

Results for Ilford AC on 05/07/2023					
Pos	Num	Name	Time	Club	Cat
1	582	Tom Gardner	29.13	Ilford AC	VM40
2	524	Jose Rodriguez	29.49	East London Runners	VM40
3	484	Ryan Friel	30.44	East London Runners	SM
4	458	Paul Boddey	31.46	Eton Manor AC	VM40
5	375	Malcolm Muir	31.53	Ilford AC	VM40
6	455	Samuel Anderson	32.03	Eton Manor AC	SM
7	452	James Pilch	32.21	Eton Manor AC	VM40
8	563	Daniel O'Donoghue	32.30	East London Runners	SM
9	496	Stephen Philcox	32.33	Ilford AC	VM50
10	346	Paul Woodmansey	32.35	East London Runners	VM40
11	423	Neringa Masilioniene	32.38	Ilford AC	VF40
12	521	Joseph Osakue	33.07	East London Runners	VM50
13	448	Paul Abeledo	33.11	Barking Road Runners	VM50
14	480	Fabrizio Stefanoni	33.19	Ilford AC	VM50
15	603	Lawrence Cox	33.45	Eton Manor AC	SM
16	411	Ian Pithouse	34.07	East End Road Runners	SM
17	477	Daniel Lee	34.19	East London Runners	VM50
18	479	Karan Gadhia	34.26	East London Runners	SM
19	573	Tobbias Ngala	34.36	Unattached	VM40
20	568	Alex Pickering	34.38	East London Runners	VM40
21	368	Adam Bartlett	34.49	Harold Wood Running Club	SM
22	598	Joshua Adler	34.55	Ilford AC	SM
23	389	Dyfan Garmon	34.58	Dagenham 88 Runners	VM40
24	412	Paul Cates	35.07	Eton Manor AC	VM60
25	594	Russell Jones	35.11	Eton Manor AC	VM50
26	461	Jonathan Drysdale	35.15	Eton Manor AC	VM40
27	490	James Nichols	35.18	East London Runners	SM
28	446	Giles Bailey	35.31	Eton Manor AC	VM40
29	506	Christopher King	35.33	Harold Wood Running Club	SM
30	494	Sebastian Parris	35.43	Ilford AC	VM40
31	371	Richard Woolterton	35.49	Ilford AC	VM50
32	355	Daniel Holeyman	35.59	Ilford AC	VM40
33	492	Jenny Heymann	36.01	Eton Manor AC	VF40
34	607	Stuart Mackay	36.06	Barking Road Runners	VM40
35	505	James Coker	36.09	Harold Wood Running Club	SM
36	364	Neil Crisp	36.20	Ilford AC	VM60
37	500	Lee Veale	36.24	Havering 90 Joggers	VM40
38	405	Robert Sommerville	36.25	Eton Manor AC	VM50
39	434	Tim Wright	36.31	Orion Harriers	VM50
40	544	Daniel Cano	36.39	Havering 90 Joggers	SM
41	525	Daniel Carr	36.54	Harold Wood Running Club	VM40
42	593	Amit Marks	36.59	East London Runners	VM40
43	531	Shahib Ali	37.02	East London Runners	SM
44	550	Jolly Lazar Parayil	37.03	East End Road Runners	VM40
45	539	Steve Walker	37.06	Havering 90 Joggers	VM50
46	497	Matthew Readett	37.08	Eton Manor AC	SM
47	609	Jonathan Shaw	37.13	East London Runners	VM40
48	604	Jamie Zucker	37.22	East End Road Runners	VM40
49	517	Jagbir Bassi	37.24	Barking Road Runners	SM
50	391	Josh Jenner	37.39	Harold Wood Running Club	SM

Pos	Num	Name	Time	Club	Cat
51	341	John Black	37.43	Eton Manor AC	VM60
52	543	Richard Gill	37.49	East End Road Runners	VM40
53	454	Fernando Espada	37.53	East London Runners	VM50
54	476	Ava Lee	38.03	East London Runners	VF40
55	432	Owain Crispin	38.22	Eton Manor AC	SM
56	406	Lee Milne	38.31	Eton Manor AC	VF40
57	401	Niall Mulholland	38.32	East End Road Runners	VM50
58	349	Nicholas Le-mon	38.37	East End Road Runners	SM
59	595	Ashley Faria	38.40	East London Runners	VM50
60	449	Raymond Dzikowski	38.48	Ilford AC	VM60
61	383	Caroline Frith	38.49	East London Runners	VF40
62	562	Mark Moir	38.51	East London Runners	SM
63	416	Tom Brennan	38.54	Barking Road Runners	SM
64	518	Dave Daugirda	38.57	Eton Manor AC	VM60
65	567	Lee Patten	39.02	Unattached	VM40
66	540	Clare Davies	39.06	Havering AC	SF
67	503	Adrian Davison	39.14	Barking Road Runners	VM60
68	465	Anna Crawley	39.20	Ilford AC	SF
69	602	Aaron Williams	39.32	East London Runners	VM40
70	447	Jacob Stevens	39.37	East London Runners	VM40
71	463	Kate Thompson	39.38	Eton Manor AC	SF
72	585	Gemma Ellender	39.39	Ilford AC	SF
73	601	Jim Manzano	39.47	East End Road Runners	VM40
74	456	Liz Haigh	39.52	Eton Manor AC	SF
75	528	Daniel Plawiak	39.56	Barking Road Runners	VM40
76	529	Robert Lewis	40.00	Unattached	VM50
77	508	Colin Jones	40.04	Barking Road Runners	VM50
78	565	Bethany Partridge	40.09	East End Road Runners	SF
79	373	Jimmy Dale	40.11	East London Runners	SM
80	493	Betty Bohane	40.19	East London Runners	SF
81	344	Rahana Islam	40.28	Dagenham 88 Runners	VF40
82	466	Simon Nash	40.33	East London Runners	VM40
83	520	Craig Livermore	40.36	Ilford AC	SM
84	553	Steven Lazaro	40.56	East End Road Runners	SM
85	584	Joanne Reeves	41.06	Ilford AC	VF40
86	513	Calvin Bobin	41.10	East London Runners	VM60
87	599	Adam Borowski	41.12	Orion Harriers	VM40
88	439	Andrew Catton	41.18	Ilford AC	VM70
89	350	Becky Evans	41.23	East London Runners	VF50
90	555	Vince Charman	41.26	Havering 90 Joggers	VM50
91	523	Peter Hatley	41.28	Est London Runners	VM40
92	583	Angela Fughy	41.30	Orion Harriers	VF40
93	436	Darminder Bhamra	41.32	East London Runners	VM50
94	571	Steven Horsley	41.37	Ilford AC	VM40
95	409	Callum Maclennan	41.56	East End Road Runners	VM40
96	379	Simon Maley	42.00	Havering 90 Joggers	VM40
97	361	Alison Sale	42.06	Ilford AC	VF50
98	512	Robert Mcnamara	42.21	Harold Wood Running Club	SM
99	533	Clive Stephenson	42.26	East London Runners	VM60
100	410	Nora Schillinger	42.32	East End Road Runners	SF
101	519	James Hutton	42.34	Barking Road Runners	SM

Pos	Num	Name	Time	Club	Cat
102	605	Rory Burr	42.58	Barking Road Runners	SM
103	608	Marian Dosa	43.03	Eton Manor AC	SF
104	559	Andrew Lutterloch	43.06	Havering 90 Joggers	VM40
105	561	James Fallows	43.12	Harold Wood Running Club	SM
106	462	Michael Wilson	43.22	East London Runners	VM60
107	414	Cindy Koon	43.27	East London Runners	VF40
108	408	David Moir	43.37	East End Road Runners	SM
109	587	Abdi Adan	43.38	East London Runners	VM50
110	345	Jonathan West	43.40	Orion Harriers	VM40
111	574	Jamie Gwillian	43.46	Orion Harriers	VM40
112	453	Samir Younsi	43.50	East London Runners	VM40
113	569	Roshan Choolhun	43.54	East End Road Runners	VM40
114	600	Susan Munns	43.55	Harold Wood Running Club	VF60
115	340	Karen West	43.55	Orion Harriers	VF40
116	591	Tony Cawen	43.57	Nuclear Races Striders	VM40
117	549	Brynley Giddings	44.00	Harold Wood Running Club	VM60
118	542	Nathaniel Dye	44.06	East London Runners	SM
119	575	Catherine Mcmillan	44.11	East London Runners	VF40
120	443	Paul Newland	44.11	Harold Wood Running Club	SM
121	579	Joanne Skehan	44.39	Orion Harriers	VF40
122	396	Bradley Brown	44.49	Ilford AC	VM50
123	501	Grant Conway	44.52	East London Runners	VM50
124	552	Adrian Frost	45.00	Eton Manor AC	VM60
125	511	Jo Findlay	45.05	Harold Wood Running Club	SF
126	470	Nick West	45.16	Ilford AC	SM
127	485	Gaye Young	45.18	Ilford AC	VF50
128	611	Dauda Ayodele	45.22	East End Road Runners	VM50
129	577	Catherine Perry	45.28	East London Runners	VF40
130	576	Emma Humphrey	45.29	East End Road Runners	VF40
131	580	Anna Waterman	45.34	Orion Harriers	SF
132	348	John O'Brien	45.43	East London Runners	VM50
133	415	Belinda Riches	45.47	Barking Road Runners	VF50
134	592	Mark Durrant	45.49	East London Runners	VM50
135	478	Louise Vacher	45.59	Eton Manor AC	VF50
136	366	Clive Tweedie	46.06	Havering 90 Joggers	VM70
137	425	Mary Armitage	46.08	Orion Harriers	VF60
138	427	James Strachan	46.12	Harold Wood Running Club	SM
139	535	Martin Hawker	46.15	Harold Wood Running Club	VM40
140	467	Bal Gill	46.37	Orion Harriers	VM50
141	471	Nils Hollmann	46.42	Dagenham 88 Runners	VM50
142	564	Ramesh Pala	46.46	East London Runners	VM60
143	610	Alistair Baillie	46.56	East London Runners	VM40
144	417	Sarah Carey	47.01	Eton Manor AC	VF40
145	537	Paul Hart	47.05	Harold Wood Running Club	VM50
146	382	Louise Marshall	47.18	Harold Wood Running Club	SF
147	474	John Paul Healy	47.19	East London Runners	VM40
148	426	Alicia Murphy	47.23	Havering 90 Joggers	SF
149	570	Andrew West	47.32	East End Road Runners	VM40
150	581	Fen Coles	47.41	Eton Manor AC	VF50
151	444	Cristina Cooper	47.48	Barking Road Runners	VF40
152	459	Katrina Betteridge	47.53	East London Runners	SF

Pos	Num	Name	Time	Club	Cat
153	597	David Dixon	47.59	Havering 90 Joggers	VM60
154	352	Mandy Reid	48.00	Ilford AC	VF50
155	545	Gary Mckee	48.05	East End Road Runners	VM50
156	407	Shreeraj Laturia	48.05	East End Road Runners	VM40
157	354	George Georgiou	48.10	East London Runners	VM50
158	351	Geoff Nicholls	48.11	Eton Manor AC	VM60
159	483	Hafsa Hussain	48.13	Havering 90 Joggers	SF
160	380	Mary Connolly	48.14	East London Runners	VF60
161	360	Janine Durrant	48.20	Eton Manor AC	VF40
162	507	Eleanor Mole	48.22	Havering 90 Joggers	VF40
163	358	Richard Ballam	48.32	Havering 90 Joggers	VM40
164	435	Alan Woodroof	48.42	Harold Wood Running Club	VM60
165	530	Claire Mifsud	48.49	Harold Wood Running Club	SF
166	420	Sanjeev Sharma	48.49	Havering 90 Joggers	VM40
167	514	Martin O'Toole	48.51	Barking Road Runners	VM50
168	606	Veronica Carrasco	48.57	East London Runners	SF
169	353	Catriona Hoult	49.20	East London Runners	VF40
170	429	Isabel Pinedo Borobio	49.27	Barking Road Runners	SF
171	385	Carol Nelson	49.34	Harold Wood Running Club	VF60
172	388	Michael Peggall	49.38	Dagenham 88 Runners	VM40
173	393	Danny Fitzsimons	49.50	Orion Harriers	VM50
174	509	Lara Harradine	50.51	Havering 90 Joggers	VF50
175	460	Debbie Bailey	50.53	Harold Wood Running Club	VF60
176	451	Grace Turner	50.56	East London Runners	SF
177	376	Hayley Dalton	50.03	Eton Manor AC	VF50
178	556	Kasia Stachowiak	50.04	East London Runners	VF40
179	365	Dianne Crisp	50.08	Ilford AC	VF60
180	464	Tim Aylett	50.21	East London Runners	VM40
181	428	Conor Fitzpatrick	50.26	Eton Manor AC	SM
182	498	Tony Gray	50.32	Havering 90 Joggers	VM60
183	356	Claire Louise Taylor	50.43	Eton Manor AC	VF50
184	431	Emma Paisley	50.48	Barking Road Runners	SF
185	538	Steve Gourley	50.55	Harold Wood Running Club	VM50
186	419	Jason Li	51.14	Barking Road Runners	VM50
187	572	Batmanaden Ramen	51.15	Ilford AC	VM60
188	548	Tracy Giddings	51.44	Harold Wood Running Club	VF50
189	502	John Neighbour	51.50	Orion Harriers	VM60
190	596	Kerry Curtis	52.26	Havering 90 Joggers	VF40
191	487	Mic Davidson	52.33	Barking Road Runners	VM70
192	424	Louise Chappell	52.46	Barking Road Runners	VF40
193	547	Laura Knightley	52.49	East End Road Runners	VF40
194	438	Bernard Savage	52.56	Havering 90 Joggers	VM70
195	367	Sally Gillam	53.11	Harwich Runners	VF60
196	491	Nikki Cranmer	53.18	Barking Road Runners	VF50
197	588	Rachel Peck	53.21	Harold Wood Running Club	VF40
198	381	Dhurmendra Mistry	53.41	Orion Harriers	VM50
199	394	Sean Kavanagh	53.58	Harold Wood Running Club	VM60
200	387	Stuart Tidd	54.02	Havering 90 Joggers	VM60
201	586	Kirk Johnson	54.09	Esst London Runners	VM50
202	534	Louise Hawker	54.32	Harold Wood Running Club	VF40
203	392	Phil Hudson	54.32	Ware Joggers	VM60

Pos	Num	Name	Time	Club	Cat
204	522	Fiona Day	54.56	East London Runners	VF60
205	362	Brian Slade	54.57	Havering 90 Joggers	VM70
206	469	Caroline Moore	55.02	East London Runners	VF60
207	557	Sarah Bemand	55.04	East End Road Runners	VF40
208	486	Martin Mason	55.06	Barking Road Runners	VM70
209	430	Gary Harford	55.24	Barking Road Runners	VM60
210	390	Helen Jenner	55.28	Harold Wood Running Club	VF40
211	541	Diana Rexhepaj	55.44	East London Runners	VF50
212	357	Clare Stevens	55.46	East London Runners	SF
213	516	Julia Galea	55.52	Ilford AC	VF60
214	489	Dennis Spencer-Perkins	56.31	Barking Road Runners	VM60
215	504	Ann Dunne	56.43	East London Runners	VF60
216	437	Maya Goodwin	56.57	East London Runners	VF50
217	488	Leslie Jay	57.00	Barking Road Runners	VM60
218	482	Rajendra Katechia	57.04	Urban Runner	VM60
219	370	Selon Timi Veerasamy	57.11	Dagenham 88 Runners	VF70
220	404	Mike Westmore	57.19	Harold Wood Running Club	VM50
221	378	Alison Fryatt	59.01	Barking Road Runners	VF50
222	526	Robin Defoe	59.06	Orion Harriers	VM60
223	566	Claire Adamson	59.15	East End Road Runners	VF40
224	397	Elaine Richardson	59.17	Harold Wood Running Club	VF60
225	510	Becky Coe	59.34	Havering 90 Joggers	SF
226	347	John Ford	59.53	Havering 90 Joggers	VM60
227	422	Dawn Curtis	59.58	Barking Road Runners	VF40
228	495	Robert Courtier	60.28	Barking Road Runners	VM60
229	546	Sherry Moran	61.06	East End Road Runners	VF50
230	395	Maria Brill	62.15	Harold Wood Running Club	VF60
231	363	Laura Kelly	63.00	Havering 90 Joggers	VF50
232	532	Samia Choudhury	63.48	East London Runners	SF
233	536	Ingrid Dias	64.32	Harold Wood Running Club	VF50
234	554	George Sceats	64.42	East End Road Runners	SM
235	442	Lee Kyson	66.11	Havering 90 Joggers	VM60
236	377	Nigel Swaby	68.01	Barking Road Runners	VM60
237	578	Kresh Veerasamy	69.00	Dagenham 88 Runners	VM40
238	590	Amy Wardle	72.55	Harold Wood Running Club	SF
239	551	Lucy Walker	74.38	Harold Wood Running Club	VF40
240	589	Andi Wright	74.50	Harold Wood Running Club	VF40