



QRS RUN FOR HEROES 2020

VIRTUAL SERIES

WEEK 3

Friday 17 July 2020

| Bib No. | First Name | Last Name | Gender | Nationality | Category | Time | Position |
|---------|-----------------|-----------|--------|-------------|----------|---------|----------|
| 102 | Abdulla Shaheen | Al Kaabi | Male | QAT | 21.1K | 2:03:02 | M1 |

| Bib No. | First Name | Last Name | Gender | Nationality | Category | Time | Position |
|---------|------------|-----------|--------|-------------|----------|---------|----------|
| 101 | Jennifer | D'Souza | Female | IND | 21.1K | 2:34:58 | F1 |
| 100 | Fatma | Yousef | Female | QAT | 21.1K | 4:27:50 | F2 |

| Bib No. | First Name | Last Name | Gender | Nationality | Category | Time | Position |
|---------|-------------|-------------|--------|-------------|----------|---------|----------|
| 215 | Niraj | Shahi | Male | NEP | 10K | 0:47:11 | M1 |
| 208 | Khaled | Al Kuwari | Male | QAT | 10K | 0:47:35 | M2 |
| 219 | Subah | Al Kuwari | Male | QAT | 10K | 0:48:27 | M3 |
| 209 | Khalid | Al Yafei | Male | QAT | 10K | 0:48:29 | |
| 211 | Michael | Werner | Male | GER | 10K | 0:48:45 | |
| 206 | Jonathan | Michelsen | Male | RSA | 10K | 0:51:28 | |
| 204 | Hassan | Al Yousuf | Male | QAT | 10K | 1:00:01 | |
| 216 | Samuel | Gillard | Male | GBR | 10K | 1:05:31 | |
| 213 | Mohamed | Askar | Male | EGY | 10K | 1:06:31 | |
| 203 | Gabriel | Turculet | Male | ROU | 10K | 1:08:05 | |
| 205 | John | Smith | Male | GBR | 10K | 1:09:21 | |
| 200 | Abdulrahman | Shareef | Male | QAT | 10K | 1:11:01 | |
| 218 | Stephen | Braithwaite | Male | GBR | 10K | 1:21:53 | |
| 220 | Vivek | Pampatwar | Male | IND | 10K | 1:41:10 | |
| 212 | Mohamed | Shaheen | Male | IND | 10K | 1:42:41 | |

| Bib No. | First Name | Last Name | Gender | Nationality | Category | Time | Position |
|---------|------------|-----------|--------|-------------|----------|---------|----------|
| 201 | Amanda | Dobison | Female | GBR | 10K | 0:46:28 | F1 |
| 210 | Malaka | Al Kaabi | Female | QAT | 10K | 0:47:41 | F2 |
| 207 | Karina | Enikeeva | Female | RUS | 10K | 0:57:51 | F3 |
| 214 | Nazra | Sultana | Female | GBR | 10K | 1:00:58 | |
| 221 | Zareen | Gopee | Female | GBR | 10K | 1:03:12 | |
| 217 | Sheryl | Guynn | Female | USA | 10K | 1:22:51 | |
| 202 | Daniela | Cocan | Female | ROU | 10K | 1:27:00 | |

| Bib No. | First Name | Last Name | Gender | Nationality | Category | Time | Position |
|----------------|-------------------|------------------|---------------|--------------------|-----------------|-------------|-----------------|
| 323 | Mike | De Coster | Male | GBR | 5K | 0:20:27 | M1 |
| 328 | Paul | Bakewell | Male | GBR | 5K | 0:21:51 | M2 |
| 302 | Abdulrahman | Al Yafei | Male | QAT | 5K | 0:22:30 | M3 |
| 304 | Aleksandr | Ivanov | Male | RUS | 5K | 0:23:47 | |
| 303 | Ahmed | Kamel | Male | EGY | 5K | 0:24:17 | |
| 313 | George | Zaidan | Male | LIB | 5K | 0:26:19 | |
| 300 | Abdulaziz | Al Jabri | Male | QAT | 5K | 0:27:42 | |
| 329 | Peter | Brock | Male | GBR | 5K | 0:29:04 | |
| 306 | Ali | Radwani | Male | QAT | 5K | 0:29:47 | |
| 333 | Stephen | Yacapin | Male | USA | 5K | 0:30:23 | |
| 315 | Imran | Iqbal | Male | IND | 5K | 0:30:45 | |
| 332 | Shaheen | Shafi | Male | IND | 5K | 0:32:00 | |
| 336 | Umar | Ahmed | Male | GBR | 5K | 0:33:15 | |
| 308 | Anish | Kandy | Male | IND | 5K | 0:37:30 | |
| 305 | Alex | De Leon Diaz | Male | USA | 5K | 0:37:33 | |
| 311 | Essa | Abuhelaiqa | Male | QAT | 5K | 0:38:37 | |
| 307 | Anand | Mathew | Male | IND | 5K | 0:38:53 | |
| 301 | Abdulla | Al Derham | Male | QAT | 5K | 0:39:01 | |
| 325 | Mohammed | Al Jofairi | Male | QAT | 5K | 0:42:28 | |
| 317 | Joseph | Gladin | Male | IND | 5K | 0:48:15 | |
| 330 | Pramod | Pillai | Male | GBR | 5K | 0:59:58 | |
| 309 | Babar | Rais | Male | GBR | 5K | 1:13:49 | |

| Bib No. | First Name | Last Name | Gender | Nationality | Category | Time | Position |
|----------------|-------------------|------------------|---------------|--------------------|-----------------|-------------|-----------------|
| 321 | Melissa | Woods | Female | USA | 5K | 0:28:26 | F1 |
| 316 | Isabel | Da Silva | Female | VEN | 5K | 0:30:08 | F2 |
| 318 | Jowhara | Al Qahtani | Female | QAT | 5K | 0:32:00 | F3 |
| 334 | Tess | Craig | Female | CAN | 5K | 0:32:18 | |
| 320 | Laurel | Jordan | Female | USA | 5K | 0:33:02 | |
| 331 | Saima | Habib | Female | GBR | 5K | 0:33:21 | |
| 310 | Caz | Jude | Female | GBR | 5K | 0:34:19 | |
| 327 | Nasim | Khatib | Female | USA | 5K | 0:34:53 | |
| 319 | Julie | Decock | Female | BEL | 5K | 0:37:53 | |
| 326 | Muneera | Al Kuwari | Female | QAT | 5K | 0:41:18 | |
| 337 | Vicky | Corrigan | Female | GBR | 5K | 0:47:32 | |
| 335 | Tracy | Scott | Female | GBR | 5K | 0:48:41 | |
| 314 | Hannah | Cross Gower | Female | GBR | 5K | 0:53:02 | |
| 322 | Michelle | Williams | Female | USA | 5K | 0:54:32 | |
| 312 | Gabriela Felicia | Turculet | Female | ROU | 5K | 0:58:38 | |
| 324 | Mitti | Walker | Female | HUN | 5K | 1:01:28 | |

| Bib No. | First Name | Last Name | Gender | Nationality | Category | Time | Position |
|----------------|-------------------|------------------|---------------|--------------------|-----------------|-------------|-----------------|
| 410 | Guillaume | Alinier | Male | FRA | 3K | 0:11:08 | M1 |
| 424 | Tim | Mills | Male | GBR | 3K | 0:13:27 | M2 |
| 412 | Jordan | Cheng | Male | CHN | 3K | 0:14:10 | M3 |
| 422 | Saad | Al Derham | Male | QAT | 3K | 0:15:35 | |
| 409 | Faleh | Al Ali | Male | QAT | 3K | 0:16:00 | |
| 420 | Rashid | Al Sheraim | Male | QAT | 3K | 0:16:26 | |
| 401 | Abdulla | Khalil | Male | QAT | 3K | 0:17:56 | |
| 400 | Abdulaziz | Al Nasr | Male | QAT | 3K | 0:19:12 | |
| 402 | Ahmed | Al Mohannadi | Male | QAT | 3K | 0:22:48 | |
| 425 | Victoria | Cann | Male | GBR | 3K | 0:24:58 | |
| 403 | Ali | Bokshisha | Male | QAT | 3K | 0:27:47 | |
| 426 | Vijay | Dwivedi | Male | IND | 3K | 0:28:48 | |
| 404 | Amit | Kumar | Male | IND | 3K | 0:40:18 | |
| 417 | Morgan | McCord | Male | USA | 3K | 0:47:01 | |

| Bib No. | First Name | Last Name | Gender | Nationality | Category | Time | Position |
|----------------|-------------------|------------------|---------------|--------------------|-----------------|-------------|-----------------|
| 414 | Lyndall | Jensen | Female | AUS | 3K | 0:15:45 | F1 |
| 418 | Nandini | Alinier | Female | FRA | 3K | 0:16:12 | F2 |
| 413 | Laurie | Barber | Female | USA | 3K | 0:16:26 | F3 |
| 411 | Hannah | Pickard | Female | GBR | 3K | 0:18:13 | |
| 408 | Emily | Dobison | Female | GBR | 3K | 0:18:14 | |
| 419 | Rachel | Rust | Female | USA | 3K | 0:18:52 | |
| 405 | Caitlyn | Pickard | Female | CAN | 3K | 0:19:03 | |
| 423 | Samiha | Sooppi | Female | IND | 3K | 0:21:22 | |
| 406 | Carlyn | Broerse | Female | NED | 3K | 0:21:51 | |
| 415 | Marina | Hardiman | Female | IRL | 3K | 0:24:58 | |
| 421 | Robin | Newall | Female | GBR | 3K | 0:32:19 | |
| 407 | Diya | Pillai | Female | GBR | 3K | 0:32:31 | |
| 416 | Misty | McCord | Female | USA | 3K | 0:47:01 | |

| Bib No. | First Name | Last Name | Gender | Nationality | Category | Time | Position |
|----------------|-------------------|------------------|---------------|--------------------|-----------------|-------------|-----------------|
| 501 | Akshith | Saravanan | Male | IND | 3K Jnr | 0:11:35 | M1 |
| 504 | Guillanam | Alinier | Male | FRA | 3K Jnr | 0:13:51 | M2 |
| 510 | Prillanam | Alinier | Male | FRA | 3K Jnr | 0:15:00 | M3 |
| 506 | Luqman | Goolammamode | Male | GBR | 3K Jnr | 0:15:09 | |
| 512 | Roan | Ibrahim | Male | NED | 3K Jnr | 0:16:03 | |
| 509 | Oliver | Southern | Male | GBR | 3K Jnr | 0:17:12 | |
| 507 | Mekaal | Rahim | Male | CAN | 3K Jnr | 0:17:54 | |
| 500 | Ahmed | Shaheen Shafi | Male | IND | 3K Jnr | 0:21:30 | |
| 511 | Rehaan | Jerry | Male | IND | 3K Jnr | 0:30:26 | |
| 508 | Naman | Fardeen | Male | IND | 3K Jnr | 0:31:33 | |
| 502 | Felix | Szakacs | Male | HUN | 3K Jnr | 0:44:40 | |
| 503 | Florian | Szakacs | Male | HUN | 3K Jnr | 0:44:40 | |

| Bib No. | First Name | Last Name | Gender | Nationality | Category | Time | Position |
|----------------|-------------------|------------------|---------------|--------------------|-----------------|-------------|-----------------|
| 514 | Sofia | Goolammamode | Female | GBR | 3K Jnr | 0:16:22 | F1 |
| 515 | Zara | Rahim | Female | CAN | 3K Jnr | 0:17:54 | F2 |
| 513 | Safiyah | Ahmed | Female | GBR | 3K Jnr | 0:26:11 | F3 |
| 505 | Laiqa | Anish | Female | IND | 3K Jnr | 0:33:36 | |

| Bib No. | First Name | Last Name | Gender | Nationality | Category | Time | Position |
|----------------|-------------------|------------------|---------------|--------------------|-----------------|-------------|-----------------|
| 601 | Ankith | Saravanan | Male | IND | 1K Jnr | 0:05:29 | M1 |
| 600 | Adam | Shaheen Shafi | Male | IND | 1K Jnr | 0:10:01 | M2 |



QRS RUN FOR HEROES 2020

VIRTUAL SERIES

5-WEEK STEP CHALLENGE

Friday 17 July 2020

| Bib No. | First Name | Last Name | Gender | Nationality | Category | Steps | Position |
|---------|-------------|-------------|--------|-------------|----------|---------|----------|
| 726 | Niraj | Shahi | Male | NEP | W3 Step | 445,953 | M1 |
| 708 | Guillaume | Alinier | Male | FRA | W3 Step | 402,878 | M2 |
| 704 | David | Bramston | Male | GBR | W3 Step | 324,210 | M3 |
| 701 | Anish | Kandy | Male | IND | W3 Step | 300,775 | |
| 722 | Mike | De Coster | Male | GBR | W3 Step | 297,257 | |
| 707 | Guillanam | Alinier | Male | FRA | W3 Step | 234,168 | |
| 712 | John | Smith | Male | GBR | W3 Step | 228,555 | |
| 723 | Mohamed | Askar | Male | EGY | W3 Step | 220,784 | |
| 733 | Stephen | Braithwaite | Male | GBR | W3 Step | 187,620 | |
| 734 | Stephen | Yacapin | Male | USA | W3 Step | 133,455 | |
| 728 | Patrick | Isac | Male | LIB | W3 Step | 131,847 | |
| 729 | Prillanam | Alinier | Male | FRA | W3 Step | 126,034 | |
| 727 | Noah Daniel | Muller | Male | RSA | W3 Step | 116,081 | |
| 731 | Robin | Muller | Male | RSA | W3 Step | 102,077 | |
| 713 | Jordan | Cheng | Male | CHN | W3 Step | 49,580 | |

| Bib No. | First Name | Last Name | Gender | Nationality | Category | Steps | Position |
|---------|------------|-----------|--------|-------------|----------|---------|----------|
| 709 | Isabel | Da Silva | Female | VEN | W3 Step | 424,969 | F1 |
| 702 | Antonia | Confalone | Female | GBR | W3 Step | 419,666 | F2 |
| 706 | Fatma | Yousef | Female | QAT | W3 Step | 389,709 | F3 |
| 720 | Michelle | Williams | Female | USA | W3 Step | 389,468 | |
| 715 | Karina | Enikeeva | Female | RUS | W3 Step | 349,789 | |
| 724 | Nandini | Alinier | Female | FRA | W3 Step | 274,587 | |
| 730 | Rachel | Rust | Female | USA | W3 Step | 255,869 | |
| 717 | Laurel | Jordan | Female | USA | W3 Step | 251,661 | |
| 700 | Angélica | Franco | Female | MEX | W3 Step | 233,219 | |
| 725 | Nasim | Khatib | Female | USA | W3 Step | 220,344 | |
| 719 | Malaka | Al Kaabi | Female | QAT | W3 Step | 208,805 | |
| 732 | Samiha | Sooppi | Female | IND | W3 Step | 179,468 | |
| 714 | Julie | Decock | Female | BEL | W3 Step | 177,379 | |
| 721 | Michelle | Pheiffer | Female | RSA | W3 Step | 166,639 | |
| 703 | Daniela | Cocan | Female | ROU | W3 Step | 160,968 | |
| 735 | Taryn | Sharples | Female | GBR | W3 Step | 136,906 | |
| 716 | Laiqa | Anish | Female | IND | W3 Step | 134,786 | |
| 718 | Lisa | Guglielmi | Female | CAN | W3 Step | 129,334 | |
| 711 | Jennifer | D'Souza | Female | IND | W3 Step | 128,203 | |
| 705 | Fatima | Makki | Female | QAT | W3 Step | 113,413 | |
| 710 | Janine | Muller | Female | RSA | W3 Step | 73,290 | |

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