gwilym JOHNSTON	00:19:55	00:19:51	V40	18	Male	43	ORION HARRIERS	70.16
49	279	James COLLETT	00:19:55	00:19:51	V40	19	Male	44	ORION HARRIERS	67.51
50	184	Tom WARD	00:19:55	00:19:49	V40	20	Male	45	ETON MANOR AC	69.03
51	244	Sameena AHMED	00:19:59	00:19:57	V40	2	Female	6	ILFORD AC	76.96
52	261	Terry KNIGHTLEY	00:20:02	00:20:02	V60	1	Male	46	ILFORD AC	78.94
53	53	Stuart MACKAY	00:20:08	00:20:03	V40	21	Male	47	BARKING ROAD RUNNERS	69.4
54	316	Thomas ABBOTT	00:20:10	00:20:05	OPEN	19	Male	48	LOUGHTON ATHLETICS CLUB	63.23
55	254	Joel DENNING	00:20:11	00:20:08	V40	22	Male	49	ILFORD AC	68.68
56	367	Zoe OLDFIELD	00:20:13	00:20:08	V40	3	Female	7	LOUGHTON ATHLETICS CLUB	77.71
57	335	Alan FRICKER	00:20:16	00:20:11	V40	23	Male	50	LOUGHTON ATHLETICS CLUB	69.48
58	286	Frances GAMBLE	00:20:17	00:20:14	OPEN	2	Female	8	ORION HARRIERS	71.88
59	312	Hannah WHITE	00:20:18	00:20:15	OPEN	3	Female	9	ORION HARRIERS	71.04
60	376	Robert SOMMERVILLE	00:20:19	00:20:13	V50	5	Male	51	ETON MANOR AC	73.31
61	76	Shahib ALI	00:20:20	00:20:15	OPEN	20	Male	52	EAST LONDON RUNNERS	63.74
62	219	Gary FLINT	00:20:25	00:20:19	V50	6	Male	53	HAVERING 90 JOGGERS	75.5
63	370	Chyavan REES	00:20:27	00:20:24	OPEN	21	Male	54		61.69
64	42	Debbie COYLE	00:20:30	00:20:27	V40	4	Female	10	BARKING ROAD RUNNERS	77.54
65	249	Adam COALS	00:20:32	00:20:26	V40	24	Male	55	ILFORD AC	65.95
66	116	Amit MARKS	00:20:34	00:20:27	V40	25	Male	56	EAST LONDON RUNNERS	67.4
67	322	Joseph ASHMAN	00:20:40	00:20:34	V50	7	Male	57	ORION HARRIERS	72.11
68	141	John BLACK	00:20:40	00:20:28	V60	2	Male	58	ETON MANOR AC	79.32

Pos	Race No	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Club	Age Grade %
69	248	Steve CHISSELL	00:20:41	00:20:36	V50	8	Male	59	ILFORD AC	74.52
70	140	Dario Alejandro ALVAREZ BORRERO	00:20:48	00:20:43	OPEN	22	Male	60	ETON MANOR AC	61.95
71	288	Paul GOODHEW	00:20:53	00:20:49	V50	9	Male	61	ORION HARRIERS	70.72
72	86	Betty BOHANE	00:20:54	00:20:49	OPEN	4	Female	11	EAST LONDON RUNNERS	69.51
73	146	Dave DAUGIRDA	00:20:55	00:20:49	V60	3	Male	62	ETON MANOR AC	74.98
74	112	Ava LEE	00:20:56	00:20:51	V40	5	Female	12	EAST LONDON RUNNERS	75.02
75	3	Megan COPPACK	00:20:57	00:20:50	OPEN	5	Female	13	EAST END ROAD RUNNERS	68.74
76	85	Calvin BOBIN	00:20:59	00:20:53	V60	4	Male	63	EAST LONDON RUNNERS	79.58
77	251	Anna CRAWLEY	00:21:00	00:20:55	OPEN	6	Female	14	ILFORD AC	68.77
78	133	Jonny SHAW	00:21:05	00:20:59	V40	26	Male	64	EAST LONDON RUNNERS	64.23
79	182	Kate THOMPSON	00:21:08	00:21:02	OPEN	7	Female	15	ETON MANOR AC	68.54
80	398	Martin PAGE	00:21:10	00:21:05	V60	5	Male	65	BARKING ROAD RUNNERS	77.49
81	167	Lee MILNE	00:21:11	00:21:05	V40	6	Female	16	ETON MANOR AC	75.96
82	298	Christine KENNEDY	00:21:12	00:21:08	V60	1	Female	17	ORION HARRIERS	100.69
83	98	Nathaniel DYE	00:21:14	00:21:06	OPEN	23	Male	66	EAST LONDON RUNNERS	61.05
84	10	Richard GILL	00:21:15	00:21:12	OPEN	24	Male	67	EAST END ROAD RUNNERS	62.34
85	275	Steve BENNETT	00:21:20	00:21:12	V50	10	Male	68	ORION HARRIERS	68.14
86	245	Dennis BRIGGS	00:21:23	00:21:18	V40	27	Male	69	ILFORD AC	65.35
87	214	Steve CONSTANTINO	00:21:23	00:21:17	V40	28	Male	70	HAVERING 90 JOGGERS	64.8
88	32	Hazel READE	00:21:25	00:21:17	OPEN	8	Female	18	EAST END ROAD RUNNERS	69.06
89	204	Andrew PAGE	00:21:29	00:21:22	V40	29	Male	71	HAROLD WOOD RUNNING CLUB	65.54
90	349	Laura JENKIN	00:21:32	00:21:26	OPEN	9	Female	19	URBAN RUNNER	68.32
91	198	Lee KENT	00:21:33	00:21:30	OPEN	25	Male	72	HAROLD WOOD RUNNING CLUB	59.47
92	41	Jess COLLETT	00:21:34	00:21:28	OPEN	10	Female	20	BARKING ROAD RUNNERS	68.6
93	74	Billy WALKINGTON	00:21:37	00:21:32	V40	30	Male	73	DAGENHAM 88 RUNNERS	63.13
94	243	Lee VEALE	00:21:46	00:21:37	V40	31	Male	74	HAVERING 90 JOGGERS	63.69
95	16	Nicholas LE-MON	00:21:48	00:21:36	OPEN	26	Male	75	EAST END ROAD RUNNERS	58.8
96	212	Vince CHARMAN	00:21:48	00:21:39	V50	11	Male	76	HAVERING 90 JOGGERS	69.48
97	191	Michael BROWN	00:21:49	00:21:40	V50	12	Male	77	HAROLD WOOD RUNNING CLUB	68.88
98	102	Caroline FRITH	00:21:50	00:21:42	V40	7	Female	21	EAST LONDON RUNNERS	71.19
99	137	Jacob STEVENS	00:21:59	00:21:47	V40	32	Male	78	EAST LONDON RUNNERS	63.56
100	138	Michael WILSON	00:22:01	00:21:55	V60	6	Male	79	EAST LONDON RUNNERS	71.85
101	393	Alex DORRIAN	00:22:05	00:21:55	OPEN	27	Male	80	ETON MANOR AC	59.98
102	100	Becky EVANS	00:22:07	00:21:57	V50	1	Female	22	EAST LONDON RUNNERS	79.58
103	19	James MACKAY	00:22:07	00:21:55	V40	33	Male	81	EAST END ROAD RUNNERS	61.23
104	34	Mark SHERATON	00:22:12	00:22:02	V40	34	Male	82	EAST END ROAD RUNNERS	61.5
105	213	Christina CLEMENTSON	00:22:13	00:22:03	V50	2	Female	23	HAVERING 90 JOGGERS	75.22
106	340	David GODFREY	00:22:13	00:22:03	V60	7	Male	83	DRAX ALL STARS	73.79
107	382	Diane VAUGHAN	00:22:15	00:22:06	V50	3	Female	24	QUAKERS	82.47
108	77	Rohan ALLEN	00:22:18	00:22:05	V40	35	Male	84	EAST LONDON RUNNERS	63.11
109	369	Rabia PIPERDY	00:22:20	00:22:10	V40	8	Female	25	DRAX ALL STARS	69.58
110	43	Adrian DAVISON	00:22:22	00:22:03	V60	8	Male	85	BARKING ROAD RUNNERS	70.11
111	392	Zach CROFT	00:22:26	00:22:18	OPEN	28	Male	86	ETON MANOR AC	56.35
112	399	Tom BRENNAN	00:22:29	00:22:22	OPEN	29	Male	87	BARKING ROAD RUNNERS	56.09
113	290	Lorraine GOSLING	00:22:30	00:22:25	V40	9	Female	26	ORION HARRIERS	72.4
114	104	Richard GUEST	00:22:31	00:22:24	V40	36	Male	88	EAST LONDON RUNNERS	63.53
115	4	Jonny ADAMS	00:22:33	00:22:21	OPEN	30	Male	89	EAST END ROAD RUNNERS	56.83
116	160	Russell JONES	00:22:34	00:22:22	V50	13	Male	90	ETON MANOR AC	65.48
117	80	Michael BAMFORD	00:22:37	00:22:27	V50	14	Male	91	EAST LONDON RUNNERS	66.97
118	320	Naseem ALLMOMEN	00:22:39	00:22:29	OPEN	11	Female	27		64.35
119	144	Sarah CAREY	00:22:40	00:22:29	OPEN	12	Female	28	ETON MANOR AC	65.66
120	269	Hannah SHEIKH	00:22:43	00:22:34	V40	10	Female	29	ILFORD AC	72.63
121	178	Richard SEDDON	00:22:47	00:22:39	OPEN	31	Male	92	ETON MANOR AC	55.81
122	196	Martin HAWKER	00:22:50	00:22:40	V40	37	Male	93	HAROLD WOOD RUNNING CLUB	60.7
123	115	Shanavaz MALAYODU	00:22:52	00:22:42	V40	38	Male	94	EAST LONDON RUNNERS	58.81
124	285	Matt GALLAGHER	00:22:56	00:22:46	V50	15	Male	95	ORION HARRIERS	63.92
125	84	Darminder BHAMRA	00:22:57	00:22:44	V50	16	Male	96	EAST LONDON RUNNERS	66.57
126	9	Gopal GAUTAM	00:22:59	00:22:43	OPEN	32	Male	97	EAST END ROAD RUNNERS	56.78
127	60	Kevin WOTTON	00:23:00	00:22:54	V50	17	Male	98	BARKING ROAD RUNNERS	64.77
128	1	Graeme ALLEN	00:23:01	00:22:52	OPEN	33	Male	99	EAST END ROAD RUNNERS	55.68
129	22	Niall MULHOLLAND	00:23:04	00:22:56	V50	18	Male	100	EAST END ROAD RUNNERS	64.61
130	358	Matt MARTIN	00:23:05	00:22:56	V40	39	Male	101	URBAN RUNNER	57.83
131	203	Paul NEWLAND	00:23:06	00:22:55	OPEN	34	Male	102	HAROLD WOOD RUNNING CLUB	55.49
132	232	Luke KNIGHT	00:23:09	00:23:02	OPEN	35	Male	103	HAVERING 90 JOGGERS	56.34
133	24	Jonathan NORTON	00:23:12	00:23:04	V50	19	Male	104	EAST END ROAD RUNNERS	65.29
134	20	Callum MACLENNAN	00:23:14	00:23:01	V40	40	Male	105	EAST END ROAD RUNNERS	57.87
135	256	Gary FLOATE	00:23:15	00:23:05	V50	20	Male	106	ILFORD AC	64.63
136	97	Mark DURRANT	00:23:17	00:23:04	V50	21	Male	107	EAST LONDON RUNNERS	65.61

Pos	Race No	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Club	Age Grade %
137	299	Karen LYONS	00:23:19	00:23:11	V50	4	Female	30	ORION HARRIERS	74.53
138	147	Pippa DOWSWELL	00:23:21	00:23:10	V50	5	Female	31	ETON MANOR AC	79.71
139	379	Georgina TAYLOR	00:23:22	00:23:13	V40	11	Female	32	LOUGHTON ATHLETICS CLUB	66.48
140	388	Shreyas SARDA	00:23:24	00:23:20	OPEN	36	Male	108		53.89
141	136	Kasia STACHOWIAK	00:23:25	00:23:13	OPEN	13	Female	33	EAST LONDON RUNNERS	63.6
142	334	Mark FOX	00:23:27	00:23:20	V40	41	Male	109	LOUGHTON ATHLETICS CLUB	58.64
143	403	Abdi ADAN	00:23:28	00:23:11	V50	22	Male	110	EAST LONDON RUNNERS	62.47
144	372	David RUBIO	00:23:29	00:23:17	V50	23	Male	111		61.39
145	401	Daniel PLAWIAK	00:23:31	00:23:22	V40	42	Male	112	BARKING ROAD RUNNERS	58.49
146	272	Mary ARMITAGE	00:23:38	00:23:29	V50	6	Female	34	ORION HARRIERS	79.9
147	65	Nils HOLLMANN	00:23:41	00:23:29	V40	43	Male	113	DAGENHAM 88 RUNNERS	60.4
148	302	Kerry PARKER	00:23:45	00:23:35	V40	12	Female	35	ORION HARRIERS	64.75
149	273	Lucilla ASHTON	00:23:48	00:23:38	V40	13	Female	36	ORION HARRIERS	66.03
150	283	Danny FITZSIMONS	00:23:48	00:23:34	V50	24	Male	114	ORION HARRIERS	64.19
151	384	Emily WARNAKULASURIYA	00:23:49	00:23:39	OPEN	14	Female	37		60.5
152	176	Ruth ROSE	00:23:49	00:23:38	V40	14	Female	38	ETON MANOR AC	63.44
153	69	Daniel MILLER	00:23:49	00:23:37	V40	44	Male	115	DAGENHAM 88 RUNNERS	56.02
154	368	Thomas PARROTT	00:23:49	00:23:34	OPEN	37	Male	116	URBAN RUNNER	52.99
155	271	Gaye YOUNG	00:23:56	00:23:49	V50	7	Female	39	ILFORD AC	72.6
156	247	Bradley BROWN	00:23:57	00:23:57	V40	45	Male	117	ILFORD AC	59.73
157	291	Laura GRAHAM-CLARE	00:23:57	00:23:49	OPEN	15	Female	40	ORION HARRIERS	61.41
158	387	John O'BRIEN	00:23:58	00:23:40	V50	25	Male	118	EAST LONDON RUNNERS	62.17
159	48	Heather HAGGIS	00:24:00	00:23:51	OPEN	16	Female	41	BARKING ROAD RUNNERS	60.34
160	325	Jeff BRUNTON	00:24:03	00:23:53	V60	9	Male	119		66.97
161	108	Kathryn HERTZBERG	00:24:07	00:23:54	OPEN	17	Female	42	EAST LONDON RUNNERS	61.01
162	201	Gayle MCKEAND	00:24:08	00:23:56	V40	15	Female	43	HAROLD WOOD RUNNING CLUB	64.39
163	356	Clare LEGGE	00:24:09	00:23:55	OPEN	18	Female	44	ETON MANOR AC	60.35
164	294	Martin HOBLEY	00:24:10	00:23:58	V40	46	Male	120	ORION HARRIERS	57.8
165	91	Grant CONWAY	00:24:11	00:23:59	V50	26	Male	121	EAST LONDON RUNNERS	61.61
166	303	Oliver PURTON	00:24:12	00:24:01	V40	47	Male	122	ORION HARRIERS	58.64
167	339	Aurelian GUG	00:24:14	00:23:57	V40	48	Male	123	OLYMPIA HANDBALL CLUB	55.08
168	276	Joyce BERRY	00:24:17	00:24:07	V50	8	Female	45	ORION HARRIERS	72.51
169	54	Jahinur MEAH	00:24:18	00:24:12	OPEN	38	Male	124	BARKING ROAD RUNNERS	53.01
170	25	Dauda O AYODELE	00:24:21	00:24:19	V50	27	Male	125	EAST END ROAD RUNNERS	60.18
171	281	Joanna ELFERINK	00:24:23	00:24:14	OPEN	19	Female	46	ORION HARRIERS	61.08
172	238	Kate PETTIT	00:24:23	00:24:13	V50	9	Female	47	HAVERING 90 JOGGERS	68.51
173	344	Claire HIGGINS	00:24:27	00:24:19	V40	16	Female	48	URBAN RUNNER	63.54
174	395	Bal GILL	00:24:34	00:24:19	V50	28	Male	126	ORION HARRIERS	61.15
175	274	Hayley BARRON	00:24:36	00:24:27	V50	10	Female	49	ORION HARRIERS	68.82
176	67	Costas KOTROFIS	00:24:38	00:24:27	V40	49	Male	127	DAGENHAM 88 RUNNERS	55.83
177	327	Emma COPPACK	00:24:40	00:24:32	OPEN	20	Female	50		59.1
178	63	Manji GAMI	00:24:43	00:24:31	V50	29	Male	128	DAGENHAM 88 RUNNERS	60.8
179	223	Tony GRAY	00:24:44	00:24:34	V60	10	Male	129	HAVERING 90 JOGGERS	63.96
180	293	Beth HENRY	00:24:44	00:24:32	OPEN	21	Female	51	ORION HARRIERS	58.4
181	51	Shuhel KHAN	00:24:48	00:24:42	V40	50	Male	130	BARKING ROAD RUNNERS	54.22
182	168	Corrie MONAGHAN	00:24:49	00:24:37	OPEN	22	Female	52	ETON MANOR AC	58.07
183	175	Glen REDDICK	00:24:50	00:24:38	V50	30	Male	131	ETON MANOR AC	58.07
184	162	Christina LONG	00:24:51	00:24:37	V40	17	Female	53	ETON MANOR AC	61.9
185	47	Joyce GOLDER	00:24:52	00:24:43	V50	11	Female	54	BARKING ROAD RUNNERS	67.19
186	207	Mike WESTMORE	00:24:53	00:24:39	V50	31	Male	132	HAROLD WOOD RUNNING CLUB	61.41
187	336	Chris FRY	00:24:53	00:24:40	OPEN	39	Male	133		51.08
188	404	Maddie ZUCKER	00:24:53	00:24:44	OPEN	23	Female	55		58.35
189	83	Katrina BETTERIDGE	00:24:54	00:24:42	OPEN	24	Female	56	EAST LONDON RUNNERS	59.09
190	154	Christopher HEMPSEED	00:24:54	00:24:44	OPEN	40	Male	134	ETON MANOR AC	50.88
191	306	Sarah THOMAS	00:24:55	00:24:44	OPEN	25	Female	57	ORION HARRIERS	57.83
192	366	Samantha NORMAN	00:24:55	00:24:41	OPEN	26	Female	58	URBAN RUNNER	57.83
193	170	Geoff NICHOLLS	00:24:56	00:24:39	V60	11	Male	135	ETON MANOR AC	67.63
194	157	Maud HODSON	00:24:59	00:24:46	V50	12	Female	59	ETON MANOR AC	66.89
195	122	Imran MUSTAK	00:25:03	00:24:50	OPEN	41	Male	136	EAST LONDON RUNNERS	52.89
196	58	Belinda RICHES	00:25:03	00:24:53	V50	13	Female	60	BARKING ROAD RUNNERS	66.68
197	280	Bernie DAWSON	00:25:25	00:25:10	V60	12	Male	137	ORION HARRIERS	61.71
198	82	Suzanne BENCH	00:25:26	00:25:09	V50	14	Female	61	EAST LONDON RUNNERS	72.15
199	224	Melanie GREEN	00:25:26	00:25:16	V40	18	Female	62	HAVERING 90 JOGGERS	64.85
200	75	Tony WOODGATE	00:25:28	00:25:16	V50	32	Male	138	DAGENHAM 88 RUNNERS	60
201	66	Rahana ISLAM	00:25:31	00:25:20	V40	19	Female	63	DAGENHAM 88 RUNNERS	62.29
202	81	Stuart BARTON	00:25:31	00:25:13	V50	33	Male	139	EAST LONDON RUNNERS	57.42
203	297	Bob JOUSIFFE	00:25:34	00:25:21	V70+	1	Male	140	ORION HARRIERS	71.27
204	5	Delroy DE MONTAGNAC	00:25:35	00:25:22	V50	34	Male	141	EAST END ROAD RUNNERS	56.36

Pos	Race No	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Club	Age Grade %
205	300	Sarah MILLS	00:25:36	00:25:27	V40	20	Female	64	ORION HARRIERS	60.7
206	226	Michael HILL	00:25:39	00:25:28	V50	35	Male	142	HAVERING 90 JOGGERS	60.62
207	71	Michael PEGNALL	00:25:40	00:25:28	V40	51	Male	143	DAGENHAM 88 RUNNERS	52.37
208	17	Karen LEUNG-CHESTER	00:25:45	00:25:31	V40	21	Female	65	EAST END ROAD RUNNERS	63.28
209	200	Louise MARSHALL	00:25:46	00:25:31	OPEN	27	Female	66	HAROLD WOOD RUNNING CLUB	56.21
210	332	Sabrina FARHAN	00:25:47	00:25:32	OPEN	28	Female	67	OLYMPIA HANDBALL CLUB	56.05
211	179	Lance TABRAHAM	00:25:47	00:25:33	V50	36	Male	144	ETON MANOR AC	59.77
212	324	Anglina BHAMBRA	00:25:48	00:25:32	OPEN	29	Female	68	URBAN RUNNER	55.83
213	268	Alison SALE	00:25:50	00:25:34	V50	15	Female	69	ILFORD AC	70.04
214	44	Huseyin DOGAN	00:25:51	00:25:34	V40	52	Male	145	BARKING ROAD RUNNERS	52
215	253	Declan CULLEN	00:25:54	00:25:41	V60	13	Male	146	ILFORD AC	63.89
216	55	Martin O'TOOLE	00:25:55	00:25:39	V50	37	Male	147	BARKING ROAD RUNNERS	57.5
217	56	Nehal PATEL	00:25:55	00:25:45	OPEN	42	Male	148	BARKING ROAD RUNNERS	49.45
218	180	Louise TAYLOR	00:25:57	00:25:44	V40	22	Female	70	ETON MANOR AC	63.58
219	152	Adrian FROST	00:26:00	00:25:41	V60	14	Male	149	ETON MANOR AC	61.94
220	52	Jason LI	00:26:02	00:25:51	V50	38	Male	150	BARKING ROAD RUNNERS	56.28
221	345	Nadine HOLLAND	00:26:04	00:25:47	V40	23	Female	71	LOUGHTON ATHLETICS CLUB	61
222	57	Isabel PINEDO BOROBIO	00:26:08	00:25:58	OPEN	30	Female	72	BARKING ROAD RUNNERS	55.29
223	351	John JOHNSTONE	00:26:11	00:25:56	V40	53	Male	151	URBAN RUNNER	53.34
224	377	Malwina SPEK	00:26:18	00:26:00	OPEN	31	Female	73	OLYMPIA HANDBALL CLUB	54.79
225	239	Darren RADFORD	00:26:21	00:26:15	V50	39	Male	152	HAVERING 90 JOGGERS	58.48
226	383	Nathan WAKINSHAW	00:26:22	00:26:09	OPEN	43	Male	153	LOUGHTON ATHLETICS CLUB	51.64
227	381	Elodie TROUILLARD	00:26:36	00:26:18	OPEN	32	Female	74		54.16
228	18	Han LU	00:26:38	00:26:23	V40	24	Female	75	EAST END ROAD RUNNERS	61.17
229	165	Gillian MCKAY	00:26:42	00:26:25	V50	16	Female	76	ETON MANOR AC	70.73
230	216	David DIXON	00:26:43	00:26:25	V60	15	Male	154	HAVERING 90 JOGGERS	59.23
231	29	Imran PATEL	00:26:48	00:26:35	V40	54	Male	155	EAST END ROAD RUNNERS	50.92
232	149	Janine DURRANT	00:26:50	00:26:35	V40	25	Female	77	ETON MANOR AC	59.97
233	8	Chantal FOUILLOUX	00:26:53	00:26:37	V50	17	Female	78	EAST END ROAD RUNNERS	66.39
234	252	Dianne CRISP	00:26:54	00:26:45	V60	2	Female	79	ILFORD AC	71.19
235	338	Monika Giedre GEGELEVICIENE	00:26:58	00:26:41	OPEN	33	Female	80	OLYMPIA HANDBALL CLUB	53.43
236	378	Alex STEWART	00:26:59	00:26:40	OPEN	44	Male	156		48.72
237	361	Bianca MORUTAN	00:27:04	00:26:49	OPEN	34	Female	81	OLYMPIA HANDBALL CLUB	53.39
238	6	Joanna DORLING	00:27:11	00:26:56	V50	18	Female	82	EAST END ROAD RUNNERS	64.78
239	181	Tracey TAYLOR	00:27:18	00:27:02	V50	19	Female	83	ETON MANOR AC	69.16
240	14	Celine HOMSEY	00:27:20	00:26:58	OPEN	35	Female	84	EAST END ROAD RUNNERS	53.57
241	111	Cindy KOON	00:27:22	00:27:02	V40	26	Female	85	EAST LONDON RUNNERS	59.54
242	323	Emma BALDWIN	00:27:22	00:27:00	V40	27	Female	86	QBE	54.8
243	346	Nick HOWES	00:27:23	00:27:06	V40	55	Male	157		50.22
244	117	Amy MARTIN	00:27:24	00:27:05	OPEN	36	Female	87	EAST LONDON RUNNERS	52.65
245	375	Mala SINGH	00:27:31	00:27:13	V40	28	Female	88	ETON MANOR AC	59.96
246	259	Sharon HONEY	00:27:39	00:27:25	V60	3	Female	89	ILFORD AC	74.74
247	405	Onyi EKEBUIZI	00:27:41	00:27:21	OPEN	37	Female	90	EAST END ROAD RUNNERS	52.11
248	267	Mandy REID	00:27:47	00:27:30	V40	29	Female	91	ILFORD AC	59.39
249	402	Amanda HEARN	00:27:47	00:27:29	OPEN	38	Female	92	ETON MANOR AC	52.7
250	35	Suzanne TAYLOR	00:27:52	00:27:34	V50	20	Female	93	EAST LONDON RUNNERS	61.54
251	315	Katie WOOLF	00:27:52	00:27:37	V50	21	Female	94	ORION HARRIERS	59.95
252	277	Evarine BOTHA	00:28:00	00:27:45	V40	30	Female	95	ORION HARRIERS	54.95
253	363	Munir MUSA	00:28:02	00:27:40	OPEN	45	Male	158	URBAN RUNNER	46.25
254	202	Carol NELSON	00:28:04	00:27:44	V60	4	Female	96	HAROLD WOOD RUNNING CLUB	72.51
255	241	Stephen SHEEKEY	00:28:11	00:27:50	V60	16	Male	159	HAVERING 90 JOGGERS	55.63
256	301	Dhurmendra MISTRY	00:28:12	00:27:57	V50	40	Male	160	ORION HARRIERS	53.74
257	87	Kate BRETT	00:28:12	00:27:54	V50	22	Female	97	EAST LONDON RUNNERS	64.16
258	240	Bernard SAVAGE	00:28:15	00:27:57	V60	17	Male	161	HAVERING 90 JOGGERS	60.32
259	195	Louise HAWKER	00:28:17	00:28:00	V40	31	Female	98	HAROLD WOOD RUNNING CLUB	53.89
260	188	Darrell WOODHEAD	00:28:24	00:28:06	V40	56	Male	162	ETON MANOR AC	48.82
261	328	Deborah DAVIES	00:28:26	00:28:11	V50	23	Female	99	LOUGHTON ATHLETICS CLUB	62.76
262	234	Brigid MALLEE	00:28:27	00:28:22	V50	24	Female	100	HAVERING 90 JOGGERS	65.4
263	95	Fiona DAY	00:28:39	00:28:21	V60	5	Female	101	EAST LONDON RUNNERS	72.13
264	40	Louise CHAPPELL	00:28:52	00:28:41	V40	32	Female	102	BARKING ROAD RUNNERS	56.45
265	132	Alexandra RUTISHAUSERPERERA	00:29:00	00:28:41	V40	33	Female	103	EAST LONDON RUNNERS	53.58
266	183	Sue UNSWORTH	00:29:07	00:28:46	V50	25	Female	104	ETON MANOR AC	58.14
267	106	David HALLYBONE	00:29:10	00:28:51	V40	57	Male	163	EAST LONDON RUNNERS	47.9
268	326	Anil CHUMBER	00:29:14	00:28:55	OPEN	46	Male	164	URBAN RUNNER	44.08
269	222	Anbarasu GOVINDASAMY	00:29:22	00:28:58	V60	18	Male	165	HAVERING 90 JOGGERS	53.4
270	118	Helen MCGUINNESS	00:29:23	00:29:04	V40	34	Female	105	EAST LONDON RUNNERS	55.45
271	397	Monica SECRETAN	00:29:35	00:29:13	V40	35	Female	106	EAST END ROAD RUNNERS	51.51
272	96	Anna DINGLE	00:29:43	00:29:23	V40	36	Female	107	EAST LONDON RUNNERS	54.16

Pos	Race No	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Club	Age Grade %
273	173	Siobhan PARKER	00:29:46	00:29:22	V50	26	Female	108	ETON MANOR AC	57.6
274	347	Phil HUDSON	00:29:46	00:29:26	V60	19	Male	166	WARE JOGGERS	55.09
275	28	Nimi OLADAPO	00:29:52	00:29:38	OPEN	39	Female	109	EAST END ROAD RUNNERS	48.24
276	205	Elaine RICHARDSON	00:29:54	00:29:33	V60	6	Female	110	HAROLD WOOD RUNNING CLUB	71.4
277	242	Brian SLADE	00:29:55	00:29:37	V70+	2	Male	167	HAVERING 90 JOGGERS	63.05
278	309	Lynne WAKINSHAW	00:30:03	00:29:47	V40	37	Female	111	ORION HARRIERS	52.29
279	329	Helene DEAN	00:30:14	00:29:57	V40	38	Female	112	OLYMPIA HANDBALL CLUB	51.96
280	394	Nia COPPACK	00:30:14	00:30:00	OPEN	40	Female	113		47.71
281	371	Sharron ROONEY	00:30:26	00:30:05	V50	27	Female	114	ETON MANOR AC	57.86
282	121	Kathy MORRISSEY	00:30:27	00:30:07	V50	28	Female	115	EAST LONDON RUNNERS	55.6
283	236	Jenette OGBORN	00:30:32	00:30:09	V40	39	Female	116	HAVERING 90 JOGGERS	50.89
284	23	Maria NIETO	00:30:36	00:30:12	OPEN	41	Female	117	EAST END ROAD RUNNERS	48.66
285	171	Victoria NOCK	00:30:37	00:30:16	V50	29	Female	118	ETON MANOR AC	55.28
286	215	Kerry CURTIS	00:30:41	00:30:23	V40	40	Female	119	HAVERING 90 JOGGERS	53.1
287	130	Diana REXHEPAJ	00:30:46	00:30:29	V50	30	Female	120	EAST LONDON RUNNERS	55.73
288	353	Rajendra KATECHIA	00:30:53	00:30:32	V60	20	Male	168	URBAN RUNNER	50.79
289	187	Chloe WOODHEAD	00:30:59	00:30:35	V40	41	Female	121	ETON MANOR AC	49.66
290	260	James HUDDART	00:31:01	00:30:37	V70+	3	Male	169	ILFORD AC	59.75
291	246	Launa BROADLEY	00:31:01	00:30:39	V50	31	Female	122	ILFORD AC	56.78
292	177	Catherine SCRIVENS	00:31:02	00:30:39	V60	7	Female	123	ETON MANOR AC	63.58
293	208	Amy WHITEHEAD	00:31:03	00:30:46	OPEN	42	Female	124	HAROLD WOOD RUNNING CLUB	46.42
294	317	Farid ACHHA	00:31:04	00:30:43	V40	58	Male	170	URBAN RUNNER	46.05
295	194	Alison HAGON	00:31:06	00:30:41	V40	42	Female	125	HAROLD WOOD RUNNING CLUB	49.96
296	45	Alison FRYATT	00:31:18	00:30:54	V50	32	Female	126	BARKING ROAD RUNNERS	58.63
297	230	Debbie JONES	00:31:31	00:31:07	V50	33	Female	127	HAVERING 90 JOGGERS	53.01
298	50	Leslie JAY	00:31:34	00:31:18	V60	21	Male	171	BARKING ROAD RUNNERS	53.42
299	221	Lisa GASKIN	00:31:46	00:31:23	V50	34	Female	128	HAVERING 90 JOGGERS	55.42
300	319	Nosheila AHMED	00:31:55	00:31:39	OPEN	43	Female	129	URBAN RUNNER	46.36
301	110	Andrew HOWARD	00:32:19	00:31:54	V60	22	Male	172	EAST LONDON RUNNERS	48.96
302	21	Grace MCCORRY	00:32:26	00:32:00	OPEN	44	Female	130	EAST END ROAD RUNNERS	44.56
303	131	Frances RIDOUT	00:32:48	00:32:24	OPEN	45	Female	131	EAST LONDON RUNNERS	44.86
304	39	Greg ADAMS	00:33:02	00:32:37	V60	23	Male	173	BARKING ROAD RUNNERS	49.65
305	70	Pascalina PAMBA	00:33:44	00:33:18	V50	35	Female	132	DAGENHAM 88 RUNNERS	49.52
306	37	Kunal YADAV	00:33:45	00:33:23	V40	59	Male	174	EAST END ROAD RUNNERS	39.55
307	220	John FORD	00:33:47	00:33:23	V60	24	Male	175	HAVERING 90 JOGGERS	47.68
308	386	Archana YADAV	00:33:47	00:33:25	OPEN	46	Female	133		44.08
309	15	Laura KNIGHTLEY	00:33:52	00:33:30	OPEN	47	Female	134	EAST END ROAD RUNNERS	43.96
310	185	Kathy WEBB	00:34:00	00:33:34	V60	8	Female	135	ETON MANOR AC	57.2
311	385	Zoe WOOD	00:34:17	00:33:58	OPEN	48	Female	136		42.03
312	190	Maria BRILL	00:34:22	00:34:02	V60	9	Female	137	HAROLD WOOD RUNNING CLUB	60.14
313	231	Laura KELLY	00:34:32	00:34:08	V50	36	Female	138	HAVERING 90 JOGGERS	49.67
314	164	Paul MANSON	00:34:34	00:34:11	OPEN	47	Male	176	ETON MANOR AC	38.32
315	197	Elisabeth HONEYSETT	00:34:37	00:34:10	V60	10	Female	139	HAROLD WOOD RUNNING CLUB	56.18
316	99	Vivienne EKA	00:34:55	00:34:27	V50	37	Female	140	EAST LONDON RUNNERS	47.85
317	7	Jacqueline FERNANDEZ	00:35:10	00:34:46	OPEN	49	Female	141	EAST END ROAD RUNNERS	41.3
318	78	John ATKINSON	00:35:19	00:34:50	V70+	4	Male	177	EAST LONDON RUNNERS	56.84
319	373	Randeep SEMBI	00:35:29	00:35:02	V40	43	Female	142	URBAN RUNNER	44.28
320	129	Joanna QIU	00:35:29	00:35:03	V50	38	Female	143	EAST LONDON RUNNERS	48.96
321	355	Amanda KNIGHT	00:35:41	00:35:19	V50	39	Female	144		47.44
322	400	Vinodini PATEL	00:35:47	00:35:20	V60	11	Female	145	EAST END ROAD RUNNERS	54.34
323	365	Caroline NICHOLSON	00:35:51	00:35:26	V50	40	Female	146		51.19
324	228	Josy HUGHES	00:37:07	00:36:39	V50	41	Female	147	HAVERING 90 JOGGERS	50.88
325	330	Jaspreet DHILLON	00:37:19	00:36:54	V50	42	Female	148	URBAN RUNNER	45.96
326	27	Elizabeth O'DONNELL	00:38:14	00:37:47	V50	43	Female	149	EAST LONDON RUNNERS	44.86
327	88	Sonia CHEADLE	00:38:22	00:37:55	V40	44	Female	150	EAST LONDON RUNNERS	43.01
328	169	Dee MULLNER	00:38:31	00:38:04	V50	44	Female	151	ETON MANOR AC	45.11
329	352	Sonia KANG	00:38:44	00:38:17	V50	45	Female	152	URBAN RUNNER	43.15
330	61	Julie CARDNELL	00:39:26	00:38:59	V60	12	Female	153	DAGENHAM 88 RUNNERS	49.31
331	64	Kirsty HANNAN	00:40:50	00:40:23	OPEN	50	Female	154	DAGENHAM 88 RUNNERS	35.58