

Orion Harriers Forest Five Series

Race 1 8th June 2019

Pos	Number	First	Last	Cat	Club	Time
1	100	Stephen	Fabes	SM	VPH&TH AC	28:48
2	151	Samuel	Priestley	SM	VPH&TH AC	29:00
3	110	Thomas	Grimes	SM	East London Runners	29:09
4	22	Nick	Harris-Fry	SM	Orion Harriers	29:14
5	29	Brian	Jenkins	SM	Orion Harriers	29:29
6	107	Dasos	Gonnella	SM	WGAC & EL	29:55
7	71	Mark	Boulton	SM	East London Runners	30:05
8	182	David	Searle	SM	Unaffiliated	30:06
9	184	Matt	Woodman	M40	Orion Harriers	30:09
10	178	Anthony	Withstandley	M40	VPH&TH AC	30:16
11	154	Carl	Redondo	M40	Trent Park Running Club	30:21
12	47	Ben	Rowlands	SM	Orion Harriers	30:30
13	23	Rob	Hayday	SM	Orion Harriers	30:31
14	89	Gary	Coombes	M40	Iford AC	30:34
15	183	Robin	McNelis	M40	UIC Runchat RC	31:18
16	46	Scott	Reid	M50	Orion Harriers	31:59
17	20	Jim	Gleave	M40	Orion Harriers	32:09
18	146	Liam	Ohuiginn	SM	VPH&TH AC	32:38
19	84	Tim	Charters	M40	London Frontrunners	32:44
20	58	Badar	Al Raisi	SM	VPH&TH AC	32:55
21	131	Kevin	Long	M40	VPH&TH AC	33:00
22	79	Paul	Cates	M50	Eton Manor AC	33:03
23	48	Colin	Smith	M40	Orion Harriers	33:41
24	206	Henry	Giddens	SM	Orion Harriers	33:47
25	81	Philip	Chapman	SM	VPH&TH AC	33:57
26	44	Roy	Perrott	M40	Orion Harriers	34:08
27	137	David	Mercer	SM	London Frontrunners	34:13
28	92	Martyn	Coulter	SM	Harlow RC	34:18
29	124	Luke	Judge	SM	Unaffiliated	34:19
30	102	Luke	Fitzgerald	SM	VPH&TH AC	34:21
31	65	Andrew	Baxter	M50	East London Runners	34:30
32	83	Annaka	Charters	SW	VPH&TH AC	34:50
33	33	Andrew	Lunn	M40	Orion Harriers	34:54
34	121	Andrew	Jackson	SM	East London Runners	35:01
35	115	Andrew	Holloway	M40	Unaffiliated	35:10
36	134	Stuart	Manktelow	M50	Trent Park Running Club	35:17
37	96	Nele	Douglas	M40	Unaffiliated	35:24
38	153	Robert	Rayworth	M40	East London Runners	35:25
39	101	Claire	Fisher	SW	Eton Manor AC	35:25
40	68	Calvin	Bobin	M60	East London Runners	35:30
41	21	Dan	Green	M50	Orion Harriers	35:31
42	167	Steven	Taylor	M50	WGAC & EL	35:42
43	98	David	Easey	M40	Unaffiliated	35:42
44	136	Taryne	Mcperson	W40	Eton Manor AC	36:00
45	113	Martin	Hockey	M50	Eton Manor AC	36:09
46	5	Stephen	Bennett	M40	Orion Harriers	36:21
47	230	Matas	Vala	SM	Unaffiliated	36:36
48	53	Darren	Welsford	SM	Orion Harriers	36:39

49	228	Joe	Feltham	SM	VPH&TH AC	36:44
50	86	Neil	Colquhoun	M40	London Frontrunners	36:49
51	187	Mike	Reid	M40	VPH&TH AC	36:49
52	3	Gary	Bartlet	M50	Orion Harriers	36:54
53	162	Jacob	Stevens	M40	East London Runners	36:58
54	127	Mary	Knapman	W40	Loughton AC	37:06
55	94	Gareth	Davies	M50	East London Runners	37:13
56	128	Antony	Leckerman	M50	Barking Road Runners	37:24
57	227	Charlotte	Bewley	SW	VPH&TH AC	38:09
58	205	Oliver	Purton	M40	Orion Harriers	38:31
59	103	Emmet	Fitzgibbon	M40	East London Runners	38:35
60	61	Daniel An	Armas Pons	SM	Unaffiliated	38:41
61	156	David	Rubio	M40	Unaffiliated	38:48
62	179	Jonathan	Wooldridge	M40	East London Runners	39:16
63	150	Richard	Potter	SM	East London Runners	39:21
64	104	Peter	Frisby	M50	VPH&TH AC	39:27
65	54	Jonathan	West	M40	Orion Harriers	39:39
66	32	Anna	Liebmann	SW	Orion Harriers	39:45
67	176	David	Wilkey	M40	VPH&TH AC	39:46
68	133	Kate	Malcolm	W40	Eton Manor AC	39:49
69	223	Richard	Guest	M50	Portslade Hedgehoppers	39:52
70	202	Donna	Wilkins	W40	Orion Harriers	39:52
71	74	Sarah	Burns	W40	East London Runners	40:08
72	26	Lucy	Humphreys	SW	Orion Harriers	40:09
73	181	Billy	Green	M50	Ilford AC	40:10
74	201	Hannah	White	SW	Orion Harriers	40:21
75	27	Christine	Inch	W50	Orion Harriers	40:23
76	209	Simon	Haigh	M50	Orion Harriers	40:23
77	66	Joyce	Berry	W50	VPH&TH AC	40:33
78	15	Danny	Fitzsimons	M50	Orion Harriers	40:43
79	41	Andrew	Painter	M50	Orion Harriers	40:48
80	78	Anne	Caspi	W50	Mornington Chasers	40:49
81	63	June	Barrow-Green	W60	VPH&TH AC	40:59
82	203	Nick	Webb	M50	Orion Harriers	41:17
83	132	Edward	Lunn	SM	Unaffiliated	41:20
84	76	Gary	Cardnell	M60	Dagenham 88 Runners	41:28
85	147	Ramesh	Pala	M50	East London Runners	41:37
86	2	Hayley	Barron	W40	Orion Harriers	41:42
87	226	Laura	Morgan	SW	VPH&TH AC	41:45
88	57	Sharon	Wood	W40	Orion Harriers	41:58
89	109	Nick	Gorman	M50	East End Road Runners	42:04
90	111	Carmen	Harrington	SW	Mornington Chasers	42:13
91	75	Eamon	Byrne	M50	Mornington Chasers	42:20
92	126	Maki	Kimura	W40	Mornington Chasers	42:29
93	233	Ronald	Giddens	M60	Unaffiliated	42:32
94	77	Alon	Caspi	M60	Mornington Chasers	42:37
95	232	Rafaele	Lamour	W40	Unaffiliated	42:38
96	152	Darren	Radford	M50	Havering '90 Joggers	42:50
97	236	Nicole	Euler	W40	Unaffiliated	42:53
98	114	Nils	Hollmann	M40	Dagenham 88 Runners	42:54
99	42	Kerry	Parker	W40	Orion Harriers	42:54
100	186	Bill	Davies	M40	Unaffiliated	42:58
101	208	Izzy	Jasper	SW	Orion Harriers	43:03

102	1	Karen	Allworthy	W60	Orion Harriers	43:07
103	80	Kieron	Chapman	SM	Minster Milers	43:19
104	180	Paul	Clarke	SM	Unaffiliated	43:31
105	34	Andrea	Macqueen	W50	Orion Harriers	43:32
106	120	Rahana	Islam	W40	Dagenham 88 Runners	43:35
107	229	Louise	Hodgetts	SW	Unaffiliated	43:44
108	25	Kym	Hudson	W50	Orion Harriers	43:46
109	130	Christina	Long	W40	Eton Manor AC	43:47
110	138	Denis	Mole	M70	Havering 90 Joggers	43:56
111	210	Joanne	Plumb	W40	Orion Harriers	44:14
112	90	Louise	Cootes	SW	Harlow RC	44:45
113	9	Vanessa	Clyne	W40	Orion Harriers	44:55
114	43	John	Perkins	M50	Orion Harriers	45:12
115	145	Helen	Nickols	SW	VPH&TH AC	45:19
116	135	Gillian	Mckay	W50	Eton Manor AC	45:21
117	189	Bob	Jousiffe	M70	Orion Harriers	45:26
118	99	Gabriel	Ellenberg	M60	Eton Manor AC	45:40
119	55	Karen	West	W40	Orion Harriers	46:06
120	216	Julia	Galea	W60	Iford	46:37
121	129	Susan	Leese	W50	VPH&TH AC	46:57
122	237	John	Broad	M60	Orion Harriers	47:00
123	177	Eleanor	Williams	SW	Unaffiliated	47:01
124	234	Gill	Hopkins	W50	Unaffiliated	47:02
125	125	Nicola	Kerr	W40	VPH&TH AC	47:15
126	64	Mandeep	Bassi	W40	Iford AC	47:19
127	36	Anna	Mcewen	W40	Orion Harriers	47:20
128	82	Louise	Chappell	W40	Dagenham 88 Runners	47:21
129	235	Leonard	Apps	M50	Unaffiliated	47:21
130	148	Helen	Pearce	W50	Unaffiliated	47:22
131	38	Sarah	Mills	W40	Orion Harriers	47:23
132	225	Sophie	Critchlow	W50	VPH&TH AC	47:24
133	85	Han	Cherry	W40	East End Road Runners	47:31
134	165	Katherine	Taylor	W40	Unaffiliated	47:38
135	8	Janet	Cassford	W50	Orion Harriers	47:43
136	6	Peter	Bulaitis	M60	Orion Harriers	47:55
137	106	Andrzej	Gajbutowicz	M60	VPH&TH AC	48:09
138	158	Bernard	Savage	M60	Havering '90 Joggers	48:16
139	52	Lisa	Thorn	W40	Orion Harriers	48:27
140	173	Timi	Veerasamy	W60	Dagenham 88 Runners	48:39
141	188	Dora	Chambers	SW	Orion Harriers	48:51
142	118	Phil	Hudson	M60	Ware Joggers	49:19
143	204	Lynne	Wakinshaw	W40	Orion Harriers	49:34
144	141	Anna	Naughton	SW	NatBest NHS	50:18
145	31	Chris	Leith	SM	Orion Harriers	50:29
146	88	Mary	Cooksey	W40	Unaffiliated	51:03
147	10	Carole	Cross	W50	Orion Harriers	51:17
148	174	Julius	Villanueva	M40	NatBest NHS	51:27
149	70	Robin	Booputh	M40	Barking Road Runners	51:40
150	185	Mary	Johnson	W40	Orion Harriers	51:42
151	212	Isabella	Allan	SW	East London Runners	51:51
152	215	Jayan	Nayar	M50	Eton Manor AC	52:18
153	108	Maya	Goodwin	W40	East London Runners	52:37
154	117	Sarah	Horne	W40	Dagenham 88 Runners	52:42

155	40	Sheila	O'Brien	W60	Orion Harriers	52:57
156	218	Ingrid	Lampey	W60	NatBest NHS	53:07
157	149	Helle	Pilia	SW	NatBest NHS	53:07
158	157	Gareth	Saldanha	M40	NatBest NHS	54:20
159	172	Sam	Veerasamy	M70	Dagenham 88 Runners	60:35
160	62	Maureen	Ball	W50	Unaffiliated	63:24
161	73	Joan	Brunt	W50	Run To Be	64:05
162	88	Mary	Cooksey	W40	Unaffiliated	64:05
163	161	Akeena	Smith	SW	NatBest NHS	70:50
164	67	Natasha	Bester	W40	NatBest NHS	70:50
165	222	Kokobe	Gebremichael	W50	NatBest NHS	83:02
166	175	Anthony	Whyte	M50	NatBest NHS	83:02
167	221	John	Gladney	SM	NatBest NHS	83:02
168	220	Nomonde	Msongelwa	W40	NatBest NHS	88:36
169	97	Alimata	Duval	W40	NatBest NHS	89:04