

# Sri Chinmoy 5K Race

Battersea Park, London

14th June 2021

## DASHING DEER 5K



**SRI CHINMOY  
MARATHON TEAM**



www.runandbecome.com

WINNERS						
RANK	NAME	SURNAME	CLUB	M   F	TIME	AGE
Men U/50						
1	Seyfu	Jamaal	London Heathside	Male	14:46	20
2	Elias	Ahmed	Ealing Southall & Middlesex AC	Male	15:05	19
3	Jonathan	Poole	Serpentine Rc	Male	15:20	38
4	Oscar	Bell	Ware joggers	Male	15:30	22
5	Joe	Hartley	kent ac	Male	15:31	33
6	Chris	Mason	Ealing Southall & Middlesex AC	Male	15:41	37
7	James	Hotham	Victoria Park & Tower Hamlets AC	Male	15:46	36
Women U/50						
1	Lisa	Rooney	Collingwood AC	Female	18:01	41
2	Natasha	Sheel	Serpentine Rc	Female	18:17	33
3	Jo	Vickers	South London harriers	Female	18:33	42
4	Victoria	Crawford	Serpentine	Female	18:35	35
5	Clare	Mullenger	Wimbledon Windmilers	Female	18:51	42
6	Amy	Rollason	South London harriers	Female	18:55	30
7	Kate	Carter	Wimbledon Windmilers	Female	19:15	44
Men Vet 50						
1	Norman	Urquia	Wimbledon Windmilers	Male	18:21	55
2	Andy	Bowen	Weat 4 Harriers	Male	18:31	56
3	Peter	clarke	Serpentine Rc	Male	18:32	53
Women Vet 50						
1	Sarah	Swinhoe	London Heathside	Female	19:35	50
2	Lucy	Woolhouse	Veterans AC London	Female	21:20	59
3	Lucy	Pickering	dulwich runners ac	Female	22:04	55
Men Vet 60						
1	Gavin	Evans	London Heathside AC	Male	19:06	61
2	Laurence	Duffy	The Stragglers RC	Male	19:11	60
Women Vet 60						
1	Michele	Coe-O'Brien	South London harriers	Female	23:24	60
2	Penny	Wilkins	Vets AC	Female	24:22	60
Men Vet 70						
1	John	Quaintance	South London harriers	Male	23:02	72
Women Vet 70						
1	Penny	Elliott	Waverley Harriers	Female	28:04	78

**ALL RESULTS BELOW**

## RESULTS

RANK	NAME	SURNAME	CLUB	M   F	TIME	AGE	CATEGORY	CAT. POS.
1	Seyfu	Jamaal	London Heathside	Male	14:46	20	M U/50	1
2	Elias	Ahmed	Ealing Southall & Middlesex AC	Male	15:05	19	M U/50	2
3	Jonathan	Poole	Serpentine Rc	Male	15:20	38	M U/50	3
4	Oscar	Bell	Ware joggers	Male	15:30	22	M U/50	4
5	Joe	Hartley	kent ac	Male	15:31	33	M U/50	5
6	Chris	Mason	Ealing Southall & Middlesex AC	Male	15:41	37	M U/50	6
7	James	Hotham	Victoria Park & Tower Hamlets AC	Male	15:46	36	M U/50	7
8	Rob	Foster	Datchet Dashers	Male	15:46	45	M U/50	8
9	Stuart	Farmer	Fulham Running Club	Male	15:55	44	M U/50	9
10	Neil	Wilson	Belgrave Harriers	Male	16:03	24	M U/50	10
11	Danny	Brewer	Highgate Harriers	Male	16:08	32	M U/50	11
12	Nick	Buckle	Belgrave Harriers	Male	16:10	29	M U/50	12
13	Ben	Goddard	Woking AC	Male	16:12	36	M U/50	13
14	Jack	Whitebury	Ealing Eagles Running Club	Male	16:20	32	M U/50	14
15	Will	Adolphy	Ealing Eagles Running Club	Male	16:30	27	M U/50	15
16	Joe	Walker	Victoria Park & Tower Hamlets AC	Male	16:32	28	M U/50	16
17	Stephen	Mcleod	Fulham Running Club	Male	16:33	32	M U/50	17
18	Hugh	Torry	Serpentine Rc	Male	16:34	42	M U/50	18
19	Robbie	Cox	Woodford Green with Essex Ladies	Male	16:37	39	M U/50	19
20	Dominic	Howarth	Victoria Park & Tower Hamlets AC	Male	16:38	23	M U/50	20
21	Alex	Mills	Belgrave Harriers	Male	16:42	26	M U/50	21
22	Michael	Boucher	Aldershot, Farnham and District AC	Male	16:43	41	M U/50	22
23	Steve	Woolley	west 4 harriers	Male	16:44	39	M U/50	23
24	Kieran	White	Hercules Wimbledon	Male	16:48	45	M U/50	24
25	Gary	James		Male	16:53	43	M U/50	25
26	Sean	Cordon	Dulwich Runner AC	Male	16:55	29	M U/50	26
27	Ryo	Kitahara	Ealing Eagles Running Club	Male	16:55	42	M U/50	27
28	Will	Pitt	kent ac	Male	17:00	49	M U/50	28
29	Dylan	Mitchard	Belgrave Harriers	Male	17:02	26	M U/50	29
30	William	Johnson	Belgrave Harriers	Male	17:03	29	M U/50	30
31	Niall	Gilchrist	Ealing eagles	Male	17:03	28	M U/50	31
32	Andy	Waterman	Victoria Park & Tower Hamlets AC	Male	17:04	40	M U/50	32
33	Ian	Cooper		Male	17:05	37	M U/50	33
34	Matt	Kaufman	Ealing Eagles Running Club	Male	17:05	38	M U/50	34
35	Colin	Clifford	Ealing Eagles Running Club	Male	17:08	35	M U/50	35
36	Richard	Berry	west 4 harriers	Male	17:17	46	M U/50	36
37	JAMIE	MCCALL	kent ac	Male	17:20	27	M U/50	37
38	Andrew	Snook		Male	17:25	40	M U/50	38
39	Eamonn	Murphy	Highgate Harriers	Male	17:31	23	M U/50	39
40	George	Reynolds	Oxford City AC	Male	17:31	29	M U/50	40
41	Graham	O'Donoghue	Serpentine Rc	Male	17:38	42	M U/50	41
42	Ciaran	Gavin	west 4 harriers	Male	17:40	43	M U/50	42
43	Nicolas	Besson	Serpentine Rc	Male	17:42	40	M U/50	43
44	Ewan	Fryatt	Ealing Eagles Running Club	Male	17:43	39	M U/50	44
45	Alan	Smith	Victoria Park & Tower Hamlets AC	Male	17:43	30	M U/50	45
46	Rafal	Machnik	Ealing Eagles Running Club	Male	17:53	39	M U/50	46
47	James	Kelly	na	Male	18:00	31	M U/50	47
48	Lisa	Rooney	Collingwood AC	Female	18:01	41	W U/50	1

49	Tom	Green	Ealing eagles	Male	18:02	39	M U/50	48
50	James	Gillanders	Serpentine Rc	Male	18:03	43	M U/50	49
51	Jon	Duncanson	Ealing eagles	Male	18:09	39	M U/50	50
52	Martin	Belzunce	Dulwich runners	Male	18:11	38	M U/50	51
53	James	Caven		Male	18:11	30	M U/50	52
54	Neil	Kirkham	Victoria Park & Tower Hamlets AC	Male	18:12	35	M U/50	53
55	Natasha	Sheel	Serpentine Rc	Female	18:17	33	W U/50	2
56	Des	Crinion	dulwich runners ac	Male	18:17	37	M U/50	54
57	Nicholas	Fiducia	dulwich runners ac	Male	18:20	37	M U/50	55
58	Norman	Urquia	Wimbledon Windmilers	Male	18:21	55	M V50	1
59	Shane	Donlon	dulwich runners ac	Male	18:23	38	M U/50	56
60	Luke	Bangerter	South London harriers	Male	18:23	33	M U/50	57
61	Robert	Batchelor	windle valley	Male	18:31	49	M U/50	58
62	Andy	Bowen	Weat 4 Harriers	Male	18:31	56	M V50	2
63	Peter	clarke	Serpentine Rc	Male	18:32	53	M V50	3
64	Jo	Vickers	South London harriers	Female	18:33	42	W U/50	3
65	Victoria	Crawford	Serpentine	Female	18:35	35	W U/50	4
66	Jonathan	Lacey	None	Male	18:38	26	M U/50	59
67	Nils-Kristian	Liborg	Ealing Eagles Running Club	Male	18:40	41	M U/50	60
68	felix	allen	Hercules Wimbledon	Male	18:43	49	M U/50	61
69	Fraser	Hagell	Herne Hill Harriers	Male	18:44	33	M U/50	62
70	Kieren	Geaney	Serpentine	Male	18:45	42	M U/50	63
71	Clare	Mullenger	Wimbledon Windmilers	Female	18:51	42	W U/50	5
72	Massimo	Biava	Ealing Eagles Running Club	Male	18:51	45	M U/50	64
73	Nadi	Jahangiri	Highgate Harriers	Male	18:53	59	M V50	4
74	Amy	Rollason	South London harriers	Female	18:55	30	W U/50	6
75	Peter	Mannion	Windle Valley Runners	Male	18:57	59	M V50	5
76	Matthew	Beard	London Heathside	Male	18:58	52	M V50	6
77	Edward	Samuel	London Heathside AC	Male	19:01	42	M U/50	65
78	Greg	Fernandes-Lawes	Ealing Eagles Running Club	Male	19:01	32	M U/50	66
79	Gavin	Evans	London Heathside AC	Male	19:06	61	M V60	1
80	Jose	Pabon	Ealing Eagles Running Club	Male	19:08	38	M U/50	67
81	Tony	Killilea	London Heathside	Male	19:09	57	M V50	7
82	Laurence	Duffy	The Stragglers RC	Male	19:11	60	M V60	2
83	Kate	Carter	Wimbledon Windmilers	Female	19:15	44	W U/50	7
84	simon	smith	serpentine	Male	19:20	21	M U/50	68
85	Danny	Olive	Speed Club	Male	19:25	48	M U/50	69
86	Rosie	Vallance	Thames Valley Harriers	Female	19:26	20	W U/50	8
87	Charlotte	Svenson	Fulham Running Club	Female	19:27	36	W U/50	9
88	Karl	Hayer	London Frontrunners	Male	19:30	47	M U/50	70
89	Giles	Robbins	Fulham Running Club	Male	19:30	35	M U/50	71
90	Bernard	Sexton	Ealing Eagles Running Club	Male	19:33	30	M U/50	72
91	Sarah	Swinhoe	London Heathside	Female	19:35	50	W V50	1
92	Adam	Zagajewski	na	Male	19:47	31	M U/50	73
93	Claire	Altmann	Thames Hare & Hounds	Female	19:53	35	W U/50	10
94	Sara	Garcia	London Heathside	Female	19:55	34	W U/50	11
95	Nigel	Cutts	Clapham Chasers RC	Male	19:56	43	M U/50	74
96	Martin	Daoud	Ealing Southall & Middlesex AC	Male	19:57	58	M V50	8
97	Suzi	Zhuang	west 4 harriers	Female	19:58	36	W U/50	12
98	Shaun	Melvin	west 4 harriers	Male	20:05	37	M U/50	75
99	Mark	Jefford	London Heathside	Male	20:06	55	M V50	9
100	Kieran	Santry	Ealing Eagles Running Club	Male	20:07	43	M U/50	76

101	Sarah	Holland	Datchet Dashers	Female	20:16	33	WU/50	13
102	Andrew	Cornish	South London harriers	Male	20:22	55	M V50	10
103	Peter	hall	West4Harriers	Male	20:22	62	M V60	3
104	Matt	Powell	Ealing Eagles Running Club	Male	20:39	36	M U/50	77
105	Chloe	Beckett	Thames Hare & Hounds	Female	20:42	26	WU/50	14
106	Anna	Crawley	Ilford AC	Female	20:50	30	WU/50	15
107	Jessica	Vinluan	London Heathside AC	Female	20:55	41	WU/50	16
108	Fiona	Park	Sutton runners	Female	20:56	46	WU/50	17
109	Darko	Calina	Sutton runners	Male	20:56	57	M V50	11
110	Claire	Curtin	Clapham Chasers	Female	21:06	43	WU/50	18
111	Vincent	Rustill		Male	21:07	22	M U/50	78
112	Carmen	Litiu	West4 Harriers	Female	21:16	36	WU/50	19
113	Lucy	Woolhouse	Veterans AC London	Female	21:20	59	W V50	2
114	Dean	Saliba	Victoria Park & Tower Hamlets AC	Male	21:22	42	M U/50	79
115	Christiana	Campbell	dulwich runners ac	Female	21:25	29	WU/50	20
116	Alex	Flack	Fulham Running Club	Female	21:27	46	WU/50	21
117	Janey	Stride	Clapham Chasers RC	Female	21:41	30	WU/50	22
118	Laura	Vincent	dulwich runners ac	Female	21:42	38	WU/50	23
119	Adele	Boesinger	South London harriers	Female	22:00	32	WU/50	24
120	Lucy	Pickering	dulwich runners ac	Female	22:04	55	W V50	3
121	Sarah	Chadwick	Belgrave Harriers	Female	22:07	34	WU/50	25
122	Jessica	Davies	Thames Hare and Hounds	Female	22:33	31	WU/50	26
123	Andrew	Davies	Hercules Wimbledon	Male	22:36	47	M U/50	80
124	Adrian	Hunt	Thames Hare and Hounds	Male	22:36	58	M V50	12
125	Shun-Lai	Chan	South London harriers	Female	22:38	51	W V50	4
126	Stephanie	Robinson	Victoria Park & Tower Hamlets AC	Female	22:40	34	WU/50	27
127	Karina	Box	Clapham Chasers RC	Female	22:48	32	WU/50	28
128	Daphne	Dadzie	Fulham Running Club	Female	22:49	42	WU/50	29
129	Jennifer	Watt	Ealing Eagles Running Club	Female	22:57	51	W V50	5
130	James	Twist		Male	22:59	60	M V60	4
131	John	Quaintance	South London harriers	Male	23:02	72	M V70	1
132	Naomi	Crowther	Dulwich	Female	23:03	38	WU/50	30
133	Arthur	Coates	Dulwich Runner AC	Male	23:07	30	M U/50	81
134	Andrew	McNamara		Male	23:21	38	M U/50	82
135	Michael	Gray	London Heathside	Male	23:23	44	M U/50	83
136	Michele	Coe-O'Brien	South London harriers	Female	23:24	60	W V60	1
137	Eloise	Davies	hercules wimbledon ac	Female	23:36	16	WU/50	31
138	Ian	Sesnan	dulwich runners ac	Male	24:01	64	M V60	5
139	Stephen	Vincent	South London harriers	Male	24:16	52	M V50	13
140	Penny	Wilkins	Vets AC	Female	24:22	60	W V60	2
141	Sunjay	Bhogal	London Frontrunners	Male	24:54	51	M V50	14
142	Sunanda	Sarker-Bell		Female	25:08	55	W V50	6
143	Donna	Richards	South London harriers	Female	26:12	55	W V50	7
144	Richard J	Powell	N/A	Male	26:14	52	M V50	15
145	michele	griffiths	Mornington Chasers	Female	26:59	56	W V50	8
146	Christine	Mentz		Female	27:18	29	WU/50	32
147	Chiara	Cristoni		Female	27:46	48	WU/50	33
148	Abigail	Gaskin		Female	28:04	28	WU/50	34
149	Katie	Gow	Fulham Running Club	Female	28:04	27	WU/50	35
150	Penny	Elliott	Waverley Harriers	Female	28:04	78	W V70	1
151	Michael	Leigh	hercules wimbledon ac	Male	29:14	77	M V70	2
152	Sarah	Tindley	collingwood ac	Female	29:24	55	W V50	9