



QRS RUN FOR HEROES 2020

VIRTUAL SERIES

WEEK 5

Friday 31 July 2020

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
101	Mohamed	Shaheen	Male	IND	21.1K	3:10:22	M1
100	Guillanam	Alinier	Male	FRA	21.1K	3:31:53	M2
103	Prillanam	Alinier	Male	FRA	21.1K	3:36:06	M3

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
102	Nandini	Alinier	Female	FRA	21.1K	3:36:06	F1

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
200	Abdulla Shaheen	Al Kaabi	Male	QAT	10K	0:38:45	M1
212	Niraj	Shahi	Male	NEP	10K	0:44:29	M2
210	Michael	Werner	Male	GER	10K	0:52:17	M3
207	Khaled	Al Kuwari	Male	QAT	10K	0:53:35	
201	Andrew	Stigter	Male	AUS	10K	0:54:53	
205	Jonathan	Michelsen	Male	RSA	10K	0:55:38	
208	Khalid	Al Yafei	Male	QAT	10K	0:57:04	
219	Abdulrahman	Shareef	Male	QAT	10K	0:59:23	
204	John	Smith	Male	GBR	10K	1:06:23	
214	Rashid	Al Sheraim	Male	QAT	10K	1:07:43	
203	Gabriel	Turculet	Male	ROU	10K	1:12:35	
216	Stephen	Braithwaite	Male	GBR	10K	1:15:29	
220	Samuel	Gillard	Male	GBR	10K	1:38:00	
213	Pramod	Pillai	Male	GBR	10K	1:49:00	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
206	Karina	Enikeeva	Female	RUS	10K	0:56:28	F1
211	Nazra	Sultana	Female	GBR	10K	1:00:23	F2
217	Zareen	Gopee	Female	GBR	10K	1:00:45	F3
215	Saima	Habib	Female	GBR	10K	1:05:40	
202	Daniela	Cocan	Female	ROU	10K	1:29:00	
209	Laurel	Jordan	Female	USA	10K	2:10:22	

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325	Mike	De Coster	Male	GBR	5K	0:19:35	M1
314	Guillaume	Alinier	Male	FRA	5K	0:20:14	M2
313	George	Zaidan	Male	LIB	5K	0:21:19	M3
332	Paul	Bakewell	Male	GBR	5K	0:22:19	
302	Ahmed	Ramzy	Male	EGY	5K	0:22:45	
336	Tim	Mills	Male	GBR	5K	0:23:43	
316	Hassan	Al Yousuf	Male	QAT	5K	0:26:46	
303	Aleksandr	Ivanov	Male	RUS	5K	0:27:12	
335	Subah	Al Kuwari	Male	QAT	5K	0:28:51	
300	Abdulaziz	Al Jabri	Male	QAT	5K	0:29:30	
305	Ali	Radwani	Male	QAT	5K	0:31:39	
301	Abdulla	Al Derham	Male	QAT	5K	0:32:26	
333	Peter	Brock	Male	GBR	5K	0:32:47	
304	Alex	De Leon Diaz	Male	USA	5K	0:33:47	
327	Mohamed	Askar	Male	EGY	5K	0:36:20	
328	Mohammed	Al Jofairi	Male	QAT	5K	0:38:31	
310	Essa	Abuhelaiqa	Male	QAT	5K	0:42:57	
317	Imran	Iqbal	Male	IND	5K	0:43:12	
334	Shaheen	Shafi	Male	IND	5K	0:43:56	
307	Anish	Kandy	Male	IND	5K	0:46:29	
331	Patrick	Isac	Male	LIB	5K	0:50:17	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
322	Malaka	Al Kaabi	Female	QAT	5K	0:22:33	F1
306	Amanda	Dobison	Female	GBR	5K	0:27:40	F2
309	Chelsea	Hughes	Female	GBR	5K	0:28:19	F3
323	Melissa	Woods	Female	USA	5K	0:29:58	
320	Jowhara	Al Qahtani	Female	QAT	5K	0:31:13	
318	Isabel	Da Silva	Female	VEN	5K	0:34:02	
308	Caz	Jude	Female	GBR	5K	0:34:14	
329	Muneera	Al Kuwari	Female	QAT	5K	0:34:22	
330	Nasim	Khatib	Female	USA	5K	0:36:05	
321	Julie	Decock	Female	BEL	5K	0:38:58	
311	Fatma	Yousef	Female	QAT	5K	0:40:38	
319	Jennifer	D'Souza	Female	IND	5K	0:48:52	
338	Victoria	Cann	Female	GBR	5K	0:50:48	
324	Michelle	Williams	Female	USA	5K	0:51:35	
315	Hannah	Cross Gower	Female	GBR	5K	0:52:49	
312	Gabriela Felicia	Turculet	Female	ROU	5K	0:55:00	
337	Tracy	Scott	Female	GBR	5K	0:56:04	
326	Mitti	Walker	Female	HUN	5K	0:59:50	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
401	Abdulrahman	Al Yafei	Male	QAT	3K	0:12:10	M1
411	Jordan	Cheng	Male	CHN	3K	0:14:41	M2
421	Saad	Al Derham	Male	QAT	3K	0:15:49	M3
400	Abdulla	Khalil	Male	QAT	3K	0:17:46	
402	Ahmed	Al Mohannadi	Male	QAT	3K	0:20:30	
419	Robin	Muller	Male	RSA	3K	0:23:00	
427	Vivek	Pampatwar	Male	IND	3K	0:29:50	
424	Stephen	Yacapin	Male	USA	3K	0:30:08	
412	Joseph	Gladin	Male	IND	3K	0:31:12	
405	Anand	Mathew	Male	IND	3K	0:31:31	
417	Morgan	McCord	Male	USA	3K	0:34:31	
403	Ali	Bokshisha	Male	QAT	3K	0:37:13	
404	Amit	Kumar	Male	IND	3K	0:38:20	
406	Babar	Rais	Male	GBR	3K	0:45:29	

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425	Tess	Craig	Female	CAN	3K	0:14:01	F1
410	Hannah	Pickard	Female	GBR	3K	0:15:10	F2
414	Lyndall	Jensen	Female	AUS	3K	0:15:29	F3
413	Laurie	Barber	Female	USA	3K	0:17:32	
409	Emily	Dobison	Female	GBR	3K	0:18:45	
422	Samiha	Sooppi	Female	IND	3K	0:19:25	
418	Rachel	Rust	Female	USA	3K	0:20:15	
407	Carlyn	Broerse	Female	NED	3K	0:21:39	
415	Marina	Hardiman	Female	IRL	3K	0:22:42	
420	Robin	Newall	Female	GBR	3K	0:26:55	
423	Sheryl	Guynn	Female	USA	3K	0:30:03	
408	Diya	Pillai	Female	GBR	3K	0:30:20	
426	Vicky	Corrigan	Female	GBR	3K	0:35:52	
416	Misty	McCord	Female	USA	3K	0:36:47	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
501	Akshith	Saravanan	Male	IND	3K Jnr	0:12:37	M1
506	Luqman	Goolammamode	Male	GBR	3K Jnr	0:15:37	M2
512	Roan	Ibrahim	Male	NED	3K Jnr	0:17:30	M3
507	Mekaal	Rahim	Male	CAN	3K Jnr	0:18:45	
510	Oliver	Southern	Male	GBR	3K Jnr	0:19:11	
509	Noah Daniel	Muller	Male	RSA	3K Jnr	0:23:09	
500	Ahmed	Shaheen Shafi	Male	IND	3K Jnr	0:29:16	
511	Rehaan	Jerry	Male	IND	3K Jnr	0:30:06	
508	Naman	Fardeen	Male	IND	3K Jnr	0:32:12	
502	Dhruv Pradeesh	Manakadan	Male	IND	3K Jnr	0:34:12	
503	Felix	Szakacs	Male	HUN	3K Jnr	0:35:50	
504	Florian	Szakacs	Male	HUN	3K Jnr	0:35:50	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
514	Sofia	Goolammamode	Female	GBR	3K Jnr	0:16:31	F1
515	Zara	Rahim	Female	CAN	3K Jnr	0:18:45	F2
513	Safiyyah	Ahmed	Female	GBR	3K Jnr	0:19:39	F3
505	Laiqa	Anish	Female	IND	3K Jnr	0:28:23	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Time	Position
601	Ankith	Saravanan	Male	IND	1K Jnr	0:06:02	M1
600	Adam	Shaheen Shafi	Male	IND	1K Jnr	0:10:59	M2
602	Luke	Muller	Male	RSA	1K Jnr	0:12:47	M3



QRS RUN FOR HEROES 2020

VIRTUAL SERIES

5-WEEK STEP CHALLENGE

Friday 31 July 2020

Bib No.	First Name	Last Name	Gender	Nationality	Category	Steps	Position
726	Niraj	Shahi	Male	NEP	W5 Step	750,125	M1
707	Guillaume	Alinier	Male	FRA	W5 Step	683,929	M2
704	David	Bramston	Male	GBR	W5 Step	539,237	M3
701	Anish	Kandy	Male	IND	W5 Step	523,650	
722	Mike	De Coster	Male	GBR	W5 Step	480,268	
712	John	Smith	Male	GBR	W5 Step	420,367	
708	Guillanam	Alinier	Male	FRA	W5 Step	367,820	
723	Mohamed	Askar	Male	EGY	W5 Step	358,540	
733	Stephen	Braithwaite	Male	GBR	W5 Step	320,592	
727	Noah Daniel	Muller	Male	RSA	W5 Step	253,167	
728	Patrick	Isac	Male	LIB	W5 Step	253,142	
729	Prillanam	Alinier	Male	FRA	W5 Step	236,127	
731	Robin	Muller	Male	RSA	W5 Step	226,198	
734	Stephen	Yacapin	Male	USA	W5 Step	133,455	
713	Jordan	Cheng	Male	CHN	W5 Step	53,516	

Bib No.	First Name	Last Name	Gender	Nationality	Category	Steps	Position
702	Antonia	Confalone	Female	GBR	W5 Step	842,595	F1
709	Isabel	Da Silva	Female	VEN	W5 Step	746,907	F2
720	Michelle	Williams	Female	USA	W5 Step	653,529	F3
715	Karina	Enikeeva	Female	RUS	W5 Step	542,278	
706	Fatma	Yousef	Female	QAT	W5 Step	521,243	
724	Nandini	Alinier	Female	FRA	W5 Step	469,367	
730	Rachel	Rust	Female	USA	W5 Step	402,428	
725	Nasim	Khatib	Female	USA	W5 Step	375,387	
719	Malaka	Al Kaabi	Female	QAT	W5 Step	342,511	
732	Samiha	Sooppi	Female	IND	W5 Step	334,860	
735	Taryn	Sharples	Female	GBR	W5 Step	334,336	
718	Lisa	Guglielmi	Female	CAN	W5 Step	322,599	
714	Julie	Decock	Female	BEL	W5 Step	310,504	
717	Laurel	Jordan	Female	USA	W5 Step	298,189	
721	Michelle	Pheiffer	Female	RSA	W5 Step	279,715	
700	Angélica	Franco	Female	MEX	W5 Step	233,219	
716	Laiqa	Anish	Female	IND	W5 Step	232,250	
703	Daniela	Cocan	Female	ROU	W5 Step	229,092	
711	Jennifer	D'Souza	Female	IND	W5 Step	222,782	
710	Janine	Muller	Female	RSA	W5 Step	202,524	
705	Fatima	Makki	Female	QAT	W5 Step	161,224	

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	
804	Ajit	Joshi	Male	IND	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	Angélica	Franco	Female	MEX	N/A	0:00:00	
809	Antonia	Confalone	Female	GBR	N/A	0:00:00	
810	Aran	Power	Male	IRL	N/A	0:00:00	
811	Audrey	Stigter	Female	AUS	N/A	0:00:00	
812	Caitlyn	Pickard	Female	CAN	N/A	0:00:00	
813	Carmen	Navarro Gomez	Female	ESP	N/A	0:00:00	
814	Ciara	McKenna	Female	IRL	N/A	0:00:00	
815	Claire	Hughes	Female	GBR	N/A	0:00:00	
816	Dacey	Craig	Female	CAN	N/A	0:00:00	
817	David	Bramston	Male	GBR	N/A	0:00:00	
818	Deepika	Parmar	Female	IND	N/A	0:00:00	
819	Denley	Craig	Male	CAN	N/A	0:00:00	
820	Dinah Remedios	Mallari	Female	PHI	N/A	0:00:00	
821	Erin	Kelley	Female	USA	N/A	0:00:00	
822	Essa	Al Hitmi	Male	QAT	N/A	0:00:00	
823	Evelien	Stigter	Female	AUS	N/A	0:00:00	
824	Faleh	Al Ali	Male	QAT	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	Lisa	Guglielmi	Female	CAN	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	Merekhan	Male	QAT	N/A	0:00:00	
838	Mohammed	Faisal	Male	IND	N/A	0:00:00	
839	Mohammed	Tahir	Male	IND	N/A	0:00:00	
840	Neetika	Parmar	Female	IND	N/A	0:00:00	
842	Santosh	Paul	Male	IND	N/A	0:00:00	
843	Saoud	Al Abdulla	Male	QAT	N/A	0:00:00	
844	Shahayas	Karuppamveettil	Male	IND	N/A	0:00:00	
845	Simon	Clune	Male	IRL	N/A	0:00:00	
846	Sobia	Habib	Female	GBR	N/A	0:00:00	
847	Taryn	Sharples	Female	GBR	N/A	0:00:00	
848	Umar	Ahmed	Male	GBR	N/A	0:00:00	