

## 5k on the Rides - Race 3 - 28th August 2019

Pos	Number	First	Last	Cat		Mins	Secs
1	334	Lewis	Harknett	U18M	Orion	16	28
2	372	George	Day	SM	Orion	16	37
3	448	Brian	Jenkins	SM	Orion	17	09
4	447	Adam	Baker	M40	Orion	17	17
5	374	Thomas	Grimes	SM	Orion	17	24
6	332	Jack	Stroud	SM	Orion	17	58
7	342	Michael	Roberts	SM	Orion	18	02
8	373	Matt	Woodman	M40	Orion	18	05
9	327	Rhys	Edwards	U17B	Woodford	18	34
10	445	Bob	Glasgow	M40	Orion	18	43
11	458	Neil	McGoun	SM	Orion	18	43
12	348	Emma	Giddens	SW	Barnet	18	50
13	368	Geoff	Whitman	M40	Orion	19	03
14	325	Justin	McDermott	M40	East London Tri	19	47
15	456	Dan	Green	M40	Orion	19	54
16	369	John	Sable	SM	Orion	20	05
17	449	Tim	Freeland	SM	Orion	20	07
18	462	Joanne	Kent	W50	Barnet	20	10
19	471	Nele	Douglas	M40	Unaffiliated	20	11
20	322	Rob	Sommerville	M50	Eton Manor	20	18
21	349	Katherine	March	SW	Orion	20	33
22	370	Claire	Huggins	SW	Orion	20	36
23	500	Gavin	Hodgson	M40	Orion	20	37
24	375	Ross	Flanders	SM	Orion	20	39
25	351	Stephen	Thompson	M40	Orion	20	41
26	371	Alison	Trautmanns	W45	Orion	20	48
27	328	Ronan	Edwards	U15B	Woodford	20	58
28	464	Scarlett	Kent	U18W	Shaftesbury Barnet	20	58
29	463	Rufus	Kent	U20M	Shaftesbury Barnet	20	58
30	239	Dave	Wilson	SM	Orion	21	07
31	451	Jasmin	Fitzpatrick	SW	Orion	21	10
32	184	James	Creed	M40	East London Runners	21	14
33	439	Ben	Fisher	M40	Orion	21	19
34	345	Andy	Coleman	M50	Woodford	21	33
35	461	Simon	Fifield	SM	Orion	21	40
36	343	Nicola	Froud	W50	Barnet	21	42
37	441	Antony	Leckerman	M50	Barking Road Runners	21	46
38	347	Paul	Stockings	M50	Orion	21	50
39	442	Emmet	Fitzgibbon	M40	East London Runners	22	00
40	470	Clive	Stephenson	M50	East London Runners	22	04
41	460	Andrew	Weller	M50	Orion	22	08
42	428	Leigh	DeSouza	M40	Unaffiliated	22	14
43	330	Daniel	Carroll	SM	Orion	22	14
44	440	Pippa	Dowswell	W50	Orion	22	19
45	329	Stephen	Bennett	M40	Orion	22	41
46	457	Hollie	Ryder	SW	Orion	22	42
47	331	Adam	Borowski	SM	Orion	22	48
48	438	Grant	Corton	M50	Orion	22	58
49	429	Anna	Liebmann	SW	Orion	23	08
50	467	Jo	Skehan	SW	Orion	23	08
51	338	Abbie	Hoult	U13G	Orion	23	12
52	350	Verity	Garcia	U15G	Orion	23	17

53	443	Sophie	Foot	U13G	Orion	23	18
54	324	Christine	Inch	W55	Orion	23	26
55	366	Jamie	March	M50	Barnet	23	43
56	465	Robert	Heil			23	43
57	250	Mary	Armitage	W55	Orion	23	44
58	336	Donna	Wilkins	W45	Orion	24	02
59	431	Amelie	Ayto	U15G	Orion	24	22
60	468	Chris	Chapman	SM	Orion	24	25
61	333	Tom	Bird	M40	Orion	24	31
62	466	Henry	Gillman	U11B	Orion	24	35
63	415	Frances	Wilson	W45	Orion	24	35
64	472	Adrian	Frost	M60	Orion	24	40
65	339	Alex	Dawson	U17G	Orion	24	57
66	323	Paul	Hutchin	M40	Orion	25	01
67	337	Catriona	Hoult	W40	East London Runners	25	19
68	446	Dave	Barrett	M50	Orion	25	30
69	326	Pete	Bulaitis	M60	Orion	25	58
70	346	Clare	Stockings	W45	Orion	26	06
71	459	Roger	Green	M70	Orion	26	12
72	367	Ellie	Williams	SW	Orion	26	21
73	444	Andrea	MacQueen	W55	Orion	26	26
74	436	Suzanne	Taylor	W40	East London Runners	26	43
75	236	Dhurmendi	Mistry	M50	Orion	26	46
76	430	Sarah	Mills	W40	Orion	26	52
77	243	Vanessa	Clyne	W35	Orion	26	56
78	432	Lisa	McCrorie	W35	Orion	27	08
79	434	Emma	Ayto	W40	Orion	27	21
80	453	Isabelle	Smith	U15G	Orion	28	16
81	452	Lisa	Smith	W55	Orion	28	16
82	450	John	Smith	M60	Orion	28	16
83	344	Mark	Roberts	M60	0	28	42
84	249	Chris	Leith	SM	Orion	29	06
85	433	Billy	Ayto	U13B	Orion	29	14
86	427	Sacha	Ackland	W35	Orion	29	42
87	469	Michelle	Long	SW	0	29	47
88	437	Rosie	Dean	U13G	Orion	30	14
89	340	Fleur	Blatch	SW	Orion	31	24
90	240	Hannah	Walsh	SW	SW	31	24
91	335	Daniela	Witten	W45	Orion	31	49
92	341	Henry	Windust	SM	Orion	32	28
93	435	Paula	Fairlamb	W35	Orion		37
94	454	Janet	Cassford	W50	Orion	32	41
95	455	Mary	Johnson	W35	Orion	32	41