

Orion Harriers Forest Five Series

Race 1 3rd June 2023

Pos	Number	First	Last	Age	Cat	Club	Mins	Secs
1	604	Carl	Assmundson	SM		Ranelagh Harriers	31	3
2	275	Callum	Gathercole	SM		Mornington Chasers	31	9
3	276	Izzy	Gelder	SW		Mornington Chasers	31	46
4	695	Scott	Reid	M50		Orion Harriers	31	59
5	724	David	Wilson	M40		Orion Harriers	32	17
6	628	Martyn	Coulter	SM		Harlow Running & Tri Clut	32	33
7	613	Simeon	Bennett	M40		VPH&TH AC	32	55
8	654	Daniel	Holeyman	M40		Ilford AC	33	19
9	268	Paul	Cates	M60		Eton Manor AC	33	20
10	625	Neil	Cook	M40		VPH&TH AC	33	29
11	350	Ben	Amatruda	SM		Unaffiliated	33	35
12	652	Liam	Hazelton	M40		London Heathside	33	38
13	709	Sarah	Swinhoe	W50		Unaffiliated	33	42
14	690	Sebastian	Parris	M40		Ilford AC	34	20
15	611	Nigel	Bassam	M40		Unaffiliated	34	36
16	612	Andrew	Baxter	M50		East London Runners	34	50
17	622	Tim	Charters	M40		London Frontrunners	34	58
18	646	Paul	Goodhew	M50		Orion Harriers	35	3
19	677	Regis	Martin	M50		Orion Harriers	35	8
20	669	Terry	Knightley	M60		Ilford AC	35	12
21	629	Robin	Daines	M50		Loughton AC	35	15
22	728	John	Sable	SM		Orion Harriers	35	21
23	339	Hannah	White	SW		Orion Harriers	35	26
24	632	Neil	Douglas	M50		Unaffiliated	35	31
25	708	Robert	Sommerville	M50		Eton Manor AC	35	36
26	685	Rachel	Morison	SW		Orion Harriers	35	39
27	656	Stuart	Holliday	M40		VPH&TH AC	35	44
28	298	Connor	Holloway	SM		Unaffiliated	36	9
29	297	Andrew	Holloway	M50		Orion Harriers	36	10
30	672	Edward	Lunn	SM		Orion Harriers	36	13
31	634	Raymond	Dzikowski	M60		Ilford AC	36	40
32	279	Bernat	Gual-Ricart	SM		London City AC	36	43
33	329	Gen	Suzuki	SM		London City AC	36	48
34	637	Okon	Enyenihi	M40		Unaffiliated	36	50
35	648	Dan	Green	M50		Orion Harriers	37	38
36	631	Dave	Daugirda	M60		Eton Manor AC	37	42
37	618	Daniel	Carroll	M40		Orion Harriers	38	0
38	608	Nikkii	Barnett	W50		Orion Harriers	38	1
39	711	Victoria	Thompson	W40		Loughton AC	38	25
40	699	Fiona	Russell	W50		Mornington Chasers	38	48
41	349	Anthony	Williams	SM		Unaffiliated	39	0
42	615	Naomi	Bourne	W50		VPH&TH AC	39	9
43	662	Rahana	Islam	W40		Dagenham 88 Runners	39	29
44	300	Glynn	McDonald	M60		London Frontrunners	39	33

45	720	Jonathan	West	M40	Orion Harriers	39	36
46	299	Lucy	Humphreys	SW	Orion Harriers	39	50
47	650	Sally	Harrild	SW	Enfield & Haringey AC	40	33
48	714	Mark	Unwin	M40	Orion Harriers	40	34
49	693	Oliver	Purton	M40	Orion Harriers	40	40
50	640	Claire	Fisher	SW	VPH&TH AC	40	43
51	680	Robin	McNelis	M50	UKRunChat	40	56
52	678	Marco	Maserati	M60	London Heathside	40	57
53	700	Alison	Sale	W50	Ilford AC	41	7
54	642	Danny	Fitzsimons	M50	Orion Harriers	41	9
55	670	Rafaele	Lamour	W50	Mornington Chasers	42	27
56	722	Martin	Westley	SM	Harlow Running & Tri Clu	42	37
57	48	Cecilia	Assmundson	SW	Mornington Chasers	42	42
58	657	Nils	Hollmann	M50	Dagenham 88 Runners	42	54
59	696	Jenny	Richards	W40	Loughton AC	43	17
60	698	Ruth	Rose	W40	Eton Manor AC	43	27
61	694	Mandy	Reid	W50	Ilford AC	43	30
62	723	Paul	Williams	M60	Orion Harriers	43	44
63	715	Louise	Vacher	W50	Eton Manor AC	43	51
64	701	June	Barrow-Green	W70	VPH&TH AC	43	59
65	689	Kerry	Parker	W40	Orion Harriers	44	18
66	658	Gary	Homewood	M50	Mornington Chasers	44	21
67	644	Bal	Gill	M50	Orion Harriers	44	23
68	666	Andrew	Kennedy	M40	Orion Harriers	44	30
69	688	Ramesh	Pala	M60	East London Runners	44	41
70	605	Michelle	Ayrton	W40	Loughton AC	44	48
71	717	Emilia	Vynnycky	W50	London Heathside	44	52
72	651	Carmen	Harrington	SW	Unaffiliated	45	0
73	676	Rebecca	Marshall	W40	London Heathside	45	15
74	681	Sarah	Mills	W40	Orion Harriers	45	21
75	624	Philippa	Cockman	W60	VPH&TH AC	45	32
76	725	Sharon	Wood	W50	Orion Harriers	45	39
77	667	Nicola	Kerr	W50	VPH&TH AC	45	49
78	663	Paul	Johnson	M60	Unaffiliated	45	51
79	626	Louise	Cootes	W40	Harlow Running & Tri Clu	45	55
80	661	Christine	Inch	W60	Orion Harriers	46	12
81	603	Elizabeth	Aryeetey	W60	Mornington Chasers	46	19
82	310	Jennifer	Moore	SW	Mornington Chasers	46	19
83	686	Geoffrey	Nicholls	M60	Eton Manor AC	47	40
84	606	Hannah	Barclay	SW	Orion Harriers	47	54
85	683	Dhurمندرا	Mistry	M50	Orion Harriers	48	5
86	326	Brenda	Puech	W60	VPH&TH AC	48	11
87	630	Hayley	Dalton	W50	Eton Manor AC	48	47
88	727	Bernard	Savage	M70	Havering '90 Joggers	48	52
89	660	John	Hughes	M50	Dagenham 88 Runners	48	53
90	674	Jason	Manning	M40	Dagenham 88 Runners	48	53
91	621	Victoria	Charlesworth	W50	East London Runners	49	37
92	619	Louise	Chappell	W40	Barking Road Runners	49	45
93	643	Beata	Gaxha	W40	Orion Harriers	50	8

94	705	Helen	Smith	W50	Fetch Everyone	50	13
95	687	Christina	Pace	W40	Orion Harriers	50	30
96	718	Lynne	Wakinshaw	W40	Orion Harriers	51	10
97	707	Paul	Smith	M40	Dagenham 88 Runners	51	10
98	673	Andrea	Macqueen	W60	Orion Harriers	51	17
99	665	Frieda	Keane	W50	Ilford AC	51	21
100	697	Elizabeth	Roberts	SW	Harlow Running & Tri Clu	52	14
101	659	Phil	Hudson	M60	Ware Joggers	52	35
102	655	Nadine	Holland	W40	Loughton AC	52	47
103	716	Selon Timi	Veerasamy	W70	Dagenham 88 Runners	53	0
104	647	Maya	Goodwin	W50	East London Runners	54	10
105	620	Jo	Charles	W50	Unaffiliated	55	56
106	623	Gillian	Clarke	W60	Unaffiliated	56	45
107	684	Sherry	Moran	W50	East End Road Runners	56	55
108	638	Sallyann	Eyles	W50	Loughton AC	57	40
109	675	Julie	Marsh	W50	Unaffiliated	58	18
110	617	Peter	Bulaitis	M60	Orion Harriers	58	26
111	726	Numan	Donbalaglu	SM	Orion Harriers	58	48