

Orion Harriers Forest Five Series

Race 3 August 5th 2023

The ELVIS Special - Wild (and wet) in the Country

Pos	Number	First	Last	Age	Club	Mins	Secs
1	793	Ryan	Friel	SM	East London Runners	29	21
2	604	Carl	Assmundson	SM	Ranelagh Harriers		59
3	664	David	Jones	M40	VPH&TH AC	30	1
4	815	Paul	Boddey	M40	Eton Manor AC		41
5	769	Luke	Craig	SM	East End Road Runners	31	10
6	900	Callum	Gathercole	SM	Mornington Chasers		10
7	880	Sam	Rahman	M40	Ilford AC		34
8	600	Steve	Philcox	M50	Ilford AC		38
9	826	Adam	Bartlett	SM	Harold Wood Running Club		54
10	885	Russell	Brown	M50	Orion Harriers		57
11	899	Andy	Davies	SM	Mornington Chasers	32	3
12	722	Martin	Westley	SM	Harlow Running & Tri Club		9
13	845	Martin	Chester	M50	Havering '90 Joggers		16
14	831	Christopher	King	SM	Harold Wood Running Club		22
15	276	Izzy	Gelder	SW	Mornington Chasers		26
16	805	Daniel	O'Donoghue	SM	East London Runners		36
17	611	Nigel	Bassam	M40	Unaffiliated		38
18	909	Graham	Atkins	SM	VPH&TH AC		39
19	628	Martyn	Coulter	SM	Harlow Running & Tri Club		46
20	613	Simeon	Bennett	M40	VPH&TH AC		58
21	903	Victor	Redondo	SM	Trent Park Running Club		59
22	898	Nick	Barker	M40	Loughton AC	33	3
23	869	Joshua	Adler	SM	Ilford AC		8
24	763	Dyfan	Garmon	M40	Dagenham 88 Runners		9
25	818	Jonathan	Drysdale	M40	Eton Manor AC		10
26	690	Sebastian	Parris	M40	Ilford AC		11
27	641	Simon	Fitzmaurice	SM	Vegan Runners UK		35
28	724	David	Wilson	M40	Orion Harriers		44
29	896	Gary	Atkins	M50	Havering AC		45
30	876	Diarmuid	Mac Donnell	M50	Ilford AC		50
31	710	Stephen	Thompson	M40	Orion Harriers		53
32	819	Russell	Jones	M50	Eton Manor AC	34	1
33	843	Daniel	Cano	SM	Havering '90 Joggers		5
34	654	Daniel	Holeyman	M40	Ilford AC		7
35	889	Steve	Jermyn	SM	Orion Harriers		8
36	806	Joseph	Osakue	M50	East London Runners		14
37	827	James	Coker	SM	Harold Wood Running Club		19
38	646	Paul	Goodhew	M50	Orion Harriers		20
39	629	Robin	Daines	M50	Loughton AC		46
40	803	James	Nichols	SM	East London Runners		49
41	772	Richard	Gill	M40	East End Road Runners	35	2
42	633	Scott	Duncan	SM	Orion Harriers		25
43	632	Neil	Douglas	M50	Unaffiliated		28
44	868	Steve	Walker	M50	Havering '90 Joggers		38

45	297	Andrew	Holloway	M50	Orion Harriers		39
46	894	Tim	Wright	M50	Orion Harriers		48
47	612	Andrew	Baxter	M50	East London Runners		52
48	708	Robert	Sommerville	M50	Eton Manor AC	36	2
49	784	Shahib	Ali	SM	East London Runners		4
50	728	John	Sable	m40	Orion Harriers		5
51	872	Steve	Chissell	M50	Ilford AC		19
52	813	Paul	Watkins	SM	East London Runners		22
53	783	Jamie	Zucker	M40	East End Road Runners		28
54	867	Lee	Veale	M40	Havering '90 Joggers		32
55	912	Adam	Lewis	M40	Orion Harriers		33
56	820	Lee	Milne	W40	Eton Manor AC		39
57	685	Rachel	Morison	SW	Orion Harriers		52
58	910	Richard	Seddon	SM	Eton Manor AC		54
59	849	Gary	Flint	M50	Havering '90 Joggers		55
60	897	Clare	Davies	SW	Havering AC		56
61	712	Ali	Trauttmansdorff	W50	Loughton AC		58
62	756	Jagbir	Singh Bassi	SM	Barking Road Runners	37	0
63	616	Adam	Bright	SM	Springfield Striders RC		1
64	760	Owen	Wainhouse	M40	Barking Road Runners		5
65	773	Coren	Hanley	SW	East End Road Runners		7
66	856	Luke	Knight	SM	Havering '90 Joggers		11
67	648	Dan	Green	M50	Orion Harriers		12
68	802	Simon	Nash	M40	East London Runners		13
69	893	Darren	Welsford	M40	Orion Harriers		20
70	779	Niall	Mulholland	M50	East End Road Runners		34
71	753	Martin	Page	M60	Barking Road Runners		37
72	785	Rachel	Bailey	SW	East London Runners		40
73	777	Jim	Manzano	M40	East End Road Runners		47
74	608	Nikkii	Barnett	W50	Orion Harriers		48
75	844	Vincent	Charman	M50	Havering '90 Joggers		51
76	834	Robert	McNamara	SM	Harold Wood Running Clut	38	1
77	631	Dave	Daugirda	M60	Eton Manor AC		2
78	797	Ian	Mackie	M60	East London Runners		7
79	634	Raymond	Dzikowski	M60	Ilford AC		11
80	788	Betty	Bohane	SW	East London Runners		15
81	680	Robin	McNelis	M50	UKRunChat		31
82	882	Joanne	Reeves	W40	Ilford AC		33
83	640	Claire	Fisher	SW	VPH&TH AC		39
84	699	Fiona	Russell	W50	Mornington Chasers		50
85	636	Ian	Emerson	M40	Orion Harriers		55
86	821	Jane	Rukin-White	SW	Eton Manor AC	39	11
87	786	Michael	Bamford	M50	East London Runners		12
88	711	Victoria	Thompson	W40	Loughton AC		14
89	662	Rahana	Islam	W40	Dagenham 88 Runners		20
90	787	Darminder	Bhamra	M50	East London Runners		22
91	870	Dennis	Briggs	M40	Ilford AC		37
92	913	Laura	Graham-Clare	SW	Orion Harriers		39
93	745	John	George	M60	Barking Road Runners		42

94	642	Danny	Fitzsimons	M50	Orion Harriers		47
95	878	Carlie	Qirem	SW	Ilford AC		50
96	781	Nora	Schillinger	SW	East End Road Runners	40	0
97	758	Joe	Stacey	SM	Barking Road Runners		8
98	796	Cindy	Koon	W40	East London Runners		12
99	700	Alison	Sale	W50	Ilford AC		15
100	786	Michael	Bamford	M50	East London Runners		25
101	782	Matthew	Ward	SM	East End Road Runners		35
102	737	Tom	Brennan	SM	Barking Road Runners		45
103	810	Clive	Stephenson	M60	East London Runners		47
104	851	Tony	Galea	M60	Havering '90 Joggers		58
105	828	Jo	Findlay	SW	Harold Wood Running Club	41	1
106	840	Simon	Maley	M40	Havering 90 Joggers		8
107	704	Tracey	Sheehy	W40	Dagenham 88 Runners		9
108	639	Benjamin	Fisher	M40	Orion Harriers		14
109	836	Paul	Newland	SM	Harold Wood Running Club		15
110	755	Belinda	Riches	W50	Barking Road Runners		17
111	719	Billy	Walkington	M40	Dagenham 88 Runners		24
112	678	Marco	Maserati	M60	London Heathside		25
113	842	Peter	Burdett	M50	Havering '90 Joggers		26
114	768	Roshan	Choolhun	M40	East End Road Runners		27
115	615	Naomi	Bourne	W50	VPH&TH AC		28
116	714	Mark	Unwin	M40	Orion Harriers		28
117	729	Jo	Skehan	SW	Orion Harriers		29
118	879	Tarik	Qirem	M40	Ilford AC		39
119	822	Rosie	Sibley	SW	Eton Manor AC		41
120	653	Linda	Helm-Manley	W50	Harlow Running & Tri Club		42
121	817	Lydia	Daniels	SW	Eton Manor AC		47
122	610	Gary	Bartlett	M60	Orion Harriers		52
123	804	John	O'Brien	M50	East London Runners		56
124	614	Joyce	Berry	W50	VPH&TH AC	42	1
125	698	Ruth	Rose	W40	Eton Manor AC		4
126	904	David	Bacon	M60	Unaffiliated		5
127	778	David	Moir	SM	East End Road Runners		23
128	713	Clive	Tweedie	M70	Havering '90 Joggers		31
129	807	Catherine	Perry	W40	East London Runners		35
130	715	Louise	Vacher	W50	Eton Manor AC		37
131	771	Ulrike	Gerstenberg	W40	East End Road Runners		53
132	743	Rosanna	Fforde	SW	Barking Road Runners		54
133	883	Anthony	Young	M50	Ilford AC		57
134	835	Susan	Munns	W60	Harold Wood Running Club	43	0
135	808	Sandra	Preston	W50	East London Runners		2
136	890	Karen	Lyons	W50	Orion Harriers		28
137	657	Nils	Hollmann	M50	Dagenham 88 Runners		31
138	770	Lisa	Gan	SW	East End Road Runners		45
139	696	Jenny	Richards	W40	Loughton AC		51
140	862	Tony	O'Callaghan	M60	Havering '90 Joggers		52
141	626	Louise	Cootes	W40	Harlow Running & Tri Club	44	0
142	761	Gary	Cardnell	M60	Dagenham 88 Runners		2

143	886	Martin	Hobley	M40	Orion Harriers		10
144	816	Fen	Coles	W50	Eton Manor AC		17
145	795	George	Georgiou	M50	East London Runners		22
146	852	Tony	Gray	M60	Havering '90 Joggers		25
147	651	Carmen	Harrington	SW	Unaffiliated		26
148	661	Christine	Inch	W60	Orion Harriers		36
149	725	Sharon	Wood	W50	Orion Harriers		45
150	841	Richard	Ballam	M40	Havering '90 Joggers		48
151	872	Steve	Chissell	M50	Ilford AC		55
152	606	Hannah	Barclay	SW	Orion Harriers	45	0
153	824	Nitin	Aggarwal	M40	Harold Wood Running Club		1
154	660	John	Hughes	M50	Dagenham 88 Runners		6
155	688	Ramesh	Pala	M60	East London Runners		11
156	676	Rebecca	Marshall	W40	London Heathside		21
157	618	Daniel	Carroll	M40	Orion Harriers		23
158	689	Kerry	Parker	W40	Orion Harriers		24
159	694	Mandy	Reid	W50	Ilford AC		26
160	848	David	Dixon	M60	Havering '90 Joggers		31
161	911	Roger	Green	M70	Woodford Green AC		38
162	603	Elizabeth	Aryeetey	W60	Mornington Chasers		39
163	697	Elizabeth	Roberts	SW	Harlow Running & Tri Club		50
164	864	Darren	Radford	M50	Havering '90 Joggers	46	7
165	873	Sean	Costello	M50	Ilford AC		7
166	770	Lisa	Gan	SW	East End Road Runners		12
167	812	Grace	Turner	SW	East London Runners		15
168	838	Jonathan	Waterfield	M40	Harold Wood Running Club		20
169	686	Geoffrey	Nicholls	M60	Eton Manor AC		21
170	801	Imran	Mustak	M40	East London Runners		23
171	829	Steve	Gourley	M50	Harold Wood Running Club		31
172	825	Debbie	Bailey	W60	Harold Wood Running Club		32
173	790	Mary	Connolly	W60	East London Runners		33
174	668	Maki	Kimura	W50	Mornington Chasers		36
175	746	Joyce	Golder	W50	Barking Road Runners		43
176	670	Rafaele	Lamour	W50	Mornington Chasers		56
177	888	Janine	Humberstone-Gi	W50	Orion Harriers	47	2
178	839	Alan	Woodroof	M60	Harold Wood Running Club		5
179	750	Jason	Li	M50	Barking Road Runners		6
180	859	Eleanor	Mole	W40	Havering '90 Joggers		12
181	717	Emilia	Vynnycky	W50	London Heathside		24
182	738	Alain	Cooper	M50	Barking Road Runners		24
183	667	Nicola	Kerr	W50	VPH&TH AC		31
184	762	Emma	Dudman	W40	Dagenham 88 Runners		34
185	619	Louise	Chappell	W40	Barking Road Runners		44
186	832	Christopher	Madell	M50	Harold Wood Running Club		55
187	674	Jason	Manning	M40	Dagenham 88 Runners		56
188	774	Laura	Knightley	W40	East End Road Runners		57
189	752	Martin	O'Toole	M50	Barking Road Runners	48	8
190	875	Sharon	Honey	W60	Ilford AC		9
191	791	Ann	Dunne	W60	East London Runners		12

192	847	Kerry	Curtis	W40	Havering '90 Joggers		13
193	895	Sally	Gillam	W60	Harwich Runners		20
194	863	Kate	Pettit	W50	Havering '90 Joggers		23
195	866	Stuart	Tidd	M60	Havering '90 Joggers		38
196	727	Bernard	Savage	M70	Havering '90 Joggers		55
197	754	Emma	Paisley	SW	Barking Road Runners	49	8
198	794	Kara	Gallear	SW	East London Runners		10
199	881	Batmanader	Ramen	M60	Ilford AC		14
200	741	Mic	Davidson	M70	Barking Road Runners		29
201	853	Jason	Hetterley	M50	Havering '90 Joggers		36
202	764	Michael	Pegnall	M40	Dagenham 88 runners		56
203	780	George	Sceats	SM	East End Road Runners	50	43
204	757	Dennis	Spencer-Perkins	M60	Barking Road Runners	51	35
205	673	Andrea	Macqueen	W60	Orion Harriers		40
206	811	Clare	Stevens	SW	East London Runners		57
207	858	Jackie	Ludlow	W50	Havering '90 Joggers	52	1
208	655	Nadine	Holland	W40	Loughton AC		7
209	716	Selon Timi	Veerasamy	W70	Dagenham 88 Runners		10
210	739	Nikki	Cranmer	W50	Barking Road Runners		23
211	860	Rachel	Morris	W40	Havering '90 Joggers		25
212	744	Alison	Fryatt	W50	Barking Road Runners		25
213	809	Diana	Rexhepaj	W50	East London Runners		33
214	798	Caroline	Moore	W60	East London Runners		41
215	767	Sarah	Bemand	W40	East End Road Runners		43
216	846	Becky	Coe	SW	Havering '90 Joggers		57
217	751	Martin	Mason	M70	Barking Road Runners	53	27
218	865	Brian	Slade	M70	Havering '90 Joggers		31
219	617	Peter	Bulaitis	M60	Orion Harriers		33
220	905	Darren	Flight	M40	Unaffiliated		47
221	684	Sherry	Moran	W50	East End Road Runners		54
222	703	Nadia	Shah	W40	Dagenham 88 Runners	54	4
223	684	Sherry	Moran	W50	East End Road Runners		11
224	673	Andrea	Macqueen	W60	Orion Harriers		26
225	766	Claire	Adamson	W40	East End Road Runners	55	18
226	891	Mark	Roberts	M60	Orion Harriers		49
227	740	Dawn	Curtis	W40	Barking Road Runners	56	5
228	707	Paul	Smith	M40	Dagenham 88 Runners	57	0
229	999	No number		0	0 EERR?		11
230	837	Elaine	Richardson	W60	Harold Wood Running Club		26
231	623	Gillian	Clarke	W60	Unaffiliated	58	11
232	833	Lynsey	Mann	W40	Harold Wood Running Club		30
233	748	Les	Jay	M60	Barking Road Runners		59
234	855	Laura	Kelly	W50	Havering '90 Joggers	60	35
235	857	Lee	Kyson	M60	Havering '90 Joggers	64	11
236	759	Nigel	Swaby	M60	Barking Road Runners		53
237	908	Pankaj	Nagori	M40	Unaffiliated	66	10
238	775	Shreeraj	Laturia	M40	East End Road Runners	66	11
239	874	Doris	Gaga	W50	Ilford AC	67	5
240	765	Kresh	Veerasamy	M40	Dagenham 88 Runners		14