

The Mercury

Orion Harriers Club Championship

28th February 2026

Pos	Number	FirstName	LastName	Cat	Club	Mins	Secs
1	337	Fabien	Lassonde	M40	Victoria Park Harriers	65	49
2	234	Mick	McTernan	M40	Orion	65	57
3	222	Brian	Jenkins	M40	Orion	66	48
4	364	Chris	Rampling	SM	Victoria Park Harriers	67	41
5	227	Joe	Leadley	SM	Orion	68	25
6	414	Jason	Wray	M40	Orion	68	31
7	393	Sam	Pecci	SM	Unaffiliated	69	22
8	385	James	Vicente	SM	Edmonton Running Club	69	29
9	398	Josh	Adler	SM	Ilford AC	71	22
10	295	Neil	Bianchi	M40	East London Runners	72	16
11	366	Ethan	Reeves	SM	Eton Manor AC	72	19
12	362	James	Pilch	M40	Eton Manor AC	72	29
13	318	George	Fernandez	SM	Eton Manor AC	73	23
14	221	Humfrey	Jeakins	SM	Orion	73	27
15	310	Emma	Corbett	SW	East London Runners	73	36
16	247	Matthew	Vokes	SM	Orion	75	8
17	334	Nick	Kelman	SM	VMR Freedom Runners	75	25
18	297	Michael	Bodiam	M40	Unaffiliated	75	35
19	376	James	Swift	M40	East London Tri	75	49
20	404	Steve	Philcox	M60	Ilford AC	75	57
21	405	Malcolm	Muir	M50	Ilford AC	76	21
22	291	Nigel	Bassam	M50	Dulwich Runners	76	39
23	230	Ed	Lunn	SM	Orion	76	50
24	286	Samuel	Anderson	SM	Eton Manor AC	76	55
25	326	Johnathan	Gray	M40	Edmonton Running Club	76	58
26	202	Ted	Allaway	SM	Orion	78	5
27	371	James	Sloan	SM	Unaffiliated	78	21
28	389	Graham	White	SM	Eton Manor AC	78	40
29	233	Neil	McGoun	M40	Orion	79	28
30	251	Tim	Wright	M50	Orion	79	34
31	324	Dyfan	Garmon	M40	Ilford AC	79	47
32	332	Steve	Jermyn	M40	Unaffiliated	79	51
33	380	Tim	Todhunter	M40	Victoria Park Harriers	80	0
34	243	John	Sable	M40	Orion	80	16
35	244	Jim	Shanks	M40	Orion	80	25
36	209	Russell	Brown	M50	Orion	80	26
37	212	Paul	Cates	M60	Orion	80	38
38	408	James	Body	SM	Milocarrians	80	59
39	238	Howard	Protheroe	M50	Orion	81	26
40	248	Jon	Whitehouse	M50	Orion	81	28
41	365	Carl	Redondo	M40	Trent Park Running Club	81	29
42	416	Simeon	Bennett	M40	Victoria Park Harriers	81	39
43	333	Russ	Jones	M50	Eton Manor AC	81	58

44	284	Kat	Alpe	W40	Trent Park Running Club	82	11	
45	384	Jess	Verrall	SW	Eton Manor AC	82	21	
46	379	Matt	Thomas	M40	Unaffiliated	82	22	
47	223	Hannah	Jump	SW	Orion	82	29	
48	394	Mike	Layzell	M40	Unaffiliated	82	40	
49	407	Richard	Adamson	M40	Milocarians	84	6	
50	399	Bradley	Brown	M50	Ilford AC	84	25	
51	232	Harriet	MacSween	SW	Orion	84	30	
52	375	Will	Stoner	SM	Unaffiliated	84	39	
53	329	Nick	Hawker	M40	Unaffiliated	84	59	
54	412	Dom	Thomas	SM	Garden City Runners	85	33	
55	282	James	Akerman	M40	Edmonton Running Club	85	45	
56	403	Richard	Woolterton	M50	Ilford AC	86	10	
57	242	Hayley	Rogerson	W40	Orion	86	11	
58	249	Paul	Wilson	M50	Orion	86	15	
59	281	Andrea	Aggio	SM	Victoria Park Harriers	86	26	
60	203	Sam	Allum	SM	Orion	86	45	
61	211	Rob	Carder	M40	Orion	86	57	
62	311	Martyn	Coulter	SM	Harlow Running & Tri Club	87	15	
63	305	Matthew	Coaker	M40	Bishop's Stortford RC	87	38	
64	237	Alex	Pickering	M40	Orion	87	46	
65	409	Hannah	Karas	SW	Milocarians	87	47	
66	216	Alex	Elferink	M50	Orion	87	54	
67	240	Colin	Read	M50	Orion	88	35	
68	239	Kirti	Purohit	M40	Orion	89	7	
69	321	Louise	Fletcher	W40	Bishop's Stortford RC	89	15	
70	400	Steve	Chissell	M60	Ilford AC	89	34	
71	331	Jonny	Jacobs	M40	Unaffiliated	89	37	
72	315	Robin	Daines	M50	Loughton AC	89	44	
73	220	Katharine	Hancox	W50	Orion	89	49	
74	338	Mark	Lawes	M50	Tiptree Road Runners	90	32	
75	317	Becky	Evans	W50	East London Runners	91	0	
76	296	Calvin	Bobin	M70	East London Runners	91	15	
77	343	Ian	Mackie	M70	East London Runners	91	51	
78	415	Nick	Ennis	M40		0	92	3
79	241	Thomas	Rodgers	SM	Orion	92	24	
80	348	Lee	Milne	W50	Eton Manor AC	92	32	
81	388	Siobhan	Weir	W40	Trent Park Running Club	94	34	
82	288	Dom	Argyle	M50	Unaffiliated	95	4	
83	417	Dani	Thomas	W40	Ilford AC	95	9	
84	217	Mark	Farrar	M50	Orion	95	44	
85	229	Andy	Lunn	M50	Orion	96	4	
86	351	Keithly	Mussington	M70	Victoria Park Harriers	97	0	
87	246	Steve	Taylor	M50	Orion	97	10	
88	418	Lucy	Humphreys	SW	Enfield Chasers	97	25	
89	294	Darminder	Bhamra	M60	East London Runners	97	45	
90	372	Jamie	Smith	M40	Bishop's Stortford RC	97	51	
91	236	Christopher	Peter	M60	Orion	98	5	

92	300	Adam	Bowie	M50	Enfield Chasers	98	21	
93	406	Angie	Flight	W40	Orion	98	50	
94	335	Mehmood	Khan	M40	Edmonton Running Club	100	26	
95	231	Karen	Lyons	W50	Orion	100	29	
96	377	Ben	Thomas	M50	Edmonton Running Club	101	8	
97	367	Alison	Sale	W60	Ilford AC	101	31	
98	250	Zoe	Woodward	W60	Orion	101	53	
99	206	Stephen	Bennett	M50	Orion	102	52	
100	290	Iain	Bass	M50	Unaffiliated	103	12	
101	292	Elaine	Battson	W50	Victoria Park Harriers	103	18	
102	358	Simon	Pattison	M50	Unaffiliated	103	20	
103	340	Victoria	Lovelock	W50	Edmonton Running Club	103	22	
104	299	Naomi	Bourne	W50	Victoria Park Harriers	103	27	
105	319	John	Fitzpatrick	M50	Unaffiliated	103	31	
106	219	Paul	Goodhew	M50	Orion	103	40	
107	342	Charlotte	Maben	SW	Unaffiliated	103	41	
108	350	Tristan	Moyle	M40	Yonder	103	41	
109	368	Chloe	Shrimpton	SW	Eton Manor AC	105	4	
110	309	Louise	Cootes	W40	Harlow Running & Tri Club	105	19	
111	345	Miry	Mayer	W40	Victoria Park Harriers	105	45	
112	395	Michael	Perkins	M50	Ilford AC	107	30	
113	374	Clive	Stephenson	M60	East London Runners	107	30	
114	383	Selina	Vernal	W40	East London Runners	107	51	
115	401	Kieran	Shaloo	SM	Orion	107	54	
116	347	Gordon	McLeod	M40	Bishop's Stortford RC	108	0	
117	210	Mark	Burnal	M40	Orion	108	23	
118	283	Mo	Allen	M50	Unaffiliated	109	16	
119	245	Katherine	Taylor	W50	Orion	109	21	
120	352	Imran	Mustak	M40	East London Runners	110	6	
121	359	Ai Seng	Paul	W60	Edmonton Running Club	110	22	
122	397	Michael	Cates	M50	Eton Manor	110	30	
123	360	Catherine	Perry	W40	East London Runners	111	34	
124	411	Rahana	Islam	W40	Dagenham88 Runners	111	36	
125	390	Ruth	Wilkinson	SW	East London Tri	112	51	
126	301	Suzi	Brent	W40	East London Runners	112	51	
127	363	Sandra	Preston	W60	East London Runners	113	18	
128	306	Mary	Connolly	W60	East London Runners	113	18	
129	330	Catriona	Hoult	W50	East London Runners	114	24	
130	207	Lucy	Benson	SW	Orion	115	2	
131	392	Stephen	Worrall	M50	Loughton AC	116	29	
132	303	Sarah	Castree	SW	Edmonton Running Club	116	38	
133	327	Clair	Hardy	W50	Unaffiliated	116	45	
134	373	Demis	Sousa	M50	Unaffiliated	118	25	
135	386	Ben	Watts	M40	East London Tri	118	58	
136	205	Graeme	Bell	M40	Orion	118	59	
137	410	Kieran	Shalbo	SM	Orion	120	19	
138	413	Julian	Ferreira	M60		0	123	49
139	341	Han	Lu	W50	Unaffiliated	126	39	

140	215	Hayley	Dalton	W50	Orion	127	24
141	304	Dee	Churchill	W50	Edmonton Running Club	129	46
142	301	Suzi	Brent	W40	East London Runners	131	59
143	344	Carol	Marlow	W50	Edmonton Running Club	140	18
144	402	Julia	Galea	W70	Ilford AC	144	36
145	235	Helen	Pearce	W50	Orion	144	39