

Orion Harriers 2021 Forest Five Series

Race 2 Saturday 21st August

Pos	Number	FirstName	LastName	Cat	Club	Time
1	37	Gary	Towers	M40	Eton Manor AC	00:28:45
2	9	Richard	Smith	SM	Orion Harriers	00:28:52
3	153	Tom	Howourth	SM	East London Runners	00:29:08
4	160	Scott	McMillan	M40	East London Runners	00:29:22
5	31	John	Henry	M40	East London Runners	00:29:56
6	240	Malcolm	Muir	M40	Ilford AC	00:30:01
7	233	Paul	Holloway	M50	Ilford AC	00:30:11
8	250	Georgie	Bruinvels	SW	Aldershot Farnham & District	00:30:49
9	35	James	Pilch	M40	Eton Manor AC	00:30:53
10	232	Daniel	Holeyman	M40	Ilford AC	00:30:58
11	733	Robert	Dixon	SM	East London Runners	00:31:05
12	3	Patrick	Brown	SM	East London runners	00:31:08
13	7	Edward	Lunn	SM	Orion Harriers	00:31:08
14	71	Stephen	Philcox	M50	Ilford AC	00:31:11
15	5	George	Fernandez	SM	Eton Manor AC	00:31:14
16	724	Daniel	Moses	SM	Orion Harriers	00:31:23
17	34	Kevin	Long	M40	VPH&THAC	00:31:55
18	171	Robert	Spread	M40	East London Runners	00:32:18
19	193	Christopher	King	SM	Harold Wood Running Club	00:32:25
20	190	Patrick	Thoeung	M40	Harold Wood Running Club	00:32:30
21	251	Martin	Chester	M40	Havering AC	00:32:33
22	76	Tim	Wright	M50	Orion Harriers	00:32:39
23	12	Martin	Westley	SM	Harlow Running Club	00:33:19
24	70	Steve	Palmer	M50	Loughton AC	00:33:23
25	187	James	Coker	SM	Harold Wood Running Club	00:33:34
26	195	Johann	Le Roux	M40	Harold Wood Running Club	00:33:39
27	236	Terry	Knightley	M60	Ilford AC	00:33:54
28	138	Jamie	Zucker	SM	East End Road Runners	00:34:31
29	8	John	Sable	SM	Orion Harriers	00:34:41
30	68	Andrew	Lunn	M50	Orion Harriers	00:34:42
31	156	Daniel	Lee	M50	East London Runners	00:34:51
32	27	James	Collett	M40	Orion Harriers	00:34:51
33	44	Jennifer	Heymann	W40	Eton Manor AC	00:34:54
34	261	Andrew	Holloway	M50	Orion Harriers	00:35:16
35	209	Gary	Flint	M50	Havering '90 Joggers	00:35:24
36	97	Calvin	Bobin	M60	East London Runners	00:35:34
37	177	John	Black	M60	Eton Manor AC	00:35:50
38	132	Niall	Mulholland	M50	East End Road Runners	00:35:59
39	185	Adam	Bartlett	SM	Harold Wood Running Club	00:36:07
40	194	Andy	Leonard	M40	Harold Wood Running Club	00:36:13
41	18	Claire	Fisher	SW	VPH&THAC	00:36:14
42	140	Andrew	Baxter	M50	East London Runners	00:36:27
43	178	Peter	Craik	M50	Eton Manor AC	00:36:39
44	87	Fiona	Russell	W50	Mornington Chasers	00:36:44
45	727	Buddy	Green	SM	Orion Harriers	00:36:54
46	130	Adam	Dent	M40	East End Road Runners	00:36:56
47	29	Neil	Douglas	M40	Unaffiliated	00:37:03
48	229	Anna	Crawley	SW	Ilford AC	00:37:09

49	104	Adrian	Frost	M60	Eton Manor AC	00:37:13
50	147	Becky	Evans	W50	East London Runners	00:37:18
51	220	Andrew	Newton	SM	Havering '90 Joggers	00:37:21
52	65	Dan	Green	M50	Orion Harriers	00:37:23
53	202	Alicia	Gray	W40	Harold Wood Running Club	00:37:32
54	181	Lee	Milne	W40	Eton Manor AC	00:37:35
55	191	Josh	Jenner	SM	Harold Wood Running Club	00:37:45
56	59	Danny	Fitzsimons	M50	Orion Harriers	00:37:50
57	26	Ciaran	Canavan	M40	East London Runners	00:37:52
58	13	Sharon	Bolister	SW	Eton Manor AC	00:38:00
59	61	Matt	Gallagher	M50	Orion Harriers	00:38:03
60	135	Hazel	Reade	SW	East End Road Runners	00:38:04
61	238	Vitor	Martins Duraes	SM	Ilford AC	00:38:06
62	173	Jacob	Stevens	M40	East London Runners	00:38:07
63	111	Breege	Nordin	W60	Ilford AC	00:38:23
64	96	Bill	Bennett	M60	Orion Harriers	00:38:36
65	155	Ava	Lee	W40	East London Runners	00:38:41
66	218	Simon	Maley	M40	Havering '90 Joggers	00:38:43
67	114	John	Smith	M60	Orion Harriers	00:38:50
68	245	Anthony	Young	M50	Ilford AC	00:39:00
69	258	Benjamin	Fisher	M40	Orion Harriers	00:39:05
70	263	Robert	Scott	M50	Barnet & District AC	00:39:20
71	206	Steve	Constantinou	M40	Havering '90 Joggers	00:39:44
72	199	Paul	Newland	SM	Harold Wood Running Club	00:39:47
73	142	Sarah	Burns	W40	East London Runners	00:39:49
74	21	Lucy	Humphreys	SW	Orion Harriers	00:39:54
75	172	Clive	Stephenson	M60	East London Runners	00:39:58
76	244	Hannah	Sheikh	W40	Ilford AC	00:40:17
77	246	Gaye	Young	W50	Ilford AC	00:40:19
78	254	Trevor	Cooper	M40	Barking Road Runners	00:40:22
79	157	Ian	Mackie	M60	East London Runners	00:40:25
80	150	Richard	Guest	M40	East London Runners	00:40:26
81	85	Jane	Pannell	W50	Eton Manor AC	00:40:37
82	79	Joyce	Berry	W50	VPH&THAC	00:40:45
83	222	Dave	Sherman	SM	Havering '90 Joggers	00:40:49
84	243	Alison	Sale	W50	Ilford AC	00:41:03
85	164	Albert	Ng	M40	East London Runners	00:41:09
86	60	Lance	Fuller	M50	East London Runners	00:41:11
87	223	Clive	Tweedie	M70	Havering '90 Joggers	00:41:14
88	225	Bradley	Brown	M40	Ilford AC	00:41:22
89	50	Sharon	Palmer	W40	Loughton AC	00:41:30
90	118	Paul	Williams	M60	Orion Harriers	00:41:38
91	217	Bruce	Mail	M50	Havering '90 Joggers	00:41:40
92	265	Gordon	Sutcliffe	M40	Orion Harriers	00:41:49
93	4	Daniel	Chalk	SM	VPH&THAC	00:41:50
94	207	Amber	Elliott	SW	Havering '90 Joggers	00:41:52
95	121	Nils	Hollmann	M40	Dagenham 88 Runners	00:41:55
96	112	Ramesh	Pala	M60	East London Runners	00:41:57
97	33	Andrew	Kennedy	M40	Orion Harriers	00:42:18
98	180	Maud	Hodson	W40	Eton Manor AC	00:42:35
99	152	Kathryn	Hertzberg	SW	East London Runners	00:42:37
100	198	Susan	Munns	W50	Harold Wood Running Club	00:42:37
101	247	Gerald	Akrigg	M50	Victoria Park Harriers	00:42:46
102	94	Sharon	Wood	W50	Orion Harriers	00:42:54
103	19	Carmen	Harrington	SW	Mornington Chasers	00:43:04

104	53	Alok	Basu	M50	Orion Harriers	00:43:10
105	219	Eleanor	Mole	W40	Havering '90 Joggers	00:43:19
106	56	Eamon	Byrne	M50	Mornington Chasers	00:43:23
107	92	Frances	Wilson	W50	Orion Harriers	00:43:34
108	154	Asif	Hussain	SM	East London Runners	00:43:38
109	90	Louise	Vacher	W50	Eton Manor AC	00:43:39
110	95	June	Barrow-Green	W60	VPH&THAC	00:43:39
111	89	Katherine	Taylor	W50	Orion Harriers	00:43:40
112	201	Ruth	Quince	W40	Harold Wood Running Club	00:43:41
113	91	Emilia	Vynnycky	W50	London Heathside	00:43:43
114	72	Darren	Radford	M50	Havering 90 Joggers	00:43:44
115	46	Rahana	Islam	W40	Dagenham 88 Runners	00:43:48
116	107	Christine	Inch	W60	Orion Harriers	00:44:00
117	168	Sandra	Preston	W50	East London Runners	00:44:00
118	108	Paul	Johnson	M60	Unaffiliated	00:44:04
119	264	Edward	Skinner	M60	Unaffiliated	00:44:08
120	55	Steve	Burr	M50	Eton Manor AC	00:44:09
121	212	Tony	Gray	M60	Havering '90 Joggers	00:44:14
122	86	Helen	Pearce	W50	Orion Harriers	00:44:27
123	39	Michelle	Ayrton	W40	Loughton AC	00:44:35
124	134	Christina	Reade	SW	East End Road Runners	00:44:39
125	213	Melanie	Green	W40	Havering '90 Joggers	00:44:54
126	141	Katrina	Betteridge	SW	East London Runners	00:44:59
127	25	Eleanor	Williams	SW	Orion Harriers	00:45:03
128	176	Samir	Younsi	M40	East London Runners	00:45:20
129	49	Rebecca	Marshall	W40	London Heathside	00:45:31
130	124	Michael	Pegnall	M40	Dagenham 88 runners	00:45:33
131	188	Brynley	Giddings	M50	Harold Wood Running Club	00:45:42
132	122	John	Hughes	M50	Dagenham 88 Runners	00:46:06
133	81	Maki	Kimura	W50	Mornington Chasers	00:46:09
134	234	Sharon	Honey	W60	Ilford AC	00:46:24
135	100	Philippa	Cockman	W60	VPH&THAC	00:46:30
136	203	Alan	Woodroof	M60	Harold Wood Running Club	00:46:40
137	266	Gerard	Trill	M60	Orion Harriers	00:46:47
138	179	Gabriel	Ellenberg	M60	Eton Manor AC	00:47:31
139	253	Cristina	Cooper	W40	Barking Road Runners	00:47:57
140	123	Jason	Manning	M40	Dagenham 88 Runners	00:48:08
141	126	Natalie	Traylen	W40	Dagenham 88 Runners	00:48:13
142	120	Lynton	Fairman	SM	Dagenham 88 Runners	00:48:28
143	192	Sean	Kavanagh	M50	Harold Wood Running Club	00:48:29
144	119	Louise	Chappell	W40	Dagenham 88 Runners	00:48:33
145	110	Denis	Mole	M70	Havering 90 Joggers	00:48:41
146	242	Mandy	Reid	W40	Ilford AC	00:48:42
147	143	Morag	Campbell	W40	East London Runners	00:49:05
148	252	Alain	Cooper	M40	Orion Harriers	00:49:14
149	80	Hayley	Dalton	W50	Eton Manor AC	00:49:26
150	161	Caroline	Moore	W50	East London Runners	00:49:35
151	235	Frieda	Keane	W50	Ilford AC	00:49:46
152	148	George	Georgiou	M50	East London Runners	00:50:06
153	162	Kathy	Morrissey	W50	East London Runners	00:50:17
154	259	Dennis	Haley	M50	Unaffiliated	00:50:33
155	267	Lynne	Wakinshaw	W40	Orion Harriers	00:50:37
156	184	Sue	Unsworth	W50	Eton Manor AC	00:50:42
157	200	Rachel	Peck	SW	Harold Wood Running Club	00:51:00
158	248	Alice	Barry	SW	Unaffiliated	00:51:12

159	102	Fiona	Day	W60	East London Runners	00:51:15
160	169	Diana	Rexhepaj	W50	East London Runners	00:51:21
161	239	Carol	Muir	W50	Ilford AC	00:51:30
162	106	Phil	Hudson	M60	Ware Joggers	00:51:31
163	93	Daniela	Witten	W50	Orion Harriers	00:51:48
164	113	Bernard	Savage	M60	Havering '90 Joggers	00:52:04
165	146	Anna	Dingle	W40	East London Runners	00:52:11
166	117	Christina	Watson	W60	Eton Manor AC	00:52:24
167	75	Lance	Tabraham	M50	Eton Manor AC	00:52:27
168	51	Alexandra	Rutishauser-Perera	W40	East London Runners	00:52:35
169	103	Robin	Defoe	M60	Orion Harriers	00:52:52
170	189	Tracy	Giddings	W50	Harold Wood Running Club	00:53:16
171	136	Mia	Ridge	W40	East End Road Runners	00:54:05
172	211	Lisa	Gaskin	W50	Havering '90 Joggers	00:54:20
173	216	Lee	Kyson	M60	Havering '90 Joggers	00:55:06
174	197	Allan	Munns	M60	Harold Wood Running Club	00:55:08
175	249	William	Barry	M50	Unaffiliated	00:55:25
176	163	Imran	Mustak	SM	East London Runners	00:55:44
177	99	Gill	Clarke	W60	Unaffiliated	00:56:15
178	149	Maya	Goodwin	W50	East London Runners	00:58:04