



LOUGHTON ATHLETIC CLUB

LAC George Richardson Trophies Inter-club Vets Race

11am, 5 November 2022 @ Roding Valley Recreation Ground, Loughton

#	P	W	M	Time	Name	Club
157	1		1	28:56	Brian Jenkins (MV40)	Orion Harriers
194	2		2	29:07	Mick McTernan (MV40)	Orion Harriers
172	3		3	29:14	Tommy Grimes (MV40)	Orion Harriers
101	4		4	29:16	Stephen Fabes (MV40)	Victoria Park Harriers & THAC
237	5		5	30:12	James Pilch (MV40)	Eton Manor AC
168	6		6	31:00	Adrian Smith (MV50)	Orion Harriers
235	7		7	31:17	Simon Cottle (MV40)	Eton Manor AC
201	8		8	31:28	Neil McGuon (MV40)	Orion Harriers
180	9		9	31:30	Scott Reid (MV50)	Orion Harriers
262	10		10	31:31	Jon Whitehouse (MV45)	Loughton AC
195	11		11	31:44	Russell Brown (MV50)	Orion Harriers
90	12			32:26	Brett Cases (MV)	Guest
240	13		12	32:30	Toni Pang (MV50)	Eton Manor AC
158	14		13	32:36	Neil Swift (MV50)	Orion Harriers
260	15		14	33:01	Diarmuid MacDonnell (MV50)	Ilford AC
177	16		15	33:07	Stephen Thompson (MV40)	Orion Harriers
117	17	1		33:19	Samantha Lamb (WV50)	Victoria Park Harriers & THAC
175	18		16	33:24	Paul Goodhew (MV50)	Orion Harriers
209	19		17	33:29	Tim Wright (MV50)	Orion Harriers
269	20	2		33:31	Zoe Oldfield (WV45)	Loughton AC
263	21		18	33:33	Alan Fricker (MV45)	Loughton AC
243	22			33:39	Dylan Williams (Guest)	Eton Manor AC
105	23		19	33:44	Richard Bryant (MV50)	Victoria Park Harriers & THAC
267	24		20	33:44	Robin Daines (MV50)	Loughton AC
232	25		21	33:51	Tony Pamphilon (MV60)	Vets AC
270	26	3		33:53	Mary Knapman (WV40)	Loughton AC
108	27	4		34:22	Jo Singer (WV40)	Victoria Park Harriers & THAC
266	28		22	35:02	Nick Barker (MV40)	Loughton AC
165	29		23	35:04	Joey Ashman (MV50)	Orion Harriers
257	30		24	35:26	Joel Denning (MV40)	Ilford AC
241	31		25	35:31	John Black (MV60)	Eton Manor AC
288	32		26	35:44	Ashley Faria (MV)	East London Runners
253	33	5		35:50	Lee Milne (WV40)	Eton Manor AC
271	34	6		35:53	Ali Trauttmansdorff (WV50)	Loughton AC
213	35		27	35:54	Glenn Gosling (MV50)	Orion Harriers
197	36		28	36:03	Paul Thornton (MV40)	Orion Harriers
218	37	7		36:08	Hayley Rogerson (WV40)	Orion Harriers
204	38		29	36:15	Darren Welsford (MV40)	Orion Harriers
87	39		30	36:16	James Lamden (MV60)	Loughton AC
244	40		31	36:45	Dave Daugirda (MV60)	Eton Manor AC

261	41	32	36:56	Steve Palmer (MV50)	Loughton AC
211	42	33	36:58	Martin Reynolds (MV40)	Orion Harriers
284	43	34	37:00	Jacob Stevens (MV)	East London Runners
46	44	35	37:11	Ian Mackie (MV)	East London Runners
268	45	36	37:24	David Mills (MV55)	Loughton AC
206	46	37	37:26	Steve Taylor (MV50)	Orion Harriers
291	47	8	37:58	Caroline Frith (WV)	East London Runners
297	48	9	38:22	Sarah Burns (WV)	East London Runners
256	49	10	38:38	Joanne Reeves (WV40)	Ilford AC
208	50	38	38:49	Ben Fisher (MV40)	Orion Harriers
272	51	11	38:55	Georgina Taylor (WV40)	Loughton AC
283	52	39	39:07	Peter Hatley (MV)	East London Runners
192	53	40	39:25	Mark Muscat (MV60)	Orion Harriers
199	54	41	39:28	Jon West (MV40)	Orion Harriers
276	55	12	39:29	Sharon Palmer (WV45)	Loughton AC
178	56	42	39:30	Gary Bartlett (MV60)	Orion Harriers
214	57	43	39:45	Paul Stockings (MV60)	Orion Harriers
106	58	44	39:50	David Shortridge (MV50)	Victoria Park Harriers & THAC
252	59	13	40:07	Ru Rose (WV40)	Eton Manor AC
289	60	45	40:10	Borislav Petkov (MV)	East London Runners
207	61	46	40:12	Andy Moore (MV50)	Orion Harriers
182	62	47	40:17	Andy Kennedy (MV40)	Orion Harriers
287	63	48	40:23	Adbirahman Mohammed (MV)	East London Runners
281	64	49	40:25	Mike Wilson (MV)	East London Runners
221	65	14	40:26	Lucilla Ashton (WV40)	Orion Harriers
205	66	50	40:29	Simon Haigh (MV50)	Orion Harriers
103	67	51	40:34	David Wilkey (MV50)	Victoria Park Harriers & THAC
300	68	15	40:58	Cindy Koon (WV)	East London Runners
219	69	16	41:04	Karen Lyons (WV50)	Orion Harriers
228	70	17	41:06	Jo Plumb (WV50)	Orion Harriers
124	71	18	41:15	Annie Gammon (WV50)	Victoria Park Harriers & THAC
226	72	19	41:25	Karen West (WV40)	Orion Harriers
109	73	20	41:33	Amelia Evans (WV40)	Victoria Park Harriers & THAC
265	74	52	41:38	Steve Worrall (MV45)	Loughton AC
282	75	53	41:40	Ramesh Pala (MV)	East London Runners
216	76	21	41:48	Kerry Parker (WV40)	Orion Harriers
173	77	54	41:50	Bill Bennett (MV60)	Orion Harriers
248	78	22	41:53	Louise Vacher (WV50)	Eton Manor AC
259	79	55	42:02	Edward Skinner (MV60)	Ilford AC
247	80	23	42:15	Gail Hennessey (WV60)	Eton Manor AC
290	81	56	42:34	John O'Brien (MV)	East London Runners
203	82	57	42:40	Simon Carter (MV50)	Orion Harriers
231	83	24	42:46	Patricia Thomas (WV55)	Vets AC
89	84	58	42:58	Roger Green (MV70)	Woodford Green and Essex Ladies
295	85	25	43:18	Sandra Preston (WV)	East London Runners
200	86	59	43:21	Gordon Sutcliffe (MV40)	Orion Harriers
273	87	26	43:25	Melanie Peddle (WV50)	Loughton AC
60	88	60	43:37	Tim Horton (MV60)	Loughton AC
84	89	61	43:48	Jon Brown (MV50)	Loughton AC
233	90	62	43:52	David Hinds (MV70)	Vets AC
164	91	63	43:57	Paul Williams (MV60)	Orion Harriers
258	92	64	44:00	Jim Tilbrook (MV50)	Ilford AC

292	93	27	44:21	Ann Dunne (WV)	East London Runners
239	94	65	45:05	Geoff Nicholls (MV60)	Eton Manor AC
225	95	28	45:15	Helen Pearce (WV50)	Orion Harriers
293	96	29	45:34	Alexandra Rutishauser -Perara (WV)	East London Runners
246	97	30	46:01	Hayley Dalton (WV50)	Eton Manor AC
229	98	31	46:09	Han Lu (WV40)	Orion Harriers
296	99	32	46:17	Suzanne Taylor (WV)	East London Runners
251	100	33	46:27	Janine Durrant (WV40)	Eton Manor AC
224	101	34	46:34	Catriona Davies (WV)	East London Runners
227	102	35	46:35	Katherine Taylor (WV50)	Orion Harriers
280	103	36	46:44	Lisa Perryman (WV45)	Loughton AC
279	104	37	47:02	Rebecca Fricker (WV45)	Loughton AC
274	105	38	47:24	Nadine Holland (WV45)	Loughton AC
###	106	66	47:33	Unknown Runner (MV)	Eton Manor AC
217	107	39	47:51	Helen Ward (WV40)	Orion Harriers
277	108	40	49:17	Amanda Overy (WV55)	Loughton AC
220	109	41	49:18	Lynne Wakinshaw (WV40)	Orion Harriers
298	110	42	50:31	Diana Rex (WV)	East London Runners
294	111	43	50:42	Victoria Charlesworth (WV)	East London Runners
91	112	44	50:52	Clare Drakeford (WV)	East London Runners
51	113	45	50:58	Caroline Moore (WV)	East London Runners
299	114	46	52:05	Kathy Morrissey (WV)	East London Runners
222	115	47	52:12	Everine Botha (WV40)	Orion Harriers
123	116	48	53:00	Susan Leese (WV50)	Victoria Park Harriers & THAC
275	117	49	58:58	Sallyann Eyles (WV50)	Loughton AC

