

# Orion 15

## 21st March 2026

Pos	Number	FirstName	LastName	AgeCat	Club	Time		
						h	m	s
1	481	Arthur	Dickson-Bell	SM	Victoria Park Harriers	1	39	56
2	503	Christian	Garvey	SM	Victoria Park Harriers	1	40	17
3	739	Fabien	Lassonde	M40	Victoria Park Harriers	1	41	54
4	676	Sullivan	Smith	M40	Cambridge and Coleridge AC	1	45	16
5	661	Nicholas	Sharp	SM	Victoria Park Harriers	1	45	24
6	586	Alex	Manton	M40	Springfield Striders RC	1	45	36
7	640	Chris	Rampling	SM	Victoria Park Harriers	1	47	54
8	680	Matthew	Stevens	M40	Victoria Park Harriers	1	49	5
9	697	James	Vicente	SM	Edmonton RC	1	49	21
10	444	Dermot	Bryers	M40	Victoria Park Harriers	1	49	27
11	650	Jose	Rodriguez	M40	East London Runners	1	49	42
12	602	Stephen	Mcleod	SM	Herne Hill Harriers	1	49	53
13	504	Leo	Gebbie	SM	Unaffiliated	1	51	15
14	742	James	Pilch	M40	Eaton Manor	1	51	47
15	571	William	Linton	SM	Kent AC	1	51	53
16	624	Stephen	Pearce	M40	Eden Runners	1	51	58
17	441	Alistair	Brown	M50	Grange Farm & Dunmow Runners	1	52	7
18	654	Alistair	Rooms	SM	London Heathside	1	52	8
19	637	Bertie	Powell	SM	Woodford Green with Essex Ladies	1	52	23
20	720	Michael	Wilkes	M40	Leigh on Sea Striders	1	54	30
21	686	James	Swift	M40	Loughton AC	1	54	44
22	722	Joshua	Willis	SM	Eton Manor AC	1	55	35
23	495	Luke	Fitz-John	SM	Chelmsford AC	1	56	28
24	598	Harry	Mcelligott	SM	Unaffiliated	1	56	30
25	621	Adam	Parkes	M40	Unaffiliated	1	56	44
26	595	Richard	McCormick	M60	Barnet & District AC	1	57	10
27	678	James	Speak	SM	Victoria Park Harriers	1	57	25
28	620	Dean	Ovel	M40	Leigh-on-Sea Striders	1	57	37
29	727	John	Wray	SM	Leigh-on-Sea Striders	1	57	38
30	625	Rick	Pearson	M40	Carpe Deep End	1	57	38
31	543	Humfrey	Jeakins	SM	Eton Manor AC	1	57	42
32	516	Aaron	Graves	SM	Tiptree Road Runners	1	57	58
33	669	Robert	Sikorski	M50	Trent Park RC	1	58	37
34	603	Philip	McNeill	SM	Portal	1	58	55
35	721	Patrick	Williams	SM	Victoria Park Harriers	1	59	26
36	424	Max	Bell	SM	Orion Harriers	1	59	29
37	616	Liam	Norris	M40	Unaffiliated	1	59	47
38	647	John	Roberts	M40	Portal	2	0	3
39	745	Nigel	Bassam	M50	Dulwich Runners	2	0	5
40	554	Peter	Jurd	M40	Bishop's Stortford RC	2	0	9
41	408	Graham	Anderson	M40	Cambridge and Coleridge AC	2	0	33
42	501	Martyn	Fowler	M40	Unaffiliated	2	0	50
43	439	Terry	Brewster	M50	Little Baddow Ridge Runners	2	1	15
44	449	Mathew	Carver	SM	Orion Harriers	2	1	25
45	430	Barrie	Bloor	M40	Portal	2	1	43
46	406	Ted	Allaway	SM	Orion Harriers	2	1	58
47	604	Colin	Meredith	SM	Portal	2	2	15
48	429	Rob	Blair	M50	Victoria Park Harriers	2	3	9
49	711	Dave	Weir	M40	Trent Park RC	2	3	39
50	612	Tristan	Moyle	M40	Yonder Running Club	2	3	46
51	675	Nick	Smith	M40	Bishop's Stortford RC	2	3	50
52	523	Liam	Hazelton	M40	Orion Harriers	2	4	13
53	667	Zach	Shuttlewood	SM	Grange Farm & Dunmow Runners	2	5	45

54	455	Tim	Charters	M40	London Frontrunners	2	6	52
55	550	Owen	Jowett	SM	Unaffiliated	2	7	7
56	748	Tim	Wright	M50	Orion Harriers	2	7	13
57	685	Simon	Sumner	M40	Leigh on Sea Striders	2	9	23
58	567	Morven	Lean	SW	Orion Harriers	2	9	51
59	472	Martyn	Coulter	SM	Harlow Running & Tri Club	2	9	55
60	552	Hannah	Jump	SW	Orion Harriers	2	10	31
61	717	Rebecca	White	W40	Saffron Striders RC	2	10	36
62	631	Chris	Pick	M50	Victoria Park Harriers	2	10	36
63	517	Johnathan	Gray	M40	Edmonton RC	2	10	43
64	573	Kevin	Long	M50	Eton Manor AC	2	11	2
65	520	Stuart	Harris	M50	Colchester Harriers	2	11	6
66	741	Jose	Pabon	M40	Ealing Eagles RC	2	11	12
67	453	Rob	Chaplin	M50	Unaffiliated	2	11	18
68	664	Andrew	Shields	M60	Cambridge and Coleridge AC	2	11	23
69	693	Ian	Toal	M40	Leigh on Sea Striders	2	11	24
70	747	Peter	Banks	M50	Tiptree Road Runners	2	11	29
71	694	Tim	Todhunter	M40	Victoria Park Harriers	2	11	33
72	483	Andrew	Doig	M50	Mid Essex Casuals	2	12	51
73	509	Lee	Gordon	M40	Little Baddow Ridge Runners	2	13	10
74	658	Paul	Search	M40	Little Baddow Ridge Runners	2	13	29
75	725	Holly	Wood	W40	Orion Harriers	2	13	58
76	475	Robin	Daines	M50	Loughton AC	2	14	5
77	423	Paul	Beeton	M40	Unaffiliated	2	14	47
78	750	Nick	Kelman	SM	Ridgeway Runners	2	14	47
79	701	Michael	Voyce	M60	Unaffiliated	2	15	49
80	740	Jess	Verrall	SW	Eton Manor AC	2	16	34
81	703	Paul	Vulliamy	SM	Unaffiliated	2	16	49
82	702	Adam	Vulliamy	SM	Unaffiliated	2	17	2
83	746	Kat	Alpe	W40	Trent Park RC	2	17	12
84	583	Peter	Madden	SM	Unaffiliated	2	17	18
85	593	Charlie	Mccarthy	M50	Harwich Runners	2	18	7
86	545	David	Jellett	SM	Rochford RC	2	18	14
87	526	Rory	Henson	SM	Unaffiliated	2	18	35
88	446	George	Bull	M40	Carpe Deep End	2	19	5
89	582	Harriet	Macswheen	W40	Orion Harriers	2	19	50
90	614	Hew	Murray	SM	Unaffiliated	2	19	59
91	629	Marcus	Peters	SM	Tiptree Road Runners	2	20	21
92	635	Albert	Ponnelle	SM	Unaffiliated	2	20	23
93	471	Myles	Coulson	M50	Mid Essex Casuals	2	21	20
94	427	Tony	Bennett	M50	Little Baddow Ridge Runners	2	21	21
95	464	Louisa	Clifford	SW	Unaffiliated	2	21	41
96	484	Naomi	Doye	SW	Woodford Green with Essex Ladies	2	21	45
97	565	Pierre	Le Bourdonnec	M40	Unaffiliated	2	21	56
98	542	Jonny	Jacobs	M40	Unaffiliated	2	22	7
99	630	Simon	Peters	M50	Tiptree Road Runners	2	22	26
100	489	Robert	Ellen	SM	Orion Harriers	2	22	47
101	609	Oliver	Moore	M50	Leigh on Sea Striders	2	22	58
102	432	Jeremy	Bond	SM	Vyner Schnitzels	2	23	1
103	732	Athanasios	Zacharakis	SM	Summit Mentality	2	23	3
104	551	Liam	Joyce	SM	Victoria Park Harriers	2	23	6
105	535	Ian	Horritt	M40	Reading Roadrunners	2	23	9
106	531	Adam	Hoffman	M50	Unaffiliated	2	23	17
107	613	Darren	Murphy	M40	Little Baddow Ridge Runners	2	23	32
108	749	Matthew	Hearne	M50	Serpentine	2	23	49
109	704	Eilidh	Wagstaff	SW	Victoria Park Harriers	2	24	3
110	547	Aimee	Jenner	W40	Trent Park RC	2	24	50
111	403	Andrea	Aggio	SM	Victoria Park Harriers	2	25	2
112	522	Matthew	Hayes	M40	Little Baddow Ridge Runners	2	25	7

113	469	George	Cooper	SM	Dorst Dingos	2	25	42
114	491	Becky	Evans	W50	East London Runners	2	26	1
115	724	Anthony	Withstandley	M50	Victoria Park Harriers	2	26	3
116	735	Kerry	Bannister	W50	Haywards Heath Harriers	2	26	44
117	510	Connor	Gorrard-Smith	SM	Harvel Hash House Harriers	2	27	5
118	488	Jo	Elferink	W40	Orion Harriers	2	27	29
119	436	Nick	Brandon	M50	Unaffiliated	2	28	2
120	699	Pauline	Von Hebel	SW	Unaffiliated	2	28	3
121	485	Phil	Doye	M50	Woodford Green with Essex Ladies	2	28	7
122	599	Wayne	Mckiernan	M40	Orion Harriers	2	28	9
123	479	Irthe	De Jong	SW	Victoria Park Harriers	2	28	19
124	482	Mandy	Dohren	W40	Victoria Park Harriers	2	28	47
125	668	Anna	Sikorska	W50	Trent Park RC	2	29	5
126	598	Harry	Mcelligott	SM	Unaffiliated	2	29	35
127	498	Mark	Foster	M60	Dulwich Runners	2	29	57
128	572	Naomi	Lockstone	SW	Unaffiliated	2	30	18
129	553	Rose	Jump	SW	Unaffiliated	2	30	26
130	645	Andrew	Ritchings	M60	Little Baddow Ridge Runners	2	30	36
131	684	Darren	Summers	M50	Leigh on sea striders	2	30	56
132	581	Kenny	MacLeod	M50	London Fronrunners	2	30	58
133	759	Dom	Argyle	SM	Unaffiliated	2	31	22
134	632	Alex	Pickering	M40	East London Runners	2	31	28
135	560	Cindy	Koon	W50	East London Runners	2	31	31
136	592	Nico	Maury	M40	Barnet & District AC	2	31	54
137	562	Mark	Lawes	M50	Tiptree Road Runners	2	32	27
138	490	Roland	Ellis	M40	Unaffiliated	2	32	32
139	422	Neil	Bayton	M40	Unaffiliated	2	32	54
140	440	Polly	Bridgman	W40	Springfield Striders RC	2	32	57
141	606	Lee	Milne	W50	Eton Manor AC	2	34	54
142	743	Lydia	Daniels	SW	Eaton Manor	2	35	0
143	493	Mark	Farrar	M50	Orion Harriers	2	36	3
144	695	Matthew	Tonge	SM	Unaffiliated	2	36	9
145	478	Rowena	De Belligny	W40	Tiptree Road Runners	2	36	20
146	534	Kevin	Hope	M50	Unaffiliated	2	36	31
147	617	Gary	Orford	M60	Little Baddow Ridge Runners	2	36	51
148	473	Paul	Crowney	M50	Unaffiliated	2	36	54
149	591	Oliver	Matthews	SM	Unaffiliated	2	37	28
150	712	Siobhan	Weir	W40	Trent Park RC	2	37	29
151	731	Bo	Yu	W50	Trent Park RC	2	37	29
152	459	Jeanne	Cizeau	SW	Victoria Park Harriers	2	39	14
153	570	Neil	Linnane	M40	Enfield chasers	2	39	31
154	514	Ruth	Gowers	W40	Buxton AC	2	39	53
155	513	Isobel	Gowers	W50	Springfield Striders RC	2	40	16
156	445	Lauren	Buck	W40	Little Baddow Ridge Runners	2	41	4
157	706	David	Ward	M60	Leigh on Sea Striders	2	41	36
158	528	Simone	Hilliard	W40	Tiptree Road Runners	2	41	48
159	663	Vicky	Sheldon	W40	Tiptree Road Runners	2	41	48
160	574	Rachel	Lovell	SW	Victoria Park Harriers	2	42	25
161	723	Graham	Willsher	M50	Plumstead	2	42	48
162	601	Dean	Mcleod	M60	Springfield Striders RC	2	42	57
163	760	Iain	Bass	M50	Unaffiliated	2	43	55
164	431	Calvin	Bobin	M70	East London Runners	2	44	3
165	753	Keithly	Mussington	M70	Victoria Park Harriers	2	44	12
166	511	Michael	Gould	M40	Pitsea RC	2	45	14
167	644	Emily	Riddell	SW	Clapham Chasers	2	45	25
168	659	Adam	Sewell	M50	Trail Running Association	2	46	23
169	738	Nicki	Read	M40	Leigh on sea striders	2	46	25
170	736	Duncan	Baizley	M50	Unaffiliated	2	47	23
171	434	Naomi	Bourne	W50	Victoria Park Harriers	2	47	45

172	450	Michael	Cates	M50	Eton Manor AC	2	47	47
173	525	Amanda	Henry	W50	Colchester Harriers	2	47	47
174	447	Mark	Burnal	M40	Orion Harriers	2	48	6
175	541	Rahana	Islam	W50	Dagenham 88 Runners	2	49	27
176	648	Stuart	Roberts	M50	London Heathside	2	49	46
177	682	Jamie	Stokes	M50	CEPC	2	49	0
178	521	Peter	Hatley	M50	East London Runners	2	51	0
179	667	Zach	Shuttlewood	SM	Grange Farm & Dunmow Runners	2	51	7
180	611	Martin	Moulton	M50	Bishop's Stortford RC	2	51	10
181	558	Robert	King	M70	Tiptree Road Runners	2	52	0
182	638	Oliver	Purton	M50	Orion Harriers	2	52	11
183	608	Luca	Mohacsi	SW	Unaffiliated	2	54	7
184	700	Josephine	Von Zitzewitz	W40	Victoria Park Harriers	2	55	21
185	569	Maggie	Lind	SW	Victoria Park Harriers	2	57	38
186	466	Vic	Conran	M60	RED Runners	2	58	57
187	670	Graeme	Silcock	SM	East Essex Tri	2	59	37
188	420	Tim	Bavister	M50	Unaffiliated	3	0	27
189	467	Grant	Conway	M50	East London Runners	3	1	39
190	549	Shayne	Jones	SM	Witham Running Club	3	1	52
191	524	Luke	Helliwell	M40	Unaffiliated	3	2	5
192	729	Laurent	Yang	M40	Unaffiliated	3	5	30
193	692	Collette	Toal	W50	Leigh in Sea Striders	3	6	15
194	683	Zoe	Storrar	W40	Leigh-on-sea striders	3	6	18
195	477	Alasdair	Daw	M50	Billericay Striders	3	8	7
196	452	Marie	Chamillard	W50	Victoria Park Harriers	3	8	21
197	679	Clive	Stephenson	M60	East London Runners	3	13	2
198	744	Caroline	Corney	SW	Tiptree Road Runners	3	14	48
199	578	Tom	Lynch	M60	Orion Harriers	3	15	17
200	548	Baldeep	Johal	SW	Unaffiliated	3	16	58
201	600	Kevin	Mclellan	M70	Enfield Chasers	3	36	9
202	530	Jennifer	Hodson	W60	Unaffiliated	3	36	9