

## Chingford League Cross Country Relay - Wanstead Flats - 5th March 2022

### All teams

Team	Club	Cat	Stage 1	Min	Sec	Pos	Stage 2	Min	Sec	Pos	Stage 3	Min	Sec	Pos	Stage 4	Min	Sec	Pos
16	OH		Mick McTernan VM	11	3	1	Rich Smith SM	22	1	2	Ben Francis SM	33	42	1	Pat Brown SM	45	3	1
				11	3			10	58			11	41			11	21	
18	VP		Jamie Cornuau SM	11	10	3	Stephen Fabes VM	22	31	3	Arif Erdogan SM	34	19	2	Joe Dale VM	45	16	2
				11	10			11	21			11	48			10	57	
8	EM		Sam Anderson SM	11	25	5	Paul Boddey VM	22	56	4	James Pilch VM	34	21	3	Ed Jenkins SM	45	31	3
				11	25			11	31			11	25			11	10	
7	EL		Ryan Friel SM	11	6	2	Jose Rodriguez VM	22	1	1	Paul Woodmansey SM	34	30	4	John Henry VM	46	33	4
				11	6			10	55			12	29			12	3	
17	TP		David Kunzmann SM	11	14	4	Ethan Jackson SM	23	8	5	Ben Halstead SM	35	27	6	Ben Allen SM	46	52	5
				11	14			11	54			12	19			11	25	
28	EM		Humfrey Jeakins SM	11	43	6	Paul Rushton VM	23	53	7	Simon Cottle VM	35	19	5	Craig Stevens SM	46	57	6
				11	43			12	10			11	26			11	38	
14	LO		Edwin Gaye SM	12	3	11	Ben Thompson VM	24	32	12	Chris Thomas VM	36	25	9	Oly Mountstephens SM	48	9	7
				12	3			12	29			11	53			11	44	
38	VP		David Jones SM	11	46	8	Dan McPhilimey SM	24	17	10	George Long SM	35	55	7	Anthony Doolittle SM	48	13	8
				11	46			12	31			11	38			12	18	
36	OH		Adrian Smith VM	12	22	19	John Gunnell VM	24	13	9	Scott Reid VM	36	22	8	Neil McGoun VM	48	38	9
				12	22			11	51			12	9			12	16	
11	IL		Fab Stefanoni VM	12	11	13	Ronan Edwards JM	23	29	6	Seb Parris SM	36	31	10	Berekhet Berakhy VM	49	2	10
				12	11			11	18			13	2			12	31	
37	TP		Jim Arrowsmith VM	11	56	9	Scott Aiken VM	23	53	8	Alan Hathaway VM	36	58	11	Will Rowley SM	49	52	11
				11	56			11	57			13	5			12	54	
115	IL		Aaron Hick U15	12	47	25	Samuel Crane U15	24	22	11	James Thake U15	37	4	12	Aron Berhe U15	49	59	12
				12	47			11	35			12	42			12	55	
27	EL		Thomas Hyde SM	12	16	17	Joseph Osakue VM	24	58	15	Karan Gadhia SM	38	23	19	Daniel O'Donoghue SM	50	13	13
				12	16			12	42			13	25			11	50	

Team	Club	Cat	Stage 1	Min	Sec	Pos	Stage 2	Min	Sec	Pos	Stage 3	Min	Sec	Pos	Stage 4	Min	Sec	Pos
124	OH		Russell Brown VM	12	23	20	Stephen Thompson VM	24	35	13	Neil Swift VM	37	27	13	Max Bell JM	50	44	14
				12	23			12	12			12	52			13	17	
1	BA		Calvin Wu VM	12	32	22	Paul Bassa VM	25	55	19	James Marschalek SM	38	2	14	Kelvin Koloko VM	51	26	15
				12	32			13	23			12	7			13	24	
135	VP		Rob Blair VM	12	26	21	Tim Murray VM	25	35	17	Simeon Bennett VM	38	19	17	Kevin Long VM	51	44	16
				12	26			13	9			12	44			13	25	
58	VP		Hazel Norton-Hale SW	12	52	28	Ellie Daglish SW	26	11	24	Lily Zechmann SW	39	37	22	Jade Dos Santos SW	52	4	17
				12	52			13	19			13	26			12	27	
2	BR		Stuart Mackay VM	13	9	31	Jagbir Bassi SM	26	25	25	Tom Brennan SM	39	54	23	Joe Stacey SM	52	7	18
				13	9			13	16			13	29			12	13	
132	OH		William Muffett U15	12	12	14	Rory O'Corbaidh U15	24	40	14	Adams Johns U15	38	17	16	Henry Gillman U15	52	12	19
				12	12			12	28			13	37			13	55	
34	LO		Robin Daines VM	13	21	33	Jon Whitehouse VM	26	7	23	Alan Fricker VM	38	58	20	Steve Palmer VM	52	30	20
				13	21			12	46			12	51			13	32	
56	OH		Ellie Baverstock SW	12	3	12	Fran Gamble SW	25	42	18	Hayley Rogerson VW	39	8	21	Hannah White SW	52	41	22
				12	3			13	39			13	26			13	33	
105	EM		Russ Jones VM	13	2	30	Dave Daugirda VM	27	6	29	Robert Sommerville VM	40	46	26	Trevor East VM	54	47	23
				13	2			14	4			13	40			14	1	
123	LO		Gabriel Buckley U15	12	41	24	Oliver Brown U15	27	16	30	Aidan Buckley U15	40	51	27	Henry Brown U15	54	51	24
				12	41			14	35			13	35			14	0	
136	VP		Simon Bonner VM	14	16	45	Daniel O'Sullivan VM	27	4	28	Tim Soar VM	41	25	29	Stephen Phillips VM	55	9	25
				14	16			12	48			14	21			13	44	
57	TP		Kat Alpe SW	12	49	26	Anja Greenwood VW	26	0	21	Anna Sikorska VW	41	5	28	Poppy Allwright JW	55	17	26
				12	49			13	11			15	5			14	12	
9	ET		Colin Kinsey VM	13	49	37	Cédric Lévêque SM	27	21	31	Jeremy Bush VM	41	40	31	Ben Watts VM	55	34	27
				13	49			13	32			14	19			13	54	
54	LO		Zoe Oldfield VW	12	55	29	Charlotte Palmer JW	27	25	32	Victoria Thompson VW	42	22	34	Mary Knapman VW	55	42	28
				12	55			14	30			14	57			13	20	

Team	Club	Cat	Stage 1	Min	Sec	Pos	Stage 2	Min	Sec	Pos	Stage 3	Min	Sec	Pos	Stage 4	Min	Sec	Pos
31	IL		Steve Crane VM	13	23	34	Neil Crisp VM	26	59	27	Danny Holeyman VM	40	35	24	Andy Catton VM	55	58	29
				13	23			13	36			13	36			15	23	
125	OH		Tim Wright VM	13	19	32	James Moss SM	27	52	37	Rob Moore VM	42	59	38	David Wilson VM	56	2	30
				13	19			14	33			15	7			13	3	
4	ED		Ilia Loubenski VM	12	21	18	Andy Malleson SM	25	59	20	James Gill VM	40	41	25	Michael Orr VM	56	8	31
				12	21			13	38			14	42			15	27	
117	LO		John Stubbs VM	14	31	52	Bradley McGeough SM	27	42	35	James Lambden VM	42	1	32	Terry Stokes VM	56	30	32
				14	31			13	11			14	19			14	29	
111	EL		Tommy Ho SM	14	23	49	Finbar Sheahan VM	28	29	40	Simon Nash VM	42	49	36	Amit Marks VM	56	31	33
				14	23			14	6			14	20			13	42	
122	LO		Euan O'Regan U17	12	40	23	Nathan Wakinshaw U17	29	17	49	Calum Buckley U17	42	50	37	Bruno Stubbs U17	56	41	34
				12	40			16	37			13	33			13	51	
107	EM		Geoff Nicholls VM	17	35	82	Jonathan Leith SM	31	15	63	Graham White SM	43	44	43	Cem Stubbs SM	56	47	35
				17	35			13	40			12	29			13	3	
59	WG		Molly Sherrin U15	14	9	44	Ella Traynor U15	27	37	34	Matilda Frith U15	42	8	33	Tess Noblet U15	56	55	36
				14	9			13	28			14	31			14	47	
103	BR		Shuhel Khan VM	13	59	41	Thomas Fahey SM	29	7	46	Caim Lucas SM	42	34	35	Ryan Lam VM	57	12	37
				13	59			15	8			13	27			14	38	
106	EM		Giles Bailey VM	12	50	27	Peter Stilwell SM	26	3	22	Paul Manson SM	38	11	15	Alex Taylor SM	57	15	38
				12	50			13	13			12	8			19	4	
134	TP		Paul Ward VM	14	25	50	Paul Bracken VM	29	16	48	Luke Bowie VM	43	30	40	Matt Bannon VM	57	17	39
				14	25			14	51			14	14			13	47	
78	VP		Lydia Briggs SW	13	55	40	Valerie Wong SW	28	19	39	Rebecca Richardson SW	43	32	41	Ali Trauttmansdorff VW	57	34	40
				13	55			14	24			15	13			14	2	
48	EM		Jane Rukin-White SW	14	47	59	Lee Milne VW	28	50	44	Ruth Rose VW	44	24	46	Jess Verrall SW	58	19	41
				14	47			14	3			15	34			13	55	
5	EE		Richard Dorling VM	14	6	43	Niall Mulholland VM	28	33	42	Shreeraj Laturia VM	44	17	45	Adam Shaikh VM	59	0	42
				14	6			14	27			15	44			14	43	

Team	Club	Cat	Stage 1	Min	Sec	Pos	Stage 2	Min	Sec	Pos	Stage 3	Min	Sec	Pos	Stage 4	Min	Sec	Pos
108	EM		Alex Dorrian SM	14	48	60	Glen Reddick VM	31	12	62	Charles Cragg SM	46	9	54	Jon Dysdale VM	59	1	43
				14	48			16	24			14	57			12	52	
127	OH		Gary Bartlett VM	15	14	63	Dave Wilson VM	28	35	43	Roy Perrott VM	44	5	44	Ian Emerson VM	59	2	44
				15	14			13	21			15	30			14	57	
47	EL		Caroline Frith VW	14	1	42	Sarah Burns VW	30	9	52	Cindy Koon VW	46	17	55	Rachel Bailey SW	59	21	45
				14	1			16	8			16	8			13	4	
126	OH		Dan Carroll VM	13	33	35	Dan Green VM	29	16	47	Chris Attewell VM	43	3	39	Steve Bennett VM	59	25	46
				13	33			15	43			13	47			16	22	
118	LO		Ben Joyce VM	14	39	54	Aidan Oldfield JM	29	57	51	Luke Williamson VM	45	31	49	Mark Fox VM	60	7	47
				14	39			15	18			15	34			14	36	
76	OH		Angie Flight VW	15	37	65	Jo Elferink VW	31	11	61	Liz Rossberg VW	45	47	51	Nikki Barnett VW	60	17	48
				15	37			15	34			14	36			14	30	
112	EL		Ian Mackie VM	14	22	48	Borislav Petkov SM	28	32	41	Clive Stephenson VM	43	42	42	Imran Mustak SM	60	37	49
				14	22			14	10			15	10			16	55	
41	BA		Stephanie Harrison SW	14	43	55	Pauline Michael VW	30	46	58	Kathryn Ellis SW	45	58	52	Sarah Moffatt VW	60	51	50
				14	43			16	3			15	12			14	53	
55	MC		Colette Farnol SW	16	39	79	Juliette Westbrook SW	31	8	60	Maki Kimura VW	47	41	61	Katrina Kelly SW	61	8	51
				16	39			14	29			16	33			13	27	
21	BA		Brian Lallaway VM	14	21	46	Stelios Michael VM	30	14	53	Des Michael VM	46	4	53	Peter Ellis VM	61	18	52
				14	21			15	53			15	50			15	14	
42	BR		Sarah Friel VW	14	43	56	Belinda Riches VW	31	19	65	Rosie Fforde SW	47	33	59	Alice Batchelor SW	61	22	53
				14	43			16	36			16	14			13	49	
22	BR		Adrian Davison VM	15	56	69	Mark New VM	30	48	59	John George VM	46	30	56	Colin Jones VM	61	28	54
				15	56			14	52			15	42			14	58	
74	LO		Sharon Palmer VW	15	25	64	Lorna Gaffney VW	30	43	57	Georgina Taylor VW	46	43	57	Michelle Hurley VW	61	59	55
				15	25			15	18			16	0			15	16	
77	TP		Roisin Keohane SW	13	51	38	Meneka Sidhu VW	30	18	55	Amelie Driscoll Edward SW	46	44	58	Bev Tipping SW	62	58	56
				13	51			16	27			16	26			16	14	

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79	WG		Summer Maw U15	13	34	36	Anand Tratt U15	28	6	38	Juleit Taylor U15	45	42	50	Darcey Mackenzie U15	63	22	57
				13	34			14	32			17	36			17	40	
138	VP		Naomi Bourne SW	16	3	71	Miry Mayer VW	32	7	69	Joyce Berry VW	48	32	64	Jess Hannah SW	63	36	58
				16	3			16	4			16	25			15	4	
113	EL		John O'Brien VM	16	11	74	Jacob Stevens VM	30	26	56	Benjamin Caine SM	48	25	63	George Georgiou VM	64	17	59
				16	11			14	15			17	59			15	52	
129	OH		Hannah Barclay SW	16	38	78	Karen Lyons VW	32	54	72	Lucilla Ashton VW	48	17	62	Kerry Parker VW	64	21	60
				16	38			16	16			15	23			16	4	
68	EM		Louise Vacher VW	16	18	75	Sharon Bolister SW	31	23	66	Pippa Dowsell VW	47	40	60	Sarah Carey SW	64	31	61
				16	18			15	5			16	17			16	51	
119	LO		Michelle Ayrton VW	17	8	81	Ella Palmer JW	33	26	74	Mia Ali JW	50	1	69	Jenny Richards VW	65	57	62
				17	8			16	18			16	35			15	56	
130	OH		Laura Graham Clare VW	15	54	68	Anna Waterman SW	32	27	71	Sarah Mills VW	49	39	66	Alison Taylor VW	66	25	63
				15	54			16	33			17	12			16	46	
49	ET		Claire Cameron VW	14	44	57	Serena Repetto SW	31	18	64	Sarah Odell SW	49	50	67	Lucie Lachnitova VW	67	4	64
				14	44			16	34			18	32			17	14	
128	OH		Simon Carter VM	16	29	77	Dhurmendra Mistry VM	35	16	81	Paul Williams VM	52	18	75	Darren Cordes SM	67	17	65
				16	29			18	47			17	2			14	59	
67	EL		Catherine Perry VW	15	47	66	Sandra Preston VW	33	23	73	Nicola Wyndham VW	50	37	72	Katrina Betteridge SW	67	18	66
				15	47			17	36			17	14			16	41	
10	HW		Paul Newland SM	14	59	61	Nitin Aggarwal VM	32	12	70	Steve Gourley VM	49	14	65	Alan Woodroof VM	67	24	67
				14	59			17	13			17	2			18	10	
109	EM		Janine Durrant VW	18	9	88	Rosie Sibley SW	33	53	78	Mala Singh VW	52	28	76	Jenny Heymann VW	68	56	68
				18	9			15	44			18	35			16	28	
3	DA		Daniel Miller VM	16	7	73	Manji Gami SM	33	49	77	John Hughes VM	50	32	71	Michael Peggall VM	69	12	69
				16	7			17	42			16	43			18	40	
44	ED		Lorraine Pichelski VW	19	45	95	Ai Seng Paul VW	36	46	87	Helen Gill VW	55	23	78	Loretta Blundell VW	71	27	70
				19	45			17	1			18	37			16	4	

Team	Club	Cat	Stage 1	Min	Sec	Pos	Stage 2	Min	Sec	Pos	Stage 3	Min	Sec	Pos	Stage 4	Min	Sec	Pos
61	BA		Geraldine Stapleton VW	17	48	84	mary Brown VW	36	38	85	Kate Phillips VW	54	15	77	Tracey Deeks VW	72	58	71
				17	48			18	50			17	37			18	43	
110	EM		Hayley Dalton VW	17	55	87	Christina Long VW	36	11	83	Chloe Woodhead VW	57	14	81	Naomi White SW	73	56	72
				17	55			18	16			21	3			16	42	
131	OH		Karen Allworthy VW	19	26	93	Janine Humberstone VW	37	31	88	Lynne Wakinshaw VW	56	58	80	Helen Pearce VW	74	31	73
				19	26			18	5			19	27			17	33	
120	LO		Nadine Holland VW	18	27	90	Connie Stubbs JW	38	51	92	Emilia Ayrton JW	57	56	84	Melanie Peddle VW	75	39	74
				18	27			20	24			19	5			17	43	
114	EL		Caroline Moore VW	20	20	97	Suzanne Taylor VW	37	59	91	Kathy Morrissey VW	57	39	82	Victoria Charlesworth VW	76	37	75
				20	20			17	39			19	40			18	58	
104	BR		Ron Vialls Vm	18	12	89	Gary Harford VM	36	44	86	Les Jay VM	57	52	83	Mick Davison VM	77	19	76
				18	12			18	32			21	8			19	27	
121	LO		Clare Thomas VW	18	31	91	Jada Ali JW	36	8	82	Caren Nicholls VW	58	2	85	Jean Hobbs VW	78	17	77
				18	31			17	37			21	54			20	15	
102	BA		Ann Stwphenson VW	22	44	99	Philippa Hart VW	42	33	93	Anna Murray VW	62	2	86	Kirsty Johnstone VW	80	51	78
				22	44			19	49			19	29			18	49	
137	VP		Keith Mussington VM	14	36	53	Tim Todhunter SM	27	50	36	Simon Wharton VM	41	26	30		0	0	79
				14	36			13	14			13	36			-42	-26	
116	IL		Sam Horsley U15	11	45	7	Wayne Hick VM	26	34	26	Jim Tilbrook VM	44	31	47		0	0	80
				11	45			14	49			17	57			-45	-31	
29	ET		Timothy Stodell VM	14	30	51	Michael Loiacono VM	29	2	45	Sean Reed VM	44	41	48		0	0	81
				14	30			14	32			15	39			-45	-41	
133	OH		Abbie Hoult U17	15	1	62	Imogen Smith U17	31	37	67	Molly Sorrell U15	49	58	68		0	0	82
				15	1			16	36			18	21			-50	-58	
30	HW		James Strachan SM	16	20	76	Paul McAuliffe VM	31	57	68	Mike Westmore VM	50	17	70		0	0	83
				16	20			15	37			18	20			-51	-17	
70	LO		Paul Thomas VM	17	38	83	Graham Oldfield VM	34	39	79	John Brown VM	51	7	73		0	0	84
				17	38			17	1			16	28			-52	-7	

Team	Club	Cat	Stage 1	Min	Sec	Pos	Stage 2	Min	Sec	Pos	Stage 3	Min	Sec	Pos	Stage 4	Min	Sec	Pos
69	ET		Jo Cook VW	18	58	92	Laura Fournier VW	37	47	90	Sarah Roberts VW	51	56	74		0	0	85
				18	58			14	9			-52	-56					
101	BA		Milan Balaz VM	20	4	96	David Scott VM	37	44	89	Julian Tovey VM	56	35	79		0	0	86
				20	4			17	40			18	51			-57	-35	
15	MC		Andy Davies SW	11	58	10	David Nelson SW	27	36	33		0	0	0		0	0	87
				11	58			15	38			-28	-36			0	0	
13	LH		Pete Crockford VM	13	52	39	Jerome Broughton Mills VM	29	20	50		0	0	0		0	0	88
				13	52			15	28			-30	-20			0	0	
139	VP		Nicola Kerr VW	16	54	80	Sarah Knox VW	33	29	75		0	0	0		0	0	89
				16	54			16	35			-34	-29			0	0	
141	TP		Eamonn Cullen VM	16	6	72		33	44	76		0	0	0		0	0	90
				16	6			17	38			-34	-44			0	0	
149	DA		Billy Walkington SM	16	2	70	Costas Kotrofis VM	34	52	80		0	0	0		0	0	91
				16	2			18	50			-35	-52			0	0	
43	DA		Timi Veerasamy VW	21	19	98	Rahana Islam VW	36	21	84		0	0	0		0	0	92
				21	19			15	2			-37	-21			0	0	
75	MC		Elizabeth Aryeetey VW	17	55	86		0	0	0		0	0	0		0	0	93
				17	55			-18	-55			0	0			0	0	
65	BA		Anneli Sydenham SW	23	24	100		0	0	0		0	0	0		0	0	94
				23	24			-24	-24			0	0			0	0	
64	EL		Michael Wilson VM	15	50	67		0	0	0		0	0	0		0	0	95
				15	50			-16	-50			0	0			0	0	
62	BR		Emma Paisley SW	19	44	94	Alison Fryatt VW	0	0	0		0	0	0		0	0	96
				19	44			-20	-44			0	0			0	0	
45	EE		Beth Partridge SW	14	46	58		0	0	0		0	0	0		0	0	97
				14	46			-15	-46			0	0			0	0	
33	TP		Christine Hawker VW	17	50	85		0	0	0		0	0	0		0	0	98
				17	50			-18	-50			0	0			0	0	

Team	Club	Cat	Stage 1	Min	Sec	Pos	Stage 2	Min	Sec	Pos	Stage 3	Min	Sec	Pos	Stage 4	Min	Sec	Pos
<b>24</b>	<b>IL</b>		AN Other SM	15	29	<b>60</b>		0	0	<b>0</b>		0	0	<b>0</b>		0	0	<b>99</b>
				15	29		-16	-29	0		0							
<b>23</b>	<b>DA</b>		AN Other SM	20	17	<b>91</b>		0	0	<b>0</b>		0	0	<b>0</b>		0	0	<b>100</b>
				20	17		-21	-17	0		0							
<b>142</b>	<b>TP</b>		Giovanni Ferrari VM	19	8	<b>87</b>		0	0	<b>0</b>		0	0	<b>0</b>		0	0	<b>101</b>
				19	8		-20	-8	0		0							