

# Attwood Business Consultancy Ltd

Chingford League - 5K at Hog Hill - Tuesday 9 December 2008

*"Making things  
as easy as"*



## Men

1	1	Richard McCormick	M40	Barnet	17.16
2		Ben Hall	M	Orion	18.04
3	2	Andrew Kelleher	M40	Barnet	18.15
4	3	Keith Turner	M40	Barnet	18.24
5		Neil McGoun	M	Orion	18.35
6		Michael Cates	M	Eton Manor	18.40
7	4	David Wilcock	M50	Barnet	18.48
8	5	Peter Ellis	M50	Barnet	18.54
9	6	Kevin Julian	M40	Orion	19.02
10	7	Neil Crisp	M40	Guest	19.10
11		Matt Malloy	M	Woodford Green	19.14
12	8	Mike Rolfe	M40	Loughton	19.24
13	9	Dave Brock	M40	Orion	19.33
14	10	Ian Lambert	M50	Eton Manor	20.18
15	11	Bill Bennett	M50	Orion	20.39
16	12	Steve Adams	M40	Eton Manor	20.52
17	13	Adrian Frost	M50	Eton Manor	20.53
18	14	David Milner	M50	Orion	21.06
19		Gavin Harper	M	Loughton	21.14
20		Tim Wright	M	Orion	21.25
21	15	Graham Hall	M40	Orion	21.55
22	16	Warwick Barton	M50	Orion	22.01
23		David Tyson	M	Loughton	22.03
24		Steve Parker	M	Guest	22.21
25	17	Rob Sargent	M50	Loughton	23.03
26		Matthew Blundy	M	Loughton	23.08
27		Stewart Grace	M	Orion	23.45
28		Katy Brett	M	Orion	24.22
29	18	Andy Coleman	M40	Woodford Green	24.42
30	19	David Hobbs	M50	Loughton	24.57
31	20	George Georgiou	M50	Loughton	25.19
32	21	Gary Walker	M50	Victoria Park	25.22
33		Scott Hurley	M	Loughton	25.36
34	22	Tony Poole	M40	Loughton	25.42
35	23	Glyn Sayer	M50	Eton Manor	28.29

## Women

1		Caroline Real	W	Loughton	20.53
2	1	Breege Nordin	W45	Orion	22.05
3		Michelle Hurley	W	Loughton	22.58
4	2	Dianne Crisp	W45	Guest	23.51
5	3	Stef McCarthy	W45	Woodford Green	24.42
6		Helen Real	W	Loughton	24.56
7	4	Vicki Morris	W35	Loughton	25.24
8	5	Jean Hobbs	W45	Loughton	25.51
9	6	Christina Adams	W45	Eton Manor	26.43
10	7	Gail Brannan	W45	Eton Manor	27.22
11	8	Caroline Wadley	W45	Orion	36.42