

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	00:12:48	Russ Jones	00:12:53	00:48:42
VP	David Jones	00:11:22	Rob Blair	00:12:55	David Warwick	00:12:57	Kevin Long	00:13:05	00:50:19
TP	Francis Mannion	00:12:10	Robert Sikorski	00:12:20	Paul Brennan	00:12:39	Edwin Coutts	00:13:22	00:50:31
OH	Brian Jenkins	00:11:30	Roger Maidment	00:13:04	Tim Wright	00:13:18	Steve Taylor	00:14:10	00:52:02
EL	Alex Pickering	00:12:41	Joseph Osakue	00:12:46	Fernando Espada	00:13:04	Amit Marks	00:13:33	00:52:04
LO	Jon Whitehouse	00:12:43	Alan Fricker	00:12:59	Steve Palmer	00:13:15	James Lambden	00:14:16	00:53:13
BA	Richard McCormick	00:12:28	Stephen Lake	00:13:22	Kevin Valaydon	00:13:37	Peter Ellis	00:14:48	00:54:15
IL	Steve Chissall	00:13:28	Joel Denning	00:13:29	Neil Crisp	00:13:39	Tarik Qirem	00:14:43	00:55:19
ET	Colin Kinsey	00:12:50	Gavin Wren	00:13:45	Ben Watts	00:14:11	Graeme Bell	00:14:42	00:55:28
SO	Piotr Woloszyn	00:11:57	Mat Barber	00:13:43	Nick Sutcliffe	00:14:40	Luigi Bitonti	00:16:59	00:57:19
EE	Richard Gill	00:13:57	Paul Jackson	00:14:07	Roshan Choolhun	00:15:38	Niall Mulholland	00:17:26	01:01:08
ED	Austen Slattery	00:19:43	Michael Orr	00:18:11	Ilia Loubenski	00:12:54	James Gill	00:16:42	01:07:30
LO	Mary Knapman	00:13:08	Ali Trauttsmansdorff	00:13:48	Victoria Thompson	00:14:52	Lorna Gaffney	00:14:58	00:56:46
OH	Hayley Rogerson	00:14:01	Nikki Barnett	00:14:22	Amelia Davison	00:14:48	Anna Waterman	00:15:32	00:58:43
EM	Jenny Heymann	00:13:50	Lee Milne	00:14:07	Claire Wagh Cameron	00:14:30	Janine Durrant	00:17:42	01:00:09
EL	Sandra Preston	00:15:08	Becky Evans	00:15:13	Cindy Koon	00:15:28	Selina Vernal	00:15:43	01:01:32
BA	Karen Murphy	00:14:10	Jana Jilkova	00:15:17	Jo Kent	00:16:47	Sarah Moffatt	00:16:01	01:02:15
TP	Anna Skiorska	00:14:25	Anja Greenwood	00:14:58	Meneka Sidhu	00:16:56	Theodosia Green	00:17:09	01:03:28
VP	Sarah Whittaker-Axon	00:14:38	Joyce Berry	00:15:47	Marie Chamillard	00:17:13	Miry Mayer	00:17:23	01:05:01
IL	Alison Sale	00:14:55	Jo Reeves	00:15:20	Pauline Tester	00:16:49	Dianne Crisp	00:18:46	01:05:50
ED	Lorraine Pichelski	00:20:02	Helen Gill	00:21:59	Daniela Petrianni	00:19:07	Ai Seng Paul	00:17:21	01:18:29