

Orion Harriers 2024 Forest Five Series

Race 2 July 6th

Pos	Number	FirstName	LastName	Cat	Club	Mins	Secs
1	82	Roger	Maidment	M50	Orion Harriers	29	: 42
2	194	Brian	Jenkins	M40	Orion Harriers	30	: 32
3	31	Neil	Cook	M40	Victoria Park Harriers	31	: 58
4	97	Steve	Philcox	M50	Ilford AC	31	: 59
5	7	Nick	Barker	M40	Loughton AC	32	: 28
6	62	Steve	Hobbs	M50	Victoria Park Harriers	32	: 38
7	189	Steve	Jermyn	SM	Orion Harriers	32	: 44
8	191	Dave	Mannington	M40	Orion Harriers	33	: 12
9	30	Zachary	Cohen	SM	Orion Harriers	33	: 28
10	59	Stephen	Henry	SM	Orion Harriers	33	: 41
11	57	Philip	Harrison	SM	Orion Harriers	33	: 49
12	33	Martyn	Coulter	SM	Harlow Running & Tri Clu	34	: 5
13	176	Ed	Lunn	SM	Orion Harriers	34	: 7
14	24	Paul	Cates	M60	Eton Manor AC	34	: 11
15	12	Simeon	Bennett	M40	Victoria Park Harriers	34	: 31
16	166	Owen	Edwards	SM	Enfield Chasers	34	: 35
17	95	Cat	O'Shea	SW	Victoria Park Harriers	34	: 36
18	174	Kevin	Long	M40	Victoria Park Harriers	34	: 45
19	92	Tim	Murray	M40	Victoria Park Harriers	34	: 53
20	63	Daniel	Holeyman	M50	Ilford AC	35	: 47
21	38	Neil	Douglas	M50	Unaffiliated	36	: 8
22	165	Robin	Daines	M50	Loughton AC	36	: 15
23	115	Dave	Thomas	M60	Ilford AC	36	: 24
24	156	Colin	Smith	M40	Orion Harriers	36	: 37
25	182	John	Stead	SM	Orion Harriers	36	: 44
26	26	Steve	Chissell	M60	Ilford AC	37	: 6
27	159	Max	Bell	SM	Orion Harriers	37	: 26
28	112	Robert	Sommerville	M50	Eton Manor AC	37	: 28
29	10	Thomas	Beales	M40	Harlow Running & Tri Clu	37	: 29
30	108	Robert	Scott	M50	Barnet & District AC	37	: 31
31	51	Paul	Goodhew	M50	Orion Harriers	37	: 59
32	184	Paul	Wilson	M50	Orion Harriers	38	: 8
33	157	Andrew	Baxter	M50	East London Runners	38	: 11
34	36	Mark	Dillon	M50	Orion Harriers	38	: 14
35	167	Mark	Farrar	M50	Orion Harriers	38	: 28
36	127	Sarah	Whittaker-Axon	W40	Victoria Park Harriers	38	: 30
37	171	Gwilym	Johnston	M40	Orion Harriers	38	: 35
38	17	Adam	Bowie	M50	Enfield Chasers	38	: 45
39	44	Claire	Fisher	SW	Victoria Park Harriers	38	: 57
40	104	John	Rose	M50	Trent Park Running Club	39	: 7
41	128	Anthony	Williams	SM	Mornington Chasers	39	: 54
42	175	Andy	Lunn	M50	Orion Harriers	40	: 13
43	55	Katharine	Hancox	W50	Orion Harriers	40	: 20
44	71	Rahana	Islam	W40	Dagenham 88 Runners	40	: 21
45	180	Julie	Pond	W50	Unaffiliated	40	: 36
46	158	Graeme	Bell	M40	Orion Harriers	40	: 36
47	23	Michael	Cates	M50	Eton Manor AC	40	: 42
48	83	Stuart	Manktelow	M60	Trent Park Running Club	41	: 2
49	13	Steve	Bennett	M50	Orion Harriers	41	: 15
50	168	Benjamin	Fisher	M40	Orion Harriers	41	: 18

51	179	Melissa	O'Hare	W50	Trent Park Running Club	41 : 30
52	54	Jamie	Gwilliam	M40	Orion Harriers	41 : 45
53	163	Tim	Chow	SM	Southwark Athletic Club	42 : 6
54	161	Sharon	Bolister	W40	Eton Manor AC	42 : 16
55	14	Joyce	Berry	W50	Victoria Park Harriers	42 : 22
56	43	Diego	Fayos	M50	Southwark Athletics Club	42 : 30
57	100	Oliver	Purton	M50	Orion Harriers	42 : 56
58	190	Martin	Hobley	M40	Orion Harriers	43 : 13
59	58	Linda	Helm-Manley	W60	Harlow Running & Tri Clu	43 : 23
60	183	Sue	Thomas	W50	Trent Park Running Club	43 : 37
61	170	Beth	Henry	SW	Orion Harriers	44 : 18
62	2	Mary	Armitage	W60	Orion Harriers	44 : 23
63	56	Sally	Harrild	SW	Enfield and Haringey A C	44 : 32
64	193	Liam	Amatruda	SM	Unattached	44 : 32
65	132	Zoe	Woodward	W60	Eton Manor AC	44 : 41
66	77	Maki	Kimura	W50	Mornington Chasers	44 : 49
67	178	Beth	Mullan-Feroze	SW	Orion Harriers	45 : 5
68	32	Louise	Cootes	W40	Harlow Running & Tri Clu	45 : 6
69	69	Janine	Humberstone-Gilroy	W50	Orion Harriers	45 : 8
70	65	Gary	Homewood	M50	Mornington Chasers	45 : 9
71	101	Mandy	Reid	W50	Ilford AC	45 : 28
72	3	Elizabeth	Aryeetey	W60	Mornington Chasers	45 : 32
73	113	Katherine	Taylor	W50	Orion Harriers	45 : 35
74	68	John	Hughes	M50	Dagenham 88 Runners	45 : 37
75	87	Michael	McSweeney	M40	Unaffiliated	45 : 47
76	70	Christine	Inch	W60	Orion Harriers	45 : 55
77	130	Paul	Williams	M60	Orion Harriers	45 : 56
78	76	Nicola	Kerr	W50	Victoria Park Harriers	46 : 16
79	79	Daniel	Lewis	M40	Mornington Chasers	46 : 22
80	1	Gerald	Akrigg	M50	Victoria Park Harriers	46 : 30
81	94	John	O'Brien	M50	East London Runners	46 : 45
82	164	Sue	Cross	W60	Trent Park Running Club	46 : 58
83	11	Karen	Beazeley	W40	Springfield Striders RC	47 : 3
84	93	Geoffrey	Nicholls	M70	Eton Manor AC	47 : 20
85	116	Jim	Tilbrook	M50	Ilford AC	47 : 42
86	121	Emilia	Vynnycky	W50	London Heathside	48 : 31
87	91	Thomas	Murphy	M50	Unaffiliated	48 : 41
88	186	Rafaele	Lamour	W50	Mornington Chasers	49 : 7
89	78	Allan	Lacey	M50	Dagenham 88 Runners	49 : 23
90	129	Jennifer	Williams	SW	Mornington Chasers	49 : 53
91	107	Bernard	Savage	M70	Havering '90 Joggers	50 : 0
92	81	Andrea	Macqueen	W60	Orion Harriers	50 : 6
93	35	Hayley	Dalton	W50	Eton Manor AC	50 : 25
94	192	Rebecca	Marshall	W40	London Heathside	50 : 58
95	96	Helen	Pearce	W50	Orion Harriers	52 : 10
96	122	Lynne	Wakinshaw	W40	Orion Harriers	53 : 34
97	75	Frieda	Keane	W60	Ilford AC	53 : 43
98	103	Mark	Roberts	M60	Orion Harriers	53 : 49
99	102	Elizabeth	Roberts	SW	Harlow Running & Tri Clu	53 : 54
100	64	Nadine	Holland	W40	Loughton AC	54 : 2
101	49	Julia	Galea	W60	Ilford AC	54 : 5
102	67	Phil	Hudson	M60	Ware Joggers	54 : 13
103	119	Timi	Veerasamy	W70	Dagenham 88 Runners	54 : 27
104	126	Roger	Westwood	M40	Dagenham 88 Runners	54 : 41
105	48	Alison	Fryatt	W50	Barking Road Runners	54 : 57

106	52	Maya	Goodwin	W50	East London Runners	57 : 23
107	162	Jo	Charles	W60	Unaffiliated	61 : 14
108	177	Julie	Marsh	W50	Unaffiliated	: 16