

## Results for Ilford AC on 06/07/2022

Pos	Num	Name	Time	Club	Cat	Power of 10	Pre2019 Cat
1	239	Tom Gardner	28.10	Ilford AC	SM	V35	SM
2	233	Crispian Bloomfield	28.17	Billericay Striders	VM40	V45	VM40
3	240	Simon Cottle	29.28	Eton Manor AC	VM40	V40	VM40
4	187	Ryan Friel	29.38	East London Runners	SM	V35	SM
5	150	Angelo Pieris	30.07	East End Road Runners	VM40	V40	VM40
6	121	John Henry	30.16	East London Runners	VM40	V40	VM40
7	80	Samuel Anderson	30.35	Unattached	SM	SEN	SM
8	90	James Blogg	30.37	Havering 90 Joggers	VM40	V40	VM40
9	91	Scott Mcmillan	30.55	East London Runners	VM40	V45	VM40
10	10	Paul Boddey	31.19	Eton Manor AC	VM40	V45	VM40
11	174	Gary Towers	31.29	Eton Manor AC	VM40	V45	VM40
12	155	James Pilch	31.38	Eton Manor AC	VM40	V40	VM40
13	230	Stephen Philcox	31.45	Ilford AC	VM50	V55	VM50
14	21	Joseph Gunn	31.57	East London Runners	SM	SEN	SM
15	226	Daniel O'Donoghue	32.09	East London Runners	SM	V35	SM
16	231	Paul Holloway	32.14	Ilford AC	VM50	V50	VM50
17	218	Graham White	32.16	Eton Manor AC	SM	V35	SM
18	144	Jonathan Leith	32.20	Eton Manor AC	SM	V35	SM
19	133	Ryan Holeyman	32.25	Ilford AC	SM	U20	SM
20	171	Alex Pickering	32.27	East London Runners	VM40	V40	VM40
21	152	Dylan Williams	33.08	Eton Manor AC	SM	U23	SM
22	237	Sam Rahman	33.11	Ilford AC	SM	V35	SM
23	236	Neringa Masilioniene	33.18	Ilford AC	SF	V35	VF35
24	68	Paul Withyman	33.26	Barking Road Runners	VM40	V40	VM40
25	104	Ian Pithouse	33.35	East End Road Runners	SM	V35	SM
26	117	Jenny Heymann	34.15	Eton Manor AC	VF40	V40	VF35
27	93	Richard Woolterton	34.16	Ilford AC	VM50	V50	VM50
28	161	Christopher King	34.20	Harold Wood Running Club	SM	SEN	SM
29	246	Steven Ruben Lazard	34.37	East End Road Runners	SM	SEN	SM
30	241	Nigel Swinburne	34.40	Dagenham 88 Runners	VM40	V40	VM40
31	131	Peter Jackson	34.45	Barking Road Runners	VM40	V45	VM40
32	114	James Nichols	34.52	East London Runners	SM	V35	SM
33	219	Guy Hildreth	35.02	Havering 90 Joggers	VM40	V40	VM40
34	235	Steve Crane	35.24	Ilford AC	VM40	V40	VM40
35	2	Terry Knightley	35.41	Ilford AC	VM60	V60	VM60
36	232	Diarmuid MacDonnell	35.43	Ilford AC	VM50	V50	VM50
37	20	Robert Sommerville	35.47	Eton Manor AC	VM50	V50	VM50
38	84	Amit Marks	35.51	East London Runners	VM40	V45	VM40
39	51	Amy Bird	35.54	Ilford AC	SF	SEN	SF
40	203	Mark Moir	35.55	East London Runners	SM	SEN	SM
41	164	James Coker	36.00	Harold Wood Running Club	SM	SEN	SM
42	153	Joel Denning	36.08	Ilford AC	VM40	V45	VM40
43	95	Rachel Bailey	36.10	East London Runners	SF	V35	VF35
44	238	Daniel Cano	36.13	Havering 90 Joggers	SM	SEN	SM
45	223	Shahib Ali	36.28	East London Runners	SM	V35	SM
46	77	Gary Flint	36.33	Havering 90 Joggers	VM50	V55	VM50
47	102	Betty Bohane	36.36	East London Runners	SF	SEN	SF
48	179	Russell Jones	36.45	Eton Manor AC	VM50	V50	VM50
49	188	Jonny Shaw	36.46	East London Runners	VM40	V45	VM40
50	156	Jessica Verrall	36.51	Eton Manor AC	SF	SEN	SF
51	213	Stuart Mackay	36.55	Barking Road Runners	VM40	V45	VM40
52	66	Chyavan Rees	36.58	Unattached	SM	SEN	SM
53	215	Richard Gill	37.04	East End Road Runners	SM	V35	SM
54	123	Vince Charman	37.06	Havering 90 Joggers	VM50	V55	VM50
55	172	Redmond Shannon	37.14	East London Runners	VM40	V45	VM40
56	58	Lee Kent	37.27	Harold Wood Running Club	SM	SEN	SM
57	94	Jimmy Dale	37.32	East London Runners	SM	V35	SM
58	63	Lee Milne	37.33	Eton Manor AC	VF40	V45	VF45
59	126	Paul Prior	37.38	Dagenham 88 Runners	VM50	V50	VM50
60	147	Paul Thompson	37.44	East London Runners	VM50	V50	VM50
61	217	Michael Bamford	37.53	East London Runners	VM50	V55	VM50
62	5	Nathaniel Dye	38.00	East London Runners	SM	V35	SM
63	154	Kaye Huggins	38.05	Havering 90 Joggers	SF	SEN	SF
64	212	Jess Collett	38.12	Barking Road Runners	SF	V35	VF35
65	222	Michael Brown	38.24	Harold Wood Running Club	VM50	V55	VM50
66	23	Lee Veale	38.30	Havering 90 Joggers	VM40	V45	VM40
67	178	Calvin Bobin	38.41	East London Runners	VM60	V65	VM60
68	39	Billy Walkington	38.43	Dagenham 88 Runners	VM40	V40	VM40
69	206	Lee Patten	38.46	Unattached	VM40	V40	VM40
70	122	Dave Daugirda	38.53	Eton Manor AC	VM60	V60	VM60
71	192	Caroline Frith	38.56	East London Runners	VF40	V40	VF35
72	40	Antony Leckerman	39.03	Barking Road Runners	VM50	V55	VM50

73	127	Clive Stephenson	39.05	East London Runners	VM60	V60	VM60
74	45	Becky Evans	39.08	East London Runners	VF50	V50	VF45
75	56	Steve Constantinou	39.12	Havering 90 Joggers	VM40	V45	VM40
76	116	Jacob Stevens	39.24	East London Runners	VM40	V45	VM40
77	75	Adrian Davison	39.35	Barking Road Runners	VM60	V60	VM60
78	112	Hazel Reade	39.40	East End Road Runners	SF	V35	VF35
79	181	Paul Jackson	39.48	East End Road Runners	VM40	V45	VM40
80	135	Peter Hatley	39.51	East London Runners	VM40	V45	VM40
81	247	Tom Brennan	39.58	Barking Road Runners	SM	SEN	SM
82	64	Simon Maley	40.07	Havering 90 Joggers	VM40	V45	VM40
83	108	Darminder Bhamra	40.08	East London Runners	VM50	V55	VM50
84	140	Gopal Gautam	40.10	East End Road Runners	SM	V35	SM
85	19	Jonathan West	40.19	Orion Harriers	VM40	V45	VM40
86	125	Shreeraj Laturia	40.21	East End Road Runners	VM40	V40	VM40
87	134	Ian Mackie	40.24	East London Runners	VM60	V65	VM60
88	149	Jeff Fenton	40.25	Havering 90 Joggers	VM60	V65	VM60
89	185	Michael Wilson	40.26	East London Runners	VM60	V60	VM60
90	50	Andrew Lutterloch	40.29	Havering 90 Joggers	VM40	V45	VM40
91	54	Breege Nordin	40.41	Ilford AC	VF60	V65	VF65
92	169	Robert Mcnamara	40.49	Harold Wood Running Club	SM	SEN	SM
93	220	Rory Burr	40.56	Barking Road Runners	SM	U23	SM
94	89	Bradley Brown	41.10	Ilford AC	VM40	V45	VM40
95	205	Kasia Stachowiak	41.24	East London Runners	SF	V35	VF35
96	18	Karen West	41.39	Orion Harriers	VF40	V40	VF35
97	109	Paul Newland	41.48	Harold Wood Running Club	SM	SEN	SM
98	85	Dean Bates	41.52	Havering 90 Joggers	VM50	V50	VM50
99	113	Luke Knight	41.58	Havering 90 Joggers	SM	U20	SM
100	208	Daniel Miller	42.04	Dagenham 88 Runners	VM40	V40	VM40
101	168	Jo Findlay	42.14	Harold Wood Running Club	SF	SEN	SF
102	195	Adrian Frost	42.15	Eton Manor AC	VM60	V60	VM60
103	1	Alison Sale	42.19	Ilford AC	VF50	V55	VF55
104	31	Clive Tweedie	42.23	Havering 90 Joggers	VM70	V70	VM70
105	129	Mariann Dosa	42.34	Eton Manor AC	SF	V35	VF35
106	245	Susan Munns	42.42	Harold Wood Running Club	VF60	V60	VF55
107	65	Kunal Yadav	42.49	East End Road Runners	VM40	V40	VM40
108	163	David Bacon	43.02	Havering 90 Joggers	VM60	V60	VM60
109	36	Gaye Young	43.15	Ilford AC	VF50	V50	VF45
110	145	Sarah Burns	43.21	East London Runners	VF40	V45	VF45
111	124	Gayle Mckeand	43.28	Harold Wood Running Club	VF40	V40	VF35
112	96	Costas Kotrofis	43.42	Dagenham 88 Runners	VM40	V40	VM40
113	175	Katrina Betteridge	43.49	East London Runners	SF	V35	VF35
114	141	Dauda O Ayodele	43.51	East End Road Runners	VM50	V50	VM50
115	180	Lisa Naylor	43.54	East End Road Runners	VF40	V45	VF45
116	115	Joyce Berry	44.04	Orion Harriers	VF50	V50	VF45
117	106	Belinda Riches	44.05	Barking Road Runners	VF50	V50	VF45
118	8	Rahana Islam	44.05	Dagenham 88 Runners	VF40	V45	VF45
119	101	Dave Sherman	44.10	Havering 90 Joggers	VM40	V40	VM40
120	198	Hayley Barron	44.14	Orion Harriers	VF50	V50	VF45
121	202	Louise Vacher	44.18	Eton Manor AC	VF50	V55	VF55
122	7	John O'Brien	44.19	East London Runners	VM50	V50	VM50
123	47	Manjunath Gopi	44.21	Ilford AC	SM	V35	SM
124	201	Mark Durrant	44.46	East London Runners	VM50	V55	VM50
125	143	Grant Conway	44.50	East London Runners	VM50	V50	VM50
126	139	Kathryn Hertzberg	44.53	East London Runners	SF	V35	VF35
127	210	Christina Reade	45.05	East End Road Runners	SF	V35	VF35
128	105	Nora Schillinger	45.07	East End Road Runners	SF	SEN	SF
129	6	Claire Taylor	45.20	Eton Manor AC	VF40	V45	VF45
130	28	Darren Radford	45.21	Havering 90 Joggers	VM50	V55	VM50
131	110	Christina Long	45.23	Eton Manor AC	VF40	V40	VF35
132	173	Paul Fisk	45.37	Havering 90 Joggers	SM	V35	SM
133	67	Emily Warnakulasuriya	45.46	Unattached	SF	SEN	SF
134	107	Catherine Perry	45.48	East London Runners	VF40	V40	VF35
135	57	Michael Peggall	45.50	Dagenham 88 Runners	VM40	V40	VM40
136	243	Ruth Thacker	46.00	Havering 90 Joggers	VF40	V45	VF45
137	132	Bob Jousiffe	46.03	Orion Harriers	VM70	V70	VM70
138	183	Andrew Howard	46.07	East London Runners	VM60	V60	VM60
139	227	Isabel Borobio-Pinedo	46.22	Barking Road Runners	SF	SEN	SF
140	30	John Hughes	46.37	Dagenham 88 Runners	VM50	V55	VM50
141	41	Eleanor Mole	46.40	Havering 90 Joggers	VF40	V40	VF35
142	4	Sandra Preston	46.50	East London Runners	VF50	V55	VF55
143	78	Kate Pettit	46.52	Havering 90 Joggers	VF50	V50	VF45
144	186	Imran Mustak	47.12	East London Runners	SM	V35	SM
145	17	Geoff Nicholls	47.15	Eton Manor AC	VM60	V65	VM60
146	191	Jason Levy	47.26	East London Runners	VM50	V50	VM50

147	193	Mike Westmore	47.36	Harold Wood Running Club	VM50	V55	VM50
148	87	Martin O'Toole	47.49	Barking Road Runners	VM50	V50	VM50
149	130	Mala Singh	47.41	Eton Manor AC	VF40	V45	VF45
150	83	Catriona Hoult	47.52	East London Runners	VF40	V45	VF45
151	120	Nadine Holland	47.55	Loughton Ac	VF40	V45	VF45
152	204	Cindy Koon	48.01	East London Runners	VF40	V45	VF45
153	14	Dianne Crisp	48.02	Ilford AC	VF60	V60	VF55
154	157	Alan Woodroof	48.10	Harold Wood Running Club	VM60	V65	VM60
155	37	Lara Harradine	48.11	Havering 90 Joggers	VF50	V50	VF45
156	207	George Sceats	48.26	East End Road Runners	SM	SEN	SM
157	3	Janine Durrant	48.29	Eton Manor AC	VF40	V45	VF45
158	158	Jason Li	48.48	Barking Road Runners	VM50	V50	VM50
159	16	Stuart Tidd	48.50	Havering 90 Joggers	VM60	V60	VM60
160	35	Mandy Reid	49.11	Ilford AC	VF40	V45	VF45
161	142	Huseyin Dogan	49.28	Barking Road Runners	VM40	V40	VM40
162	214	Delroy De Montagnac	49.30	East End Road Runners	VM50	V50	VM50
163	60	Jason Hetterley	49.32	Havering 90 Joggers	VM40	V45	VM40
164	118	Danielle Last	49.40	Havering 90 Joggers	VF40	V45	VF45
165	25	Carol Nelson	49.44	Harold Wood Running Club	VF60	V60	VF55
166	111	Joanna Dorling	49.48	East End Road Runners	VF50	V50	VF45
167	234	David Elsom	50.22	East End Road Runners	VM60	V65	VM60
168	242	Carole Adams	50.28	Dagenham 88 Runners	VF40	V40	VF35
169	29	Melanie Green	50.40	Havering 90 Joggers	VF40	V45	VF45
170	79	Steve Gourley	51.10	Harold Wood Running Club	VM50	V55	VM50
171	197	Zoe Trubridge	51.16	Harold Wood Running Club	VF40	V40	VF35
172	189	Emma Paisley	51.18	Barking Road Runners	SF	SEN	SF
173	159	Louise Hawker	51.24	Harold Wood Running Club	VF40	V40	VF35
174	151	Hugh Barnard	51.31	East End Road Runners	VM70	V70	VM70
175	148	Caroline Moore	51.39	East London Runners	VF60	V60	VF55
176	38	George Georgiou	51.47	East London Runners	VM50	V50	VM50
177	119	Alexandra Rutishauser-perera	51.47	East London Runners	VF40	V40	VF35
178	167	Fiona Day	52.11	East London Runners	VF60	V65	VF65
179	86	Hayley Dalton	52.26	Eton Manor AC	VF50	V50	VF45
180	137	Brigid Mallee	52.34	Havering 90 Joggers	VF50	V55	VF55
181	138	Michael Hill	52.35	Havering 90 Joggers	VM50	V55	VM50
182	165	Martin Mason	52.52	Barking Road Runners	VM70	V70	VM70
183	26	Frieda Keane	52.56	Ilford AC	VF50	V55	VF55
184	229	Kirk Johnson	53.01	East London Runners	VM50	V55	VM50
185	48	Brian Slade	53.06	Havering 90 Joggers	VM70	V75	VM70
186	176	Helen Mcguinness	53.28	East London Runners	VF40	V45	VF45
187	33	Phil Hudson	53.30	Ware Joggers	VM60	V65	VM60
188	103	Jenette Ogborn	53.47	Havering 90 Joggers	VF40	V40	VF35
189	88	Siobhan Parker	53.57	Eton Manor AC	VF50	V50	VF45
190	221	Debbie Jones	53.58	Havering 90 Joggers	VF50	V50	VF45
191	170	Alison Hagon	54.41	Harold Wood Running Club	VF40	V40	VF35
192	11	Bernard Savage	55.13	Havering 90 Joggers	VM60	V65	VM60
193	190	Maya Goodwin	55.17	East London Runners	VF50	V50	VF45
194	22	Lisa Gaskin	56.25	Havering 90 Joggers	VF50	V50	VF45
195	72	Alison Fryatt	57.20	Barking Road Runners	VF50	V55	VF55
196	76	Anna Dingle	57.56	East London Runners	VF40	V45	VF45
197	73	Leslie Jay	58.27	Barking Road Runners	VM60	V65	VM60
198	244	Sonya Byers	58.58	Dagenham 88 Runners	VF40	V40	VF35
199	49	Laura Kelly	1.00.19	Havering 90 Joggers	VF50	V50	VF45
200	98	Pascalía Pamba	1.00.43	Dagenham 88 Runners	VF50	V50	VF45
201	13	John Ford	1.00.43	Havering 90 Joggers	VM60	V60	VM60
202	209	Amy Wardle	1.00.48	Harold Wood Running Club	SF	SEN	SF
203	42	Vivienne Eka	1.01.43	East London Runners	VF50	V50	VF45
204	92	Vinodini Patel	1.02.15	East End Road Runners	VF60	V60	VF55
205	211	Kresh Veerasamy	1.02.35	Dagenham 88 Runners	VM40	V45	VM40
206	12	Lee Kyson	1.03.20	Havering 90 Joggers	VM60	V65	VM60
207	136	Lucy Burdett	1.03.32	Havering 90 Joggers	VF40	V45	VF45
208	46	John Atkinson	1.05.30	East London Runners	VM70	V75	VM70
209	228	Robert Courtier	1.06.13	Barking Road Runners	VM60	V65	VM60