

Orion Harriers Forest Five Series 2022

Race 3 August 6th

The ELVIS special - Wild in the Country

Pos	Number	First	Last	Club	Age Cat	Mins	Secs
1	308	Dominic	Baxter	VPH&TH AC	SM	28	44
2	481	Simon	Cottle	Eton Manor AC	M40	29	06
3	440	Angelo	Pieris	East End Road Runners	M40	29	14
4	383	Gary	Towers	Eton Manor AC	M40	29	17
5	467	Scott	McMillan	East London Runners	M40	29	35
6	485	George	Fernandez	Eton Manor AC	SM	29	44
7	480	Paul	Boddey	Eton Manor AC	M40	29	56
8	539	Gary	Coombes	Iford AC	M50	30	03
9	487	Ed	Jenkins	Eton Manor AC	SM	30	46
10	548	Sam	Rahman	Iford AC	SM	30	52
11	547	Stephen	Philcox	Iford AC	M50	30	56
12	368	Scott	Reid	Orion Harriers	M50	31	24
13	497	Graham	White	Eton Manor AC	SM	31	36
14	385	Martin	Westley	Harlow Running & Tri Club	SM	31	44
15	546	Sebastian	Parris	Iford AC	SM	32	02
16	320	Martyn	Coulter	Harlow Running & Tri Club	SM	32	13
17	489	Jonathan	Leith	Eton Manor AC	M40	32	19
18	585	Richard	parris	Eton Manor AC	SM	32	28
19	567	Harold	Wyber	Orion Harriers	SM	32	33
20	441	Ian	Pithouse	East End Road Runners	SM	32	37
21	425	Nigel	Swinburne	Dagenham 88 Runners	M40	32	47
22	415	Paul	Withyman	Barking Road Runners	M40	33	11
23	340	Jennifer	Heymann	Eton Manor AC	W40	33	30
24	544	Diarmuid	Mac Donnell	Iford AC	M50	33	37
25	470	James	Nichols	East London Runners	SM	33	39
26	434	Leon Wei Chun	Kong	East End Road Runners	SM	33	56
27	345	Claire	Huggins	Orion Harriers	SW	33	59
28	488	Russ	Jones	Eton Manor AC	M50	34	04
29	533	Sameena	Ahmed	Iford AC	W40	34	07
30	335	Paul	Goodhew	Orion Harriers	M50	34	19
31	515	Daniel	Cano	Havering 90 Joggers	SM	34	27
32	378	Robert	Sommerville	Eton Manor AC	M50	34	31
33	587	Paul	Sheraton	East London Runners	M40	34	42
34	516	Vincent	Charman	Havering 90 Joggers	M50	34	59
35	390	Tim	Wright	Orion Harriers	M50	35	10
36	446	Rachel	Bailey	East London Runners	SW	35	20
37	411	Stuart	Mackay	Barking Road Runners	M40	35	27
38	577	Daniel	Gymer	Unaffiliated	SM	35	34
39	342	Andrew	Holloway	Orion Harriers	M50	35	52
40	540	Joel	Denning	Iford AC	M40	36	04
41	449	Betty	Bohane	East London Runners	SW	36	05
42	373	Robert	Scott	Barnet & District AC	M50	36	07
43	433	Coren	Hanley	East End Road Runners	SW	36	09
44	315	Michael	Cates	Eton Manor AC	M50	36	23
45	403	Debbie	Coyle	Barking Road Runners	W40	36	25

46	496	Kate	Thompson	Eton Manor AC	SW	36 29
47	476	Redmond	Shannon	East London Runners	M40	36 30
48	492	Lee	Milne	Eton Manor AC	W40	36 31
49	438	Niall	Mulholland	East End Road Runners	M50	36 33
50	314	Daniel	Carroll	Orion Harriers	M40	36 37
51	572	Hazel	Norton-Hale	VPH&TH AC	SW	36 49
52	307	Andrew	Baxter	East London Runners	M50	36 55
53	538	Adam	Coals	Iford AC	M40	36 59
54	465	Ian	Mackie	East London Runners	M60	37 02
55	447	Michael	Bamford	East London Runners	M50	37 05
56	412	Martin	Page	Barking Road Runners	M60	37 06
57	530	Lee	Veale	Havering 90 Joggers	M40	37 13
58	568	Mike	Duff	Ealing Eagles Running Club	M40	37 20
59	443	Adam	Shaikh	East End Road Runners	M50	37 27
60	555	Rachel	Morison	Orion Harriers	SW	37 28
61	556	James	Collett	Orion Harriers	M40	37 29
62	459	Caroline	Frith	East London Runners	W40	37 32
63	396	Hannah	White	Orion Harriers	SW	37 44
64	564	Darren	Welsford	Orion Harriers	M40	37 45
65	512	Steve	Constantinou	Havering 90 Joggers	M40	37 50
66	311	Calvin	Bobin	East London Runners	M60	37 57
67	453	Jimmy	Dale	East London Runners	SM	38 01
68	404	Adrian	Davison	Barking Road Runners	M60	38 01
69	483	Dave	Daugirda	Eton Manor AC	M60	38 11
70	416	Kevin	Wotton	Barking Road Runners	M50	38 11
71	370	Fiona	Russell	Mornington Chasers	W50	38 16
72	478	Jacob	Stevens	East London Runners	M40	38 24
73	534	Dennis	Briggs	Iford AC	M40	38 33
74	549	Joanne	Reeves	Iford AC	W40	38 45
75	536	Andrew	Catton	Iford AC	M60	38 58
76	435	Shreeraj	Laturia	East End Road Runners	M40	39 01
77	358	David	Mills	Loughton AC	M50	39 10
78	558	Benjamin	Fisher	Orion Harriers	M40	39 14
79	427	Billy	Walkington	Dagenham 88 Runners	M40	39 18
80	583	Bayo	Mabo	Havering 90 Joggers	M50	39 23
81	457	Becky	Evans	East London Runners	W50	39 30
82	448	Darminder	Bhamra	East London Runners	M50	39 33
83	364	Jane	Pannell	Eton Manor AC	W50	39 48
84	338	Dan	Green	Orion Harriers	M50	39 52
85	545	Breege	Nordin	Iford AC	W60	39 53
86	484	Mariann	Dosa	Eton Manor AC	SW	40 11
87	477	Clive	Stephenson	East London Runners	M60	40 12
88	437	Jim	Manzano	East End Road Runners	M40	40 13
89	445	Matthew	Ward	East End Road Runners	SM	40 17
90	514	Simon	Maley	Havering 90 Joggers	M40	40 21
91	566	Karen	West	Orion Harriers	W40	40 25
92	535	Bradley	Brown	Iford AC	M40	40 30
93	346	Lucy	Humphreys	Orion Harriers	SW	40 43
94	327	Joanna	Elferink	Orion Harriers	SW	40 50
95	301	Mary	Armitage	Orion Harriers	W50	40 51

96	333	Danny	Fitzsimons	Orion Harriers	M50	41 06
97	551	Alison	Sale	Ilford AC	W50	41 07
98	305	Gary	Bartlett	Orion Harriers	M60	41 08
99	494	Ruth	Rose	Eton Manor AC	W40	41 12
100	422	Daniel	Miller	Dagenham 88 Runners	M40	41 14
101	505	Paul	Newland	Harold Wood Running Club	SM	41 25
102	559	Simon	Haigh	Orion Harriers	M50	41 31
103	384	Clive	Tweedie	Havering '90 Joggers	M70	41 37
104	471	John	O'Brien	East London Runners	M50	41 47
105	523	Luke	Knight	Havering 90 Joggers	SM	42 04
106	532	Sean	Costello	Ilford AC	M50	42 14
107	429	Dauda	Ayodele	East End Road Runners	M50	42 14
108	479	Michael	Wilson	East London Runners	M60	42 39
109	473	Sandra	Preston	East London Runners	W50	42 48
110	563	Jo	Plumb	Orion Harriers	W50	42 50
111	405	Rosanna	Fforde	Barking Road Runners	SW	42 51
112	482	Kate	Daly	Eton Manor AC	W40	42 53
113	331	Laura	Fernandez	Loughton AC	W50	42 54
114	321	Declan	Cullen	Ilford AC	M60	43 09
115	379	Siavash	Talebipour	Orion Harriers	SM	43 39
116	578	Richard	Gymer	Unaffiliated	M50	43 52
117	527	Kate	Pettit	Havering 90 Joggers	W50	43 54
118	424	Michael	Peggnall	Dagenham 88 Runners	M40	44 05
119	493	Glen	Reddick	Eton Manor AC	M50	44 08
120	581	George	Joseph	Unaffiliated	M60	44 12
121	426	Natalie	Traylen	Dagenham 88 Runners	W40	44 17
122	304	June	Barrow-Green	VPH&TH AC	W60	44 22
123	573	Jill	Patel	Ware Joggers	W50	44 26
124	419	John	Hughes	Dagenham 88 Runners	M50	44 26
125	407	joyce	Golder	Barking Road Runners	W50	44 27
126	442	Nora	Schillinger	East End Road Runners	SW	44 29
127	570	Sue	Eedle	London Heathside	W60	44 34
128	363	Ramesh	Pala	East London Runners	M60	44 37
129	490	Christina	Long	Eton Manor AC	W40	44 39
130	319	Louise	Cootes	Harlow RC	W40	44 41
131	420	Costas	Kotrofis	Dagenham 88 Runners	M40	44 46
132	352	Rafaele	Lamour	Mornington Chasers	W50	44 48
133	286	Gillian	McKay	Eton Manor AC	W50	44 49
134	574	Kieran	Brown	Unaffiliated	M60	44 49
135	464	Cindy	Koon	East London Runners	W40	44 54
136	436	Karen	Leung-Chester	East End Road Runners	W40	44 58
137	584	Roger	Green	Orion Harriers	M70	44 58
138	486	Maud	Hodson	Eton Manor AC	W50	45 08
139	550	Mandy	Reid	Ilford AC	W40	45 17
140	462	Kathryn	Hertzberg	East London Runners	SW	45 19
141	367	Darren	Radford	Havering '90 Joggers	M50	45 23
142	576	Katy	Eedle	Unaffiliated	SW	45 24
143	520	Tony	Gray	Havering 90 Joggers	M60	45 24
144	351	Maki	Kimura	Mornington Chasers	W50	45 29
145	361	Geoffrey	Nicholls	Eton Manor AC	M60	45 34

146	463	Andrew	Howard	East London Runners	M60	45 39
147	302	Michelle	Ayrton	Loughton AC	W40	45 54
148	569	Sally	Gillam	Harwich Runners	W50	46 03
149	543	Sharon	Honey	Ilford AC	W60	46 19
150	387	Frances	Wilson	Orion Harriers	W50	46 27
151	421	Jason	Manning	Dagenham 88 Runners	M40	46 32
152	410	Jason	Li	Barking Road Runners	M50	46 53
153	571	Emilia	Vynnycky	London Heathside	W50	46 56
154	375	Mala	Singh	Eton Manor AC	W40	47 23
155	460	George	Georgiou	East London Runners	M50	47 32
156	552	Rob	Sargent	Ilford AC	M60	47 36
157	529	Stuart	Tidd	Havering 90 Joggers	M60	48 08
158	475	Alexandra	Rutishauser-Pere	East London Runners	W40	48 11
159	341	Nadine	Holland	Loughton AC	W40	48 12
160	461	John Paul	Healy	East London Runners	M40	48 26
161	432	Joanna	Dorling	East End Road Runners	W50	48 33
162	303	Hayley	Barron	Orion Harriers	W50	48 34
163	510	Alan	Woodroof	Harold Wood Running Club	M60	48 41
164	322	Hayley	Dalton	Eton Manor AC	W50	49 06
165	366	Deborah	Pomphret	Harlow Running & Tri Club	W50	49 10
166	525	Danielle	Last	Havering 90 Joggers	W40	49 14
167	503	Steve	Gourley	Harold Wood Running Club	M50	49 19
168	504	Carol	Nelson	Harold Wood Running Club	W60	49 23
169	452	Mary	Connolly	East London Runners	W60	49 33
170	359	Dhurmendra	Mistry	Orion Harriers	M50	49 40
171	541	Ray	Everingham	Ilford AC	M60	49 51
172	454	Fiona	Day	East London Runners	W60	50 00
173	521	Michael	Hill	Havering 90 Joggers	M50	50 03
174	509	Mike	Westmore	Harold Wood Running Club	M50	50 03
175	542	Julia	Galea	Ilford AC	W60	50 07
176	474	Diana	Rexhepaj	East London Runners	W50	50 10
177	409	Leslie	Jay	Barking Road Runners	M60	50 15
178	582	Mayoor	Patel	Unaffiliated	M60	50 18
179	318	Alain	Cooper	Barking Road Runners	M40	50 25
180	382	Lisa	Thorn	Orion Harriers	W50	50 32
181	506	Rachel	Peck	Harold Wood Running Club	SW	50 49
182	468	Caroline	Moore	East London Runners	W60	50 53
183	431	Sarah	Bemand	East End Road Runners	W40	51 13
184	528	Steve	Sheekey	Havering 90 Joggers	M60	51 20
185	560	Andrea	Macqueen	Orion Harriers	W50	51 53
186	372	Bernard	Savage	Havering '90 Joggers	M60	51 59
187	413	Emma	Paisley	Barking Road Runners	SW	52 09
188	450	Victoria	Charlesworth	East London Runners	W50	52 15
189	344	Phil	Hudson	Ware Joggers	M60	52 38
190	414	Ronald	Vials	Barking Road Runners	M70	53 22
191	469	Kathy	Morrissey	East London Runners	W50	53 43
192	455	Anna	Dingle	East London Runners	W40	53 54
193	526	Brigid	Mallee	Havering 90 Joggers	W50	54 17
194	590	Hayley	Smith	Harold Wood Running Club	SW	54 29
195	458	Sallyann	Eyles	East London Runners	W50	55 38

196	401	Martin	Mason	Barking Road Runners	M70	55 59
197	507	Elaine	Richardson	Harold Wood Running Club	W60	56 01
198	406	Alison	Fryatt	Barking Road Runners	W50	56 17
199	388	Daniela	Witten	Orion Harriers	W50	57 16
200	561	Mona	Patel	Orion Harriers	W40	58 01
201	511	Jackie	Ludlow	Havering 90 Joggers	W50	58 36
202	423	Pascalina	Pamba	Dagenham 88 Runners	W50	58 51
203	575	Gillian	Clarke	Unaffiliated	W60	59 03
204	408	Gary	Harford	Barking Road Runners	M60	59 45
205	524	Lee	Kyson	Havering 90 Joggers	M60	59 48
206	402	Robert	Courtier	Barking Road Runners	M60	60 18
207	456	Vivienne	Eka	East London Runners	W50	60 31
208	499	Maria	Brill	Harold Wood Running Club	W60	60 50
209	522	Debbie	Jones	Havering 90 Joggers	W50	60 50
210	519	John	Ford	Havering 90 Joggers	M60	60 50
211	439	Vinodini	Patel	East End Road Runners	W60	64 49
212	500	Caitlin	Dillane	Harold Wood Running Club	SW	65 56
213	498	Anna	Bailey	Harold Wood Running Club	W50	65 56
214	508	Lucy	Walker	Harold Wood Running Club	W40	67 12
215	501	Sarah	Dillane	Harold Wood Running Club	W40	68 22
216	502	Samantha	Dray	Harold Wood Running Club	W50	68 28
217	428	Veronica	Waller	Dagenham 88 Runners	W60	68 29
218	365	Helen	Pearce	Orion Harriers	W50	68 30