



LOUGHTON ATHLETIC CLUB

Interclub Vets 11am 6th November 2021

#	Pos	M / F Pos	Time	Name	Full Club
157	1	1	30:51	Gary Towers (MV45)	Eton Manor
177	2	2	31:15	Gary Coombes (MV45)	Ilford AC
159	3	3	31:42	James Pilch (MV40)	Eton Manor
183	4	4	32:25	Paul Boddey (MV40)	Eton Manor
126	5	5	32:44	Brian Jenkins (MV40)	Orion Harriers
124	6	6	32:54	Bob Glasgow (MV45)	Orion Harriers
155	7		33:28	Dylan Williams (Guest)	Eton Manor
176	8	7	33:36	Fabrizio Stefanoni (MV45)	Ilford AC
113	9	8	33:41	Jon Whitehouse (MV45)	Loughton AC
149	10	9	33:45	Kevin Long (MV40)	Victoria Park Harriers and THAC
167	11	10	33:50	Alex Pickering (MV40)	East London Runners
174	12	11	33:59	Danny Holeyman (MV45)	Ilford AC
138	13	12	34:04	Neil McGoun (MV40)	Orion Harriers
147	14	13	34:06	Tim Wright (MV50)	Orion Harriers
154	15	14	34:30	David Cato (MV40)	Eton Manor
115	16	15	34:31	Steve Palmer (MV50)	Loughton AC
130	17	16	35:09	Colin Read (MV50)	Orion Harriers
131	18	17	35:13	Dan Gritton (MV45)	Orion Harriers
165	19	18	35:42	Russ Jones (MV50)	Eton Manor
184	20		36:02	George Fernandez (Guest)	Eton Manor
129	21	19	36:04	Colin Smith (MV45)	Orion Harriers
189	22		36:07	Joshua Dent (Guest)	Eton Manor
175	23	20	36:19	Diarmuid Macdonnell (MV45)	Ilford AC
59	24	1	36:27	Jenny Heymann (WV40)	Eton Manor
164	25	21	36:30	Rob Sommerville (MV50)	Eton Manor
128	26		36:35	Robin Daines (MV50)	Guest
112	27	22	36:44	David Mills (MV55)	Loughton AC
150	28	23	36:44	Richard Bryant (MV50)	Victoria Park Harriers and THAC
160	29		36:50	Jonathan Leith (Guest)	Eton Manor
168	30	24	36:51	Amit Marks (MV40)	East London Runners
73	31	2	37:09	Ali Trauttmansdorff (WV50)	Victoria Park Harriers and THAC
111	32	25	37:11	Alan Fricker (MV45)	Loughton AC
187	33		37:16	Richard Parr (Guest)	Eton Manor
134	34	26	37:19	Glenn Gosling (MV45)	Orion Harriers
151	35	27	37:22	Simon Wharton (MV50)	Victoria Park Harriers and THAC
190	36	28	37:34	Tony Harran (MV60)	Vets AC
139	37	29	37:37	Paul Stockings (MV60)	Orion Harriers
125	38	30	37:50	Brendan Clooney (MV50)	Orion Harriers
189	39	31	38:07	Victor Maughn (MV55)	Vets AC
34	40	3	38:10	Zoe Oldfield (WV40)	Loughton AC
29	41	4	38:30	Mary Knapman (WV40)	Loughton AC
179	42	32	39:04	James Lambden (MV50)	Loughton AC
153	43	33	39:18	Dave Daugirda (MV55)	Eton Manor

67	44	5	39:31	Paula Bedford (WV40)	East London Runners
163	45	34	39:34	Michael Cates (MV50)	Eton Manor
166	46	35	39:42	Toni Pang (MV45)	Eton Manor
78	47	6	39:50	Christine Kennedy (WV65)	Orion Harriers
135	48	36	39:51	John Smith (MV60)	Orion Harriers
28	49	7	40:01	Lorna Gaffney (WV50)	Loughton AC
123	50	37	40:44	Bill Bennett (MV60)	Orion Harriers
66	51	8	40:57	Becky Evans (WV50)	East London Runners
122	52	38	41:14	Ben Fisher (MV45)	Orion Harriers
144	53	39	41:17	Simon Haigh (MV50)	Orion Harriers
178	54	40	41:20	Cliff Warren (MV60)	Loughton AC
182	55		41:43	Ross Lucas (MV50)	Guest
146	56	41	41:58	Steve Bennett (MV50)	Orion Harriers
148	57	42	42:00	David Shortridge (MV50)	Victoria Park Harriers and THAC
137	58	43	42:10	Mark Muscatt (MV60)	Orion Harriers
152	59	44	42:12	Adrian Frost (MV60)	Eton Manor
171	60	45	42:32	Monir Dahbi (MV40)	East London Runners
64	61	9	42:45	Sarah Carey (WV35)	Eton Manor
33	62	10	42:50	Sharon Palmer (WV45)	Loughton AC
133	63	46	43:09	Gary Bartlett (MV60)	Orion Harriers
62	64	11	43:27	Maud Hodson (WV45)	Eton Manor
173	65	47	43:36	Ramesh Pala (MV60)	East London Runners
140	66	48	43:44	Paul Williams (MV60)	Orion Harriers
44	67	12	44:08	Jo Plumb (WV50)	Orion Harriers
49	68	13	44:13	Mary Armitage (WV55)	Orion Harriers
26	69	14	44:15	Laura Fernandez (WV55)	Loughton AC
?	70		44:17	Unknown	
120	71	49	44:19	Andy Kennedy (MV40)	Orion Harriers
118	72	50	44:35	Edward Skinner (MV65)	Vets AC
45	73	15	44:47	Karen Lyons (WV50)	Orion Harriers
132	74	51	44:48	Dave Brock (MV60)	Orion Harriers
191	75		44:57	Paul Dominguez (MV50)	Guest
121	76	52	45:00	Bal Gill (MV55)	Orion Harriers
42	77	16	45:08	Hayley Barron (WV50)	Orion Harriers
63	78	17	45:12	Ru Rose (WV40)	Eton Manor
32	79	18	45:22	Michelle Ayrton (WV45)	Loughton AC
55	80	19	45:24	Gail Hennessy (WV65)	Eton Manor
158	81	53	45:27	Glen Reddick (MV45)	Eton Manor
50	82	20	45:36	Sarah Knox (WV50)	Victoria Park Harriers and THAC
37	83	21	45:41	Alison Taylor (WV40)	Orion Harriers
119	84	54	45:42	David Hinds (MV70)	Vets AC
35	85	22	45:44	Patricia Thomas (WV55)	Vets AC
36	86	23	45:49	Lynn Wilson (WV60)	Vets AC
52	87	24	45:53	Christina Long (WV40)	Eton Manor
127	88		46:29	Chris Chapman (Guest)	Orion Harriers
58	89	25	46:38	Janine Durrant (WV45)	Eton Manor
41	90	26	46:49	Christine Inch (WV60)	Orion Harriers
47	91	27	46:56	Lisa Thorn (WV50)	Orion Harriers
31	92	28	47:02	Melanie Peddle (WV50)	Loughton AC
69	93	29	47:11	Sandra Preston (WV55)	East London Runners
156	94	55	47:32	Gabriel Ellenberg (MV60)	Eton Manor
116	95	56	47:37	Steve Worrall (MV45)	Loughton AC
22	96	30	47:56	Anne Heeks (WV60)	Loughton AC
56	97	31	48:18	Gillian McKay (WV55)	Eton Manor
162	98	57	48:53	Lance Tabraham (MV55)	Eton Manor

24	99	32	49:13	Deborah Davies (WV50)	Loughton AC
170	100	58	49:22	John Paul Healy (MV50)	East London Runners
54	101	33	50:07	Fen Coles (WV50)	Eton Manor
27	102	34	50:09	Lisa Perryman (WV45)	Loughton AC
39	103	35	50:22	Anna Barnett (WV50)	Orion Harriers
61	104	36	50:56	Mala Singh (WV45)	Eton Manor
117	105	59	51:02	Tim Horton (MV55)	Loughton AC
57	106	37	51:18	Hayley Dalton (WV50)	Eton Manor
169	107	60	51:25	John O'Brien (MV50)	East London Runners
21	108	38	52:31	Amanda Overy (WV55)	Loughton AC
48	109	39	52:48	Lynne Wakinshaw (WV45)	Orion Harriers
141	110	61	52:56	Pete Bulatis (MV65)	Orion Harriers
68	111	40	53:38	Diana Rexhepaj (WV50)	East London Runners
70	112	41	53:38	Susannah McLaren (WV55)	East London Runners
30	113	42	55:18	Mary Johnson (WV45)	Loughton AC
40	114	43	56:11	Beata Gaxha (WV45)	Orion Harriers
25	115	44	01:01:10	Irene Petersen (WV55)	Loughton AC
114	116	62	01:01:15	Mark Fox (MV40)	Loughton AC