



LOUGHTON ATHLETIC CLUB

Ware Cup 2024

11.15am, 21 December 2024 @ Roding Valley Recreation Ground. 7.7km approx

#	P	W	M	Time	Name	M/W	Club
94	1st		1	29:30	Roger Maidment (M50)	M	Orion Harriers
55	2nd		2	29:56	James Pilch (M40+)	M	Eton Manor AC
95	3rd		3	30:11	Rich Smith (SM)	M	Orion Harriers
30	4th		4	30:21	Nick Barker (M40)	M	Loughton AC
59	5th		5	30:27	George Fernandez (SM)	M	Eton Manor AC
49	6th		6	30:43	Paul Boddey (M40+)	M	Eton Manor AC
126	7th		7	31:17	Connor Johnston (M40)	M	Victoria Park & Tower Hamlets AC
28	8th		8	31:33	Marcin Jozefowicz (M40)	M	Loughton AC
32	9th		9	31:35	Nicola Barberis Negra (M40)	M	East London Runners
51	10th		10	31:36	Humfrey Jeakins (SM)	M	Eton Manor AC
36	11th		11	31:43	Scott McMillan (M40)	M	East London Runners
120	12th		12	31:58	Vittorio Bini (M50)	M	Victoria Park & Tower Hamlets AC
17	13th	1		32:13	Zoe Oldfield (W40)	W	Loughton AC
53	14th		13	32:16	Paul Rushton (M40+)	M	Eton Manor AC
122	15th		14	32:19	James Ingram (SM)	M	Victoria Park & Tower Hamlets AC
23	16th		15	32:28	Tom Abbott (SM)	M	Loughton AC
109	17th		16	32:35	Ben Wickham (M40)	M	Victoria Park & Tower Hamlets AC
79	18th		17	32:46	Seb Parris (M40)	M	Ilford AC
91	19th		18	32:53	Stephen Thompson (M40)	M	Orion Harriers
24	20th		19	32:58	Jon Whitehouse (M50)	M	Loughton AC
50	21st		20	33:02	Sam Wright (SM)	M	Eton Manor AC
92	22nd		21	33:05	Phu Ly (M40)	M	Orion Harriers
26	23rd		22	33:13	James Swift (M40)	M	Loughton AC
60	24th		23	33:22	Russ Jones (M40+)	M	Eton Manor AC
111	25th		24	33:33	Gigi Giannella (M50)	M	Victoria Park & Tower Hamlets AC
7	26th	2		33:54	Eleanor Carter (SW)	W	Loughton AC
80	27th		25	33:57	Joel Denning (M40)	M	Ilford AC
117	28th		26	34:23	Tim Murray (M50)	M	Victoria Park & Tower Hamlets AC
29	29th		27	34:51	Alan Fricker (M50)	M	Loughton AC
31	30th		28	34:56	Ben Sack (M40)	M	Loughton AC
22	31st		29	35:17	Robin Daines (M50)	M	Loughton AC
97	32nd		30	35:31	Alex Elferink (M50)	M	Orion Harriers
61	33rd	3		35:35	Harriet Robson (SW)	W	Eton Manor AC
56	34th		31	35:39	Rob Sommerville (M40+)	M	Eton Manor AC
86	35th		32	35:54	Sam Allum (SM)	M	Orion Harriers
15	36th	4		36:02	Mary Knapman (W40)	W	Loughton AC
19	37th		33	36:41	James Lambden (M60)	M	Loughton AC
87	38th		34	37:23	Buddy Green (SM)	M	Orion Harriers
106	39th		35	37:26	Tiago Mendes (SM)	M	Victoria Park & Tower Hamlets AC
114	40th		36	37:33	Stephen Phillips (M50)	M	Victoria Park & Tower Hamlets AC
65	41st	5		37:49	Jane Rukin-White (SW)	W	Eton Manor AC
98	42nd		37	38:07	Paul Goodhew (M50)	M	Orion Harriers
96	43rd		38	38:10	Steve Taylor (M50)	M	Orion Harriers
3	44th		39	38:20	Calum Buckley (MU20)	M	Loughton AC
103	45th		40	38:21	Paul Thornton (M40)	M	Orion Harriers
4	46th		41	38:35	Aidan Oldfield (MU20)	M	Loughton AC
18	47th	6		38:38	Lorna Gaffney (W50)	W	Loughton AC

43	48th	7	38:53	Cindy Koon (W50)	W	East London Runners
100	49th	8	39:31	Karen Lyons (W50)	W	Orion Harriers
41	50th	9	39:37	Becky Evans (W50)	W	East London Runners
112	51st	10	39:40	Anna Fiedlerova (SW)	W	Victoria Park & Tower Hamlets AC
107	52nd	42	39:50	David Shortridge (M40)	M	Victoria Park & Tower Hamlets AC
85	53rd	43	40:13	Simon Carter (M50)	M	Orion Harriers
63	54th	11	40:23	Sharon Bolister (W40+)	W	Eton Manor AC
101	55th	12	40:38	Anna Waterman (W40)	W	Orion Harriers
44	56th	13	40:46	Cath Perry (W40)	W	East London Runners
14	57th	14	40:50	Sharon Palmer (W50)	W	Loughton AC
76	58th	15	41:01	Aliaon Sale (W50)	W	Ilford AC
123	59th	44	41:19	Mick Cairns (M60)	M	Victoria Park & Tower Hamlets AC
118	60th	16	41:22	Naomi Bourne (W50)	W	Victoria Park & Tower Hamlets AC
27	61st	45	41:26	Nick Ulyatt (M40)	M	Loughton AC
102	62nd	17	41:49	Kiki Crosby (SW)	W	Orion Harriers
84	63rd	46	42:05	Michael Collins (M60)	M	Orion Harriers
25	64th	47	42:14	Graham Oldfield (M40)	M	Loughton AC
13	65th	18	42:31	Georgina Taylor (W40)	W	Loughton AC
16	66th	19	42:43	Louise Christan (W40)	W	Loughton AC
64	67th	20	43:00	Zoe Woodward (W40+)	W	Eton Manor AC
52	68th	48	43:09	Adrian Frost (M40+)	M	Eton Manor AC
1	69th	21	43:31	Hazel Oldfield (WU20)	W	Loughton AC
11	70th	22	43:48	Michelle Ayrton (W40)	W	Loughton AC
62	71st	23	44:15	Ru Rose (W40+)	W	Eton Manor AC
127	72nd	24	44:31	Erica Brown (W40)	W	Victoria Park & Tower Hamlets AC
119	73rd	49	44:33	William Burbridge-James (M60)	M	Victoria Park & Tower Hamlets AC
12	74th	25	45:24	Rebecca Fricker (W40)	W	Loughton AC
45	75th	26	45:28	Jolanta Wysocki (SW)	W	East London Runners
73	76th	27	45:40	Mala Singh (W40+)	W	Eton Manor AC
20	77th	50	45:51	Tim Horton (M60)	M	Loughton AC
39	78th	28	46:13	Mary Connolly (W60)	W	East London Runners
78	79th	51	46:31	Edward Skinner (M60)	M	Ilford AC
124	80th	29	47:29	Yuan Ren (SW)	W	Victoria Park & Tower Hamlets AC
10	81st	30	47:42	Deborah Davies (W50)	W	Loughton AC
68	82nd	31	48:24	Tracey Taylor (W40+)	W	Eton Manor AC
9	83rd	32	48:44	Amanda Overy (W60)	W	Loughton AC
69	84th	33	48:50	Hayley Dalton (W40+)	W	Eton Manor AC
57	85th	52	48:58	Geoff Nicholls (M40+)	M	Eton Manor AC
77	86th	34	51:13	Frieda Keane (W60)	W	Ilford AC
38	87th	53	51:38	Paul Johnson (M60)	M	East London Runners
42	88th	35	54:35	Kathy Morrissey (W50)	W	East London Runners
48	89th	36	1:00:47	()	W	East London Runners
21	90th	54	1:00:51	Mark Fox (M40)	M	Loughton AC



LOUGHTON ATHLETIC CLUB

Ware Cup 2024

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Team results

Pos	Club (men)	1st	2nd	3rd	4th	Tot
1st	Eton Manor AC	2	5	6	10	23
2nd	Orion Harriers	1	3	18	21	43
3rd	Loughton AC	4	8	15	19	46
4th	Victoria Park & Tower Hamlets AC	7	12	14	16	49
5th	East London Runners	9	11	53		73
6th	Ilford AC	17	25	51		93

Pos	Club (women)	1st	2nd	3rd	4th	Tot
1st	Loughton AC	1	2	4	6	13
2nd	Eton Manor AC	3	5	11	20	39
3rd	East London Runners	7	9	13	26	55
4th	Victoria Park & Tower Hamlets AC	10	16	24	29	79
5th	Orion Harriers	8	12	17		37
6th	Ilford AC	15	34			49

Overall team results including B teams

Pos	Club (men)	1st	2nd	3rd	4th	Tot
1st	Eton Manor AC 'A'	2	5	6	10	23
2nd	Orion Harriers 'A'	1	3	18	21	43
3rd	Loughton AC 'A'	4	8	15	19	46
4th	Victoria Park & Tower Hamlets AC 'A'	7	12	14	16	49
5th	Eton Manor AC 'B'	13	20	23	31	87
6th	Loughton AC 'B'	22	27	28	29	106
7th	Victoria Park & Tower Hamlets AC 'B'	24	26	35	36	121
8th	Orion Harriers 'B'	30	32	34	37	133
9th	Loughton AC 'C'	33	39	41	45	158
10th	Orion Harriers 'C'	38	40	43	46	167

Pos	Club (women)	1st	2nd	3rd	4th	Tot
1st	Loughton AC 'A'	1	2	4	6	13
2nd	Eton Manor AC 'A'	3	5	11	20	39
3rd	East London Runners	7	9	13	29	58
4th	Loughton AC 'B'	14	18	19	21	72
5th	Loughton AC 'C'	22	25	30	32	109
6th	Eton Manor AC 'B'	23	27	31	33	114



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Women's individual results

#	P	Time	Name	Club
1st	1	32:13	Zoe Oldfield (W40)	Loughton AC
2nd	2	33:54	Eleanor Carter (SW)	Loughton AC
3rd	3	35:35	Harriet Robson (SW)	Eton Manor AC
4th	4	36:02	Mary Knapman (W40)	Loughton AC
5th	5	37:49	Jane Rukin-White (SW)	Eton Manor AC
6th	6	38:38	Lorna Gaffney (W50)	Loughton AC
7th	7	38:53	Cindy Koon (W50)	East London Runners
8th	8	39:31	Karen Lyons (W50)	Orion Harriers
9th	9	39:37	Becky Evans (W50)	East London Runners
10th	10	39:40	Anna Fiedlerova (SW)	Victoria Park & Tower Hamlets AC
11th	11	40:23	Sharon Bolister (W40+)	Eton Manor AC
12th	12	40:38	Anna Waterman (W40)	Orion Harriers
13th	13	40:46	Cath Perry (W40)	East London Runners
14th	14	40:50	Sharon Palmer (W50)	Loughton AC
15th	15	41:01	Aliaon Sale (W50)	Ilford AC
16th	16	41:22	Naomi Bourne (W50)	Victoria Park & Tower Hamlets AC
17th	17	41:49	Kiki Crosby (SW)	Orion Harriers
18th	18	42:31	Georgina Taylor (W40)	Loughton AC
19th	19	42:43	Louise Christan (W40)	Loughton AC
20th	20	43:00	Zoe Woodward (W40+)	Eton Manor AC
21st	21	43:31	Hazel Oldfield (WU20)	Loughton AC
22nd	22	43:48	Michelle Ayrton (W40)	Loughton AC
23rd	23	44:15	Ru Rose (W40+)	Eton Manor AC
24th	24	44:31	Erica Brown (W40)	Victoria Park & Tower Hamlets AC
25th	25	45:24	Rebecca Fricker (W40)	Loughton AC
26th	26	45:28	Jolanta Wysocki (SW)	East London Runners
27th	27	45:40	Mala Singh (W40+)	Eton Manor AC
28th	28	46:13	Mary Connolly (W60)	East London Runners
29th	29	47:29	Yuan Ren (SW)	Victoria Park & Tower Hamlets AC
30th	30	47:42	Deborah Davies (W50)	Loughton AC
31st	31	48:24	Tracey Taylor (W40+)	Eton Manor AC
32nd	32	48:44	Amanda Overy (W60)	Loughton AC
33rd	33	48:50	Hayley Dalton (W40+)	Eton Manor AC
34th	34	51:13	Frieda Keane (W60)	Ilford AC
35th	35	54:35	Kathy Morrissey (W50)	East London Runners
36th	36	1:00:47	()	East London Runners



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Ware Cup 2024

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Men's individual results

#	P	Time	Name	Club
1st	1	29:30	Roger Maidment (M50)	Orion Harriers
2nd	2	29:56	James Pilch (M40+)	Eton Manor AC
3rd	3	30:11	Rich Smith (SM)	Orion Harriers
4th	4	30:21	Nick Barker (M40)	Loughton AC
5th	5	30:27	George Fernandez (SM)	Eton Manor AC
6th	6	30:43	Paul Boddey (M40+)	Eton Manor AC
7th	7	31:17	Connor Johnston (M40)	Victoria Park & Tower Hamlets AC
8th	8	31:33	Marcin Jozefowicz (M40)	Loughton AC
9th	9	31:35	Nicola Barberis Negra (M40)	East London Runners
10th	10	31:36	Humfrey Jeakins (SM)	Eton Manor AC
11th	11	31:43	Scott McMillan (M40)	East London Runners
12th	12	31:58	Vittorio Bini (M50)	Victoria Park & Tower Hamlets AC
13th	13	32:16	Paul Rushton (M40+)	Eton Manor AC
14th	14	32:19	James Ingram (SM)	Victoria Park & Tower Hamlets AC
15th	15	32:28	Tom Abbott (SM)	Loughton AC
16th	16	32:35	Ben Wickham (M40)	Victoria Park & Tower Hamlets AC
17th	17	32:46	Seb Parris (M40)	Ilford AC
18th	18	32:53	Stephen Thompson (M40)	Orion Harriers
19th	19	32:58	Jon Whitehouse (M50)	Loughton AC
20th	20	33:02	Sam Wright (SM)	Eton Manor AC
21st	21	33:05	Phu Ly (M40)	Orion Harriers
22nd	22	33:13	James Swift (M40)	Loughton AC
23rd	23	33:22	Russ Jones (M40+)	Eton Manor AC
24th	24	33:33	Gigi Giannella (M50)	Victoria Park & Tower Hamlets AC
25th	25	33:57	Joel Denning (M40)	Ilford AC
26th	26	34:23	Tim Murray (M50)	Victoria Park & Tower Hamlets AC
27th	27	34:51	Alan Fricker (M50)	Loughton AC
28th	28	34:56	Ben Sack (M40)	Loughton AC
29th	29	35:17	Robin Daines (M50)	Loughton AC
30th	30	35:31	Alex Elferink (M50)	Orion Harriers
31st	31	35:39	Rob Sommerville (M40+)	Eton Manor AC
32nd	32	35:54	Sam Allum (SM)	Orion Harriers
33rd	33	36:41	James Lambden (M60)	Loughton AC
34th	34	37:23	Buddy Green (SM)	Orion Harriers
35th	35	37:26	Tiago Mendes (SM)	Victoria Park & Tower Hamlets AC
36th	36	37:33	Stephen Phillips (M50)	Victoria Park & Tower Hamlets AC
37th	37	38:07	Paul Goodhew (M50)	Orion Harriers

38th	38	38:10	Steve Taylor (M50)	Orion Harriers
39th	39	38:20	Calum Buckley (MU20)	Loughton AC
40th	40	38:21	Paul Thornton (M40)	Orion Harriers
41st	41	38:35	Aidan Oldfield (MU20)	Loughton AC
42nd	42	39:50	David Shortridge (M40)	Victoria Park & Tower Hamlets AC
43rd	43	40:13	Simon Carter (M50)	Orion Harriers
44th	44	41:19	Mick Cairns (M60)	Victoria Park & Tower Hamlets AC
45th	45	41:26	Nick Ulyatt (M40)	Loughton AC
46th	46	42:05	Michael Collins (M60)	Orion Harriers
47th	47	42:14	Graham Oldfield (M40)	Loughton AC
48th	48	43:09	Adrian Frost (M40+)	Eton Manor AC
49th	49	44:33	William Burbridge-James (M60)	Victoria Park & Tower Hamlets AC
50th	50	45:51	Tim Horton (M60)	Loughton AC
51st	51	46:31	Edward Skinner (M60)	Ilford AC
52nd	52	48:58	Geoff Nicholls (M40+)	Eton Manor AC
53rd	53	51:38	Paul Johnson (M60)	East London Runners
54th	54	1:00:51	Mark Fox (M40)	Loughton AC



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#	P	Cat	Time	Name	Club
212	1st	1	20:25	William Muffett (U17B)	Woodford Green AC with Essex Ladies
164	2nd	2	21:16	Aidan Buckley (U17B)	Loughton AC
177	3rd	1	21:24	Fabio Reina (U15B)	Ilford AC
158	4th	3	22:50	Gabriel Buckley (U17B)	Loughton AC
122	5th	2	23:06	Owen Williamson (U15B)	Loughton AC
208	6th	3	24:34	Tayo Adetona (U15B)	Woodford Green AC with Essex Ladies
216	7th	1	26:06	Ella Traynor (U17G)	Woodford Green AC with Essex Ladies
105	8th	4	26:47	Tom Ulyatt (U15B)	Loughton AC
190	9th	5	29:15	Stephen Amoli (U15B)	Ilford AC
182	10th	6	29:36	Ethan Guiba (U15B)	Ilford AC
215	11th	1	29:37	Alice Padian (U15G)	Woodford Green AC with Essex Ladies
210	12th	2	29:38	Matilda Frith (U17G)	Woodford Green AC with Essex Ladies

Under 15 boys

Cat	Time	Name	Club
1st	21:24	Fabio Reina (U15B)	Ilford AC
2nd	23:06	Owen Williamson (U15B)	Loughton AC
3rd	24:34	Tayo Adetona (U15B)	Woodford Green AC with Essex Ladies
4th	26:47	Tom Ulyatt (U15B)	Loughton AC
5th	29:15	Stephen Amoli (U15B)	Ilford AC
6th	29:36	Ethan Guiba (U15B)	Ilford AC

Under 15 girls

Cat	Time	Name	Club
1st	29:37	Alice Padian (U15G)	Woodford Green AC with Essex Ladies

Under 17 boys

Cat	Time	Name	Club
1st	20:25	William Muffett (U17B)	Woodford Green AC with Essex Ladies
2nd	21:16	Aidan Buckley (U17B)	Loughton AC
3rd	22:50	Gabriel Buckley (U17B)	Loughton AC

Under 17 girls

Cat	Time	Name	Club
1st	26:06	Ella Traynor (U17G)	Woodford Green AC with Essex Ladies
2nd	29:38	Matilda Frith (U17G)	Woodford Green AC with Essex Ladies