

Orion Harriers Forest Five Race 3 (ELVIS 6)

11th August 2018

Pos	Number	First	Last	Cat	Club	Time
1	562	Aaron	Mcgrady	SM	VPH&TH AC	27:29
2	543	Nick	Harris-Fry	SM	Orion Harriers	28:26
3	852	George	Day	SM	Orion Harriers	28:27
4	902	Daniel	Mutlow	SM	VPH&TH AC	28:56
5	763	Paul	Quinton	SM	East London Runners	29:23
6	905	Gary	Coombes	M40	Ilford AC	29:24
7	582	Jose	Rodriguez	SM	East London Runners	29:30
8	522	James	Cordwell	M40	VPH&TH AC	29:34
9	569	Daniel	Moses	SM	Orion Harriers	29:50
10	606	Matt	Woodman	M40	Orion Harriers	30:07
11	681	Jared	Bethell	SM	Bishops Stortford RC	30:20
12	864	Stephen	Fabes	SM	VPH&TH AC	30:29
13	859	Ben	Rowlands	SM	Orion Harriers	30:39
14	611	James	Lynch	M40	London Heathside	30:44
15	781	Adam	Bartlett	SM	Harold Wood RC	30:59
16	576	Stephen	Philcox	M50	Ilford AC	31:06
17	714	Simon	Leung-Chester	M40	East End Road Runners	31:06
18	738	Spencer	Evans	SM	East London Runners	31:12
19	600	Martin	Westley	SM	Harlow RC	31:21
20	712	Jimmi	Lee	SM	East End Road Runners	31:48
21	843	Celine	Bradley	W35	London Heathside	31:52
22	615	Scott	Reid	M40	Orion Harriers	32:01
23	768	Simon	Thomas	SM	East London Runners	32:02
24	823	John	Crawley	SM	Ilford AC	32:03
25	723	Jennifer	Ansell	SW	East London Runners	32:11
26	760	James	Nichols	SM	East London Runners	32:13
27	856	Giles	Hopkinson	M40	Orion Harriers	32:14
28	571	Dan	O'Sullivan	M40	VPH&TH AC	32:19
29	748	John	Henry	SM	East London Runners	32:20
30	869	Andy	Waterman	SM	VPH&TH AC	32:25
31	561	Darren	Matussa	M40	North Herts RRC	32:26
32	783	James	Coker	SM	Harold Wood RC	32:29
33	865	Andrew	Hutson	SM	VPH&TH AC	32:29
34	842	Leonard	Martin	SM	London Heathside	32:29
35	602	David	Wilson	SM	Orion Harriers	32:32
36	537	Ben	Green	SM	VPH&TH AC	32:34
37	556	Kevin	Long	M40	VPH&TH AC	32:45
38	750	Nathan	Jones	SM	East London Runners	32:47
39	616	David	Cull	SM	Serpentine RC	32:52
40	673	Diamuid	Macdonnell	M40	Barking Road Runners	32:53
41	871	David	Cox	M60	WGAC with EL	33:01
42	509	Gill	Bland	W35	Harrow AC	33:04
43	707	Rod	Baldwin	SM	East End Road Runners	33:07
44	517	Philip	Chapman	SM	VPH&TH AC	33:10

45	764	Robert	Rayworth	M40	East London Runners	33:13
46	791	Josh	Jenner	SM	Harold Wood RC	33:17
47	792	Christopher	King	SM	Harold Wood RC	33:24
48	891	Mark	Wyatt	SM	Unaffiliated	33:25
49	767	Dan	Senior	M40	East London Runners	33:32
50	505	Andrew	Baxter	M40	East London Runners	33:35
51	841	Gareth	Marshall	SM	London Heathside	33:40
52	858	Martin	Reynolds	SM	Orion Harriers	33:52
53	586	Hannah	Somani	SW	VPH&TH AC	33:53
54	575	Roy	Perrott	M40	Orion Harriers	33:54
55	529	Philip	Duggan	M40	London Heathside	33:55
56	833	Terry	Knightley	M50	Ilford AC	33:56
57	734	Peter	Craik	M40	East London Runners	33:56
58	523	Martyn	Coulter	SM	Harlow RC	33:59
59	587	Rob	Sommerville	M50	Eton Manor AC	34:03
60	539	Dan	Green	M40	Orion Harriers	34:06
61	696	Paul	Prior	M50	Dagenham 88 Runners	34:16
62	564	Robin	Mcnelis	M40	UKRunChat Running Clu	34:17
63	877	Edouard	Guidon	SM	Unaffiliated	34:18
64	726	Calvin	Bobin	M60	East London Runners	34:35
65	698	Peter	Salmon	M50	Dagenham 88 Runners	34:40
66	901	Buddy	Green	SM	Orion Harriers	34:41
67	739	Ashley	Faria	M40	East London Runners	34:43
68	558	Stuart	Manktelow	M50	Trent Park Running Club	34:47
69	896	Andy	Lunn	M40	Orion Harriers	34:49
70	742	Neil	Gage	M40	East London Runners	34:54
71	773	Martin	Hockey	M40	Eton Manor	35:00
72	583	Fiona	Russell	W45	Mornington Chasers	35:06
73	898	Robert	Scott	M40	Barnet & District AC	35:22
74	897	Jerry	Bryon	M50	Barnet & District AC	35:25
75	844	Louisa	Pointon	SW	London Heathside	35:28
76	845	Satu	Hietanen	W45	London Heathside	35:30
77	584	John	Sable	SM	Orion Harriers	35:32
78	803	Gary	Flint	M50	Havering '90 Joggers	35:33
79	680	Paul	Ward	M40	Barking Road Runners	35:44
80	804	Brian	Fry	M40	Havering '90 Joggers	35:45
81	736	Carlton	D'Souza	M50	East London Runners	35:48
82	740	Emmet	Fitzgibbon	SM	East London Runners	36:01
83	514	Christopher	Burgess	M40	Runfit Essex	36:09
84	756	Amit	Marks	M40	East London Runners	36:10
85	754	Terry	Lewsey	M40	East London Runners	36:13
86	770	Eleanor	Wilkinson	SW	East London Runners	36:25
87	732	Nick	Clarke	SM	East London Runners	36:25
88	675	Martin	Page	M60	Barking Road Runners	36:41
89	850	Stephen	Bennett	M40	Orion Harriers	36:46
90	860	John	Smith	M60	Orion Harriers	36:48
91	528	Simon	Dent	M50	Mornington Chasers	36:51
92	672	Antony	Leckerman	M50	Barking Road Runners	36:52
93	836	Alan	Pearl	M50	Ilford AC	36:57

94	526	Gareth	Davies	M40	East London Runners	36:59
95	880	Andre	Leite Reis	SM	Unaffiliated	37:02
96	846	Emilia	Vynnycky	W45	London Heathside	37:06
97	908	Naomi	Bourne	W45	VPH&TH AC	37:18
98	873	Steve	Abrahams	M40	Unaffiliated	37:22
99	743	Richard	Guest	M40	East London Runners	37:23
100	682	Jamie	Austin	SM	Dagenham 88 Runners	37:27
101	801	Dean	Bates	M50	Havering '90 Joggers	37:28
102	849	Nele	Douglas	M40	Unaffiliated	37:29
103	762	Shailesh	Patel	M50	East London Runners	37:32
104	619	Tim	Freeland	SM	Orion Harriers	37:32
105	834	Breege	Nordin	W55	Iford AC	37:35
106	837	Carlie	Qirem	SW	Iford AC	37:47
107	821	Eain	Begg	SM	Iford AC	37:50
108	874	Russell	Courtney	M40	Unaffiliated	37:52
109	894	Bradley	Brown	M40	Iford AC	37:56
110	776	Kate	Malcolm	W45	Eton Manor AC	37:59
111	684	Mick	Brown	M50	Dagenham 88 Runners	38:03
112	840	Anthony	Young	M50	Iford AC	38:04
113	853	Benjamin	Fisher	M40	Orion Harriers	38:05
114	531	Danny	Fitzsimons	M50	Orion Harriers	38:11
115	806	Guy	Hildreth	SM	Havering '90 Joggers	38:19
116	889	Matas	Vala	SM	Unaffiliated	38:21
117	574	Ramesh	Pala	M50	East London Runners	38:23
118	577	Richard	Potter	SM	East London Runners	38:26
119	870	Chris	Watkeys	M40	VPH&TH AC	38:27
120	863	Cheryl	Evans	SW	VPH&TH AC	38:27
121	854	Jasmin	Fitzpatrick	SW	Orion Harriers	38:28
122	774	Steve	Adams	M50	Eton Manor AC	38:30
123	687	Nils	Hollmann	M40	Dagenham 88 Runners	38:35
124	559	Marco	Maserati	M50	London Heathside Runne	38:37
125	772	Jonathan	Wooldridge	M40	East London Runners	38:40
126	547	Christine	Inch	W55	Orion Harriers	38:45
127	784	Paul	Depree	SM	Harold Wood RC	38:49
128	825	Declan	Cullen	M60	Iford AC	38:50
129	710	Naomi	Elliott	SW	East End Road Runners	38:55
130	835	Stephen	Parker	M60	Iford AC	38:58
131	805	Tony	Galea	M50	Havering '90 Joggers	39:02
132	593	Clive	Tweedie	M60	Havering '90 Joggers	39:04
133	780	Gurjit	Bansal	SM	Harold Wood RC	39:08
134	831	Adnan	Karim	SM	Iford AC	39:11
135	861	Alison	Taylor	W35	Orion Harriers	39:11
136	851	Daniel	Carroll	SM	Orion Harriers	39:19
137	546	Lucy	Humphreys	SW	Orion Harriers	39:20
138	679	Ronald	Vialls	M60	Barking Road Runners	39:26
139	829	Nicola	Hopkinson	W55	Iford AC	39:41
140	607	Roger	Berry	M70	Orion Harriers	39:42
141	887	Jack	Stonebridge	SM	Unaffiliated	39:45
142	551	George	Joseph	M60	Unaffiliated	39:56

143	608	Edward	Skinner	M60	Tiptree Road Runners	39:57
144	588	David	Stockwell	M50	Orion Harriers	40:01
145	893	Rachel	Zipfel	W35	Unaffiliated	40:09
146	855	Simon	Haigh	M50	Orion Harriers	40:09
147	554	Maki	Kimura	W45	Mornington Chasers	40:14
148	867	Laura	Morgan	SW	VPH&TH AC	40:22
149	839	Jenni	Sheehan	SW	Ilford AC	40:28
150	538	Billy	Green	M50	Ilford AC	40:29
151	808	Bruce	Mail	M50	Havering '90 Joggers	40:31
152	530	Claire	Fisher	SW	Unaffiliated	40:38
153	909	Eamon	Byrne	M50	Mornington Chasers	40:44
154	787	Rosie	Hatch	SW	Harold Wood RC	41:04
155	899	Kathryn	Hertberg	SW	East London Runners	41:13
156	603	Frances	Wilson	W45	Orion Harriers	41:26
157	794	Ruth	Quince	W35	Harold Wood RC	41:31
158	605	Sharon	Wood	W45	Orion Harriers	41:55
159	716	Imran	Patel	SM	East End Road Runners	42:00
160	503	June	Barrow-Green	W65	VPH&TH AC	42:06
161	700	Hannah	Sheikh	W45	Dagenham 88 Runners	42:12
162	745	David	Hallybone	M40	East London Runners	42:17
163	518	Philippa	Cockman	W55	VPH&TH AC	42:18
164	910	Declan	Puelan	M50	VPH&TH AC	42:18
165	886	David	Rubio	M40	Unaffiliated	42:20
166	885	Matthew	Pollock	M40	Unaffiliated	42:23
167	789	Martin	Hawker	M40	Harold Wood RC	42:26
168	747	John Paul	Healy	M40	East London Runners	42:28
169	811	Kate	Pettit	W45	Havering '90 Joggers	42:36
170	570	Helen	Nickols	W35	VPH&TH AC	43:06
171	799	Amanda	Keasley	W45	Havering 90 Joggers	43:27
172	857	John	Neighbour	M60	Orion Harriers	43:32
173	785	Brynley	Giddings	M50	Harold Wood RC	43:38
174	567	Dhurmendra	Mistry	M50	Orion Harriers	43:48
175	824	Natalie	Crisp	SW	Ilford AC	43:56
176	548	Rahana	Islam	W35	Dagenham 88 Runners	44:00
177	706	Catherine	Apps	W55	East End Road Runners	44:01
178	778	Jane	Pannell	W45	Eton Manor AC	44:12
179	627	Alon	Caspi	M60	Mornington Chasers	44:20
180	708	Sarah	Bemand	W35	East End Road Runners	44:27
181	744	Emma	Haddock	SW	East London Runners	44:40
182	766	Alexandra	Rutishauser-Per	W35	East London Runners	44:40
183	731	Steven	Bywater	M50	East London Runners	44:47
184	812	Darren	Radford	M50	Havering '90 Joggers	44:50
185	536	Nick	Gorman	M50	East End Road Runners	44:54
186	628	Anne	Caspi	W55	Mornington Chasers	45:00
187	884	Katelyn	Pollock	SW	Unaffiliated	45:07
188	683	Andrew	Beazeley	SM	Dagenham 88 Runners	45:08
189	721	Marc Taffy	Upton	M40	East End Road Runners	45:18
190	685	Yolanda	Ceira	W45	Dagenham 88 Runners	45:23
191	838	Alison	Sale	W45	Ilford AC	45:28

192	693	Jenny	O'Hanlon	W35	Dagenham 88 Runners	45:31
193	888	Sarah	Thomas	SW	Unaffiliated	45:36
194	798	Glen	Wisbey	M50	Harold Wood RC	45:39
195	677	Natalie	Traylen	W35	Barking Road Runners	45:44
196	560	Margherita	Maserati	W55	London Heathside Runne	45:59
197	557	Andrea	Macqueen	W55	Orion Harriers	46:00
198	828	Rachel	Halpin	SW	Ilford AC	46:04
199	875	Laura	Dawkin	W35	Unaffiliated	46:15
200	788	Louise	Hawker	W35	Harold Wood RC	46:21
201	728	Catherine	Brett	W45	East London Runners	46:23
202	542	John	Hanlon	M60	Orion Harriers	46:29
203	506	Francine	Bennett	W35	VPH&TH AC	46:32
204	552	Pavish	Karnik	M40	East End Road Runners	46:37
205	521	Louise	Cootes	W35	Harlow RC	46:42
206	895	Leonard Jam	Apps	M50	Unaffiliated	46:43
207	892	Emma	Zipfel	W35	Unaffiliated	46:46
208	790	Helen	Jenner	W35	Harold Wood RC	46:47
209	816	Brian	Slade	M70	Havering '90 Joggers	46:55
210	903	Edward	Owen	SM	Unaffiliated	47:01
211	553	Nicola	Kerr	W45	VPH&TH AC	47:14
212	751	Sheila	Kennedy	W55	East London Runners	47:20
213	827	Julia	Galea	W55	Ilford AC	47:22
214	793	Lynsey	Mann	W35	Harold Wood RC	47:29
215	906	Gill	Hopkins	W55	Orion Harriers	47:45
216	703	Timi	Veerasamy	W65	Dagenham 88 Runners	47:49
217	775	Hayley	Dalton	W45	Eton Manor AC	47:50
218	676	Dennis	Spencer-Perkins	M60	Barking Road Runners	47:51
219	735	Fiona	Day	W55	East London Runners	47:59
220	532	Ruth	Fontaine	W45	Unaffiliated	48:08
221	882	Carl	Noffki	M40	Unaffiliated	48:12
222	585	Lisa	Smith	W55	Orion Harriers	48:15
223	800	Simon	Maley	M40	Havering 90 Joggers	48:17
224	591	Lisa	Thorn	W45	Orion Harriers	48:20
225	832	Frieda	Keane	W55	Ilford AC	48:21
226	765	Diana	Rexhepaj	W45	East London Runners	48:31
227	722	Sarah	Wixey	W35	East End Road Runners	48:37
228	699	Rosina	Salmon	W45	Dagenham 88 runners	48:47
229	749	Catriona	Hoult	W35	East London Runners	48:51
230	545	Phil	Hudson	M60	Ware Joggers	48:52
231	759	Caroline	Moore	W55	East London Runners	48:56
232	729	Jayne	Browne	W45	East London runners	49:19
233	713	Martina	Lee	W35	East End Road Runners	49:26
234	878	Jane	Guidon	W35	Unaffiliated	49:30
235	796	Parisa	Skeldon	SW	Harold Wood RC	49:36
236	900	Sacha	Ackland	W35	Eton Manor AC	49:44
237	709	Joanna	Dorling	W45	East End Road Runners	50:08
238	604	Daniela	Witten	W45	Orion Harriers	50:23
239	671	Leslie	Jay	M60	Barking Road Runners	50:24
240	595	Christina	Watson	W55	Eton Manor AC	50:46

241	813	Bernard	Savage	M60	Havering '90 Joggers	50:58
242	718	Nicholas	Reeve	SM	East End Road Runners	50:59
243	691	Leigh	Moring	M50	Dagenham 88 Runners	51:03
244	786	Tracy	Giddings	W55	Harold Wood RC	51:29
245	795	Ian	Ridgley	M50	Harold Wood RC	51:29
246	692	Lynne	Northcott	W35	Dagenham 88 Runners	51:31
247	513	Deborah	Bumfey	W55	Orion Harriers	51:35
248	705	Claire	Adamson	W35	East End Road Runners	51:53
249	719	Alice	Ridgway	SW	East End Road Runners	51:53
250	512	Pete	Bulaitis	M60	Orion Harriers	52:04
251	907	Barbara	Hilton	W65	Unaffiliated	52:22
252	883	Maggie	Pelc	W35	Unaffiliated	52:31
253	500	Chris	Leith	SM	Orion Harriers	53:16
254	809	Henry	Monaghan	M60	Havering '90 Joggers	53:35
255	670	Nikki	Cranmer	W45	Barking Road Runners	53:36
256	674	Charlotte	Owen	SW	Barking Road Runners	53:36
257	904	Andrew	Wright	M40	Unaffiliated	54:08
258	694	Emma	O'Shea	W35	Dagenham 88 Runners	54:10
259	689	Lorraine	Moor	W55	Dagenham 88 Runners	54:11
260	678	Kresh	Veerasamy	M40	Barking Road Runners	54:11
261	876	Hannalie	Gillott	SW	Unaffiliated	54:55
262	580	Elizabeth	Roberts	SW	Harlow RC	55:48
263	810	Keith	Penfold	M60	Havering '90 Joggers	55:50
264	830	James	Huddart	M70	Ilford AC	56:34
265	717	Vinodini	Patel	W55	East End Road Runners	56:53
266	802	Maria	Brill	W55	Havering '90 Joggers	57:06
267	815	Stephen	Sheekey	M50	Havering '90 Joggers	57:06
268	697	Sara	Prior	W45	Dagenham 88 Runners	57:07
269	814	Janet	Shaw	W65	Havering '90 Joggers	58:23
270	688	Christine	Lardner	W65	Dagenham 88 runners	58:44
271	690	Carol	Moring	W55	Dagenham 88 Runners	58:44
272	702	Sam	Veerasamy	M70	Dagenham 88 Runners	61:57
273	782	Julie	Bradd	W45	Harold Wood RC	62:05
274	761	Elizabeth	O'Donnell	W45	East London Runners	62:39
275	725	Don	Bennett	M50	East London Runners	62:47
276	711	Naina	Karnik	W35	East End Road Runners	64:21
277	881	Julia	Newcomb	W45	Unaffiliated	64:40
278	730	Susan	Bushnell	W55	East London Runners	64:42
279	819	Ray	Shaw	M70	Havering '90 Joggers	66:00
280	720	Esther	Shifra	W55	East End Road Runners	76:10
281	872	Silvia	Cruz	W35	WGAC with EL	76:10