



East End Road Runners QEOP 5K Results 21st June 2016



Finish Position	Chip Time Position	First Name	Last Name	Race No	Gun Time	Chip Time	Category	Categ Pos	Gender	Gender Pos	Club	Lap1	Lap2
1	1	Paul	Grange	127	00:16:56	00:16:53	Senior	1	Male	1	Dagenham 88 Runners	00:08:27	00:08:29
2	2	Patrick	Brown	40	00:17:00	00:16:56	Senior	2	Male	2	East London Runners	00:08:26	00:08:34
3	3	Mark	Boulton	37	00:17:03	00:17:00	Senior	3	Male	3	East London Runners	00:08:28	00:08:34
4	4	Alex	Day	91	00:17:14	00:17:12	Senior	4	Male	4	East London Runners	00:08:27	00:08:47
5	5	Seth	Healey	139	00:17:21	00:17:18	Senior	5	Male	5	East End Road Runners	00:08:28	00:08:52
6	6	Billy	Rayner	250	00:17:34	00:17:32	Senior	6	Male	6	East London Runners	00:08:28	00:09:06
7	7	Sam	Rahman	248	00:17:41	00:17:37	Senior	7	Male	7	Ilford Ac	00:08:44	00:08:56
8	8	Antonio	Martin Romero	203	00:17:45	00:17:42	Senior	8	Male	8	East London Runners	00:08:49	00:08:55
9	9	Stephen	Philcox	236	00:17:46	00:17:42	V50	1	Male	9	Ilford Ac	00:08:42	00:09:03
10	11	Russell	Price	241	00:17:58	00:17:55	Senior	9	Male	10	Hercules Wimbledon AC	00:08:50	00:09:08
11	12	Paul	Holloway	148	00:18:00	00:17:57	V40	1	Male	11	Ilford Ac	00:09:01	00:08:59
12	10	Gavin	Mackay	194	00:18:02	00:17:52	V40	2	Male	12	Petts Wood Runners	00:09:08	00:08:53
13	13	Robert	Trevor	304	00:18:12	00:18:04	Senior	10	Male	13	Havering '90 Joggers	00:09:04	00:09:08
14	14	Greg	Bassam	25	00:18:14	00:18:11	Senior	11	Male	14	Orion Harriers	00:08:50	00:09:24
15	15	Nuno	Andrade	6	00:18:21	00:18:16	Senior	12	Male	15	East End Road Runners	00:08:55	00:09:26
16	16	Robin	Mcnelis	210	00:18:21	00:18:16	V40	3	Male	16	Ilford Ac	00:09:07	00:09:14
17	18	Neil	Crisp	78	00:18:22	00:18:19	V50	2	Male	17	Ilford Ac	00:09:07	00:09:15
18	17	Kevin	Wotton	342	00:18:23	00:18:18	V40	4	Male	18	Ilford Ac	00:09:07	00:09:15
19	20	John	Booth	36	00:18:26	00:18:20	Senior	13	Male	19	East London Runners	00:08:54	00:09:31
20	21	Tony	Hyde	157	00:18:26	00:18:22	V50	3	Male	20	Ilford Ac	00:09:07	00:09:19
21	19	Gavin	Duke	97	00:18:28	00:18:19	Senior	14	Male	21	Unattached	00:09:08	00:09:19
22	22	Gary	Coombes	70	00:18:33	00:18:27	V40	5	Male	22	Dagenham 88 Runners	00:09:03	00:09:30
23	24	Andy	Kumar	176	00:18:35	00:18:31	Senior	15	Male	23	East London Runners	00:09:10	00:09:25
24	23	Dan	Slipper	282	00:18:36	00:18:30	V40	6	Male	24	East London Runners	00:09:08	00:09:28
25	25	Daniel	Lee	182	00:18:38	00:18:33	V40	7	Male	25	East London Runners	00:09:24	00:09:14
26	26	Scott	Mcmillan	209	00:18:39	00:18:35	V40	8	Male	26	East London Runners	00:09:24	00:09:15
27	27	Mark	Dalby	84	00:18:43	00:18:38	Senior	16	Male	27	Havering '90 Joggers	00:09:06	00:09:37
28	28	Jon	Dennis	92	00:18:48	00:18:39	Senior	17	Male	28	Unattached	00:09:05	00:09:43
29	30	Terry	Knightley	175	00:18:52	00:18:48	V50	4	Male	29	Ilford Ac	00:09:14	00:09:37
30	31	Spencer	Evans	104	00:18:53	00:18:49	Senior	18	Male	30	East London Runners	00:09:10	00:09:43
31	29	Aaron	Browne	46	00:18:54	00:18:41	Senior	19	Male	31	East London Runners	00:09:32	00:09:22
32	32	Simon	Leung-Chester	183	00:18:59	00:18:59	V40	9	Male	32	East End Road Runners	00:09:31	00:09:27
33	33	Aaron	Williams	331	00:19:03	00:18:59	V40	10	Male	33	East London Runners	00:09:25	00:09:38
34	34	Brian	Longman	189	00:19:05	00:19:01	V50	5	Male	34	Tri Sport Epping	00:09:18	00:09:47
35	35	Byron	Mckinney	208	00:19:09	00:19:09	V40	11	Male	35	Tiverton Harriers	00:09:29	00:09:39
36	37	Marino	Agudelo	3	00:19:17	00:19:14	V50	6	Male	36	East End Road Runners	00:09:29	00:09:47
37	36	Dervish	Bartlett	24	00:19:19	00:19:13	V40	12	Male	37	Barking Road Runners	00:09:34	00:09:44
38	38	Ciaran	Canavan	52	00:19:22	00:19:17	V40	13	Male	38	East London Runners	00:09:41	00:09:40
39	39	Jack	Davey	89	00:19:27	00:19:18	Senior	20	Male	39	Unattached	00:09:50	00:09:36
40	41	Adam	Dent	93	00:19:32	00:19:27	Senior	21	Male	40	East End Road Runners	00:09:27	00:10:05
41	40	Nathan	Summerfield	292	00:19:34	00:19:26	Senior	22	Male	41	Barking Road Runners	00:09:38	00:09:55
42	42	Mark	Wyatt	344	00:19:39	00:19:32	Senior	23	Male	42	East London Runners	00:09:47	00:09:51
43	44	Andre	Dahlkamp	83	00:19:47	00:19:44	V40	14	Male	43	Victoria Park Harriers And Tower Hamlets AC	00:09:52	00:09:55

44	43	Diccon	Loy	191	00:19:50	00:19:41	V40	15	Male	44	East London Runners	00:09:42	00:10:07
45	45	Robert	Woodgate	337	00:19:53	00:19:46	Senior	24	Male	45	Dagenham 88 Runners	00:09:37	00:10:15
46	46	Robert	Rayworth	251	00:19:54	00:19:47	V40	16	Male	46	East London Runners	00:09:52	00:10:02
47	47	Ava	Lee	181	00:19:58	00:19:53	LV35	1	Female	1	East London Runners	00:09:43	00:10:14
48	49	Ian	Pithouse	237	00:19:59	00:19:54	Senior	25	Male	47	East End Road Runners	00:09:42	00:10:17
49	50	Peter	Salmon	261	00:20:01	00:19:56	V40	17	Male	48	Dagenham 88 Runners	00:09:34	00:10:26
50	48	Robert	Sommerville	284	00:20:02	00:19:53	V40	18	Male	49	ETON MANOR AC	00:09:42	00:10:20
51	52	Paul	Thompson	301	00:20:12	00:20:05	V40	19	Male	50	East London Runners	00:09:59	00:10:13
52	53	Paul	Withyman	334	00:20:13	00:20:05	Senior	26	Male	51	Barking Road Runners	00:10:02	00:10:10
53	55	Bradley	Brown	42	00:20:14	00:20:10	V40	20	Male	52	Ilford Ac	00:10:06	00:10:07
54	54	Carlton	D'souza	96	00:20:15	00:20:08	V50	7	Male	53	East London Runners	00:09:53	00:10:21
55	51	Matt	Lucas	192	00:20:17	00:20:00	Senior	27	Male	54	Unattached	00:10:04	00:10:12
56	56	Martin	Page	227	00:20:17	00:20:12	V50	8	Male	55	Barking Road Runners	00:10:04	00:10:13
57	57	Manjit	Singh	278	00:20:20	00:20:18	V40	21	Male	56	East London Runners	00:09:51	00:10:28
58	59	Mark	Duncan	98	00:20:25	00:20:19	V50	9	Male	57	Havering '90 Joggers	00:10:03	00:10:22
59	58	Daniel	Cogan	66	00:20:26	00:20:18	V40	22	Male	58	Drax All Stars	00:10:08	00:10:18
60	61	Paul	Prior	243	00:20:30	00:20:25	V40	23	Male	59	Dagenham 88 Runners	00:10:03	00:10:27
61	60	Judith	Vonberg	318	00:20:30	00:20:23	Lady	1	Female	2	East London Runners	00:10:14	00:10:16
62	62	Ashley	Faria	106	00:20:31	00:20:25	V40	24	Male	60	East London Runners	00:10:04	00:10:27
63	63	Callum	Cockley	64	00:20:35	00:20:29	Senior	28	Male	61	Dagenham 88 Runners	00:09:44	00:10:50
64	64	Roy	Hendley	141	00:20:45	00:20:39	Senior	29	Male	62	Havering '90 Joggers	00:09:56	00:10:49
65	65	David	Sherman	276	00:20:48	00:20:40	Senior	30	Male	63	Havering '90 Joggers	00:10:17	00:10:30
66	66	Josh	Stephens	288	00:20:50	00:20:42	Senior	31	Male	64	East London Runners	00:10:16	00:10:33
67	69	Jonathan	Wooldridge	340	00:20:55	00:20:49	V40	25	Male	65	East London Runners	00:10:16	00:10:38
68	71	Iain	Mackie	196	00:20:58	00:20:50	Senior	32	Male	66	East London Runners	00:10:16	00:10:42
69	67	Dyfan	Garmon	118	00:21:02	00:20:45	Senior	33	Male	67	Unattached	00:10:22	00:10:39
70	72	Gary	Floate	110	00:21:05	00:20:59	V50	10	Male	68	Ilford Ac	00:10:10	00:10:55
71	73	Cheryl	Evans	103	00:21:07	00:21:00	Lady	2	Female	3	Victoria Park Harriers And Tower Hamlets Ac	00:10:37	00:10:30
72	70	Viorel	Mih	212	00:21:07	00:20:49	V40	26	Male	69	Barking Road Runners	00:10:19	00:10:47
73	68	Thomas	Hardy	133	00:21:13	00:20:48	V40	27	Male	70	23 Mile Club	00:10:41	00:10:31
74	76	Kate	Malcolm	199	00:21:19	00:21:11	LV35	2	Female	4	ETON MANOR AC	00:10:38	00:10:41
75	77	John	George	119	00:21:22	00:21:15	V50	11	Male	71	Barking Road Runners	00:10:19	00:11:02
76	78	Breege	Nordin	225	00:21:24	00:21:18	LV55	1	Female	5	Ilford Ac	00:10:25	00:10:58
77	74	Kirstie	Long	188	00:21:25	00:21:06	Lady	3	Female	6	Unattached	00:10:40	00:10:45
78	75	Antony	Leckerman	179	00:21:28	00:21:09	V50	12	Male	72	Barking Road Runners	00:10:42	00:10:46
79	81	Jonny	Shaw	273	00:21:28	00:21:21	V40	28	Male	73	East London Runners	00:10:35	00:10:52
80	79	Peter	Apps	9	00:21:30	00:21:18	Senior	34	Male	74	East End Road Runners	00:10:28	00:11:01
81	82	Eoin	Cogan	65	00:21:34	00:21:21	V40	29	Male	75	Drax All Stars	00:10:44	00:10:49
82	84	Jamie	Xavier	345	00:21:39	00:21:24	V40	30	Male	76	East London Runners	00:10:38	00:11:00
83	80	Manpreet	Johal	164	00:21:43	00:21:19	Senior	35	Male	77	East London Runners	00:11:02	00:10:41
84	86	Shailesh	Patel	233	00:21:44	00:21:26	V50	13	Male	78	East London Runners	00:10:47	00:10:56
85	83	Michael	Bamford	19	00:21:45	00:21:23	V50	14	Male	79	East London Runners	00:11:02	00:10:43
86	85	Rolston	Lecoite	180	00:21:45	00:21:24	V50	15	Male	80	East End Road Runners	00:10:58	00:10:46
87	87	Ramesh	Pala	228	00:21:45	00:21:29	V50	16	Male	81	East London Runners	00:10:52	00:10:53
88	88	Didier	Raffray	247	00:21:47	00:21:34	V40	31	Male	82	East End Road Runners	00:10:57	00:10:49
89	89	Wayne	Mcallister	205	00:21:48	00:21:36	V50	17	Male	83	Barking Road Runners	00:10:54	00:10:54
90	92	Eleanor	Wilkinson	328	00:21:50	00:21:44	Lady	4	Female	7	East London Runners	00:10:47	00:11:02
91	90	Maran	Raju	249	00:21:54	00:21:36	V50	18	Male	84	East London Runners	00:11:00	00:10:54
92	94	Jacqui	Bennett	31	00:22:00	00:21:47	Lady	5	Female	8	Barking Road Runners	00:10:49	00:11:11
93	93	Marc	Upton	311	00:22:06	00:21:45	V40	32	Male	85	East End Road Runners	00:10:59	00:11:06
94	96	Michael	Wilson	332	00:22:07	00:21:52	V50	19	Male	86	East London Runners	00:10:56	00:11:11
95	95	Grant	Conway	69	00:22:08	00:21:47	V40	33	Male	87	East London Runners	00:11:02	00:11:06
96	91	Liam	Ballantine	18	00:22:14	00:21:43	Senior	36	Male	88	Unattached	00:11:14	00:10:59

97	97	Joanne	Reeves	252	00:22:14	00:22:05	LV35	3	Female	9	Havering '90 Joggers	00:10:43	00:11:31
98	98	Gavin	Hodgson	145	00:22:20	00:22:07	Senior	37	Male	89	Orion Harriers	00:10:49	00:11:30
99	99	Craig	Livermore	186	00:22:24	00:22:10	Senior	38	Male	90	East London Runners	00:10:19	00:12:04
100	101	Mick	Brown	39	00:22:25	00:22:16	V50	20	Male	91	Dagenham 88 Runners	00:11:08	00:11:16
101	103	Amanda	Heslegrave	142	00:22:25	00:22:18	LV45	1	Female	10	Barking Road Runners	00:10:57	00:11:28
102	106	Roger	Winston	369	00:22:28	00:22:24	V60	1	Male	92	Havering '90 Joggers	00:11:01	00:11:27
103	104	Natasha	Tweedie	309	00:22:29	00:22:22	Lady	6	Female	11	East London Runners	00:11:01	00:11:28
104	105	Rakesh	Sandhu	263	00:22:32	00:22:22	V40	34	Male	93	Barking Road Runners	00:10:54	00:11:37
105	107	Andy	Preston	240	00:22:34	00:22:25	V40	35	Male	94	Barking Road Runners	00:11:04	00:11:30
106	100	Rebecca	Young	346	00:22:36	00:22:15	Lady	7	Female	12	East London Runners	00:11:17	00:11:18
107	102	Gareth	Jones	168	00:22:39	00:22:17	V40	36	Male	95	East London Runners	00:11:09	00:11:30
108	110	Alexandra	Wilkinson	329	00:22:40	00:22:32	LV45	2	Female	13	East London Runners	00:11:18	00:11:22
109	111	Emily	Clarke	59	00:22:43	00:22:35	Lady	8	Female	14	East London Runners	00:11:19	00:11:23
110	108	Dean	Bates	27	00:22:47	00:22:29	V40	37	Male	96	Havering '90 Joggers	00:11:30	00:11:16
111	109	Alan	Moran	214	00:22:47	00:22:30	V40	38	Male	97	ETON MANOR AC	00:11:20	00:11:26
112	113	Tony	Woodgate	338	00:22:55	00:22:43	V50	21	Male	98	Dagenham 88 Runners	00:11:09	00:11:45
113	118	Theresa	Healey	138	00:23:03	00:22:54	Lady	9	Female	15	East End Road Runners	00:11:13	00:11:50
114	116	Johann	Le Roux	178	00:23:06	00:22:52	Senior	39	Male	99	Unattached	00:11:44	00:11:21
115	112	Peter	Burdett	48	00:23:08	00:22:41	V40	39	Male	100	Havering '90 Joggers	00:11:42	00:11:25
116	124	Anna	Johnson	165	00:23:10	00:23:00	LV35	4	Female	16	East London Runners	00:11:23	00:11:47
117	126	Johnj	Mackenzie	195	00:23:11	00:23:02	V60	2	Male	101	Ilford Ac	00:11:24	00:11:47
118	122	Naomi	Zetter	349	00:23:11	00:22:59	Lady	10	Female	17	Unattached	00:11:22	00:11:49
119	127	Nicola	Hopkinson	150	00:23:12	00:23:04	LV45	3	Female	18	Ilford Ac	00:11:23	00:11:48
120	114	Carl	Brown	43	00:23:14	00:22:44	Senior	40	Male	102	Unattached	00:11:43	00:11:30
121	125	Rahana	Islam	159	00:23:14	00:23:01	LV35	5	Female	19	Dagenham 88 Runners	00:11:19	00:11:55
122	121	Andrew	Gwilliam	130	00:23:17	00:22:58	V40	40	Male	103	Barking Road Runners	00:11:35	00:11:42
123	128	Nils	Hollmann	147	00:23:19	00:23:08	V40	41	Male	104	Dagenham 88 Runners	00:11:24	00:11:55
124	130	Pat	Reid	253	00:23:20	00:23:14	V50	22	Male	105	Unattached	00:11:13	00:12:07
125	117	Paul	Marshall	201	00:23:21	00:22:52	Senior	41	Male	106	East London Runners	00:11:27	00:11:54
126	129	Katherine	Gardner	117	00:23:22	00:23:11	LV35	6	Female	20	East London Runners	00:11:29	00:11:52
127	119	Gina	Bianchi	33	00:23:23	00:22:54	LV35	7	Female	21	Orion Harriers	00:11:49	00:11:33
128	115	Nick	Gorman	125	00:23:25	00:22:50	V50	23	Male	107	East End Road Runners	00:11:44	00:11:41
129	132	Ronald	Vialls	317	00:23:27	00:23:17	V60	3	Male	108	Barking Road Runners	00:11:11	00:12:15
130	120	David	Thomas	300	00:23:28	00:22:57	V60	4	Male	109	Orion Harriers	00:11:44	00:11:44
131	131	Suzanne	Bench	29	00:23:31	00:23:16	LV45	4	Female	22	East London Runners	00:11:38	00:11:52
132	123	Jacob	Radford	246	00:23:33	00:22:59	Senior	42	Male	110	Unattached	00:11:31	00:12:02
133	137	Janet	Bywater	50	00:23:36	00:23:26	LV45	5	Female	23	East London Runners	00:11:45	00:11:50
134	138	Ernest	Forsyth	113	00:23:36	00:23:26	V60	5	Male	111	Ilford Ac	00:11:46	00:11:49
135	134	Jennifer	Akroyd	4	00:23:37	00:23:22	LV35	8	Female	24	Dagenham 88 Runners	00:11:34	00:12:02
136	135	Steve	Adams	2	00:23:40	00:23:23	V50	24	Male	112	ETON MANOR AC	00:11:43	00:11:56
137	133	Billy	Green	128	00:23:41	00:23:21	V40	42	Male	113	Ilford Ac	00:11:57	00:11:44
138	136	Laura	Woodhouse	339	00:23:43	00:23:23	Lady	11	Female	25	East London Runners	00:11:39	00:12:04
139	140	Christina	Clementson	60	00:23:45	00:23:30	LV45	6	Female	26	Havering '90 Joggers	00:11:44	00:12:00
140	144	Zakir	Hussain	156	00:23:47	00:23:36	Senior	43	Male	114	East End Road Runners	00:11:16	00:12:30
141	139	Alexandra	Brown	38	00:23:48	00:23:27	Lady	12	Female	27	East London Runners	00:11:45	00:12:03
142	145	Maud	Hodson	146	00:23:48	00:23:37	LV35	9	Female	28	East London Runners	00:11:57	00:11:50
143	143	Jennifer	Ruffel	259	00:23:48	00:23:35	Lady	13	Female	29	Barking Road Runners	00:11:34	00:12:14
144	147	Tim	Aylett	14	00:23:55	00:23:39	Senior	44	Male	115	East London Runners	00:12:10	00:11:44
145	151	Gary	Cardnell	54	00:23:57	00:23:45	V50	25	Male	116	Dagenham 88 Runners	00:11:21	00:12:35
146	148	Sarah	Giles	121	00:23:58	00:23:41	Lady	14	Female	30	ETON MANOR AC	00:11:56	00:12:01
147	149	Graham	Peacock	235	00:23:59	00:23:42	Senior	45	Male	117	East London Runners	00:11:33	00:12:26
148	141	Mark	Sheraton	275	00:24:03	00:23:30	Senior	46	Male	118	East End Road Runners	00:12:21	00:11:41
149	142	Kieran	Brown	41	00:24:04	00:23:33	V50	26	Male	119	East London Runners	00:12:22	00:11:41

150	153	O'neill	Patricia	234	00:24:04	00:23:49	LV45	7	Female	31	East London Runners	00:11:55	00:12:09
151	146	Daniel	Plawiak	238	00:24:05	00:23:38	Senior	47	Male	120	Barking Road Runners	00:11:53	00:12:12
152	150	Neil	Moses	217	00:24:06	00:23:43	V50	27	Male	121	Havering '90 Joggers	00:12:12	00:11:54
153	154	Lucy	Cline	61	00:24:15	00:24:00	Lady	15	Female	32	Dagenham 88 Runners	00:12:19	00:11:55
154	152	Katherine	Harris	136	00:24:18	00:23:48	LV35	10	Female	33	East London Runners	00:12:07	00:12:10
155	155	Natalie	Traylen	303	00:24:18	00:24:06	LV35	11	Female	34	Barking Road Runners	00:12:02	00:12:16
156	158	Ian	Cummins	81	00:24:20	00:24:08	V40	43	Male	122	Dagenham 88 Runners	00:11:54	00:12:26
157	156	Claire	Emery	102	00:24:20	00:24:06	LV45	8	Female	35	East London Runners	00:11:59	00:12:20
158	161	Sheetal	Dandgey	87	00:24:32	00:24:12	Lady	16	Female	36	East London Runners	00:12:09	00:12:23
159	163	Doug	Mansell	200	00:24:32	00:24:18	V60	6	Male	123	East London Runners	00:12:14	00:12:18
160	160	Finn	Palmason	229	00:24:36	00:24:09	V40	44	Male	124	Unattached	00:12:14	00:12:22
161	157	Stephen	Walsh	321	00:24:36	00:24:06	V50	28	Male	125	Havering '90 Joggers	00:12:20	00:12:15
162	162	Frank	Schubert	267	00:24:39	00:24:16	V60	7	Male	126	Havering '90 Joggers	00:12:29	00:12:10
163	159	Brian	Parish	231	00:24:40	00:24:08	V40	45	Male	127	Havering '90 Joggers	00:12:38	00:12:02
164	166	Sathanandasundaram	Alaganandasundaram	5	00:24:42	00:24:21	V50	29	Male	128	Ilford Ac	00:12:16	00:12:26
165	164	Nick	Howes	153	00:24:44	00:24:19	V40	46	Male	129	Unattached	00:12:46	00:11:57
166	169	Katherine	Jones	166	00:24:46	00:24:32	LV35	12	Female	37	East London Runners	00:12:21	00:12:25
167	168	Saheb	Yousefi	348	00:24:47	00:24:30	Senior	48	Male	130	East London Runners	00:11:55	00:12:51
168	167	Roger	Sana	262	00:24:54	00:24:26	V50	30	Male	131	East End Road Runners	00:12:23	00:12:31
169	173	Dianne	Crisp	77	00:24:55	00:24:44	LV45	9	Female	38	Ilford Ac	00:12:19	00:12:36
170	165	Martin	Jeeves	162	00:24:56	00:24:19	V40	47	Male	132	Unattached	00:12:49	00:12:07
171	170	Gabriel	Ellenberg	100	00:24:57	00:24:40	V50	31	Male	133	ETON MANOR AC	00:12:15	00:12:41
172	174	Trevor	Robinson	258	00:25:00	00:24:48	V40	48	Male	134	Dagenham 88 Runners	00:12:09	00:12:51
173	175	Fiona	Critchley	79	00:25:03	00:24:54	LV45	10	Female	39	East London Runners	00:12:13	00:12:49
174	171	Jodie	Schubert	266	00:25:05	00:24:41	Lady	17	Female	40	Havering '90 Joggers	00:12:33	00:12:32
175	177	Pathrose	Louis	190	00:25:11	00:25:02	V50	32	Male	135	Ilford Ac	00:12:17	00:12:54
176	172	Catherine Jane	Apps	8	00:25:14	00:24:43	LV55	2	Female	41	East End Road Runners	00:12:38	00:12:35
177	176	Alan	Godbold	123	00:25:23	00:24:54	V50	33	Male	136	Orion Harriers	00:12:40	00:12:43
178	178	Marcio	Baena	15	00:25:26	00:25:03	V40	49	Male	137	Unattached	00:12:32	00:12:54
179	184	Bozena	Myslinska	220	00:25:27	00:25:08	LV35	13	Female	42	East London Runners	00:13:09	00:12:17
180	180	Jacqui	Surridge	294	00:25:30	00:25:07	LV35	14	Female	43	Barking Road Runners	00:12:36	00:12:54
181	181	Paul	Morley	215	00:25:31	00:25:07	Senior	49	Male	138	Barking Road Runners	00:12:36	00:12:55
182	186	Jennifer	Ansell	7	00:25:32	00:25:14	Lady	18	Female	44	East London Runners	00:13:00	00:12:31
183	185	Lucy	Barron	22	00:25:32	00:25:12	Lady	19	Female	45	East London Runners	00:13:00	00:12:31
184	191	Anthony	Young	347	00:25:32	00:25:28	V50	34	Male	139	Unattached	00:12:16	00:13:15
185	182	David	Hallybone	131	00:25:33	00:25:07	V40	50	Male	140	East London Runners	00:12:32	00:13:01
186	179	Jason	Levy	185	00:25:34	00:25:05	V40	51	Male	141	East London Runners	00:12:46	00:12:48
187	183	Andy	Bolderstone	34	00:25:39	00:25:07	V40	52	Male	142	East London Runners	00:12:56	00:12:42
188	188	Jamie	Austin	13	00:25:43	00:25:24	Senior	50	Male	143	Dagenham 88 Runners	00:12:31	00:13:12
189	189	Luke	Summers	293	00:25:43	00:25:24	Senior	51	Male	144	Dagenham 88 Runners	00:12:32	00:13:10
190	190	Fiona	Day	90	00:25:49	00:25:26	LV55	3	Female	46	East London Runners	00:12:55	00:12:53
191	192	Andrea	Waller	320	00:25:51	00:25:28	LV35	15	Female	47	East London Runners	00:13:17	00:12:33
192	187	Nigel	Zucker	350	00:25:53	00:25:14	V60	8	Male	145	East End Road Runners	00:13:06	00:12:46
193	193	Kirstie	Woodgate	336	00:25:57	00:25:41	Lady	20	Female	48	Dagenham 88 Runners	00:12:43	00:13:13
194	200	Julia	Galea	116	00:26:07	00:25:56	LV55	4	Female	49	Ilford Ac	00:12:40	00:13:26
195	198	Dave	Knight	174	00:26:09	00:25:47	V60	9	Male	146	East London Runners	00:13:09	00:13:00
196	197	Christian	Turnbull	306	00:26:10	00:25:46	Senior	52	Male	147	East London Runners	00:13:11	00:12:58
197	195	Shaun	Desena	94	00:26:12	00:25:45	Senior	53	Male	148	East London Runners	00:13:10	00:13:01
198	194	Vanessa	Clyne	62	00:26:15	00:25:41	LV35	16	Female	50	Orion Harriers	00:13:11	00:13:04
199	202	Rob	Sargent	264	00:26:18	00:26:02	V60	10	Male	149	Ilford Ac	00:12:58	00:13:20
200	196	Tony	Lobo	187	00:26:19	00:25:45	V50	35	Male	150	Unattached	00:13:25	00:12:53
201	201	John	Neighbour	222	00:26:27	00:25:59	V50	36	Male	151	Orion Harriers	00:13:00	00:13:27
202	199	Peter	Martin	202	00:26:28	00:25:51	V50	37	Male	152	East London Runners	00:13:42	00:12:46

203	207	Rachel	Halpin	132	00:26:29	00:26:18	Lady	21	Female	51	Ilford Ac	00:13:06	00:13:23
204	206	Phil	Hudson	154	00:26:30	00:26:17	V60	11	Male	153	Ware Joggers	00:12:59	00:13:31
205	208	Tina	Bennett	32	00:26:36	00:26:20	LV35	17	Female	52	East London Runners	00:12:42	00:13:54
206	209	Stephen	Sheekey	274	00:26:37	00:26:22	V50	38	Male	154	Havering '90 Joggers	00:12:54	00:13:43
207	204	Fen	Coles	68	00:26:42	00:26:10	LV45	11	Female	53	ETON MANOR AC	00:13:28	00:13:13
208	203	Martin	Gevaux	120	00:26:43	00:26:09	V50	39	Male	155	East Grinstead Triathlon Club	00:13:24	00:13:19
209	211	Sukhbindar	Jandu	161	00:26:45	00:26:26	V50	40	Male	156	Ilford Ac	00:13:13	00:13:32
210	205	Caroline	Moore	213	00:26:47	00:26:13	LV45	12	Female	54	East London Runners	00:13:25	00:13:22
211	210	Mark	Cuschieri	82	00:26:52	00:26:23	V40	53	Male	157	Unattached	00:13:28	00:13:24
212	216	Trish	Kelly	171	00:26:54	00:26:39	LV55	5	Female	55	East London Runners	00:13:30	00:13:23
213	213	Alain	Cooper	72	00:26:56	00:26:31	V40	54	Male	158	Barking Road Runners	00:13:02	00:13:54
214	214	Abdi	Harouma	134	00:26:57	00:26:32	V50	41	Male	159	Unattached	00:13:25	00:13:32
215	212	Brian	Slade	281	00:27:02	00:26:29	V60	12	Male	160	Havering '90 Joggers	00:13:39	00:13:23
216	215	Sophie	Edwards	99	00:27:05	00:26:38	LV35	18	Female	56	East London Runners	00:13:31	00:13:34
217	218	Sheila	Kennedy	173	00:27:12	00:26:46	LV55	6	Female	57	East London Runners	00:13:24	00:13:47
218	222	Louise	Chappell	55	00:27:14	00:26:57	LV35	19	Female	58	Dagenham 88 Runners	00:13:26	00:13:47
219	219	Diana	Rexhepaj	254	00:27:14	00:26:50	LV45	13	Female	59	East London Runners	00:13:35	00:13:38
220	220	Amitaamita	Morse	216	00:27:15	00:26:51	LV45	14	Female	60	East London Runners	00:13:25	00:13:49
221	221	Alex	Jameson	160	00:27:17	00:26:56	V40	55	Male	161	East London Runners	00:13:44	00:13:33
222	217	Bernard	Savage	265	00:27:20	00:26:45	V60	13	Male	162	Havering '90 Joggers	00:13:42	00:13:38
223	224	Rob	Courtier	74	00:27:23	00:27:01	V60	14	Male	163	Barking Road Runners	00:13:31	00:13:51
224	226	Timi Selon	Veerasamy	314	00:27:27	00:27:09	LV55	7	Female	61	Dagenham 88 Runners	00:13:36	00:13:51
225	223	John	Atkinson	12	00:27:31	00:26:58	V60	15	Male	164	East London Runners	00:13:57	00:13:33
226	229	Carol	Muir	219	00:27:31	00:27:19	LV45	15	Female	62	Ilford Ac	00:13:29	00:14:01
227	227	Geoff	Bench	30	00:27:34	00:27:12	V50	42	Male	165	East London Runners	00:13:43	00:13:51
228	225	Christina	Watson	323	00:27:35	00:27:05	LV55	8	Female	63	ETON MANOR AC	00:14:11	00:13:24
229	228	Maria	Bartlett	23	00:27:39	00:27:18	LV35	20	Female	64	Barking Road Runners	00:13:34	00:14:04
230	232	Robert	Maggio	198	00:27:49	00:27:36	V60	16	Male	166	ETON MANOR AC	00:13:37	00:14:12
231	230	Nicola	Chester	58	00:28:00	00:27:30	LV35	21	Female	65	Ilford Ac	00:14:11	00:13:48
232	231	Jane	Stichbury	290	00:28:04	00:27:32	LV45	16	Female	66	ETON MANOR AC	00:14:08	00:13:55
233	233	Angus	Mcphee	211	00:28:10	00:27:39	Senior	54	Male	167	Unattached	00:15:10	00:13:00
234	235	Charlotte	Nohavicka	224	00:28:10	00:27:40	Lady	22	Female	67	Unattached	00:15:10	00:12:59
235	236	David	Radford	245	00:28:10	00:27:44	V40	56	Male	168	East End Road Runners	00:13:56	00:14:14
236	234	Shannon	Diggory	95	00:28:14	00:27:39	Lady	23	Female	68	East End Road Runners	00:14:14	00:13:59
237	238	Nicola	Cranmer	75	00:28:17	00:27:55	LV45	17	Female	69	Barking Road Runners	00:14:07	00:14:10
238	240	Leigh	Wood	335	00:28:19	00:28:03	LV45	18	Female	70	Havering '90 Joggers	00:13:57	00:14:21
239	241	Victoria	Bryant	47	00:28:20	00:28:04	LV35	22	Female	71	Havering '90 Joggers	00:13:57	00:14:23
240	242	Rosina	Salmon	260	00:28:21	00:28:05	LV45	19	Female	72	Dagenham 88 Runners	00:13:54	00:14:26
241	237	Hugh	Barnard	21	00:28:22	00:27:48	V60	17	Male	169	East End Road Runners	00:14:14	00:14:08
242	244	Hannah	White	326	00:28:28	00:28:07	Lady	24	Female	73	Unattached	00:13:55	00:14:33
243	239	Cheryl	St Jean-Ellis	286	00:28:31	00:27:55	LV45	20	Female	74	East End Road Runners	00:14:27	00:14:04
244	243	Kresh	Veerasamy	315	00:28:32	00:28:06	V40	57	Male	170	Barking Road Runners	00:13:59	00:14:32
245	246	Alison	Fryatt	114	00:28:39	00:28:12	LV45	21	Female	75	Barking Road Runners	00:13:57	00:14:42
246	249	Doris	Gaga	115	00:28:44	00:28:32	LV45	22	Female	76	Ilford Ac	00:14:04	00:14:40
247	245	Bisi	Imafidon	158	00:28:45	00:28:09	LV45	23	Female	77	East End Road Runners	00:14:27	00:14:18
248	248	Pam	Howard	151	00:28:53	00:28:24	LV45	24	Female	78	Havering '90 Joggers	00:14:51	00:14:01
249	247	Gillian	Scott	270	00:28:56	00:28:23	LV55	9	Female	79	Orion Harriers	00:14:18	00:14:37
250	250	Mary	Ballantine	17	00:29:02	00:28:36	LV45	25	Female	80	Unattached	00:14:50	00:14:11
251	254	Richard	Ash	11	00:29:08	00:28:52	V50	43	Male	171	Barking Road Runners	00:13:54	00:15:13
252	251	Carey	Luke	193	00:29:10	00:28:37	LV35	23	Female	81	Havering '90 Joggers	00:14:33	00:14:37
253	252	David	Wyatt	343	00:29:11	00:28:39	V60	18	Male	172	East London Runners	00:14:48	00:14:23
254	253	Alice	Ridgway	256	00:29:18	00:28:46	Lady	25	Female	82	East End Road Runners	00:14:39	00:14:38
255	256	Kate	Ford	111	00:29:43	00:29:28	Lady	26	Female	83	East London Runners	00:14:19	00:15:24

256	257	Jennifer	Ford	112	00:29:44	00:29:30	Lady	27	Female	84	East London Runners	00:14:19	00:15:24
257	255	Laura	Thomas	298	00:29:47	00:29:15	LV35	24	Female	85	Havering '90 Joggers	00:15:00	00:14:46
258	258	Vicki	Groves	129	00:29:54	00:29:32	LV45	26	Female	86	Barking Road Runners	00:14:24	00:15:29
259	259	Laura	Kelly	172	00:30:12	00:29:38	LV45	27	Female	87	Havering '90 Joggers	00:15:04	00:15:08
260	263	Julie	Gillender	122	00:30:15	00:30:01	LV45	28	Female	88	Ilford Ac	00:14:41	00:15:33
261	260	Alison	Hawkes	137	00:30:17	00:29:42	LV45	29	Female	89	ETON MANOR AC	00:15:20	00:14:57
262	261	Carol	Nelson	223	00:30:25	00:29:54	LV55	10	Female	90	Havering '90 Joggers	00:15:11	00:15:13
263	264	Phillippa	Walker	319	00:30:27	00:30:03	LV35	25	Female	91	East London Runners	00:15:04	00:15:23
264	262	Monica	Secretan	272	00:30:33	00:30:00	LV35	26	Female	92	East End Road Runners	00:15:21	00:15:12
265	265	Sandra	Hiller	143	00:30:47	00:30:18	LV55	11	Female	93	East London Runners	00:15:09	00:15:37
266	266	Hayley	Dalton	86	00:30:56	00:30:20	LV45	30	Female	94	ETON MANOR AC	00:15:24	00:15:32
267	269	Maya	Goodwin	124	00:30:59	00:30:36	LV45	31	Female	95	East London Runners	00:15:06	00:15:52
268	271	Sara	Prior	242	00:31:01	00:30:46	LV45	32	Female	96	Dagenham 88 Runners	00:14:49	00:16:12
269	267	Louise	Taylor	297	00:31:02	00:30:27	LV35	27	Female	97	ETON MANOR AC	00:15:37	00:15:24
270	270	Vanessa	Lawrence	177	00:31:05	00:30:36	LV55	12	Female	98	East End Road Runners	00:15:34	00:15:31
271	268	Elaine	Richardson	255	00:31:05	00:30:34	LV55	13	Female	99	Havering '90 Joggers	00:15:50	00:15:14
272	275	Ken	Summerfield	291	00:31:10	00:30:51	V50	44	Male	173	Barking Road Runners	00:15:17	00:15:52
273	272	Sarah	Stephens	287	00:31:11	00:30:46	Lady	28	Female	100	East London Runners	00:15:15	00:15:56
274	274	Pavish	Karnik	169	00:31:15	00:30:50	Senior	55	Male	174	East End Road Runners	00:15:10	00:16:05
275	276	Helen	Mottram	218	00:31:22	00:31:07	Lady	29	Female	101	Unattached	00:15:26	00:15:55
276	273	Tim	Stevenson	289	00:31:24	00:30:47	V50	45	Male	175	Unattached	00:15:25	00:15:58
277	278	Emma	Hobbs	144	00:31:51	00:31:30	LV35	28	Female	102	East London Runners	00:15:52	00:15:59
278	277	Margaret	Score	268	00:31:58	00:31:22	LV45	33	Female	103	Havering '90 Joggers	00:16:07	00:15:51
279	280	Sonia	Cheadle	57	00:32:02	00:31:41	LV35	29	Female	104	East London Runners	00:16:12	00:15:50
280	279	Pam	Jones	167	00:32:15	00:31:39	LV55	14	Female	105	Ilford Ac	00:16:14	00:16:00
281	281	Jan	Webb	324	00:32:29	00:32:02	LV45	34	Female	106	East London Runners	00:15:58	00:16:31
282	282	Sam	Veerasamy	316	00:32:43	00:32:22	V60	19	Male	176	Dagenham 88 Runners	00:16:20	00:16:22
283	283	Reena	Varu	313	00:32:48	00:32:25	LV35	30	Female	107	Unattached	00:15:28	00:17:20
284	284	Naomi	Nathan	221	00:33:02	00:32:36	Lady	30	Female	108	Unattached	00:16:39	00:16:23
285	287	Irene	Campan	51	00:33:06	00:32:46	LV45	35	Female	109	Dagenham 88 Runners	00:16:20	00:16:46
286	286	Sharon	Robinson	257	00:33:06	00:32:45	LV45	36	Female	110	Dagenham 88 Runners	00:16:22	00:16:43
287	285	Kim	Baxter	28	00:33:18	00:32:41	LV55	15	Female	111	Ilford Ac	00:16:21	00:16:57
288	288	Chris	Thomas	299	00:33:27	00:32:53	Senior	56	Male	177	Havering '90 Joggers	00:16:21	00:17:05
289	289	Lucy	Seaman	271	00:33:34	00:33:01	LV35	31	Female	112	East End Road Runners	00:16:29	00:17:05
290	290	Lucy	Williams	330	00:33:44	00:33:19	LV35	32	Female	113	East London Runners	00:16:37	00:17:07
291	291	Joan	Dandy	88	00:33:58	00:33:30	LV55	16	Female	114	Unattached	00:16:28	00:17:29
292	293	Carlos	Bastidas	26	00:34:12	00:33:46	V50	46	Male	178	Dagenham 88 Runners	00:16:30	00:17:41
293	292	Gemma	Slade	280	00:34:15	00:33:40	LV45	37	Female	115	Havering '90 Joggers	00:16:38	00:17:36
294	294	Julie	Cardnell	53	00:35:18	00:35:01	LV55	17	Female	116	Dagenham 88 Runners	00:17:10	00:18:07
295	295	Liz	O'donnell	226	00:35:34	00:35:05	LV45	38	Female	117	East London Runners	00:17:25	00:18:08
296	296	Josy	Hughes	155	00:35:43	00:35:09	LV45	39	Female	118	Havering '90 Joggers	00:17:46	00:17:57
297	297	Melanie	Wiltshire	333	00:35:45	00:35:10	LV35	33	Female	119	Havering '90 Joggers	00:18:07	00:17:38
298	298	Lorraine	Scott	269	00:36:18	00:35:59	LV45	40	Female	120	Dagenham 88 Runners	00:17:45	00:18:33
299	299	Michael	Ball	16	00:37:01	00:36:36	V60	20	Male	179	Barking Road Runners	00:17:54	00:19:06
300	300	Denise	Woolston	341	00:37:42	00:37:25	LV45	41	Female	121	Dagenham 88 Runners	00:17:55	00:19:46
301	301	Richele	Cockley	63	00:38:05	00:37:48	LV45	42	Female	122	Dagenham 88 Runners	00:17:56	00:20:08
302	302	Alison	Wells	325	00:38:37	00:38:00	LV55	18	Female	123	ETON MANOR AC	00:19:04	00:19:33
303	303	Brian	Graham	126	00:43:28	00:43:01	V50	47	Male	180	East End Road Runners	00:11:55	00:31:32
DNS		Sacha	Ackland	1	DNS	DNS	LV35		Female		ETON MANOR AC		
DNS		Roisin	Archer	10	DNS	DNS	LV35		Female		East London Runners		
DNS		Veronica	Barikor	20	DNS	DNS	LV45		Female		Barking Road Runners		
DNS		Amy	Boorn	35	DNS	DNS	Lady		Female		East London Runners		
DNS		Jayne	Browne	44	DNS	DNS	LV45		Female		East London Runners		

DNS		Samuel	Browne	45	DNS	DNS	Senior		Male		East London Runners		
DNS		Clive	Burrow	49	DNS	DNS	V40		Male		Havering '90 Joggers		
DNS		Victoria	Charlesworth	56	DNS	DNS	LV45		Female		East London Runners		
DNS		Stephen	Cole	67	DNS	DNS	Senior		Male		East London Runners		
DNS		Vicky	Cooper	71	DNS	DNS	LV45		Female		Barking Road Runners		
DNS		Gavin	Copus	73	DNS	DNS	V40		Male		Unattached		
DNS		Rachel	Crapnell	76	DNS	DNS	Lady		Female		East London Runners		
DNS		Barry	Culling	80	DNS	DNS	Senior		Male		Barking Road Runners		
DNS		Julie	Dalphinis	85	DNS	DNS	LV55		Female		Dagenham 88 Runners		
DNS		Jacqui	Elliott	101	DNS	DNS	LV45		Female		Dagenham 88 Runners		
DNS		Nichola	Fairbairn	105	DNS	DNS	LV35		Female		Ilford Ac		
DNS		Roberta	Field	107	DNS	DNS	LV35		Female		ETON MANOR AC		
DNS		Ben	Fisher	108	DNS	DNS	V40		Male		Orion Harriers		
DNS		Emmet	Fitzgibbon	109	DNS	DNS	Senior		Male		East London Runners		
DNS		Lara	Harradine	135	DNS	DNS	LV45		Female		Havering '90 Joggers		
DNS		John Paul	Healy	140	DNS	DNS	V40		Male		East London Runners		
DNS		Sharon	Honey	149	DNS	DNS	LV55		Female		Unattached		
DNS		Robert	Howe	152	DNS	DNS	Senior		Male		Unattached		
DNS		Mark	Jefford	163	DNS	DNS	V50		Male		London Heathside		
DNS		David	Keeley	170	DNS	DNS	V60		Male		Havering '90 Joggers		
DNS		Daniel	Levicki	184	DNS	DNS	Senior		Male		East London Runners		
DNS		Andrea	Macqueen	197	DNS	DNS	LV45		Female		Orion Harriers		
DNS		Lisa	Maughan	204	DNS	DNS	LV45		Female		Barking Road Runners		
DNS		Samuel	Mccarthy	206	DNS	DNS	Senior		Male		East London Runners		
DNS		Kieran	Mckenna	207	DNS	DNS	V40		Male		Drax All Stars		
DNS		Nick	Papavassiliou	230	DNS	DNS	V40		Male		ETON MANOR AC		
DNS		Sarah	Pascal	232	DNS	DNS	LV45		Female		East London Runners		
DNS		Ana	Pope	239	DNS	DNS	LV35		Female		ETON MANOR AC		
DNS		Sally	Probett	244	DNS	DNS	Lady		Female		Unattached		
DNS		Mala	Singh	277	DNS	DNS	LV35		Female		ETON MANOR AC		
DNS		Edward	Skinner	279	DNS	DNS	V60		Male		Ilford Ac		
DNS		James	Smith	283	DNS	DNS	Senior		Male		Dagenham 88 Runners		
DNS		Claire	Spencer	285	DNS	DNS	LV35		Female		Unattached		
DNS		Nige	Swaby	295	DNS	DNS	V50		Male		Barking Road Runners		
DNS		Jane	Swanson-Sprent	296	DNS	DNS	LV45		Female		Dagenham 88 Runners		
DNS		Kelly	Thornecroft	302	DNS	DNS	Lady		Female		London Heathside		
DNS		Daniel	Tudor	305	DNS	DNS	V40		Male		Havering '90 Joggers		
DNS		Robyn	Turtle	307	DNS	DNS	Lady		Female		East London Runners		
DNS		Greg	Turtle	308	DNS	DNS	Senior		Male		East London Runners		
DNS		Sue	Unsworth	310	DNS	DNS	LV45		Female		ETON MANOR AC		
DNS		Louise	Vacher	312	DNS	DNS	LV45		Female		ETON MANOR AC		
DNS		Louise	Ward	322	DNS	DNS	LV45		Female		ETON MANOR AC		
DNS		Alan	Wicks	327	DNS	DNS	V50		Male		Havering '90 Joggers		