

## Orion Harriers Forest Five Series - 3rd June 2017 - Race 1

Pos	Number	First	Last	Cat	Club	Time
1	85	Roger	Maidment	M40	Orion Harriers	27:30
2	35	Joe	Dale	SM	VPH&THAC	28:09
3	58	Thomas	Grimes	SM	East London Runners	28:28
4	168	Lewis	Harknett	SM	Orion Harriers	28:40
5	147	Samuel	Barnes	SM	Serpentine RC	28:51
6	186	Ian	Clark	SM	Orion Harriers	28:58
7	111	Stephen	Skinner	SM	Run Fast	29:18
8	207	Colin	Read	M40	Orion Harriers	29:24
9	31	James	Cordwell	M40	VPH&THAC	29:29
10	40	Mark	Dillon	M40	Orion Harriers	29:38
11	187	Samuel	Anderson	SM	Eton Manor AC	29:43
12	192	Brian	Jenkins	SM	Orion Harriers	29:49
13	8	Andrew	Barrington	SM	VPH&THAC	30:00
14	181	Richard	Wingfield	SM	London Frontrunners	30:32
15	14	Jared	Bethell	SM	Bishops Stortford RC	30:34
16	101	Stephen	Philcox	M50	Ilford AC	30:41
17	12	Simeon	Bennett	M40	VPH&THAC	30:49
18	27	Neil	Cook	SM	VPH&THAC	31:00
19	113	Adrian	Smith	M40	Orion Harriers	31:15
20	65	Stuart	Henderson	M40	Barking Road Runners	31:37
21	125	Gary	Towers	M40	Eton Manor AC	31:43
22	166	Bernat	Gual-Ricart	SM	Unaffiliated	31:47
23	152	Ben	Rowlands	SM	Orion Harriers	32:00
24	99	Eric	Paul	M50	Orion Harriers	32:11
25	141	Robin	McNelis	M40	Unaffiliated	32:21
26	69	Craig	Horsburgh	SM	Orion Harriers	32:28
27	157	Leon	Clement	SM	London Frontrunners	32:32
28	68	Giles	Hopkinson	M40	Orion Harriers	32:37
29	112	Dan	Slipper	M40	East London Runners	32:46
30	4	Jennifer	Ansell	SW	East London Runners	32:50
31	122	Rachel	Thomas	SW	VPH&THAC	33:07
32	82	Kevin	Long	M40	VPH&THAC	33:10
33	21	Ciaran	Canavan	M40	East London Runners	33:18
34	194	Paul	Drury	M50	Dubai-Abras AC	33:23
35	6	Gary	Bagnall	M40	VPH&THAC	33:27
36	149	Andrew	Wood	SM	London Frontrunners	33:32
37	208	James	Gleave	M40	Orion Harriers	33:35
38	155	Tim	Charters	SM	London Frontrunners	33:37
39	167	Tom	Gunner	SM	London City AC	33:41
40	191	Neil	Swift	M50	Orion Harriers	33:46
41	130	Matt	Walker	SM	VPH&THAC	34:00
42	169	Owen	Harknett	SM	Orion Harriers	34:08
43	91	Lloyd	Miles	M40	Billericay Striders	34:09
44	172	Richard	Hynes	SM	Harlow RC	34:13
45	41	Sophie	Donges	SW	VPH&THAC	34:26
46	24	Philip	Chapman	SM	VPH&THAC	35:02
47	106	John	Sable	SM	Unaffiliated	35:04
48	23	Stuart	Chandler	SM	Ware joggers	35:14
49	150	Darren	Gillen	SM	London Frontrunners	35:22
50	118	Robert	Sommerville	M40	Eton Manor AC	35:24
51	22	Tracey	Carro Noya	W35	Serpentine RC	35:28

52	7	Rod	Baldwin	SM	East End Road Runners	35:28
53	47	Danny	Fitzsimons	M50	Orion Harriers	35:33
54	42	Nele	Douglas	M40	26.2 Road Runners Club	35:41
55	10	Bill	Bennett	M60	Orion Harriers	35:45
56	162	Claire	Fisher	SW	Eton Manor AC	35:46
57	57	Dan	Green	M40	Orion Harriers	35:46
58	29	Vicky	Cooper	W45	Barking Road Runners	36:07
59	171	Andrew	Holloway	M40	Unaffiliated	36:09
60	92	Robert	Moore	M50	Orion Harriers	36:13
61	138	Jonathan	Wooldridge	M40	East London Runners	36:18
62	180	Jessica	West	SW	London City AC	36:20
63	32	Grant	Corton	M50	Orion Harriers	36:30
64	198	Chris	Burgess	M40	RunFit Essex	36:31
65	158	Neil	Colquhoun	M40	London Frontrunners	36:40
66	89	Taryne	McPherson	W35	Eton Manor AC	36:48
67	19	Dennis	Briggs	M40	Ilford AC	37:05
68	203	Matas	Vala	SM	Unaffiliated	37:07
69	50	Tim	Freeland	SM	Orion Harriers	37:15
70	39	Simon	Dent	M50	Mornington Chasers	37:20
71	102	Richard	Potter	SM	East London Runners	37:47
72	104	Hayley	Rogerson	W35	Orion Harriers	37:54
73	136	Malachy	Wolohan	SM	VPH&THAC	37:56
74	114	John	Smith	M50	Orion Harriers	38:03
75	86	Marco	Maserati	M50	London Heathside	38:05
76	117	Sam	Soar	SM	Unaffiliated	38:07
77	43	Pippa	Dowswell	W45	Orion Harriers	38:12
78	196	Richard	Jousiffe	SM	Unaffiliated	38:13
79	185	Paul	Stockings	M50	WG&EL	38:25
80	62	Martin	Haigh	SM	Orion Harriers	38:38
81	49	Sean	Flynn	M50	Harlow RC	38:47
82	140	Roger	Berry	M70	Orion Harriers	38:53
83	178	Alison	Taylor	W35	Orion Harriers	39:04
84	163	Clare	Foreman	SW	Barking Road Runners	39:22
85	63	Simon	Haigh	M50	Orion Harriers	39:22
86	74	George	Joseph	M60	Unaffiliated	39:32
87	193	Charlotte	Maile	SW	VPH&THAC	39:35
88	93	Rachel	Morison	SW	VPH&THAC	39:40
89	205	Roger	Green	M60	Orion Harriers	39:43
90	37	Gareth	Davies	M40	East London Runners	39:55
91	97	Ramesh	Pala	M50	East London Runners	39:57
92	105	Liz	Rossberg	W35	Orion Harriers	39:59
93	134	Paul	Williams	M50	Orion Harriers	40:07
94	156	Derek	Clark	M40	London Frontrunners	40:10
95	159	Sean	Conway	M50	Unaffiliated	40:24
96	201	Tom	Dixon	SM	Unaffiliated	40:48
97	55	Nick	Gorman	M50	East End Road Runners	40:50
98	67	Nils	Hollmann	M40	Dagenham 88 Runners	41:10
99	15	Gina	Bianchi	W35	Orion Harriers	41:21
100	135	Frances	Wilson	W45	Orion Harriers	41:30
101	17	Andy	Bolderstone	M40	East London Runners	41:33
102	77	Maki	Kimura	W45	Mornington Chasers	41:34
103	56	Billy	Green	M50	Ilford AC	41:37
104	137	Sharon	Wood	W45	Orion Harriers	42:02
105	179	Mike	Ward	M50	Unaffiliated	42:07
106	13	Joyce	Berry	W45	VPH&THAC	42:18

107	20	Pete	Bulaitis	M60	Orion Harriers	42:24
108	108	Martine	Shareck	SW	VPH&THAC	42:31
109	143	Gary	Homewood	M50	Mornington Chasers	42:33
110	151	Karen	Allworthy	W55	Orion Harriers	42:48
111	132	Karen	West	W35	Orion Harriers	42:52
112	121	Alison	Tay	SW	VPH&THAC	42:59
113	70	Kym	Hudson	W55	Orion Harriers	43:07
114	206	Vito	Mennelia	SM	Unaffiliated	43:07
115	9	Debbie	Barry	W55	Harlow RC	43:29
116	72	Rahana	Islam	W35	Dagenham 88 Runners	43:32
117	25	Vanessa	Clyne	W35	Orion Harriers	43:45
118	182	John	Barrett	M50	Orion Harriers	43:48
119	84	Andrea	Macqueen	W45	Orion Harriers	43:56
120	190	Gabriel	Ellenberg	M60	Eton Manor AC	44:06
121	90	Frank	Merrigan	M50	VPH&THAC	44:12
122	146	Dermot	O'Neill	M50	Unaffiliated	44:16
123	161	Carol	Fisher	W55	Dudley Kingswinford RC	44:38
124	30	Louise	Cootes	W35	Harlow RC	44:39
125	87	Anna	McEwen	W35	Orion Harriers	44:41
126	81	Christina	Long	W35	Eton Manor AC	44:43
127	95	David	Page	M50	Harlow RC	45:00
128	142	Ruel	Ordonio	M40	East London Runners	45:18
129	76	Nicola	Kerr	W45	VPH&THAC	45:29
130	34	Ian	Cummins	M40	Dagenham 88 Runners	45:35
131	78	Martina	Lee	W35	East End Road Runners	45:37
132	160	Robin	Defoe	M60	Orion Harriers	45:42
133	184	Kate	Brett	W45	East London Runners	45:43
134	54	Jacqueline	Goh	W55	East End Road Runners	45:43
135	188	Spencer	Rayment	SM	Orion Harriers	46:25
136	26	Philippa	Cockman	W55	VPH&THAC	46:37
137	119	Jane	Stichbury	W45	Eton Manor AC	46:39
138	96	Janice	Page	W45	Harlow RC	46:54
139	199	David	Ackery	SM	Unaffiliated	47:01
140	165	Julia	Galea	W55	Ilford AC	47:07
141	71	Phil	Hudson	M60	Ware Joggers	47:10
142	123	Lisa	Thorn	W45	Orion Harriers	47:12
143	110	Mala	Singh	W35	Eton Manor AC	47:22
144	44	Emma	Dudman	W35	Dagenham 88 Runners	47:25
145	61	Andrew	Gwilliam	M40	Barking Road Runners	47:25
146	88	Mollie	Mcguigan	W35	Eton Manor AC	47:29
147	59	Chris	Groves	M50	Barking Road Runners	47:32
148	204	Ruth	Fontaine	W55	Orion Harriers	47:32
149	144	Michael	Conway	M60	Unaffiliated	47:42
150	33	Sophie	Critchlow	W45	VPH&THAC	47:54
151	51	Andrzej	Gajbutowicz	M50	VPH&THAC	47:58
152	139	Darren	Flight	M40	Orion Harriers	48:00
153	129	Timi Selor	Veerasingam	W65	Dagenham 88 Runners	48:10
154	48	Dani	Fletcher	SW	East End Road Runners	48:14
155	177	Louise	Szlezinger	W45	Orion Harriers	48:19
156	36	Hayley	Dalton	W45	Eton Manor AC	48:39
157	183	Jolekha	Shasha	W35	Orion Harriers	49:18
158	202	Denise	Harding	W35	Unaffiliated	49:32
159	115	Lisa	Smith	W55	Orion Harriers	49:39
160	148	Paul	Robinson	M60	Orion Harriers	51:03
161	189	Gill	Hopkins	W45	Unaffiliated	51:23

162	94	Austin	Nyamande	M50	Harlow RC	51:27
163	197	Kate	Hasted	W35	Unaffiliated	51:37
164	3	Claire	Adamson	W35	East End Road Runners	51:39
165	116	Stacy	Smith	W35	Orion Harriers	51:44
166	145	Lyndsey	Jones	W45	Orion Harriers	51:44
167	52	Julie	Gillender	W45	Ilford AC	53:38
168	200	Sheila	O'Brien	W55	Orion Harriers	53:45
169	174	Harry	Kanagaratnam	SM	Unaffiliated	54:15
170	75	Pavish	Karnik	SM	East End Road Runners	54:33
171	60	Vicki	Groves	W45	Barking Road Runners	55:02
172	1	Pam	Jones	W75	Ilford AC	55:20
173	128	Sam	Veerasley	M70	Dagenham 88 Runners	56:45
174	120	Jane	Swanson-Sprent	W45	Dagenham 88 Runners	58:43
175	103	Sharon	Robinson	W45	Dagenham 88 Runners	58:43
176	170	Lucy	Harry	SW	Unaffiliated	59:05
177	98	Vinodini	Patel	W55	East End Road Runners	59:11