

Orion 15**23rd March 2024**

Pos	Number	Name	Club			Time		
						1h	m	s
1	645	Rhys Gillard	City of Southend AC	M	SM	1	43	9
2	718	Roger Maidment	Orion Harriers	M	V50	1	43	14
3	684	Brian Jenkins	Orion Harriers	M	V40	1	45	3
4	787	Chris Sellens	Colchester Harriers	M	SM	1	46	27
5	703	Joe Leadley	Loftus & Whitby AC	M	SM	1	46	49
6	510	Samuel Anderson	Eton Manor AC	M	SM	1	47	20
7	749	Dean Ovel	Leigh-on-Sea Striders	M	V40	1	47	52
8	553	Alistair Brown	Grange Farm & Dunmow Runners	M	V50	1	48	18
9	768	Chris Rampling	Victoria Park Harriers & TH AC	M	SM	1	49	10
10	802	Craig Stevens	Eton Manor AC	M	SM	1	49	31
11	650	Alex Green	Trent Park RC	M	SM	1	49	50
12	759	James Pilch	Eton Manor AC	M	V40	1	50	6
13	730	Michael McTernan	Orion Harriers	M	V40	1	50	46
14	581	Philip Coales	Striders of Croydon	M	SM	1	50	47
15	532	Donald Bennet	Orion Harriers	M	SM	1	52	14
16	856	Matibini Matibini	Leigh-on-Sea Striders	M	V40	1	53	18
17	622	Stephen Fabes	Victoria Park Harriers & TH AC	M	V40	1	54	48
18	752	Adam Parkes	Unaffiliated	M	V40	1	55	0
19	843	Neill Whittaker	East London Triathletes	M	V40	1	55	38
20	812	James Swift	East London Triathletes	M	V40	1	56	18
21	563	Henry Buss	WFS	M	SM	1	57	13
22	758	Mauro Persic	Victoria Park Harriers & TH AC	M	V40	1	57	22
23	819	Stephen Thompson	Orion Harriers	M	V40	1	57	35
24	744	Jamie Ogilby	Orion Harriers	M	SM	1	58	1
25	685	Edward Jenkins	Eton Manor AC	M	SM	1	58	10
26	683	Humfrey Jeakins	Eton Manor AC	M	SM	1	58	11
27	636	John Foxall	Ealing Eagles RC	M	SM	1	58	54
28	729	Phil Mcneill	Unaffiliated	M	SM	1	58	59
29	635	Martyn Fowler	Grange Farm & Dunmow Runners	M	V40	1	59	12
30	535	Tamas Berghammer	Southwark AC	M	SM	1	59	13
31	838	Simon Wells	Bexley AC	M	V40	1	59	19
32	794	Robert Sikorski	Trent Park RC	M	V40	1	59	31
33	528	Ellie Baverstock	Orion Harriers	F	SW	1	59	36
34	583	Zachary Cohen	Orion Harriers	M	SM	1	59	42
35	564	Joff Butler	Unaffiliated	M	V40	1	59	57
36	509	Graham Anderson	Cambridge & Coleridge AC	M	V40	2	1	5
37	673	Jonathon Hockley	London Fields Triathlon Club	M	V40	2	1	9
38	756	Rick Pearson	Carpe Deep End	M	SM	2	2	20
39	523	Peter Banks	Tiptree Road Runners	M	V40	2	2	41
40	571	Paul Cates	Eton Manor AC	M	V60	2	2	47
41	687	David Jones	Victoria Park Harriers & TH AC	M	V40	2	2	49
42	725	Richard McCormick	Barnet & District AC	M	V60	2	3	20
43	813	David Swindells	London Fields Triathlon Club	M	V40	2	3	46
44	605	Andrew Doig	Mid Essex Casuals	M	V50	2	3	59
45	750	Jose Manuel Pabon	Ealing Eagles RC	M	V40	2	5	9
46	748	Cat O'Shea	Victoria Park Harriers & TH AC	F	SW	2	5	11
47	542	Barrie Bloor	Hackney	M	V40	2	6	6
48	524	Reece Barclay	Orion Harriers	M	SM	2	6	28
49	698	Alberto Lapedriza	Southwark AC	M	SM	2	6	54
50	522	Steven Banham	Unaffiliated	M	SM	2	7	56
51	853	Tim Wright	Orion Harriers	M	V50	2	8	2
52	527	Nigel Bassam	Unaffiliated	M	V40	2	8	9
53	779	John Roberts	Unaffiliated	M	V40	2	8	14
54	580	Alastair Clifford	Deal Triathlon	M	SM	2	8	46
55	682	Nayana Jain	Barts and The London RC	F	SW	2	9	17

56	720	Francesco Mattia	London Fields Triathlon Club	M	SM	2	9	42
57	608	Timothy Earl	Waveney Valley AC	M	V40	2	9	53
58	578	Kelly Clark	Victoria Park Harriers & TH AC	F	V40	2	9	59
59	617	Sally Emerson	London Fields Triathlon Club	F	SW	2	10	34
60	549	Terry Brewster	Little Baddow Ridge Runners	M	V40	2	10	35
61	621	Simon Evans	Unaffiliated	M	V40	2	10	36
62	508	Liam Amatruda	VMR	M	SM	2	10	40
63	506	Kat Alpe	Trent Park RC	F	SW	2	10	47
64	565	Walter Buttery	Barts and The London RC	M	SM	2	11	17
65	677	Daniel Horritt	Unaffiliated	M	SM	2	11	24
66	521	Adam Baker	Wymondham AC	M	V50	2	11	35
67	850	Yee Fai Valerie Wong	Victoria Park Harriers & TH AC	F	SW	2	11	42
68	517	Michelle Attridge	Handy Cross Runners	F	SW	2	11	48
69	817	Joseph Thompson	Barts and The London RC	M	SM	2	11	57
70	657	Nick Hammond	Framlingham Flyers	M	V50	2	12	2
71	835	Juliette Watkinson	Wymondham AC	F	V40	2	12	12
72	572	Rob Chaplin	Unaffiliated	M	V50	2	12	30
73	582	Duan Coertzen	Unaffiliated	M	SM	2	12	48
74	663	Alan Hart	Stowmarket Striders	M	V40	2	12	51
75	531	Gavin Benn	Victoria Park Harriers & TH AC	M	SM	2	12	52
76	770	Norma A Ortiz Rangel	Orion Harriers	F	V40	2	13	7
77	556	George Bull	Carpe Deep End	M	V40	2	13	25
78	705	Benjamin Leeds	Mid Essex Casuals	M	V40	2	13	29
79	766	Daniel Protheroe	Unaffiliated	M	SM	2	14	1
80	503	James Akerman	Edmonton RC	M	V40	2	14	18
81	678	Ian Horritt	Reading Roadrunners	M	V40	2	14	57
82	618	Fernando Espada	East London Runners	M	V50	2	15	8
83	823	Tim Todhunter	Victoria Park Harriers & TH AC	M	SM	2	15	18
84	786	Tom Scrase	Unaffiliated	M	SM	2	15	27
85	688	Owen Jowett	Unaffiliated	M	SM	2	16	6
86	816	Dom Thomas	Garden City Runners	M	SM	2	16	27
87	793	Anna Sikorska	Trent Park RC	F	V50	2	16	30
88	848	Iain Wilson	Ilford AC	M	V50	2	17	5
89	822	Ian Toal	Leigh-on-Sea Striders	M	V40	2	17	13
90	851	Michael Woodward	Pitsea RC	M	V40	2	17	21
91	776	Bernat Gual Ricart	Southwark AC	M	SM	2	17	43
92	803	Jacob Stevens	East London Runners	M	V40	2	18	44
93	818	Paul Thompson	East London Runners	M	V50	2	19	16
94	501	Tom Abbott	Brentwood RC	M	SM	2	20	32
95	800	Robert Sommerville	Eton Manor AC	M	V50	2	20	36
96	627	John Ferguson	Cambridge & Coleridge AC	M	V60	2	20	40
97	711	Diarmuid Mac Donnell	Ilford AC	M	V50	2	20	43
98	599	Amelia Davison	Orion Harriers	F	V40	2	20	47
99	696	Jonathan Kohler	Unaffiliated	M	SM	2	20	53
100	638	Nicole Frisby	Springfield Striders	F	SW	2	20	56
101	639	Jamie Funnell	Springfield Striders	M	SM	2	20	56
102	714	Andy Malleson	Edmonton RC	M	SM	2	20	59
103	704	Richard Leeder	Stowmarket Striders	M	V40	2	21	8
104	504	Terry Alabaster	Witham Running Club	M	V40	2	21	20
105	774	Steven Read	Grange Farm & Dunmow Runners	M	V50	2	21	35
106	829	Jessica Verrall	Eton Manor AC	F	SW	2	21	47
107	595	Robin Daines	Loughton AC	M	V50	2	21	53
108	689	Liam Joyce	Victoria Park Harriers & TH AC	M	SM	2	22	24
109	567	Jason Carpenter	Southwark AC	M	V40	2	22	28
110	712	Robin Mackenzie	Framlingham Flyers	M	V60	2	22	33
111	731	Oliver Moore	Leigh-on-Sea Striders	M	V50	2	22	46
112	781	John Rose	Trent Park RC	M	V50	2	22	52
113	642	Dyfan Garmon	Dagenham 88 Runners	M	V40	2	23	1
114	601	Rowena de Belligny	Tiptree Road Runners	F	V40	2	23	3

115	515	Lucilla Ashton	Orion Harriers	F	V40	2	23	14
116	788	Derek Seume	Unaffiliated	M	V40	2	23	15
117	826	Ali Trauttmansdorff	Loughton AC	F	V50	2	23	23
118	589	Myles Coulson	Mid Essex Casuals	M	V50	2	23	24
119	736	Simon Nash	East London Runners	M	V40	2	23	41
120	603	Matt Dennis	Unaffiliated	M	V40	2	23	46
121	693	Colin Kinsey	East London Triathletes	M	V40	2	24	9
122	551	Adam Bright	Springfield Striders	M	SM	2	24	39
123	783	John Sable	Orion Harriers	M	V40	2	24	41
124	832	Claire Wagh Cameron	Eton Manor AC	F	V40	2	24	42
125	801	Matt Stanford	Unaffiliated	M	V40	2	24	53
126	534	Emily Benton	Victoria Park Harriers & TH AC	F	SW	2	25	12
127	849	Paul Wilson	Orion Harriers	M	V40	2	25	20
128	727	Wayne McKiernan	Unaffiliated	M	V40	2	25	37
129	630	Grace Fisher	Eton Manor AC	F	SW	2	25	45
130	656	Alastair Guinee	Swindon Striders	M	SM	2	25	53
131	740	Andrew Nowley	Unaffiliated	M	SM	2	26	7
132	780	Matthea Roemer	Victoria Park Harriers & TH AC	F	SW	2	26	13
133	646	Paul Goodhew	Orion Harriers	M	V50	2	26	16
134	540	Luigi Bitonti	Southwark AC	M	V50	2	26	39
135	594	Oliver Curtis	Unaffiliated	M	V40	2	27	2
136	562	Jeremy Bush	East London Triathletes	M	V50	2	27	39
137	681	Kyle Jaggar	Unaffiliated	M	SM	2	27	50
138	660	Jess Hannah	Victoria Park Harriers & TH AC	F	SW	2	27	55
139	811	Gen Suzuki	Southwark AC	M	SM	2	28	6
140	808	Paul Straitt	Unaffiliated	M	V50	2	28	46
141	739	Richard Newman	Harwich Runners	M	V50	2	29	3
142	760	James Pollock	Unaffiliated	M	V50	2	29	26
143	631	John Fitzpatrick	Unaffiliated	M	V50	2	29	27
144	709	Anna Louis	Unaffiliated	F	V50	2	29	39
145	741	Tracey Carro Noya	Serpentine	F	V40	2	30	1
146	569	Daniel Carroll	Orion Harriers	M	V40	2	30	12
147	695	Vicky Knight	Tiptree Road Runners	F	V40	2	30	40
148	771	Abigail Rayner	Grange Farm & Dunmow Runners	F	V40	2	30	52
149	735	Keithly Mussington	Victoria Park Harriers & TH AC	M	V60	2	31	13
150	629	Mark Firth	Unaffiliated	M	V50	2	31	30
151	764	Vicky Presland	Great Bentley Running Club	F	V40	2	31	50
152	790	Chris Seymour	Mid Essex Casuals	M	V50	2	32	17
153	538	Darinder Bhamra	East London Runners	M	V50	2	32	24
154	669	Simone Hilliard	Tiptree Road Runners	F	V40	2	32	25
155	855	David Watkins	Unaffiliated	M	V60	2	33	10
156	543	Calvin Bobin	East London Runners	M	V60	2	33	14
157	577	Chris Clapperton	Unaffiliated	M	V40	2	33	21
158	676	Kevin Hope	Unaffiliated	M	V60	2	33	24
159	520	Duncan Baizley	Unaffiliated	M	V50	2	33	28
160	511	Anthony Ansell	Deal Triathlon	M	V60	2	33	50
161	544	Sharon Bolister	Eton Manor AC	F	V40	2	34	11
162	845	Ruth Wilkinson	East London Triathletes	F	SW	2	34	27
163	644	Mathew Gillard	City of Southend AC	M	V50	2	34	33
164	702	Mark Lawes	Tiptree Road Runners	M	V50	2	34	41
165	546	Ian Brazier	Little Baddow Ridge Runners	M	V50	2	35	3
166	666	Matthew Hayes	Little Baddow Ridge Runners	M	SM	2	35	6
167	570	Simon Carter	Orion Harriers	M	V50	2	35	53
168	643	Simon Garner	Harwich Runners	M	V50	2	36	2
169	555	Rupert Bulgin	Witham Running Club	M	SM	2	36	17
170	651	Dan Green	Orion Harriers	M	V50	2	36	34
171	516	Ryan Atkinson	London Fields Triathlon Club	M	SM	2	37	10
172	767	David Ralfe	Unaffiliated	M	V60	2	37	55
173	588	Adam Corke	Tankerton Running Group	M	V50	2	37	56

174	505	Mo Allen	Unaffiliated	M	V50	2	38	41
175	568	Robin Carrega	London Fields Triathlon Club	M	SM	2	38	44
176	762	James MacNish Porter	Brentwood RC	M	V60	2	38	44
177	690	Helen Kidgell	Leigh-on-Sea Striders	F	V40	2	39	11
178	807	Timothy Stodell	Orion Harriers	M	V40	2	39	46
179	692	Robert King	Tiptree Road Runners	M	V60	2	39	51
180	710	Karen Lyons	Orion Harriers	F	V50	2	40	11
181	746	Michael O'Gorman	Enfield Chasers	M	SM	2	40	22
182	614	Roland Ellis	Unaffiliated	M	V40	2	40	25
183	777	Jenny Richards	Loughton AC	F	V40	2	40	35
184	637	Daniel Fricker	Unaffiliated	M	SM	2	40	37
185	619	Becky Evans	East London Runners	F	V50	2	40	46
186	632	Mike Fitzpatrick	Unaffiliated	M	V50	2	40	51
187	810	Nick Sutcliffe	Southwark AC	M	V50	2	41	35
188	648	Isobel Gowers	Springfield Striders	F	V40	2	42	2
189	640	Karan Gadhia	East London Runners	M	SM	2	42	10
190	680	Rahana Islam	Dagenham 88 Runners	F	V40	2	42	21
191	649	Ruth Gowers	Buxton AC	F	V40	2	42	39
192	719	Brendan Maton	Carpe Deep End	M	V50	2	43	30
193	533	Steven Bennett	Orion Harriers	M	V50	2	43	44
194	775	Alessandro Renzini	Unaffiliated	M	V40	2	44	3
195	799	Ozzy Soltysiak	Edmonton RC	F	V40	2	44	22
196	831	Gracie Wade	Pitsea RC	F	SW	2	44	29
197	744	Jamie Ogilby	Orion Harriers	M	SM	2	44	42
198	827	Nick Tripp	Sheffield Triathlon Club	M	V60	2	44	54
199	536	Joyce Berry	Victoria Park Harriers & TH AC	F	V50	2	45	5
200	623	Kenneth Fancett	Beckenham RC	M	M70	2	45	59
201	526	Iain Bass	Unaffiliated	M	V50	2	46	10
202	613	Peter Ellis	Hockley Trail Runners	M	V40	2	46	22
203	575	Robyn Childs	Rochford RC	F	SW	2	46	22
204	834	David James Ward	Leigh-on-Sea Striders	M	V60	2	49	34
205	667	David Heinemann	Orion Harriers	M	V40	2	50	10
206	825	Kenneth Tovell	Framlingham Flyers	M	V50	2	50	21
207	830	Maike von Heymann	Serpentine	F	V40	2	51	23
208	641	Julia Gardiner	Harlow Running and Tri Club	F	V40	2	51	36
209	795	Ritesh Singhania	London Fields Triathlon Club	M	V40	2	52	17
210	691	Ali Kilic	Ayyo Team Essen	M	V50	2	52	29
211	658	Stephen Hamshere	Unaffiliated	M	V40	2	52	59
212	541	John Black	Eton Manor AC	M	V60	2	53	0
213	726	Kirsty McEwen	Bexley AC	F	SW	2	53	46
214	814	Paul Tawn	Mid Essex Casuals	M	V60	2	54	57
215	626	James Farthing	YDYR	M	V40	2	55	16
216	538	Darinder Bhamra	East London Runners	M	V50	2	55	49
217	662	Sally Harrild	VMR	F	SW	2	55	55
218	586	Vic Conran	RED Runners	M	V50	2	56	25
219	561	Mark Burnal	Orion Harriers	M	V40	2	56	28
220	747	Darrell Osborne	Unaffiliated	M	V50	2	56	34
221	557	William Burbridge-James	Victoria Park Harriers & TH AC	M	V60	2	57	8
222	591	Ian Crozier	Little Baddow Ridge Runners	M	V40	2	57	48
223	721	Kerry Mavris	Harlow Running and Tri Club	F	V50	2	58	6
224	694	Jason Kirby	Unaffiliated	M	V50	2	59	16
225	668	Kathryn Hertzberg	East London Runners	F	SW	2	59	39
226	600	Chris Dawes	Victoria Park Harriers & TH AC	M	V40	2	59	43
227	789	Adam Thom Sewell	TRA	M	V50	3	0	29
228	587	Grant Conway	East London Runners	M	V50	3	1	36
229	778	Lloyd Richardson	Lonely Goat RC	M	V50	3	3	33
230	574	Xiaolin Cheng	Southwark AC	M	SM	3	3	35
231	784	Clarice Sanderson	Witham Running Club	F	SW	3	3	50
232	573	Tony Chelepis	Edmonton RC	M	V50	3	3	55

