

VPH&THAC All-Time Top 25 Road Rankings (@ 11 Dec 02)

VP Road Mile (established 1986) (current @ 26 Sep 02)

Men

Steve Mahon 4:24 (1987)
Richard Bruce 4:29 (1988)
Tom Daly 4:30 (1990)
Richard Newbold 4:30 (1994)
Chris Brogan 4:33 (1986)
Tim Grose 4:33 (2002)
Mark Edmonds 4:34 (1991)
Keith Lowe 4:35 (1986)
Lee Kohn 4:38 (1986)
Dave Carthy 4:39 (1986)
Mark Edmonds 4:39 (1990)
Phil Hampshire 4:39 (1991)
Terry O'Neill 4:40 (1990)
Danny Wing 4:40 (1992)
George Hart 4:45 (1991)
Jim Roche 4:46 (1992)
Ray Dzikowski 4:48 (1990)
Ollie Box 4:49 (1986)
Eddie Thomas 4:50 (2001)
Paul Miquel 4:50 (2002)
W. Lincoln 4:50 (1992)
Andy Wheeler 4:52 (1995)
Pete Eldridge 4:53 (1995)
Jon Greenwell 4:53 (1998)
Eddie Boswall 4:53 (1990)

Women (first run in 1995)

Hanna Robson 5:48 (1995)
Lydia Bruce-Burgess 6:03 (2002)
Annie Gammon 6:07 (1995)
Liz Kempster 6:15 (1996)
Georgia Pettipher 6:26 (2001)
Cecile Brugnoli 6:30 (2001)
Sarah Johnsen 6:34 (2002)
Harriet Warden 6:36 (2002)
Elaine Battson 6:40 (2002)
Carolin Bolton 6:41 (2002)
Anna Fake 6:41 (2002)
Kelly May 6:45 (2001)
Claire Eydes 7:13 (2001)
Lynn Ashby 7:16 (2001)
Fiona MacGregor 7:22 (2000)

Jo Sargent 7:25 (2001)
Jacqueline Baker 7:25 (2000)
Jenny Costelloe 7:29 (2002)
Ros Payne 7:38 (2002)
Aude-Claire Markiewicz 7:41 (2001)
Barbara McHugh DeClare 7:58 (2001)
Katy Denny 8:11 (2002)
Tracy Harding 8:13 (2002)
Sally Weddell 9:10 (2002)
Lara Orija 9:40 (2002)

Physical Shield (beginning 1997) (current @ Mar 02)

Men

Richard Newbold 8:34 (1997)
Graham Bennett 8:40 (2000)
Jim Roche 8:42 (2001)
Jon Greenwell 8:46 (1997)
Tim Grose 8:50 (2002)
Tony Lashmar 9:00 (2001)
Gordon Faulds 9:00 (2001)
Simon Middleton 9:05 (2001)
Gary Bagnall 9:08 (2001)
Richard Bruce 9:20 (2000)
Peter Eldridge 9:29 (1999)
Terry Beackon 9:32 (2002)
Mike Penman 9:34 (2002)
Tim Mitchell-Smith 9:38 (2002)
Damian Manning 9:38 (2002)
Tony MacDowall 9:44 (2002)
Joe Loboda 9:52 (1997)
Gary Deathridge 10:10 (2002)
Tom Kehoe 10:11 (1997)
Peter Wright 10:16 (2000)
Dave Robinson Sr 10:19 (2000)
Darren Clark 10:30 (2002)
Leon Russell 10:42 (2002)
Paul McKinley 10:53 (2000)
Alfie Jackson 11:06 (2002)

Women (first run in 2000)

Caroline Jackson 12:41 (2000)
Cecile Brugnoli 12:46 (2002)
Louise Guthrie 14:20 (2002)
Janice Cartwright 14:46 (2002)

Chingford League Relay (first run in 1973) (current @ Sep 02)

Des O'Donnell 11:20 (1985)
Chris Brogan 11:24 (1987)
John Anstey 11:31 (1976)
Alan Barber 11:38 (1978)
Keith Lowe 11:38 (1982)
Phil Hampshire 11:43 (1986)
Steve Mahon 11:45 (1986)
Dave Carthy 11:45 (1986)
Mike Gonzales 11:46 (1980)
Ray Dzikowski 11:47 (1990)
Pete Read 11:52 (1980)
Jim Roche 11:55 (2000)
Richard Newbold 11:56 (1994)
Tim Grose 11:57 (2002)
Laurence Curley 11:58 (2002)
Andy Osbaldestin 12:02 (1985)
Lee Kohn 12:02 (1987)
Terry O'Neill 12:09 (1987)
Terry Ford 12:11 (1974)
Eddie Boswall 12:13 (1984)
Ernest Charlemagne 12:13 (1984)
Bob Dann 12:14 (1977)
Nigel Boese 12:16 (1997)
George Hart 12:18 (1987)
Les Vialls 12:20 (1982)
Tom Daly 12:20 (1990)

Well St Common (established 1974) (current @ Nov 02)

Men

Chris Brogan 14:09 (1989)
Mike Gonzales 14:24 (1980)
Des O'Donnell 14:24 (1985)
Phil Hampshire 14:31 (1986)
Larry Mangelshot 14:32 (1983)
Steve Mahon 14:36 (1987)
Keith Lowe 14:42 (1985)
Pete Read 14:43 (1983)
Dave Carthy 14:44 (1989)
John Anstey 14:49 (1974)
Lee Kohn 14:57 (1985)
Richard Newbold 14:57 (1995)
Jim Roche 15:02 (2001)
Dave West 15:03 (1983)
Alan Barber 15:04 (1974)
Eddie Thomas 15:07 (2002)

George Whitney 15:15 (1983)
George Hart 15:19 (1990)
Jon Cullom 15:17 (2002)
Terry Ford 15:20 (1976)
Terry O'Neill 15:21 (1996)
Derek Judge 15:22 (1989)
Jim Carpenter 15:22 (1978)
Garry Walker 15:26 (1978)
Danny Wing 15:26 (1995)

Women (first run in 1997)

Annie Gammon 19:06 (2002)
Lydia Bruce-Burgess 19:42 (2002)
Maura Regan 20:04 (2001)
Sarah Leipziger 20:26 (2002)
Georgia Pettipher 20:31 (2001)
Liz Kempster 20:42 (1997)
Sarah Johnsen 21:06 (2002)
Claire Eydes 21:12 (2001)
Kelly May 21:13 (2001)
Averil Lockhart 21:25 (2000)
Cecile Brugnoli 21:32 (2001)
Cate Boyle 21:36 (2002)
Anna Mehtani 22:19 (2000)
Jo Sargent 22:33 (2002)
Anna Fake 23:03 (2002)
Jane Appleton 23:07 (2002)
Polly Fitch 23:19 (1999)
Alice Bell 23:28 (2002)
Katy Denny 23:39 (2002)
Fiona MacGregor 23:41 (2000)
Mia Felce 23:42 (2002)
Jane Roche 23:55 (2002)
Amy Ford 24:01 (2002)
Veronica McCabe 24:14 (2001)
Judith Burns 24:15 (2001)

Forbanks 2.8M (new course established 1994) (current @ Sep 02)

Men

Jim Roche 14:26 (2000)
Richard Newbold 14:29 (1994)
Graham Bennett 14:45 (2000)
Keith Lowe 14:54 (1994)
Eddie Thomas 15:01 (2001)
Terry O'Neill 15:06 (1997)
Tony Lashmar 15:09 (2002)

Gary Bagnall 15:13 (2001)
George Hart 15:19 (1996)
Richard Onslow 15:22 (1996)
Pete Eldridge 15:25 (1997)
Gary Luff 15:57 (1996)
Tom Daly 16:01 (1996)
John George 16:05 (1998)
Ron Vialls 16:24 (1998)
Tim Mitchell-Smith 16:25 (2000)
Danny Wing 16:34 (1994)
Joe Loboda 16:49 (1997)
Gary Deathridge 16:51 (2002)
Peter McHugh DeClare 16:58 (2001)
David Shortridge 17:00 (2002)
Dave Robinson Sr 17:03 (2001)
Les Vialls 17:04 (1995)
Graeme Tiffany 17:06 (1996)
Mick Cairns 17:09 (2000)

Women (first run in 1996)

Liz Kempster 19:29 (1996)
Annie Gammon 19:46 (1998)
Lydia Bruce-Burgess 19:51 (2002)
Hanna Robson 19:59 (1996)
Sarah Johnsen 20:58 (2001)
Georgia Pettipher 21:25 (2001)
Kate Trickey 21:30 (1998)
Wendy Turner 21:37 (2000)
Sarah Leipziger 21:42 (2002)
Cecile Brugnoli 21:50 (2001)
N. Thomas 22:12 (1996)
Fiona MacGregor 22:56 (2000)
Janice Cartwright 24:09 (2000)
Jane Roche 24:41 (2001)
Tracy Harding 24:50 (2001)
S. Loudon 25:13 (1996)
Louise Guthrie 25:13 (2000)
Barbara McHugh DeClare 26:13 (2001)
Sally Weddell 32:49 (2000)

Eastway (established 1980) (current @ Nov 02)

Men

Chris Brogan 15:13 (1988)
Des O'Donnell 15:18 (1984)
Dave Carthy 15:33 (1988)
Pete Read 15:36 (1982)

Alan Barber 15:40 (1982)
Richard Newbold 15:42 (1994)
Mike Gonzales 15:44 (1981)
Steve Mahon 15:44 (1987)
Larry Mangelshot 15:46 (1983)
Keith Lowe 15:47 (1987)
Lee Kohn 15:51 (1987)
Phil Hampshire 15:54 (1986)
Terry O'Neill 15:56 (1986)
Ray Dzikowski 15:57 (1988)
Tim Grose 15:59 (2002)
Andy Wheeler 16:03 (1995)
Ollie Box 16:04 (1983)
Jon Greenwell 16:04 (1998)
Jim Roche 16:04 (2001)
Laurence Curley 16:05 (2002)
John Anstey 16:13 (1980)
Tom Carrick 16:13 (2002)
Mike Reid 16:14 (1982)
Eddie Thomas 16:15 (2002)
Andy Osbaldestin 16:17 (1984)

Women (first run in 1993)

Hanna Robson 19:55 (1993)
Annie Gammon 20:44 (1996)
Lydia Bruce-Burgess 21:01 (2002)
Liz Kempster 21:15 (1998)
Elaine Battson 22:41 (2002)
Georgia Pettipher 22:42 (2001)
Sarah Leipziger 22:56 (2002)
Maura Regan 22:59 (2001)
Kelly May 23:01 (2001)
Cecile Brugnoli 23:07 (2001)
Laura Bano 23:08 (2000)
Sarah Johnsen 23:14 (2001)
Caroline Jackson 23:19 (2000)
Claire Eydes 24:29 (2001)
A. McDonald 24:44 (1997)
Fiona MacGregor 24:47 (2001)
T. Coleman 24:50 (1995)
Anna Fake 24:58 (2002)
S. Brooks-Webb 25:00 (1995)
Polly Fitch 25:15 (2000)
Pat McGrogan 25:33 (2002)
Paula Orton 25:39 (2002)
Jane Roche 25:55 (2001)

Jo Sargent 25:56 (2001)
Katy Denny 26:02 (2001)

VP "3.5M" (established 1973) (current @ Oct 02)

Men

Chris Brogan 16:38 (1987)
Des O'Donnell 16:53 (1984)
Larry Mangelshot 17:10 (1983)
Mike Gonzales 17:14 (1981)
Alan Barber 17:22 (1981)
Keith Lowe 17:26 (1988)
Lee Kohn 17:28 (1988)
Andy Wheeler 17:29 (1989)
Richard Newbold 17:29 (1993)
Pete Read 17:33 (1982)
Ollie Box 17:38 (1983)
John Anstey 17:39 (1976)
Andy Osbaldestin 17:42 (1985)
Dave Carthy 17:42 (1986)
Tim Grose 17:45 (2002)
Phil Hampshire 17:48 (1983)
Jim Roche 17:53 (2001)
Eddie Boswall 17:56 (1984)
Terry O'Neill 17:57 (198?)
Mark Edmonds 17:58 (1991)
Soren Kristenson 18:02 (1978)
Eddie Thomas 18:06 (2002)
Jim Carpenter 18:07 (1982)
Mike Reid 18:07 (1983)
Ron Iron 18:11 (1978)

Women (first run in 1984)

Hanna Robson 22:37 (1994)
Georgia Wood 22:39 (2002)
Annie Gammon 23:20 (2001)
Bronwen Weekes 24:01 (2000)
Liz Kempster 24:08 (1996)
Laura Bano 24:11 (2000)
Elaine Battson 25:05 (2002)
Sarah Johnsen 25:17 (2002)
Georgia Pettipher 25:25 (2001)
Jackie Duggan 25:46 (1984)
Cecile Brugnoli 25:48 (2002)
Caroline Jackson 26:00 (2000)
J. Mercie 26:11 (1996)
Georgina Austin 26:12 (1986)

Hannah Lowe 26:21 (1985)
Tina Antoine 26:34 (2001)
Anna Fake 26:36 (2002)
Polly Fitch 26:51 (2000)
Sarah Leipciger 26:58 (2002)
H. Smith 27:05 (1996)
Kelly May 27:08 (2001)
Lesley Lorraine 27:14 (2000)
Clare Khan 27:23 (1984)
Kate Boyle 27:28 (2002)
Paula Orton 27:28 (2002)

Victoria Park Chingford League 5M (established 1959) (current @ Dec 02)

Men

Mike Quanne 23:29 (196? or 197?)
Chris Brogan 23:54 (1989)
Len Williams 24:16 (1963)
Des O'Donnell 24:24 (1985)
Larry Mangelshot 24:30 (1984)
Mike Gonzales 24:34 (1981)
Stuart Day 24:37 (1959)
Andy Wheeler 24:39 (1989)
Ron Iron 24:47 (1960)
John Anstey 24:52 (1975)
Pete Read 24:59 (1980)
Phil Hampshire 25:05 (1988)
Keith Lowe 25:06 (1989)
Alan Howlett 25:09 (196?)
Brian Boardley 25:09 (196?)
Dave Carthy 25:09 (1987)
Alan Barber 25:10 (1978)
Bob Curtis 25:12 (1959)
Richard Newbold 25:15 (1996)
Steve Mahon 25:23 (1987)
Ollie Box 25:24 (1983)
Bob Long 25:27 (1959)
Mike Reid 25:29 (1983)
Terry O'Neill 25:31 (1986)
Lee Kohn 25:38 (1979)

Women (First run in 1982)

Annie Gammon 31:52 (1996)
Hanna Robson 32:36 (1996)
Liz Kempster 34:29 (1996)
Lydia Bruce-Burgess 34:40 (2002)
Jackie Duggan 35:31 (1984)

Georgina Austin 35:42 (1982)
Georgia Pettipher 35:55 (2001)
Sarah Johnsen 37:53 (2002)
Kelly May 38:11 (2001)
Helen Lancaster 39:47 (1995)
Anna Fake 41:21 (2002)
Jane Roche 41:49 (2002)
Janice Cartwright 42:27 (2001)
Louise Guthrie 43:12 (2001)
Polly Fitch 43:46 (2002)
Katy Denny 44:28 (2002)
Jo Sargent 44:53 (2001)
Aileen Rabbitte 48:41 (2001)
Deborah Handworth 48:41 (2001)
Sally Weddell 55:15 (2001)

Victoria Park Open 5 (established 1997) (current @ Apr 02)

Men

Jim Roche 26:17 (2001)
Graham Bennett 27:08 (2002)
Tony Lashmar 27:19 (2001)
Tim Grose 27:38 (2002)
Eddie Thomas 27:40 (2002)
Jon Cullom 27:40 (2001)
Terry O'Neill 27:40 (1998)
Gary Bagnall 27:55 (2001)
Gordon Faulds 28:21 (2000)
Keith Lowe 28:31 (1997)
Richard Newbold 28:35 (2002)
James Waters 28:38 (2001)
Mike Penman 29:21 (2001)
Peter McHugh DeClare 30:24 (2002)
John George 30:33 (1997)
Dave Shortridge 30:46 (2002)
Damian Manning 31:06 (2002)
Mark Sutton 31:06 (2001)
Tim Mitchell-Smith 31:13 (2002)
Gary Deathridge 31:16 (2002)
Mick Cairns 31:17 (2001)
Dave Robinson Sr 31:25 (2001)
James Kennedy 31:38 (2001)

Women (first run in 2000)

Annie Gammon 33:15 (2001)
Georgia Wood 34:23 (2002)
Lydia Bruce-Burgess 35:10 (2002)

Georgia Pettipher 37:10 (2001)
Ruth Beechey 37:24 (2000)
Avril Lockhart 37:34 (2000)
Cecile Brugnoli 38:00 (2001)
Sarah Johnsen 38:03 (2002)
Maura Regan 38:44 (2001)
Kelly May 39:25 (2001)
Agnes Collen 39:50 (2002)
Sarah Leipziger 40:02 (2002)
Polly Fitch 40:26 (2000)
Jo Sargent 41:02 (2002)
Emma Beaufreere 41:49 (2001)
Harriet Warden 42:02 (2002)
Anna Fake 42:38 (2001)
Tracy Trowbridge 44:18 (2001)
Kathy Whelan 44:22 (2002)
Fiona MacGregor 44:31 (2001)
Jacqueline Baker 44:31 (2001)
Marnie Collins 44:41 (2001)
Barbara McHugh DeClare 44:42
Jane Appleton 44:43 (2002)
Aude-Claire Markiewicz 44:50 (2001)

Victoria Park 10k (established 2001) (current @ Nov 02)

Men

Jim Roche 33:21 (2001)
Rich Newbold 34:28 (2001)
Tony Lashmar 34:46 (2002)
Eddie Thomas 35:58 (2001)
Laurence Curley 36:15 (2001)
Gary Bagnall 37:00 (2001)
Peter McHugh DeClare 38:25 (2001)
David Shortridge 38:51 (2002)
Brendan O'Reilly 39:06 (2002)
Mick Cairns 39:47 (2001)
Mark Sutton 40:06 (2001)
Simon Perham 40:26 (2001)
George Csaszi 40:36 (2001)
Francis Bray 41:43 (2001)
Lourens Malan 42:52 (2001)
Phil Miller 44:06 (2002)
Jon Mail 45:20 (2002)
Darren Stobbart 53:46 (2002)
Steve Wilton 59:15 (2001)

Women

Annie Gammon 43:47 (2001)
Lydia Bruce-Burgess 44:18 (2002)
Elaine Battson 46:07 (2002)
Cecile Brugnoli 47:21 (2002)
Anna Fake 52:27 (2002)
Louise Guthrie 56:16 (2001)
Janice Cartwright 57:51 (2001)
Barbara McHugh DeClare 58:43 (2001)
Fiona MacDonald 58:43 (2001)
Veronica McCabe 59:22 (2002)
Judith Burns 60:06 (2001)
Sally Weddell 66:50 (2002)
Lara Orija 69:35 (2002)

Victoria Park 10M (established 2001) (current @ 2002)

Men

Jim Roche 54:27 (2001)
Tony Lashmar 58:19 (2001)
Eddie Thomas 58:33 (2002)
Laurence Curley 58:40 (2002)
Gary Bagnall 58:59 (2001)
Tim Grose 59:28 (2002)
Mike Penman 62:13 (2002)
Damian Manning 62:16 (2001)
Peter McHugh DeClare 62:47 (2002)
Tim Mitchell-Smith 65:04 (2001)
Mick Cairns 65:25 (2001)
Dave Robinson Sr 65:46 (2001)
Simon Perham 66:50 (2001)
Mark Sutton 66:56 (2002)
Peter Wright 67:07 (2002)
Francis Bray 69:54 (2002)
Gary Deathridge 70:48 (2001)
Gavin Stewart 71:01 (2001)
Garry Walker 71:06 (2001)
David Shortridge 71:12 (2002)
Richard Martin 72:01 (2001)
Terry Adams 73:14 (2001)
Mike Parsons 73:43 (2001)
Jon Bygrave 74:54 (2001)
Paul McKinley 77:24 (2001)

Women

Annie Gammon 70:41 (2001)
Laura Bano 73:13 (2001)
Kelly May 81:50 (2001)
Georgia Pettipher 83:25 (2001)
Lydia Bruce-Burgess 87:06 (2001)
Fiona MacGregor 88:10 (2001)
Lesley Lorraine 88:10 (2001)
Jane Roche 90:22 (2002)
Katy Denny 96:28 (2002)
Joanna Sargent 96:59 (2001)
Veronica McCabe 97:48 (2001)
Anna Fake 99:13 (2002)
Deidre Dickens 1:54:43 (2001)
Aileen Rabbitte 1:55:35 (2001)
Lara Orija 1:58:30 (2002)
Sally Weddell 1:59:33 (2002)
Rachel Massey 1:59:53 (2001)

VP 20M (established 2001) (current @ 2002)**Men**

Gary Bagnall 2:04:04 (2001)
Tony Lashmar 2:05:32 (2001)
Laurence Curley 2:05:46 (2002)
Mike Penman 2:10:28 (2002)
Peter McHugh DeClare 2:11:30 (2002)
Tim Grose 2:15:53 (2002)
Mick Cairns 2:21:45 (2001)
Dave Robinson Sr 2:23:34 (2001)
Francis Bray 2:26:42 (2002)
Mark Sutton 2:28:21 (2002)
Tim Mitchell-Smith 2:29:18 (2002)
Rob Daly 2:32:37 (2001)
Mark Fraser 2:34:07 (2002)
Garry Walker 2:35:07 (2001)
Damian Manning 2:41:58 (2001)
Gary Deathridge 2:42:14 (2001)
George Csaszi 2:47:04 (2001)
Dan O'Sullivan 2:54:04 (2002)
Paul McKinley 2:57:33 (2001)

Women

Karen Day 3:02:12 (2002)
Judith Burns 3:33:02 (2001)