

Orion Harriers Forest Five Series

Race 2 July 1st 2023

Pos	Number	First	Last	Age	Cat	Club	Mins	Secs
1	732	Joe	Dale	M40		Orion Harriers	29	36
2	664	David	Jones	M40		VPH&TH AC	29	55
3	604	Carl	Assmundson	SM		Ranelagh Harriers	30	36
4	395	Russell	Brown	M50		Orion Harriers	31	30
5	600	Steve	Philcox	M50		Ilford AC	31	38
6	628	Martyn	Coulter	SM		Harlow Running & Tri Cluk	32	10
7	722	Martin	Westley	SM		Harlow Running & Tri Cluk	32	11
8	276	Izzy	Gelder	SW		Mornington Chasers	32	28
9	580	Sam	Kennedy	SM		Orion Harriers	33	8
10	613	Simeon	Bennett	M40		VPH&TH AC	33	23
11	354	Steve	Armstrong	M50		London Heathside	33	29
12	654	Daniel	Holeyman	M40		Ilford AC	33	33
13	641	Simon	Fitzmaurice	SM		Vegan Runners UK	33	55
14	393	Nick	Barker	M40		Loughton AC	34	3
15	611	Nigel	Bassam	M40		Unaffiliated	34	23
16	646	Paul	Goodhew	M50		Orion Harriers	34	26
17	708	Robert	Sommerville	M50		Eton Manor AC	34	40
18	598	Leo	Pemberton	M40		London Heathside	34	59
19	690	Sebastian	Parris	M40		Ilford AC	35	6
20	612	Andrew	Baxter	M50		East London Runners	35	9
21	629	Robin	Daines	M50		Loughton AC	35	10
22	592	Kevin	Long	M40		VPH&TH AC	35	15
23	734	Liam	Amatruda	SM		Unaffiliated	35	41
24	565	Claire	Huggins	SW		Orion Harriers	36	6
25	634	Raymond	Dzikowski	M60		Ilford AC	36	13
26	632	Neil	Douglas	M50		Unaffiliated	36	17
27	685	Rachel	Morison	SW		Orion Harriers	36	24
28	728	John	Sable	SM		Orion Harriers	36	40
29	712	Ali	Trauttmansdorff	W50		Loughton AC	36	59
30	637	Okon	Enyenihi	M40		Unaffiliated	37	24
31	579	Gwilym	Johnston	M40		Orion Harriers	37	24
32	648	Dan	Green	M50		Orion Harriers	37	37
33	633	Scott	Duncan	SM		Orion Harriers	37	56
34	631	Dave	Daugirda	M60		Eton Manor AC	37	58
35	599	Louisa	Pointon	SW		Orion Harriers	38	5
36	699	Fiona	Russell	W50		Mornington Chasers	38	17
37	608	Nikkii	Barnett	W50		Orion Harriers	38	27
38	616	Adam	Bright	SM		Springfield Striders RC	39	1
39	610	Gary	Bartlett	M60		Orion Harriers	39	3
40	711	Victoria	Thompson	W40		Loughton AC	39	6
41	730	Angie	Flight	W		Orion Harriers	39	25
42	557	Joanna	Elferink	W40		Orion Harriers	39	30
43	650	Sally	Harrild	SW		Enfield & Haringey AC	39	41
44	680	Robin	McNelis	M50		UKRunChat	39	52

45	704	Tracey	Sheehy	W40	Dagenham 88 Runners	40 3
46	640	Claire	Fisher	SW	VPH&TH AC	40 5
47	662	Rahana	Islam	W40	Dagenham 88 Runners	40 12
48	720	Jonathan	West	M40	Orion Harriers	40 19
49	615	Naomi	Bourne	W50	VPH&TH AC	40 27
50	735	Karen	Lyons	W50	Orion Harriers	40 30
51	719	Billy	Walkington	M40	Dagenham 88 Runners	40 31
52	693	Oliver	Purton	M40	Orion Harriers	40 34
53	678	Marco	Maserati	M60	London Heathside	40 35
54	562	Laura	Graham-Clare	SW	Orion Harriers	40 56
55	639	Benjamin	Fisher	M40	Orion Harriers	41 32
56	657	Nils	Hollmann	M50	Dagenham 88 Runners	42 0
57	376	Andrei	Balaban	SM	Unaffiliated	42 5
58	714	Mark	Unwin	M40	Orion Harriers	42 6
59	614	Joyce	Berry	W50	Orion Harriers	42 14
60	715	Louise	Vacher	W50	Orion Harriers	42 34
61	700	Alison	Sale	W50	Ilford AC	42 37
62	696	Jenny	Richards	W40	Loughton AC	42 58
63	721	Karen	West	W40	Orion Harriers	43 2
64	713	Clive	Tweedie	M70	Haverling '90 Joggers	43 5
65	626	Louise	Cootes	W40	Harlow Running & Tri Cluk	43 9
66	651	Carmen	Harrington	SW	Mornington Chasers	43 21
67	723	Paul	Williams	M60	Orion Harriers	43 25
68	672	Edward	Lunn	SM	Orion Harriers	43 57
69	658	Gary	Homewood	M50	Mornington Chasers	44 45
70	729	Jo	Skehan	SW	Orion Harriers	44 48
71	609	Hayley	Barron	W50	Orion Harriers	44 55
72	603	Elizabeth	Aryeetey	W60	Mornington Chasers	45 12
73	694	Mandy	Reid	W50	Ilford AC	45 35
74	688	Ramesh	Pala	M60	East London Runners	45 36
75	717	Emilia	Vynnycky	W50	London Heathside	45 36
76	731	Karl	Harpelunde Vrist	U16	Unaffiliated	45 48
77	667	Nicola	Kerr	W50	VPH&TH AC	46 38
78	591	Katie	Kibbler	SW	Unaffiliated	46 48
79	686	Geoffrey	Nicholls	M60	Eton Manor AC	47 4
80	697	Elizabeth	Roberts	SW	Harlow Running & Tri Cluk	47 18
81	663	Paul	Johnson	M60	Unaffiliated	47 22
82	595	John	Neighbour	M60	Orion Harriers	48 12
83	681	Sarah	Mills	W40	Orion Harriers	48 16
84	363	Lucilla	Ashton	W40	Orion Harriers	48 16
85	644	Bal	Gill	M50	Orion Harriers	48 17
86	683	Dhurمندre	Mistry	M50	Orion Harriers	48 21
87	674	Jason	Manning	M40	Dagenham 88 Runners	48 37
88	597	Sam	Osborne	W50	Brighton & Hove Women's	49 27
89	727	Bernard	Savage	M70	Haverling '90 Joggers	49 34
90	643	Beata	Gaxha	W40	Orion Harriers	50 27
91	621	Victoria	Charlesworth	W50	East London Runners	50 41
92	673	Andrea	Macqueen	W60	Orion Harriers	51 1
93	655	Nadine	Holland	W40	Loughton AC	52 24

94	705	Helen	Smith	W50	Fetch Everyone	52 25
95	733	Shaira	Begum	SW	Unaffiliated	52 39
96	716	Selon Timi	Veerasamy	W70	Dagenham 88 Runners	52 44
97	726	Numan	Donbalaglu	SM	Orion Harriers	53 9
98	718	Lynne	Wakinshaw	W40	Orion Harriers	53 18
99	617	Peter	Bulaitis	M60	Orion Harriers	54 20
100	638	Sallyann	Eyles	W50	Loughton AC	54 46
101	623	Gillian	Clarke	W60	Unaffiliated	55 37
102	594	Anne	Malcolm	W40	Unaffiliated	56 19
103	703	Nadia	Shah	W40	Dagenham 88 Runners	56 59
104	675	Julie	Marsh	W50	Unaffiliated	57 29
105	684	Sherry	Moran	W50	East End Road Runners	57 38
106	593	Claire	Lynch	W40	Unaffiliated	58 23
107	691	Helen	Pearce	W50	Orion Harriers	58 35