

Chingford League Relay Best Vets Teams

Best 4 Vets Men

EM	James Pilch VM	Simon Cottle VM	Paul Boddey VM	Paul Rushton VM	0:46:32
	00:11:25	00:11:26	00:11:31	00:12:10	
OH	Mick McTernan VM	John Gunnell VM	Scott Reid VM	Stephen Thompson VM	0:47:15
	00:11:03	00:11:51	00:12:09	00:12:12	
VP	Joe Dale VM	Stephen Fabes VM	Rob Blair VM	Simeon Bennett VM	0:47:28
	00:10:57	00:11:21	00:12:26	00:12:44	
EL	Jose Rodriguez VM	John Henry VM	Joseph Osakue VM	Amit Marks VM	0:49:22
	00:10:55	00:12:03	00:12:42	00:13:42	
LO	Chris Thomas VM	Ben Thompson VM	Jon Whitehouse VM	Alan Fricker VM	0:49:59
	00:11:53	00:12:29	00:12:46	00:12:51	
TP	Jim Arrowsmith VM	Scott Aiken VM	Alan Hathaway VM	Matt Bannon VM	0:50:45
	00:11:56	00:11:57	00:13:05	00:13:47	
IL	Fab Stefanoni VM	Berekhet Berakhy VM	Steve Crane VM	Neil Crisp VM	0:51:41
	00:12:11	00:12:31	00:13:23	00:13:36	
BA	Calvin Wu VM	Paul Bassa VM	Kelvin Koloko VM	Brian Lallaway VM	0:53:40
	0:12:32	0:13:23	0:13:24	0:14:21	
ET	Colin Kinsey VM	Ben Watts VM	Jeremy Bush VM	Timothy Stodell VM	0:56:32
	00:13:49	00:13:54	00:14:19	00:14:30	
BR	Stuart Mackay VM	Shuhel Khan VM	Ryan Lam VM	Mark New VM	0:56:38
	00:13:09	00:13:59	00:14:38	00:14:52	
EE	Richard Dorling VM	Niall Mulholland VM	Adam Shaikh VM	Shreeraj Laturia VM	0:59:00
	00:14:06	00:14:27	00:14:43	00:15:44	
HW	Paul McAuliffe VM	Steve Gourley VM	Nitin Aggarwal VM	Alan Woodroof VM	1:08:02
	00:15:37	00:17:02	00:17:13	00:18:10	
DA	Daniel Miller VM	John Hughes VM	Michael Peggall VM	Costas Kotrofis VM	1:10:20
	00:16:07	00:16:43	00:18:40	00:18:50	

Best 4 Vets
Women

LO	Zoe Oldfield VW	Mary Knapman VW	Victoria Thompson VW	Michelle Hurley VW	0:56:28
	00:12:55	00:13:20	00:14:57	00:15:16	
OH	Hayley Rogerson VW	Nikki Barnett VW	Liz Rossberg VW	Lucilla Ashton VW	0:57:55
	00:13:26	00:14:30	00:14:36	00:15:23	
EL	Caroline Frith VW	Catherine Perry VW	Sarah Burns VW	Cindy Koon VW	1:02:04
	00:14:01	00:15:47	00:16:08	00:16:08	
EM	Lee Milne VW	Ruth Rose VW	Pippa Dowsell VW	Louise Vacher VW	1:02:12
	00:14:03	00:15:34	00:16:17	00:16:18	
TP	Anja Greenwood VW	Anna Sikorska VW	Meneka Sidhu VW	Christine Hawker VW	1:02:33
	00:13:11	00:15:05	00:16:27	00:17:50	
VP	Ali Trauttmansdorff VW	Miry Mayer VW	Joyce Berry VW	Sarah Knox VW	1:03:06
	00:14:02	00:16:04	00:16:25	00:16:35	
ET	Sarah Roberts VW	Claire Cameron VW	Lucie Lachnitova VW	Laura Fournier VW	1:04:56
	00:14:09	00:14:44	00:17:14	00:18:49	
BA	Sarah Moffatt VW	Pauline Michael VW	Kate Phillips VW	Geraldine Stapleton VW	1:06:21
	00:14:53	00:16:03	00:17:37	00:17:48	
ED	Loretta Blundell VW	Ai Seng Paul VW	Helen Gill VW	Lorraine Pichelski VW	1:11:27
	00:16:04	00:17:01	00:18:37	00:19:45	
