

## RESULT OF THE WARE CUP RACE, 8 DECEMBER 2018

1. Sam Humphrey (VPH/TH)	27:54
2. George Day (Orion)	28:01
3. Lewis Haulknett (Orion, U/20)	28:09
4. Dan Moses (Orion)	28:31
5. William Kirk (VPH/TH)	28:38
6. Gaz Powers (E Manor, V40)	29:11
7. Carl Selya-Hammer (VPH/TH)	29:22
8. Neil Cook (VPH/TH, V40)	29:24
9. Seb Parris (Ilf)	29:26
10. Bob Glasgow (Orion, V40)	29:39
11. Sam Priestley (VPH/TH)	29:39
12. Paul Boddey (E Manor, V40)	30:02
13. Gary Coombes (Ilf, V45)	30:42
14. James Cheseldine (Orion)	31:02
15. Simeon Bennett (VPH/TH, V40)	31:13
16. Andrew Hodgetts (VPH/TH)	31:35
17. Dan Gritton (ELR, V45)	31:37
18. James Pilch (E Manor)	31:56
19. Richard Bryant (VPH/TH, V45)	32:00
20. Andrew Hutson (VPH/TH)	32:02
21. Ben Rowlands (Orion)	32:10
22. Dave Cato (E Manor)	32:26
23. Paul Cates (E Manor, V50)	32:29
24. Neil McGoun (Orion)	32:36
25. Jose Sanchez (VPH/TH)	32:40
26. Fernando Banciella (VPH/TH, V40)	33:06
27. Not declared - 144 (VPH/TH?)	33:36
28. Steve Palmer (Lou, V45)	33:47
29. Diarmid Mac Donnell (Ilf, V45)	33:54
30. Rob Sommerville (E Manor, V50)	33:54
31. John Black (E Manor, V60)	34:14
32. Sarah Flanagan (E Manor, V40)	34:17 (W1)
33. Dave Daugirda (E Manor, V50)	34:45
34. Graham White (E Manor)	34:57
35. Colin Smith (Guest, V40)	35:01
36. Virginia Silic (VPH/TH, V35)	35:23 (W2)
37. James Lamsden (Guest, V55)	35:25
38. Cheryl Evans (VPH/TH)	35:27 (W3)
39. Joe Feltham (VPH/TH)	35:34
40. Claire Fisher (E Manor)	35:41 (W4)
41. Martin Hockey (E Manor, V50)	36:04
42. Jenny Heyman (E Manor, V35)	36:44 (W5)
43. Zoe Woodward (E Manor, V55)	36:55 (W6)
44. Heather Birtwistle (VPH/TH)	37:07 (W7)
45. Colm McCrory (E Manor)	37:08
46. Jason Sowards (Guest, V50)	37:14
47. Ben Thomas (Orion, V40)	37:25
48. Lorna Gaffney (Lou, V50)	37:51 (W8)

49. Bree Norbin (Ilf, V60)	37:54 (W9)
50. Jane Ruckin White (E Manor)	37:58 (W10)
51. Steve Bennett (VPH/TH, V40)	38:22
52. Victoria Fabbry (VPH/TH, V35)	38:24 (W11)
53. Chris Chapman (Orion)	38:32
54. Louise Vacher (E Manor, V50)	38:36 (W12)
55. Mary Knapman (Lou, V40)	39:09 (W13)
56. Joyce Berry (VPH/TH, V50)	39:15 (W14)
57. Kate Malcolm (E Manor, V45)	39:34 (W15)
58. Agata Slota (VPH/TH, V35)	39:40 (W16)
59. Martha Clark (VPH/TH, V35)	39:50 (W17)
60. Sarah Carey (E Manor, V35)	40:19 (W18)
61. Laura Morgan (VPH/TH)	40:30 (W19)
62. Lydia Birtwistle-Sawyer (VPH/TH, V35)	40:37 (W20)
63. Ed Skinner (Ilf, V60)	40:40
64. June Barrow-Green (VPH/TH, V65)	40:55 (W21)
65. Nicola Hopkinson (Ilf, V65)	41:10 (W22)
66. Yuan Ren (VPH/TH)	41:20 (W23)
67. Mary Armitage (Orion, V50)	41:23 (W24)
68. Roger Alburey (E Manor, V60)	41:31
69. Gail Hennessy (E Manor, V60)	41:36 (W25)
70. Joyce Berry (VPH/TH, V50)	41:47 (W26)
71. Graham Hall (Orion, V50)	42:47
72. Janine Darrant (E Manor, V40)	42:51 (W27)
73. Emma Robinson (VPH/TH, V35)	43:39 (W28)
74. Rachel Brittle (E Manor, V55)	43:57 (W29)
75. Francis Wilson (Orion, V50)	44:32 (W30)
76. Kate Nelson (VPH/TH)	44:41 (W31)
77. Christa Ronan (VPH/TH, V35)	44:43 (W32)
78. Gaye Young (Ilf, V45)	44:53 (W33)
79. Frank Merrigan (VPH/TH, V50)	44:57
80. Marlis Haase (VPH/TH, V50)	45:02 (W34)
81. Jean Hobbs (Lou, V65)	46:55 (W35)
82. Fen Coles (E Manor, V45)	47:20 (W36)
83. Jayan Nayar (E Manor, V50)	50:22
84. Christina Watson (E Manor, V60)	51:56 (W37)
85. Michelle B-Nickham (E Manor, V40)	52:22 (W38)
86. Mary Johnson (Orion, V40)	54:26 (W39)
87. Jim Hubbart (Ilf, V70)	56:07

#### Men's teams (scoring 4)

1. Orion	19
2. VPH/TH	21
3. E Manor	58
4. Ilford	114

#### Women's teams (scoring 4)

1. E Manor	167
2. VPH	172