



## Best Parkrun

### Ilford AC Park Run List

1	15.39	Blair Mcwhirter	14/10/2017	North Hagley Park	Hagley Park Run	SM
2	15.46	Joseph Grange	24/09/2022	Raphael Park	Raphael Park Run	U17
3	15.47	Tom Gardner	04/02/2022	Albert Park	Albert Park Run	SM
4	15.49	Alex Richards	23/12/2023	Barking Park	Barking Park Run	SM
5	15.51	Malcolm Muir	29/06/2013	Central Park	Chelmsford Park Run	SM
6	15.54	Paul Grange	25/06/2022	Barking Park	Barking Park Run	V40
7	16.05	Ahmed Abdulle	15/07/2017	Valentines Park	Valentines Park Run	U20
8	16.24	Ben Jones	23/04/2011	Valentines Park	Valentines Park Run	SM
9	16.35	Gary Coombes	01/01/2020	Raphael Park	Raphaels Park Run	V40
10	16.39	Sam Horsley	26/07/2023	Eden Project, Bodelva, Park	Eden Project Park Run	U15
11	16.53	Farris Vakil	23/09/2023	Valentines Park	Valentines Park Run	U20
12	16.54	Mungo Prior	21/12/2019	Collett Park	Shepton Mallett Parkrun	U20
13	17.01	Steve Philcox	10/09/2011	Valentines Park	Valentines Park Run	V40
14	17.04	Jak Wright	27/07/2019	Barking Park	Barking Park Run	U17
15	17.18	Iain Knight	30/04/2011	Valentines Park	Valentines Park Run	SM
16	17.19	Sam Rahman	16/09/2023	Barking Park	Barking Parkrun	V40
17	17.26	Kevin Newell	29/11/2014	Valentines Park	Valentines Park Run	SM
18	17.28	Aaron Samuel	17/02/2018	Valentines Park	Valentines Park Run	U17
19	17.29	Ryan Holeyman	23/10/2021	Raphael Park	Raphaels Park Run	U17
20	17.31	Bradley Deacon	15/02/2020	Valentines Park	Valentines Park Run	U17
21	17.37	Rhys Edwards	23/10/2021	Clacton Sea front	Clacton Park Run	U20
22	17.42	Kevin Wotton	12/05/2012	Valentines Park	Valentines Park Run	V40
23	17.43	Usamah Patel	14/09/2013	Valentines Park	Valentines Park Run	U17
24	17.46	Robin Mcnelis	12/03/2016	Raphael Park	Raphaels Park Run	V40
25	17.47	James Rigby	06/07/2017	Raphael Park	Raphael Park Run	SM
26	17.47	Ronan Edwards	11/02/2023	Ruthin Memorial Playing Fields	Ruthin Memorial Playing Fields Park Run	U20
27	17.49	Samuel Crane	09/09/2023	Barking Park	Barking Parkrun	U17
28	17.49	Josh Adler	25/12/2023	Barking Park	Barking Parkrun	SM
29	18.02	Fabrizio Stefano	09/09/2023	Valentines Park	Valentines Park Run	V50
30	18.08	Berekhat Berakhy	01/07/2023	Valentines Park	Valentines Park Run	V40
31	18.1	Haydn Newland	25/12/2019	Barking Park	Barking Park Run	SM
32	18.21	Neil Crisp	07/05/2016	Cliff Park	Harwich Park Run	V50
33	18.25	Danny Holeyman	23/10/2021	Raphael Park	Raphael Park Run	V40
34	18.25	Dylan Harrod	19/11/2022	Orsett Heath	Thurrock Park Run	U20



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35	18.30	Aaron Hick	30/09/2023	Valentines Park	Valentines Park Run	U17
36	18.32	Matthew Hick	11/05/2019	Raphael Park	Raphael Park Run	U15
37	18.33	John Crawley	16/02/2019	Barking Park	Barking Park Run	SM
38	18.34	Philip Ellul	27/04/2019	Barking Park	Barking Park Run	U20
39	18.38	Tony Hyde	06/09/2014	Abbey Meadows	Thetford Park Run	V40
40	18.38	Terry Knightley	23/04/2016	Gunners Park	Southend Park Run	V50
41	18.39	Ryder Islam	30/09/2023	Valentines Park	Valentines Park Run	U15
42	18.49	Frank Mcgowan	23/04/2011	Valentines Park	Valentines Park Run	V50
43	18.54	Richard Woolterton	26/02/2022	Raphael Park	Raphael Park Run	V50
44	18.58	Sebastian Parris	04/02/2017	Valentines Park	Valentines Park Run	SM
45	19.06	Diarmuid Mac Donnell	08/06/2019	Hackney Marshes	Hackney Park Run	V40
46	19.08	Barney Perkins	25/12/2023	Barking Park	Barking Park Run	U13
47	19.09	Jack Halil	25/02/2017	Valentines Park	Valentines Park Run	U17
48	19.09	James Thake	09/09/2023	Barking Park	Barking Park Run	U17
49	19.13	Tony Nixon	21/03/2015	Great Cornard Centre	Great Cornard Park Run	V60
50	19.19	Phil Davies	23/02/2019	Raphael Park	Raphael Park Run	V40
51	19.27	Bradley Brown	02/04/2016	Barking Park	Barking Park Run	V40
52	19.27	Aron Berhe	11/11/2023	Valentines Park	Valentines Park	U15
53	19.32	Jordan Hinds	01/01/2023	Valentines Park	Valentines Park	U23
54	19.41	Aaron Browne	09/10/2021	Valentines Park	Valentines Park	SM
55	19.43	Sameena Ahmed	18/12/2021	Barking Park	Barking Park Run	V40
56	19.44	Steve Chissell	16/04/2022	Barking Park	Barking Park Run	V50
57	19.48	Michael Horsey	12/10/2013	Valentines Park	Valentines Park Run	SM
58	20.02	Adam Coals	14/09/2019	Raphael Park	Raphael Park Run	SM
59	20.03	Steve Crane	12/02/2022	Seaside Road	Hastings Park Run	V40
60	20.16	Gary Floate	21/01/2012	Valentines Park	Valentines Park Run	V40
61	20.21	Peter Ryan	23/08/2014	Endcliffe Park	Sheffield Hallam Park Run	V60
62	20.23	Dave Thomas	19/08/2023	Barking Park	Barking Park Run	V60
63	20.24	Michael O'Callaghan	09/06/2012	Valentines Park	Valentines Park Run	U17
64	20.26	Craig Livermore	07/05/2022	Valentines Park	Valentines Park Run	SM
65	20.28	Abdi Berleen	29/07/2017	Roding Valley Rec Ground	Roding Valley Park Run	V50
66	20.34	Wayne Hick	20/07/2019	Raphael Park	Raphael Park Run	V50
67	20.37	Anna Crawley	01/01/2020	Valentines Park	Valentines Park Run	SL



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68	20.52	Eain Begg	22/06/2019	Valentines Park	Valentines Park Run	SM
69	20.55	Bre Nordin	04/06/2016	Raphael Park	Raphaels Park Run	V60
70	20.55	Dennis Briggs	21/10/2017	Valentines Park	Valentines Park Run	V40
71	20.57	Alan Pearl	25/08/2018	Raphael Park	Raphael Park Run	V50
72	21.12	Peter Spelman	14/01/2012	Valentines Park	Valentines Park Run	V50
73	21.14	Chris Togwell	21/12/2013	Southwark Park	Southwark Park Run	V50
74	21.22	Andy Catton	06/10/2018	Dulwich	Dulwich Park Park Run	V60
75	21.3	Amy Bird	22/06/2019	Valentines Park	Valentines Park Run	SL
76	21.32	Jenni Sheehan	08/11/2014	Valentines Park	Valentines Park Run	SL
77	21.36	Rob Sargent	21/04/2012	Valentines Park	Valentines Park Run	V50
78	21.40	Steve Horsley	09/09/2023	Barking Park	Barking Park Run	V40
79	21.45	Matt Maple	22/09/2012	Valentines Park	Valentines Park Run	V40
80	21.47	DI Crisp	21/04/2012	Valentines Park	Valentines Park Run	V50
81	21.49	Robert Spelman	23/08/2014	Warlingham	Riddlesdown Park Run	SM
82	21.50	Gemma Ellender	12/08/2023	Chalkwell Beach	Chalkwell Beach Park Run	V35
83	21.55	Martin Clarke	21/09/2013	Christchurch Park	Ipswich Park Run	V60
84	21.59	Carlie Qirem	22/02/2020	Raphael Park	Raphael Park Run	V35
85	22.08	Steve Lacey	07/10/2023	Valentines Park	Valentines Park Run	V50
86	22.09	Declan Cullen	21/06/2014	Valentines Park	Valentines Park Run	V50
87	22.22	Paul Emery	08/06/2013	Valentines Park	Valentines Park Run	V50
88	22.32	Satha Alag	19/04/2014	Valentines Park	Valentines Park Run	V50
89	22.36	Anthony Young	18/08/2018	Barking Park	Barking Park Run	V50
90	22.48	Steve Parker	22/08/2015	Raphael Park	Raphaels Park Run	V50
91	22.50	Leila Lauder	27/05/2023	Valentines Park	Valentines Park Run	U17
92	22.54	Billy Green	28/09/2019	Raphael Park	Raphael Park Run	V50
93	22.59	Eileen Sheridan	07/04/2012	Valentines Park	Valentines Park Run	V50
94	22.59	Rhoan Gabbidon	12/05/2018	Raphael Park	Raphael Park Run	V40
95	23.01	Nicola Hopkinson	12/05/2012	Valentines Park	Valentines Park Run	V45
96	23.01	Mustapha Essaki	03/12/2022	Valentines Park	Valentines Park Run	V40
97	23.12	Hannah Sheikh	23/10/2021	Valentines Park	Valentines Park Run	V45
98	23.33	Euan Johnstone	26/03/2016	Valentines Park	Valentines Park Run	U13
99	23.36	Alison Sale	10/12/2022	Valentines Park	Valentines Park Run	V55
100	23.42	Natalie Crisp	30/03/2019	Valentines Park	Valentines Park Run	SL
101	23.47	Graham Williams	16/06/2012	Norman Park	Bromley Park Run	V70
102	23.58	Vitor Duraes	19/10/2019	Barking Park	Barking Park Run	U15



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103	24.02	Pathrose Louis	21/07/2012	Valentines Park	Valentines Park Run	V40
104	24.12	Natalie Felix	23/11/2013	Valentines Park	Valentines Park Run	SL
105	24.18	Rachel Halpin	11/04/2015	Valentines Park	Valentines Park Run	SL
106	24.27	Jim Tilbrook	29/02/2020	Valentines Park	Valentines Park Run	V50
107	24.41	Doris Gaga	27/04/2019	Hackney Marshes	Hackney Park Run	V50
108	24.43	Sharon Honey	07/12/2019	Raphael Park	Raphael Park Run	V60
109	24.43	Anika Sharma	24/06/2023	Valentines Park	Valentines Park Run	U17
110	24.52	Pauline Tester	08/02/2020	Valentines Park	Valentines Park Run	V55
111	25.08	Steve Cheal	10/09/2016	Raphael Park	Raphaels Park Run	V50
112	25.15	Nicola Chester	22/02/2014	Valentines Park	Valentines Park Run	V35
113	25.24	Jacob Emeagi	15/02/2020	Valentines Park	Valentines Park Run	U15
114	25.27	Adnam Karim	17/08/2019	Valentines Park	Valentines Park Run	SM
115	25.31	Suki Jandu	10/09/2011	Valentines Park	Valentines Park Run	V50
116	25.35	Lovedip Dhaliwal	10/11/2014	Valentines Park	Valentines Park Run	V40
117	25.46	Carol Muir	14/06/2014	Dulwich Park	Dulwich Park Run	V40
118	25.51	Mandy Reid	24/09/2022	Valentines Park	Valentines Park Run	V45
119	25.53	Ray Everringham	11/05/2019	Valentines Park	Valentines Park Run	V50
120	26.06	Roger Honey	16/02/2019	Raphael Park	Raphael Park Run	V60
121	26.14	Pam Jones	16/04/2011	Valentines Park	Valentines Park Run	V70
122	26.18	Keelie Turner	14/05/2011	Valentines Park	Valentines Park Run	V35
123	27.03	Robin Davis	27/08/2011	Valentines Park	Valentines Park Run	V60
124	27.1	Mandeep Bassi	13/04/2019	Valentines Park	Valentines Park Run	V40
125	27.26	Wesley Clarke	19/03/2011	Valentines Park	Valentines Park Run	V40
126	27.39	Freida Keane	06/05/2017	Valentines Park	Valentines Park Run	V45
127	27.45	James Huddart	08/09/2018	Raphael Park	Raphael Park Run	V70
128	28.08	Shelagh Buckley	06/11/2021	Raphael Park	Raphael Park Run	V50
129	28.19	Julia Ridley	19/05/2012	Valentines Park	Valentines Park Run	V45
130	28.19	Kim Baxter	03/08/2019	Victoria Dock	Victoria Dock Park Run	V60
131	28.25	Seamus O'Connell	27/08/2022	Barking Park	Barking Park Run	v50
132	28.27	Meredith Floate	26/02/2011	Valentines Park	Valentines Park Run	SL
133	28.35	Julie Gillender	23/04/2016	Barking Park	Barking Park Run	V45
134	28.44	Emma Dyos	09/10/2021	Raphael Park	Raphael Park Run	V40
135	29.03	Alyssa Erulin	09/02/2019	Barking Park	Barking Park Run	U15
136	29.18	Bev Thomas	15/07/2023	Lake Meadows Park	Billericay Park Run	V60
137	29.22	Stuart Bennett	07/01/2017	Raphael Park	Raphaels Park Run	V50
138	29.36	Manjunath Gopi	07/01/2023	Valentines Park	Valentines Park Run	SM



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139	29.41	Launa Broadley	05/05/2018	Valentines Park	Valentines Park Run	V45
140	29.45	Di Deacon	11/06/2016	Valentines Park	Valentines Park Run	V50
141	29.51	Gerry Pells	23/07/2011	Valentines Park	Valentines Park Run	V70
142	30.18	Katie Deacon	25/03/2017	Valentines Park	Valentines Park Run	U17
143	30.26	Hazel Honey	25/02/2012	Valentines Park	Valentines Park Run	V55
144	30.32	Karen St.Jean-Kufour	05/01/2019	Valentines Park	Valentines Park Run	V45
145	30.49	Sharon Daughters	20/05/2023	Valentines Park	Valentines Park Run	V55
146	31.15	Sheila Sinclair	28/09/2019	Valentines Park	Valentines Park Run	V50
147	32.21	Brennie Gabbidon	29/02/2020	Valentines Park	Valentines Park Run	FV40
148	32.23	Rachel Lawless	18/09/2021	Raphael Park	Raphael Park Run	FV55
149	32.26	Ellie Wright	23/03/2019	Raphael Park	Raphael Park Run	U20
150	32.35	Nichola Fairbairn	12/08/2017	Lake Hiawatha Preserve	Clermont Waterfront parkrun	V40
151	33.40	Lattie Mcintosh	10/06/2017	Valentines Park	Valentines Park Run	V40
152	34.18	Sarath Kumar	18/01/2020	Valentines Park	Valentines Park Run	SM
153	34.55	Wendy Everingham	04/01/2020	Valentines Park	Valentines Park Run	V50
154	35.49	Catherine Green	21/05/2011	Valentines Park	Valentines Park Run	V45