

<b>Results for East London Runners on 25/09/2022</b>					
<b>Pos</b>	<b>Num</b>	<b>Name</b>	<b>Time</b>	<b>Club</b>	<b>Cat</b>
1	260	Crispian Bloomfield	16.02	Billericay Striders	VM40
2	12	Joshua Rees Davies	16.17	East London Runners	SM
3	43	Jose Rodriguez	16.21	East London Runners	VM40
4	19	Ryan Friel	16.36	East London Runners	SM
5	27	John Henry	16.38	East London Runners	VM40
6	142	Gary Towers	16.45	Eton Manor AC	VM40
7	132	James Pilch	16.47	Eton Manor AC	VM40
8	105	Paul Boddey	16.51	Eton Manor AC	VM40
9	121	Edward Jenkins	16.59	Eton Manor AC	SM
10	138	Alex Taylor	17.04	Eton Manor AC	SM
11	277	Angelo Pieris	17.18	East End Road Runners	VM40
12	34	Scott Mcmillan	17.19	East London Runners	VM40
13	110	Simon Cottle	17.22	Eton Manor AC	VM40
14	274	Craig Stevens	17.28	Eton Manor AC	SM
15	103	Samuel Anderson	17.31	Eton Manor AC	SM
16	24	Joseph Gunn	17.40	East London Runners	SM
17	224	Stephen Philcox	17.53	Ilford AC	VM50
18	45	Rob Spread	17.58	East London Runners	VM40
19	120	Humfrey Jeakins	18.03	Eton Manor AC	SM
20	220	Neringa Masioniene	18.39	Ilford AC	SF
21	42	Billy Rayner	18.43	East London Runners	SM
22	264	Satnam Singh	18.47	Datchet Dashers	VM40
23	72	Paul Withyman	18.51	Barking Road Runners	VM40
24	81	Nigel Swinburne	19.08	Dagenham 88 Runners	VM40
25	130	Toni Pang	19.09	Eton Manor AC	VM50
26	231	Richard Woolterton	19.10	Ilford AC	VM50
27	181	Guy Hildreth	19.10	Havering 90 Joggers	VM40
28	93	Richard Gill	19.13	East End Road Runners	SM
29	119	Jenny Heymann	19.21	Eton Manor AC	VF40
30	217	Jordan Hinds	19.26	Ilford AC	SF
31	141	Kate Thompson	19.30	Eton Manor AC	SF
32	94	Coren Hanley	19.31	East End Road Runners	SF
33	246	Chris Scott	19.34	Orion Harriers	VM40
34	1	Hamza Adan	19.36	East London Runners	SM
35	204	Sameena Ahmed	19.39	Ilford AC	VF40
36	219	Craig Livermore	19.41	Ilford AC	SM
37	210	Stephen Crane	19.48	Ilford AC	VM40
38	2	Shahib Ali	19.50	East London Runners	SM
39	109	David Cato	19.51	Eton Manor AC	VM40
40	271	James Lowndes	19.53	Barking Road Runners	VM40
41	199	Dave Sherman	19.54	Havering 90 Joggers	VM40
42	4	Rachel Bailey	19.58	East London Runners	SF
43	145	Tom Ward	20.00	Eton Manor AC	VM40
44	65	Antony Leckerman	20.03	Barking Road Runners	VM50
45	242	Claire Huggins	20.04	Orion Harriers	SF
46	144	Jessica Verrall	20.08	Eton Manor AC	SF
47	268	Russell Jones	20.15	Eton Manor AC	VM50
48	275	Gary Flint	20.17	Havering 90 Joggers	VM50
49	137	Robert Sommerville	20.20	Eton Manor AC	VM50
50	203	Lee Veale	20.25	Havering 90 Joggers	VM40

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51	117	Liz Haigh	20.26	Eton Manor AC	SF
52	7	Betty Bohane	20.26	East London Runners	SF
53	276	Redmond Shannon	20.28	East London Runners	VM40
54	67	Stuart Mackay	20.31	Barking Road Runners	VM40
55	125	Lee Milne	20.33	Eton Manor AC	VF40
56	171	Steve Constantinou	20.38	Havering 90 Joggers	VM40
57	113	Dave Daugirda	20.39	Eton Manor AC	VM60
58	102	Mark Sheraton	20.40	East End Road Runners	VM40
59	208	Steve Chissell	20.45	Ilford AC	VM50
60	96	Niall Mulholland	20.46	East End Road Runners	VM50
61	170	Vince Charman	20.47	Havering 90 Joggers	VM50
62	239	Paul Goodhew	21.00	Orion Harriers	VM50
63	234	Daniel Carroll	21.04	Orion Harriers	VM40
64	226	Joanne Reeves	21.10	Ilford AC	VF40
65	134	Jane Rukin-white	21.17	Eton Manor AC	SF
66	32	Ian Mackie	21.22	East London Runners	VM60
67	99	Hazel Reade	21.26	East End Road Runners	SF
68	95	Shreeraj Laturia	21.28	East End Road Runners	VM40
69	157	Andrew Page	21.33	Harold Wood Running Club	VM40
70	20	Caroline Frith	21.35	East London Runners	VF40
71	238	Matt Gallagher	21.44	Orion Harriers	VM50
72	69	Martin Page	21.48	Barking Road Runners	VM60
73	86	Billy Walkington	21.50	Dagenham 88 Runners	VM40
74	17	Becky Evans	22.01	East London Runners	VF50
75	73	Kevin Wotton	22.02	Barking Road Runners	VM50
76	150	Joanne Findlay	22.03	Harold Wood Running Club	SF
77	256	Matthew Powell	22.13	Urban Runner	VM40
78	162	Marvin Turner	22.17	Harold Wood Running Club	SM
79	186	Luke Knight	22.26	Havering 90 Joggers	SM
80	16	Nathaniel Dye	22.30	East London Runners	SM
81	223	Breege Nordin	22.30	Ilford AC	VF60
82	57	Adrian Davison	22.33	Barking Road Runners	VM60
83	23	Richard Guest	22.33	East London Runners	VM40
84	237	Danny Fitzsimons	22.33	Orion Harriers	VM50
85	245	John Sable	22.33	Orion Harriers	VM40
86	240	Dan Green	22.35	Orion Harriers	VM50
87	101	Nora Schillinger	22.37	East End Road Runners	SF
88	51	Jess Collett	22.38	Barking Road Runners	SF
89	131	Jane Pannell	22.42	Eton Manor AC	VF50
90	114	Pippa Dowswell	22.44	Eton Manor AC	VF50
91	9	Sarah Burns	22.45	East London Runners	VF40
92	267	Melinda Jones	22.48	Ilford AC	VF50
93	189	Andrew Lutterloch	22.48	Havering 90 Joggers	VM40
94	241	Abigail Hoult	22.48	Orion Harriers	SF
95	97	Jonathan Norton	22.51	East End Road Runners	VM50
96	35	Chloe Millan	22.55	East London Runners	SF
97	207	Andrew Catton	22.58	Ilford AC	VM60
98	228	Alison Sale	23.00	Ilford AC	VF50
99	230	Hannah Sheikh	23.06	Ilford AC	VF40
100	173	Jeff Fenton	23.13	Havering 90 Joggers	VM60

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101	248	Jonathan West	23.14	Orion Harriers	VM40
102	209	Sean Costello	23.24	Ilford AC	VM50
103	206	Bradley Brown	23.32	Ilford AC	VM40
104	232	Gaye Young	23.33	Ilford AC	VF50
105	270	Christina Reade	23.34	East End Road Runners	VF40
106	257	Rakesh Sandhu	23.38	Urban Runner	VM50
107	92	Ulrike Gerstenberg	23.41	East End Road Runners	VF40
108	39	Catherine Perry	23.49	East London Runners	VF40
109	249	Karen West	23.52	Orion Harriers	VF40
110	196	Kate Pettit	23.54	Havering 90 Joggers	VF50
111	5	Katrina Betteridge	23.55	East London Runners	SF
112	126	Chris Myers	24.07	Eton Manor AC	VM50
113	122	Mehboob Khan	24.11	Eton Manor AC	VM50
114	153	Martin Hawker	24.14	Harold Wood Running Club	VM40
115	38	John O'Brien	24.14	East London Runners	VM50
116	250	Paul Williams	24.16	Orion Harriers	VM60
117	8	Kieran Brown	24.17	East London Runners	VM60
118	59	Rosanna Fforde	24.17	Barking Road Runners	SF
119	30	Andrew Howard	24.19	East London Runners	VM60
120	124	Christina Long	24.20	Eton Manor AC	VF40
121	233	Mary Armitage	24.23	Orion Harriers	VF50
122	178	Tony Gray	24.38	Havering 90 Joggers	VM60
123	118	Gail Hennessy	24.40	Eton Manor AC	VF60
124	174	Paul Fisk	24.41	Havering 90 Joggers	SM
125	64	David Kail	24.42	Barking Road Runners	SM
126	265	Joyce Golder	24.43	Barking Road Runners	VF50
127	140	Tracey Taylor	24.48	Eton Manor AC	VF50
128	41	Sandra Preston	24.49	East London Runners	VF50
129	31	Cindy Koon	24.51	East London Runners	VF40
130	70	Isabel Pinedo Borobio	24.54	Barking Road Runners	SF
131	139	Claire Louise Taylor	24.58	Eton Manor AC	VF40
132	79	Jason Manning	24.59	Dagenham 88 Runners	VM40
133	269	Claire Higgins	25.01	Urban Runner	VF40
134	47	David Taylor	25.09	East London Runners	VM60
135	21	George Georgiou	25.10	East London Runners	VM50
136	58	Huseyin Dogan	25.16	Barking Road Runners	VM40
137	164	Mike Westmore	25.17	Harold Wood Running Club	VM50
138	68	Martin O'Toole	25.17	Barking Road Runners	VM50
139	262	Adrian Hunt	25.19	Thames Hare & Hounds	VM50
140	227	Mandy Reid	25.21	Ilford AC	VF40
141	116	Jerome Francis	25.23	Eton Manor AC	SM
142	128	Geoff Nicholls	25.23	Eton Manor AC	VM60
143	98	Dauda Ayodele	25.26	East End Road Runners	VM50
144	26	John Paul Healy	25.34	East London Runners	VM40
145	15	Ann Dunne	25.45	East London Runners	VF60
146	80	Michael Peggall	25.46	Dagenham 88 Runners	VM40
147	172	Amber Elliott	25.49	Havering 90 Joggers	SF
148	91	David Elsom	25.49	East End Road Runners	VM60
149	29	Catriona Hoult	25.50	East London Runners	VF40
150	179	Melanie Green	25.50	Havering 90 Joggers	VF40

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151	195	Brian Parish	25.51	Havering 90 Joggers	VM40
152	263	Paul Johnson	25.53	Unattached	VM60
153	197	Darren Radford	25.54	Havering 90 Joggers	VM50
154	90	Joanna Dorling	25.56	East End Road Runners	VF50
155	272	Joe Oliva	26.03	Unattached	SM
156	182	Michael Hill	26.04	Havering 90 Joggers	VM50
157	66	Jason Li	26.07	Barking Road Runners	VM50
158	165	Alan Woodroof	26.09	Harold Wood Running Club	VM60
159	252	Lavina Bhambra	26.16	Urban Runner	SF
160	169	Peter Burdett	26.18	Havering 90 Joggers	VM50
161	229	Jenni Sheehan	26.19	Ilford AC	SF
162	74	Carole Adams	26.22	Dagenham 88 Runners	VF40
163	258	Katherine Withyman	26.23	Urban Runner	VF40
164	151	Steve Gourley	26.33	Harold Wood Running Club	VM50
165	225	Batmanaden Ramen	26.43	Ilford AC	VM60
166	36	Caroline Moore	26.46	East London Runners	VF60
167	82	Natalie Traylen	26.51	Dagenham 88 Runners	VF40
168	235	Bernie Dawson	26.54	Orion Harriers	VM60
169	183	Hafsa Hussain	27.03	Havering 90 Joggers	SF
170	180	Jason Hetterley	27.22	Havering 90 Joggers	VM50
171	211	Dianne Crisp	27.32	Ilford AC	VF60
172	244	Julie Robinson	27.36	Orion Harriers	VF60
173	148	Darrell Woodhead	27.39	Eton Manor AC	VM40
174	193	Tony O'Callaghan	27.40	Havering 90 Joggers	VM60
175	28	Kathryn Hertzberg	27.42	East London Runners	SF
176	13	Fiona Day	27.44	East London Runners	VF60
177	88	Hugh Barnard	27.47	East End Road Runners	VM70
178	198	Bernard Savage	27.49	Havering 90 Joggers	VM60
179	192	Maxine O'Brien	27.51	Havering 90 Joggers	VF40
180	188	Danielle Last	27.55	Havering 90 Joggers	VF40
181	254	Shakeel Khan	27.57	Urban Runner	VM50
182	156	Carol Nelson	28.01	Harold Wood Running Club	VF60
183	149	Amolak Dhanjal	28.05	Harold Wood Running Club	VM60
184	89	Paul Dennis	28.06	East End Road Runners	VM50
185	191	Brigid Mallee	28.08	Havering 90 Joggers	VF50
186	213	Ray Everingham	28.10	Ilford AC	VM60
187	112	Hayley Dalton	28.11	Eton Manor AC	VF50
188	158	Rachel Peck	28.12	Harold Wood Running Club	SF
189	61	Gary Harford	28.19	Barking Road Runners	VM60
190	100	Steven Ruben Lazaro	28.26	East End Road Runners	SM
191	11	Mary Connolly	28.28	East London Runners	VF60
192	40	Joe Preston	28.37	East London Runners	VM60
193	37	Mary O'Brien	28.43	East London Runners	VF60
194	200	David Skinner	28.46	Havering 90 Joggers	VM60
195	146	Christina Watson	28.53	Eton Manor AC	VF60
196	143	Sue Unsworth	28.55	Eton Manor AC	VF50
197	76	Sonya Byers	28.56	Dagenham 88 Runners	VF40
198	160	Elaine Richardson	28.56	Harold Wood Running Club	VF60
199	205	Launa Broadley	28.58	Ilford AC	VF50
200	218	Frieda Keane	29.07	Ilford AC	VF50

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201	255	Munir Musa	29.09	Urban Runner	SM
202	221	Carol Muir	29.14	Ilford AC	VF50
203	135	Catherine Scrivens	29.17	Eton Manor AC	VF60
204	115	George Fernandez	29.21	Eton Manor AC	SM
205	14	Anna Dingle	29.26	East London Runners	VF40
206	194	Jenette Ogborn	29.26	Havering 90 Joggers	VF40
207	108	Steve Burr	29.29	Eton Manor AC	VM50
208	55	Nichola Cranmer	29.31	Barking Road Runners	VF50
209	278	Joanne Joseph	29.32	Eton Manor AC	VF60
210	152	Louise Hawker	29.40	Harold Wood Running Club	VF40
211	56	Dawn Curtis	29.48	Barking Road Runners	VF40
212	85	Selon Timi Veerasamy	29.49	Dagenham 88 Runners	VF70
213	161	Hayley Smith	29.51	Harold Wood Running Club	SF
214	147	Chloe Woodhead	29.51	Eton Manor AC	VF40
215	25	David Hallybone	29.57	East London Runners	VM40
216	22	Maya Goodwin	30.02	East London Runners	VF50
217	60	Alison Fryatt	30.11	Barking Road Runners	VF50
218	184	Debbie Jones	30.33	Havering 90 Joggers	VF50
219	53	Robert Courtier	30.37	Barking Road Runners	VM60
220	48	Denys Vuika	30.40	East London Runners	VM40
221	154	Sean Kavanagh	30.49	Harold Wood Running Club	VM60
222	251	Farid Achha	30.51	Urban Runner	VM40
223	18	Sallyann Eyles	31.13	East London Runners	VF50
224	261	Gillian Clarke	31.31	Unattached	VF60
225	10	Samia Choudhury	32.08	East London Runners	SF
226	63	Leslie Jay	32.15	Barking Road Runners	VM60
227	175	John Ford	32.26	Havering 90 Joggers	VM60
228	177	Lisa Gaskin	32.48	Havering 90 Joggers	VF50
229	163	Amy Wardle	32.51	Harold Wood Running Club	SF
230	3	John Atkinson	32.52	East London Runners	VM70
231	273	Pascalía Pamba	33.00	Dagenham 88 Runners	VF50
232	83	Kresh Veerasamy	33.00	Dagenham 88 Runners	VM40
233	202	Donna Towner	33.38	Havering 90 Joggers	VF40
234	187	Lee Kyson	33.49	Havering 90 Joggers	VM60
235	49	Greg Adams	34.05	Barking Road Runners	VM60
236	259	Ailyn Bernardo	35.25	Unattached	SF
237	168	Lucy Burdett	35.25	Havering 90 Joggers	VF40
238	253	Sonia Kang	36.32	Urban Runner	VF50
239	71	Dennis Spencer-perkins	39.43	Barking Road Runners	VM60
240	166	John Woods	39.43	Harold Wood Running Club	VM50
241	77	Lee Davis	40.42	Dagenham 88 Runners	VM50
242	50	Michael Ball	41.21	Barking Road Runners	VM70
243	159	Loretta Reehill	41.58	Harold Wood Running Club	VF40
244	155	Robert Mcnamara	44.40	Harold Wood Running Club	SM
245	84	Sam Veerasamy	45.46	Dagenham 88 Runners	VM70
246	266	Irving Bell	59.41	Unattached	VM70