

Orion 15 26th March 2022

Pos	Num	Name	Club	Age Cat	Time		
					h	m	s
1	289	Pete Dyson	VPH&THAC	MS	1	39	24
2	337	Fabien Lassonde	VPH&THAC	MV40	1	40	29
3	258	Jason Burgess	Buxton RC	MV40	1	43	51
4	393	Scott Williams	Stowmarket Striders	MS	1	44	11
5	43	Thomas Grimes	East London Runners	MV40	1	44	20
6	74	Mick McTernan	Orion Harriers	MS	1	44	33
7	55	Brian Jenkins	Orion Harriers	MV40	1	46	17
8	361	Dave Phillips	Unaffiliated	MV40	1	48	11
9	92	Will Reed-Wright	Orion Harriers	MS	1	49	50
10	391	Stephen Wilkes	Bishop's Stortford RC	MV50	1	54	9
11	342	Jonathan Leith	Eton Manor AC	MS	1	54	15
12	352	Joseph McKeown	London Heathside	MS	1	54	18
13	377	Andy Summers	VPH&THAC	MS	1	54	32
14	21	Patrick Brown	Orion Harriers	MS	1	54	39
15	288	Bryan Dooley	VPH&THAC	MS	1	55	56
16	358	Gordon Pearce	Thames Hare & Hounds	MS	1	55	59
17	42	Bob Glasgow	Orion Harriers	MV40	1	56	1
18	367	Dave Rogers	Bishop's Stortford RC	MV40	1	56	2
19	324	Nick Hammond	Framlingham Flyers	MV50	1	56	41
20	363	James Pilch	Eton Manor AC	MV40	1	58	41
21	360	Mauro Persic	VPH&THAC	MV40	1	58	54
22	230	Steve Banham	Team Balancise	MS	1	59	25
23	362	Ben Pickford	Bishop's Stortford RC	MV40	1	59	46
24	239	Nigel Bassam	Unaffiliated	MV40	1	59	55
25	72	Phu Ly	Orion Harriers	MV40	2	0	42
26	132	Nayana Jain	Barts & the London AC	FS	2	0	50
27	242	Rob Blair	VPH&THAC	MV40	2	0	52
28	87	Colin Read	Orion Harriers	MV50	2	1	57
29	267	Robert Casserley	Garden City Runners	MV40	2	1	3
30	26	Paul Cates	Eton Manor AC	MV50	2	3	32
31	229	Rob Baldock	Tri London	MV40	2	3	7
32	326	Richard Harrison	Royston Runners	MV50	2	3	16
33	340	Gavin Laws	Tiptree Road Runners	MS	2	3	36
34	255	Russell Brown	Orion Harriers	MV50	2	3	52
35	66	Sam Kennedy	Orion Harriers	MS	2	3	56
36	11	Reece Barclay	Orion Harriers	MS	2	4	55
37	390	Ross Wilcox	Stowmarket Striders	MV40	2	5	30
38	336	Andrew Lager	Witham Running Club	MV50	2	5	50
39	347	David Lucas	Unaffiliated	MS	2	6	1
40	320	Harry Glenn	Swindon Striders	MS	2	6	17
41	371	Chris Seymour	Mid Essex Casuals	MV50	2	6	26
42	10	Adam Baker	Orion Harriers	MV50	2	6	45
43	281	Paul Dellar	Colchester Harriers	MV50	2	7	18
44	44	Peter Hellowell	Orion Harriers	MS	2	7	36
45	86	James Quartly	Orion Harriers	MS	2	9	17
46	300	Greg Fernandes-Lawes	Ealing Eagles RC	MS	2	9	31
47	194	Laura Shewbridge	Colchester Harriers	FV40	2	9	52
48	341	Richard Leeder	Stowmarket Striders	MV40	2	10	24
49	319	James Gill	Edmonton RC	MV40	2	11	1
50	375	Rob Sommerville	Eton Manor AC	MV50	2	11	45
51	353	David Mills	Loughton AC	MV50	2	12	12
52	325	John Harris	Fairlands Valley Spartans	MV50	2	12	22
53	328	Alan Hart	Stowmarket Striders	MV40	2	12	35
54	381	Tim Todhunter	VPH&THAC	MS	2	13	49

55	343	Gary Licence	Colchester harriers	MV40	2	14	9
56	356	Jose Pabon	Ealing Eagles RC	MS	2	15	13
57	394	Michael Woodward	Pitsea RC	MV40	2	16	21
58	388	Matt Webster	Wymondham AC	MS	2	16	43
59	105	Zoe Woodward	Eton Manor AC	FV50	2	16	52
60	351	Andy Malleson	Edmonton RC	MS	2	16	53
61	163	Tracey Carro Noya	Serpentine	FV40	2	16	59
62	237	Nick Barker	Loughton AC	MS	2	17	13
63	315	Alan Fricker	Loughton AC	MV40	2	17	59
64	249	David Bradley-Jones	Portsmouth Triathletes	MV40	2	18	12
65	401	Chris Pyle	Unaffiliated	MV40	2	19	9
66	213	Annie Mae Wright	Barts & the London AC	FS	2	19	20
67	379	Paul Thompson	East London Runners	MV50	2	19	28
68	400	James McGeown	Unaffiliated	MV40	2	19	39
69	135	Faye Jeacocke	VPH&THAC	FV40	2	19	42
70	314	Aaron Freeman	Havering 90 joggers	MS	2	19	57
71	186	Fiona Russell	Mornington Chasers	FV50	2	20	9
72	272	John Cheal	The Stragglers	MV50	2	21	40
73	332	Ian Horritt	Reading Road Runners	MV40	2	21	56
74	117	Rowena de Belligny	Tiptree Road Runners	FV40	2	22	1
75	350	Robin Mackenzie	Framlingham Flyers	MV50	2	22	36
76	368	Robert Scott	Barnet & District AC	MV50	2	22	42
77	339	Mark Lawes	Tiptree Road Runners	MV50	2	22	48
78	386	Jerry Watson	Thames Hare & Hounds	MV60	2	23	23
79	387	Guy Watts	East London Runners	MS	2	23	29
80	251	Paul Brame	Headington RR	MV50	2	24	7
81	236	Bob Bardell	Tiptree Road Runners	MV50	2	25	52
82	71	Andy Lunn	Orion Harriers	MV50	2	26	35
83	301	Mark Firth	Unaffiliated	MV40	2	26	42
84	140	Caitlin Jones	Runaway Adventures	FS	2	27	12
85	94	John Smith	Orion Harriers	MV60	2	28	20
86	266	Callum Campbell	Barts & the London AC	MS	2	28	27
87	241	Gavin Benn	VPH&THAC	MS	2	28	37
88	217	Terry Alabaster	Witham Running Club	MV50	2	28	50
89	318	Gigi Giannella	VPH&THAC	MV50	2	29	34
90	23	Daniel Carroll	Orion Harriers	MV40	2	30	32
91	161	Kerryn Moolenschot	Unaffiliated	FS	2	30	51
92	383	Kenneth Tovell	Framlingham Flyers	MV50	2	31	50
93	376	Jacob Stevens	East London Runners	MV40	2	32	42
94	149	Kasia Kostyrka-Allchorne	Southend AC	FV40	2	32	49
95	378	William Swift	Race Mode Harriers	MS	2	33	39
96	380	Gavin Tilling	Little Baddow Ridge Runners	MV40	2	33	58
97	247	Chris Bradley	Runaway Adventures	MS	2	34	24
98	282	Nick Dines	Edmonton RC	MV40	2	35	2
99	2	Mary Armitage	Orion Harriers	FV50	2	35	38
100	302	John Fitzpatrick	Unaffiliated	MV50	2	35	45
101	219	Mo Allen	Unaffiliated	MV50	2	35	59
102	359	Graham Pentelow	Orion Harriers	MV50	2	36	4
103	370	Adam Sewell	TRA	MV50	2	36	38
104	73	Karen Lyons	Orion Harriers	FV50	2	37	29
105	187	Anoushka Sharp	Barts & the London AC	FS	2	38	6
106	34	Jo Elferink	Orion Harriers	FS	2	38	42
107	256	Paul Browning	Veterans AC	MV60	2	39	19
108	112	June Barrow-Green	VPH&THAC	FV60	2	41	47
109	171	Julie Pond	Unaffiliated	FV40	2	42	30
110	331	Kevin Hope	Unaffiliated	MV40	2	42	59
111	127	Annie Gammon	VPH&THAC	FV50	2	44	0
112	335	Robert King	Unaffiliated	MV60	2	44	17

113	96	Mark Tempest	Orion Harriers	MV50	2	44	30
114	166	Ai Seng Paul	Edmonton RC	FV60	2	44	46
115	384	Naresh Trivedi	Edmonton RC	MV60	2	44	48
116	250	Gareth Bradley-Jones	Unaffiliated	MV40	2	44	54
117	344	Sean Lightbown	Eton Manor AC	MS	2	45	6
118	398	Sam Yell	Tiptree Road Runners	MS	2	46	17
119	147	Vicky Knight	Tiptree Road Runners	FV40	2	46	17
120	316	Paul Gardener	Tiptree Road Runners	MV40	2	46	17
121	354	Colin Muir	Unaffiliated	MV40	2	47	3
122	211	Janet Worster	Serpentine	FS	2	47	14
123	399	Lee Young	Havering 90 joggers	MV50	2	47	35
124	129	Ali How	Mornington Chasers	FV40	2	48	4
125	196	Sylwia Tokarska	Folkestone Running Club	FV40	2	48	50
126	130	Rahana Islam	Dagenham 88 Runners	FV40	2	49	34
127	208	Lisa Watson	Harvel Hash House Harriers	FV40	2	49	50
128	238	Iain Bass	Unaffiliated	MV40	2	49	56
129	118	Kylie de Jager	Unaffiliated	FV40	2	50	12
130	385	David Watkins	Unaffiliated	MV50	2	50	12
131	165	Jo Parden	Framlingham Flyers	FV50	2	50	20
132	374	Greg Smith	Unaffiliated	MV40	2	50	26
133	123	Kristel Farr	Unaffiliated	FV40	2	51	4
134	188	Zena Shean	East Essex Tri	FV50	2	51	9
135	397	Stephen Worrall	Loughton AC	MV40	2	52	23
136	189	Catkin Shelley	Serpentine	FV50	2	54	10
137	365	Andrew Read	Witham Running Club	MV50	2	54	24
138	78	Helen Pearce	Orion Harriers	FV50	2	55	49
139	209	Lydia Watson	Barts & the London AC	FS	3	1	59
140	199	Madeline Turner	Springfield striders	FS	3	3	48
141	317	Miles Gawthorp	Dulwich Runners	MV40	3	5	3
142	257	William Burbridge-James	VPH&THAC	MV60	3	6	44
143	170	Sharlene Phillips	Unaffiliated	FV40	3	9	24
144	76	Firmin Moriarty	Orion Harriers	MV50	3	13	34
145	321	Nick Gorman	East End RR	MV50	3	13	53
146	69	Han Lu	Orion Harriers	FV40	3	14	2
147	396	Tom Woolf	Havering 90 joggers	MS	3	16	16
148	136	Lysia Jiggins	Witham Running Club	FV40	3	21	23

Team results

Men's Team

1	1	Pete Dyson	VPH&THAC	1:39:24	
	2	Fabien Lassonde	VPH&THAC	1:40:29	
	9	David Jones	VPH&THAC	1:44:27	5:04:20
2	6	Mick McTernan	Orion Harriers	1:44:33	
	7	Brian Jenkins	Orion Harriers	1:46:17	
	9	Will Reed-Wright	Orion Harriers	1:49:50	5:20:40
3	10	Tom Beach	Royston Runners	1:45:44	
	31	Richard Lowden	Royston Runners	1:53:21	
	32	Richard Harrison	Royston Runners	2:3:16	5:42:21
4	10	Stephen Wilkes	Bishop's Stortford RC	1:54:9	
	18	Dave Rogers	Bishop's Stortford RC	1:56:2	
	23	Ben Pickford	Bishop's Stortford RC	1:59:46	5:49:57
5	11	Jonathan Leith	Eton Manor AC	1:54:15	
	20	James Pilch	Eton Manor AC	1:58:41	
	30	Paul Cates	Eton Manor AC	2:3:32	5:56:28
6	4	Scott Williams	Stowmarket Striders	1:44:11	
	37	Ross Wilcox	Stowmarket Striders	2:5:30	
	48	Richard Leeder	Stowmarket Striders	2:10:24	6:00:05
7	5	Thomas Grimes	East London Runners	1:44:20	
	79	Guy Watts	East London Runners	2:23:29	
	93	Jacob Stevens	East London Runners	2:32:42	6:40:31
8	51	David Mills	Loughton AC	2:12:12	
	62	Nick Barker	Loughton AC	2:17:13	
	63	Alan Fricker	Loughton AC	2:17:59	6:47:24
9	19	Nick Hammond	Framlingham Flyers	1:56:41	
	75	Robin Mackenzie	Framlingham Flyers	2:22:36	
	92	Kenneth Tovell	Framlingham Flyers	2:31:50	6:51:07
10	33	Gavin Laws	Tiptree Road Runners	2:3:36	
	77	Mark Lawes	Tiptree Road Runners	2:22:48	
	81	Bob Bardell	Tiptree Road Runners	2:25:52	6:52:16
11	49	James Gill	Edmonton RC	2:11:1	
	60	Andy Malleson	Edmonton RC	2:16:53	
	98	Nick Dines	Edmonton RC	2:35:2	7:02:56
12	38	Andrew Lager	Witham Running Club	2:5:50	
	88	Terry Alabaster	Witham Running Club	2:28:50	
	137	Andrew Read	Witham Running Club	2:54:24	7:29:04
13	70	Aaron Freeman	Havering 90 joggers	2:19:57	
	123	Lee Young	Havering 90 joggers	2:47:35	
	147	Tom Woolf	Havering 90 joggers	3:16:16	8:23:48

Women's Vet Team

1	69 Faye Jeacocke	VPH&THAC	2:19:42	
	108 June Barrow-Green	VPH&THAC	2:41:47	
	111 Annie Gammon	VPH&THAC	2:44:0	7:45:29
2	99 Mary Armitage	Orion Harriers	2:35:38	
	104 Karen Lyons	Orion Harriers	2:37:29	
	138 Helen Pearce	Orion Harriers	2:55:49	8:08:56

Women's Team

1	26 Nayana Jain	Barts & the London AC	2:0:50	
	66 Annie Mae Wright	Barts & the London AC	2:19:20	
	105 Anoushka Sharp	Barts & the London AC	2:38:6	6:58:16
2	69 Faye Jeacocke	VPH&THAC	2:19:42	
	108 June Barrow-Green	VPH&THAC	2:41:47	
	111 Annie Gammon	VPH&THAC	2:44:0	7:45:29
3	99 Mary Armitage	Orion Harriers	2:35:38	
	104 Karen Lyons	Orion Harriers	2:37:29	
	106 Jo Elferink	Orion Harriers	2:38:42	7:51:49
4	61 Tracey Carro Noya	Serpentine	2:16:59	
	122 Janet Worster	Serpentine	2:47:14	
	136 Catkin Shelley	Serpentine	2:54:10	7:58:23

Men's Vet Team

1	2 Fabien Lassonde	VPH&THAC	1:40:29	
	13 Stephen Fabes	VPH&THAC	1:48:25	
	21 Mauro Persic	VPH&THAC	1:58:54	5:27:48
2	7 Brian Jenkins	Orion Harriers	1:46:17	
	17 Bob Glasgow	Orion Harriers	1:56:1	
	25 Phu Ly	Orion Harriers	2:0:42	5:43:00
3	10 Stephen Wilkes	Bishop's Stortford RC	1:54:9	
	18 Dave Rogers	Bishop's Stortford RC	1:56:2	
	23 Ben Pickford	Bishop's Stortford RC	1:59:46	5:49:57
4	31 Richard Lowden	Royston Runners	1:53:21	
	32 Richard Harrison	Royston Runners	2:3:16	
	49 Richard Harrison	Royston Runners	2:1:33	5:58:10
5	20 James Pilch	Eton Manor AC	1:58:41	
	30 Paul Cates	Eton Manor AC	2:3:32	
	50 Rob Sommerville	Eton Manor AC	2:11:45	6:13:58
6	37 Ross Wilcox	Stowmarket Striders	2:5:30	
	48 Richard Leeder	Stowmarket Striders	2:10:24	
	53 Alan Hart	Stowmarket Striders	2:12:35	6:28:29
7	5 Thomas Grimes	East London Runners	1:44:20	
	93 Jacob Stevens	East London Runners	2:32:42	
	67 Paul Thompson	East London Runners	2:19:28	6:36:30

8	19	Nick Hammond	Framlingham Flyers	1:56:41	
	75	Robin Mackenzie	Framlingham Flyers	2:22:36	
	92	Kenneth Tovell	Framlingham Flyers	2:31:50	6:51:07
9	77	Mark Lawes	Tiptree Road Runners	2:22:48	
	81	Bob Bardell	Tiptree Road Runners	2:25:52	
	104	Mark Lawes	Tiptree Road Runners	2:20:59	7:09:39
10	51	David Mills	Loughton AC	2:12:12	
	63	Alan Fricker	Loughton AC	2:17:59	
	135	Stephen Worrall	Loughton AC	2:52:23	7:22:34
11	49	James Gill	Edmonton RC	2:11:1	
	98	Nick Dines	Edmonton RC	2:35:2	
	115	Naresh Trivedi	Edmonton RC	2:44:48	7:30:51