

Chingford League Senior Relays

Wansted Flats -8th March 2025

Pos	Leg 1				Leg 2				Leg 3				Leg 4			
	Club	Team	Athlete	Leg Time	Team	Athlete	Leg Time	Team	Athlete	Leg Time	Team	Athlete	Leg Time	Team	Athlete	Leg Time
1	WG AM	A19	Oscar Eaton	00:11:06	B19	Aidan O'Driscoll	00:11:16	C19	Harry Stockill	00:11:14	D19	William Muffett	00:11:48			00:45:24
2	SO AM	A14	Oliver Bellay	00:11:36	B14	Samuel Horgan	00:11:35	C14	Piotr Woloszyn	00:11:22	D14	Etienne Dick	00:11:27			00:46:00
3	WG BM	A59	Nate Harding	00:11:09	B59	Josh Stephenson	00:11:46	C59	Joe Oates	00:11:51	D59	Lucas Freedman	00:12:04			00:46:50
4	VP AM	A18	David Jones	00:11:40	B18	Jamie Cornuauud	00:11:07	C18	James Speak	00:12:04	D18	Conor Williets	00:12:01			00:46:52
5	TP AM	A17	Dylan Hanks	00:12:04	B17	Adan Falkowski	00:11:38	C17	Ben Allen	00:11:37	D17	Matt Hogsden	00:11:39			00:46:58
6	EM AM	A7	Sam Anderson	00:11:12	B7	Humfrey Jeakins	00:12:08	C7	Gaz Towers	00:11:40	D7	George Fernandez	00:12:04			00:47:04
7	LH AM	A9	Andy Barnes	00:11:07	B9	Harry Owrid	00:12:16	C9	Hugo Cox	00:13:06	D9	Sam Macaulay	00:11:12			00:47:41
8	IL AM	A10	Josh Adler	00:11:38	B10	Samuel Crane	00:11:29	C10	James Thake	00:12:10	D10	Fabrizio Stefanoni	00:12:30			00:47:47
9	EH AM	A12	Joshua Fanta	00:11:29	B12	Jack Bush	00:12:50	C12	Olly Lindsell	00:13:02	D12	Michael Kagiri	00:12:00			00:49:21
10	IL BM	A50	Sebastian Parris	00:12:38	B50	Samuel Joseph	00:12:22	C50	Donogh Hurley	00:12:37	D50	Manuel Vigo	00:11:59			00:49:36
11	OH AM	A13	David Wilson	00:12:25	B13	Tim Wright	00:13:46	C13	Pat Brown	00:12:29	D13	Graham Wilkinson	00:11:02			00:49:42
12	LO AM	A11	Tom Abbott	00:12:30	B11	Jon Whitehouse	00:12:27	C11	Nick Barker	00:12:44	D11	Ben Thompson	00:12:03			00:49:44
13	LO BM	A51	Gabriel Buckey	00:12:26	B51	Aidan Buckley	00:12:19	C51	Calum Buckley	00:13:05	D51	George Abbott	00:12:31			00:50:21
14	IL CM	A130	Ryder Islam	00:12:05	B130	Luke Thake	00:13:03	C130	Barney Perkins	00:13:21	D130	Fabio Reina	00:12:08			00:50:37
15	TP BM	A57	Nikodem Kotwica	00:12:39	B57	Scott Aiken	00:12:40	C57	Robert Sikorski	00:12:52	D57	Paul Brennan	00:13:04			00:51:15
16	ED AM	A4	Freddie Davies	00:12:56	B4	James Akerman	00:13:02	C4	James Vicente	00:12:59	D4	Ilia Loubenski	00:12:37			00:51:34
17	VP AF	A38	Lydia Briggs	00:12:40	B38	Catherine O'Shea	00:12:52	C38	Kelly Clark	00:13:39	D38	Clare Hartley Marjora	00:12:53			00:52:04
18	EE AM	A5	Richard Gill	00:13:58	B5	Jolly Lazar	00:13:48	C5	Jack Porter	00:12:42	D5	Luke Craig	00:11:38			00:52:06
19	EC AM	A3	Owen Edwards	00:13:17	B3	Andrew Dewar	00:12:11	C3	Joe Whipp	00:14:49	D3	Lloyd Hughes	00:11:58			00:52:15
20	EL AM	A6	Neil Blanchi	00:12:43	B6	Alex Pickering	00:13:01	C6	Simon Nash	00:14:36	D6	Kris Shuttleworth	00:12:06			00:52:26
21	EM BM	A47	Toby Long	00:13:05	B47	Paul Boddey	00:11:59	C47	Owain Crispin	00:13:45	D47	Trevor East	00:13:52			00:52:41
22	OH BM	A53	Ted Allaway	00:13:18	B53	Henry Gillman	00:13:16	C53	Adam Johns	00:13:45	D53	Max Bell	00:12:31			00:52:50
23	BA AM	A1	Chun Ng	00:13:20	B1	Nicholas Scott	00:14:00	C1	Alex Shuker	00:13:41	D1	Ed Fraser	00:11:55			00:52:56
24	VP BM	A118	Simeon Bennett	00:13:09	B118	Kevin Long	00:13:42	C118	Tim Murray	00:13:14	D118	Chris Pick	00:13:08			00:53:13
25	SO BM	A54	James Screen	00:12:53	B54	Mat Barber	00:13:51	C54	Serghei Cataev	00:13:55	D54	George Allen	00:12:43			00:53:22
26	OH AF	A33	Susanna Wratten	00:12:46	B33	Hannah White	00:13:34	C33	Hayley Rogerson	00:13:51	D33	Claire Huggins	00:13:57			00:54:08
27	BR AM	A2	Ayoyinka Obisesan	00:12:58	B2	Paul Withyman	00:13:12	C2	Peter Jackson	00:14:20	D2	Tom Brennan	00:13:50			00:54:20
28	LO AF	A31	Eleanor Carter	00:12:42	B31	Ali Trauttsmansdorff	00:14:16	C31	Victoria Thompson	00:14:34	D31	Mary Knapman	00:14:00			00:55:32
29	LO CM	A111	Terry Stokes	00:13:51	B111	Steve Palmer	00:13:13	C111	Alan Fricker	00:14:41	D111	Robin Daines	00:14:04			00:55:49
30	WG CM	A106	Thomas Nicholls	00:13:33	B106	Sid Smith	00:13:07	C106	Zachary Freedman	00:14:21	D106	Ben Stockill	00:14:52			00:55:53
31	VP CM	A119	David Simpson	00:13:43	B119	Andrea Aggio	00:13:33	C119	Gigi Giannella	00:14:39	D119	Stephen Phillips	00:14:50			00:56:45

32	TP AF	A37	Kat Alpe	00:13:46	B37	Clio Heslop	00:14:52	C37	Siobhan Weir	00:14:42	D37	Anja Greenwood	00:13:50	00:57:10
33	EE BM	A45	Paul Jackson	00:14:24	B45	Adam Dent	00:14:48	C45	Mark Sheraton	00:14:17	D45	Jim Manzano	00:13:56	00:57:25
34	OH CM	A141	Oliver Pullen	00:13:47	B141	Daniel Curzon	00:15:46	C141	Max Van Dam	00:14:31	D141	Adam Findlay	00:13:42	00:57:46
35	TP CM	A136	Dave Weir	00:13:12	B136	Paul Ward	00:13:00	C136	Mick Green	00:16:52	D136	Jeremy Newton	00:14:53	00:57:57
36	MC AM	A15	Daniel Berry	00:14:43	B15	Shaun Lowthian	00:14:16	C15	Charlie Cooper	00:13:51	D15	Daniel Lewis	00:15:23	00:58:13
37	EM AF	A27	Jenny Heymann	00:14:21	B27	Liz Haigh	00:15:37	C27	Lee Milne	00:14:37	D27	Harriet Robson	00:13:56	00:58:31
38	IL DM	A110	Neil Crisp	00:13:45	B110	Steve Crane	00:14:31	C110	Steve Chissell	00:14:01	D110	Jim Tilbrook	00:16:20	00:58:37
39	ED AF	A24	Dora Scavello	00:14:50	B24	Rita Moran	00:15:25	C24	Katie Moey	00:14:23	D24	Chloe Thomas	00:14:26	00:59:04
40	WG AF	A39	Sophia Parker	00:13:58	B39	Emilia Kozinska	00:15:18	C39	Isla Fulling	00:14:14	D39	Marissa Higgs-Smith	00:15:59	00:59:29
41	EC AF	A23	Sophie Edwards	00:14:36	B23	Bethan Jones	00:14:59	C23	Fiona Hathaway	00:15:06	D23	Rachel Dervish	00:14:49	00:59:30
42	EL BM	A46	Michael Bamford	00:14:23	B46	Ian Mackie	00:15:39	C46	Clive Stephenson	00:15:17	D46	Andrew McLean	00:14:57	01:00:16
43	OH BF	A73	Ella Wilson	00:14:38	B73	Karen Lyons	00:16:20	C73	Nikki Barnet	00:14:56	D73	Harriet McSweeny	00:14:25	01:00:19
44	LO DM	A113	Tom Ulyatt	00:14:35	B113	James Lambsden	00:15:02	C113	Liam Stokes	00:15:20	D113	Nick Ulyatt	00:16:04	01:01:01
45	SO CM	A114	Martin Kelson	00:14:23	B114	Aditja Dixit	00:16:33	C114	Nick Sutcliffe	00:15:02	D114	Diego Fayos	00:15:36	01:01:34
46	BA BM	A41	Peter Ellis	00:15:46	B41	Brian Lallaway	00:14:47	C41	Des Michael	00:18:22	D41	Richard McCormick	00:13:07	01:02:02
47	LO BF	A71	Lorna Gaffney	00:15:18	B71	Georgina Taylor	00:15:59	C71	Charlotte Palmer	00:16:02	D71	Kristina Siupsinsk	00:15:11	01:02:30
48	VP BF	A135	Stacey Clark	00:15:00	B135	Naomi Bourne	00:16:49	C135	Mya Akbar	00:14:17	D135	Annie Davey	00:16:31	01:02:37
49	TL AM	A16	Robert Carruthers	00:17:58	B16	Simon Foley	00:14:34	C16	Anthony Flick	00:14:52	D16	Chris Wilson	00:15:18	01:02:42
50	BR BM	A42	James Lowndes	00:13:41	B42	Ron Vialls	00:16:45	C42	John George	00:16:27	D42	Martin Page	00:15:52	01:02:45
51	EM CM	A103	Dave Daugirda	00:15:30	B103	Geoff Nicholls	00:18:00	C103	Rob Sommerville	00:14:43	D103	Caio Smithson-Zipfel	00:14:37	01:02:50
52	EL AF	A26	Becky Evans	00:15:12	B26	Catherine Perry	00:16:34	C26	Nicola Wyndham	00:16:43	D26	Cindy Koon	00:15:18	01:03:47
53	HW AM	A20	Rohan Archer	00:12:40	B20	Mark Norman	00:16:16	C20	Steve Gourley	00:17:46	D20	Martin Hawker	00:17:32	01:04:14
54	OH CF	A144	Christine Inch	00:16:49	B144	Julie Pond	00:15:11	C144	Anna Waterman	00:16:17	D144	Alison Smith	00:16:11	01:04:28
55	TP BF	A77	Poppy Allwright	00:14:33	B77	Theodosia Green	00:17:29	C77	Claudia Caonova	00:17:13	D77	Anna Sikorski	00:15:39	01:04:54
56	ED BM	A44	Natesh Trivedi	00:16:43	B44	Ben Thomas	00:15:33	C44	Michael Orr	00:18:06	D44	Simon Watkinson	00:14:36	01:04:58
57	EE AF	A25	Lisa Naylor	00:16:43	B25	Emma Humphrey	00:15:46	C25	Nora Schillinger	00:16:16	D25	Lisa Gann	00:17:19	01:06:04
58	BR CM	A102	Mark New	00:15:54	B102	Jag Bassi	00:16:29	C102	Jason Li	00:18:33	D102	Adrian Davison	00:15:38	01:06:34
59	WG BF	A79	Fiona Yip	00:15:53	B79	Chinmay Jayaram	00:18:08	C79	Isla Barron	00:16:04	D79	Juliet Taylor	00:16:59	01:07:04
60	BA AF	A21	Kathryn Ellis	00:15:13	B21	Charlotte Gilligan	00:18:50	C21	Sarah Moffatt	00:17:13	D21	Jana Jilkova	00:15:52	01:07:08
61	EL CM	A107	Grant Conway	00:18:04	B107	Michael Wilson	00:17:26	C107	Darminder Bhamra	00:15:44	D107	Imran Mustak	00:15:59	01:07:13
62	EL DM	A127	John O'Brien	00:16:52	B127	Jacob Stevens	00:15:27	C127	John Paul Healy	00:17:39	D127	George Georgiou	00:17:34	01:07:32
63	LO CF	A132	Sharon Palmer	00:16:03	B132	Melanie Peddle	00:17:42	C132	Olivia Bugg	00:17:09	D132	Michelle Ayrton	00:17:43	01:08:37
64	SO AF	A34	Marie Duignan	00:17:07	B34	Althea Gabellini	00:17:23	C34	Dee Strang	00:20:12	D34	Helena Page	00:13:56	01:08:38
65	ED BF	A64	Ai Seng Paul	00:17:05	B64	Christine Simmons	00:17:16	C64	Loretta Blundell	00:16:26	D64	Dee Churchill	00:18:01	01:08:48
66	EL BF	A66	Sandra Preston	00:17:30	B66	Mary Connolly	00:17:36	C66	Suzanne Taylor	00:18:12	D66	Kathryn Hertzberg	00:17:13	01:10:31
67	VP DM	A122	William Burbridge Jor	00:16:59	B122	Paul Turley	00:16:39	C122	Russell Toone	00:18:43	D122	Gerald Akrigg	00:18:27	01:10:48

68	OH DF	A145	Karen Allworthy	00:18:55	B145	Mary Armitage	00:17:26	C145	Janine Humberstone	00:17:18	D145	Imogen Smith	00:17:58	01:11:37
69	IL AF	A30	Alison Sale	00:16:08	B30	Dianne Crisp	00:18:53	C30	Frieda Keane	00:19:51	D30	Pauline Tester	00:17:44	01:12:36
70	EM BF	A67	Janine Durrant	00:19:28	B67	Mala Singh	00:18:18	C67	Louise Vacher	00:17:44	D67	Kate Malcolm	00:17:58	01:13:28
71	TP CF	A116	Anne Ward	00:19:38	B116	Elvira Dominguez-Re	00:20:21	C116	Caitlin Connolly	00:17:29	D116	Emily Weir	00:16:39	01:14:07
72	BR AF	A22	Sian Mansley	00:18:40	B22	Kaye Jackson	00:16:54	C22	Veronika Barikor	00:22:37	D22	Belnda Riches	00:16:31	01:14:42
73	EL CF	A123	Sherhan Lynch	00:17:10	B123	Mary O'Brien	00:20:10	C123	Kathy Morrissey	00:20:35	D123	Jolanta Wysocki	00:17:09	01:15:04
74	BR DM	A142	Steve Colloff	00:18:18	B142	Barry Rowell	00:20:25	C142	James Sheriden	00:18:18	D142	Mick Davison	00:18:59	01:16:00
75	OH EF	A149	Lynne Wakinshaw	00:21:19	B149	Beth Mullan-feroze	00:17:23	C149	Fulva Giust Prole	00:21:09	D149	Frances Wilson	00:18:13	01:18:04
76	EE BF	A65	Karen Leung-Chester	00:17:49	B65	Megan Panesar	00:18:58	C65	Kate McDowall	00:15:41	D65	Vinodini Patel	00:26:05	01:18:33
77	EC BF	A63	Leanne Skinner	00:20:39	B63	Heidi Harding	00:21:32	C63	Anna Louise O'Toole	00:18:28	D63	Lynn Jones	00:18:16	01:18:55
78	ED CF	A134	Margaret wilkinson	00:19:37	B134	Vivienne Owusu-Anas	00:19:47	C134	Daria Paun	00:20:42	D134	Jane Fitton	00:19:35	01:19:41
79	BA BF	A61	Ann Phillips	00:18:00	B61	Tracey Deeks	00:18:56	C61	Mary Brown	00:20:36	D61	Rosalind Thompson	00:23:06	01:20:38
80	LO DF	A133	Nadine Holland	00:21:05	B133	Deborah Davies	00:19:18	C133	Amanda Overy	00:20:11	D133	Jean Hobbs	00:20:38	01:21:12
81	BA CM	A101	Andy Welsh	00:18:33	B101	Peter Corrieri	00:20:17	C101	Simon Cooper	00:23:58	D101	Steve Holmes	00:20:25	01:23:13
	OH	A147	Graham Bell	00:15:41	B147	Christopher Attewel	00:16:01	C147	Mark Farrar	00:14:58				
	ET	A8	Colin Kinsey	00:14:18	B8	Sean Reed	00:16:50	C8	Timothy Stodell	00:15:41				
	EE	A105	Matt Ponting	00:14:26	B105	Anthony Boyle	00:19:18	C105	Ben Shah	00:19:11				
	VP	A143	Aoife Murray	00:16:48	B143	Hetty Partington	00:20:50	C143	Joyce Berry	00:16:38				
	BR	A62	Lizzie-Beth Garragher	00:18:24	B62	Alison Fryatt	00:23:48	C62	Dawn Curtis	00:24:13				
	BR	A104	Les Jay	00:26:57	B104	Dennis Spencer-Perk	00:22:09	C104	Darren Graham	00:34:41				
	VP	A58	Dan McPhilimey	00:13:13	B58	Rob Blair	00:14:53							
	MC	A35	Emily Martyn	00:15:36	B35	Jasmine Patel	00:15:56							
	TL	A56	Simon Harker	00:14:13	B56	Guillaume Perrin Fab	00:17:33							
	TP	A137	John Rose	00:15:05	B137	Remy Parry Garnaud	00:17:32							
	EC	A43	Raffaele DiFabrica	00:19:44	B43	John McKnight	00:14:37							
	VP	A120	Matt Secker	00:17:55	B120	Gavin Gilbert	00:20:24							
	BA	A121	Liam Ohare	00:19:15	B121	David Scott	00:19:49							
	EM	A125	Fen Coles	00:17:37	B125	Hayley Dalton	00:23:02							