

Orion 15 - 19 March 2011

	Name	Club		Time					
				h	m	s	V pos F pos		
1	Cedric Lassonde	Greenwich Tritons	M		1	31	45		
2	Andrew Reeves	Serpentine	M	V 40		35	57	1	
3	Brian Jenkins	Orion Harriers	M			36	31		
4	Edward Catmur	Thames Hare and Hounds	M				54		
5	Anthony Bourne	Serpentine	M			38	32		
6	Fabien Lassonde	Unattached	M			39	31		
7	Colin Read	Walthamstow AC	M	V 40			50	2	
8	Paul Dobson	Springfield Striders	M	V 40		40	30	3	
9	Harold Wyber	Woodford Green	M			41	40		
10	James Smith	Springfield Striders	M				52		
11	John Oakes	Cambridge and Coleridge	M	V 50		42	48	4	
12	Jonathan Booty	Witham Running Club	M			43	3		
13	Nick White	Saffron Striders	M				17		
14	Mark Ford	Unattached	M			44	0		
15	Robbie Cox	Woodford Green	M				5		
16	Paul Navesey	Crawley AC	M				13		
17	Dave Cox	Woodford Green	M	V 50		24		5	
18	Ben Cope	Serpentine	M				31		
19	Ben Hall	Orion Harriers	M			45	57		
20	Neil Swift	Orion Harriers	M	V 40		46	6	6	
21	Andrew Cooney	Datchet Dashers	M	V 40			33	7	
22	Colin Braybrook	Orion Harriers	M	V 40		47	15	8	
23	Iain Knight	Ilford AC	M				26		
24	Sam Athrowbridge	Unattached	M				27		
25	Keith Turner	Barnet and District	M	V 50		41		9	
26	Alan Hall	Serpentine	M	V 40		48	1	10	
27	Nolan Wilkens	Beckenham RC	M				10		
28	Dave Brock	Orion Harriers	M	V 50		18		11	
29	Nicholas Copas	Serpentine	M	V 40		33		12	
30	Barny Foot	Orion Harriers	M	V 40		49	15	13	
31	Damien Lane	Unattached	M	V 40		31		14	
32	Neil Cook	VPH & THAC	M				38		
33	Clem Dixon	Cambridge and Coleridge	M	V 40		50	22	15	
34	Andrew Hibbert	Serpentine	M				28		
35	Kevin Newell	Ilford AC	M				37		
36	Alan Ashton	Springfield Striders	M				47		
37	Brent Plump	Serpentine	M			51	8		
38	Nigel Swinburne	Dagenham 88 Runners	M				20		
39	Alex Elferink	Serpentine	M				33		
40	Steven Dawkins	Woodford Green	M				39		
41	Philip Cooper	Unattached	M	V 40			55	16	
42	Nigel Cairns	North York Moors AC	M	V 40		52	10	17	
43	Ian Parry	Unattached	M				31		
44	Grant Ramsay	Fairlands Valley Spartans	M				38		
45	Jo Singer	VPH & THAC	F	V 35		53	0	18	1
46	Simon Maler-Wright	Kent AC	M	V 40			2	19	
47	Paul Jeggo	Springfield Striders	M	V 50			28	20	
48	Peter Tarrier	Orion Harriers	M	V 40		54	1	21	
49	Aaron Williams	Walthamstow AC	M				8		
50	Ben Caisey	Ipswich Tri Club	M				22		
51	Adrian Frost	Eton Manor AC	M	V 50			24	22	
52	Steven Norris	Born2Tri	M			55	0		
53	Romain Denis	Tri London	M				53		
54	Elisabet Frankenberg	Leigh On Sea Striders	F			56	6		2
55	Gary Robinson	West 4 Harriers	M				15		
56	Chris Peter	Walthamstow AC	M	V 40			33	23	
57	Colin Barnes	Leigh On Sea Striders	M	V 40			41	24	

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	Name	Club		Time	V pos			F pos
					h	m	s	
58	Richard Taylor	Serpentine	M				45	
59	Matthew Applegate	Cambridge and Coleridge	M				57	
60	Russ Appleton	Unattached	M			57	6	
61	Teresa Gaillard De Laubenque	Serpentine	F	V 35		15	25	3
62	David Cato	Unattached	M			25		
63	Stephen Murrat	Woodford Green	M	V 50		29	26	
64	Adam Hadidi	Serpentine	M			39		
65	Julian Catmull	Unattached	M	V 50		44	27	
66	Stuart Hope	Born2Tri	M	V 40		49	28	
67	Lyn Higgs	Colchester Harriers	F	V 45		56	29	4
68	Robert Westaway	Serpentine	M	V 40	58	1	30	
69	Gary Joslin	Springfield Striders	M	V 40		6	31	
70	Timothy Earl	Waveney Valley AC	M			7		
71	Patrick Green	Serpentine	M			34		
72	Laurence Jarvis	Unattached	M			36		
73	Chip Hamer	London Heathside	M	V 50		37	32	
74	Craig Veall	Loughton AC	M	V 40		44	33	
75	Bradley Brown	Barking Road Runners	M			49		
76	Steyn Crous	Unattached	M			57		
77	Brian Rogers	Ipswich Jaffa	M	V 50		59	34	
78	Jonathan Dulieu	Unattached	M	V 40	59	9	35	
79	Mark Tempest	Orion Harriers	M	V 40		12	36	
80	Jeremy Trill	Northbrook AC	M	V 40		13	37	
81	Mel Davies	Barnet and District	M	V 50		18	38	
82	John Evans	Cambridge and Coleridge	M			19		
83	John Wallis	Woodford Green	M	V 40		23	39	
84	Tom Poland	Unattached	M			25		
85	James Wilson	East London Runners	M			28		
86	Holly Gilbert		F			30		5
87	David Edwards	Cambridge and Coleridge	M	V 50		31	40	
88	Ker Macrosson	Ipswich Jaffa	M	V 50		32	41	
89	Derek Wright	East London Runners	M	V 40		33	42	
90	Nigel Moyce	Unattached	M	V 40		41	43	
91	Roger Berry	Walthamstow Harriers	M	V 60		42	44	
92	Lawrence Shafier	Orion Harriers	M	V 40	2	0	1	45
93	Andrew Carruthers	Halesowen AC	M	V 50		10	46	
94	John Tyler	Havering 90 Joggers	M	V 40		33	47	
95	Danny Lee	Unattached	M	V 40		47	48	
96	Tamer Kumal	Unattached	M			57		
97	Simon Smith	Unattached	M	V 40	1	2	49	
98	Adam Hughes	Gravesend Road Runners	M			15		
99	Fiona Russell	Mornington Chasers	F	V 35		19	50	6
100	Graham McCarthy	East London Triathletes	M	V 40		21	51	
101	Mick Cairns	VPH & THAC	M	V 40		24	52	
102	Dave Spain	Benfleet RC	M	V 40		41	53	
103	Andy Frith	Benfleet RC	M	V 40		42	54	
104	Darren Over	Serpentine	M			46		
105	Jennifer Bradley	Serpentine	F			46		7
106	Carl Heap	London Heathside	M	V 50		52	55	
107	Chris McCallum-Banks	Unattached	M			57		
108	Sally Mhlonga	Chelmsford AC	F	V 35	2	1	56	8
109	Ian Hollowbread	Unattached	M			25		
110	John Lynch	Mornington Chasers	M	V 50		38	57	
111	Neil Wates	VPH & THAC	M		3	4		
112	Steve Sadler	Ware Joggers	M	V 40		4	58	
113	Gregiore Loeper	Unattached	M			14		
114	Mark Boulton	East London Runners	M			14		

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	Name	Club		Time	Time			V pos	F pos
					h	m	s		
115	Erhard Hohenester	Unattached	M	V 40			27	59	
116	Martin Reynolds	Unattached	M				38		
117	John Legge	Unattached	M	V 40			41	60	
118	Andrew Kennedy	Benfleet RC	M	V 40			50	61	
119	William Daly	Barking Road Runners	M				57		
120	Andy Vince	Orion Harriers	M	V 40		4	19	62	
121	Mark Ellingham	Dunstable Road Runners	M	V 50		5	17	63	
122	Garry Ellingham	Dunstable Road Runners	M				7		
123	Paul Stukas	AC.Uk	M	V 40			19	64	
124	Tony Wallen	Witham Running Club	M	V 40			22	65	
125	Stuart Mills	Witham Running Club	M				22		
126	Stanley Greenhalgh	VPH & THAC	M	V 40			41	66	
127	Patrick Brown	East London Runners	M				44		
128	Thomas Darby	Stopsley Striders	M				54		
129	Alastair Locke	Unattached	M				56		
130	Steven Watkins	Sikhs In The City	M	V 40		6	11	67	
131	Heather Dawson	Barnet and District	F	V 35			18	68	9
132	Nick Rowe	Unattached	M	V 50			24	69	
133	Adham Essam	Orion Harriers	M				42		
134	Paul Dent	Unattached	M				45		
135	Clive Cohen	Tring AC	M	V 50			54	70	
136	Chris Spriggs	Unattached	M				55		
137	John Owen	Barnet and District	M	V 60			56	71	
138	Steve Herington	Woodford Green	M	V 60		7	1	72	
139	Tim McIntyre	Sutton Runners	M	V 50			4	73	
140	Kenneth McIntosh	Unattached	M				13		
141	David Miller	Castle Point Joggers	M	V 40			15	74	
142	Jackie Stott	Unattached	F	V 45			18	75	10
143	David Atkinson	Unattached	M				48		
144	Matt Webster	Unattached	M			8	3		
145	Claire Medes	Gravesend Road Runners	F				3		11
146	Raymond Gunner	Stubbington Green	M	V 40			23	76	
147	Jeremy Gore	Kingswood RC	M	V 40			35	77	
148	Helen Smith	Unattached	F	V 35			37	78	12
149	Craig Hooke	Grange Farm and Dunmow Runn	M	V 40			39	79	
150	Michael Wilson	Thames Valley Hounds	M	V 50			43	80	
151	Paul Wheeldon	Springfield Striders	M				51		
152	Simon Wiggins	Felixstowe RRC	M				54		
153	Andy Dickson	Unattached	M	V 50		9	21	81	
154	Darran Hull	Springfield Striders	M	V 40			45	82	
155	David Robinson	VPH & THAC	M	V 50		10	5	83	
156	David Mason	Arena 80	M				32		
157	Karen Bradley	Barnet and District	F	V 45			44	84	13
158	Paul Bridges	Springfield Striders	M				51		
159	Simon Morgan	Tiptree Road Runners	M	V 40			51	85	
160	Robert King	Barnet and District	M	V 50		11	4	86	
161	Jon Gurney	Istead and Ifield Striders	M	V 40			24	87	
162	Simon Butler	VPH & THAC	M	V 40			28	88	
163	Richard Hardiman	Serpentine	M	V 40			40	89	
164	Sarah Dickerson	Unattached	F				50		14
165	Veronica Shadbolt	Unattached	F	V 45			57	90	15
166	Richard Hogg	Woodford Green	M	V 40			58	91	
167	Gavin Bodenham	East London Runners	M			12	12		
168	Maki Kimura	Mornington Chasers	F	V 35			16	92	16
169	Avril Riddell	Mornington Chasers	F	V 55			16	93	17
170	Patrick Michot	Unattached	M	V 40			27	94	
171	Mary Armitage	Orion Harriers	F	V 45			36	95	18

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	Name	Club			Time			
					h	m	s	V pos F pos
172	Paul Straitt	Unattached	M				39	
173	Pauline Mitchell	Unattached	F				42	19
174	Duncan Rayney	Loughton AC	M	V 40			45	96
175	Tony Moorhouse	Sutton Runners	M	V 40			46	97
176	Ben King	Barnet and District	M		13	3		
177	Renata O'Donnell	Ful-On-Tri	F				8	20
178	Anthony Maclean	Framlingham Flyers	M	V 40			11	98
179	Jamie Martin	Unattached	M	V 40			12	99
180	Jessica McCormick	Trent Park RC	F				32	21
181	Darrell Osborne	Unattached	M				47	
182	Lauren Ashton	Springfield Striders	F				55	22
183	Anika Jones	Beckenham RC	F	V 35	14	0	100	23
184	Sophie Bishop	Beckenham RC	F	V 35		1	101	24
185	Kevin Frost	Colchester and Tendering	M	V 40			6	102
186	???	Unattached	M				6	
187	Anthony Maycraft	Loughton AC	M	V 50			21	103
188	Steve Lambert	Woodford Green	M	V 40			31	104
189	Tom Hay	Unattached	M	V 50			38	105
190	Peter Lewis	Unattached	M				51	
191	Yvonne Jones	Garden City Runners	F	V 45	15	5	106	25
192	Gay Shillaker	Loughton AC	F	V 45		24	107	26
193	Sharon Springfield	East London Runners	F	V 35		25	108	27
194	Diane Baldwin	Marshalls Milton Keynes AC	F	V 45		26	109	28
195	Helen Real	Loughton AC	F				35	29
196	Nicola Hopkinson	Ilford AC	F	V 45		36	110	30
197	Viv Malt	Unattached	M				37	
198	Nicola Bishop	Unattached	F				48	31
199	Dionne Jones	Harlow RC	F	V 35		52	111	32
200	Kate Lee	Wimbledon Windmilers	F				58	33
201	John Murphy	Barnet and District	M	V 40	16	12	112	
202	Jane Harris	Unattached	F				12	34
203	Ben Gubb	Unattached	M				15	
204	George Hibdige	Unattached	M				27	
205	???	???	F				27	35
206	Michael Lockwood	Unattached	M				30	
207	Daniel Gilby	Unattached	M				33	
208	Philip Moore	Unattached	M	V 40			34	113
209	Chris Hicks	Deptford Green Runners	M				43	
210	John Wakefield	Serpentine	M	V 40			43	114
211	Melissa Dowell	Colchester Harriers	F	V 45			43	115
212	Jane Nodder	Mornington Chasers	F	V 45			48	116
213	Graham Hall	Orion Harriers	M	V 40	17	2	117	
214	Anthony Martin	Serpentine	M				22	
215	Gary Homewood	Mornington Chasers	M	V 40			53	118
216	Peter Bulaitis	Orion Harriers	M	V 50			58	119
217	Patrick Farren	East London Runners	M	V 40	18	26	120	
218	Lucy Neale	Springfield Striders	F				31	38
219	Andrzej Gajbutowilz	VPH & THAC	M	V 50	19	2	121	
220	James Russell	Pitsea RC	M	V 50			26	122
221	Linda Ingram	VPH & THAC	F	V 35			41	123
222	Stewart Read	Stopsley Striders	M				54	
223	Claire Gordon	Witham Running Club	F	V 35	20	20	124	40
224	Matt Crane	Unattached	M				22	
225	Shelley Martin	West 4 Harriers	F	V 35			45	125
226	Richard Mainwaring	East London Runners	M	V 40			48	126
227	Andrew Hanna	Unattached	M				56	
228	Ian Rodgers	Bishops Stortford RC	M	V 40	21	7	127	

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	Name	Club		Time	Time			V pos	F pos
					h	m	s		
229	Mike Rosbrook	Orion Harriers	M	V 60			24	128	
230	David Jobling	Witham Running Club	M	V 50			28	129	
231	James O'Donnell	Unattached	M	V 40			32	130	
232	Mike Gullis	BRJ Huntington RRC	M	V 50			35	131	
233	Maria Calleia	Marshalls Milton Keynes AC	F	V 35			54	132	42
234	Lorraine Taylor	East London Triathletes	F	V 45	22	5	133	43	
235	James Whiffin	Loughton AC	M	V 50			8	134	
236	Louise Vacher	Orion Harriers	F	V 45			18	135	44
237	Desiree Clarke Noble	East London Triathletes	F	V 35			30	136	45
238	Grant Conway	East London Runners	M	V 40			41	137	
239	James Thompson	Unattached	M				52		
240	Christian Keil	Unattached	M				56		
241	Leon Thomas	Unattached	M	V 40	23	15	138		
242	Ian McClymont	Bishops Stortford RC	M	V 60			28	139	
243	Laura Morgan	VPH & THAC	F				28		46
244	Trevor Lark	Tring AC	M	V 50			48	140	
245	Michael Carden	VPH & THAC	M	V 50			53	141	
246	Paul Charters	Unattached	M	V 40			54	142	
247	Sally Gillam	Ilford AC	F	V 45			58	143	47
248	Rachel Lark	Tring AC	M		24	9			
249	Elaine Battson	VPH & THAC	F	V 35			19	144	48
250	Finlay Muray	Barnet and District	M				39		
251	Raymond Vautier	Unattached	M	V 60			51	145	
252	Grant Corton	Woodford Green	M	V 50	25	33	146		
253	Adam Hocken	Witham Running Club	M	V 40			34	147	
254	Alexander Pearson	Serpentine	M				39		
255	Rachel O'Connor	Witham Running Club	F	V 35	26	12	148	49	
256	Tracie Bromboszcz	Witham Running Club	F	V 45			12	149	50
257	Eddie Driscoll	Braintree	M	V 40			29	150	
258	Nigel Morgans	Thurrock Nomads	M	V 50			37	151	
259	Richard Teague	Unattached	M	V 40			38	152	
260	Jinaka Ugochukwu	Unattached	F				42		51
261	Stephen Hampshire	Farrow Tri	M	V 50			43	153	
262	Andy Beech	Unattached	M				49		
263	Jeff Clarke Noble	Unattached	F	V 35			50	154	52
264	Kevin Farnan	Unattached	M				56		
265	Rowena De Belligny	Barnet and District	F				59		53
266	Cheryl Sacks	Serpentine	F	V 35	27	14	155	54	
267	Martin Garrett	Sudbury Court RC	M	V 50			29	156	
268	Linda Dworowski	Barnet and District	F	V 45			35	157	55
269	Sandra Buckton	London Heathside	F	V 35			54	158	56
270	Gill McKeever	Orion Harriers	F	V 45			55	159	57
271	Ruth Osborne	Unattached	F		28	8			58
272	Becca Horn	Unattached	F				25		59
273	Paul Mazonowicz	Unattached	M	V 40			26	160	
274	Steve Bunce	Orion Harriers	M	V 50			37	161	
275	Juliet Hoareau	Bexley	F	V 35			45	162	60
276	Janet Worster	Nigel'S RC	F	V 45			51	163	61
277	Alexander Kite	Unattached	M				53		
278	Nigel Gildersleve	Unattached	M	V 40			57	164	
279	Patricia O'Neill	East London Runners	F	V35	29	25	165	62	
280	???	Unattached	M				40		
281	George Georgiou	Loughton AC	M	V 50	30	19	166		
282	Nicola Driscoll	Unattached	F				35		63
283	Peter Tree	Thrift Green Trotters	M	V 50			38	167	
284	Richard Derrick	St Albans Striders	M	V 50			41	168	
285	Naomi Rumbold	Bishops Stortford RC	F	V 35			42	169	64

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	Name	Club			Time			V pos	F pos
					h	m	s		
286	Alex Stuckey	Witham Running Club	M				49		
287	Steven Murphy	London Heathside	M	V 40	31	15	170		
288	Chris Leadbetter	Unattached	M				24		
289	Joanne Whiffin	Loughton AC	F	V 45			34	171 65	
290	Katherine Kimber	Unattached	F		32	27		66	
291	Marc Lowers	Harlow RC	M				54		
292	Amanda Heslegrave	Dagenham 88 Runners	F	V 35			55	172 67	
293	James Wren	Unattached	M		33	4			
294	Graham Holnes	Unattached	M	V 40			12	173	
295	Paul Woodyatt	City of Norwich AC	M	V 40			37	174	
296	Jane Simms	Army Boot Camp Fitness	F				46	68	
297	Sally Brown	Unattached	F				51	69	
298	Antoine Aubert	Unattached	M		34	17			
299	Alan Cathcart	VPH & THAC	M	V 50			19	175	
300	Claire Winspear	Unattached	F	V 45			40	176 70	
301	Matthew Hodge	Unattached	M	V 40			58	177	
302	James Hopewood	Witham Running Club	M	V 40	36	14	178		
303	Bahir Laattoe	Unattached	M	V 50			31	179	
304	Debbie Lewis	Witham Running Club	F	V 45			47	180 71	
305	Mike Grealy	Halstead Road Runners	M	V 50			47	181	
306	Jean-Come Renard	Unattached	M		37	26			
307	William Packer	Unattached	M				28		
308	Mick Owens	Unattached	M	V 60			36	182	
309	Jenny Akroyd	Dagenham 88 Runners	F				51	72	
310	Peter Cook	Unattached	M		38	8			
311	Frank Merrigan	VPH & THAC	M	V 50			46	183	
312	Ketiwe Nhende	Unattached	F		41	11		73	
313	Seren Halil	Unattached	M	V 50			30	184	
314	Roger Alburey	Eton Manor AC	M	V 50			41	185	
315	Karen Pretorius	Unattached	F	V 35	43	53	186	74	
316	Pete Deadman	Orion Harriers	M	V 60			53	187	
317	Anthony Agius	Trent Park RC	M	V 50	46	18	188		
318	Jacqueline Maycock	Marshalls Milton Keynes AC	F	V 45	47	32	189	75	
319	Kerry Anne Marsh	Springfield Striders	F		48	6		76	
320	Maggie Moore	Unattached	F		51	4		77	
321	Monika Thaler	London Heathside	F	V 35			4	190 78	
322	Kathryn Maskell	Unattached	F		55	42		79	
323	???	???	F		59	52		80	
324	Martin Scully	Unattached	M	V 50	3	0	7	191	
325	Harvey French	Farrow Tri Club	M				1	37	
326	Andrew Dodd	Orion Harriers	M	V 40			1	37 192	

1st Men's team: Serpentine

1st Vet's team: Serpentine

1st Ladies team: Mornington Chasers

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Name

Club

Time
h m s V pos F pos