



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
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
129	21	19	36:04	Colin Smith (MV45)	Orion Harriers
175	23	20	36:19	Diarmuid Macdonnell (MV45)	Ilford AC
164	25	21	36:30	Rob Sommerville (MV50)	Eton Manor
112	27	22	36:44	David Mills (MV55)	Loughton AC
150	28	23	36:44	Richard Bryant (MV50)	Victoria Park Harriers and THAC
168	30	24	36:51	Amit Marks (MV40)	East London Runners
111	32	25	37:11	Alan Fricker (MV45)	Loughton AC
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
179	42	32	39:04	James Lambden (MV50)	Loughton AC
153	43	33	39:18	Dave Daugirda (MV55)	Eton Manor
163	45	34	39:34	Michael Cates (MV50)	Eton Manor
166	46	35	39:42	Toni Pang (MV45)	Eton Manor
135	48	36	39:51	John Smith (MV60)	Orion Harriers
123	50	37	40:44	Bill Bennett (MV60)	Orion Harriers
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
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
133	63	46	43:09	Gary Bartlett (MV60)	Orion Harriers
173	65	47	43:36	Ramesh Pala (MV60)	East London Runners
140	66	48	43:44	Paul Williams (MV60)	Orion Harriers
120	71	49	44:19	Andy Kennedy (MV40)	Orion Harriers
118	72	50	44:35	Edward Skinner (MV65)	Vets AC
132	74	51	44:48	Dave Brock (MV60)	Orion Harriers
121	76	52	45:00	Bal Gill (MV55)	Orion Harriers
158	81	53	45:27	Glen Reddick (MV45)	Eton Manor
119	84	54	45:42	David Hinds (MV70)	Vets AC
156	94	55	47:32	Gabriel Ellenberg (MV60)	Eton Manor
116	95	56	47:37	Steve Worrall (MV45)	Loughton AC
162	98	57	48:53	Lance Tabraham (MV55)	Eton Manor
170	100	58	49:22	John Paul Healy (MV50)	East London Runners
117	105	59	51:02	Tim Horton (MV55)	Loughton AC
169	107	60	51:25	John O'Brien (MV50)	East London Runners
141	110	61	52:56	Pete Bulatis (MV65)	Orion Harriers
114	116	62	01:01:15	Mark Fox (MV40)	Loughton AC