

EMER CASEY LONDON 10 2019 – FINAL RESULTS**SUNDAY 17 NOVEMBER 2019 at 9.30am****organised by the Emer Casey Foundation and Herne Hill Harriers**

Thank you to everybody who participated and helped to raise funds to help fight ovarian and uterine cancer.

All times are gun times and record times the starting whistle until the runner crossed the finish line.

	Time	Name	Club	Category	Pace (min/mile)	Age grading (%)
1	0:33:20	INGLIS, Andrew	Cambridge Harriers	M40-M44	05:21.8	84.82
2	0:33:27	LAYLEE, Lewis	Herne Hill Harriers	Senior Men	05:22.9	80.64
3	0:34:34	WARBURTON, Andrew	Herne Hill Harriers	Senior Men	05:33.7	78.03
4	0:35:09	PEWTER, Josh	Herne Hill Harriers	Senior Men	05:39.3	76.74
5	0:35:22	PERFECT, Andrew	Herne Hill Harriers	M40-M44	05:41.4	80.53
6	0:35:53	PHILLIPS, Jon		Senior Men	05:46.4	75.17
7	0:36:34	AHERN, Sean	Youghal AC	M40-M44	05:53.0	77.89
8	0:37:00	RATCLIFFE, Jonathan	Herne Hill Harriers	M50-M54	05:57.2	82.52
9	0:37:14	IRONMONGER, Gary	Herne Hill Harriers	M55-M59	05:59.4	85.59
10	0:39:02	COLLIER, Rob		Senior Men	06:16.8	69.10
11	0:39:36	BARNEY, Craig	Herne Hill Harriers	M35-M39	06:22.3	69.39
12	0:39:37	OSBORNE, Ed	Beckenham Running Club	M40-M44	06:22.4	72.41
13	0:39:38	PHILLIPS, Tom		M35-M39	06:22.6	68.86
14	0:39:48	MAJOR, Will	Herne Hill Harriers	Senior Men	06:24.2	67.77
15	0:40:26	MURPHY, Brendan		Senior Men	06:30.3	66.71
16	0:40:30	PRESKETT, Mark	Herne Hill Harriers	M45-M49	06:30.9	71.36
17	0:41:00	REGAN, Andy	Beckenham Running Club	M45-M49	06:35.8	72.13
18	0:41:01	TAN, Gower	Dulwich Runners	M50-M54	06:35.9	73.23
19	0:41:02	CLOWES, Mark	Hayes & Harlington Road Runners	Senior Men	06:36.1	65.74
20	0:41:14	SANDERSON, Robin	Herne Hill Harriers	M40-M44	06:38.0	68.57
21	0:41:28	COOK, James	Herne Hill Harriers	M40-M44	06:40.3	68.68
22	0:41:36	PLATT, Austin	Beckenham Running Club	M50-M54	06:41.6	72.80
23	0:41:54	PIKE, Jack		Senior Men	06:44.5	64.38
24	0:41:55	LAYLEE, Austin	Dulwich Runners	Senior Men	06:44.6	64.35
25	0:41:58	BEBBINGTON, Mark	Herne Hill Harriers	M55-M59	06:45.1	77.33
26	0:42:16	ANSBRO, Deidre	Youghal AC	W40-W44	06:48.0	73.84
27	0:42:31	SLOMSKI, Filip		Senior Men	06:50.4	63.44
28	0:42:38	WHEELER, Mathew		Senior Men	06:51.5	63.27
29	0:42:44	GAUDILLAT, Nathalie	Beckenham Running Club	W45-W49	06:52.5	76.16
30	0:42:53	CASEY, Susan	Youghal AC	W45-W49	06:54.0	77.24
31	0:42:54	DE GLANVILLE, Annalise		W35-W39	06:54.1	71.59
32	0:42:56	BALFE, Ellie	Dulwich Runners	W35-W39	06:54.4	70.97
33	0:43:00	SELWAY, Richard	Beckenham Running Club	M50-M54	06:55.1	72.19
34	0:43:10	HOUGH, Jonny		M40-M44	06:56.7	65.49
35	0:43:17	SULLIVAN, Gary		M60-M64	06:57.8	76.41

36	0:43:31	MARCHANT, Kate	Beckenham Running Club	W50-W54	07:00.1	79.68
37	0:43:40	STEVENS, Alec		M35-M39	07:01.5	62.50
38	0:43:59	RICKMAN, Hannah		Senior Women	07:04.6	68.02
39	0:44:06	SANZHAR, Sergey		M45-M49	07:05.7	65.54
40	0:44:07	MORFOPOULOS, James		Senior Men	07:05.9	61.14
41	0:44:12	KILGANNON, David	Youghal AC	M45-M49	07:06.7	66.91
42	0:44:14	THEHOS, Fabian	London Heathside	M35-M39	07:07.0	62.12
43	0:44:15	POULAIN, Benjamin		Senior Men	07:07.1	60.96
44	0:44:20	MEWIS, Donna	Beckenham Running Club	W50-W54	07:07.9	76.75
45	0:44:37	HAILE, Muhamud		M50-M54	07:10.7	67.87
46	0:44:39	MASSEY, Stephen	Striders of Croydon	M50-M54	07:11.0	68.38
47	0:44:55	STANSFIELD, Richard		M55-M59	07:13.6	69.70
48	0:44:59	STURZACKER, Nikki	Herne Hill Harriers	W45-W49	07:14.2	72.99
49	0:45:07	KOS, Adam		M35-M39	07:15.5	60.49
50	0:45:20	O'BRIEN, Lousie	Youghal AC	W40-W44	07:17.6	70.59
51	0:45:52	NAGORSKI, Robert	Herne Hill Harriers	M55-M59	07:22.8	68.86
52	0:46:02	CHHATWAL, Kate		W40-W44	07:24.4	69.51
53	0:46:05	MORRISON, Stuart	Herne Hill Harriers	M45-M49	07:24.8	63.68
54	0:46:14	STRACEY, Serena	Striders of Croydon	W40-W44	07:26.3	69.79
55	0:46:20	CHANDLER, Anthony	Beckenham Running Club	M35-M39	07:27.3	58.49
56	0:46:38	MAMOURI, Jihane		W35-W39	07:30.2	65.86
57	0:46:41	LAYLEE, Graham	Dulwich Runners	M60-M64	07:30.6	71.55
58	0:46:55	STEVENS-COX, Andrew		M45-M49	07:32.9	63.03
59	0:47:00	DRAKE, Martin	Youghal AC	M55-M59	07:33.7	67.80
60	0:47:04	CALASCIONE, Katie	Beckenham Running Club	W45-W49	07:34.3	69.15
61	0:47:23	JOHNSON, Jessica		Senior Women	07:37.4	63.14
62	0:47:32	KUMAR, Akshay	Tadworth AC	M40-M44	07:38.8	58.63
63	0:47:56	OLDAKER, Claire		W40-W44	07:42.7	66.76
64	0:48:04	LOWIS, Julia		Senior Women	07:44.0	62.24
65	0:48:08	EVANS, Bethany		Senior Women	07:44.6	62.15
66	0:48:18	TRICKER, Richard	Herne Hill Harriers	M50-M54	07:46.2	62.70
67	0:48:46	TALBERG, Chloe		W50-W54	07:50.7	71.79
68	0:48:48	SHOTTON, Mark		M40-M44	07:51.1	58.36
69	0:48:54	GALEA, Jake		Senior Men	07:52.0	55.16
70	0:49:08	GNOATO, Patrizia	Herne Hill Harriers	W50-W54	07:54.3	69.25
71	0:49:11	EDWARDS, May	Beckenham Running Club	W40-W44	07:54.8	64.52
72	0:49:15	BAKSH, Ken	Beckenham Running Club	M65-M69	07:55.4	69.91
73	0:49:17	BENNETT, Richella	Youghal AC	W40-W44	07:55.7	64.93
74	0:49:24	LEHMANN, Paul		M45-M49	07:56.9	58.51
75	0:49:40	BRAGAZZA, Nicolo		Senior Men	07:59.4	54.31
76	0:49:57	BAKER, Rose	Cambridge Harriers	W55-W59	08:02.2	71.46
77	0:50:02	WOODFIELD, Richard		M60-M64	08:03.0	67.43
78	0:50:13	SMIT, Angelique	London Heathside	W35-W39	08:04.7	61.65
79	0:50:14	SELWAY, Georgina	Beckenham Running Club	W55-W59	08:04.9	71.06

80	0:50:20	SEABROOK, Richard	Beckenham Running Club	M70-M74	08:05.9	76.24
81	0:50:25	HILLMAN, George		Senior Men	08:06.7	53.50
82	0:50:40	SHAMS, Tahir		M40-M44	08:09.1	56.62
83	0:51:16	SHEPHARD, Adam		M35-M39	08:14.9	52.61
84	0:51:20	WOOD, Francesca		Senior Women	08:15.5	58.28
85	0:51:33	JACKSON, John		M40-M44	08:17.6	54.45
86	0:51:58	MURPHY, Carol	Youghal AC	W40-W44	08:21.6	61.58
87	0:52:19	HALLS, Christopher		Senior Men	08:25.0	51.56
88	0:52:20	CANTWELL, Nick		M40-M44	08:25.2	53.63
89	0:52:23	O'CONNOR, Dylan		Senior Men	08:25.7	51.49
90	0:52:25	CROMWELL, Graeme		M35-M39	08:26.0	52.42
91	0:52:28	ALVAREZ SUAREZ, Aida		Senior Women	08:26.5	57.02
92	0:52:38	MEYER, Charlotte		Senior Women	08:28.1	56.84
93	0:52:40	MACKEWN, Jesse		Senior Men	08:28.4	51.22
94	0:52:48	COE, Andrew		Senior Men	08:29.7	51.09
95	0:52:49	LEE, Francesca		Senior Women	08:29.8	56.64
96	0:52:52	ANSBRO, Keith	Youghal AC	M40-M44	08:30.3	53.87
97	0:52:53	KILGANNON, Claire	Youghal AC	W40-W44	08:30.5	60.00
98	0:53:04	KERRINS, Pat	Beckenham Running Club	M60-M64	08:32.3	63.58
99	0:53:08	TUCK, Rachel	Mudcrew Trail Runners	Senior Women	08:32.9	56.30
100	0:53:10	CORNISH, Adam		M35-M39	08:33.2	51.68
101	0:53:18	REES, Emma		W50-W54	08:34.5	63.84
102	0:53:38	GALEA, Francesca		Senior Women	08:37.7	55.78
103	0:53:40	PAGANINI, Laura		Senior Women	08:38.1	55.75
104	0:54:03	HINDS, Andrew	Beckenham Running Club	M65-M69	08:41.8	65.13
105	0:54:05	SOUTHALL, Lucy		Senior Women	08:42.1	55.32
106	0:54:10	SPIERS, Elise		Senior Women	08:42.9	55.23
107	0:54:15	GOULD, Stephen		M40-M44	08:43.7	52.88
108	0:54:19	EASTY, Jill		W60-W64	08:44.3	70.04
109	0:54:20	McNEIL, David		Senior Men	08:44.5	49.64
110	0:54:25	STEWART, Claire	Dulwich Runners	W65-W69	08:45.3	75.17
111	0:54:26	CHANDLER, Maria	Beckenham Running Club	W35-W39	08:45.5	55.54
112	0:54:29	HOGG, Ramsay		Senior Men	08:45.9	49.51
113	0:55:38	PULLEN, Jade		Senior Women	08:57.0	53.77
114	0:55:55	BLAIR, Peter		M55-M59	08:59.8	57.51
115	0:55:56	ANCILOTTO, Robin		W40-W44	08:59.9	56.73
116	0:56:02	STRANG, Clare	Beckenham Running Club	W50-W54	09:00.9	61.88
117	0:56:24	ROBINS, Connie		Senior Women	09:04.4	53.04
118	0:56:33	WHITE, Antonia		W35-W39	09:05.9	53.04
119	0:56:53	FARR, Angus		M45-M49	09:09.1	51.99
120	0:57:09	GRIFFIN, Pat	Crystal Palace Fun Runners	M55-M59	09:11.7	55.76
121	0:57:22	PRIDEAUX, Megan		Senior Women	09:13.8	52.15
122	0:57:29	MURLEY, Emma		Senior Women	09:14.9	52.04
123	0:57:45	BORNE, Filipe		M40-M44	09:17.5	48.60

124	0:57:50	MENNULER, Jane	Clapham Chasers	W55-W59	09:18.3	63.67
125	0:57:54	McDONALD, Jade	Beckenham Running Club	W45-W49	09:18.9	56.70
126	0:58:19	ALLEN, Matthew		M45-M49	09:22.9	49.56
127	0:58:21	CAIRNS, Lynne		Senior Women	09:23.3	51.27
128	0:58:32	TURNBULL, Susie	Beckenham Running Club	Senior Women	09:25.0	51.11
129	0:58:34	GORDON-WILKIN, Gareth		M55-M59	09:25.4	54.91
130	0:59:06	BALFE, Richard	Dulwich Park Runners	M35-M39	09:30.5	46.82
131	0:59:19	RIFF, Marine		Senior Women	09:32.6	50.44
132	0:59:27	WEDMORE, Harriet		Senior Women	09:33.9	50.32
133	1:00:04	GAUNTLETT, Kaylee		Senior Women	09:39.8	49.81
134	1:00:05	COLE, Sophie		Senior Women	09:40.0	49.79
135	1:00:06	BHOGAL, Sunjay	Lonely Goat AC	M50-M54	09:40.2	49.98
136	1:01:22	LUCEY, Mary		M35-M39	09:52.4	44.47
137	1:01:48	MACPHERSON, Isabella		Senior Women	09:56.6	48.41
138	1:03:19	GRIFFIN, Sophie		Senior Women	10:11.2	47.25
139	1:03:38	MIAH, Shumon		M35-M39	10:14.3	42.89
140	1:05:10	BUNN, Ruth	Beckenham Running Club	W60-W64	10:29.1	59.74
141	1:07:17	DOLLIN, Colette		W50-W54	10:49.5	51.05
142	1:07:38	McKELVIE, Geraldine		Senior Women	10:52.9	44.23
143	1:08:07	COOMBES-HUNTLEY, Alice		Senior Women	10:57.6	43.92
144	1:11:42	COOPER, Amanda		W55-W59	11:32.1	51.90
145	1:13:20	ASGHAR, Anita		W55-W59	11:47.9	50.75
146	1:17:08	SHAMS, Talat		W40-W44	12:24.6	40.46
147	1:17:10	NICOLSON, Kate		W45-W49	12:24.9	42.55