



QRS RUN FOR HEROES 2020

VIRTUAL SERIES

WEEK 1

Friday 03 July 2020

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
100	Mohamed	Shaheen	Male	IND	21.1K	2:48:16	M1

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
101	Muneera	Al Kuwari	Female	QAT	21.1K	2:58:38	F1

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
217	Niraj	Shahi	Male	NEP	10K	0:46:39	M1
218	Paul	Bakewell	Male	GBR	10K	0:46:54	M2
222	Subah	Al Kuwari	Male	QAT	10K	0:49:25	M3
210	Khaled	Al Kuwari	Male	QAT	10K	0:50:35	
219	Saad	Al Derham	Male	QAT	10K	0:50:54	
213	Melvin	Lapesigue	Male	PHI	10K	0:51:10	
214	Michael	Werner	Male	GER	10K	0:53:14	
201	Abdulrahman	Shareef	Male	QAT	10K	0:55:56	
200	Abdulla	Khalil	Male	QAT	10K	0:58:06	
220	Samuel	Gillard	Male	GBR	10K	1:07:00	
205	Faleh	Al Ali	Male	QAT	10K	1:10:36	
208	John	Smith	Male	GBR	10K	1:10:44	
215	Mohamed	Askar	Male	EGY	10K	1:11:43	
221	Stephen	Braithwaite	Male	GBR	10K	1:14:24	
206	Gabriel	Turculet	Male	ROU	10K	1:24:57	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
212	Malaka	Al Kaabi	Female	QAT	10K	0:44:36	F1
216	Nazra	Sultana	Female	GBR	10K	1:01:06	F2
209	Karina	Enikeeva	Female	RUS	10K	1:01:17	F3
207	Hannah	Pickard	Female	GBR	10K	1:04:21	
223	Tess	Craig	Female	CAN	10K	1:04:21	
224	Zareen	Gopee	Female	GBR	10K	1:09:28	
202	Angélica	Franco	Female	MEX	10K	1:10:24	
203	Daniela	Cocan	Female	ROU	10K	1:20:00	
204	Erin	Kelley	Female	USA	10K	1:21:01	
211	Lisa	Guglielmi	Female	CAN	10K	2:11:52	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
326	Khalid	Al Yafei	Male	QAT	5K	0:17:41	M1
318	Guillaume	Alinier	Male	FRA	5K	0:18:59	M2
331	Mike	De Coster	Male	GBR	5K	0:20:20	M3
343	Tim	Mills	Male	GBR	5K	0:22:45	
304	Aleksandr	Ivanov	Male	RUS	5K	0:25:09	
301	Abdulaziz	Al Jabri	Male	QAT	5K	0:26:01	
316	George	Zaidan	Male	LIB	5K	0:26:46	
303	Ahmed	Kamel	Male	EGY	5K	0:28:47	
320	Hassan	Al Yousuf	Male	QAT	5K	0:29:40	
336	Rashid	Al Sheraim	Male	QAT	5K	0:29:57	
302	Abdulla	Al Derham	Male	QAT	5K	0:30:07	
300	Abdulaziz	Al Nasr	Male	QAT	5K	0:30:35	
306	Ali	Radwani	Male	QAT	5K	0:30:48	
339	Shaheen	Shafi	Male	IND	5K	0:31:19	
341	Stephen	Yacapin	Male	USA	5K	0:31:37	
305	Alex	De Leon Diaz	Male	USA	5K	0:32:17	
324	Joseph	Gladin	Male	IND	5K	0:32:49	
313	Essa	Abuhelaiqa	Male	QAT	5K	0:38:25	
333	Mohammed	Al Jofairi	Male	QAT	5K	0:38:26	
337	Robin	Muller	Male	RSA	5K	0:38:27	
310	Babar	Rais	Male	GBR	5K	0:39:45	
308	Anand	Mathew	Male	IND	5K	0:41:57	
317	Guillanam	Alinier	Male	FRA	5K	0:42:29	
309	Anish	Kandy	Male	IND	5K	0:43:02	
323	Jonathan	Michelsen	Male	RSA	5K	0:52:51	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
312	Ciara	McKenna	Female	IRL	5K	0:27:57	F1
329	Melissa	Woods	Female	USA	5K	0:28:38	F2
321	Isabel	Da Silva	Female	VEN	5K	0:28:41	F3
328	Laurie	Barber	Female	USA	5K	0:29:03	
327	Laurel	Jordan	Female	USA	5K	0:29:12	
307	Amanda	Dobison	Female	GBR	5K	0:30:34	
344	Tracy	Scott	Female	GBR	5K	0:30:53	
340	Sheryl	Gynn	Female	USA	5K	0:31:42	
335	Nasim	Khatib	Female	USA	5K	0:31:50	
334	Nandini	Alinier	Female	FRA	5K	0:32:29	
342	Taryn	Sharples	Female	GBR	5K	0:34:14	
325	Jowhara	Al Qahtani	Female	QAT	5K	0:34:38	
338	Samaha	Sooppi	Female	IND	5K	0:35:00	
311	Caz	Jude	Female	GBR	5K	0:35:30	
322	Jennifer	D'Souza	Female	IND	5K	0:40:26	
330	Michelle	Williams	Female	USA	5K	0:50:29	
319	Hannah	Cross Gower	Female	GBR	5K	0:52:39	
315	Gabriela Felicia	Turculelet	Female	ROU	5K	0:58:00	
314	Fatma	Yousef	Female	QAT	5K	0:58:23	
332	Mitti	Walker	Female	HUN	5K	1:18:00	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
408	Imran	Iqbal	Male	IND	3K	0:13:40	M1
401	Abdulrahman	Al Yafei	Male	QAT	3K	0:13:46	M2
409	Jordan	Cheng	Male	CHN	3K	0:14:45	M3
415	Peter	Brock	Male	GBR	3K	0:17:07	
400	Abdulla	Al Malki	Male	QAT	3K	0:21:26	
402	Ahmed	Al Mohannadi	Male	QAT	3K	0:25:26	
419	Victoria	Cann	Male	GBR	3K	0:28:27	
414	Morgan	McCord	Male	USA	3K	0:35:40	
403	Ali	Bokshisha	Male	QAT	3K	0:36:32	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
411	Lyndall	Jensen	Female	AUS	3K	0:15:33	F1
407	Emily	Dobison	Female	GBR	3K	0:17:47	F2
418	Saima	Habib	Female	GBR	3K	0:18:10	F3
404	Caitlyn	Pickard	Female	CAN	3K	0:18:50	
416	Rachel	Rust	Female	USA	3K	0:18:54	
410	Julie	Decock	Female	BEL	3K	0:21:32	
417	Robin	Newall	Female	GBR	3K	0:22:59	
405	Carlyn	Broerse	Female	NED	3K	0:23:46	
412	Marina	Hardiman	Female	IRL	3K	0:27:47	
406	Diya	Pillai	Female	GBR	3K	0:35:27	
413	Misty	McCord	Female	USA	3K	0:36:16	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
501	Akshith	Saravanan	Male	IND	3K Jnr	0:12:14	M1
511	Prillanam	Alinier	Male	FRA	3K Jnr	0:12:48	M2
506	Luqman	Goolammamode	Male	GBR	3K Jnr	0:14:47	M3
509	Noah Daniel	Muller	Male	RSA	3K Jnr	0:14:50	
515	Umar	Ahmed	Male	GBR	3K Jnr	0:15:20	
512	Roan	Ibrahim	Male	NED	3K Jnr	0:16:03	
510	Oliver	Southern	Male	GBR	3K Jnr	0:17:37	
507	Mekaal	Rahim	Male	CAN	3K Jnr	0:18:21	
500	Ahmed	Shaheen Shafi	Male	IND	3K Jnr	0:20:59	
508	Naman	Fardeen	Male	IND	3K Jnr	0:30:53	
504	Florian	Szakacs	Male	HUN	3K Jnr	0:53:34	
503	Felix	Szakacs	Male	HUN	3K Jnr	0:57:40	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
514	Sofia	Goolammamode	Female	GBR	3K Jnr	0:16:26	F1
516	Zara	Rahim	Female	CAN	3K Jnr	0:16:57	F2
513	Safiyah	Ahmed	Female	GBR	3K Jnr	0:23:42	F3
502	Evelien	Stigter	Female	AUS	3K Jnr	0:24:17	
505	Laiqa	Anish	Female	IND	3K Jnr	0:33:28	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
601	Ankith	Saravanan	Male	IND	1K Jnr	0:05:47	M1
602	Luke	Muller	Male	RSA	1K Jnr	0:08:42	M2
600	Adam	Shaheen Shafi	Male	IND	1K Jnr	0:09:58	M3



QRS RUN FOR HEROES 2020

VIRTUAL SERIES

5-WEEK STEP CHALLENGE

Friday 03 July 2020

Bib No.	First Name	Last Name	Gender	Nationality	Category	Steps	Position
709	Guillaume	Alinier	Male	FRA	W1 Step	132,651	M1
725	Niraj	Shahi	Male	NEP	W1 Step	126,635	M2
722	Mike	De Coster	Male	GBR	W1 Step	93,805	M3
702	Anish	Kandy	Male	IND	W1 Step	92,627	
705	David	Bramston	Male	GBR	W1 Step	88,695	
713	John	Smith	Male	GBR	W1 Step	84,600	
723	Mohamed	Askar	Male	EGY	W1 Step	68,795	
708	Guillanam	Alinier	Male	FRA	W1 Step	68,680	
731	Stephen	Braithwaite	Male	GBR	W1 Step	62,408	
726	Noah Daniel	Muller	Male	RSA	W1 Step	58,709	
732	Stephen	Yacapin	Male	USA	W1 Step	58,629	
729	Robin	Muller	Male	RSA	W1 Step	49,574	
727	Prillanam	Alinier	Male	FRA	W1 Step	46,174	
714	Jordan	Cheng	Male	CHN	W1 Step	15,744	
700	Anand	Mathew	Male	IND	W1 Step	10,535	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Steps	Position
710	Isabel	Da Silva	Female	VEN	W1 Step	138,687	F1
707	Fatma	Yousef	Female	QAT	W1 Step	134,620	F2
703	Antonia	Confalone	Female	GBR	W1 Step	129,951	F3
720	Michelle	Williams	Female	USA	W1 Step	126,494	
701	Angélica	Franco	Female	MEX	W1 Step	122,544	
716	Karina	Enikeeva	Female	RUS	W1 Step	113,048	
724	Nandini	Alinier	Female	FRA	W1 Step	94,677	
728	Rachel	Rust	Female	USA	W1 Step	92,261	
704	Daniela	Cocan	Female	ROU	W1 Step	82,318	
733	Taryn	Sharples	Female	GBR	W1 Step	66,978	
715	Julie	Decock	Female	BEL	W1 Step	61,272	
730	Samaha	Sooppi	Female	IND	W1 Step	61,077	
721	Michelle	Pheiffer	Female	RSA	W1 Step	55,454	
718	Lisa	Guglielmi	Female	CAN	W1 Step	54,499	
719	Malaka	Al Kaabi	Female	QAT	W1 Step	45,526	
717	Laiqa	Anish	Female	IND	W1 Step	42,113	
706	Fatima	Makki	Female	QAT	W1 Step	39,772	
712	Jennifer	D'Souza	Female	IND	W1 Step	34,459	
711	Janine	Muller	Female	RSA	W1 Step	22,339	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
700	Abdulla	Al Hitmi	Male	QAT	N/A	0:00:00	
701	Anand	Induchoodan	Male	IND	N/A	0:00:00	
702	Andreas	Goldau	Male	GER	N/A	0:00:00	
703	Andrew	Stigter	Male	AUS	N/A	0:00:00	
704	Antonia	Confalone	Female	GBR	N/A	0:00:00	
705	Aran	Power	Male	IRL	N/A	0:00:00	
706	Audrey	Stigter	Female	AUS	N/A	0:00:00	
707	Carmen	Navarro Gomez	Female	ESP	N/A	0:00:00	
708	Chelsea	Hughes	Female	GBR	N/A	0:00:00	
709	Claire	Hughes	Female	GBR	N/A	0:00:00	
710	Dacey	Craig	Female	CAN	N/A	0:00:00	
711	David	Bramston	Male	GBR	N/A	0:00:00	
712	Deepika	Parmar	Female	IND	N/A	0:00:00	
713	Denley	Craig	Male	CAN	N/A	0:00:00	
714	Essa	Al Hitmi	Male	QAT	N/A	0:00:00	
715	Fatima	Makki	Female	QAT	N/A	0:00:00	
716	Helen	Flynn	Female	IRL	N/A	0:00:00	
717	Hessa	Al Hitmi	Female	QAT	N/A	0:00:00	
718	Itza	Tellez	Female	USA	N/A	0:00:00	
719	Janine	Muller	Female	RSA	N/A	0:00:00	
720	Jose	Rodriguez	Male	ESP	N/A	0:00:00	
721	Michelle	Pheiffer	Female	RSA	N/A	0:00:00	
722	Mohamed	Al Maki	Male	QAT	N/A	0:00:00	
723	Mohammed	Merekhan	Male	QAT	N/A	0:00:00	
724	Neetika	Parmar	Female	IND	N/A	0:00:00	
725	Patrick	Isac	Male	LIB	N/A	0:00:00	
726	Pramod	Pillai	Male	GBR	N/A	0:00:00	
727	Rehaan	Jerry	Male	IND	N/A	0:00:00	
728	Santosh	Paul	Male	IND	N/A	0:00:00	
729	Saoud	Al Abdulla	Male	QAT	N/A	0:00:00	
730	Shahayas	Karuppamveettil	Male	IND	N/A	0:00:00	
731	Simon	Clune	Male	IRL	N/A	0:00:00	
732	Sobia	Habib	Female	GBR	N/A	0:00:00	
733	Vicky	Corrigan	Female	GBR	N/A	0:00:00	
734	Vijay	Dwivedi	Male	IND	N/A	0:00:00	
735	Yousef	Najjar	Male	YEM	N/A	0:00:00	