

Orion Harriers 2024 Forest Five Series

Race 1 June 1st

Pos	Numbe	FirstName	LastName	Cat	Club	min	sec
1	34	Joe	Dale	M40	Victoria Park Harriers	28	: 49
2	82	Roger	Maidment	M50	Orion Harriers	28	: 58
3	125	Martin	Westley	SM	Harlow Running & Tri Club	30	: 48
4	97	Steve	Philcox	M50	Ilford AC	31	: 23
5	31	Neil	Cook	M40	Victoria Park Harriers	31	: 46
6	146	James	Ruskin	M40	The Stragglers Running Club	31	: 52
7	7	Nick	Barker	M40	Loughton AC	31	: 57
8	57	Philip	Harrison	SM	Orion Harriers	32	: 44
9	24	Paul	Cates	M60	Eton Manor AC	33	: 14
10	33	Martyn	Coulter	SM	Harlow Running & Tri Club	33	: 18
11	136	Abbie	Bulbulian	SW	Clapham Chasers	33	: 55
12	59	Stephen	Henry	SM	Orion Harriers	33	: 56
13	16	Dan	Booth	SM	Orion Harriers	34	: 0
14	99	Howard	Protheroe	M50	Orion Harriers	34	: 2
15	131	David	Wilson	M40	Orion Harriers	34	: 10
16	63	Daniel	Holeyman	M50	Ilford AC	34	: 11
17	30	Zachary	Cohen	SM	Orion Harriers	34	: 15
18	95	Cat	O'Shea	SW	Victoria Park Harriers	34	: 18
19	140	Russell	Jones	M50	Eton Manor AC	34	: 45
20	12	Simeon	Bennett	M40	Victoria Park Harriers	35	: 6
21	137	Tim	Charters	M40	London Frontrunners	35	: 14
22	115	Dave	Thomas	M60	Ilford AC	35	: 56
23	105	John	Sable	M40	Orion Harriers	36	: 1
24	139	Liam	Hazelton	M40	London Heathside	36	: 17
25	18	Adam	Bright	SM	Springfield Striders RC	36	: 23
26	38	Neil	Douglas	M50	Unaffiliated	36	: 24
27	144	Adam	Preston	SM	Orion Harriers	36	: 32
28	108	Robert	Scott	M50	Barnet & District AC	36	: 59
29	156	Naomi	Bourne	W50	Victoria Park Harriers	37	: 7
30	133	James	Akerman	M40	Edmonton RC	37	: 10
31	17	Adam	Bowie	M50	Enfield Chasers	37	: 11
32	153	Janine	MaKaronidis	SW	Mornington Chasers	37	: 23
33	112	Robert	Sommerville	M50	Eton Manor AC	37	: 26
34	88	Lee	Milne	W40	Eton Manor AC	37	: 34
35	51	Paul	Goodhew	M50	Orion Harriers	37	: 40
36	10	Thomas	Beales	M40	Harlow Running & Tri Club	37	: 52
37	15	Calvin	Bobin	M60	East London Runners	38	: 3
38	128	Anthony	Williams	SM	Mornington Chasers	38	: 7
39	104	John	Rose	M50	Trent Park Running Club	38	: 21
40	127	Sarah	Whittaker-Axon	W40	Unaffiliated	38	: 31
41	151	Paul	Thornton	M50	Orion Harriers	38	: 33
42	20	Claire	Cameron	W40	Eton Manor AC	38	: 39
43	21	Daniel	Carroll	M40	Orion Harriers	38	: 47
44	83	Stuart	Manktelow	M60	Trent Park Running Club	38	: 52
45	150	Rebecca	Taylor	W40	Mornington Chasers	38	: 56
46	44	Claire	Fisher	SW	Victoria Park Harriers	38	: 56
47	45	Jasmin	Fitzpatrick	SW	Orion Harriers	38	: 58
48	149	Emma	Taylor	SW	Unattached	39	: 9
49	29	Adam	Coals	M40	Ilford AC	39	: 14
50	55	Katharine	Hancox	W50	Orion Harriers	39	: 35

51	80	Karen	Lyons	W50	Orion Harriers	39 : 57
52	13	Steve	Bennett	M50	Orion Harriers	40 : 3
53	23	Michael	Cates	M50	Eton Manor AC	40 : 8
54	79	Daniel	Lewis	M40	Mornington Chasers	40 : 35
55	43	Diego	Fayos	M50	Southwark Athletics Club	40 : 39
56	123	Jonathan	West	M40	Orion Harriers	40 : 48
57	155	Colin	Smith	M40	Orion Harriers	40 : 55
58	138	Joanna	Elferink	W40	Orion Harriers	41 : 6
59	54	Jamie	Gwilliam	M40	Orion Harriers	41 : 15
60	46	Danny	Fitzsimons	M50	Orion Harriers	41 : 33
61	71	Rahana	Islam	W40	Dagenham 88 Runners	41 : 42
62	14	Joyce	Berry	W50	Victoria Park Harriers	41 : 48
63	40	Omar	Elhag	M40	Victoria Park Harriers	42 : 22
64	145	Emily	Riddell	SW	London City Runners	42 : 22
65	56	Sally	Harrild	SW	Enfield and Haringey A C	42 : 29
66	134	Liam	Amatruda	SM	Unattached	42 : 29
67	135	Elaine	Battson	W50	Victoria Park Harriers	42 : 34
68	32	Louise	Cootes	W40	Harlow Running & Tri Club	43 : 25
69	106	Alison	Sale	W50	Ilford AC	43 : 42
70	2	Mary	Armitage	W60	Orion Harriers	43 : 59
71	3	Elizabeth	Aryeetey	W60	Mornington Chasers	44 : 7
72	154	Darren	Cordes	M50	Orion Harriers	44 : 12
73	69	Janine	Humberstone-Gilroy	W50	Orion Harriers	44 : 17
74	124	Karen	West	W40	Orion Harriers	44 : 30
75	5	Claire	Bancroft	W40	Orion Harriers	44 : 30
76	130	Paul	Williams	M60	Orion Harriers	44 : 49
77	93	Geoffrey	Nicholls	M70	Eton Manor AC	45 : 2
78	9	Hayley	Barron	W50	Orion Harriers	45 : 7
79	132	Zoe	Woodward	W60	Eton Manor AC	45 : 10
80	87	Michael	McSweeney	M40	Unaffiliated	45 : 23
81	142	Tony	Lloyd	M60	Unattached	45 : 39
82	152	Josephine	von Zitzewitz	W40	Victoria Park Harriers	45 : 52
83	76	Nicola	Kerr	W50	Victoria Park Harriers	46 : 12
84	129	Jennifer	Williams	SW	Mornington Chasers	46 : 28
85	70	Christine	Inch	W60	Orion Harriers	46 : 43
86	96	Helen	Pearce	W50	Orion Harriers	46 : 45
87	1	Gerald	Akrigg	M50	Victoria Park Harriers	46 : 46
88	94	John	O'Brien	M50	East London Runners	46 : 50
89	116	Jim	Tilbrook	M50	Ilford AC	47 : 29
90	141	Andrew	Lay	M50	Unattached	47 : 45
91	72	Clare	Janew	W40	Mornington chasers	48 : 43
92	102	Elizabeth	Roberts	SW	Harlow Running & Tri Club	49 : 17
93	113	Katherine	Taylor	W50	Orion Harriers	50 : 14
94	74	Paul	Johnson	M60	Unaffiliated	50 : 17
95	110	Helen	Smith	W50	Fetch Everyone	50 : 23
96	25	Louise	Chappell	W50	Barking Road Runners	50 : 45
97	90	Dhurmendra	Mistry	M50	Orion Harriers	50 : 50
98	107	Bernard	Savage	M70	Havering '90 Joggers	51 : 0
99	126	Roger	Westwood	M40	Dagenham 88 Runners	51 : 7
100	81	Andrea	Macqueen	W60	Orion Harriers	51 : 14
101	91	Thomas	Murphy	M50	Unaffiliated	51 : 14
102	143	Sarah	Mumford	W60	St Albans Striders	51 : 25
103	103	Mark	Roberts	M60	Orion Harriers	52 : 9
104	119	Timi	Veerasamy	W70	Dagenham 88 Runners	52 : 23
105	47	Darren	Flight	M40	Unaffiliated	52 : 37

106	114	Beverley	Thomas	W60	Ilford AC	52 : 46
107	75	Frieda	Keane	W60	Ilford AC	52 : 47
108	49	Julia	Galea	W60	Ilford AC	52 : 47
109	52	Maya	Goodwin	W50	East London Runners	52 : 55
110	64	Nadine	Holland	W40	Loughton AC	53 : 36
111	67	Phil	Hudson	M60	Ware Joggers	54 : 13
112	48	Alison	Fryatt	W50	Barking Road Runners	54 : 22
113	78	Allan	Lacey	M50	Dagenham 88 Runners	54 : 59
114	60	Richard	Hepworth	M70	Orion Harriers	56 : 23
115	6	Veronica	Barikor	W60	Barking Road Runners	56 : 30
116	22	Janet	Cassford	W50	Orion Harriers	57 : 58
117	73	Mary	Johnson	W40	Loughton AC	58 : 3
118	28	Gillian	Clarke	W60	Unaffiliated	59 : 36
119	19	Peter	Bulaitis	M70	Orion Harriers	61 : 53
120	147	Rachel	Sharples	SW	Barking Road Runners	66 : 56