

Chingford League Relays 2023-24 Season

Vets Teams

Best 4 times from any of the club's teams

EM	James Pilch	00:11:05	Paul Boddey	00:11:56	Pete Stilwell	00:12:43	Russ Jones	00:12:53	00:48:37
OH	Brian Jenkins	00:11:28	Roger Maidment	00:11:04	Tim Wright	00:13:13	Steve Taylor	00:13:59	00:49:44
TP	Francis Mannion	00:12:10	Robert Sikorski	00:12:20	Paul Brennan	00:12:20	Jim Arrowsmith	00:12:54	00:49:44
VP	David Jones	00:11:22	Rob Blair	00:12:55	David Warwick	00:12:57	Kevin Long	00:13:05	00:50:19
EL	Alex Pickering	00:12:23	Joseph Osakue	00:12:38	Fernando Espada	00:13:04	Amit Marks	00:13:29	00:51:34
LO	Jon Whitehouse	00:12:40	Alan Fricker	00:13:19	Steve Palmer	00:13:15	James Lambden	00:13:46	00:53:00
BA	Richard McCormick	00:12:22	Stephen Lake	00:13:22	Kevin Valaydon	00:13:42	Peter Ellis	00:13:58	00:53:24
ET	Colin Kinsey	00:12:50	Gavin Wren	00:13:41	Ben Watts	00:13:40	Graeme Bell	00:14:34	00:54:45
IL	Steve Chissall	00:13:25	Joel Denning	00:13:16	Neil Crisp	00:13:39	Tarik Qirem	00:14:43	00:55:03
SO	Piotr Woloszyn	00:11:57	Mat Barber	00:13:43	Nick Sutcliffe	00:14:38	Luigi Bitonti	00:14:59	00:55:17
EE	Richard Gill	00:13:57	Paul Jackson	00:14:09	Roshan Choolhun	00:15:19	Niall Mulholland	00:15:26	00:58:51
ED	Austen Slattery	00:19:43	Michael Orr	00:16:11	Iliia Loubenski	00:12:53	James Gill	00:16:31	01:05:18
LO	Mary Knapman	00:13:03	Ali Trauttsmansdorff	00:13:37	Victoria Thompson	00:14:52	Lorna Gaffney	00:14:09	00:55:41
OH	Hayley Rogerson	00:14:01	Nikki Barnett	00:14:20	Amelia Davison	00:14:28	Anna Waterman	00:15:27	00:58:16
BA	Karen Murphy	00:14:17	Jana Jilkova	00:15:06	Jo Kent	00:14:47	Sarah Moffatt	00:15:08	00:59:18
EM	Jenny Heymann	00:13:48	Lee Milne	00:14:07	Claire Wagh Cameron	00:14:04	Janine Durrant	00:17:42	00:59:41
IL	Alison Sale	00:14:44	Jo Reeves	00:15:06	Pauline Tester	00:16:49	Dianne Crisp	00:14:09	01:00:48
EL	Sandra Preston	00:14:39	Becky Evans	00:15:04	Cindy Koon	00:15:26	Selina Vernal	00:15:43	01:00:52
TP	Anna Skiorska	00:14:16	Anja Greenwood	00:12:58	Meneka Sidhu	00:16:56	Theodosia Green	00:16:48	01:00:58
VP	Sarah Whittaker-Axon	00:14:38	Joyce Berry	00:15:47	Marie Chamillard	00:17:11	Miry Mayer	00:17:23	01:04:59
ED	Lorraine Pichelski	00:20:02	Helen Gill	00:19:56	Daniela Petrianni	00:19:12	Ai Seng Paul	00:16:04	01:15:14