

Results for Ilford AC on 05/07/2023

Pos	Num	Name	Time	Club	Cat	Power of 10	Pre2019 Cat
1	582	Tom Gardner	29.13	Ilford AC	VM40	V40	VM40
2	524	Jose Rodriguez	29.49	East London Runners	VM40	V40	VM40
3	484	Ryan Friel	30.44	East London Runners	SM	V35	SM
4	458	Paul Boddey	31.46	Eton Manor AC	VM40	V45	VM40
5	375	Malcolm Muir	31.53	Ilford AC	VM40	V45	VM40
6	455	Samuel Anderson	32.03	Eton Manor AC	SM	SEN	SM
7	452	James Pilch	32.21	Eton Manor AC	VM40	V40	VM40
8	563	Daniel O'Donoghue	32.30	East London Runners	SM	V35	SM
9	496	Stephen Philcox	32.33	Ilford AC	VM50	V55	VM50
10	346	Paul Woodmansey	32.35	East London Runners	VM40	V40	VM40
11	423	Neringa Masilioniene	32.38	Ilford AC	VF40	V40	VF35
12	521	Joseph Osakue	33.07	East London Runners	VM50	V50	VM50
13	448	Paul Abeledo	33.11	Barking Road Runners	VM50	V50	VM50
14	480	Fabrizio Stefanoni	33.19	Ilford AC	VM50	V50	VM50
15	603	Lawrence Cox	33.45	Eton Manor AC	SM	SEN	SM
16	411	Ian Pithouse	34.07	East End Road Runners	SM	V35	SM
17	477	Daniel Lee	34.19	East London Runners	VM50	V50	VM50
18	479	Karan Gadhia	34.26	East London Runners	SM	SEN	SM
19	573	Tobias Ngala	34.36	Unattached	VM40	V40	VM40
20	568	Alex Pickering	34.38	East London Runners	VM40	V45	VM40
21	368	Adam Bartlett	34.49	Harold Wood Running Club	SM	SEN	SM
22	598	Joshua Adler	34.55	Ilford AC	SM	SEN	SM
23	389	Dyfan Garmon	34.58	Dagenham 88 Runners	VM40	V40	VM40
24	412	Paul Cates	35.07	Eton Manor AC	VM60	V60	VM60
25	594	Russell Jones	35.11	Eton Manor AC	VM50	V50	VM50
26	461	Jonathan Drysdale	35.15	Eton Manor AC	VM40	V40	VM40
27	490	James Nichols	35.18	East London Runners	SM	V35	SM
28	446	Giles Bailey	35.31	Eton Manor AC	VM40	V40	VM40
29	506	Christopher King	35.33	Harold Wood Running Club	SM	V35	SM
30	494	Sebastian Parris	35.43	Ilford AC	VM40	V40	VM40
31	371	Richard Woolterton	35.49	Ilford AC	VM50	V50	VM50
32	355	Daniel Holeyman	35.59	Ilford AC	VM40	V45	VM40
33	492	Jenny Heymann	36.01	Eton Manor AC	VF40	V40	VF35
34	607	Stuart Mackay	36.06	Barking Road Runners	VM40	V45	VM40
35	505	James Coker	36.09	Harold Wood Running Club	SM	SEN	SM
36	364	Neil Crisp	36.20	Ilford AC	VM60	V60	VM60
37	500	Lee Veale	36.24	Havering 90 Joggers	VM40	V45	VM40
38	405	Robert Sommerville	36.25	Eton Manor AC	VM50	V55	VM50
39	434	Tim Wright	36.31	Orion Harriers	VM50	V50	VM50
40	544	Daniel Cano	36.39	Havering 90 Joggers	SM	SEN	SM
41	525	Daniel Carr	36.54	Harold Wood Running Club	VM40	V40	VM40
42	593	Amit Marks	36.59	East London Runners	VM40	V45	VM40
43	531	Shahib Ali	37.02	East London Runners	SM	V35	SM
44	550	Jolly Lazar Parayil	37.03	East End Road Runners	VM40	V45	VM40
45	539	Steve Walker	37.06	Havering 90 Joggers	VM50	V50	VM50
46	497	Matthew Readett	37.08	Eton Manor AC	SM	SEN	SM
47	609	Jonathan Shaw	37.13	East London Runners	VM40	V45	VM40
48	604	Jamie Zucker	37.22	East End Road Runners	VM40	V40	VM40
49	517	Jagbir Bassi	37.24	Barking Road Runners	SM	SEN	SM
50	391	Josh Jenner	37.39	Harold Wood Running Club	SM	V35	SM
51	341	John Black	37.43	Eton Manor AC	VM60	V65	VM60
52	543	Richard Gill	37.49	East End Road Runners	VM40	V40	VM40
53	454	Fernando Espada	37.53	East London Runners	VM50	V50	VM50
54	476	Ava Lee	38.03	East London Runners	VF40	V45	VF45
55	432	Owain Crispin	38.22	Eton Manor AC	SM	V35	SM
56	406	Lee Milne	38.31	Eton Manor AC	VF40	V45	VF45
57	401	Niall Mulholland	38.32	East End Road Runners	VM50	V55	VM50
58	349	Nicholas Le-mon	38.37	East End Road Runners	SM	V35	SM
59	595	Ashley Faria	38.40	East London Runners	VM50	V50	VM50
60	449	Raymond Dzikowski	38.48	Ilford AC	VM60	V60	VM60
61	383	Caroline Frith	38.49	East London Runners	VF40	V45	VF45
62	562	Mark Moir	38.51	East London Runners	SM	SEN	SM
63	416	Tom Brennan	38.54	Barking Road Runners	SM	SEN	SM
64	518	Dave Daugirda	38.57	Eton Manor AC	VM60	V60	VM60
65	567	Lee Patten	39.02	Unattached	VM40	V40	VM40
66	540	Clare Davies	39.06	Havering AC	SF	V35	VF35
67	503	Adrian Davison	39.14	Barking Road Runners	VM60	V60	VM60
68	465	Anna Crawley	39.20	Ilford AC	SF	SEN	SF
69	602	Aaron Williams	39.32	East London Runners	VM40	V45	VM40
70	447	Jacob Stevens	39.37	East London Runners	VM40	V45	VM40
71	463	Kate Thompson	39.38	Eton Manor AC	SF	SEN	SF
72	585	Gemma Ellender	39.39	Ilford AC	SF	V35	VF35

73	601	Jim Manzano	39.47	East End Road Runners	VM40	V40	VM40
74	456	Liz Haigh	39.52	Eton Manor AC	SF	SEN	SF
75	528	Daniel Plawiak	39.56	Barking Road Runners	VM40	V45	VM40
76	529	Robert Lewis	40.00	Unattached	VM50	V55	VM50
77	508	Colin Jones	40.04	Barking Road Runners	VM50	V55	VM50
78	565	Bethany Partridge	40.09	East End Road Runners	SF	SEN	SF
79	373	Jimmy Dale	40.11	East London Runners	SM	V35	SM
80	493	Betty Bohane	40.19	East London Runners	SF	V35	VF35
81	344	Rahana Islam	40.28	Dagenham 88 Runners	VF40	V45	VF45
82	466	Simon Nash	40.33	East London Runners	VM40	V45	VM40
83	520	Craig Livermore	40.36	Ilford AC	SM	SEN	SM
84	553	Steven Lazaro	40.56	East End Road Runners	SM	SEN	SM
85	584	Joanne Reeves	41.06	Ilford AC	VF40	V45	VF45
86	513	Calvin Bobin	41.10	East London Runners	VM60	V65	VM60
87	599	Adam Borowski	41.12	Orion Harriers	VM40	V40	VM40
88	439	Andrew Catton	41.18	Ilford AC	VM70	V70	VM70
89	350	Becky Evans	41.23	East London Runners	VF50	V55	VF55
90	555	Vince Charman	41.26	Havering 90 Joggers	VM50	V55	VM50
91	523	Peter Hatley	41.28	Esst London Runners	VM40	V45	VM40
92	583	Angela Fughy	41.30	Orion Harriers	VF40	V40	VF35
93	436	Darminder Bhamra	41.32	East London Runners	VM50	V55	VM50
94	571	Steven Horsley	41.37	Ilford AC	VM40	V45	VM40
95	409	Callum MacLennan	41.56	East End Road Runners	VM40	V40	VM40
96	379	Simon Maley	42.00	Havering 90 Joggers	VM40	V45	VM40
97	361	Alison Sale	42.06	Ilford AC	VF50	V55	VF55
98	512	Robert Mcnamara	42.21	Harold Wood Running Club	SM	SEN	SM
99	533	Clive Stephenson	42.26	East London Runners	VM60	V60	VM60
100	410	Nora Schillinger	42.32	East End Road Runners	SF	SEN	SF
101	519	James Hutton	42.34	Barking Road Runners	SM	SEN	SM
102	605	Rory Burr	42.58	Barking Road Runners	SM	U23	SM
103	608	Marian Dosa	43.03	Eton Manor AC	SF	V35	VF35
104	559	Andrew Lutterloch	43.06	Havering 90 Joggers	VM40	V45	VM40
105	561	James Fallows	43.12	Harold Wood Running Club	SM	V35	SM
106	462	Michael Wilson	43.22	East London Runners	VM60	V60	VM60
107	414	Cindy Koon	43.27	East London Runners	VF40	V45	VF45
108	408	David Moir	43.37	East End Road Runners	SM	SEN	SM
109	587	Abdi Adan	43.38	East London Runners	VM50	V50	VM50
110	345	Jonathan West	43.40	Orion Harriers	VM40	V45	VM40
111	574	Jamie Gwillian	43.46	Orion Harriers	VM40	V40	VM40
112	453	Samir Younsi	43.50	East London Runners	VM40	V45	VM40
113	569	Roshan Choolhun	43.54	East End Road Runners	VM40	V40	VM40
114	600	Susan Munns	43.55	Harold Wood Running Club	VF60	V60	VF55
115	340	Karen West	43.55	Orion Harriers	VF40	V45	VF45
116	591	Tony Cawen	43.57	Nuclear Races Striders	VM40	V45	VM40
117	549	Brynley Giddings	44.00	Harold Wood Running Club	VM60	V60	VM60
118	542	Nathaniel Dye	44.06	East London Runners	SM	V35	SM
119	575	Catherine Mcmillan	44.11	East London Runners	VF40	V40	VF35
120	443	Paul Newland	44.11	Harold Wood Running Club	SM	V35	SM
121	579	Joanne Skehan	44.39	Orion Harriers	VF40	V40	VF35
122	396	Bradley Brown	44.49	Ilford AC	VM50	V50	VM50
123	501	Grant Conway	44.52	East London Runners	VM50	V55	VM50
124	552	Adrian Frost	45.00	Eton Manor AC	VM60	V60	VM60
125	511	Jo Findlay	45.05	Harold Wood Running Club	SF	SEN	SF
126	470	Nick West	45.16	Ilford AC	SM	SEN	SM
127	485	Gaye Young	45.18	Ilford AC	VF50	V50	VF45
128	611	Dauda Ayodele	45.22	East End Road Runners	VM50	V50	VM50
129	577	Catherine Perry	45.28	East London Runners	VF40	V40	VF35
130	576	Emma Humphrey	45.29	East End Road Runners	VF40	V45	VF45
131	580	Anna Waterman	45.34	Orion Harriers	SF	V35	VF35
132	348	John O'Brien	45.43	East London Runners	VM50	V55	VM50
133	415	Belinda Riches	45.47	Barking Road Runners	VF50	V50	VF45
134	592	Mark Durrant	45.49	East London Runners	VM50	V55	VM50
135	478	Louise Vacher	45.59	Eton Manor AC	VF50	V55	VF55
136	366	Clive Tweedie	46.06	Havering 90 Joggers	VM70	V70	VM70
137	425	Mary Armitage	46.08	Orion Harriers	VF60	V60	VF55
138	427	James Strachan	46.12	Harold Wood Running Club	SM	V35	SM
139	535	Martin Hawker	46.15	Harold Wood Running Club	VM40	V45	VM40
140	467	Bal Gill	46.37	Orion Harriers	VM50	V55	VM50
141	471	Nils Hollmann	46.42	Dagenham 88 Runners	VM50	V50	VM50
142	564	Ramesh Pala	46.46	East London Runners	VM60	V60	VM60
143	610	Alistair Baillie	46.56	East London Runners	VM40	V45	VM40
144	417	Sarah Carey	47.01	Eton Manor AC	VF40	V40	VF35
145	537	Paul Hart	47.05	Harold Wood Running Club	VM50	V55	VM50
146	382	Louise Marshall	47.18	Harold Wood Running Club	SF	SEN	SF

147	474 John Paul Healy	47.19	East London Runners	VM40	V45	VM40
148	426 Alicia Murphy	47.23	Havering 90 Joggers	SF	SEN	SF
149	570 Andrew West	47.32	East End Road Runners	VM40	V40	VM40
150	581 Fen Coles	47.41	Eton Manor AC	VF50	V50	VF45
151	444 Cristina Cooper	47.48	Barking Road Runners	VF40	V40	VF35
152	459 Katrina Betteridge	47.53	East London Runners	SF	V35	VF35
153	597 David Dixon	47.59	Havering 90 Joggers	VM60	V60	VM60
154	352 Mandy Reid	48.00	Ilford AC	VF50	V50	VF45
155	545 Gary Mckee	48.05	East End Road Runners	VM50	V50	VM50
156	407 Shreeraj Laturia	48.05	East End Road Runners	VM40	V40	VM40
157	354 George Georgiou	48.10	East London Runners	VM50	V50	VM50
158	351 Geoff Nicholls	48.11	Eton Manor AC	VM60	V65	VM60
159	483 Hafsa Hussain	48.13	Havering 90 Joggers	SF	SEN	SF
160	380 Mary Connolly	48.14	East London Runners	VF60	V60	VF55
161	360 Janine Durrant	48.20	Eton Manor AC	VF40	V45	VF45
162	507 Eleanor Mole	48.22	Havering 90 Joggers	VF40	V40	VF35
163	358 Richard Ballam	48.32	Havering 90 Joggers	VM40	V45	VM40
164	435 Alan Woodroof	48.42	Harold Wood Running Club	VM60	V65	VM60
165	530 Claire Mifsud	48.49	Harold Wood Running Club	SF	SEN	SF
166	420 Sanjeev Sharma	48.49	Havering 90 Joggers	VM40	V40	VM40
167	514 Martin O'Toole	48.51	Barking Road Runners	VM50	V55	VM50
168	606 Veronica Carrasco	48.57	East London Runners	SF	SEN	SF
169	353 Catriona Hoult	49.20	East London Runners	VF40	V45	VF45
170	429 Isabel Pinedo Borobio	49.27	Barking Road Runners	SF	SEN	SF
171	385 Carol Nelson	49.34	Harold Wood Running Club	VF60	V65	VF65
172	388 Michael Pegnall	49.38	Dagenham 88 Runners	VM40	V40	VM40
173	393 Danny Fitzsimons	49.50	Orion Harriers	VM50	V55	VM50
174	509 Lara Harradine	50.51	Havering 90 Joggers	VF50	V50	VF45
175	460 Debbie Bailey	50.53	Harold Wood Running Club	VF60	V60	VF55
176	451 Grace Turner	50.56	East London Runners	SF	SEN	SF
177	376 Hayley Dalton	50.03	Eton Manor AC	VF50	V50	VF45
178	556 Kasia Stachowiak	50.04	East London Runners	VF40	V40	VF35
179	365 Dianne Crisp	50.08	Ilford AC	VF60	V60	VF55
180	464 Tim Aylett	50.21	East London Runners	VM40	V40	VM40
181	428 Conor Fitzpatrick	50.26	Eton Manor AC	SM	V35	SM
182	498 Tony Gray	50.32	Havering 90 Joggers	VM60	V60	VM60
183	356 Claire Louise Taylor	50.43	Eton Manor AC	VF50	V50	VF45
184	431 Emma Paisley	50.48	Barking Road Runners	SF	SEN	SF
185	538 Steve Gourley	50.55	Harold Wood Running Club	VM50	V55	VM50
186	419 Jason Li	51.14	Barking Road Runners	VM50	V50	VM50
187	572 Batmanaden Ramen	51.15	Ilford AC	VM60	V60	VM60
188	548 Tracy Giddings	51.44	Harold Wood Running Club	VF50	V55	VF55
189	502 John Neighbour	51.50	Orion Harriers	VM60	V65	VM60
190	596 Kerry Curtis	52.26	Havering 90 Joggers	VF40	V45	VF45
191	487 Mic Davidson	52.33	Barking Road Runners	VM70	V70	VM70
192	424 Louise Chappell	52.46	Barking Road Runners	VF40	V45	VF45
193	547 Laura Knightley	52.49	East End Road Runners	VF40	V40	VF35
194	438 Bernard Savage	52.56	Havering 90 Joggers	VM70	V70	VM70
195	367 Sally Gillam	53.11	Harwich Runners	VF60	V60	VF55
196	491 Nikki Cranmer	53.18	Barking Road Runners	VF50	V50	VF45
197	588 Rachel Peck	53.21	Harold Wood Running Club	VF40	V40	VF35
198	381 Dhurmendra Mistry	53.41	Orion Harriers	VM50	V55	VM50
199	394 Sean Kavanagh	53.58	Harold Wood Running Club	VM60	V60	VM60
200	387 Stuart Tidd	54.02	Havering 90 Joggers	VM60	V60	VM60
201	586 Kirk Johnson	54.09	Esst London Runners	VM50	V55	VM50
202	534 Louise Hawker	54.32	Harold Wood Running Club	VF40	V40	VF35
203	392 Phil Hudson	54.32	Ware Joggers	VM60	V65	VM60
204	522 Fiona Day	54.56	East London Runners	VF60	V65	VF65
205	362 Brian Slade	54.57	Havering 90 Joggers	VM70	V75	VM70
206	469 Caroline Moore	55.02	East London Runners	VF60	V60	VF55
207	557 Sarah Bemand	55.04	East End Road Runners	VF40	V45	VF45
208	486 Martin Mason	55.06	Barking Road Runners	VM70	V70	VM70
209	430 Gary Harford	55.24	Barking Road Runners	VM60	V65	VM60
210	390 Helen Jenner	55.28	Harold Wood Running Club	VF40	V40	VF35
211	541 Diana Rexhepaj	55.44	East London Runners	VF50	V50	VF45
212	357 Clare Stevens	55.46	East London Runners	SF	V35	VF35
213	516 Julia Galea	55.52	Ilford AC	VF60	V65	VF65
214	489 Dennis Spencer-Perkins	56.31	Barking Road Runners	VM60	V65	VM60
215	504 Ann Dunne	56.43	East London Runners	VF60	V60	VF55
216	437 Maya Goodwin	56.57	East London Runners	VF50	V50	VF45
217	488 Leslie Jay	57.00	Barking Road Runners	VM60	V65	VM60
218	482 Rajendra Katechia	57.04	Urban Runner	VM60	V60	VM60
219	370 Selon Timi Veerasamy	57.11	Dagenham 88 Runners	VF70	V70	VF65
220	404 Mike Westmore	57.19	Harold Wood Running Club	VM50	V55	VM50

221	378 Alison Fryatt	59.01	Barking Road Runners	VF50	V55	VF55
222	526 Robin Defoe	59.06	Orion Harriers	VM60	V65	VM60
223	566 Claire Adamson	59.15	East End Road Runners	VF40	V45	VF45
224	397 Elaine Richardson	59.17	Harold Wood Running Club	VF60	V65	VF65
225	510 Becky Coe	59.34	Havering 90 Joggers	SF	SEN	SF
226	347 John Ford	59.53	Havering 90 Joggers	VM60	V60	VM60
227	422 Dawn Curtis	59.58	Barking Road Runners	VF40	V45	VF45
228	495 Robert Courtier	60.28	Barking Road Runners	VM60	V65	VM60
229	546 Sherry Moran	61.06	East End Road Runners	VF50	V55	VF55
230	395 Maria Brill	62.15	Harold Wood Running Club	VF60	V65	VF65
231	363 Laura Kelly	63.00	Havering 90 Joggers	VF50	V50	VF45
232	532 Samia Choudhury	63.48	East London Runners	SF	SEN	SF
233	536 Ingrid Dias	64.32	Harold Wood Running Club	VF50	V50	VF45
234	554 George Sceats	64.42	East End Road Runners	SM	SEN	SM
235	442 Lee Kyson	66.11	Havering 90 Joggers	VM60	V65	VM60
236	377 Nigel Swaby	68.01	Barking Road Runners	VM60	V65	VM60
237	578 Kresh Veerasamy	69.00	Dagenham 88 Runners	VM40	V40	VM40
238	590 Amy Wardle	72.55	Harold Wood Running Club	SF	SEN	SF
239	551 Lucy Walker	74.38	Harold Wood Running Club	VF40	V45	VF45
240	589 Andi Wright	74.50	Harold Wood Running Club	VF40	V45	VF45