



QRS RUN FOR HEROES 2020

VIRTUAL SERIES

WEEK 4

Friday 24 July 2020

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
100	Laurel	Jordan	Female	USA	21.1K	2:33:29	F1

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
200	Abdulla Shaheen	Al Kaabi	Male	QAT	10K	0:38:30	M1
212	Niraj	Shahi	Male	NEP	10K	0:44:42	M2
217	Subah	Al Kuwari	Male	QAT	10K	0:48:27	M3
209	Michael	Werner	Male	GER	10K	0:53:44	
205	Jonathan	Michelsen	Male	RSA	10K	0:54:10	
203	Hassan	Al Yousuf	Male	QAT	10K	0:58:20	
210	Mohamed	Askar	Male	EGY	10K	1:08:04	
214	Samuel	Gillard	Male	GBR	10K	1:09:00	
204	John	Smith	Male	GBR	10K	1:11:37	
216	Stephen	Braithwaite	Male	GBR	10K	1:15:33	
202	Gabriel	Turculet	Male	ROU	10K	1:26:24	
211	Mohamed	Shaheen	Male	IND	10K	1:36:14	
215	Shaheen	Shafi	Male	IND	10K	1:37:51	
213	Pramod	Pillai	Male	GBR	10K	1:48:00	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
208	Malaka	Al Kaabi	Female	QAT	10K	0:47:57	F1
206	Karina	Enikeeva	Female	RUS	10K	0:56:44	F2
207	Lyndall	Jensen	Female	AUS	10K	1:02:52	F3
218	Zareen	Gopee	Female	GBR	10K	1:05:00	
201	Daniela	Cocan	Female	ROU	10K	1:38:00	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
322	Mike	De Coster	Male	GBR	5K	0:19:57	M1
314	George	Zaidan	Male	LIB	5K	0:21:10	M2
329	Paul	Bakewell	Male	GBR	5K	0:21:37	M3
304	Aleksandr	Ivanov	Male	RUS	5K	0:24:58	
303	Ahmed	Kamel	Male	EGY	5K	0:25:40	
316	Imran	Iqbal	Male	IND	5K	0:26:11	
332	Stephen	Yacapin	Male	USA	5K	0:26:33	
300	Abdulaziz	Al Jabri	Male	QAT	5K	0:27:28	
330	Peter	Brock	Male	GBR	5K	0:28:26	
328	Patrick	Isac	Male	LIB	5K	0:32:00	
301	Abdulla	Al Derham	Male	QAT	5K	0:32:09	
302	Abdulrahman	Shareef	Male	QAT	5K	0:32:24	
308	Anish	Kandy	Male	IND	5K	0:33:42	
305	Alex	De Leon Diaz	Male	USA	5K	0:35:15	
307	Anand	Mathew	Male	IND	5K	0:37:45	
311	Essa	Abuhelaiqa	Male	QAT	5K	0:41:08	
324	Mohammed	Al Jofairi	Male	QAT	5K	0:42:36	
309	Babar	Rais	Male	GBR	5K	1:15:44	

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306	Amanda	Dobison	Female	GBR	5K	0:28:20	F1
320	Melissa	Woods	Female	USA	5K	0:28:25	F2
327	Nazra	Sultana	Female	GBR	5K	0:29:18	F3
310	Caz	Jude	Female	GBR	5K	0:32:12	
325	Muneera	Al Kuwari	Female	QAT	5K	0:33:11	
317	Isabel	Da Silva	Female	VEN	5K	0:33:16	
326	Nasim	Khatib	Female	USA	5K	0:34:04	
331	Saima	Habib	Female	GBR	5K	0:34:50	
319	Julie	Decock	Female	BEL	5K	0:38:11	
333	Tracy	Scott	Female	GBR	5K	0:41:07	
334	Vicky	Corrigan	Female	GBR	5K	0:45:39	
321	Michelle	Williams	Female	USA	5K	0:50:50	
318	Jennifer	D'Souza	Female	IND	5K	0:51:44	
315	Hannah	Cross Gower	Female	GBR	5K	0:52:13	
313	Gabriela Felicia	Turculet	Female	ROU	5K	0:58:39	
312	Fatma	Yousef	Female	QAT	5K	1:01:54	
323	Mitti	Walker	Female	HUN	5K	1:15:00	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
401	Abdulrahman	Al Yafei	Male	QAT	3K	0:10:53	M1
410	Guillaume	Alinier	Male	FRA	3K	0:10:59	M2
432	Tim	Mills	Male	GBR	3K	0:12:44	M3
429	Saoud	Al Abdulla	Male	QAT	3K	0:12:56	
415	Khaled	Al Kuwari	Male	QAT	3K	0:13:39	
412	Jordan	Cheng	Male	CHN	3K	0:14:41	
400	Abdulla	Khalil	Male	QAT	3K	0:17:23	
425	Robin	Muller	Male	RSA	3K	0:17:45	
427	Saad	Al Derham	Male	QAT	3K	0:18:03	
424	Rashid	Al Sheraim	Male	QAT	3K	0:18:56	
409	Faleh	Al Ali	Male	QAT	3K	0:20:41	
402	Ahmed	Al Mohannadi	Male	QAT	3K	0:21:35	
434	Vivek	Pampatwar	Male	IND	3K	0:24:02	
420	Morgan	McCord	Male	USA	3K	0:29:09	
413	Joseph	Gladin	Male	IND	3K	0:30:40	
403	Ali	Bokshisha	Male	QAT	3K	0:35:32	
404	Amit	Kumar	Male	IND	3K	0:39:03	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
431	Tess	Craig	Female	CAN	3K	0:15:00	F1
421	Nandini	Alinier	Female	FRA	3K	0:16:38	F2
408	Emily	Dobison	Female	GBR	3K	0:17:04	F3
416	Laurie	Barber	Female	USA	3K	0:17:27	
414	Jowhara	Al Qahtani	Female	QAT	3K	0:18:00	
405	Caitlyn	Pickard	Female	CAN	3K	0:18:34	
411	Hannah	Pickard	Female	GBR	3K	0:18:44	
428	Samaha	Sooppi	Female	IND	3K	0:19:20	
406	Carlyn	Broerse	Female	NED	3K	0:19:35	
423	Rachel	Rust	Female	USA	3K	0:20:22	
418	Marina	Hardiman	Female	IRL	3K	0:21:39	
430	Sheryl	Gynn	Female	USA	3K	0:29:01	
426	Robin	Newall	Female	GBR	3K	0:29:26	
433	Victoria	Cann	Female	GBR	3K	0:35:14	
419	Misty	McCord	Female	USA	3K	0:38:59	
407	Diya	Pillai	Female	GBR	3K	0:39:16	
417	Lisa	Guglielmi	Female	CAN	3K	0:40:08	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
501	Akshith	Saravanan	Male	IND	3K Jnr	0:12:13	M1
422	Prillanam	Alinier	Male	FRA	3K Jnr	0:13:07	M2
505	Guillanam	Alinier	Male	FRA	3K Jnr	0:13:24	M3
513	Roan	Ibrahim	Male	NED	3K Jnr	0:13:48	M3
510	Noah Daniel	Muller	Male	RSA	3K Jnr	0:14:02	
507	Luqman	Goolammamode	Male	GBR	3K Jnr	0:15:10	
508	Mekaal	Rahim	Male	CAN	3K Jnr	0:17:32	
516	Umar	Ahmed	Male	GBR	3K Jnr	0:17:58	
511	Oliver	Southern	Male	GBR	3K Jnr	0:19:02	
500	Ahmed	Shaheen Shafi	Male	IND	3K Jnr	0:24:55	
509	Naman	Fardeen	Male	IND	3K Jnr	0:31:50	
512	Rehaan	Jerry	Male	IND	3K Jnr	0:33:00	
503	Felix	Szakacs	Male	HUN	3K Jnr	0:40:17	
504	Florian	Szakacs	Male	HUN	3K Jnr	0:40:17	
502	Dhruv Pradeesh	Manakadan	Male	IND	3K Jnr	0:41:33	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
515	Sofia	Goolammamode	Female	GBR	3K Jnr	0:16:30	F1
517	Zara	Rahim	Female	CAN	3K Jnr	0:17:32	F2
514	Safiyyah	Ahmed	Female	GBR	3K Jnr	0:21:21	F3
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	0:06:25	M1
602	Luke	Muller	Male	RSA	1K Jnr	0:08:28	M2
600	Adam	Shaheen Shafi	Male	IND	1K Jnr	0:10:41	M3



QRS RUN FOR HEROES 2020

VIRTUAL SERIES

5-WEEK STEP CHALLENGE

Friday 24 July 2020

Bib No.	First Name	Last Name	Gender	Nationality	Category	Steps	Position
726	Niraj	Shahi	Male	NEP	W4 Step	604,802	M1
708	Guillaume	Alinier	Male	FRA	W4 Step	534,222	M2
704	David	Bramston	Male	GBR	W4 Step	434,968	M3
701	Anish	Kandy	Male	IND	W4 Step	415,679	
712	John	Smith	Male	GBR	W4 Step	314,548	
707	Guillanam	Alinier	Male	FRA	W4 Step	298,285	
722	Mike	De Coster	Male	GBR	W4 Step	297,257	
723	Mohamed	Askar	Male	EGY	W4 Step	287,877	
734	Stephen	Yacapin	Male	USA	W4 Step	271,899	
727	Noah Daniel	Muller	Male	RSA	W4 Step	204,932	
731	Robin	Muller	Male	RSA	W4 Step	195,633	
733	Stephen	Braithwaite	Male	GBR	W4 Step	187,620	
729	Prillanam	Alinier	Male	FRA	W4 Step	172,106	
728	Patrick	Isac	Male	LIB	W4 Step	131,847	
713	Jordan	Cheng	Male	CHN	W4 Step	53,516	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Steps	Position
702	Antonia	Confalone	Female	GBR	W4 Step	600,945	F1
709	Isabel	Da Silva	Female	VEN	W4 Step	591,752	F2
720	Michelle	Williams	Female	USA	W4 Step	520,289	F3
706	Fatma	Yousef	Female	QAT	W4 Step	457,104	
715	Karina	Enikeeva	Female	RUS	W4 Step	443,091	
724	Nandini	Alinier	Female	FRA	W4 Step	353,949	
717	Laurel	Jordan	Female	USA	W4 Step	335,497	
730	Rachel	Rust	Female	USA	W4 Step	319,849	
725	Nasim	Khatib	Female	USA	W4 Step	295,729	
719	Malaka	Al Kaabi	Female	QAT	W4 Step	276,819	
718	Lisa	Guglielmi	Female	CAN	W4 Step	270,948	
735	Taryn	Sharples	Female	GBR	W4 Step	261,661	
732	Samaha	Sooppi	Female	IND	W4 Step	253,789	
714	Julie	Decock	Female	BEL	W4 Step	248,979	
700	Angélica	Franco	Female	MEX	W4 Step	233,219	
703	Daniela	Cocan	Female	ROU	W4 Step	193,162	
711	Jennifer	D'Souza	Female	IND	W4 Step	170,976	
721	Michelle	Pheiffer	Female	RSA	W4 Step	166,639	
710	Janine	Muller	Female	RSA	W4 Step	162,344	
716	Laiqa	Anish	Female	IND	W4 Step	138,722	
705	Fatima	Makki	Female	QAT	W4 Step	137,108	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
800	Abdulaziz	Al Nasr	Male	QAT	N/A	0:00:00	
801	Abdulla	Al Malki	Male	QAT	N/A	0:00:00	
802	Abdulla	Al Hitmi	Male	QAT	N/A	0:00:00	
803	Ajit	Joshi	Male	IND	N/A	0:00:00	
804	Ali	Radwani	Male	QAT	N/A	0:00:00	
805	Ana Carolina	Gama	Female	BRA	N/A	0:00:00	
806	Anand	Induchoodan	Male	IND	N/A	0:00:00	
807	Andreas	Goldau	Male	GER	N/A	0:00:00	
808	Andrew	Stigter	Male	AUS	N/A	0:00:00	
809	Angélica	Franco	Female	MEX	N/A	0:00:00	
810	Antonia	Confalone	Female	GBR	N/A	0:00:00	
811	Aran	Power	Male	IRL	N/A	0:00:00	
812	Audrey	Stigter	Female	AUS	N/A	0:00:00	
813	Carmen	Navarro Gomez	Female	ESP	N/A	0:00:00	
814	Chelsea	Hughes	Female	GBR	N/A	0:00:00	
815	Ciara	McKenna	Female	IRL	N/A	0:00:00	
816	Claire	Hughes	Female	GBR	N/A	0:00:00	
817	Dacey	Craig	Female	CAN	N/A	0:00:00	
818	David	Bramston	Male	GBR	N/A	0:00:00	
819	Deepika	Parmar	Female	IND	N/A	0:00:00	
820	Denley	Craig	Male	CAN	N/A	0:00:00	
821	Dinah Remedios	Mallari	Female	PHI	N/A	0:00:00	
822	Erin	Kelley	Female	USA	N/A	0:00:00	
823	Essa	Al Hitmi	Male	QAT	N/A	0:00:00	
824	Evelien	Stigter	Female	AUS	N/A	0:00:00	
825	Fatima	Makki	Female	QAT	N/A	0:00:00	
826	Helen	Flynn	Female	IRL	N/A	0:00:00	
827	Hessa	Al Hitmi	Female	QAT	N/A	0:00:00	
828	Itza	Tellez	Female	USA	N/A	0:00:00	
829	Janine	Muller	Female	RSA	N/A	0:00:00	
830	Jose	Rodriguez	Male	ESP	N/A	0:00:00	
831	Khalid	Al Yafei	Male	QAT	N/A	0:00:00	
832	Maqsood	Khan	Male	IND	N/A	0:00:00	
833	Mehaboob	Abdul Kareem	Male	IND	N/A	0:00:00	
834	Melvin	Lapesigue	Male	PHI	N/A	0:00:00	
835	Michelle	Pheiffer	Female	RSA	N/A	0:00:00	
836	Mohamed	Al Maki	Male	QAT	N/A	0:00:00	
837	Mohammed	Tahir	Male	IND	N/A	0:00:00	
838	Mohammed	Merekhan	Male	QAT	N/A	0:00:00	
839	Mohammed	Faisal	Male	IND	N/A	0:00:00	
840	Neetika	Parmar	Female	IND	N/A	0:00:00	
841	Santosh	Paul	Male	IND	N/A	0:00:00	
842	Shahayas	Karuppamveettil	Male	IND	N/A	0:00:00	
843	Simon	Clune	Male	IRL	N/A	0:00:00	
844	Sobia	Habib	Female	GBR	N/A	0:00:00	
845	Taryn	Sharples	Female	GBR	N/A	0:00:00	
846	Vijay	Dwivedi	Male	IND	N/A	0:00:00	
847	Yousef	Najjar	Male	YEM	N/A	0:00:00	