



QRS RUN FOR HEROES 2020

VIRTUAL SERIES

WEEK 2

Friday 10 July 2020

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
100	Mohamed	Shaheen	Male	IND	42.2K	7:17:15	M1

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
217	Paul	Bakewell	Male	GBR	10K	0:46:18	M1
216	Niraj	Shahi	Male	NEP	10K	0:46:34	M2
222	Subah	Al Kuwari	Male	QAT	10K	0:47:29	M3
214	Michael	Werner	Male	GER	10K	0:49:13	
219	Saad	Al Derham	Male	QAT	10K	0:50:58	
212	Khalid	Al Yafei	Male	QAT	10K	0:52:02	
220	Samuel	Gillard	Male	GBR	10K	0:56:38	
200	Abdulla	Khalil	Male	QAT	10K	0:59:40	
207	George	Zaidan	Male	LIB	10K	0:59:44	
210	Jonathan	Michelsen	Male	RSA	10K	0:59:45	
201	Andrew	Stigter	Male	AUS	10K	1:01:00	
209	John	Smith	Male	GBR	10K	1:08:51	
221	Stephen	Braithwaite	Male	GBR	10K	1:13:00	
206	Gabriel	Turculet	Male	ROU	10K	1:17:56	
218	Pramod	Pillai	Male	GBR	10K	1:41:00	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
213	Malaka	Al Kaabi	Female	QAT	10K	0:45:42	F1
211	Karina	Enikeeva	Female	RUS	10K	0:57:33	F2
204	Erin	Kelley	Female	USA	10K	1:01:00	F3
215	Nazra	Sultana	Female	GBR	10K	1:01:53	
223	Zareen	Gopee	Female	GBR	10K	1:04:39	
203	Daniela	Cocan	Female	ROU	10K	1:31:24	
202	Angélica	Franco	Female	MEX	10K	1:37:18	
205	Fatma	Yousef	Female	QAT	10K	2:02:10	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
329	Mike	De Coster	Male	GBR	5K	0:19:47	M1
318	Hassan	Al Yousuf	Male	QAT	5K	0:21:36	M2
342	Tim	Mills	Male	GBR	5K	0:22:58	M3
303	Ahmed	Kamel	Male	EGY	5K	0:25:36	
323	Khaled	Al Kuwari	Male	QAT	5K	0:26:04	
304	Aleksandr	Ivanov	Male	RUS	5K	0:26:48	
302	Abdulrahman	Shareef	Male	QAT	5K	0:27:38	
300	Abdulaziz	Al Jabri	Male	QAT	5K	0:27:42	
306	Ali	Radwani	Male	QAT	5K	0:28:04	
314	Faleh	Al Ali	Male	QAT	5K	0:28:04	
331	Mohamed	Askar	Male	EGY	5K	0:31:10	
335	Patrick	Isac	Male	LIB	5K	0:31:45	
305	Alex	De Leon Diaz	Male	USA	5K	0:31:59	
336	Robin	Muller	Male	RSA	5K	0:32:21	
338	Shaheen	Shafi	Male	IND	5K	0:32:59	
301	Abdulla	Al Derham	Male	QAT	5K	0:35:59	
308	Anand	Mathew	Male	IND	5K	0:37:45	
332	Mohammed	Al Jofairi	Male	QAT	5K	0:41:02	
309	Anish	Kandy	Male	IND	5K	0:42:25	
344	Victoria	Cann	Male	GBR	5K	0:42:53	
310	Babar	Rais	Male	GBR	5K	1:20:19	

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312	Chelsea	Hughes	Female	GBR	5K	0:26:29	F1
313	Ciara	McKenna	Female	IRL	5K	0:27:07	F2
325	Laurie	Barber	Female	USA	5K	0:27:58	F3
327	Melissa	Woods	Female	USA	5K	0:28:04	
324	Laurel	Jordan	Female	USA	5K	0:28:21	
343	Tracy	Scott	Female	GBR	5K	0:28:24	
319	Isabel	Da Silva	Female	VEN	5K	0:29:27	
307	Amanda	Dobison	Female	GBR	5K	0:29:50	
341	Tess	Craig	Female	CAN	5K	0:31:01	
333	Nandini	Alinier	Female	FRA	5K	0:31:22	
339	Sheryl	Gynn	Female	USA	5K	0:31:24	
326	Lyndall	Jensen	Female	AUS	5K	0:32:35	
317	Hannah	Pickard	Female	GBR	5K	0:32:45	
321	Jowhara	Al Qahtani	Female	QAT	5K	0:33:21	
311	Caz	Jude	Female	GBR	5K	0:34:32	
337	Saima	Habib	Female	GBR	5K	0:34:55	
340	Taryn	Sharples	Female	GBR	5K	0:35:14	
334	Nasim	Khatib	Female	USA	5K	0:36:12	
322	Julie	Decock	Female	BEL	5K	0:37:53	
320	Jennifer	D'Souza	Female	IND	5K	0:44:31	
328	Michelle	Williams	Female	USA	5K	0:51:42	
316	Hannah	Cross Gower	Female	GBR	5K	0:54:06	
315	Gabriela Felicia	Turculet	Female	ROU	5K	0:56:22	
346	Lisa	Guglielmi	Female	CAN	5K	0:56:07	
330	Mitti	Walker	Female	HUN	5K	1:20:00	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
408	Guillaume	Alinier	Male	FRA	3K	0:11:06	M1
401	Abdulrahman	Al Yafei	Male	QAT	3K	0:13:13	M2
410	Jordan	Cheng	Male	CHN	3K	0:14:45	M3
420	Saoud	Al Abdulla	Male	QAT	3K	0:15:23	
417	Rashid	Al Sheraim	Male	QAT	3K	0:15:40	
409	Imran	Iqbal	Male	IND	3K	0:16:07	
400	Abdulaziz	Al Nasr	Male	QAT	3K	0:17:42	
421	Shahayas	Karuppamveettil	Male	IND	3K	0:18:43	
411	Joseph	Gladin	Male	IND	3K	0:20:13	
402	Ahmed	Al Mohannadi	Male	QAT	3K	0:23:00	
422	Stephen	Yacapin	Male	USA	3K	0:26:06	
413	Morgan	McCord	Male	USA	3K	0:27:39	
415	Peter	Brock	Male	GBR	3K	0:27:49	
403	Ali	Bokshisha	Male	QAT	3K	0:38:30	

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407	Emily	Dobison	Female	GBR	3K	0:18:04	F1
404	Caitlyn	Pickard	Female	CAN	3K	0:18:16	F2
414	Muneera	Al Kuwari	Female	QAT	3K	0:19:52	F3
416	Rachel	Rust	Female	USA	3K	0:20:40	
419	Samaha	Sooppi	Female	IND	3K	0:21:33	
405	Carlyn	Broerse	Female	NED	3K	0:22:29	
418	Robin	Newall	Female	GBR	3K	0:22:47	
412	Misty	McCord	Female	USA	3K	0:29:18	
406	Diya	Pillai	Female	GBR	3K	0:29:52	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
512	Prillanam	Alinier	Male	FRA	3K Jnr	0:13:27	M1
507	Luqman	Goolammamode	Male	GBR	3K Jnr	0:14:54	M2
501	Akshith	Saravanan	Male	IND	3K Jnr	0:15:07	M3
510	Noah Daniel	Muller	Male	RSA	3K Jnr	0:15:55	
514	Roan	Ibrahim	Male	NED	3K Jnr	0:16:31	
517	Umar	Ahmed	Male	GBR	3K Jnr	0:16:58	
508	Mekaal	Rahim	Male	CAN	3K Jnr	0:18:04	
500	Ahmed	Shaheen Shafi	Male	IND	3K Jnr	0:23:09	
511	Oliver	Southern	Male	GBR	3K Jnr	0:24:53	
505	Guillanam	Alinier	Male	FRA	3K Jnr	0:29:21	
513	Rehaan	Jerry	Male	IND	3K Jnr	0:32:13	
509	Naman	Fardeen	Male	IND	3K Jnr	0:35:25	
503	Felix	Szakacs	Male	HUN	3K Jnr	0:50:05	
504	Florian	Szakacs	Male	HUN	3K Jnr	0:50:05	

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516	Sofia	Goolammamode	Female	GBR	3K Jnr	0:16:38	F1
518	Zara	Rahim	Female	CAN	3K Jnr	0:18:04	F2
515	Safiyah	Ahmed	Female	GBR	3K Jnr	0:20:05	F3
502	Evelien	Stigter	Female	AUS	3K Jnr	0:24:04	
506	Laiqa	Anish	Female	IND	3K Jnr	0:33:11	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
601	Ankith	Saravanan	Male	IND	1K Jnr	0:05:45	M1
602	Luke	Muller	Male	RSA	1K Jnr	0:09:45	M2
600	Adam	Shaheen Shafi	Male	IND	1K Jnr	0:10:35	M3

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
800	Antonia	Confalone	Female	GBR	N/A	0:00:00	
801	Audrey	Stigter	Female	AUS	N/A	0:00:00	
802	Fatima	Makki	Female	QAT	N/A	0:00:00	
803	Janine	Muller	Female	RSA	N/A	0:00:00	
804	Michelle	Pheiffer	Female	RSA	N/A	0:00:00	
805	Abdulla	Al Malki	Male	QAT	N/A	0:00:00	
806	Abdulla	Al Hitmi	Male	QAT	N/A	0:00:00	
807	Anand	Induchoodan	Male	IND	N/A	0:00:00	
808	Andreas	Goldau	Male	GER	N/A	0:00:00	
809	Aran	Power	Male	IRL	N/A	0:00:00	
810	Carmen	Navarro Gomez	Female	ESP	N/A	0:00:00	
811	Claire	Hughes	Female	GBR	N/A	0:00:00	
812	Dacey	Craig	Female	CAN	N/A	0:00:00	
813	David	Bramston	Male	GBR	N/A	0:00:00	
814	Deepika	Parmar	Female	IND	N/A	0:00:00	
815	Denley	Craig	Male	CAN	N/A	0:00:00	
816	Essa	Abuhelaiqa	Male	QAT	N/A	0:00:00	
817	Essa	Al Hitmi	Male	QAT	N/A	0:00:00	
818	Helen	Flynn	Female	IRL	N/A	0:00:00	
819	Hessa	Al Hitmi	Female	QAT	N/A	0:00:00	
820	Itza	Tellez	Female	USA	N/A	0:00:00	
821	Jose	Rodriguez	Male	ESP	N/A	0:00:00	
823	Marina	Hardiman	Female	IRL	N/A	0:00:00	
824	Melvin	Lapesigue	Male	PHI	N/A	0:00:00	
825	Mohamed	Al Maki	Male	QAT	N/A	0:00:00	
826	Mohammed	Merekhan	Male	QAT	N/A	0:00:00	
827	Neetika	Parmar	Female	IND	N/A	0:00:00	
828	Santosh	Paul	Male	IND	N/A	0:00:00	
829	Simon	Clune	Male	IRL	N/A	0:00:00	
830	Sobia	Habib	Female	GBR	N/A	0:00:00	
831	Vicky	Corrigan	Female	GBR	N/A	0:00:00	
832	Vijay	Dwivedi	Male	IND	N/A	0:00:00	
833	Yousef	Najjar	Male	YEM	N/A	0:00:00	



QRS RUN FOR HEROES 2020

VIRTUAL SERIES

5-WEEK STEP CHALLENGE

Friday 10 July 2020

Bib No.	First Name	Last Name	Gender	Nationality	Category	Steps	Position
726	Niraj	Shahi	Male	NEP	W2 Step	285,827	M1
708	Guillaume	Alinier	Male	FRA	W2 Step	266,795	M2
704	David	Bramston	Male	GBR	W2 Step	201,092	M3
722	Mike	De Coster	Male	GBR	W2 Step	198,911	
701	Anish	Kandy	Male	IND	W2 Step	193,689	
712	John	Smith	Male	GBR	W2 Step	162,300	
707	Guillanam	Alinier	Male	FRA	W2 Step	147,463	
723	Mohamed	Askar	Male	EGY	W2 Step	138,555	
734	Stephen	Yacapin	Male	USA	W2 Step	133,455	
728	Patrick	Isac	Male	LIB	W2 Step	131,847	
733	Stephen	Braithwaite	Male	GBR	W2 Step	125,867	
727	Noah Daniel	Muller	Male	RSA	W2 Step	116,081	
731	Robin	Muller	Male	RSA	W2 Step	102,077	
729	Prillanam	Alinier	Male	FRA	W2 Step	77,060	
713	Jordan	Cheng	Male	CHN	W2 Step	31,488	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Steps	Position
709	Isabel	Da Silva	Female	VEN	W2 Step	282,194	F1
702	Antonia	Confalone	Female	GBR	W2 Step	264,143	F2
706	Fatma	Yousef	Female	QAT	W2 Step	263,610	F3
720	Michelle	Williams	Female	USA	W2 Step	251,328	
715	Karina	Enikeeva	Female	RUS	W2 Step	236,931	
700	Angélica	Franco	Female	MEX	W2 Step	233,219	
724	Nandini	Alinier	Female	FRA	W2 Step	184,295	
730	Rachel	Rust	Female	USA	W2 Step	165,056	
725	Nasim	Khatib	Female	USA	W2 Step	154,508	
717	Laurel	Jordan	Female	USA	W2 Step	138,766	
735	Taryn	Sharples	Female	GBR	W2 Step	136,906	
718	Lisa	Guglielmi	Female	CAN	W2 Step	129,334	
732	Samaha	Sooppi	Female	IND	W2 Step	122,995	
703	Daniela	Cocan	Female	ROU	W2 Step	119,696	
714	Julie	Decock	Female	BEL	W2 Step	118,697	
719	Malaka	Al Kaabi	Female	QAT	W2 Step	117,621	
721	Michelle	Pheiffer	Female	RSA	W2 Step	113,801	
705	Fatima	Makki	Female	QAT	W2 Step	85,442	
716	Laiqa	Anish	Female	IND	W2 Step	84,622	
711	Jennifer	D'Souza	Female	IND	W2 Step	76,921	
710	Janine	Muller	Female	RSA	W2 Step	73,290	