

## Orion Harriers Forest Five Series - 5th August 2017 - Race 3

Pos	Number	First	Last	Cat	Club	Time
1	35	Joe	Dale	SM	VPH&THAC	27:43
2	153	Alexandre	Lavigne	SM	Coureur Nordique	27:48
3	450	Josselin	Polini	SM	VPH&THAC	28:12
4	58	Thomas	Grimes	SM	East London Runners	28:33
5	347	Patrick	Brown	SM	East London Runners	28:40
6	31	James	Cordwell	M40	VPH&THAC	28:44
7	364	Paul	Quinton	SM	East London Runners	29:10
8	40	Mark	Dillon	M40	Orion Harriers	29:29
9	18	Mark	Boulton	SM	East London Runners	29:36
10	207	Colin	Read	M40	Orion Harriers	30:06
11	101	Stephen	Philcox	M50	Ilford AC	30:15
12	27	Neil	Cook	SM	VPH&THAC	30:28
13	345	Euan	Brown	SM	East London Runners	30:33
14	192	Brian	Jenkins	SM	Orion Harriers	30:35
15	28	Gary	Coombes	M40	Dagenham 88 Runners	30:39
16	451	Victor	Sarramian	SM	VPH&THAC	31:10
17	390	David	Cato	SM	Eton Manor AC	31:16
18	358	Scott	Mcmillan	M40	East London Runners	31:17
19	315	Nigel	Swinburne	SM	Dagenham 88 Runners	31:24
20	356	Daniel	Lee	M40	East London Runners	31:32
21	366	Daniel	Senior	M40	East London Runners	31:33
22	430	Darren	Matussa	M40	North Herts RRC	31:36
23	191	Neil	Swift	M50	Orion Harriers	31:40
24	209	Jennifer	Ansell	SW	East London Runners	31:40
25	249	Simon	Thomas	SM	East London Runners	31:41
26	65	Stuart	Henderson	M40	Barking Road Runners	31:46
27	176	Andrew	Hutson	SM	VPH&THAC	32:08
28	415	Neil	Crisp	M50	Ilford AC	32:11
29	68	Giles	Hopkinson	M40	Orion Harriers	32:21
30	269	Dervish	Bartlett	M40	Barking Road Runners	32:23
31	350	Spencer	Evans	SM	East London Runners	32:25
32	208	James	Gleave	M40	Orion Harriers	32:26
33	6	Gary	Bagnall	M40	VPH&THAC	32:30
34	360	James	Nichols	SM	East London Runners	32:30
35	141	Robin	McNelis	M40	Unaffiliated	32:31
36	392	Simon	Cottle	SM	Eton Manor AC	32:38
37	453	Adam	Austin	M40	Unaffiliated	32:39
38	122	Rachel	Thomas	SW	VPH&THAC	32:45
39	82	Kevin	Long	M40	VPH&THAC	32:45
40	130	Matt	Walker	SM	VPH&THAC	32:46
41	471	Michael	Woodruff	M50	Bishops Stortford RC	32:53
42	428	John	Armstrong	M40	Mornington Chasers	33:04
43	41	Sophie	Donges	SW	VPH&THAC	33:05
44	474	Seamus	Costello	SM	Unaffiliated	33:15
45	248	Aaron	Williams	M40	East London Runners	33:37
46	231	Mandy	Dohren	W35	VPH&THAC	33:38
47	99	Eric	Paul	M50	Orion Harriers	33:42
48	365	Robert	Rayworth	M40	East London Runners	33:43
49	284	Diarmuid	Mac Donnell	M40	Barking Road Runners	33:51
50	399	Steve	Bland	SM	Harrow AC	33:56
51	24	Philip	Chapman	SM	VPH&THAC	33:59

52	441	Scott	Reid	M40	Orion Harriers	34:01
53	377	Ava	Lee	W35	East London Runners	34:07
54	154	Richard	Bryant	M40	VPH&THAC	34:16
55	340	Shahib	Ali	SM	East London Runners	34:24
56	446	Susan	Bint	W35	VPH&THAC	34:27
57	280	Philip	Ellul	SM	Barking Road Runners	34:30
58	393	Sarah	Flanagan	W35	Eton Manor AC	34:34
59	389	Paul	Boddey	M40	Eton Manor AC	34:34
60	80	Karen	Levison	W45	East London Runners	34:38
61	118	Robert	Sommerville	M40	Eton Manor AC	34:44
62	294	Paul	Withyman	SM	Barking Road Runners	34:52
63	367	Paul	Thompson	M40	East London Runners	34:58
64	443	Ella	Wilson	SW	Orion Harriers	35:04
65	29	Vicky	Cooper	W45	Barking Road Runners	35:09
66	100	Roy	Perrott	M40	Orion Harriers	35:10
67	282	Richard	Gatehouse	M40	Barking Road Runners	35:13
68	138	Jonathan	Wooldridge	M40	East London Runners	35:15
69	454	Michael	Bamford	M50	East London Runners	35:26
70	395	Martin	Hockey	M40	Eton Manor AC	35:28
71	299	Mick	Brown	M50	Dagenham 88 Runners	35:33
72	16	Gill	Bland	W35	Harrow AC	35:39
73	136	Malachy	Wolohan	SM	VPH&THAC	35:40
74	247	Robin	Norton-Hale	W35	VPH&THAC	35:42
75	448	Gavriel	Hollander	SM	VPH&THAC	35:45
76	19	Dennis	Briggs	M40	Iford AC	35:46
77	57	Dan	Green	M40	Orion Harriers	35:50
78	22	Tracey	Carro Noya	W35	Serpentine RC	35:56
79	311	Peter	Salmon	M40	Dagenham 88 runners	35:59
80	449	Faye	Jeacocke	W35	VPH&THAC	36:01
81	104	Hayley	Rogerson	W35	Orion Harriers	36:04
82	351	Ashley	Faria	M40	East London Runners	36:08
83	413	Andy	Catton	M60	Iford AC	36:09
84	10	Bill	Bennett	M60	Orion Harriers	36:10
85	234	Chris	Burgess	M40	RunFit Essex	36:10
86	92	Robert	Moore	M50	Orion Harriers	36:18
87	433	Ben	Fisher	M40	Orion Harriers	36:19
88	39	Simon	Dent	M50	Mornington Chasers	36:19
89	283	Antony	Leckerman	M50	Barking Road Runners	36:27
90	388	John	Black	M60	Eton Manor AC	36:33
91	196	Richard	Jousiffe	SM	Unaffiliated	36:33
92	47	Danny	Fitzsimons	M50	Orion Harriers	36:34
93	102	Richard	Potter	SM	East London Runners	36:37
94	416	Declan	Cullen	M60	Iford AC	36:46
95	387	Eleanor	Wilkinson	SW	East London Runners	36:52
96	93	Rachel	Morison	SW	VPH&THAC	36:57
97	175	Matas	Vala	SM	Unaffiliated	37:26
98	62	Martin	Haigh	SM	Orion Harriers	37:29
99	225	Naomi	Bourne	W45	VPH&THAC	37:39
100	423	Breege	Nordin	W55	Iford AC	37:47
101	456	James	Beauvais	SM	Unaffiliated	37:51
102	427	Emilia	Vynnycky	W45	London Heathside Runners At	37:53
103	63	Simon	Haigh	M50	Orion Harriers	37:54
104	396	Helen	Scott	SW	Eton Manor AC	37:56
105	361	Stuart	Norris	SM	East London Runners	37:59
106	43	Pippa	Dowswell	W45	Orion Harriers	38:03

107	286	Martin	Page	M60	Barking Road Runners	38:05
108	133	David	Wilkey	M40	VPH&THAC	38:17
109	332	Remi	Kubar	SM	East End Road Runners	38:27
110	394	Jennifer	Heymann	W35	Eton Manor AC	38:30
111	426	Niki	Read	M40	Leigh On Sea Striders	38:35
112	50	Tim	Freeland	SM	Orion Harriers	38:36
113	354	Peter	Hatley	M40	East London Runners	38:39
114	140	Roger	Berry	M70	Orion Harriers	38:53
115	49	Sean	Flynn	M50	Harlow RC	38:59
116	220	Bradley	Deacon	SM	Iford AC	39:03
117	425	Anthony	Young	M50	Iford AC	39:05
118	134	Paul	Williams	M50	Orion Harriers	39:08
119	419	Nicola	Hopkinson	W45	Iford AC	39:10
120	86	Marco	Maserati	M50	London Heathside Runners At	39:11
121	239	Lorraine	Gosling	W35	Orion Harriers	39:11
122	127	Clive	Tweedie	M60	Havering '90 Joggers	39:13
123	287	Rakesh	Sandhu	M40	Barking Road Runners	39:14
124	402	Dean	Bates	M40	Havering '90 Joggers	39:20
125	442	Alison	Taylor	W35	Orion Harriers	39:23
126	56	Billy	Green	M50	Iford AC	39:23
127	420	Adnan	Karim	SM	Iford AC	39:35
128	455	Simon	Baxter	M40	Orion Harriers	39:35
129	369	Suzanne	Bench	W45	East London Runners	39:36
130	330	Paul	Jackson	M40	East End Road Runners	39:39
131	273	Jacqui	Bennett	SW	Barking Road Runners	39:40
132	355	John Paul	Healy	M40	East London Runners	39:50
133	61	Andrew	Gwilliam	M40	Barking Road Runners	39:59
134	417	Ernie	Forsyth	M60	Iford AC	40:05
135	298	Jamie	Austin	SM	Dagenham 88 Runners	40:14
136	322	Dauda	Ayodele	M40	East End Road Runners	40:16
137	475	Paul	O'Connor	M50	Unaffiliated	40:17
138	97	Ramesh	Pala	M50	East London Runners	40:19
139	445	Iain	Mackie	SM	Royal Sutton Coldfield Athletic	40:22
140	328	Ulrike	Gerstenberg	W35	East End Road Runners	40:23
141	13	Joyce	Berry	W45	VPH&THAC	40:27
142	359	Angus	Nicholls	M40	East London Runners	40:30
143	353	David	Hallybone	M40	East London Runners	40:39
144	108	Martine	Shareck	SW	VPH&THAC	40:41
145	272	Tom	Barton	M60	Barking Road Runners	40:45
146	17	Andy	Bolderstone	M40	East London Runners	40:47
147	310	Trevor	Robinson	M40	Dagenham 88 Runners	40:50
148	277	Trevor	Cooper	SM	Barking Road Runners	40:50
149	313	Hannah	Sheikh	W35	Dagenham 88 Runners	41:05
150	424	Carlie	Qirem	SW	Iford AC	41:07
151	411	Satha	Alaganandasundaran	M50	Iford AC	41:17
152	326	David	Elsom	M60	East End Road Runners	41:22
153	329	Gary	Hunt	SM	East End Road Runners	41:23
154	414	Dianne	Crisp	W55	Iford AC	41:25
155	250	Daniel	Broadhead	SM	VPH&THAC	41:26
156	34	Ian	Cummins	M40	Dagenham 88 Runners	41:32
157	363	Shailesh	Patel	M50	East London Runners	41:32
158	375	Katherine	Harris	W35	East London Runners	41:36
159	349	Nathaniel	Dye	SM	East London Runners	41:37
160	458	Lucia	Gomez Rodriguez	SW	Unaffiliated	41:37
161	143	Gary	Homewood	M50	Mornington Chasers	41:38

162	321	Catherine	Apps	W55	East End Road Runners	41:50
163	292	Ronald	Vialls	M60	Barking Road Runners	41:53
164	135	Frances	Wilson	W45	Orion Harriers	42:01
165	206	Vito	Mennelia	SM	Unaffiliated	42:02
166	77	Maki	Kimura	W45	Mornington Chasers	42:04
167	121	Alison	Tay	SW	VPH&THAC	42:09
168	362	Rotimi	Oyegunle	M40	East London Runners	42:12
169	190	Gabriel	Ellenberg	M60	Eton Manor AC	42:15
170	335	Lisa	Naylor	W35	East End Road Runners	42:17
171	346	Kieran	Brown	M50	East London Runners	42:18
172	240	Martin	McColgan	M60	Harlow RC	42:21
173	339	Marc	Akers	M40	East London Runners	42:26
174	296	Michael	Davison	M60	Barking Road Runners	42:27
175	105	Liz	Rossberg	W35	Orion Harriers	42:32
176	9	Debbie	Barry	W55	Harlow RC	42:35
177	146	Dermot	O'Neill	M50	Unaffiliated	42:35
178	20	Pete	Bulaitis	M60	Orion Harriers	42:46
179	275	Alain	Cooper	M40	Barking Road Runners	42:50
180	323	Sarah	Bemand	W35	East End Road Runners	42:57
181	352	George	Georgiou	M40	East London Runners	43:06
182	151	Karen	Allworthy	W55	Orion Harriers	43:10
183	460	Jane	Guidon	W35	Unaffiliated	43:15
184	457	Liam	Dempsey	SM	Unaffiliated	43:36
185	55	Nick	Gorman	M50	East End Road Runners	43:36
186	30	Louise	Cootes	W35	Harlow RC	43:41
187	173	Peter	McKerrell	M50	Eton Manor AC	43:45
188	383	Patricia	O'Neill	W45	East London Runners	43:54
189	26	Philippa	Cockman	W55	VPH&THAC	43:59
190	348	Frank	Brownlie	M60	East London Runners	44:05
191	306	Pritesh	Patel	M40	Dagenham 88 Runners	44:14
192	342	Stuart	Barton	M40	East London Runners	44:14
193	470	John	Perkins	M50	Orion Harriers	44:18
194	276	Cristina	Cooper	W35	Barking Road Runners	44:20
195	227	Kat	Maskell	W35	East London Runners	44:22
196	462	Roger	Lee	SM	Unaffiliated	44:22
197	87	Anna	McEwen	W35	Orion Harriers	44:24
198	307	Michael	Pegnall	SM	Dagenham 88 Runners	44:27
199	72	Rahana	Islam	W35	Dagenham 88 Runners	44:30
200	81	Christina	Long	W35	Eton Manor AC	44:34
201	400	Sally	Gillam	W45	Harwich Runners	44:45
202	44	Emma	Dudman	W35	Dagenham 88 Runners	44:53
203	317	Steve	Whitfield	M50	Dagenham 88 Runners	44:53
204	371	Fiona	Critchley	W45	East London Runners	45:05
205	376	Maud	Hodson	W45	East London Runners	45:09
206	439	John	Neighbour	M50	Orion Harriers	45:11
207	95	David	Page	M50	Harlow RC	45:15
208	11	Francine	Bennett	W35	Unaffiliated	45:20
209	357	Jason	Levy	M40	East London Runners	45:21
210	84	Andrea	Macqueen	W45	Orion Harriers	45:24
211	421	Pathrose	Louis	M50	Iford AC	45:24
212	236	Jo	Sargent	SW	Unaffiliated	45:29
213	391	Fen	Coles	W45	Eton Manor AC	45:45
214	96	Janice	Page	W45	Harlow RC	45:51
215	59	Chris	Groves	M50	Barking Road Runners	45:51
216	372	Fiona	Day	W55	East London Runners	45:56

217	468	Alexandre	Vessiere	SM	Unaffiliated	46:04
218	270	Maria	Bartlett	W35	Barking Road Runners	46:08
219	409	Brian	Slade	M60	Havering '90 Joggers	46:30
220	139	Darren	Flight	M40	Orion Harriers	46:35
221	398	Mick	Conway	M60	Unaffiliated	46:36
222	123	Lisa	Thorn	W45	Orion Harriers	46:39
223	115	Lisa	Smith	W55	Orion Harriers	46:57
224	48	Dani	Fletcher	SW	East End Road Runners	47:03
225	290	Natalie	Traylen	W35	Barking Road Runners	47:04
226	472	Helen	Nichols	W35	Unaffiliated	47:10
227	440	Spencer	Rayment	SM	Orion Harriers	47:14
228	110	Mala	Singh	W35	Eton Manor AC	47:18
229	129	Timi	Veerasamy	W65	Dagenham 88 Runners	47:19
230	403	Jacqueline	Butler	W45	Havering '90 Joggers	47:21
231	432	Robin	Defoe	M60	Orion Harriers	47:39
232	219	Paul	Robinson	M60	Orion Harriers	47:41
233	406	Simon	Maley	M40	Havering '90 Joggers	47:52
234	381	Caroline	Moore	W55	East London Runners	47:59
235	418	Rachel	Halpin	SW	Ilford AC	48:00
236	385	Alexandra	Rutishauser-Perera	W35	East London Runners	48:03
237	429	Alice	Sullivan	W35	Mornington Chasers	48:09
238	145	Lyndsey	Jones	W45	Orion Harriers	48:18
239	408	Bernard	Savage	M60	Havering '90 Joggers	48:22
240	279	Nikki	Cranmer	W45	Barking Road Runners	48:28
241	320	Neil	Ansell	M40	East End Road Runners	48:41
242	325	Joanna	Dorling	W45	East End Road Runners	48:44
243	343	Geoff	Bench	M50	East London Runners	48:47
244	164	Gill	Scott	W55	Orion Harriers	48:49
245	303	Kelly	Drake-Tapscott	W35	Dagenham 88 Runners	48:56
246	465	Alison	Sale	W45	Unaffiliated	48:58
247	202	Denise	Harding	W35	Unaffiliated	49:00
248	60	Vicki	Groves	W45	Barking Road Runners	49:10
249	244	Debbie	Tulloch	W35	Orion Harriers	49:16
250	3	Claire	Adamson	W35	East End Road Runners	49:22
251	336	David	Radford	M40	East End Road Runners	49:38
252	302	Louise	Chappell	W35	Dagenham 88 Runners	49:39
253	312	Rosina	Salmon	W45	Dagenham 88 runners	49:44
254	291	Kresh	Veerasamy	M40	Barking Road Runners	49:49
255	405	Laura	Kelly	W45	Havering '90 Joggers	50:07
256	447	Richard	Hale	M60	VPH&THAC	50:14
257	274	Robin	Booputh	M40	Barking Road Runners	50:21
258	477	Launa	Broadley	W45	Ilford AC	50:27
259	73	Sukhbindar	Jandu	M50	Ilford AC	50:27
260	337	Patrick	Seaman	SM	East End Road Runners	50:37
261	333	Vanessa	Lawrence	W35	East End Road Runners	50:49
262	341	John	Atkinson	M60	East London Runners	50:49
263	338	Abigail	Watling	SW	East End Road Runners	50:52
264	380	Helen	Mcguinness	W35	East London Runners	50:57
265	373	Anna	Dingle	W35	East London Runners	51:00
266	305	Leigh	Moring	M50	Dagenham 88 Runners	51:20
267	281	Alison	Fryatt	W45	Barking Road Runners	51:25
268	334	Sherry	Moran	W45	East End Road Runners	51:26
269	404	Lisa	Gaskin	W45	Havering '90 Joggers	51:30
270	245	Daniela	Witten	W45	Orion Harriers	51:49
271	278	Robert	Courtier	M60	Barking Road Runners	52:04

272	463	Charlie	Massey-Reed	SM	Unaffiliated	52:05
273	327	Lucy	Footman	SW	East End Road Runners	52:05
274	314	Luke	Summers	SM	Dagenham 88 Runners	52:07
275	378	Anita	Lomax	W45	East London Runners	52:09
276	319	Vicky	Woodhouse	W45	Dagenham 88 Runners	52:19
277	437	Julie	Kitto	W45	Orion Harriers	52:37
278	189	Gill	Hopkins	W45	Unaffiliated	53:09
279	422	Natasha	Mansouri	SW	Ilford AC	53:26
280	309	Sara	Prior	W45	Dagenham 88 Runners	53:32
281	120	Jane	Swanson-sprent	W45	Dagenham 88 Runners	53:40
282	103	Sharon	Robinson	W45	Dagenham 88 Runners	53:40
283	75	Pavish	Karnik	SM	East End Road Runners	53:41
284	297	Lynne	Ali	W35	Dagenham 88 Runners	53:45
285	386	Jessica	Trayler-Moore	W35	East London Runners	53:51
286	1	Pam	Jones	W75	Ilford AC	53:53
287	473	Julia	Newcomb	W35	Unaffiliated	55:02
288	370	Sonia	Cheadle	W35	East London Runners	55:05
289	289	Nige	Swaby	M50	Barking Road Runners	55:11
290	331	Allyson	Johnson	W45	East End Road Runners	55:38
291	407	Keith	Penfold	M60	Havering '90 Joggers	55:50
292	476	Sheila	Sinclair	W45	Ilford AC	55:53
293	246	Barbara	Hilton	W55	Unaffiliated	55:59
294	98	Vinodini	Patel	W55	East End Road Runners	56:01
295	128	Sam	Veerasamy	M70	Dagenham 88 Runners	56:29
296	316	Sonya	Veerasamy	W35	Dagenham 88 Runners	56:47
297	254	Bella	Macqueen	SW	Unaffiliated	57:03
298	288	Ken	Summerfield	M50	Barking Road Runners	57:27
299	221	Diane	Deacon	W45	Ilford AC	57:55
300	452	Zahid	Ali	M40	Unaffiliated	58:01
301	397	Chloe	Woodhead	W35	Eton Manor AC	58:6
302	344	Don	Bennett	M50	East London Runners	58:39
303	271	Gillian	Barton	W55	Barking Road Runners	58:56
304	304	Carol	Moring	W45	Dagenham 88 Runners	59:07
305	469	Andrew	Wright	M40	Unaffiliated	59:10
306	467	Claire	Smithson	W35	Unaffiliated	59:19
307	301	Julie	Cardnell	W55	Dagenham 88 Runners	59:22
308	461	Joe	Jennings	M40	Unaffiliated	60:31
309	268	Michael	Ball	M60	Barking Road Runners	61:24
310	267	Eleanor	Williams	SW	Unaffiliated	61:25
311	374	Sophie	Edwards	W35	East London Runners	61:47
312	382	Liz	O'Donnell	W45	East London Runners	61:51
313	324	Barbara	Dandy	W55	East End Road Runners	78:51