

Orion 15 25th March 2023

Pos	Num	Name	Club	Age Cat	Time		
					h	m	s
1	322	George Gurney	London Heathside	SM	1	40	59
2	227	Joe Dale	Victoria Park Harriers & THAC	V40	1	41	15
3	597	Daniel Steel	WGEL	SM	1	41	39
4	404	Brian Jenkins	Orion Harriers	V40	1	43	20
5	65	Reece Barclay	Orion Harriers	SM	1	44	9
6	424	Fabien Lassonde	Victoria Park Harriers & THAC	SM	1	44	55
7	467	Michael McTernan	Orion Harriers	V40	1	45	46
8	453	Harry Madgwick-Lawton	Striders of Croydon	SM	1	49	22
9	541	Will Reed-Wright	Orion Harriers	SM	1	51	26
10	465	Neil McGoun	Orion Harriers	V40	1	52	55
11	610	Craig Stevens	Eton Manor AC	SM	1	53	9
12	144	Joff Butler	Unaffiliated	SM	1	53	49
13	350	Adam Hemsworth	Castle Point Joggers	SM	1	54	29
14	98	Paul Boddey	Eton Manor AC	V40	1	55	15
15	406	Shay Joyce	Orion Harriers	SM	1	55	30
16	79	Ellie Baverstock	Orion Harriers	SW	1	55	31
17	444	Kevin Long	Victoria Park Harriers & THAC	V40	1	55	36
18	628	James Swift	East london Tri	V40	1	57	0
19	299	Aaron Graves	Tiptree Road Runners	SM	1	57	20
20	425	Gavin Lau	Victoria Park Harriers & THAC	SM	1	59	8
21	307	Alex Green	Trent Park Running Club	SM	1	59	20
22	494	Liam O'mahoney	East london Tri	SM	2	3	28
23	446	Phu Ly	Orion Harriers	V40	2	3	28
24	161	Lucy Charles-Barclay	Orion Harriers	SW	2	3	57
25	82	Simeon Bennett	Victoria Park Harriers & THAC	V40	2	4	5
26	579	Chris Seymour	Mid Essex Casuals	V50	2	4	9
27	391	Thomas Hyde	East London Runners	SM	2	4	11
28	71	Nigel Bassam	Unaffiliated	V40	2	4	14
29	397	Humfrey Jeakins	Eton Manor AC	SM	2	4	39
30	686	Stephen Wilkes	Bishop's Stortford RC	V50	2	4	41
31	81	Adrian Bell	Orion Harriers	SM	2	4	50
32	449	Diarmuid Mac Donnell	Ilford AC	V50	2	5	6
33	241	Liam Dooley	Unaffiliated	V40	2	5	18
34	55	Rachel Bailey	East London Runners	SW	2	5	22
35	632	David Swindells	London Fields Tri Club	V40	2	5	33
36	179	Peter Chubb	Springfield Striders	V50	2	5	40
37	133	Russell Brown	Orion Harriers	V50	2	5	46
38	159	Paul Cates	Eton Manor AC	V60	2	6	10
39	535	James Quartly	Orion Harriers	SM	2	7	23
40	438	Gary Licence	Colchester Harriers	V40	2	7	49
41	160	Rob Chaplin	Unaffiliated	V40	2	10	5
42	690	John Hockley	London Fields Tri Club	SM	2	10	32
43	428	Graham Law	Bad Boy Running	V40	2	10	57
44	143	Hannah Burkhardt	St Albans Striders	SW	2	11	13
45	696	Adam Yorwerth	St Alban's Striders	SM	2	11	13
46	701	Anthony H Withstandley	Victoria Park Harriers & THAC	V50	2	11	24
47	88	Susan Bint	Victoria Park Harriers & THAC	V40	2	11	41
48	530	Christian Poulton	Cambridge Harriers	V50	2	11	46
49	337	Alan Hart	Stowmarket Striders	V40	2	12	19
50	461	Regis Martin	Unaffiliated	V50	2	12	35
51	233	Paul George Dellar	Colchester Harriers	V50	2	12	38
52	59	Stephen Banham	Unaffiliated	SM	2	12	58

53	488	James Nichols	East London Runners	SM	2	13	25
54	292	Paul Goodhew	Orion Harriers	V50	2	14	18
55	264	Timothy Earl	Waveney Valley AC	V40	2	14	27
56	197	Alastair Clifford	Deal Tri	SM	2	15	29
57	102	Sharon Bolister	Eton Manor AC	SW	2	15	54
58	695	Tim Wright	Orion Harriers	V50	2	16	15
59	30	Joe Ashman	Orion Harriers	V50	2	16	34
60	373	Ian Horritt	Reading Roadrunners	V40	2	17	1
61	592	Jo Singer	Victoria Park Harriers & THAC	V50	2	17	13
62	365	Danny Holeyman	Ilford AC	V40	2	17	29
63	645	Paul Thompson	East London Runners	V50	2	17	36
64	482	Richard Newman	Harwich Runners	V50	2	17	45
65	699	Edward Lunn	Orion Harriers	SM	2	18	19
66	455	Andy Malleson	Edmonton Running Club	SM	2	21	40
67	392	Rahana Islam	Dagenham 88 Runners	V40	2	23	24
68	596	Richard Smith	Victoria Park Harriers & THAC	SM	2	24	8
69	436	Andre Leite-Reis	Unaffiliated	V40	2	24	59
70	268	John Ferguson	Cambridge & Coleridge AC	V50	2	25	10
71	332	Danielle Harrington	Tiptree Road Runners	V40	2	26	35
72	129	Simon Brightwell	Cambridge & Coleridge AC	V50	2	26	44
73	429	Mark Lawes	Tiptree Road Runners	V50	2	26	51
74	214	Robin Daines	Loughton AC	V50	2	27	15
75	693	Michael Woodward	Pitsea Running Club	V40	2	27	43
76	457	Lee Mansfield	Garden City Runners	V50	2	28	28
77	683	Hannah White	Orion Harriers	SW	2	28	39
78	145	Matthew Campbell	City of Southend	SM	2	29	13
79	450	Dan Macey	Colchester Harriers	V50	2	29	16
80	561	Richard Rule	Springfield Striders	V50	2	29	21
81	280	Clare Foreman	Springfield Striders	SW	2	29	27
82	312	Dan Green	Orion Harriers	V50	2	29	35
83	478	Colin Muir	Hampton Wick Wanderers	V40	2	30	7
84	209	Myles Robert Coulson	Mid Essex Casuals	V50	2	30	25
85	649	Grant Thornhill	Loughton Tri Club	SM	2	30	32
86	225	Jimmy Dale	East London Runners	SM	2	30	57
87	463	Graeme McCrae	Little Baddow Ridge Runners	V40	2	31	0
88	557	Jack Robertson	Unaffiliated	SM	2	31	1
89	664	Jessica Verrall	Eton Manor AC	SW	2	31	31
90	259	Scott Duncan	Unaffiliated	SM	2	31	40
91	698	Pierre Le Bourdonnec	Unaffiliated	SM	2	31	55
92	700	Haydn Swift	Unaffiliated	SM	2	33	1
93	435	Richard Leeder	Stowmarket Striders	V40	2	33	9
94	639	Mark Tempest	Orion Harriers	V50	2	33	27
95	422	Kasia Kostyrka-Allchorne	City of Southend	V40	2	33	38
96	617	Timothy Stodell	Orion Harriers	V40	2	35	47
97	338	Peter Hatley	East London Runers	V40	2	35	55
98	303	Jonathan Gray	Worcester Tri	V40	2	36	3
99	3	Mo Allen	Unaffiliated	V50	2	36	24
100	271	John Fitzpatrick	Unaffiliated	V50	2	36	24
101	625	Paul Straitt	Unaffiliated	V40	2	37	6
102	480	Keithly Mussington	Victoria Park Harriers & THAC	V60	2	37	36
103	499	Tom Parker	London Heathside	SM	2	38	38
104	448	Karen Lyons	Orion Harriers	V50	2	39	0
105	266	Ian Emerson	Orion Harriers	V40	2	39	31
106	367	Andrew Holloway	Orion Harriers	V50	2	40	15
107	295	Isobel Gowers	Springfield Striders	V40	2	41	0
108	497	Kevin Parker	Hampton Wick Wanderers	V40	2	42	57
109	32	Lucilla Ashton	Orion Harriers	V40	2	43	2
110	320	Mike Grout	East Essex Tri	V50	2	43	3

111	354	Simone Hilliard	Tiptree Road Runners	V40	2	43	4
112	421	Vicky knight	Tiptree Road Runners	V40	2	43	5
113	352	Beth Henry	Orion Harriers	SW	2	43	9
114	323	Sarah Hammond	Springfield Striders	V40	2	43	15
115	125	Polly Bridgman	Springfield Striders	V40	2	43	15
116	496	Sharon Palmer	Loughton AC	V40	2	43	30
117	677	David James Ward	Leigh on Sea Striders	V60	2	43	32
118	49	Ryan Atkinson	London Fields Tri Club	SM	2	44	14
119	331	Thomas Hardy	Unaffiliated	V40	2	44	38
120	508	Derek Pettet	Unaffiliated	V50	2	46	13
121	564	Robert Sambrooks	London Heathside	V40	2	47	33
122	681	Jacqui Watson	Billericay	V50	2	48	9
123	682	Stuart Watson	Unaffiliated	V40	2	48	9
124	473	James Moss	Orion Harriers	SM	2	48	12
125	372	Kevin Hope	Unaffiliated	V50	2	48	22
126	258	Alan Duncan	Team Brighthammer OCR	V40	2	48	28
127	230	Alasdair Daw	Billericay	V40	2	48	35
128	136	William Burbridge-James	Victoria Park Harriers & THAC	V60	2	48	49
129	420	Robert King	Tiptree Road Runners	V60	2	48	53
130	64	Hannah Barclay	Orion Harriers	SW	2	48	56
131	317	Gerry Greenwold	Witham Running Club	V50	2	49	2
132	357	Deborah Hitching	Springfield Striders	V40	2	49	14
133	458	Rebecca Marshall	London Heathside	V40	2	50	18
134	999	Scott Brenton	Tiptree Road Runners	M40	2	50	56
135	570	Isobel Seabrook	Burgess Hill RC	SW	2	51	27
136	140	Mark Burkett	Bishop's Stortford RC	V50	2	51	28
137	409	Mehmood Khan	Edmonton Running Club	V40	2	51	36
138	571	Melissa Seabrook	Unaffiliated	SW	2	52	2
139	598	Clive Stephenson	East London Runners	V60	2	52	38
140	210	James Creed	East London Runners	V40	2	53	24
141	253	Ursula Doyle	Unaffiliated	V40	2	54	9
142	243	Allan Douglas	Strathaven Striders	V60	2	54	24
143	251	Jake Doyle	Unaffiliated	SM	2	54	52
144	371	Gary Homewood	Mornington Chasers	V50	2	54	57
145	694	Stephen Worrall	Loughton AC	V40	2	55	16
146	532	Oliver Purton	Orion Harriers	V40	2	55	37
147	544	Avril Riddell	Serpentine RC	V60	2	56	22
148	553	Emily Riddell	London City Runners	SW	2	56	24
149	95	Hannah Blanchford	Orion Harriers	SW	2	59	37
150	416	Mohammed Khanji	Unaffiliated	V40	3	1	26
151	202	Victor Conran	Red Runners	V50	3	2	27
152	578	Adam Sewell	Trail Running Association	V50	3	7	5
153	568	Clarice Sanderson	Witham Running Club	SW	3	9	31
154	584	Zena Shean	East Essex Tri	V50	3	9	55
155	462	Gosia McBride	East london Tri	V40	3	9	55
156	500	Ai Seng Paul	Edmonton Running Club	V60	3	14	55
157	662	Naresh Trivedi	Edmonton Running Club	V60	3	15	33
158	563	Alexandra Rutishauser-Pe	East London Runners	V40	3	17	9
159	340	John Paul Healy	East London Runners	V40	3	17	14
160	114	Clare Boston	East Essex Tri	V40	3	18	6
161	491	Elsie Ofori	Orion Harriers	SW	3	18	12
162	490	John O'Brien	East London Runners	V50	3	22	36
163	405	Lysia Jiggins	Witham Running Club	V40	3	22	37

Team results

Men's Team

1	4	Brian Jenkins	Orion Harriers	1:43:20	
	5	Reece Barclay	Orion Harriers	1:44:9	
	7	Michael McTernan	Orion Harriers	1:45:46	5:13:15
2	2	Joe Dale	Victoria Park Harriers	1:41:15	
	6	Fabien Lassonde	Victoria Park Harriers	1:44:55	
	17	Kevin Long	Victoria Park Harriers	1:55:36	5:21:46
3	11	Craig Stevens	Eton Manor AC	1:53:9	
	14	Paul Boddey	Eton Manor AC	1:55:15	
	29	Humfrey Jeakins	Eton Manor AC	2:4:39	5:53:03
4	40	Gary Licence	Colchester Harriers	2:7:49	
	51	Paul George Dellar	Colchester Harriers	2:12:38	
	79	Dan Macey	Colchester Harriers	2:29:16	6:49:43
5	97	Peter Hatley	East London Runers	2:35:55	
	27	Thomas Hyde	East London Runners	2:4:11	
	53	James Nichols	East London Runners	2:13:25	6:53:31
6	35	David Swindells	London Fields Tri Club	2:5:33	
	42	John Hockley	London Fields Tri Club	2:10:32	
	118	Ryan Atkinson	London Fields Tri Club	2:44:14	7:00:19
7	1	George Gurney	London Heathside	1:40:59	
	103	Tom Parker	London Heathside	2:38:38	
	121	Robert Sambrooks	London Heathside	2:47:33	7:07:10
8	19	Aaron Graves	Tiptree Road Runners	1:57:20	
	73	Mark Lawes	Tiptree Road Runners	2:26:51	
	129	Robert King	Tiptree Road Runners	2:48:53	7:13:04
9	66	Andy Malleson	Edmonton Running Club	2:21:40	
	137	Mehmood Khan	Edmonton Running Club	2:51:36	
	157	Naresh Trivedi	Edmonton Running Club	3:15:33	8:28:49

Women's Team

1	16	Ellie Baverstock	Orion Harriers	1:55:31	
	24	Lucy Charles-Barclay	Orion Harriers	2:3:57	
	77	Hannah White	Orion Harriers	2:28:39	6:28:07
2	71	Danielle Harrington	Tiptree Road Runners	2:26:35	
	111	Simone Hilliard	Tiptree Road Runners	2:43:4	
	112	Vicky knight	Tiptree Road Runners	2:43:5	7:52:44
3	81	Clare Foreman	Springfield Striders	2:29:27	
	107	Isobel Gowers	Springfield Striders	2:41:0	
	114	Sarah Hammond	Springfield Striders	2:43:15	7:53:42

Men's Vet Team

1	4	Brian Jenkins	Orion Harriers	1:43:20	
	7	Michael McTernan	Orion Harriers	1:45:46	
	10	Neil McGoun	Orion Harriers	1:52:55	5:22:01
2	2	Joe Dale	Victoria Park Harriers & W	1:41:15	
	17	Kevin Long	Victoria Park Harriers & W	1:55:36	
	25	Simeon Bennett	Victoria Park Harriers & W	2:4:5	5:40:56
3	40	Gary Licence	Colchester Harriers	2:7:49	
	51	Paul George Dellar	Colchester Harriers	2:12:38	
	79	Dan Macey	Colchester Harriers	2:29:16	6:49:43
4	97	Peter Hatley	East London Runers	2:35:55	
	63	Paul Thompson	East London Runners	2:17:36	
	139	Clive Stephenson	East London Runners	2:52:38	7:46:09
5	73	Mark Lawes	Tiptree Road Runners	2:26:51	
	129	Robert King	Tiptree Road Runners	2:48:53	
	134	Scott Brenton	Tiptree Road Runners	2:50:56	8:06:40

Women's Vet Team

1	71	Danielle Harrington	Tiptree Road Runners	2:26:35	
	111	Simone Hilliard	Tiptree Road Runners	2:43:4	
	112	Vicky knight	Tiptree Road Runners	2:43:5	7:52:44
2	107	Isobel Gowers	Springfield Striders	2:41:0	
	114	Sarah Hammond	Springfield Striders	2:43:15	
	115	Polly Bridgman	Springfield Striders	2:43:15	8:07:30

Individuals

Men

1	322	George Gurney	London Heathside	SM	1	40	59
2	227	Joe Dale	Victoria Park Harriers	V40	1	41	15
3	597	Daniel Steel	WGEL	SM	1	41	39

Women

16	79	Ellie Baverstock	Orion Harriers	SW	1	55	31
24	161	Lucy Charles-Barclay	Orion Harriers	SW	2	3	57
34	55	Rachel Bailey	East London Runners	SW	2	5	22

M40

4	404	Brian Jenkins	Orion Harriers	V40	1	43	20
---	-----	---------------	----------------	-----	---	----	----

W40

47	88	Susan Bint	Victoria Park Harriers	V40	2	11	41
----	----	------------	------------------------	-----	---	----	----

M50

26	579	Chris Seymour	Mid Essex Casuals	V50	2	4	9
----	-----	---------------	-------------------	-----	---	---	---

W50

61	592	Jo Singer	Victoria Park Harriers	V50	2	17	13
----	-----	-----------	------------------------	-----	---	----	----

M60

38	159	Paul Cates	Eton Manor AC	V60	2	6	10
----	-----	------------	---------------	-----	---	---	----

W60

147	544	Avril Riddell	Serpentine RC	V60	2	56	22
-----	-----	---------------	---------------	-----	---	----	----