

Orion Harriers Forest Five Series

Race 3 August 5th 2023

The ELVIS Special - Wild (and wet) in the Country

Pos	Number	First	Last	Age	Cl: Club	Mins	Secs
1	793	Ryan	Friel	SM	East London Runners	29	: 21
2	604	Carl	Assmundson	SM	Ranelagh Harriers	29	: 59
3	664	David	Jones	M40	VPH&TH AC	30	: 1
4	815	Paul	Boddey	M40	Eton Manor AC	30	: 41
5	769	Luke	Craig	SM	East End Road Runners	31	: 10
6	900	Callum	Gathercole	SM	Mornington Chasers	31	: 10
7	880	Sam	Rahman	M40	Ilford AC	31	: 34
8	600	Steve	Philcox	M50	Ilford AC	31	: 38
9	826	Adam	Bartlett	SM	Harold Wood Running Clut	31	: 54
10	885	Russell	Brown	M50	Orion Harriers	31	: 57
11	899	Andy	Davies	SM	Mornington Chasers	32	: 3
12	722	Martin	Westley	SM	Harlow Running & Tri Club	32	: 9
13	845	Martin	Chester	M50	Havering '90 Joggers	32	: 16
14	831	Christopher	King	SM	Harold Wood Running Clut	32	: 22
15	276	Izzy	Gelder	SW	Mornington Chasers	32	: 26
16	805	Daniel	O'Donoghue	SM	East London Runners	32	: 36
17	611	Nigel	Bassam	M40	Unaffiliated	32	: 38
18	909	Graham	Atkins	SM	VPH&TH AC	32	: 39
19	628	Martyn	Coulter	SM	Harlow Running & Tri Club	32	: 46
20	613	Simeon	Bennett	M40	VPH&TH AC	32	: 58
21	903	Victor	Redondo	SM	Trent Park Running Club	32	: 59
22	898	Nick	Barker	M40	Loughton AC	33	: 3
23	869	Joshua	Adler	SM	Ilford AC	33	: 8
24	763	Dyfan	Garmon	M40	Dagenham 88 Runners	33	: 9
25	818	Jonathan	Drysdale	M40	Eton Manor AC	33	: 10
26	690	Sebastian	Parris	M40	Ilford AC	33	: 11
27	641	Simon	Fitzmaurice	SM	Vegan Runners UK	33	: 35
28	724	David	Wilson	M40	Orion Harriers	33	: 44
29	896	Gary	Atkins	M50	Havering AC	33	: 45
30	876	Diarmuid	Mac Donnell	M50	Ilford AC	33	: 50
31	710	Stephen	Thompson	M40	Orion Harriers	33	: 53
32	819	Russell	Jones	M50	Eton Manor AC	34	: 1
33	843	Daniel	Cano	SM	Havering '90 Joggers	34	: 5
34	654	Daniel	Holeyman	M40	Ilford AC	34	: 7
35	889	Steve	Jermyn	SM	Orion Harriers	34	: 8
36	806	Joseph	Osakue	M50	East London Runners	34	: 14
37	827	James	Coker	SM	Harold Wood Running Clut	34	: 19
38	646	Paul	Goodhew	M50	Orion Harriers	34	: 20
39	629	Robin	Daines	M50	Loughton AC	34	: 46
40	803	James	Nichols	SM	East London Runners	34	: 49
41	772	Richard	Gill	M40	East End Road Runners	35	: 2
42	633	Scott	Duncan	SM	Orion Harriers	35	: 25
43	632	Neil	Douglas	M50	Unaffiliated	35	: 28
44	868	Steve	Walker	M50	Havering '90 Joggers	35	: 38

45	297	Andrew	Holloway	M50	Orion Harriers	35 : 39
46	894	Tim	Wright	M50	Orion Harriers	35 : 48
47	612	Andrew	Baxter	M50	East London Runners	35 : 52
48	708	Robert	Sommerville	M50	Eton Manor AC	36 : 2
49	784	Shahib	Ali	SM	East London Runners	36 : 4
50	728	John	Sable	SM	Orion Harriers	36 : 5
51	789	John	Cahillane	SM	East London Runners	36 : 9
52	872	Steve	Chissell	M50	Ilford AC	36 : 19
53	813	Paul	Watkins	SM	East London Runners	36 : 22
54	783	Jamie	Zucker	M40	East End Road Runners	36 : 28
55	867	Lee	Veale	M40	Havering '90 Joggers	36 : 32
56	912	Adam	Lewis	M40	Orion Harriers	36 : 33
57	820	Lee	Milne	W40	Eton Manor AC	36 : 39
58	685	Rachel	Morison	SW	Orion Harriers	36 : 52
59	910	Richard	Seddon	SM	Eton Manor AC	36 : 54
60	849	Gary	Flint	M50	Havering '90 Joggers	36 : 55
61	897	Clare	Davies	SW	Havering AC	36 : 56
62	712	Ali	Trauttmansdorff	W50	Loughton AC	36 : 58
63	756	Jagbir	Singh Bassi	SM	Barking Road Runners	37 : 0
64	616	Adam	Bright	SM	Springfield Striders RC	37 : 0
65	823	Kevin	Whitlock	M50	Eton Manor AC	37 : 1
66	760	Owen	Wainhouse	M40	Barking Road Runners	37 : 5
67	773	Coren	Hanley	SW	East End Road Runners	37 : 7
68	856	Luke	Knight	SM	Havering '90 Joggers	37 : 11
69	648	Dan	Green	M50	Orion Harriers	37 : 12
70	802	Simon	Nash	M40	East London Runners	37 : 13
71	893	Darren	Welsford	M40	Orion Harriers	37 : 20
72	779	Niall	Mulholland	M50	East End Road Runners	37 : 34
73	753	Martin	Page	M60	Barking Road Runners	37 : 37
74	785	Rachel	Bailey	SW	East London Runners	37 : 40
75	777	Jim	Manzano	M40	East End Road Runners	37 : 47
76	608	Nikkii	Barnett	W50	Orion Harriers	37 : 48
77	844	Vincent	Charman	M50	Havering '90 Joggers	37 : 51
78	834	Robert	McNamara	SM	Harold Wood Running Clut	38 : 1
79	631	Dave	Daugirda	M60	Eton Manor AC	38 : 2
80	797	Ian	Mackie	M60	East London Runners	38 : 7
81	634	Raymond	Dzikowski	M60	Ilford AC	38 : 11
82	788	Betty	Bohane	SW	East London Runners	38 : 15
83	680	Robin	McNelis	M50	UKRunChat	38 : 31
84	882	Joanne	Reeves	W40	Ilford AC	38 : 33
85	640	Claire	Fisher	SW	VPH&TH AC	38 : 39
86	699	Fiona	Russell	W50	Mornington Chasers	38 : 50
87	636	Ian	Emerson	M40	Orion Harriers	38 : 55
88	821	Jane	Rukin-White	SW	Eton Manor AC	39 : 11
89	786	Michael	Bamford	M50	East London Runners	39 : 12
90	711	Victoria	Thompson	W40	Loughton AC	39 : 14
91	662	Rahana	Islam	W40	Dagenham 88 Runners	39 : 20
92	787	Darminder	Bhamra	M50	East London Runners	39 : 22
93	870	Dennis	Briggs	M40	Ilford AC	39 : 37

94	913	Laura	Graham-Clare	SW	Orion Harriers	39 : 39
95	745	John	George	M60	Barking Road Runners	39 : 42
96	642	Danny	Fitzsimons	M50	Orion Harriers	39 : 47
97	878	Carlie	Qirem	SW	Ilford AC	39 : 50
98	781	Nora	Schillinger	SW	East End Road Runners	40 : 0
99	758	Joe	Stacey	SM	Barking Road Runners	40 : 8
100	796	Cindy	Koon	W40	East London Runners	40 : 12
101	700	Alison	Sale	W50	Ilford AC	40 : 15
102	789	John	Cahillane	SM	East London Runners	40 : 25
103	782	Matthew	Ward	SM	East End Road Runners	40 : 35
104	737	Tom	Brennan	SM	Barking Road Runners	40 : 45
105	810	Clive	Stephenson	M60	East London Runners	40 : 47
106	851	Tony	Galea	M60	Havering '90 Joggers	40 : 58
107	828	Jo	Findlay	SW	Harold Wood Running Clut	41 : 1
108	840	Simon	Maley	M40	Havering 90 Joggers	41 : 8
109	704	Tracey	Sheehy	W40	Dagenham 88 Runners	41 : 9
110	639	Benjamin	Fisher	M40	Orion Harriers	41 : 14
111	836	Paul	Newland	SM	Harold Wood Running Clut	41 : 15
112	755	Belinda	Riches	W50	Barking Road Runners	41 : 17
113	719	Billy	Walkington	M40	Dagenham 88 Runners	41 : 24
114	678	Marco	Maserati	M60	London Heathside	41 : 25
115	842	Peter	Burdett	M50	Havering '90 Joggers	41 : 26
116	768	Roshan	Choolhun	M40	East End Road Runners	41 : 27
117	615	Naomi	Bourne	W50	VPH&TH AC	41 : 28
118	714	Mark	Unwin	M40	Orion Harriers	41 : 28
119	729	Jo	Skehan	SW	Orion Harriers	41 : 29
120	879	Tarik	Qirem	M40	Ilford AC	41 : 39
121	822	Rosie	Sibley	SW	Eton Manor AC	41 : 41
122	653	Linda	Helm-Manley	W50	Harlow Running & Tri Club	41 : 42
123	817	Lydia	Daniels	SW	Eton Manor AC	41 : 47
124	610	Gary	Bartlett	M60	Orion Harriers	41 : 52
125	804	John	O'Brien	M50	East London Runners	41 : 56
126	614	Joyce	Berry	W50	VPH&TH AC	42 : 1
127	698	Ruth	Rose	W40	Eton Manor AC	42 : 4
128	904	David	Bacon	M60	Unaffiliated	42 : 5
129	778	David	Moir	SM	East End Road Runners	42 : 23
130	713	Clive	Tweedie	M70	Havering '90 Joggers	42 : 31
131	807	Catherine	Perry	W40	East London Runners	42 : 35
132	715	Louise	Vacher	W50	Eton Manor AC	42 : 37
133	771	Ulrike	Gerstenberg	W40	East End Road Runners	42 : 53
134	743	Rosanna	Fforde	SW	Barking Road Runners	42 : 54
135	883	Anthony	Young	M50	Ilford AC	42 : 57
136	835	Susan	Munns	W60	Harold Wood Running Clut	43 : 0
137	808	Sandra	Preston	W50	East London Runners	43 : 2
138	890	Karen	Lyons	W50	Orion Harriers	43 : 28
139	657	Nils	Hollmann	M50	Dagenham 88 Runners	43 : 31
140	770	Lisa	Gan	SW	East End Road Runners	43 : 45
141	696	Jenny	Richards	W40	Loughton AC	43 : 51
142	862	Tony	O'Callaghan	M60	Havering '90 Joggers	43 : 52

143	626 Louise	Cootes	W40 Harlow Running & Tri Club	44 : 0
144	761 Gary	Cardnell	M60 Dagenham 88 Runners	44 : 2
145	886 Martin	Hobley	M40 Orion Harriers	44 : 10
146	816 Fen	Coles	W50 Eton Manor AC	44 : 17
147	795 George	Georgiou	M50 East London Runners	44 : 22
148	852 Tony	Gray	M60 Havering '90 Joggers	44 : 25
149	651 Carmen	Harrington	SW Unaffiliated	44 : 26
150	661 Christine	Inch	W60 Orion Harriers	44 : 36
151	725 Sharon	Wood	W50 Orion Harriers	44 : 45
152	841 Richard	Ballam	M40 Havering '90 Joggers	44 : 48
153	606 Hannah	Barclay	SW Orion Harriers	44 : 55
154	824 Nitin	Aggarwal	M40 Harold Wood Running Clut	45 : 1
155	660 John	Hughes	M50 Dagenham 88 Runners	45 : 6
156	688 Ramesh	Pala	M60 East London Runners	45 : 11
157	676 Rebecca	Marshall	W40 London Heathside	45 : 21
158	618 Daniel	Carroll	M40 Orion Harriers	45 : 23
159	689 Kerry	Parker	W40 Orion Harriers	45 : 24
160	694 Mandy	Reid	W50 Ilford AC	45 : 26
161	848 David	Dixon	M60 Havering '90 Joggers	45 : 31
162	911 Roger	Green	M70 Woodford Green AC	45 : 38
163	603 Elizabeth	Aryeetey	W60 Mornington Chasers	45 : 39
164	697 Elizabeth	Roberts	SW Harlow Running & Tri Club	45 : 50
165	864 Darren	Radford	M50 Havering '90 Joggers	46 : 7
166	873 Sean	Costello	M50 Ilford AC	46 : 7
167	776 Karen	Leung-Chester	W40 East End Road Runners	46 : 12
168	814 Michael	Wilson	M60 East London Runners	46 : 15
169	838 Jonathan	Waterfield	M40 Harold Wood Running Clut	46 : 20
170	686 Geoffrey	Nicholls	M60 Eton Manor AC	46 : 21
171	801 Imran	Mustak	M40 East London Runners	46 : 23
172	829 Steve	Gourley	M50 Harold Wood Running Clut	46 : 31
173	825 Debbie	Bailey	W60 Harold Wood Running Clut	46 : 32
174	790 Mary	Connolly	W60 East London Runners	46 : 33
175	668 Maki	Kimura	W50 Mornington Chasers	46 : 36
176	746 Joyce	Golder	W50 Barking Road Runners	46 : 43
177	670 Rafaele	Lamour	W50 Mornington Chasers	46 : 56
178	888 Janine	Humberstone-G	W50 Orion Harriers	47 : 2
179	839 Alan	Woodroof	M60 Harold Wood Running Clut	47 : 5
180	750 Jason	Li	M50 Barking Road Runners	47 : 6
181	859 Eleanor	Mole	W40 Havering '90 Joggers	47 : 12
182	717 Emilia	Vynnycky	W50 London Heathside	47 : 24
183	738 Alain	Cooper	M50 Barking Road Runners	47 : 24
184	667 Nicola	Kerr	W50 VPH&TH AC	47 : 31
185	762 Emma	Dudman	W40 Dagenham 88 Runners	47 : 34
186	619 Louise	Chappell	W40 Barking Road Runners	47 : 44
187	832 Christopher	Madell	M50 Harold Wood Running Clut	47 : 55
188	674 Jason	Manning	M40 Dagenham 88 Runners	47 : 56
189	774 Laura	Knightley	W40 East End Road Runners	47 : 57
190	752 Martin	O'Toole	M50 Barking Road Runners	48 : 8
191	875 Sharon	Honey	W60 Ilford AC	48 : 9

192	791 Ann	Dunne	W60	East London Runners	48 : 12
193	847 Kerry	Curtis	W40	Havering '90 Joggers	48 : 13
194	895 Sally	Gillam	W60	Harwich Runners	48 : 20
195	863 Kate	Pettit	W50	Havering '90 Joggers	48 : 23
196	866 Stuart	Tidd	M60	Havering '90 Joggers	48 : 38
197	727 Bernard	Savage	M70	Havering '90 Joggers	48 : 55
198	754 Emma	Paisley	SW	Barking Road Runners	49 : 8
199	794 Kara	Gallear	SW	East London Runners	49 : 10
200	881 Batmanader	Ramen	M60	Ilford AC	49 : 14
201	741 Mic	Davidson	M70	Barking Road Runners	49 : 29
202	853 Jason	Hetterley	M50	Havering '90 Joggers	49 : 36
203	764 Michael	Pegnall	M40	Dagenham 88 runners	49 : 56
204	780 George	Sceats	SM	East End Road Runners	50 : 43
205	757 Dennis	Spencer-Perkins	M60	Barking Road Runners	51 : 35
206	673 Andrea	Macqueen	W60	Orion Harriers	51 : 40
207	811 Clare	Stevens	SW	East London Runners	51 : 57
208	858 Jackie	Ludlow	W50	Havering '90 Joggers	52 : 1
209	655 Nadine	Holland	W40	Loughton AC	52 : 7
210	716 Selon Timi	Veerasamy	W70	Dagenham 88 Runners	52 : 10
211	739 Nikki	Cranmer	W50	Barking Road Runners	52 : 23
212	860 Rachel	Morris	W40	Havering '90 Joggers	52 : 25
213	744 Alison	Fryatt	W50	Barking Road Runners	52 : 25
214	809 Diana	Rexhepaj	W50	East London Runners	52 : 33
215	798 Caroline	Moore	W60	East London Runners	52 : 41
216	767 Sarah	Bemand	W40	East End Road Runners	52 : 43
217	846 Becky	Coe	SW	Havering '90 Joggers	52 : 57
218	751 Martin	Mason	M70	Barking Road Runners	53 : 27
219	659 Phil	Hudson	M60	Ware Joggers	53 : 31
220	865 Brian	Slade	M70	Havering '90 Joggers	53 : 33
221	617 Peter	Bulaitis	M60	Orion Harriers	53 : 47
222	905 Darren	Flight	M40	Unaffiliated	53 : 54
223	647 Maya	Goodwin	W50	East London Runners	54 : 4
224	684 Sherry	Moran	W50	East End Road Runners	54 : 11
225	703 Nadia	Shah	W40	Dagenham 88 Runners	54 : 26
226	766 Claire	Adamson	W40	East End Road Runners	55 : 18
227	891 Mark	Roberts	M60	Orion Harriers	55 : 49
228	740 Dawn	Curtis	W40	Barking Road Runners	56 : 5
229	707 Paul	Smith	M40	Dagenham 88 Runners	57 : 0
230	837 Elaine	Richardson	W60	Harold Wood Running Clut	57 : 11
231	623 Gillian	Clarke	W60	Unaffiliated	57 : 26
232	999 No number		0	0 EERR?	58 : 11
233	833 Lynsey	Mann	W40	Harold Wood Running Clut	58 : 30
234	748 Les	Jay	M60	Barking Road Runners	58 : 59
235	855 Laura	Kelly	W50	Havering '90 Joggers	60 : 35
236	857 Lee	Kyson	M60	Havering '90 Joggers	64 : 11
237	759 Nigel	Swaby	M60	Barking Road Runners	64 : 53
238	908 Pankaj	Nagori	M40	Unaffiliated	66 : 10
239	775 Shreeraj	Laturia	M40	East End Road Runners	66 : 11
240	874 Doris	Gaga	W50	Ilford AC	67 : 5

241	765 Kresh	Veerasamy	M40 Dagenham 88 Runners	67 : 14
242	609 Hayley	Barron	W50 Orion Harriers	67 : 14
243	691 Helen	Pearce	W50 Orion Harriers	67 : 14