

Havering '90 Joggers Midweek 5M Results 2009

Pos	Name	Club	Time	Vet Cat
1	Robert Warner	Havering Mayesbrook	27.23	SM
2	Shay Joyce	Orion Harriers	28.31	SM
3	Ian Anthony	Havering Mayesbrook	28.39	SM
4	Matt Woodman	Unattached	28.48	SM
5	Neil McGoun	Orion Harriers	28.49	SM
6	Stephen Philcox	Barking Road Runners	29.37	MV40
7	Neil Crisp	Ilford AC	29.39	MV40
8	John Barker	Thrift Green Trotters	29.51	MV40
9	John Russell	Thurrock Harriers	29.59	SM
10	Iain MacDonald	Ilford AC	30.15	SM
11	Glen Kent	Pitsea RC	30.20	MV50
12	Aaron Williams	East London Runners	30.27	SM
13	Phil Oatham	Thurrock Harriers	30.29	MV50
14	David Brock	Orion Harriers	30.30	MV40
15	Greg Wisken	Mid Essex Casuals	30.32	MV40
16	James Nelson	RC82 Runners	30.45	SM
17	Andrew Coleman	Woodford Green AC	31.10	MV40
18	Kevin Newell	Ilford AC	31.18	SM
19	Matt Maple	Ilford AC	31.24	SM
20	Frank McGowan	Ford Fitness	31.28	MV40
21	Tony Hopwood	Springfield Striders	31.33	SM
22	Ciaran Canavan	East London Runners	31.36	SM
23	Bradley Brown	Barking Road Runners	31.57	SM
24	Paul Douglas	Stafford Harriers	32.13	MV50
25	Lee Scott	Barking Road Runners	32.21	MV40
26	Mark Duncan	Ford Fitness	32.28	MV40
27	John Tyler	Havering '90 Joggers	32.38	MV40
28	Paul Ward	Barking Road Runners	32.52	SM
29	Ronald Vials	Barking Road Runners	32.56	MV50
30	Karen Levinson	East London Runners	33.17	FV35
31	Martin Page	Barking Road Runners	33.38	MV50
32	Karen Sindall	Ilford AC	34.03	SF
33	Paul Campbell	Havering '90 Joggers	34.05	SM
34	Rob Sargeant	Dagenham '88 Runners	34.06	MV50
35	David Robinson	Barking Road Runners	34.08	MV40
36	Steve Parker	Ilford AC	34.17	MV50
37	Neil Tilbury	RC82 Runners	34.26	SM
38	Sharon Bolister	Eton Manor	34.29	SF
39	Bob Jousiffe	Orion Harriers	34.40	MV60
40	Gary Howard	Havering Mayesbrook	34.48	MV40
41	Andrew Thomson	Havering '90 Joggers	34.54	SM
42	James Bolton	Havering '90 Joggers	35.04	SM
43	Brian Butcher	Mid Essex Casuals	35.10	MV60
44	Edward Skinner	Tiptree RR	35.12	MV50
45	Daniel Miller	Dagenham '88 Runners	35.19	SM
46	Natalie Snow	Ford Fitness	35.22	SF

47	Daniel Morrissey	Thrift Green Trotters	35.53	SM
48	Chris McDonnell	Havering '90 Joggers	35.57	MV60
49	Jamie Coombs	East London Runners	36.08	SM
50	Michael Doyle	Unattached	36.26	SM
51	Gary Cardnell	Dagenham '88 Runners	36.27	MV50
52	John Kelly	Unattached	36.35	MV60
53	Dave Rigloar	Unattached	36.37	MV40
54	Simon Algar	Ilford AC	36.42	MV40
55	Clive Tweedie	Havering '90 Joggers	36.47	MV50
56	Joanne Sullivan	Havering Mayesbrook	36.50	FV35
57	Rolf Rawlinson	Ilford AC	36.57	MV50
58	Sarah Grabowski	Benfleet Running Club	36.59	SF
59	Jo Burtonshaw	Benfleet Running Club	37.02	FV35
60	Joe Monk	Barking Road Runners	37.06	MV40
61	Patick Farren	East London Runners	37.07	MV40
62	Dianne Crisp	Ilford AC	37.08	FV45
63	Katy Brett	Orion Harriers	37.15	SF
64	Richard Hyam	Unattached	37.45	SM
65	Gekey O'Mahoney	Unattached	37.49	SM
66	Gary Brown	Thrift Green Trotters	37.57	SM
67	Peter Spelman	Ilford AC	38.04	MV50
68	Lesley Felton	Havering Mayesbrook	38.08	FV45
69	Sarah Urquhart	Thrift Green Trotters	38.09	FV35
70	Martin Clarke	Ilford AC	38.16	MV50
71	Gareth Davies	Unattached	38.19	SM
72	Robert Armstrong	Barking Road Runners	38.22	MV50
73	Nicholas Hasan	Havering '90 Joggers	38.23	SM
74	Frank Brownlie	East London Runners	38.24	MV50
75	John Pells	Unattached	38.31	MV40
76	Jodie Timbrell	Thrift Green Trotters	38.38	SF
77	Robert Abrey	Dagenham '88 Runners	38.43	MV60
78	Ben Lloyd	Unattached	38.46	SM
79	Michael Fribbins	Havering '90 Joggers	38.47	MV50
80	Greg Cooney	Unattached	38.50	MV40
81	Ken Harman	Unattached	38.54	MV40
82	Vanessa Burns	Ilford AC	39.02	SF
83	Anthony Knight	Tiptree RR	39.11	MV40
84	Louise Bradshaw	Havering '90 Joggers	39.14	FV35
85	Steve Ray	Dagenham '88 Runners	39.35	SM
86	Greg Timbrell	Thrift Green Trotters	39.51	SM
87	Roger Hagan	Havering '90 Joggers	40.02	MV40
88	Nicola Hopkinson	Ilford AC	40.06	FV45
89	William Smith	Dagenham '88 Runners	40.16	MV40
90	Ray Spong	Unattached	40.18	MV50
91	Sally Gillam	Ilford AC	40.26	FV45
92	Inga Hayden-Cooper	Dagenham '88 Runners	40.26	FV35
93	Jeff Stock	CSSC	40.35	MV40
94	Roger Honey	Ilford AC	40.41	MV50
95	Karen Samuel	BVAC	40.52	FV45
96	Neil Moses	Havering '90 Joggers	41.06	MV40

97	Michael Wilby	Barking Road Runners	41.08	MV50
98	JohnPaul Wyndham	Unattached	41.12	SM
99	Tim Jameson	Havering '90 Joggers	41.17	SM
100	Gordon Don	TriSport Epping	41.26	MV40
101	Rachel Coombs	East London Runners	41.27	SF
102	Dave Knight	East London Runners	41.41	MV50
103	Pam Jones	Ilford AC	42.18	FV55
104	Neil Conway	Havering '90 Joggers	42.32	MV40
105	Robert Rant	Dagenham '88 Runners	42.35	MV50
106	Nicky Morris	Unattached	42.37	MV40
107	Nick Searle	Havering '90 Joggers	42.39	SM
108	Ronald Barnes	Havering '90 Joggers	42.45	MV60
109	Lilani Wiyayatilake	Barking Road Runners	42.46	FV45
110	Bill Green	Ilford AC	42.49	MV40
111	Satha Alaganandasundaram	Ilford AC	42.50	MV40
112	Stephen Lawson	Havering '90 Joggers	42.51	MV50
113	Don Bennett	East London Runners	43.08	MV50
114	David Skinner	Havering '90 Joggers	43.09	MV50
115	William Metcalfe	Basildon AC	43.18	MV60
116	Roger Dixon	East London Runners	43.20	MV60
117	Mark Harvey	Havering '90 Joggers	43.55	MV40
118	Danny Timbrell	Thrift Green Trotters	44.11	MV50
119	Douglas Adams	Dagenham '88 Runners	44.18	MV60
120	David Payne	Unattached	44.45	MV40
121	Sarah Watson	Havering '90 Joggers	44.47	SF
122	Alison Bartrip	Unattached	44.48	FV35
123	Mark Pearce	Unattached	44.57	MV40
124	Jeffrey Black	Unattached	45.05	MV50
125	Nige Swaby	Barking Road Runners	45.32	MV50
126	Ally Peace	Unattached	45.40	SF
127	Lee Davis	Dagenham '88 Runners	46.04	MV40
128	Lianne Connors	Unattached	46.19	SF
129	Chris Rawlinson	Dagenham '88 Runners	46.42	MV40
130	Barry Brooks	Dagenham '88 Runners	47.04	MV50
131	Michael Dray	Havering '90 Joggers	47.08	SM
132	Robin Davis	Ilford AC	47.26	MV60
133	David Holland	Havering Mayesbrook	47.51	MV60
134	Michael Linstead	Dagenham '88 Runners	48.09	MV40
135	Lara Reynolds	Unattached	48.30	FV35
136	Emma Jean Sinclair	Barking Road Runners	48.58	SF
137	Michaela Cohen	Havering '90 Joggers	49.01	FV35
138	Richard Morris	Unattached	49.09	SM
139	Susan Wilson	Unattached	49.09	FV35
140	Carol Muir	Ilford AC	49.16	FV35
141	Kerry Aiden	Unattached	49.26	FV35
142	Louise Stokoe	Unattached	49.26	SF
143	Sharon Ivory	Unattached	49.40	FV35
144	John Hosler	Havering '90 Joggers	50.01	MV60
145	Sharon Fraine	Havering '90 Joggers	50.15	FV45
146	Lisa Shiell	Unattached	50.17	FV45

147	Sarah Lloyd	Unattached	50.27	SF
148	Stephen Decaney	Havering '90 Joggers	51.53	MV40
149	Amy Bliss	Thrift Green Trotters	52.23	SF
150	Irving Bell	Unattached	52.26	MV60
151	Jo Oxlade	Barking Road Runners	52.28	FV35
152	Paul Lief	Dagenham '88 Runners	53.35	MV40
153	Carolynne Golding	Dagenham '88 Runners	53.36	FV45
154	Rosemary Abrey	Dagenham '88 Runners	55.10	FV55
155	Lorraine Burr	Havering '90 Joggers	55.16	FV35
156	Stephen Port	Ilford AC	55.22	SM
157	Nicola Afteni	Unattached	55.39	SF
158	Jo Gonsalves	Havering '90 Joggers	60.20	FV45
159	Chloe Weatherill	Havering '90 Joggers	60.20	SF
160	Natalie Olver	Unattached	61.14	SF
161	Rob Turbefeild	Unattached	61.14	SM
162	Jenni Kulesza	Dagenham '88 Runners	62.08	FV35
163	Tricia Redpath	Unattached	63.12	FV55
164	Enrique Gonzales	Unattached	68.43	MV40
165	Tracey George	Dagenham '88 Runners	72.31	FV35
166	Becky Rideout	Dagenham '88 Runners	72.31	SF
167	Jacki Fenton	Unattached	78.47	FV55

George Siewerton	DNF
Brooke Giddins	DNF
Lydia Hall	DNF
Gurtney Black	DNF
Stephenie Gorsuch	DNF
Andree Black	DNF