

| | Havering '90 Joggers MW5 Results 2013 | | | | | | |
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| | | | | | | | |
| Position | Number | Forename | Surname | Club | Age Cat | | Time |
| 1 | 51 | Spencer | Hempsted | Ilford AC | MV40 | | 17:12 |
| 2 | 46 | Stephen | Philcox | Ilford AC | MV40 | | 17:27 |
| 3 | 5 | Patrick | Brown | East London | Sen M | | 17:32 |
| 4 | 172 | Liv | Ionita | Barking RR | Sen M | | 17:53 |
| 5 | 88 | Paul | Quinton | East London | Sen M | | 18:09 |
| 6 | 48 | Brian | Jenkins | Orion | Sen M | | 18:13 |
| 7 | 6 | Ciaran | Canavan | East London | Sen M | | 18:22 |
| 8 | 186 | Sam | Rahman | Ilford AC | Sen M | | 18:27 |
| 9 | 34 | Kevin | Wotton | Ilford AC | MV40 | | 18:36 |
| 10 | 107 | Nuno | Andrade | East End Runners | Sen M | | 18:47 |
| 11 | 23 | Alex | Bee | East London | Sen M | | 18:54 |
| 12 | 69 | Amadeus | Furlong | East London | Sen M | | 19:00 |
| 13 | 18 | Daniel | Lee | East London | MV40 | | 19:09 |
| 14 | 42 | Kevin | Newall | Ilford AC | Sen M | | 19:14 |
| 15 | 197 | James | Roberts | Ilford AC | Sen M | | 19:21 |
| 16 | 143 | Nigel | Swinburne | Dag 88 | Sen M | | 19:22 |
| 17 | 3 | Andrew | Baxter | East London | MV40 | | 19:29 |
| 18 | 80 | Dave | Daugirda | Eton Manor | MV50 | | 19:44 |
| 19 | 40 | Matthew | Braybrook | Unattached | 15 | | 20:00 |
| 20 | 176 | Martin | Page | Barking RR | MV50 | | 20:05 |
| 21 | 89 | Kate | Malcom | Eton Manor | FV35 | | 20:08 |
| 22 | 104 | Stuart | McFadden | East End Runners | Sen M | | 20:09 |
| 23 | 86 | Dan | Hall | Eton Manor | Sen M | | 20:10 |
| 24 | 94 | Bobby | Seagull | East End Runners | Sen M | | 20:11 |
| 25 | 173 | Dervish | Bartlett | Barking RR | MV40 | | 20:12 |
| 26 | 161 | Krystle | Balogun | Ilford AC | Sen F | | 20:17 |
| 27 | 43 | Bradley | Brown | Ilford AC | MV40 | | 20:21 |
| 28 | 85 | Sarah | Flanagan | Eton Manor | FV35 | | 20:23 |
| 29 | 58 | Andrew | Catton | Ilford AC | MV50 | | 20:25 |
| 30 | 122 | Paul | Eagles | Dag 88 | MV40 | | 20:26 |
| 31 | 35 | Rohan | Alexander | Ilford AC | MV40 | | 20:32 |
| 32 | 25 | Peter | Rains | East London | MV50 | | 20:37 |
| 33 | 93 | Rodney | Baldwin | East End Runners | Sen M | | 20:41 |
| 34 | 158 | Rob | Sommerville | Eton Manor | MV40 | | 20:41 |
| 35 | 159 | Bradley | West | Havering Mayesbrook | 14 | | 20:44 |
| 36 | 17 | Ava | Lee | East London | FV35 | | 20:51 |

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| 37 | 24 | Richard | Potter | East London | Sen M | 20:53 |
| 38 | 76 | Michael | Wilson | East London | MV50 | 20:54 |
| 39 | 168 | Colin | Jones | Barking RR | MV40 | 20:55 |
| 40 | 30 | Lee | Wollaston | East London | MV40 | 20:57 |
| 41 | 95 | Peter | Apse | East End Runners | Sen M | 21:00 |
| 42 | 83 | Zoe | Woodward | Eton Manor | FV45 | 21:05 |
| 43 | 99 | Hiren | Amin | East End Runners | Sen M | 21:06 |
| 44 | 155 | Dave | Sherman | H90J | Sen M | 21;07 |
| 45 | 189 | Sharon | Springfield | East London | FV35 | 21:08 |
| 46 | 66 | Roberto | Bruni | East London | MV40 | 21:10 |
| 47 | 14 | Richard | Guest | East London | MV40 | 21:12 |
| 48 | 182 | Ron | Vialls | Barking RR | MV60 | 21:14 |
| 49 | 22 | Shailesh | Patel | East London | MV40 | 21:14 |
| 50 | 32 | Saheb | Yousefi | East London | Sen M | 21;18 |
| 51 | 52 | Didier | Raffray | East End Runners | MV40 | 21:26 |
| 52 | 170 | Charles | Lee | H90J | MV40 | 21:28 |
| 53 | 127 | Ian | Cummins | Dag 88 | MV40 | 21:36 |
| 54 | 190 | James | Wilson | East London | Sen M | 21:38 |
| 55 | 185 | Stephen | Parker | Ilford AC | MV50 | 21:40 |
| 56 | 199 | Joe | Monk | Barking RR | MV50 | 21:41 |
| 57 | 31 | Jonathan | Wooldridge | East London | MV40 | 21:44 |
| 58 | 56 | Dan | Cogan | Ilford AC | Sen M | 21:47 |
| 59 | 74 | Ramesh | Pala | East London | MV50 | 21:49 |
| 60 | 163 | Kieron | Chapman | Barking RR | Sen M | 21:55 |
| 61 | 47 | Amanda | Heslegrave | Barking RR | FV35 | 21:57 |
| 62 | 160 | Antony | Leckerman | Barking RR | MV40 | 22:00 |
| 63 | 198 | Breege | Nordin | Ilford AC | FV55 | 22:01 |
| 64 | 147 | Edward | Skinner | Tiptree | MV50 | 22:02 |
| 65 | 62 | Paul | Emery | Ilford AC | MV50 | 22:07 |
| 66 | 45 | Melinda | Jones | Ilford AC | FV45 | 22:07 |
| 67 | 10 | Carlton | DSouza | East London | MV50 | 22:11 |
| 68 | 92 | Jerry | Griffin | East End Runners | MV50 | 22:12 |
| 69 | 7 | Grant | Conway | East London | MV40 | 22:14 |
| 70 | 37 | Jenni | Sheehan | Ilford AC | Sen F | 22:20 |
| 71 | 72 | Sarah | McCrea | East London | Sen F | 22:28 |
| 72 | 154 | Tony | Galea | H90J | MV50 | 22:30 |
| 73 | 91 | Andre | Ellis | East End Runners | MV40 | 22:32 |
| 74 | 120 | Caroline | Tuck | Dag 88 | FV45 | 22:33 |

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| 75 | 41 | Paul | Williams | Orion | MV50 | 22:36 |
| 76 | 19 | Chloe | Longstaff | East London | FV35 | 22:38 |
| 77 | 157 | Taryne | McPherson | Eton Manor | FV35 | 22:39 |
| 78 | 4 | Phoebe | Bowman | East London | Sen F | 22:44 |
| 79 | 29 | Alexandra | Wilkinson | East London | FV35 | 22:46 |
| 80 | 27 | Dan | Spinks | East London | Sen M | 22:49 |
| 81 | 64 | Paul | Braithwaite | East London | MV40 | 22:57 |
| 82 | 20 | Simon | Martin | East London | Sen M | 23:00 |
| 83 | 8 | William | Davies | East London | Sen M | 23:02 |
| 84 | 67 | Andy | Burke | East London | Sen M | 23:03 |
| 85 | 50 | Barry | Culling | Barking RR | Sen M | 23:10 |
| 86 | 78 | Mahbub | Khan | Barking RR | MV40 | 23:12 |
| 87 | 132 | Gary | Cardnell | Dag 88 | MV50 | 23:18 |
| 88 | 57 | Vicky | Cooper | Barking RR | FV35 | 23:20 |
| 89 | 109 | James | Smith | Dag 88 | Sen M | 23:31 |
| 90 | 28 | Natasha | Tweedie | East London | Sen F | 23:31 |
| 91 | 21 | Claire | Parker | East London | Sen F | 23:39 |
| 92 | 38 | Declan | Cullen | Ilford AC | MV50 | 23:41 |
| 93 | 137 | Jack | Duggan | Dag 88 | 15 | 23:41 |
| 94 | 136 | Scott | O'Connor | Dag 88 | Sen M | 23:41 |
| 95 | 106 | Celine | Homsey | East End Runners | Sen F | 23:41 |
| 96 | 100 | Adam | Shaikh | East End Runners | MV40 | 23:43 |
| 97 | 82 | Alison | Goodlad | Eton Manor | FV45 | 23:45 |
| 98 | 65 | Keiran | Brown | East London | MV50 | 23:48 |
| 99 | 183 | Danny | White | Barking RR | Sen M | 23:50 |
| 100 | 44 | Alun | Jones | Ilford AC | MV50 | 23:53 |
| 101 | 146 | Thomas | Riches | Dag 88 | Sen M | 24:05 |
| 102 | 184 | Nicola | Hopkinson | Ilford AC | FV45 | 24:06 |
| 103 | 129 | Kresh | Veerasingam | Dag 88 | Sen M | 24:14 |
| 104 | 77 | Tom | Woods | East London | MV60 | 24:14 |
| 105 | 142 | Jenny | Akroyd | Dag 88 | Sen F | 24:19 |
| 106 | 167 | Cristina | Cooper | Barking RR | Sen F | 24:19 |
| 107 | 178 | Andy | Preston | Barking RR | MV40 | 24:24 |
| 108 | 70 | Laura | Jenkins | East London | Sen F | 24:28 |
| 109 | 2 | Michael | Davison | Barking RR | MV60 | 24:32 |
| 110 | 171 | Rudi | Perez | East End Runners | Sen M | 24:41 |
| 111 | 98 | Natalie | Traylen | East End Runners | FV35 | 24:45 |
| 112 | 87 | Jenny | Hall | Eton Manor | Sen F | 24:46 |

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| 113 | 102 | David | Radford | East End Runners | MV40 | 24:47 |
| 114 | 16 | Dave | Knight | East London | MV50 | 24:53 |
| 115 | 33 | Satha | Alaganandasundaram | Ilford AC | MV50 | 24:55 |
| 116 | 123 | Wendy | Saunders | Dag 88 | FV45 | 25:01 |
| 117 | 165 | Faye | Spooner | Barking RR | Sen F | 25:03 |
| 118 | 9 | Fiona | Day | East London | FV55 | 25:08 |
| 119 | 181 | Gareth | Tucker | Barking RR | Sen M | 25:10 |
| 120 | 114 | Tracy | Hayes | Dag 88 | FV35 | 25:14 |
| 121 | 39 | John | Braybrook | Unattached | MV50 | 25:22 |
| 122 | 15 | Sheila | Kennedy | East London | FV45 | 25:28 |
| 123 | 11 | Ninette | Fernandes | East London | Sen F | 25:30 |
| 124 | 196 | Peter | Spelman | Ilford AC | MV60 | 25:33 |
| 125 | 81 | Christina | Watson | Eton Manor | FV55 | 25:35 |
| 126 | 141 | Michael | Peggnall | Dag 88 | Sen M | 25:40 |
| 127 | 68 | Laraine | Fallows | East London | FV45 | 25:55 |
| 128 | 13 | Joanna | Graham | East London | FV35 | 25:56 |
| 129 | 49 | Dennis | Spencer-Perkins | Barking RR | MV50 | 25:59 |
| 130 | 60 | Andrew | Gwilliam | Barking RR | Sen M | 26:03 |
| 131 | 96 | Allison | Tynan | East End Runners | FV45 | 26:06 |
| 132 | 54 | Colin | Wilkinson | East End Runners | Sen M | 26:06 |
| 133 | 61 | David | Wyatt | East London | MV50 | 26:07 |
| 134 | 73 | Susannah | McLaren | East London | FV45 | 26:10 |
| 135 | 116 | Kayleigh | Chappell | Dag 88 | 13 | 26:16 |
| 136 | 12 | Jamee | Gould | East London | Sen F | 26:18 |
| 137 | 79 | Rachel | Brittle | Eton Manor | FV45 | 26:18 |
| 138 | 194 | Lisa | Thorn | Orion | FV35 | 26:24 |
| 139 | 90 | Louise | Sinon | East End Runners | FV35 | 26:26 |
| 140 | 177 | Paul | Pickford | Barking RR | Sen M | 26:40 |
| 141 | 174 | Maria | Bartlett | Barking RR | FV35 | 26:45 |
| 142 | 135 | Kevin | Brown | Dag 88 | Sen M | 26:46 |
| 143 | 59 | Vickie | Groves | Barking RR | FV35 | 26:52 |
| 144 | 75 | Roger | Stubbs | East London | MV50 | 26:56 |
| 145 | 175 | Gary | Harford | Barking RR | MV50 | 27:02 |
| 146 | 53 | Emiko | Priest | East London | Sen F | 27:14 |
| 147 | 150 | Stephen | Lawson | H90J | MV50 | 27:31 |
| 148 | 121 | Sharon | Robinson | Dag 88 | FV35 | 27:34 |
| 149 | 134 | Tracy | Oliver | Dag 88 | FV35 | 27:41 |
| 150 | 164 | Richard | Ash | Barking RR | MV40 | 27:58 |

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| 151 | 145 | Cassie | Kingston | Dag 88 | Sen F | 28:04 |
| 152 | 71 | Trish | Kelly | East London | FV55 | 28:05 |
| 153 | 180 | Nigel | Swaby | Barking RR | MV50 | 28:07 |
| 154 | 193 | Meroe | Dalphinis | Dag 88 | Sen F | 28:12 |
| 155 | 119 | John | Power | Dag 88 | MV40 | 28:16 |
| 156 | 55 | Carol | Muir | Ilford AC | FV35 | 28:20 |
| 157 | 103 | Alice | Clilverd | East End Runners | Sen F | 28:21 |
| 158 | 128 | Caroline | Cummins | Dag 88 | FV45 | 28:38 |
| 159 | 101 | Monica | Secretan | East End Runners | FV35 | 28:42 |
| 160 | 140 | Tracey | George | Dag 88 | FV45 | 28:46 |
| 161 | 115 | Louise | Chappell | Dag 88 | FV35 | 28:48 |
| 162 | 188 | Pam | Jones | Ilford AC | FV55 | 28:51 |
| 163 | 1 | Don | Bennett | East London | MV50 | 29:00 |
| 164 | 126 | Suzanne | Castle | Dag 88 | Sen F | 29:03 |
| 165 | 148 | Elizabeth | Worrell-Jude | East End Runners | FV55 | 29:08 |
| 166 | 36 | Peter | Whiting | Ilford AC | MV50 | 29:08 |
| 167 | 162 | Keith | Sherlock | Unattached | MV50 | 29:44 |
| 168 | 149 | Geraldine | Kelly | H90J | FV45 | 30:07 |
| 169 | 97 | Kenneth | Wilson | East End Runners | MV40 | 30:17 |
| 170 | 26 | Diana | Rexhepaj | East London | FV35 | 30:40 |
| 171 | 105 | Dini | Patel | East End Runners | FV45 | 30:58 |
| 172 | 153 | Sandra | Dobie | H90J | FV45 | 31:12 |
| 173 | 144 | Stephen | Easley | Dag 88 | MV40 | 31:16 |
| 174 | 166 | Rob | Courtier | Barking RR | MV50 | 31:17 |
| 175 | 192 | Neil | Ansell | East End Runners | Sen M | 31:26 |
| 176 | 139 | Mick | Ball | Dag 88 | MV60 | 31:35 |
| 177 | 179 | Ken | Summerfield | Barking RR | MV40 | 31:37 |
| 178 | 63 | Caron | Doherty | Unattached | FV35 | 31:46 |
| 179 | 169 | William | Metcalfe | Dag 88 | MV60 | 32:25 |
| 180 | 125 | Jane | Swanson-Sprent | Dag 88 | FV35 | 32:26 |
| 181 | 130 | Timi | Veerasamy | Dag 88 | FV55 | 32:26 |
| 182 | 133 | Lee | Davis | Dag 88 | MV40 | 32:42 |
| 183 | 108 | Mike | Linstead | Dag 88 | MV50 | 32:57 |
| 184 | 131 | Sam | Veerasamy | Dag 88 | MV60 | 33:07 |
| 185 | 84 | Alison | Wells | Eton Manor | FV55 | 33:13 |
| 186 | 187 | Meredith | Floate | Ilford AC | FV35 | 33:42 |
| 187 | 152 | Laura | Dobie | H90J | Sen F | 33:42 |
| 188 | 117 | Julie | Dalphinis | Dag 88 | FV55 | 33:50 |

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| 189 | 156 | Chris | Thomas | H90J | Sen M | 34:21 |
| 190 | 138 | Jane | Houston | Dag 88 | FV35 | 34:26 |
| 191 | 191 | Susan | Bannoeks | Phoenix Striders | FV45 | 34:32 |
| 192 | 111 | Sallyanne | Pitt | Dag 88 | Sen F | 34:56 |
| 193 | 200 | Lisa | Maughan | Barking RR | FV45 | 35:12 |
| 194 | 113 | Nicole | Ashton | Dag 88 | 14 | 35:31 |
| 195 | 151 | Liz | Middleton | H90J | FV55 | 36:04 |
| 196 | 112 | Ann | Lawrence | Dag 88 | FV45 | 38:09 |
| 197 | 124 | Nicola | Horan | Dag 88 | FV35 | 39:10 |
| 198 | 110 | Dan | Payton | Dag 88 | Sen M | 39:55 |
| | 118 | Neil | Barker | Dag 88 | Sen M | DNS |
| | 195 | Samantha | Monk | Dag 88 | Sen F | DNS |
| Men's Team | | | | | | |
| 1 | 51 | Spencer | Hempsted | Ilford AC | MV40 | 17:12 |
| 2 | 46 | Stephen | Philcox | Ilford AC | MV40 | 17:27 |
| 8 | 186 | Sam | Rahman | Ilford AC | Sen M | 18:27 |
| Ladies' Team | | | | | | |
| 21 | 89 | Kate | Malcom | Eton Manor | FV35 | 20:08 |
| 28 | 85 | Sarah | Flanagan | Eton Manor | FV35 | 20:23 |
| 42 | 83 | Zoe | Woodward | Eton Manor | FV45 | 21:05 |