

Orion Harriers 2025 Forest Five Series

Race 1 June 7th

Pos	Number	FirstName	LastName	Cat	Club	Time
1	466	Martin	Westley	SM	Harlow Running & Tri Club	00:29:00
2	443	James	Ruskin	M40	The Stragglers Running Club	00:30:16
3	474	Gavin	Brandie	M40	Clapham Chasers	00:30:55
4	330	James	Pilch	M40	Eton Manor AC	00:31:05
5	385	Neil	Cook	M40	Victoria Park Harriers	00:31:31
6	442	Paul	Rushton	M40	Eton Manor AC	00:31:37
7	84	Eugene	Cross	M40	Dulwich Runners AC	00:31:41
8	469	Jon	Whitehouse	M50	Loughton AC	00:32:10
9	387	Robin	Daines	M50	Loughton AC	00:32:16
10	61	Leon	Clement	M40	London Frontrunners	00:32:26
11	185	Wayne	Lashley	M40	Dulwich Runners	00:32:43
12	393	George	Fernandez	SM	Eton Manor AC	00:33:02
13	199	Alex	Loftus	M40	Dulwich Runners AC	00:33:17
14	355	Ed	Simmons	M40	Dulwich Runners AC	00:33:30
15	86	Joe	Farrington-Douglas	M40	Dulwich Runners AC	00:33:36
16	434	Alex	Pickering	M40	East London Runners	00:33:49
17	373	Simeon	Bennett	M40	Victoria Park Harriers	00:33:54
18	333	Carl	Redondo	M40	Trent Park Running Club	00:33:59
19	455	Dave	Thomas	M60	Ilford AC	00:34:11
20	354	Justin	Siderfin	M50	Dulwich Runners AC	00:34:20
21	352	Andrew	Scott	M40	Dulwich Runners AVY	00:34:33
22	366	Sam	Allum	SM	Orion Harriers	00:34:38
23	381	Paul	Cates	M60	Eton Manor AC	00:34:46
24	445	John	Sable	M40	Orion Harriers	00:34:53
25	169	Stephen	Henry	SM	Orion Harriers	00:35:09
26	382	Andrea	Ceccolini	M50	Dulwich Runners AC	00:35:15
27	363	Jonathan	Whittaker	M40	Dulwich Runners AC	00:35:26
28	118	Alicja	Furmanczyk	SW	Dulwich Runners AC	00:35:34
29	148	Matt	Hartin	M40	Dulwich Runners AC	00:35:37
30	367	Mark	Andrews	M40	Orion Harriers	00:35:39
31	369	Matt	Bailey	SM	Eton Manor AC	00:35:49
32	348	Nicola	Richmond	W50	Dulwich Runners AC	00:35:56
33	357	Katie	Smith	W40	Dulwich Runners AC	00:36:02
34	172	Russ	Jones	M50	Eton Manor AC	00:36:19
35	350	Hayley	Rogerson	W40	Orion Harriers	00:36:29
36	421	Philip	Mcdermott	M40	Orion Harriers	00:36:37
37	196	Michelle	Lennon	W50	Dulwich Runners AC	00:37:06
38	448	Robert	Scott	M50	Barnet & District AC	00:37:07
39	475	David	Spindle	SM	Dulwich Runners AC	00:37:49
40	53	Robert	Carder	M40	Orion Harriers	00:37:54
41	117	Michael	Fullilove	M60	Dulwich Runners AC	00:37:57
42	468	Hannah	White	SW	Orion Harriers	00:38:01
43	444	Fiona	Russell	W50	Mornington Chasers	00:38:09
44	37	Hugh	Balfour	M70	Dulwich Runners AC	00:38:12

45	370	Nikki	Barnett	W50	Orion Harriers	00:38:34
46	391	Nele	Douglas	M50	None	00:38:38
47	400	Katharine	Hancox	W50	Orion Harriers	00:38:44
48	439	John	Rose	M60	Trent Park Running Club	00:38:46
49	392	Mark	Farrar	M50	Orion Harriers	00:38:50
50	359	Katie	Styles	W40	Dulwich Runners AC	00:38:53
51	398	Paul	Goodhew	M50	Orion Harriers	00:38:56
52	405	Milly	Hooke	SW	Unaffiliated	00:38:58
53	403	Andrew	Holloway	M50	Orion Harriers	00:39:05
54	386	James	Creed	M40	East London Runners	00:39:08
55	409	Lucy	Humphreys	SW	Enfield Chasers	00:39:11
56	464	Darren	Welsford	M40	Orion Harriers	00:39:19
57	347	Zoe	Redondo	W40	Trent Park Running Club	00:39:25
58	383	Jon	Coffey	M40	Unaffiliated	00:39:31
59	349	Chris	Roberts	M50	Unaffiliated	00:39:31
60	66	Neil	Colquhoun	M40	London Frontrunners	00:39:40
61	160	Alex	Haylett	M40	Dulwich Runners AC	00:39:56
62	332	Eberhard	Prill	M60	Dulwich Runners AC	00:40:14
63	422	Glynn	Mcdonald	M60	London Frontrunners	00:40:29
64	89	Benjamin	Fisher	M50	Orion Harriers	00:40:35
65	380	Michael	Cates	M50	Eton Manor AC	00:40:38
66	357	Katie	Smith	W40	Dulwich Runners AC	00:40:40
67	356	Eleanor	Simmons	W40	Dulwich Runners AC	00:40:43
68	417	Karen	Lyons	W50	Orion Harriers	00:40:50
69	371	David	Barrett	M60	Orion Harriers	00:40:54
70	394	Anna	Fiedlerova	SW	Victoria Park Harriers	00:41:24
71	378	Daniel	Carroll	M40	Orion Harriers	00:41:26
72	326	Lucy	Pickering	W50	Dulwich Runners AC	00:42:12
73	353	Joanne	Shelton Pereda	W50	Dulwich Runners AC	00:42:21
74	173	Paulina	Jorudaite	SW	Orion Harriers	00:42:25
75	315	Michael	Mann	M70	Dulwich Runners AC	00:42:37
76	472	Zoe	Woodward	W60	Eton Manor AC	00:42:43
77	459	Jim	Tilbrook	M60	Ilford AC	00:42:45
78	419	Stuart	Manktelow	M60	Trent Park Running Club	00:42:48
79	111	Colin	Frith	M60	Dulwich Runners	00:42:55
80	477	Ciaran	Canavan	M50	East London Runners	00:43:01
81	440	Jonathan	Rouse	M50	Orion Harriers	00:43:10
82	446	Alison	Sale	W50	Ilford AC	00:43:20
83	411	Rahana	Islam	W40	Dagenham 88 Runners	00:43:25
84	404	Gary	Homewood	M60	Mornington Chasers	00:43:25
85	374	Stephen	Bennett	M50	Orion Harriers	00:43:40
86	384	Grant	Conway	M50	East London Runners	00:43:42
87	453	Amanda	Taylor	W60	Mornington Chasers	00:43:52
88	377	Veronica	Carrasco Espana	SW	East London Runners	00:43:53
89	436	Sandra	Preston	W60	East London Runners	00:43:57
90	41	Lisa	Barham	W40	Orion Harriers	00:44:19
91	402	Nils	Hollmann	M50	Dagenham 88 Runners	00:44:21
92	478	Jo	Skehan	W40	Orion Harriers	00:44:37

93	425	Robin	Mcnelis	M50	UKRunChat Running Club	00:44:39
94	454	Katherine	Taylor	W50	Orion Harriers	00:45:01
95	372	Hayley	Barron	W50	Orion Harriers	00:45:23
96	410	Christine	Inch	W60	Orion Harriers	00:45:26
97	415	Maki	Kimura	W50	Mornington Chasers	00:45:45
98	368	Elizabeth	Aryeetey	W60	Mornington Chasers	00:45:49
99	465	Dave	West	M60	Dulwich Runners AC	00:46:02
100	408	Janine	Humberstone-Gilroy	W60	Orion Harriers	00:46:21
101	431	John	O'Brien	M50	East London Runners	00:46:33
102	476	Lance	Fuller	M60	East London Runners	00:47:24
103	437	Elizabeth	Roberts	SW	Harlow Running & Tri Club	00:47:28
104	399	Theodosia	Green	W60	Trent Park Running Club	00:47:38
105	360	Ros	Tabor	W70	Dulwich Runners AC	00:47:43
106	181	Rafaele	Lamour	W50	Mornington Chasers	00:48:00
107	470	Paul	Williams	M60	Orion Harriers	00:48:10
108	427	Dhurmendra	Mistry	M50	Orion Harriers	00:48:20
109	430	Geoffrey	Nicholls	M70	Eton Manor AC	00:48:24
110	358	Claire	Steward	W70	Dulwich Runners AC	00:48:50
111	458	Lisa	Thorn	W50	Orion Harriers	00:49:20
112	418	Andrea	Macqueen	W60	Orion Harriers	00:49:33
113	452	Lisa	Smith	W60	Orion Harriers	00:49:47
114	447	Bernard	Savage	M70	Havering '90 Joggers	00:50:55
115	441	Nigel	Routledge	M60	Unaffiliated	00:51:17
116	429	Keithly	Mussington	M60	Victoria Park Harriers	00:52:20
117	323	Andy	Murray	M70	Dulwich Runners AC	00:52:25
118	324	Sara	Nasralla	W40	Unaffiliated	00:53:41
119	396	Darren	Flight	M50	Unaffiliated	00:54:22
120	460	Helen	Twigg	SW	East London Runners	00:54:26
121	406	Phil	Hudson	M60	Ware Joggers	00:54:37
122	412	Frieda	Keane	W60	Ilford AC	00:54:48
123	461	Timi	Veerasamy	W70	Dagenham 88 Runners	00:55:39
124	463	Christina	Watson	W60	Eton Manor AC	00:55:48
125	414	Anne-Marie	Kennedy	W40	East London Runners	00:57:50
126	413	Andrew	Kennedy	M40	Orion Harriers	00:57:51
127	471	Daniela	Witten	W50	Orion Harriers	01:00:48
128	50	Peter	Bulaitis	M70	Orion Harriers	01:02:24