

Sri Chinmoy 5K Race

Battersea Park, London

31 July 2017



FLYING FALCON 5K

WINNERS

RANK	FIRST NAME	SURNAME	CLUB	M F	TIME	AGE
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Men U/50

1	Jonny	Hay	Aldershot and Farnham Dist.	M	00:14:37	25
2	Ben	Toomer	Hercules Wimbledon	M	00:15:12	28
3	Ryan	Evans	South London H	M	00:15:28	32
4	Charles	Houston	Thames Valley Harriers	M	00:15:36	24
5	Andy	Hamilton	South London Harriers	M	00:15:47	35
6	Richard	Phillips	Serpentine	M	00:16:04	41
7	Nicolas	Besson	Serpentine	M	00:16:10	36

Women U/50

1	Stephanie	Davis	Clapham Chasers	F	00:16:50	26
2	Rose	Penfold	Fulham Running Club	F	00:17:53	26
3	Victoria	Walker	Shaftesbury Barnet Harriers AC	F	00:18:10	24
4	Caitlin	Lloyd	Lewes Athletics Club	F	00:18:18	27
5	Tara	Bage	Brighton Phoenix Triathlon Club	F	00:19:03	19
6	Alice	Whiley	Clapham Chasers	F	00:19:05	26
7	Eileen	Brandley	Hercules Wimbledon	M	00:19:49	26

Men Vet 50

1	Stephen	Philcox	Ilford AC	M	00:17:17	51
2	Antony	Constantinou	Collingwood AC	M	00:18:21	53
3	thomas	cheetham	hercules wimbledon ac	M	00:19:33	50

Women Vet 50

1	Rose	Lewis	West4Harriers	F	00:21:29	50
2	Julianna	Számadó		F	00:35:21	59

Men Vet 60

1	Martin	Milward	Fulham Running Club	M	00:21:28	62
2	Jonathan	Chambers	Fulham Running Club	M	00:21:36	60

Women Vet 60

1	Avril	Riddell	Mornington chasers	F	00:22:18	63
2	Andrea	Sanders Reece	Serpentine	F	00:24:00	61

Men Vet 70

1	Maurice	Sharp	Hercules Wimbledon	M	00:24:12	72
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Women Under 16

1	Akira	Edgson	Sale harriers	F	00:20:47	12
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ALL RESULTS BELOW

"Congratulations on completing the race. Ours is a runbritain-licensed event and therefore your time is included in calculating your free runbritain handicap score. More than 66,000 runners of all standards have now claimed their runbritain handicap score. As well as giving you a current score, between scratch and 36.0, your free personalised running biog page includes your current national ranking by age band and postcode, your position on the national ladder, your progress graph, your strongest distance, a head-to-head comparison with other runners and downloadable training schedules to improve your score next time you race. Your handicap score also updates automatically every time you complete a licensed event. To claim your score now, click on <http://www.runbritainrankings.com/user/claimhandicap.aspx>"

RESULTS

RANK	FIRST NAME	SURNAME	CLUB	M F	TIME	AGE	CATEGORY	CAT. POS.
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1	Jonny	Hay	Aldershot and Farnham District	M	00:14:37	25	M U/50	1
2	Ben	Toomer	Hercules Wimbledon	M	00:15:12	28	M U/50	2
3	Ryan	Evans	South London H	M	00:15:28	32	M U/50	3
4	Charles	Houston	Thames Valley Harriers	M	00:15:36	24	M U/50	4
5	Andy	Hamilton	South London Harriers	M	00:15:47	35	M U/50	5

6	Richard	Phillips	Serpentine	M	00:16:04	41	M U/50	6
7	Nicolas	Besson	Serpentine	M	00:16:10	36	M U/50	7
8	Andrew	Inglis	Cambridge H	M	00:16:23	40	M U/50	8
9	Ricky	Owers	Trent Park RC	M	00:16:28	30	M U/50	9
10	Steve	Woolley	west 4 harriers	M	00:16:28	35	M U/50	10
11	Keith	MacIntosh	Wimbledon Windmilers	M	00:16:33	43	M U/50	11
12	Neil	Hume	Garden city runners	M	00:16:36	43	M U/50	12
13	James	Kessell	Clapham Chasers	M	00:16:38	25	M U/50	13
14	Mark	Finbow	South London Harriers	M	00:16:41	31	M U/50	14
15	Stephanie	Davis	Clapham Chasers	F	00:16:50	26	W U/50	1
16	Jarek	Olszowka	Serpentine	M	00:16:58	35	M U/50	15
17	David	Williams	Sutton runners	M	00:16:58	45	M U/50	16
18	Paul	Brennan	Trent Park RC	M	00:16:59	40	M U/50	17
19	Michael	Huntley	Kingston Athletics & Polytechn	M	00:17:04	30	M U/50	18
20	Duncan	Lawrence	Fulham RC	M	00:17:09	29	M U/50	19
21	Robert	Tuer	Hercules Wimbledon	M	00:17:11	31	M U/50	20
22	Craig	Johnston	Mornington Chasers	M	00:17:13	28	M U/50	21
23	Stephen	Philcox	Ilford AC	M	00:17:17	51	M Vet 50	1
24	Gavin	Brandie	Clapham Chasers	M	00:17:17	39	M U/50	22
25	James	Huish	Garden city runners	M	00:17:18	26	M U/50	23
26	Julian	gevers	kent ac	M	00:17:19	49	M U/50	24
27	Robert	Wilcox	Stragglers	M	00:17:21	24	M U/50	25
28	James	Arrowsmith	Trent Park RC	M	00:17:21	38	M U/50	26
29	Alexander	Lake	serpentine running club	M	00:17:21	26	M U/50	27
30	Jonathan	Moscrop	Serpentine	M	00:17:22	43	M U/50	28
31	Felix	Allen	Hercules Wimbledon	M	00:17:25	45	M U/50	29
32	Jonathan	Vintner	Blackheath & Bromley	M	00:17:32	28	M U/50	30
33	Daniel	Nichols	Barnet & District	M	00:17:32	34	M U/50	31
34	Christopher	Hutchinson	26.2 RRC	M	00:17:37	25	M U/50	32
35	Paul	Fenn		M	00:17:39	30	M U/50	33
36	Alex	Davy	Leeds City	M	00:17:39	28	M U/50	34
37	Paul	O'Neill	Clapham Chasers	M	00:17:40	38	M U/50	35
38	Daniel	Lally	Windle Valley Runners	M	00:17:45	36	M U/50	36
39	Will	Gallimore		M	00:17:46	32	M U/50	37
40	Rose	Penfold	Fulham Running Club	F	00:17:53	26	W U/50	2
41	Andrew	Davies	Hercules Wimbledon	M	00:17:55	43	M U/50	38
42	Matt	Fassnidge	London Heathside	M	00:17:56	38	M U/50	39
43	Tom	Blanshard		M	00:17:56	28	M U/50	40
44	Gary	James		M	00:17:58	39	M U/50	41
45	Steven	Leonard	Clapham Chasers	M	00:18:02	33	M U/50	42
46	Jonathan	Whittaker	Dulwich runners	M	00:18:03	37	M U/50	43
47	David	Winston	Ashford & District	M	00:18:04	34	M U/50	44
48	Stewart	Fraser		M	00:18:08	27	M U/50	45
49	Max	Tollemache	Fulham Running Club	M	00:18:08	30	M U/50	46
50	Graham	Sutherland	Clapham Chasers	M	00:18:09	41	M U/50	47
51	Victoria	Walker	Shaftesbury Barnet Harriers AC	F	00:18:10	24	W U/50	3
52	Doug	Rendle	London Heathside Runners	M	00:18:11	39	M U/50	48
53	James	Hayhurst	Clapham Chasers	M	00:18:12	40	M U/50	49
54	Robert	Batchelor	Windle Valley R	M	00:18:12	45	M U/50	50
55	Caitlin	Lloyd	Lewes Athletics Club	F	00:18:18	27	W U/50	4
56	Antony	Constantinou	Collingwood AC	M	00:18:21	53	M Vet 50	2
57	David	Miller		M	00:18:23	35	M U/50	51
58	rad	michalak		M	00:18:24	36	M U/50	52
59	Richard	Carter	stragglers	M	00:18:27	41	M U/50	53
60	Joshua	Lawless	Swansea Trotters	M	00:18:30	27	M U/50	54
61	Leon	Clement	London Frontrunners	M	00:18:30	32	M U/50	55
62	Simone	Stoppa	mornington chasers	M	00:18:34	28	M U/50	56
63	Richard	Harrison	Royston R	M	00:18:48	48	M U/50	57
64	Tara	Bage	Brighton Phoenix Triathlon Clu	F	00:19:03	19	W U/50	5
65	Alice	Whiley	Clapham Chasers	F	00:19:05	26	W U/50	6
66	Wayne	Giddens	Elmbridge Road Runners	M	00:19:06	46	M U/50	58
67	Richard	English		M	00:19:10	38	M U/50	59
68	Paul	Woodgate	Thames Valley Harriers	M	00:19:15	42	M U/50	60

69	Alastair	McKerrow		M	00:19:21	36	M U/50	61
70	Peter	Talbot		M	00:19:28	36	M U/50	62
71	Crawford	Railton		M	00:19:32	31	M U/50	63
72	thomas	cheetham	hercules wimbledon ac	M	00:19:33	50	M Vet 50	3
73	Manuel	Corriente		M	00:19:38	46	M U/50	64
74	Gareth	Fletcher	London Fronrunners	M	00:19:39	38	M U/50	65
75	Chris	Rogers		M	00:19:42	35	M U/50	66
76	Peter	Martin	Clapham Chasers	M	00:19:47	42	M U/50	67
77	Nikolas	Stephan	mornington chasers	M	00:19:48	32	M U/50	68
78	Eileen	Brandley	Hercules Wimbledon	M	00:19:49	26	W U/50	7
79	Adam	Marcinowicz	Clapham Chasers	M	00:19:50	36	M U/50	69
80	Daniel	Day	Datchet Dashers	M	00:19:52	36	M U/50	70
81	Adam	Woolgar	Clapham Chasers	M	00:19:52	37	M U/50	71
82	Jim	Dowsett	Dulwich runners	M	00:19:54	43	M U/50	72
83	Christian	Morris	Serpentine	M	00:19:58	35	M U/50	73
84	Lauren	Longhurst	Mornington Chasers	F	00:19:59	29	W U/50	8
85	Scott	Kmack		M	00:20:00	39	M U/50	74
86	Robert	Scott	Barnet and District AC	M	00:20:10	48	M U/50	75
87	Stephen	Vincent	South London H	M	00:20:13	48	M U/50	76
88	Mark	Dudgeon	South London Harriers	M	00:20:13	45	M U/50	77
89	Andrew	Naughton	Rhode Runner RC	M	00:20:14	32	M U/50	78
90	Peter	Marshall	Serpentine	M	00:20:25	46	M U/50	79
91	Andy	Naylor	London Heathside Runners	M	00:20:39	36	M U/50	80
92	Will	Johnson		M	00:20:43	37	M U/50	81
93	Akira	Edgson	Sale harriers	F	00:20:47	12	W U/16	1
94	Clare	Meraz	Great Western R	F	00:20:51	34	W U/50	9
95	Neil	Colquhoun	London Fronrunners	M	00:21:00	40	M U/50	82
96	Mark	Kell	Serpentine	M	00:21:02	36	M U/50	83
97	Chris	Johnson		M	00:21:04	41	M U/50	84
98	Jemma	Day	Herne Hill H	F	00:21:06	32	W U/50	10
99	Lisa-Jane	Fowler	Herne Hill H	F	00:21:06	31	W U/50	11
100	Andy	Atkins	London Fronrunners	M	00:21:07	50	M Vet 50	4
101	Liam	MacPherson		M	00:21:13	26	M U/50	85
102	Alan	Wilkinson		M	00:21:13	57	M Vet 50	5
103	Mike	Bell		M	00:21:13	31	M U/50	86
104	Paul	Lahert		M	00:21:13	38	M U/50	87
105	Jean charles	Sabran	Clapham pioneers	M	00:21:14	46	M U/50	88
106	Stephen	Fitz-Costa	None	M	00:21:15	53	M Vet 50	6
107	Derek	Clark	London Fronrunners	M	00:21:16	49	M U/50	89
108	Emily	Neilan	serpentine rc	F	00:21:26	30	W U/50	12
109	Martin	Milward	Fulham Running Club	M	00:21:28	62	M Vet 60	1
110	Rose	Lewis	West4Harriers	F	00:21:29	50	W Vet 50	1
111	John	Kan		M	00:21:35	34	M U/50	90
112	Fadi	Hayek		M	00:21:35	37	M U/50	91
113	Jonathan	Chambers	Fulham Running Club	M	00:21:36	60	M Vet 60	2
114	John	Quirke	Thames Valley Harriers	M	00:21:38	63	M Vet 60	3
115	Scott	Getley		M	00:21:45	42	M U/50	92
116	Luke	James		M	00:21:52	25	M U/50	93
117	Richey	Estcourt	Dartford R	M	00:22:00	40	M U/50	94
118	Tony	Ashenden		M	00:22:04	31	M U/50	95
119	Ian	McCarthy	Cambridge Harriers	M	00:22:08	61	M Vet 60	4
120	Shun Lai	Chan	Collingwood AC	F	00:22:10	47	W U/50	13
121	David	Sutherland	None	M	00:22:11	42	M U/50	96
122	Francisco	Joaquim	Fulham Running Club	M	00:22:16	66	M Vet 60	5
123	Avril	Riddell	Mornington chasers	F	00:22:18	63	W Vet 60	1
124	Holly	Meyers	thrift green trotters	F	00:22:21	24	W U/50	14
125	Ryan	Prout	Thrift Green Trotters	M	00:22:22	34	M U/50	97
126	Tim	Briggs	Clapham Chasers	M	00:22:23	28	M U/50	98
127	Annika	Alexopoulou	Clapham Runners	F	00:22:25	41	W U/50	15
128	Christine	James	Clapham Chasers	F	00:22:31	36	W U/50	16
129	David	Bates	Sutton Runners	M	00:22:36	41	M U/50	99
130	Jamie	Boote		M	00:22:41	24	M U/50	100
131	Andrew	Gardiner	Kent AC	M	00:22:51	62	M Vet 60	6

132	Ian	Keith	Ranelagh Harriers	M	00:22:52	56	M Vet 50	7
133	Roger	Cue		M	00:23:12	48	M U/50	101
134	Rebecca	Sweet	London Heathside	F	00:23:16	34	W U/50	17
135	Elaine	Reid	Collingwood AC	F	00:23:21	47	W U/50	18
136	Kevin	McLellan	Serpentine	M	00:23:29	65	M Vet 60	7
137	Helen	Cook	Clapham Chasers	F	00:23:30	37	W U/50	19
138	Tori	Teepie		F	00:23:45	26	W U/50	20
139	Andrew	Scowcroft	Windle Valley Runners	M	00:23:46	45	M U/50	102
140	Simon	Hemsley	Clapham Chasers	M	00:23:50	44	M U/50	103
141	Alistair	Davy	Leeds City	M	00:23:57	68	M Vet 60	8
142	Andrea	Sanders Reece	Serpentine	F	00:24:00	61	W Vet 60	2
143	Scott Robert	Fowler	Serpentine	M	00:24:10	52	M Vet 50	8
144	Maurice	Sharp	Hercules Wimbledon	M	00:24:12	72	M Vet 70	1
145	Zaneta	Dobosz	Zaneta Dobosz	F	00:24:17	33	W U/50	21
146	Simon	Clarkson	Fulham Running Club	M	00:24:21	46	M U/50	104
147	Andrew	McNamara	GYDAC	M	00:24:25	34	M U/50	105
148	Alison	Nolan	Serpentine	F	00:24:30	48	W U/50	22
149	Jessica	Reeves		F	00:24:33	27	W U/50	23
150	Tim	Daly		M	00:24:53	33	M U/50	106
151	Kevin	Brown	Fulham Running Club	M	00:24:54	39	M U/50	107
152	DAVID	HALLIDAY	Swinton running club	M	00:25:00	40	M U/50	108
153	Sarah	Newton	Serpentine	F	00:25:02	60	W Vet 60	3
154	Sophie	Oliver	Clapham Chasers	F	00:25:19	33	W U/50	24
155	martin	Allchin	road runners club	M	00:25:26	58	M Vet 50	9
156	Stephen	Walker		M	00:25:45	45	M U/50	109
157	Naomi	Stanford	Serpentine	F	00:25:57	66	W Vet 60	4
158	Ruben	Agocs		M	00:25:59	42	M U/50	110
159	Clare	Boutle	Barnet & District	F	00:26:03	48	W U/50	25
160	Phil	Kelvin	serpentine rc	F	00:26:14	65	W Vet 60	5
161	Rosa	Constantinou	Collingwood AC	F	00:26:30	49	W U/50	26
162	Judith	Clarkson	Fulham Running Club	F	00:26:33	45	W U/50	27
163	Mark	Reid		M	00:26:45	46	M U/50	111
164	Cliff	Collins	Vets AC	M	00:26:51	81	M Vet 70	2
165	Ian	Hall	Serpentine	M	00:27:02	64	M Vet 60	9
166	Charlotte	Constantinou	Collingwood AC	F	00:27:06	15	W U/50	28
167	Alan	Davidson	Ranelagh Harriers	M	00:27:18	70	M Vet 70	3
168	Neil	Davies	26.2 Runners	M	00:27:49	52	M Vet 50	10
169	Paul	Ryan		M	00:27:59	37	M U/50	112
170	Ursula	White		F	00:28:06	28	W U/50	29
171	Ian	Mursell	Vets AC	M	00:28:08	65	M Vet 60	10
172	Michael	Leigh	Hercules Wimbledon	M	00:28:29	74	M Vet 70	4
173	Joe	Aspinall	Vets AC	M	00:28:50	79	M Vet 70	5
174	Laure	Selle	Fulham Running Club	F	00:29:02	38	W U/50	30
175	Paul	Booth	Collingwood AC	M	00:29:41	63	M Vet 60	11
176	Chloe	Constantinou	Collingwood AC	F	00:30:27	18	W U/50	31
177	Isabella	Groom		F	00:30:28	14	W U/50	32
178	Luke	Baker		M	00:31:17	32	M U/50	113
179	Tarryn	Baker		F	00:32:31	28	W U/50	33
180	Edwin	Bartlett	Vets AC	M	00:34:12	73	M Vet 70	6
181	Thomas	Wilkie	Collingwood AC	M	00:34:56	64	M Vet 60	12
182	Julianna	Számadó		F	00:35:21	59	W Vet 50	2
183	Clare	Parsons		F	00:37:11	38	W U/50	34