



## 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	16.06	Sam Horsley	17/02/2024	Barking Park	Barking Park Run	U15
9	16.10	Ronan Edwards	02/11/2024	Bushey Park	Bushey Park Run	U20
10	16.24	Ben Jones	23/04/2011	Valentines Park	Valentines Park Run	SM
11	16.35	Gary Coombes	01/01/2020	Raphael Park	Raphaels Park Run	V40
12	16.40	Farris Vakil	01/01/2024	Valentines Park	Valentines Park Run	U23
13	16.54	Mungo Prior	21/12/2019	Collett Park	Shepton Mallett Parkrun	U20
14	17.01	Steve Philcox	10/09/2011	Valentines Park	Valentines Park Run	V40
15	17.04	Jak Wright	27/07/2019	Barking Park	Barking Park Run	U17
16	17.06	Samuel Crane	14/09/2024	Valentines Park	Valentines Park Run	U17
17	17.07	Christopher King	09/11/2024	Chalkwell Beach	Chalkwell Beach	SM
18	17.14	Josh Adler	25/12/2024	Barking Park	Barking Park Run	SM
19	17.16	Sam Rahman	05/10/2024	Raphael Park	Raphael Park Run	V40
20	17.18	Iain Knight	30/04/2011	Valentines Park	Valentines Park Run	SM
21	17.26	Kevin Newell	29/11/2014	Valentines Park	Valentines Park Run	SM
22	17.28	Aaron Samuel	17/02/2018	Valentines Park	Valentines Park Run	U17
23	17.29	Ryan Holeyman	23/10/2021	Raphael Park	Raphaels Park Run	U17
24	17.31	Bradley Deacon	15/02/2020	Valentines Park	Valentines Park Run	U17
25	17.37	Rhys Edwards	23/10/2021	Clacton Sea front	Clacton Park Run	U20
26	17.37	Richard Morris	18/05/2024	Raphael Park	Raphael Park Run	SM
27	17.40	Aaron Hick	27/01/2024	Valentines Park	Valentines Park Run	U17
28	17.42	Kevin Wotton	12/05/2012	Valentines Park	Valentines Park Run	V40
29	17.43	Usamah Patel	14/09/2013	Valentines Park	Valentines Park Run	U17
30	17.46	Robin Mcnelis	12/03/2016	Raphael Park	Raphaels Park Run	V40
31	17.47	James Rigby	06/07/2017	Raphael Park	Raphael Park Run	SM
32	17.57	Manuel Caeiro	18/11/2024	Valentines Park	Valentines Park Run	SM
33	17.59	Ryder Islam	14/12/2024	Ingrebourne Hill Country Park	Ingrebourne Hill Park Run	U17
34	18.01	Berekhat Berakhy	13/07/2024	Valentines Park	Valentines Park Run	V40
35	18.02	Fabrizio Stefano	09/09/2023	Valentines Park	Valentines Park Run	V50
36	18.1	Haydn Newland	25/12/2019	Barking Park	Barking Park Run	SM



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37	18.21	Neil Crisp	07/05/2016	Cliff Park	Harwich Park Run	V50
38	18.21	Barney Perkins	14/09/2024	Valentines Park	Valentines Park Run	U15
39	18.25	Danny Holeyman	23/10/2021	Raphael Park	Raphael Park Run	V40
40	18.25	Dylan Harrod	19/11/2022	Orsett Heath	Thurrock Park Run	U20
41	18.26	James Thake	28/09/2024	Valentines Park	Valentines Park Run	U17
42	18.32	Matthew Hick	11/05/2019	Raphael Park	Raphael Park Run	U15
43	18.33	John Crawley	16/02/2019	Barking Park	Barking Park Run	SM
44	18.34	Philip Ellul	27/04/2019	Barking Park	Barking Park Run	U20
45	18.38	Tony Hyde	06/09/2014	Abbey Meadows	Thetford Park Run	V40
46	18.38	Terry Knightley	23/04/2016	Gunners Park	Southend Park Run	V50
47	18.41	Aron Berhe	27/01/2024	Valentines Park	Valentines Park Run	U17
48	18.49	Frank Mcgowan	23/04/2011	Valentines Park	Valentines Park Run	V50
49	18.54	Richard Woolterton	26/02/2022	Raphael Park	Raphael Park Run	V50
50	18.58	Sebastian Parris	04/02/2017	Valentines Park	Valentines Park Run	SM
51	19.06	Diarmuid Mac Donnell	08/06/2019	Hackney Marshes	Hackney Park Run	V40
52	19.09	Jack Halil	25/02/2017	Valentines Park	Valentines Park Run	U17
53	19.13	Tony Nixon	21/03/2015	Great Cornard Centre	Great Cornard Park Run	V60
54	19.19	Phil Davies	23/02/2019	Raphael Park	Raphael Park Run	V40
55	19.27	Bradley Brown	02/04/2016	Barking Park	Barking Park Run	V40
56	19.27	Jordan Hinds	01/01/2024	Valentines Park	Valentines Park	SL
57	19.41	Aaron Browne	09/10/2021	Valentines Park	Valentines Park	SM
58	19.43	Sameena Ahmed	18/12/2021	Barking Park	Barking Park Run	V40
59	19.44	Steve Chissell	16/04/2022	Barking Park	Barking Park Run	V50
60	19.48	Michael Horsey	12/10/2013	Valentines Park	Valentines Park Run	SM
61	20.02	Adam Coals	14/09/2019	Raphael Park	Raphael Park Run	SM
62	20.03	Steve Crane	12/02/2022	Seaside Road	Hastings Park Run	V40
63	20.16	Gary Floate	21/01/2012	Valentines Park	Valentines Park Run	V40
64	20.17	Luke Thake	26/10/2024	Barking Park	Barking Park Run	U15
65	20.21	Peter Ryan	23/08/2014	Endcliffe Park	Sheffield Hallam Park Run	V60
66	20.23	Dave Thomas	19/08/2023	Barking Park	Barking Park Run	V60
67	20.24	Michael O'Callaghan	09/06/2012	Valentines Park	Valentines Park Run	U17
68	20.26	Craig Livermore	07/05/2022	Valentines Park	Valentines Park Run	SM
69	20.28	Abdi Berleen	29/07/2017	Roding Valley Rec Ground	Roding Valley Park Run	V50



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70	20.29	Anna Crawley	27/01/2024	Barking Park	Barking Park Run	SL
71	20.34	Wayne Hick	20/07/2019	Raphael Park	Raphael Park Run	V50
72	20.52	Eain Begg	22/06/2019	Valentines Park	Valentines Park Run	SM
73	20.55	Bre Nordin	04/06/2016	Raphael Park	Raphaels Park Run	V60
74	20.55	Dennis Briggs	21/10/2017	Valentines Park	Valentines Park Run	V40
75	20.57	Alan Pearl	25/08/2018	Raphael Park	Raphael Park Run	V50
76	20.59	Steve Horsley	17/02/2024	Barking Park	Barking Park Run	V40
77	21.12	Peter Spelman	14/01/2012	Valentines Park	Valentines Park Run	V50
78	21.14	Chris Togwell	21/12/2013	Southwark Park	Southwark Park Run	V50
79	21.22	Andy Catton	06/10/2018	Dulwich	Dulwich Park Park Run	V60
80	21.3	Amy Bird	22/06/2019	Valentines Park	Valentines Park Run	SL
81	21.32	Jenni Sheehan	08/11/2014	Valentines Park	Valentines Park Run	SL
82	21.36	Rob Sargent	21/04/2012	Valentines Park	Valentines Park Run	V50
83	21.40	Mike Perkins	14/09/2024	Valentines Park	Valentines Park Run	V50
84	21.43	Carlie Qirem	27/04/2024	Promenade, Morecambe	Morecambe Prom parkrun	V35
85	21.45	Matt Maple	22/09/2012	Valentines Park	Valentines Park Run	V40
86	21.47	DI Crisp	21/04/2012	Valentines Park	Valentines Park Run	V50
87	21.47	Tarek Qirem	27/04/2024	Promenade, Morecambe	Morecambe Prom parkrun	V40
88	21.49	Robert Spelman	23/08/2014	Warlingham	Riddlesdown Park Run	SM
89	21.49	Gemma Ellender	27/07/2024	Barking Park	Barking Park Run	V35
90	21.55	Martin Clarke	21/09/2013	Christchurch Park	Ipswich Park Run	V60
91	22.01	Leila Lauder	14/09/2024	Valentines Park	Valentines Park Run	U17
92	22.04	Steve Lacey	28/09/2024	Valentines Park	Valentines Park Run	V50
93	22.09	Declan Cullen	21/06/2014	Valentines Park	Valentines Park Run	V50
94	22.12	Elias Furreedan	22/06/2024	Valentines Park	Valentines Park Run	U13
95	22.22	Paul Emery	08/06/2013	Valentines Park	Valentines Park Run	V50
96	22.32	Satha Alag	19/04/2014	Valentines Park	Valentines Park Run	V50
97	22.36	Anthony Young	18/08/2018	Barking Park	Barking Park Run	V50
98	22.48	Steve Parker	22/08/2015	Raphael Park	Raphaels Park Run	V50
99	22.54	Billy Green	28/09/2019	Raphael Park	Raphael Park Run	V50
100	22.59	Eileen Sheridan	07/04/2012	Valentines Park	Valentines Park Run	V50
101	22.59	Rhoan Gabbidon	12/05/2018	Raphael Park	Raphael Park Run	V40
102	23.00	Jim Tilbrook	07/09/2024	Barking Park	Barking Park Run	V50
103	23.01	Nicola Hopkinson	12/05/2012	Valentines Park	Valentines Park Run	V45



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104	23.01	Mustapha Essaki	03/12/2022	Valentines Park	Valentines Park Run	V40
105	23.12	Hannah Sheikh	23/10/2021	Valentines Park	Valentines Park Run	V45
106	23.33	Euan Johnstone	26/03/2016	Valentines Park	Valentines Park Run	U13
107	23.36	Alison Sale	10/12/2022	Valentines Park	Valentines Park Run	V55
108	23.42	Natalie Crisp	30/03/2019	Valentines Park	Valentines Park Run	SL
109	23.47	Graham Williams	16/06/2012	Norman Park	Bromley Park Run	V70
110	23.58	Vitor Duraes	19/10/2019	Barking Park	Barking Park Run	U15
111	24.02	Pathrose Louis	21/07/2012	Valentines Park	Valentines Park Run	V40
112	24.12	Natalie Felix	23/11/2013	Valentines Park	Valentines Park Run	SL
113	24.18	Rachel Halpin	11/04/2015	Valentines Park	Valentines Park Run	SL
114	24.41	Doris Gaga	27/04/2019	Hackney Marshes	Hackney Park Run	V50
115	24.43	Sharon Honey	07/12/2019	Raphael Park	Raphael Park Run	V60
116	24.43	Anika Sharma	24/06/2023	Valentines Park	Valentines Park Run	U17
117	24.52	Pauline Tester	08/02/2020	Valentines Park	Valentines Park Run	V55
118	25.08	Steve Cheal	10/09/2016	Raphael Park	Raphaels Park Run	V50
119	25.15	Nicola Chester	22/02/2014	Valentines Park	Valentines Park Run	V35
120	25.24	Jacob Emeagi	15/02/2020	Valentines Park	Valentines Park Run	U15
121	25.27	Adnam Karim	17/08/2019	Valentines Park	Valentines Park Run	SM
122	25.31	Suki Jandu	10/09/2011	Valentines Park	Valentines Park Run	V50
123	25.35	Lovedip Dhaliwal	10/11/2014	Valentines Park	Valentines Park Run	V40
124	25.46	Carol Muir	14/06/2014	Dulwich Park	Dulwich Park Run	V40
125	25.51	Mandy Reid	24/09/2022	Valentines Park	Valentines Park Run	V45
126	25.53	Ray Everringham	11/05/2019	Valentines Park	Valentines Park Run	V50
127	26.06	Roger Honey	16/02/2019	Raphael Park	Raphael Park Run	V60
128	26.14	Pam Jones	16/04/2011	Valentines Park	Valentines Park Run	V70
129	26.18	Keelie Turner	14/05/2011	Valentines Park	Valentines Park Run	V35
130	27.03	Robin Davis	27/08/2011	Valentines Park	Valentines Park Run	V60
131	27.09	Beverley Thomas	23/03/2024	Barking Park	Barking Park Run	V60
132	27.1	Mandeep Bassi	13/04/2019	Valentines Park	Valentines Park Run	V40
133	27.26	Wesley Clarke	19/03/2011	Valentines Park	Valentines Park Run	V40
134	27.39	Freida Keane	06/05/2017	Valentines Park	Valentines Park Run	V45
135	27.45	James Huddart	08/09/2018	Raphael Park	Raphael Park Run	V70
136	28.08	Shelagh Buckley	06/11/2021	Raphael Park	Raphael Park Run	V50
137	28.18	Alicia Adams	21/12/2024	Barking Park	Barking Park Run	U15
138	28.19	Julia Ridley	19/05/2012	Valentines Park	Valentines Park Run	V45
139	28.19	Kim Baxter	03/08/2019	Victoria Dock	Victoria Dock Park Run	V60
140	28.25	Seamus O'Connell	27/08/2022	Barking Park	Barking Park Run	v50



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141	28.27	Meredith Floate	26/02/2011	Valentines Park	Valentines Park Run	SL
142	28.35	Julie Gillender	23/04/2016	Barking Park	Barking Park Run	V45
143	28.44	Emma Dyos	09/10/2021	Raphael Park	Raphael Park Run	V40
144	29.03	Alyssa Erulin	09/02/2019	Barking Park	Barking Park Run	U15
145	29.22	Stuart Bennett	07/01/2017	Raphael Park	Raphaels Park Run	V50
146	29.36	Manjunath Gopi	07/01/2023	Valentines Park	Valentines Park Run	SM
147	29.41	Launa Broadley	05/05/2018	Valentines Park	Valentines Park Run	V45
148	29.45	Di Deacon	11/06/2016	Valentines Park	Valentines Park Run	V50
149	29.51	Gerry Pells	23/07/2011	Valentines Park	Valentines Park Run	V70
150	30.13	Sharon Daughters	22/06/2024	Valentines Park	Valentines Park Run	V55
151	30.18	Katie Deacon	25/03/2017	Valentines Park	Valentines Park Run	U17
152	30.26	Hazel Honey	25/02/2012	Valentines Park	Valentines Park Run	V55
153	30.32	Karen St.Jean-Kufour	05/01/2019	Valentines Park	Valentines Park Run	V45
154	30.35	Joy Debnath	11/05/2024	Valentines Park	Valentines Park Run	SM
155	31.15	Sheila Sinclair	28/09/2019	Valentines Park	Valentines Park Run	V50
156	32.21	Brennie Gabbidon	29/02/2020	Valentines Park	Valentines Park Run	FV40
157	32.23	Rachel Lawless	18/09/2021	Raphael Park	Raphael Park Run	FV55
158	32.26	Ellie Wright	23/03/2019	Raphael Park	Raphael Park Run	U20
159	32.35	Nichola Fairbairn	12/08/2017	Lake Hiawatha Preserve	Clermont Waterfront parkrun	V40
160	33.40	Lattie Mcintosh	10/06/2017	Valentines Park	Valentines Park Run	V40
161	34.18	Sarath Kumar	18/01/2020	Valentines Park	Valentines Park Run	SM
162	34.55	Wendy Everingham	04/01/2020	Valentines Park	Valentines Park Run	V50
163	35.49	Catherine Green	21/05/2011	Valentines Park	Valentines Park Run	V45