



LOUGHTON ATHLETIC CLUB

Event: Ware Cup 11th December 2021

Race: Senior men

#	Pos	Cat Pos	Time	Name	Club
101	1	1	26:43	Adam Millbery (SM)	Victoria Park and Tower Hamlets
21	2	2	28:10	Dan Moses (SM)	Orion Harriers
91	3	3	28:26	David Jones (SM)	Victoria Park and Tower Hamlets
19	4	4	28:41	Rich Smith (SM)	Orion Harriers
15	5	5	29:07	Paul Quinton (M40)	East London Runners
99	6	6	29:09	Jon Andueza (SM)	Victoria Park and Tower Hamlets
38	7	7	29:13	Mick McTernan (SM)	Orion Harriers
71	8	8	29:35	Stevie Boyle (SM)	Eton Manor
95	9	9	29:57	Patrick Thomas (SM)	Victoria Park and Tower Hamlets
76	10	10	30:00	Dylan Williams (SM)	Eton Manor
70	11	11	30:34	Graham White (SM)	Eton Manor
82	12	12	30:43	George Fernandez (SM)	Eton Manor
2	13	13	30:52	Seb Parris (SM)	Ilford
90	14	14	30:58	Dan McPhilimey (SM)	Victoria Park and Tower Hamlets
194	15	15	31:03	Jon Whitehouse (M45)	Loughton AC
33	16	16	31:09	Scott Reid (M50)	Orion Harriers
94	17	17	31:12	Arif Erdogan (SM)	Victoria Park and Tower Hamlets
96	18	18	31:19	Gavin Lau (SM)	Victoria Park and Tower Hamlets
9	19	19	31:31	Alex Pickering (M40)	East London Runners
31	20	20	31:40	Neil Swift (M50)	Orion Harriers
37	21	21	31:50	Ed Lunn (SM)	Orion Harriers
69	22	22	31:51	Quentin Grieu (SM)	Eton Manor
1	23	23	31:53	Danny Holeyman (M45)	Ilford
29	24	24	31:59	Henry Giddens (SM)	Orion Harriers
73	25	25	32:11	Russ Jones (M50)	Eton Manor
85	26	26	32:12	Daniel O'Sullivan (M45)	Victoria Park and Tower Hamlets
28	27	27	32:15	Neil McGuon (M40)	Orion Harriers
78	28	28	32:19	Toni Pang (M45)	Eton Manor
187	29	29	32:39	Steve Palmer (M50)	Loughton AC
74	30	30	32:42	Rob Sommerville (M50)	Eton Manor
34	31	31	33:02	Colin Smith (M40)	Orion Harriers
80	33	32	33:35	Jonathan Leith (SM)	Eton Manor
192	34	33	33:41	Alan Fricker (M45)	Loughton AC
11	36	34	34:09	Amit Marks (M40)	East London Runners
87	37	35	34:17	Richard Bryant (M50)	Victoria Park and Tower Hamlets
197	39	36	34:19	Sam Brewitt (M40)	Guest

185	40	37	34:37	David Mills (M55)	Loughton AC
14	41	38	34:46	Andrew Baxter (M50)	East London Runners
72	42	39	35:09	Dave Daugirda (M55)	Eton Manor
12	43	40	35:12	Karan Gadhia (SM)	East London Runners
86	47	41	35:41	Simon Bonner (M45)	Victoria Park and Tower Hamlets
39	48	42	35:56	Buddy Green (SM)	Orion Harriers
195	49	43	35:59	James Lambden (M55)	Loughton AC
32	51	44	36:11	Paul Stockings (M60)	Orion Harriers
27	52	45	36:17	Paul Goodhew (M50)	Orion Harriers
24	55	46	36:30	Darren Welsford (M40)	Orion Harriers
20	61	47	36:57	Steve Taylor (M50)	Orion Harriers
186	63	48	37:26	John Stubbs (SM)	Loughton AC
198	64	49	37:31	Cliff Warren (M55)	Loughton AC
36	68	50	38:04	Gary Bartlett (M60)	Orion Harriers
190	69	51	38:08	Nico Strydom (M45)	Loughton AC
40	71	52	38:19	Simon Haigh (M50)	Orion Harriers
10	75	53	39:05	Monir Dahbi (M40)	East London Runners
35	76	54	39:21	Jon West (M40)	Orion Harriers
196	78	55	40:02	Ben Joyce (M40)	Loughton AC
25	80	56	40:25	Paul Williams (M60)	Orion Harriers
88	86	57	41:12	Gerald Akrigg (M55)	Victoria Park and Tower Hamlets
193	89	58	42:29	Steve Worrall (M45)	Loughton AC
77	90	59	42:55	Gabriel Ellenberg (M60)	Eton Manor
30	93	60	43:50	Bal Gil (M50)	Orion Harriers
89	99	61	46:32	William Burbridge-James (M60)	Victoria Park and Tower Hamlets
184	110	62		Mark Fox (M40)	Loughton AC