

Results for Dagenham 88 on 25/05/2022

Pos	Num	Name	Time	Club	Cat	Power of 10	Pre2019 Cat
1	85	Paul Grange	27.32	Ilford AC	VM40		
2	206	Joshua Rees Davies	27.34	East London Runners	SM		
3	84	Joseph Grange	27.38	Ilford AC	SM		
4	229	Angelo Pieris	28.04	East End Road Runners	VM40		
5	179	Ryan Friel	28.16	East London Runners	SM		
6	80	Simon Cottle	28.52	Eton Manor AC	VM40		
7	47	James Blogg	29.02	Havering 90 Joggers	VM40		
8	45	Scott Mcmillan	29.17	East London Runners	VM40		
9	31	George Fernandez	29.20	Eton Manor AC	SM		
10	174	James Pilch	29.21	Eton Manor AC	VM40		
11	134	Paul Woodmansey	29.28	East London Runners	VM40		
12	250	Luke Craig	29.35	East End Road Runners	SM		
13	60	Robert Spread	29.44	East London Runners	VM40		
14	15	Connor Johnston	30.06	East End Road Runners	SM		
15	121	Alan Smith	30.14	Victoria Park Harriers and Tow	SM		
16	122	Stephen Philcox	30.16	Ilford AC	VM50		
17	194	Sam Rahman	30.20	Ilford AC	SM		
18	151	Christopher King	30.23	Harold Wood Running Club	SM		
19	173	Alex Pickering	30.30	East London Runners	VM40		
20	203	Daniel O'Donoghue	30.46	East London Runners	SM		
21	127	Ryan Holeyman	30.48	Ilford AC	SM		
22	205	Billy Rayner	31.25	East London Runners	SM		
23	142	Dylan Williams	31.35	Eton Manor AC	SM		
24	140	Paul Withyman	31.45	Barking Road Runners	VM40		
25	27	Jonathan Leith	31.54	Eton Manor AC	SM		
26	209	Morgan Campbell	32.06	Havering AC	SF		
27	200	Robert Dixon	32.07	East London Runners	SM		
28	161	Ian Pithouse	32.10	East End Road Runners	SM		
29	271	Guy Hildreth	32.28	Havering 90 Joggers	VM40		
30	113	Stephen Crane	32.51	Ilford AC	VM40		
31	67	Mark Moir	32.57	East London Runners	SM		
32	100	Sameena Ahmed	32.58	Ilford AC	VF40		
33	24	Terry Knightley	33.03	Ilford AC	VM60		
34	51	Robert Sommerville	33.13	Eton Manor AC	VM50		
35	135	Richard Woolterton	33.16	Ilford AC	VM50		
36	2	Joel Denning	33.44	Ilford AC	VM40		
37	26	John Black	33.49	Eton Manor AC	VM60		
38	216	Richard Gill	33.56	East End Road Runners	SM		
39	231	Patrick Thoeung	33.58	Harold Wood Running Club	VM40		
40	237	Debbie Coyle	34.02	Barking Road Runners	VF40		
41	150	James Coker	34.11	Harold Wood Running Club	SM		
42	149	Amit Marks	34.11	East London Runners	VM40		
43	207	James Nichols	34.21	East London Runners	SM		
44	224	Gary Flint	34.23	Havering 90 Joggers	VM50		
45	166	Adam Bartlett	34.41	Harold Wood Running Club	SM		
46	249	Andrew Baxter	34.46	East London Runners	VM50		
47	89	Betty Bohane	34.50	East London Runners	SF		
48	68	Billy Walkington	34.57	Dagenham 88 Runners	VM40		
49	226	Jimmy Dale	34.59	East London Runners	SM		
50	115	Calvin Bobin	35.00	East London Runners	VM60		
51	256	Megan Coppack	35.00	East End Road Runners	SF		
52	112	Dave Daugirda	35.00	Eton Manor AC	VM60		
53	162	Kaye Huggins	35.02	Havering 90 Joggers	SF		
54	4	Adam Coals	35.04	Ilford AC	VM40		
55	185	Nathaniel Dye	35.18	East London Runners	SM		
56	180	Michael Bamford	35.20	East London Runners	VM50		
57	96	Niall Mulholland	35.26	East End Road Runners	VM50		
58	59	Adrian Davison	35.27	Barking Road Runners	VM60		
59	114	Ian Mackie	35.27	East London Runners	VM60		
60	243	Jonathan Shaw	35.29	East London Runners	VM40		
61	87	James Hutton	35.30	Barking Road Runners	SM		
62	109	Lee Milne	35.31	Eton Manor AC	VF40		
63	172	Benjamin Fisher	35.32	Orion Harriers	VM40		
64	272	Alec Wragg	35.41	Dagenham 88 Runners	SM		
65	176	Joanne Reeves	35.49	Ilford AC	VF40		
66	41	Antony Leckerman	36.00	Barking Road Runners	VM50		
67	70	Colin Jones	36.04	Barking Road Runners	VM50		
68	64	Martin Page	36.10	Barking Road Runners	VM60		
69	10	Becky Evans	36.11	East London Runners	VF50		
70	187	Dennis Briggs	36.38	Ilford AC	VM40		
71	177	Peter Hatley	36.45	East London Runners	VM40		
72	165	Hazel Reade	36.49	East End Road Runners	SF		

73	22 Robert Woodgate	36.56	Unattached	SM
74	129 Jacob Stevens	37.01	East London Runners	VM40
75	145 Robert Mcnamara	37.22	Harold Wood Running Club	SM
76	182 Robert Lewis	37.32	Unattached	VM50
77	49 Rory Burr	37.35	Barking Road Runners	SM
78	21 Michael Wilson	37.37	East London Runners	VM60
79	99 Simon Maley	37.41	Havering 90 Joggers	VM40
80	132 Clive Stephenson	37.51	East London Runners	VM60
81	156 Andy Page	38.08	Harold Wood Running Club	VM40
82	106 John George	38.12	Barking Road Runners	VM60
83	81 Andrew Catton	38.18	Ilford AC	VM60
84	76 Sarah Carey	38.23	Eton Manor AC	SF
85	157 Ruth Rose	38.30	Eton Manor AC	VF40
86	86 Kasia Stachowiak	38.31	East London Runners	SF
87	72 Darminder Bhamra	38.34	East London Runners	VM50
88	238 Alicia Gray	38.37	Harold Wood Running Club	VF40
89	273 Felix Onyango	38.41	Dagenham 88 Runners	SM
90	32 Karen West	38.45	Orion Harriers	VF40
91	46 Jonathan West	38.45	Orion Harriers	VM40
92	227 Mark Durrant	38.47	East London Runners	VM50
93	141 Breege Nordin	38.48	Ilford AC	VF60
94	195 Steve Constantinou	38.55	Havering 90 Joggers	VM40
95	138 Gaye Young	38.57	Ilford AC	VF50
96	14 Alison Sale	39.00	Ilford AC	VF50
97	108 Nils Hollmann	39.01	Dagenham 88 Runners	VM40
98	164 Kunal Yadav	39.06	East End Road Runners	VM40
99	152 Martin Hawker	39.09	Harold Wood Running Club	VM40
100	219 Pippa Dowswell	39.10	Eton Manor AC	VF50
101	213 Chloe Millan	39.21	East London Runners	SF
102	137 Hannah Sheikh	39.28	Ilford AC	VF40
103	20 Tony Galea	39.33	Havering 90 Joggers	VM60
104	19 Dean Bates	39.35	Havering 90 Joggers	VM50
105	215 Daniel Miller	39.36	Dagenham 88 Runners	VM40
106	63 Ronald Vialls	39.43	Barking Road Runners	VM70
107	158 Shanavaz Malayodu	39.51	East London Runners	VM40
108	65 Maud Hodson	40.03	Eton Manor AC	VF50
109	29 Clive Tweedie	40.09	Havering 90 Joggers	VM70
110	17 Paul Newland	40.11	Harold Wood Running Club	SM
111	263 Carl Finch	40.12	East End Road Runners	SM
112	95 Dauda Ayodele	40.18	East End Road Runners	VM50
113	269 Joanne Findlay	40.21	Harold Wood Running Club	SF
114	105 Charles Mugagga	40.24	Harold Wood Running Club	VM40
115	181 Abdirahman Adan	40.28	East London Runners	VM50
116	208 Liam Dempsey	40.29	East London Runners	SM
117	225 Kate Pettit	40.29	Havering 90 Joggers	VF50
118	255 Joyce Berry	40.36	Orion Harriers	VF50
119	234 David Dixon	40.41	Havering 90 Joggers	VM60
120	178 Kathryn Hertzberg	40.51	East London Runners	SF
121	11 Tony Woodgate	40.53	Dagenham 88 Runners	VM50
122	192 Stuart Bailey	40.57	Harold Wood Running Club	VM40
123	82 Christina Long	40.59	Eton Manor AC	VF40
124	202 Ramesh Pala	41.03	East London Runners	VM60
125	268 Emma Bolton	41.03	Havering 90 Joggers	VF40
126	55 Rahana Islam	41.16	Dagenham 88 Runners	VF40
127	197 Nehal Patel	41.22	Barking Road Runners	SM
128	218 David Taylor	41.22	East London Runners	VM60
129	110 Tony Gray	41.24	Havering 90 Joggers	VM60
130	136 Nora Schillinger	41.30	East End Road Runners	SF
131	111 John O'Brien	41.31	East London Runners	VM50
132	184 Katrina Betteridge	41.41	East London Runners	SF
133	66 Sandra Preston	41.46	East London Runners	VF50
134	236 Gayle Mckeand	41.48	Harold Wood Running Club	VF40
135	61 Steve Gourley	41.55	Harold Wood Running Club	VM50
136	13 John Hughes	41.58	Dagenham 88 Runners	VM50
137	1 Bradley Brown	42.04	Ilford AC	VM40
138	12 Louise Marshall	42.10	Harold Wood Running Club	SF
139	254 Lisa Naylor	42.14	East End Road Runners	VF40
140	90 Michael Peggall	42.15	Dagenham 88 Runners	VM40
141	54 Gabriel Ellenberg	42.16	Eton Manor AC	VM60
142	28 Claire Taylor	42.17	Eton Manor AC	VF40
143	211 Bob Jousiffe	42.23	Orion Harriers	VM70
144	274 Andrew Howard	42.25	East London Runners	VM60
145	33 Tilly White	42.39	Havering 90 Joggers	SF
146	73 Darren Radford	42.41	Havering 90 Joggers	VM50

147	56 Belinda Riches	42.48	Barking Road Runners	VF50
148	146 Martin O'Toole	42.48	Barking Road Runners	VM50
149	52 Geoffrey Nicholls	42.51	Eton Manor AC	VM60
150	18 Alan Woodroof	43.01	Harold Wood Running Club	VM60
151	230 Luke Knight	43.35	Havering 90 Joggers	SM
152	267 Bruce Mail	43.46	Havering 90 Joggers	VM50
153	212 Bernard Dawson	43.55	Orion Harriers	VM60
154	228 Brian Parish	44.01	Havering 90 Joggers	VM40
155	44 Catriona Houlst	44.03	East London Runners	VF40
156	75 Stuart Burr	44.04	Barking Road Runners	VM50
157	42 Dianne Crisp	44.10	Ilford AC	VF60
158	126 Mike Westmore	44.11	Harold Wood Running Club	VM50
159	30 Janine Durrant	44.18	Eton Manor AC	VF40
160	204 Isabel Pinedo Borobio	44.24	Barking Road Runners	SF
161	131 Jason Li	44.33	Barking Road Runners	VM50
162	50 Lisa Thorn	44.38	Orion Harriers	VF50
163	53 Dhurmendra Mistry	44.49	Orion Harriers	VM50
164	104 Michael Hill	44.51	Havering 90 Joggers	VM50
165	222 Melanie Green	45.06	Havering 90 Joggers	VF40
166	252 Mark Norman	45.17	Harold Wood Running Club	VM50
167	116 Stuart Barton	45.19	East London Runners	VM50
168	262 Chinthana Amarasinghe	45.22	East End Road Runners	VM40
169	128 Hafsa Hussain	45.24	Havering 90 Joggers	SF
170	240 George Georgiou	45.24	East London Runners	VM50
171	147 Cindy Koon	45.25	East London Runners	VF40
172	37 Brynley Giddings	45.26	Harold Wood Running Club	VM60
173	244 Mandy Reid	45.28	Ilford AC	VF40
174	155 Gurjit Bansal	45.29	Harold Wood Running Club	SM
175	71 Stuart Tidd	45.36	Havering 90 Joggers	VM60
176	201 Rosina Salmon	45.39	Dagenham 88 Runners	VF50
177	242 Tony O'Callaghan	45.58	Havering 90 Joggers	VM60
178	235 Lynton Fairman	46.13	Dagenham 88 Runners	SM
179	214 Andrew Pargeter	46.18	East End Road Runners	VM40
180	183 Fiona Day	46.22	East London Runners	VF60
181	251 Delroy De Montagnac	46.24	East End Road Runners	VM50
182	160 Louise Chappell	46.26	Barking Road Runners	VF40
183	130 Joanna Dorling	46.37	East End Road Runners	VF50
184	247 Debbie Shearing	46.43	East London Runners	VF40
185	23 Julia Galea	47.11	Ilford AC	VF60
186	98 Catherine Apps	47.16	East End Road Runners	VF60
187	248 Costas Kotrofis	47.39	Dagenham 88 Runners	VM40
188	159 Frieda Keane	47.48	Ilford AC	VF50
189	35 Bernard Savage	47.50	Havering 90 Joggers	VM60
190	148 Emma Paisley	48.16	Barking Road Runners	SF
191	258 Mark Pearce	48.19	Unattached	VM50
192	246 Kerry Curtis	48.22	Havering 90 Joggers	VF40
193	170 Mehboob Khan	48.27	Eton Manor AC	VM50
194	193 Hayley Dalton	48.30	Eton Manor AC	VF50
195	199 Martin Mason	48.34	Barking Road Runners	VM70
196	107 Ray Everingham	48.38	Ilford AC	VM60
197	171 Sarah Bemand	48.42	East End Road Runners	VF40
198	57 Diana Rexhepaj	48.59	East London Runners	VF50
199	36 Tracy Giddings	49.03	Harold Wood Running Club	VF50
200	253 Carol Norman	49.05	Harold Wood Running Club	VF40
201	260 Helen McGuinness	49.27	East London Runners	VF40
202	7 Claire Mifsud	49.33	Harold Wood Running Club	SF
203	221 Danielle Last	49.52	Havering 90 Joggers	VF40
204	169 Victoria Nock	49.53	Eton Manor AC	VF50
205	25 Maya Goodwin	49.57	East London Runners	VF50
206	94 Kathy Morrissey	50.25	East London Runners	VF50
207	261 Selon Timi Veerasamy	50.30	Dagenham 88 Runners	VF70
208	34 Siobhan Parker	50.37	Eton Manor AC	VF50
209	103 Brigid Mallee	50.53	Havering 90 Joggers	VF50
210	257 Monica Secretan	51.02	East End Road Runners	VF40
211	38 Elaine Thompson	51.14	Eton Manor AC	VF50
212	74 Phil Hudson	52.14	Ware Joggers	VM60
213	210 Launa Broadley	52.41	Ilford AC	VF50
214	259 Stephanie Elsey	52.42	Harold Wood Running Club	SF
215	97 Richard Rockliffe	52.43	Harold Wood Running Club	VM60
216	232 Brian Slade	53.00	Havering 90 Joggers	VM70
217	88 Leslie Jay	53.42	Barking Road Runners	VM60
218	196 Debbie Jones	53.45	Havering 90 Joggers	VF50
219	233 Laura Kelly	54.05	Havering 90 Joggers	VF50
220	265 Lynsey Mann	54.24	Harold Wood Running Club	SF

221	16 Lisa Gaskin	54.59	Havering 90 Joggers	VF50
222	5 John Ford	54.59	Havering 90 Joggers	VM60
223	78 Jackie Ludlow	55.14	Havering 90 Joggers	VF50
224	8 Lee Kyson	55.47	Havering 90 Joggers	VM60
225	3 Jenette Ogborn	56.54	Havering 90 Joggers	VF40
226	144 Donna Towner	57.17	Havering 90 Joggers	VF40
227	270 Pascalia Pamba	57.22	Dagenham 88 Runners	VF50
228	266 Elisabeth Honeysett	58.52	Harold Wood Running Club	VF60
229	91 Elizabeth O'Donnell	59.49	East London Runners	VF50
230	120 John Atkinson	1.00.17	East London Runners	VM70
231	223 Josy Hughes	1.01.35	Havering 90 Joggers	VF50
232	153 Vinodini Patel	1.02.16	East End Road Runners	VF60
233	62 Lee Davis	1.06.39	Dagenham 88 Runners	VM50
234	40 Kresh Veerasamy	1.06.39	Dagenham 88 Runners	VM40