

## Havering '90 Joggers 5M 11 July 2010 Provisional results - issue 1

Position	Number	Name	Time	Club	Age Category
1	145	Tom Gardner	26:33	Iford AC	SM
2	58	Robert Warner	27:42	Havering Mayesbrook	SM
3	55	Iain MacDonald	28:56	Iford AC	SM
4	71	Stephen Philcox	29:03	Unattached	MV40
5	167	Richard Heath	29:21	Unattached	SM
6	98	Mark Read	30:21	Thrift Green Trotters	SM
7	85	Andrew Coleman	30:40	Woodford AC	MV40
8	23	Neil Crisp	30:55	Iford AC	MV40
9	88	Tony Hopwood	30:58	Springfield Striders	SM
10	107	Glen Kent	31:15	Chelmsford AC	MV50
11	9	David Hallam	31:29	Havering '90 Joggers	MV40
12	31	Nigel Swinburne	31:42	Dagenham 88 Runners	SM
13	35	Gary Floate	31:59	Iford AC	MV40
14	157	Tim Wright	32:06	Orion Harriers	MV40
15	62	Bradley Brown	32:08	Barking Road Runners	SM
16	45	Kevin Newell	32:10	Iford AC	SM
17	80	Ciaran Canavan	32:13	East London Runners	SM
18	146	Adrian Frost	32:19	Eton Manor AC	MV50
19	43	Andrew Baxter	32:26	East London Runners	MV40
20	44	Ronald Vialls	32:55	Barking Road Runners	MV50
21	82	Sam Rahman	33:01	Dagenham 88 Runners	SM
22	133	Karen Levion	33:07	East London Runners	FV35
23	37	Andy Catton	33:28	Iford AC	MV50
24	136	Derek Wright	33:41	East London Runners	SM
25	163	Russell Price	34:00	East London Runners	SM
26	72	Martin Page	34:20	Barking Road Runners	MV50
27	40	Jason Baker	34:33	Dagenham 88 Runners	SM
28	144	Christopher Donnellan	34:39	Dagenham 88 Runners	SM
29	111	Tony Kelly	34:40	Orpington	MV40
30	78	Lauren Stripling	34:54	Unattached	SF
31	124	Gary Howard	35:04	Havering Mayesbrook	MV40
32	77	Nick Joseph	35:15	Thrift Green Trotters	MV60
33	105	Stuart Burr	35:24	Unattached	MV40
34	141	Bob Jousiffe	35:26	Orion Harriers	MV60
35	75	Gary Cardnell	35:35	Dagenham 88 Runners	MV50
36	100	Martin Clarke	35:54	Iford AC	MV50
37	158	Breege Nordin	36:05	Iford AC	FV45
38	3	Fernando Fuente	36:12	Havering '90 Joggers	MV50
39	50	Caroline Tuck	36:14	Dagenham 88 Runners	FV45
40	94	Ross Earney	36:20	Havering Mayesbrook	SM
41	139	Jamie Coombs	36:21	East London Runners	SM
42	33	Stephen Dunn	36:22	Eton Manor AC	SM
43	148	Paul Ward	36:36	Barking Road Runners	SM
44	106	Laura Williams	36:38	Serpentine	FV35
45	91	Michael Wilson	36:56	East London Runners	MV40
46	115	Jo Sullivan	37:11	Havering Mayesbrook	FV35
47	18	Grant Conway	37:18	East London Runners	MV40
48	17	Clive Tweedie	37:23	Havering '90 Joggers	MV50
49	81	Bill Adams	37:35	Dagenham 88 Runners	MV60
50	41	John Pells	37:56	Iford AC	MV40
51	6	Brian Parish	38:03	Havering '90 Joggers	SM

52	25 Paul Hutchins	38:18	Havering '90 Joggers	MV50
53	46 Kirsty Weston	38:20	East London Runners	FV35
54	79 Gareth Davies	38:38	Unattached	SM
55	32 Jenny Akroyd	38:39	Dagenham 88 Runners	SF
56	127 Gregory Eves	38:43	Unattached	SM
57	149 Jodie Timbrell	38:55	Thrift Green Trotters	SF
58	51 Rob Sargent	38:57	Dagenham 88 Runners	MV50
59	24 Nicola Hopkinson	39:00	Ilford AC	FV45
60	165 Chantel Coetze	39:03	Unattached	SF
61	173 Tom Thompson	39:04	East London Runners	SM
62	117 Robert Horwill	39:06	Unattached	MV50
63	119 Billy Ray Lozowski	39:18	Unattached	SM
64	20 Roger Hagan	39:54	Havering '90 Joggers	MV50
65	112 Carol Beadle	40:01	Sevenoaks AC	FV45
66	39 Edward Barnard	40:07	East London Runners	MV40
67	27 I Hayden Cooper	40:09	Dagenham 88 Runners	FV35
68	69 George Butler	40:12	Unattached	SM
69	140 Karen White	40:15	East London Runners	FV45
70	132 Simon Childs	40:18	Loughton AC	MV50
71	54 Michael Fribbins	40:20	Havering '90 Joggers	MV60
72	28 John Gregory	40:25	Havering '90 Joggers	MV60
73	169 Mary Connolly	40:28	East London Runners	FV45
74	42 Paul Emery	40:44	Ilford AC	MV40
75	53 Peter Spelman	40:51	Ilford AC	MV50
76	10 Roy Hendley	40:53	Havering '90 Joggers	SM
77	63 John Paul Wyndham	40:58	Unattached	SM
78	166 Jane Somerville	41:02	Unattached	FV35
79	5 Ray Spong	41:04	Havering '90 Joggers	MV50
80	1 Sally Gillam	41:09	Ilford AC	FV45
81	142 Dave Knight	41:20	East London Runners	MV50
82	12 Katie Cupman	41:22	Havering '90 Joggers	SF
83	87 Tracy Coates	41:27	Dagenham 88 Runners	SF
84	59 Mark Hemmings	41:42	Havering '90 Joggers	SM
85	116 Steve Kirk	41:47	Unattached	MV40
86	128 Melissa Embery	41:56	Dagenham 88 Runners	FV35
87	49 Roger Dixon	42:25	East London Runners	MV60
88	161 Amy Johnstone	42:42	Dagenham 88 Runners	SF
89	168 John Singh	42:53	East London Runners	MV50
90	73 Roz Penfold	43:01	Dagenham 88 Runners	FV45
91	83 Ray Rawlinson	43:12	Ilford AC	MV50
92	131 John Delander	43:16	Unattached	SM
93	164 Michael Mackenzie	43:25	Unattached	MV40
94	16 Satha Alaganandasundaram	43:36	Ilford AC	MV50
95	138 Dennis Spencer-Perkins	43:37	Barking Road Runners	MV50
96	170 P O'Neill	43:57	Unattached	FV35
97	76 William Smith	44:06	Dagenham 88 Runners	MV40
98	130 Jeff Caley	44:17	Unattached	MV40
99	123 Pam Jones	44:19	Ilford AC	FV55
100	150 Ron Barnes	44:22	Unattached	MV60
101	48 Salim Issa	44:25	Barking Road Runners	MV40
102	129 Danny White	44:30	Barking Road Runners	SM
103	36 Andrea Middleton	44:31	East London Runners	FV35
104	95 PS Courtier	44:31	Barking Road Runners	MV50
105	7 David Skinner	44:41	Havering '90 Joggers	MV50
106	178 Anne Harris	44:48	Unattached	FV45

107	171 Colin Rogers	44:49	Unattached	MV50
108	135 Eileen Sheridan	44:50	Ilford AC	FV45
109	38 Michael Linstead	45:43	Dagenham 88 Runners	MV40
110	137 Kieran Chapman	45:50	Unattached	SM
111	96 Vicki Groves	46:15	Barking Road Runners	FV35
112	26 Jodi Christian	46:25	Havering '90 Joggers	SF
113	4 Christine Sutherland	46:35	Havering '90 Joggers	FV55
114	86 Douglas Adams	46:39	Dagenham 88 Runners	MV60
115	29 Don Bennett	46:57	East London Runners	MV50
116	134 Susannah McLaren	47:13	Barking Road Runners	FV45
117	99 Michael Ball	47:32	Barking Road Runners	MV60
118	89 Robert Rant	47:52	Dagenham 88 Runners	MV50
119	147 Tracey George	47:59	Dagenham 88 Runners	FV45
120	153 John Collins	48:39	Barking Road Runners	MV50
121	176 Brinda Sinclair	48:46	Unattached	FV35
122	93 Derek Earney	49:49	Havering Mayesbrook	MV40
123	151 Mark George	49:49	Unattached	MV40
124	177 Neela Raggin	50:08	Unattached	SF
125	125 Eliza Chiswell	50:16	Unattached	FV35
126	34 Meredith Floate	50:18	Ilford AC	SF
127	2 Victoria Bryant	50:20	Havering '90 Joggers	SF
128	52 Virginia Burton	50:32	East London Runners	FV35
129	154 Barry Brooks	50:48	Dagenham 88 Runners	MV50
130	118 DM Holland	50:52	Havering Mayesbrook	MV60
131	11 Lynda Staines	51:04	Havering '90 Joggers	FV45
132	61 Lee Davis	51:34	Dagenham 88 Runners	MV40
133	159 Christo Van Tonder	51:56	Unattached	MV40
134	126 Nicola Field	52:06	Dagenham 88 Runners	FV35
135	179 Magal Cassell	52:09	Unattached	FV35
136	160 Richard Ash	52:31	Barking Road Runners	MV40
137	104 Tracey Stackpoole	52:33	Unattached	FV35
139	155 John Cox	52:36	Unattached	MV50
138	156 Lisa Shiel	52:36	Unattached	FV45
140	21 Jacki Dray	53:15	Havering '90 Joggers	MV50
141	56 Timi Veerasamy	53:58	Dagenham 88 Runners	FV55
142	84 Shelagh Buckley	54:51	Unattached	FV35
143	97 Jo Farnell	54:51	Unattached	FV35
144	143 Robin David	55:09	Ilford AC	MV60
145	152 Mark Seaton	56:14	Barking Road Runners	MV50
146	92 Carmelia Salter	58:14	Unattached	SF
147	172 Elaine Grimes	58:38	Unattached	SF
148	66 Sam Leask	58:39	Unattached	SM
149	120 Jackie Bull	58:47	Unattached	FV35
150	121 Paul Robb	58:47	Unattached	SM
151	70 Christopher Heathwood	58:49	Havering '90 Joggers	SM
152	64 Barry Sullivan	59:01	Havering '90 Joggers	MV50
153	65 David Butler	01:02:16	Unattached	MV40
154	67 Dawn Williams	01:02:16	Unattached	SF
155	68 Ben Leask	01:02:17	Unattached	SM
156	103 Susan O'Callaghan	01:03:46	Unattached	FV35
157	Melanie Parsons	01:03:55	Unattached	SF
158	57 Sam Veerashay	01:04:21	Dagenham 88 Runners	MV60
159	175 Kim Bhurji	01:05:39	Unattached	FV45
160	74 Julie Cardnell	01:05:48	Dagenham 88 Runners	FV45
161	60 Alan Murphy	01:06:48	Barking Road Runners	MV60

162	162 Karen Crighton	01:06:59	Dagenham 88 Runners	FV35
163	174 Roger Brownlow	01:11:45	Ilford AC	SM
DNS	13 Leigh Wood		Havering '90 Joggers	
DNS	14 Val Furbank		Havering '90 Joggers	
DNS	15 Sarah Young		Havering '90 Joggers	
DNS	19 Mark Duncan		Havering '90 Joggers	MV50
DNS	22 John Dray		Havering '90 Joggers	MV50
DNS	Steve Adams		Eton Manor AC	MV40
DNS	47 Les Austin		Orion Harriers	MV60
DNS	101 Gary Brooking		Unattached	SM
DNS	102 Dean Collins		Unattached	MV40
DNS	108 Claire Holland		Unattached	SF
DNS	109 Annamarie Taubert		Unattached	SF
DNS	110 Peter Brand		Unattached	MV50
DNS	113 Mark Pearce		Unattached	MV40
DNS	114 Sarah Kipping		Upminster Park Joggers	FV35
DNS	122 Mark Vichion		Unattached	MV40