

Orion Harriers Forest Five Series

Race 3 3rd August 2019

Pos	Number	First	Last	Cat	Club	Time
1	499	George	Day	SM	Orion Harriers	27:55
2	322	Angelo	Pieris	M40	East End Road Runners	28:02
3	22	Nick	Harris-Fry	SM	Orion Harriers	28:16
4	155	Jose	Rodriguez	SM	East London Runners	28:29
5	966	Stephen	Fabes	SM	VPH&TH AC	28:50
6	963	Gary	Coombes	M40	Iford AC	29:13
7	151	Samuel	Priestley	SM	VPH&TH AC	29:24
8	563	Richard	Smith	SM	Orion Harriers	29:28
9	110	Thomas	Grimes	SM	East London Runners	29:30
10	324	Lindsay	Russell	SM	East End Road Runners	29:34
11	29	Brian	Jenkins	SM	Orion Harriers	29:55
12	184	Matt	Woodman	M40	Orion Harriers	30:02
13	917	Martin	Westley	SM	Harlow RC	30:07
14	332	John	Booth	SM	East London Runners	30:19
15	107	Dasos	Gonnella	SM	WGAC & EL	30:25
16	317	Mark	Mccolgan	SM	East End Road Runners	30:28
17	478	Sam	Rahman	SM	Iford AC	30:34
18	168	Gary	Towers	M40	Eton Manor AC	30:35
19	476	Stephen	Philcox	M50	Iford AC	30:58
20	475	Sebastian	Parris	SM	Iford AC	31:33
21	956	Liam	Ohuiginn	SM	VPH&TH AC	31:33
22	20	Jim	Gleave	M40	Orion Harriers	31:40
23	46	Scott	Reid	M50	Orion Harriers	31:51
24	131	Kevin	Long	M40	VPH&TH AC	31:59
25	470	Daniel	Holeyman	M40	Iford AC	32:09
26	472	Diarmuid	Mac Donnell	M40	Iford AC	32:15
27	47	Ben	Rowlands	SM	Orion Harriers	32:19
28	358	Daniel	Lee	M50	East London Runners	32:29
29	466	John	Crawley	SM	Iford AC	32:30
30	930	Mindaugas	Lekaveckas	SM	Takas	32:30
31	345	Spencer	Evans	SM	East London Runners	32:31
32	123	Emily	Jeanes	SW	Trent Park Running Club	32:32
33	400	James	Coker	SM	Harold Wood RC	32:41
34	364	James	Nichols	SM	East London Runners	32:44
35	356	Nathan	Jones	SM	East London Runners	32:48
36	954	Richard	Bryant	M40	VPH&TH AC	32:51
37	124	Luke	Judge	SM	Unaffiliated	32:55
38	496	Reece	Barclay	SM	Orion Harriers	32:59
39	79	Paul	Cates	M50	Eton Manor AC	33:02
40	922	Andrew	Doyle	SM	London Frontrunners	33:02
41	84	Tim	Charters	M40	London Frontrunners	33:18
42	58	Badar	Al Raisi	SM	VPH&TH AC	33:32
43	325	Matthew	Ward	SM	East End Road Runners	33:36
44	290	George	Scratcherd	SM	Barking Road Runners	33:39
45	153	Robert	Rayworth	M40	East London Runners	33:43
46	927	Lauren	Longhurst	SW	Mornington Chasers	33:46
47	382	Sarah	Flanagan	W40	Eton Manor AC	33:50
48	340	Peter	Craik	M40	East London Runners	33:51
49	81	Philip	Chapman	SM	VPH&TH AC	33:52
50	390	Robert	Sommerville	M50	Eton Manor AC	33:53
51	159	Robert	Scott	M50	Barnet & District AC	34:03
52	83	Annaka	Charters	SW	VPH&TH AC	34:07
53	357	Ava	Lee	W40	East London Runners	34:25
54	921	Leon	Clement	SM	London Frontrunners	34:31

55	292	Paul	Withyman	SM	Barking Road Runners	34:39
56	326	Jamie	Zucker	SM	East End Road Runners	34:40
57	121	Andrew	Jackson	SM	East London Runners	34:41
58	464	Adam	Coals	SM	Iford AC	34:45
59	68	Calvin	Bobin	M60	East London Runners	34:48
60	115	Andrew	Holloway	M40	Unaffiliated	34:52
61	33	Andrew	Lunn	M40	Orion Harriers	34:58
62	911	Hazel	Norton-Hale	SW	VPH&TH AC	35:01
63	516	John	Sable	SM	Orion Harriers	35:08
64	359	Karen	Levison	W50	East London Runners	35:14
65	162	Jacob	Stevens	M40	East London Runners	35:20
66	92	Martyn	Coulter	SM	Harlow RC	35:23
67	920	Peter	Hellawell	SM	Headington RR	35:25
68	303	Robert	Newton	SM	Dagenham 88 Runners	35:28
69	433	Gary	Flint	M50	Havering '90 Joggers	35:31
70	252	Richard	Peachment	M50	London Heathside	35:31
71	378	John	Black	M60	Eton Manor AC	35:32
72	21	Dan	Green	M50	Orion Harriers	35:34
73	128	Antony	Leckerman	M50	Barking Road Runners	35:43
74	329	Michael	Bamford	M50	East London Runners	35:49
75	134	Stuart	Manktelow	M50	Trent Park Running Club	35:56
76	434	Brian	Fry	M40	Havering '90 Joggers	36:05
77	409	Josh	Jenner	SM	Harold Wood RC	36:12
78	397	Adam	Bartlett	SM	Harold Wood RC	36:12
79	360	Craig	Livermore	SM	East London Runners	36:19
80	959	Taryne	Mcperson	W40	Eton Manor AC	36:19
81	96	Nele	Douglas	M40	Unaffiliated	36:24
82	94	Gareth	Davies	M50	East London Runners	36:26
83	24	Gavin	Hodgson	M40	Orion Harriers	36:26
84	113	Martin	Hockey	M50	Eton Manor AC	36:27
85	950	Nathan	Whitbread	M40	Unaffiliated	36:35
86	444	Anthony	Maplesden	M40	Havering '90 Joggers	36:40
87	461	Dennis	Briggs	M40	Iford AC	36:45
88	351	Peter	Hatley	M40	East London Runners	36:48
89	411	Andy	Leonard	M40	Harold Wood RC	36:48
90	375	Eleanor	Wilkinson	SW	East London Runners	36:55
91	187	Mike	Reid	M40	VPH&TH AC	37:00
92	338	Nick	Clarke	SM	East London Runners	37:10
93	14	Jasmin	Fitzpatrick	SW	Orion Harriers	37:22
94	13	Benjamin	Fisher	M40	Orion Harriers	37:24
95	122	Faye	Jeacocke	W40	VPH&TH AC	37:29
96	936	Luisa	Brana	W40	Unaffiliated	37:37
97	7	Daniel	Carroll	SM	Orion Harriers	37:47
98	288	Martin	Page	M60	Barking Road Runners	37:57
99	929	Fiona	Russell	W50	Mornington Chasers	37:54
100	346	Lawrence	Foster	M50	East London Runners	38:00
101	422	Gary	Binder	M40	Havering '90 Joggers	38:04
102	932	Robin	Tremaine	M60	Trent Park RC	38:05
103	54	Jonathan	West	M40	Orion Harriers	38:07
104	474	Breege	Nordin	W60	Iford AC	38:09
105	435	Tony	Galea	M50	Havering '90 Joggers	38:27
106	341	Jimmy	Dale	SM	East London Runners	38:31
107	426	Peter	Burdett	M50	Havering '90 Joggers	38:33
108	465	Anna	Crawley	SW	Iford AC	38:34
109	76	Gary	Cardnell	M60	Dagenham 88 Runners	38:39
110	381	Paul	Elam	SM	Eton Manor AC	38:45
111	947	Sam	Jenner	SM	Unaffiliated	38:47
112	384	Jennifer	Heymann	W40	Eton Manor AC	38:52

113	925	Naomi	Crowther	SW	Mornington Chasers	38:54
114	32	Anna	Liebmann	SW	Orion Harriers	38:57
115	482	Anthony	Young	M50	Ilford AC	38:59
116	103	Emmet	Fitzgibbon	M40	East London Runners	39:02
117	156	David	Rubio	M40	Unaffiliated	39:03
118	935	Jamie	Bottomerly	M40	Unaffiliated	39:04
119	650	Antonio	Del Valle	M40	VPH&TH AC	39:05
120	139	Rachel	Morison	SW	VPH&TH AC	39:06
121	344	Becky	Evans	W50	East London Runners	39:09
122	967	Paul	Clarke	SM	Unaffiliated	39:11
123	365	Stuart	Norris	SM	East London Runners	39:14
124	170	Clive	Tweedie	M60	Havering '90 Joggers	39:17
125	339	Grant	Conway	M50	East London Runners	39:18
126	4	Bill	Bennett	M60	Orion Harriers	39:19
127	421	Dean	Bates	M50	Havering '90 Joggers	39:22
128	171	Louise	Vacher	W50	Eton Manor AC	39:25
129	294	Jamie	Austin	SM	Dagenham 88 Runners	39:25
130	964	Kate	Malcolm	W40	Eton Manor AC	39:30
131	323	Hazel	Reade	SW	East End Road Runners	39:35
132	15	Danny	Fitzsimons	M50	Orion Harriers	39:35
133	179	Jonathan	Wooldridge	M40	East London Runners	39:38
134	12	Pippa	Dowswell	W50	Orion Harriers	39:38
135	943	Cameron	Geekie	SM	Unaffiliated	39:41
136	952	Roger	Berry	M70	Unaffiliated	39:49
137	386	Jane	Pannell	W40	Eton Manor AC	39:54
138	327	Paul	Jackson	M40	East End Road Runners	39:57
139	940	Sean	Conway	M50	Unaffiliated	40:07
140	450	John	Rozee	M50	Havering '90 Joggers	40:22
141	402	Mark	Eost	M50	Harold Wood RC	40:26
142	371	Rakesh	Sandhu	M50	East London Runners	40:28
143	508	Elizabeth	Rossberg	W40	Orion Harriers	40:32
144	142	David	Nelson	SM	Mornington Chasers	40:33
145	918	Terri	Wiley	SW	Harlow RC	40:37
146	669	Gigi	Giannella	M40	VPH&TH AC	40:38
147	27	Christine	Inch	W50	Orion Harriers	40:42
148	957	Chris	Watkeys	M40	VPH&TH AC	40:45
149	319	Andrew	Pargeter	SM	East End Road Runners	40:50
150	374	Katie	Whitton	SW	East London Runners	40:55
151	407	Martin	Hawker	M40	Harold Wood RC	41:04
152	66	Joyce	Berry	W50	VPH&TH AC	41:07
153	291	Ronald	Vialls	M60	Barking Road Runners	41:08
154	392	Jan	Van Weert	M40	Eton Manor AC	41:25
155	152	Darren	Radford	M50	Havering '90 Joggers	41:27
156	931	Sue	Thomas	W50	Trent Park RC	41:32
157	923	Derek	Richards	M50	London Frontrunners	41:37
158	404	Brynley	Giddings	M50	Harold Wood RC	41:40
159	487	Alex	Hall	SM	NatBest NHS	41:45
160	945	Caroline	Guest	W40	Unaffiliated	41:52
161	442	Bruce	Mail	M50	Havering '90 Joggers	41:53
162	114	Nils	Hollmann	M40	Dagenham 88 Runners	41:56
163	295	Andrew	Beazeley	SM	Dagenham 88 Runners	41:56
164	259	Joanne	Skehan	SW	Orion Harriers	42:01
165	104	Peter	Frisby	M50	VPH&TH AC	42:05
166	428	Steve	Constantinou	M40	Havering '90 Joggers	42:07
167	447	Kate	Pettit	W40	Havering '90 Joggers	42:09
168	57	Sharon	Wood	W40	Orion Harriers	42:12
169	353	Maud	Hodson	W40	East London Runners	42:15
170	116	Gary	Homewood	M50	Mornington Chasers	42:20

171	965	Kerry	Parker	W40	Orion Harriers	42:21
172	16	Angela	Flight	SW	Orion Harriers	42:29
173	41	Andrew	Painter	M50	Orion Harriers	42:37
174	56	Frances	Wilson	W50	Orion Harriers	42:40
175	398	Tony	Brooks	SM	Harold Wood RC	42:47
176	75	Eamon	Byrne	M50	Mornington Chasers	42:50
177	312	Catherine	Apps	W60	East End Road Runners	42:51
178	944	Derek	Gibson	M50	Unaffiliated	42:52
179	2	Hayley	Barron	W40	Orion Harriers	42:57
180	423	Emma	Bolton	W40	Havering '90 Joggers	42:59
181	349	David	Hallybone	M40	East London Runners	43:02
182	90	Louise	Cootes	SW	Harlow RC	43:05
183	299	Susan	Godfrey	SW	Dagenham 88 Runners	43:09
184	63	June	Barrow-Green	W60	VPH&TH AC	43:12
185	915	Wei	Sui	SM	Ealing Eagles RC	43:13
186	958	Jenny	Louden	SW	Harold Wood RC	43:16
187	637	Phillippa	Carr	SW	VPH&TH AC	43:17
188	307	Michael	Peggnall	SM	Dagenham 88 Runners	43:20
189	488	Anne	Heeks	W50	NatBest NHS	43:28
190	502	Simon	Gent	M40	Orion Harriers	43:30
191	926	Rafaele	Lamour	W40	Mornington Chasers	43:30
192	485	Stephanie	Clarke	W50	NatBest NHS	43:33
193	914	David	Thomas	M60	Canterbury Harriers	43:35
194	458	Roger	Winston	M60	Havering '90 Joggers	43:35
195	445	Eleanor	Mole	SW	Havering '90 Joggers	43:43
196	99	Gabriel	Ellenberg	M60	Eton Manor AC	43:54
197	34	Andrea	Macqueen	W50	Orion Harriers	44:00
198	1	Karen	Allworthy	W60	Orion Harriers	44:08
199	383	Jennifer	Hall	SW	Eton Manor AC	44:16
200	352	Kathryn	Hertzberg	SW	East London Runners	44:24
201	77	Alon	Caspi	M60	Mornington Chasers	44:30
202	289	Richard	Quye	M40	Barking Road Runners	44:31
203	354	Catriona	Hoult	W40	East London Runners	44:32
204	581	Gerard	Trill	M60	Orion Harriers	44:36
205	296	Cassandra	Bryant	SW	Dagenham 88 Runners	44:36
206	309	Paul	Suett	M40	Dagenham 88 Runners	44:37
207	968	Helen	Nickols	SW	VPH&TH AC	44:38
208	373	Andrea	Waller	W40	East London Runners	44:39
209	504	Claire	Morris	SW	Orion Harriers	44:40
210	347	George	Georgiou	M50	East London Runners	44:42
211	646	Philippa	Cockman	W50	VPH&TH AC	44:47
212	912	Declan	Phelan	M50	VPH&TH AC	44:47
213	414	Susan	Munns	W50	Harold Wood RC	44:47
214	138	Denis	Mole	M70	Havering 90 Joggers	45:01
215	143	Kate	Nelson	SW	Victoria Park Harriers & To	45:01
216	343	Carolyn	Edwards	SW	East London Runners	45:03
217	148	Helen	Pearce	W50	Unaffiliated	45:18
218	25	Kym	Hudson	W50	Orion Harriers	45:22
219	335	Veronica	Carrasco	SW	East London Runners	45:27
220	177	Eleanor	Williams	SW	Unaffiliated	45:31
221	135	Gillian	Mckay	W50	Eton Manor AC	45:36
222	320	Imran	Patel	M40	East End Road Runners	45:47
223	314	David	Elsom	M60	East End Road Runners	45:47
224	315	Shreeraj	Laturia	M40	East End Road Runners	45:48
225	962	Alexander	Norton	SM	Unaffiliated	45:59
226	403	Charlie	Fisher	SW	Harold Wood RC	46:00
227	429	Mark	Dalby	SM	Havering '90 Joggers	46:01
228	955	Paul	Kitto	M50	Unaffiliated	46:02

229	111	Carmen	Harrington	SW	Mornington Chasers	46:10
230	318	Lisa	Naylor	W40	East End Road Runners	46:18
231	405	Tracy	Giddings	W50	Harold Wood RC	46:20
232	368	Sandra	Preston	W50	East London Runners	46:24
233	82	Louise	Chappell	W40	Dagenham 88 Runners	46:31
234	331	Tina	Bennett	W40	East London Runners	46:39
235	305	Jenny	O'Hanlon	SW	Dagenham 88 Runners	46:41
236	87	Mary	Connolly	W50	East London Runners	46:57
237	39	Dhurmendra	Mistry	M50	Orion Harriers	46:59
238	479	Alison	Sale	W50	Ilford AC	47:03
239	913	Yuan	Ren	SW	VPH&TH AC	47:06
240	928	Jennifer	Moore	SW	Mornington Chasers	47:09
241	342	Liam	Dempsey	SM	East London Runners	47:19
242	919	Sally	Gillam	W50	Harwich Runners	47:20
243	430	Sandra	Dalton	W50	Havering '90 Joggers	47:27
244	370	Alexandra	Rutishauser-Per	W40	East London Runners	47:33
245	453	Brian	Slade	M70	Havering '90 Joggers	47:41
246	165	Katherine	Taylor	W40	Unaffiliated	47:42
247	36	Anna	Mcewen	W40	Orion Harriers	47:47
248	9	Vanessa	Clyne	W40	Orion Harriers	47:53
249	6	Peter	Bulaitis	M60	Orion Harriers	47:53
250	961	Paula	Lamont	W40	Unaffiliated	48:00
251	468	Ray Sparra	Everingham	M60	Ilford AC	48:02
252	412	Christopher	Madell	M50	Harold Wood RC	48:06
253	951	Lucy	White	SW	Unaffiliated	48:11
254	469	Doris	Gaga	W50	Ilford AC	48:20
255	175	Anthony	Whyte	M50	NatBest NHS	48:21
256	408	Helen	Jenner	SW	Harold Wood RC	48:25
257	497	Claire	Bryden	W50	Orion Harriers	48:25
258	406	Louise	Hawker	SW	Harold Wood RC	48:27
259	287	Jason	Li	M40	Barking Road Runners	48:29
260	311	Jane	Swanson-Spren	W50	Dagenham 88 Runners	48:31
261	93	Hayley	Dalton	W40	Eton Manor AC	48:36
262	126	Maki	Kimura	W40	Mornington Chasers	48:37
263	158	Bernard	Savage	M60	Havering '90 Joggers	48:40
264	420	Simon	Maley	M40	Havering '90 Joggers	48:45
265	438	Lara	Harradine	W40	Havering '90 Joggers	48:49
266	85	Han	Cherry	W40	East End Road Runners	48:53
267	125	Nicola	Kerr	W40	VPH&TH AC	49:03
268	173	Selon Timi	Veerasamy	W60	Dagenham 88 Runners	49:13
269	361	Helen	Mcguinness	W40	East London Runners	49:16
270	419	Alan	Woodroof	M60	Harold Wood RC	49:28
271	388	Iona	Preston	SW	Eton Manor AC	49:29
272	387	Siobhan	Parker	W40	Eton Manor AC	49:36
273	50	Lisa	Smith	W60	Orion Harriers	49:47
274	52	Lisa	Thorn	W40	Orion Harriers	49:58
275	64	Mandeep	Bassi	W40	Ilford AC	50:02
276	454	Chris	Thomas	M40	Havering '90 Joggers	50:12
277	416	Parisa	Skeldon	SW	Harold Wood RC	50:13
278	436	Melanie	Green	W40	Havering '90 Joggers	50:15
279	366	Mary	O'Brien	W60	East London Runners	50:20
280	431	Ronald	Dobie	M50	Havering '90 Joggers	50:37
281	70	Robin	Booputh	M40	Barking Road Runners	50:46
282	286	Leslie	Jay	M60	Barking Road Runners	51:03
283	282	Veronica	Barikor	W50	Barking Road Runners	51:20
284	916	Elizabeth	Roberts	SW	Harlow RC	51:22
285	362	Caroline	Moore	W50	East London Runners	51:34
286	452	David	Skinner	M60	Havering '90 Joggers	51:41

287	413	Lynsey	Mann	SW	Harold Wood RC	51:42
288	455	Laura	Thomas	W40	Havering '90 Joggers	51:56
289	939	Kayleigh	Chappell	SW	Unaffiliated	52:02
290	934	William	Barry	M50	Unaffiliated	52:19
291	449	Elaine	Richardson	W60	Havering '90 Joggers	52:22
292	8	Janet	Cassford	W50	Orion Harriers	52:40
293	500	Anne	De Asha	W60	Orion Harriers	52:50
294	446	Carol	Nelson	W60	Havering '90 Joggers	53:15
295	457	Hazel	Winston	W60	Havering '90 Joggers	53:17
296	941	Azahara	Espana	SW	Unaffiliated	53:23
297	10	Carole	Cross	W50	Orion Harriers	53:27
298	394	Christina	Watson	W60	Eton Manor AC	53:29
299	459	Victoria	Wood	SW	Havering '90 Joggers	53:31
300	105	Alison	Fryatt	W50	Barking Road Runners	53:31
301	284	Robert	Courtier	M60	Barking Road Runners	53:36
302	283	Rabea	Begum	SW	Barking Road Runners	53:37
303	938	Ronald	Carian	SM	Unaffiliated	53:51
304	937	John Michael	Carian	SM	Unaffiliated	53:51
305	369	Diana	Rexhepaj	W50	East London Runners	53:57
306	424	Maria	Brill	W60	Havering '90 Joggers	54:00
307	377	Sacha	Ackland	W40	Eton Manor AC	54:02
308	108	Maya	Goodwin	W40	East London Runners	54:07
309	333	Roselin	Boramakot	SW	East London Runners	54:07
310	40	Sheila	O'Brien	W60	Orion Harriers	54:13
311	313	Chris	Chilton	SM	East End Road Runners	54:13
312	363	Kathy	Morrissey	W40	East London Runners	54:48
313	293	Geri	Latimer	W50	Dagenham 88 Runners	54:57
314	281	Greg	Adams	M60	Barking Road Runners	55:06
315	953	Helle	Pilia	SW	NatBest NHS	55:15
316	933	Alice	Barry	SW	Unaffiliated	55:35
317	462	Launa	Broadley	W50	Iford AC	55:38
318	328	Isabella	Allan	SW	East London Runners	55:46
319	330	Alice	Barrett	SW	East London runners	55:48
320	960	Emma	Hammerston	W40	East London Runners	56:21
321	481	Sheila	Sinclair	W50	Iford AC	56:22
322	441	Laura	Kelly	W40	Havering '90 Joggers	56:35
323	425	Lucy	Burdett	W40	Havering '90 Joggers	56:35
324	440	Debbie	Jones	W40	Havering '90 Joggers	56:35
325	300	Lorraine	Hilton	W50	Dagenham 88 Runners	57:21
326	308	Sharon	Robinson	W40	Dagenham 88 Runners	57:21
327	493	Ciaran	Naughton	SM	NatBest NHS	57:32
328	97	Alimata	Duval	W40	NatBest NHS	57:32
329	417	Laura	Smith	SW	Harold Wood RC	58:05
330	337	Tasnia	Choudhury	SW	East London Runners	58:38
331	401	Stephanie	Elsey	SW	Harold Wood RC	58:58
332	336	Samia	Choudhury	SW	East London Runners	59:16
333	285	Nikki	Cranmer	W50	Barking Road Runners	59:34
334	67	Natasha	Bester	W40	NatBest NHS	59:38
335	161	Akeena	Smith	SW	NatBest NHS	59:38
336	301	Christine	Lardner	W60	Dagenham 88 runners	61:11
337	310	Luke	Summers	SM	Dagenham 88 Runners	62:13
338	321	Vinodini	Patel	W50	East End Road Runners	62:15
339	471	James	Huddart	M70	Iford AC	63:40
340	367	Elizabeth	O'Donnell	W40	East London Runners	64:40
341	73	Joan	Brunt	W50	Run To Be	67:52
342	304	Beatrice	Oguntayo	W40	Dagenham 88 Runners	77:10
343	484	Rashida	Choudhery	W50	NatBest NHS	78:32
344	489	Ingrid	Lampey	W60	NatBest NHS	80:52

345	490	Siobhan	Mccullagh	SW	NatBest NHS	83:01
346	491	Debbie	Monk	SW	NatBest NHS	83:01