

# Attwood Business Consultancy Ltd

Chingford League - 5.5M at Loughton - Sunday 7 October 2007

*"Making things  
as easy as"*

Position	Name	Category	Club	Time
Race	Vets			
	Only			
<b>Men</b>				
1	1	Richard McCormick	M40 Barnet	35.54
2	2	Matt Flannelly	M40 Woodford Green	37.03
3		Richard Kingsnorth	M Orion	37.16
4		Jack Stroud	M Orion	37.34
5		Grant Ramsey	M Barnet	37.39
6		Tony Lashmar	M Victoria Park	37.45
7		Harold Wyber	M Woodford Green	37.54
8		Shay Joyce	M Orion	37.56
9	3	Larry Mangelshot	M40 Woodford Green	37.58
10		Arber Baci	M Enfield & Haringay	37.59
11		Nick Keys	M Enfield & Haringay	38.00
12		Daniel Moses	M Orion	38.05
13		Scott Aiken	M Trent Park	38.07
14		Neil McGoun	M Orion	38.13
15	4	Adrian Mason	M40 Barnet	38.27
16		James Taylor	M Barnet	38.38
17		Ben Hall	M Orion	38.55
18	5	Eric Paul	M40 Orion	38.56
19		Ron O'Sullivan	M Woodford Green	39.09
20	6	Kevin Julian	M40 Orion	39.21
21	7	Costa Micheal	M40 Barnet	39.23
22	8	Phil Cunningham	M40 Barnet	39.44
23		Tim Wright	M Orion	39.48
24	9	Tim Mitchell-Smith	M40 Victoria Park	39.50
25	10	Alan Brown	M50 Enfield & Haringay	39.58
26	11	Ian Davis	M40 Trent Park	40.14
27	12	Andy Cunningham	M40 Barnet	40.25
28	13	Peter Ellis	M40 Barnet	40.29
29	14	Danny Rose	M40 Walthamstow	40.34
30	15	Dave Brock	M40 Orion	40.40
31	16	Paul Cates	M40 Eton Manor	40.43
32		Colin Read	M Walthamstow	40.56
33		Gary Bagnall	M Victoria Park	41.12
34		Paul Manson	M Woodford Green	41.19
35	17	Mike Rolfe	M40 Loughton	41.25
36	18	Adrian Edwards	M40 Trent Park	41.27
37	19	Gerry Shaw	M40 Orion	41.38
38	20	Miles Lakin	M40 Trent Park	41.44
39	21	David Wilcock	M50 Barnet	42.02
40	22	Tony Babbs	M40 Loughton	42.06
41		Richard Bryant	M Victoria Park	42.10
42	23	Terry McCarthy	M50 Woodford Green	42.20
43		David Shortridge	M Victoria Park	42.21
44		Jason Maloney	M Trent Park	42.47
45	24	Ian Lambert	M40 Eton Manor	42.54
46	25	Andrew Dodd	M40 Orion	42.55
47	26	David Crout	M40 Trent Park	43.18
48		Harry Gilham	M Guest	43.24
49	27	John Andrews	M40 Orion	43.30
50	28	David Barrett	M40 Woodford Green	43.46
51	29	Bill Bennett	M50 Orion	43.52
52	30	Paul Mee	M40 Victoria Park	44.07
53		Rob Birchley	M Victoria Park	44.08
54	31	Steve Simpole	M50 Orion	44.09
55		Ian Horritt	M Guest	44.26
56		Rob Pithethly	M Victoria Park	44.31



# Attwood Business Consultancy Ltd

Chingford League - 5.5M at Loughton - Sunday 7 October 2007

"Making things  
as easy as"

Position	Name	Category	Club	Time
Race	Vets			
	Only			
<b>Men</b>				
57	32	Steve Adams	M40 Eton Manor	44.39
58		Aiden Pearson	M Victoria Park	44.41
59		David Wilkie	M Orion	44.44
60	33	Vic Wilson	M50 Woodford Green	44.50
61		Andrew Smith	M Woodford Green	44.52
62	34	Warrick Barton	M40 Orion	44.56
63	35	Alistair Holford	M50 Woodford Green	44.57
64		Rick Bulaitis	M Orion	44.57
65		Matt Gallagher	M Orion	45.01
66	36	Stuart Manktelow	M40 Trent Park	45.02
67		Darren White	M Trent Park	45.09
68	37	Colin Price	M40 Guest	45.21
69	38	David Milner	M50 Orion	45.32
70	39	Simon Broughton	M50 Enfield & Haringay	45.39
71	40	Steve Keys	M50 Enfield & Haringay	45.41
72	41	Neal Beaumont	M50 Victoria Park	45.47
73	42	Les Austin	M50 Orion	45.50
74	43	David Farquhar	M40 Woodford Green	45.56
75	44	Rob Sargent	M50 Loughton	46.00
76		Dave Bamford	M Walthamstow	46.03
77	45	Roger Berry	M50 Walthamstow	46.10
78	46	John Quinn	M40 Orion	46.18
79		Keith Adams	M Eton Manor	46.21
80	47	Winston McFarlane	M40 Walthamstow	46.41
81		John Murphy	M Barnet	46.55
82		Christopher Bennion	M Victoria Park	46.57
83	48	Dave Robinson	M50 Victoria Park	47.00
84		Nick Clarke	M Trent Park	47.17
85	49	Julian Thorpe	M40 Woodford Green	47.24
86	50	Bob Jousiffe	M50 Orion	47.27
87	51	Tom Spanyol	M40 Woodford Green	47.39
88	52	David Birks	M40 Trent Park	47.56
89	53	Johnson John-Lewis	M50 Orion	48.03
90		Micheal Brogan	M Trent Park	48.08
91	54	Francis Robinson	M40 Barnet	48.32
92		Martin Hockey	M Eton Manor	48.34
93	55	Roger Kingsnorth	M50 Orion	48.42
94	56	Andy Ruffy	M40 Eton Manor	48.59
95	57	Bill Birmingham	M50 London Heathside	49.29
96	58	Chris Cloke	M50 Enfield & Haringay	49.31
97	59	John Hart	M50 Loughton	50.06
98	60	Russel Devih	M50 Guest	50.48
99	61	Peter Bulaitis	M50 Orion	51.30
100	62	Paul Robinson	M50 Orion	51.39
101	63	Garry Bartlett	M40 Walthamstow	51.56
102	64	Tony Hamilton	M50 Barnet	52.09
103		Alex Davies	M Woodford Green	52.27
104		James Grimsdale	M Walthamstow	52.42
105	65	Andrzej Gajbutowicz	M40 Victoria Park	53.27
106	66	John Perkins	M40 Orion	54.01
107	67	Ray Crick	M50 Loughton	54.01
108	68	Frank Merrigan	M40 Victoria Park	54.20
109	69	John Mercer	M50 Enfield & Haringay	54.26
110	70	Peter Deadman	M50 Orion	54.28
111	71	Roddy Maclennan	M50 Orion	54.43
112	72	Geoff Harrold	M50 Enfield & Haringay	54.46



# Attwood Business Consultancy Ltd

Chingford League - 5.5M at Loughton - Sunday 7 October 2007

"Making things  
as easy as"

Position	Name	Category	Club	Time
Race	Vets			
	Only			
<b>Men</b>				
113		M	Loughton	55.02
114	73	M50	Guest	55.26
115	74	M50	Eton Manor	58.43
116	75	M40	Orion	60.52
<b>Women</b>				
1		W	Orion	44.52
2		W	Orion	45.07
3		W	Trent Park	46.25
4	1	W35	Eton Manor	46.37
5	2	W45	Orion	46.46
6		W	Loughton	46.57
7	3	W35	Loughton	47.41
8	4	W35	Loughton	48.10
9		W	Victoria Park	48.17
10	5	W45	Trent Park	49.10
11	6	W35	Victoria Park	49.20
12		W	Loughton	50.00
13		W	Guest	50.03
14	7	W45	Orion	50.33
15		W	Victoria Park	50.36
16	8	W35	Woodford Green	50.39
17	9	W35	Orion	50.44
18	10	W45	Eton Manor	50.51
19		W	Victoria Park	50.56
20		W	Trent Park	51.01
21		W	Loughton	51.31
22	11	W45	Loughton	51.33
23		W	Loughton	52.56
24		W	Trent Park	53.00
25	12	W35	Orion	53.12
26	13	W35	Victoria Park	53.39
27	14	W35	Victoria Park	53.57
28	15	W45	Orion	54.09
29		W	Victoria Park	54.31
30	16	W35	Loughton	54.40
31	17	W35	Orion	56.40
32	18	W45	Eton Manor	56.45
33	19	W45	Loughton	57.14
34	20	W45	Loughton	57.28
35	21	W35	Orion	57.49
36	22	W45	Eton Manor	58.33
37		W	Trent Park	58.48
38	23	W45	Woodford Green	59.24
39	24	W35	Orion	60.55
40	25	W35	Eton Manor	60.55
41		W	Victoria Park	61.21
42		W	Victoria Park	61.27
43	26	W35	Trent Park	62.02
44	27	W35	Loughton	62.45
45	28	W45	Orion	65.30
46		W	Loughton	65.37



# Attwood Business Consultancy Ltd

Chingford League - 5.5M at Loughton - Sunday 7 October 2007

*"Making things  
as easy as"*

Position	Name	Category	Club	Time
Race	Vets			
	Only			
<b>Under 13 Boys</b>				
1	J Stockings	U13B	Woodford Green	6.50
2	Y Kikawka	U13B	Eton Manor	6.51
3	G Anastasi	U13B	Trent Park	7.08
4	A Coggins	U13B	Enfield & Haringay	7.10
5	P Crout	U13B	Trent Park	7.28
6	B Silverstone	U13B	Orion	7.37
7	A Vassilou	U13B	Trent Park	7.39
8	P Inkpen	U13B	Orion	7.49
9	B Lawrence	U13B	Orion	7.52
10	A Adams	U13B	Orion	7.56
11	J Keane	U13B	Trent Park	8.06
12	G McCormick	U13B	Trent Park	8.12
13	B Hall	U13B	Orion	8.13
14	B McElhinney	U13B	Trent Park	8.29
15	C Lambert	U13B	Orion	9.40
16	L Cook	U13B	Trent Park	9.58
<b>Under 13 Girls</b>				
1	C Kerr	U13G	Enfield & Haringay	7.28
2	G Ferrari	U13G	Woodford Green	7.38
3	A Doyle	U13G	Loughton	7.44
4	A Calvert-Jordan	U13G	Enfield & Haringay	7.56
5	H Bedcan	U13G	Woodford Green	8.05
6	I Barry	U13G	Orion	8.19
7	I Adams	U13G	Eton Manor	8.22
8	A Buckmaster	U13G	Orion	8.23
9	E Gibbins	U13G	Loughton	8.24
10	N Satori-Sigrist	U13G	Orion	8.26
11	C Matthews	U13G	Orion	8.27
12	I Aktas	U13G	Eton Manor	8.31
13	E Burwood	U13G	Enfield & Haringay	8.36
14	G Green	U13G	Eton Manor	8.40
15	C Kenny	U13G	Enfield & Haringay	8.45
16	A McElhinney	U13G	Trent Park	8.50
17	I McQueen	U13G	Orion	8.55
18	H Pattie-Belleli	U13G	Woodford Green	8.57
19	S Smith	U13G	Woodford Green	9.02
20	H Gouch	U13G	Orion	9.33
21	H McLaughlin	U13G	Trent Park	9.39
<b>Under 15 Boys</b>				
1	P Scanlon	U15B	Woodford Green	16.19
2	L Callis	U15B	Trent Park	16.28
3	A Hall	U15B	Orion	17.19
4	E Ball	U15B	Orion	17.26
5	L Blaikie	U15B	Woodford Green	18.02
6	A Bowman	U15B	Trent Park	18.09
7	R Ballet	U15B	Trent Park	18.20
8	A Gordon	U15B	Orion	18.29
9	A Anastasi	U15B	Trent Park	18.40
10	P Haynes	U15B	Trent Park	19.20
11	T Black	U15B	Orion	19.53
12	E Brogan	U15B	Trent Park	20.21



# Attwood Business Consultancy Ltd

Chingford League - 5.5M at Loughton - Sunday 7 October 2007

*"Making things  
as easy as"*

Position	Name	Category	Club	Time
Race	Vets			
	Only			
<b>Under 15 Girls</b>				
1	L McGregor	U15G	Orion	12.51
2	J Andrews	U15G	Orion	13.05
3	C Conway	U15G	Woodford Green	14.29
4	K Stockings	U15G	Woodford Green	14.13
5	L O'Conner	U15G	Orion	14.29
6	J McCormick	U15G	Trent Park	14.49
7	C Bryan	U15G	Trent Park	14.53
8	C Glennon	U15G	Trent Park	15.08
9	S Walker	U15G	Victoria Park	15.48
10	F Peterson	U15G	Loughton	17.10
11	J Kipps	U15G	Orion	17.30
<b>Under 17 Men</b>				
1	G Lewis	U17M	Orion	15.26
2	M Moy	U17M	Orion	15.42
3	F Conway	U17M	Orion	15.52
4	D Sach	U17M	Orion	16.00
5	B Hayes	U17M	Orion	16.18
6	A Lodge	U17M	Enfield & Haringay	16.19
7	D Penfold	U17M	Orion	16.22
8	A Wright	U17M	Trent Park	17.22
<b>Under 17 Women</b>				
1	K Fox	U17W	Woodford Green	12.58
2	J Docking	U17W	Woodford Green	13.38
3	A Holford	U17W	Woodford Green	14.30
4	F Cioni	U17W	Loughton	16.58



# Attwood Business Consultancy Ltd

Chingford League - 5.5M at Loughton - Sunday 7 October 2007

*"Making things  
as easy as"*

## Team Result



Position	Club	Points	League Points
<b>Senior Men "A" Team</b>			
1	Orion	58	10
2	Barnet	80	9
3	Woodford Green	113	8
4	Victoria Park	198	7
5	Trent Park	204	6
6	Enfield & Haringay	274	5
7	Walthamstow	382	4
8	Eton Manor	387	3
9	Loughton	453	2
10	London Heathside	652	1
<b>Senior Men "B" Team</b>			
1	Orion	174	10
2	Barnet	358	9
3	Woodford Green	380	8
4	Victoria Park	390	7
5	Trent Park	494	6
6	Walthamstow	660	5
7	Enfield & Haringay	661	4
8	Eton Manor	670	3
<b>Veteran Men</b>			
1	Barnet	114	10
2	Orion	199	9
3	Woodford Green	221	8
4	Trent Park	296	7
5	Victoria Park	429	6
6	Eton Manor	444	5
7	Loughton	456	4
8	Enfield & Haringay	466	3
9	Walthamstow	501	2
10	London Heathside	652	1
<b>Senior Women</b>			
1	Orion	61	10
2	Loughton	74	9
3	Victoria Park	103	8
4	Trent Park	133	7
5	Eton Manor	172	6
6	Woodford Green	236	5
<b>Veteran Women</b>			
1	Orion	115	10
2	Loughton	130	9
3	Eton Manor	172	8
4	Victoria Park	200	7
5	Woodford Green	236	6
6	Trent Park	236	5
<b>Under 17 Men</b>			
1	Orion	10	
2	Enfield & Haringay	33	
3	Trent Park	35	
<b>Under 17 Women</b>			
1	Woodford Green	11	
2	Loughton	19	

# *Attwood Business Consultancy Ltd*

Chingford League - 5.5M at Loughton - Sunday 7 October 2007

*"Making things  
as easy as"*

## **Under 15 Boys**

1	Trent Park	24
2	Orion	26
3	Woodford Green	32

## **Under 15 Girls**

1	Orion	19
2	Woodford Green	31
3	Trent Park	33
4	Victoria Park	45
5	Loughton	46

## **Under 13 Boys**

1	Trent Park	26
2	Orion	33
3	Woodford Green	52
4	Eton Manor	53
5	Enfield & Haringay	55

## **Under 13 Girls**

1	Enfield & Haringay	33
2	Orion	35
3	Woodford Green	44
4	Loughton	56
5	Eton Manor	57
6	Trent Park	81

