

Sri Chinmoy 5K Race

Battersea Park, London

29th July 2019



**SRI CHINMOY
MARATHON TEAM**



RunBecome
www.runandbecome.com

FLYING FALCON 5K

WINNERS

RANK	FIRST NAME	SURNAME	CLUB	M F	TIME	AGE
Men U/50						
1	Rob	Corney	Reading Road Runners	Male	00:15:05	30
2	Kevin	Skinner		Male	00:15:19	39
3	Nicholas	Handley	JP Morgan RC	Male	00:15:44	38
4	Sage	Pearce-Higgins	Thames Valley Harriers	Male	00:15:45	35
5	Nicolas	Besson	Serpentine	Male	00:15:45	38
6	Stuart	Farmer	Fulham Running Club	Male	00:15:47	42
7	Andrew	Grigg	Herne Hill Harriers	Male	00:15:49	32
Women U/50						
1	Emma	Davis	Ward Park Runners	Female	00:17:05	33
2	Rose	Penfold	Fulham Running Club	Female	00:17:43	28
3	Lisa	Rooney	Collingwood AC	Female	00:18:00	40
4	Gemma	Buley	Reading Road Runners	Female	00:18:29	27
5	Chloe	Baker	Thames Valley Harriers	Female	00:18:31	24
6	Natalie	Ruffell	Clapham Chasers	Female	00:19:44	29
7	Stephanie	Davies	Clapham Chasers	Female	00:20:01	30
Men Vet 50						
1	Tony	Tuohy	Dulwich Runners ac	Male	00:17:04	57
2	Alex	Davidson	Highgate Harriers	Male	00:17:19	57
3	Terry	Booth	Guildford and Godalming	Male	00:17:56	52
Women Vet 50						
1	Alison	Hinton	Serpentine RC	Female	00:26:47	50
2	Heather	Binney	Clapham pioneers	Female	00:26:50	57
3	Rosa	Constantinou	Collingwood AC	Female	00:30:59	51
Men Vet 60						
1	John	Foss	South London Harriers	Male	00:19:26	60
2	Martin	Milward	Fulham Running Club	Male	00:20:14	64
Men Vet 70						
1	John	Quaintance	South London H	Male	00:22:57	70
Women Vet 70						
1	Penny	Elliott	Waverley H	Female	00:26:20	76
Men Vet 80						
1	Cliff	Collins	Vets AC	Male	00:28:11	83
Men Under 16						
1	Sonny	MAUND		Male	00:16:45	15
Women Under 16						
1	Lotte	Taylor	North Devon	Female	00:26:39	15

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.
1	Rob	Corney	Reading Road Runners	Male	00:15:05	30	M U/50	1
2	Kevin	Skinner		Male	00:15:19	39	M U/50	2
3	Nicholas	Handley	Jp morgan running club	Male	00:15:44	38	M U/50	3
4	Sage	Pearce-Higgins	Thames Valley Harriers	Male	00:15:45	35	M U/50	4
5	Nicolas	Besson	Serpentine	Male	00:15:45	38	M U/50	5
6	Stuart	Farmer	Fulham Running Club	Male	00:15:47	42	M U/50	6
7	Andrew	Grigg	Herne Hill Harriers	Male	00:15:49	32	M U/50	7
8	Simon	Baines	Thames Hare and Hounds	Male	00:16:05	48	M U/50	8
9	James	Samson	datchet dashers	Male	00:16:08	40	M U/50	9
10	Richard	McDowell	hercules wimbledon ac	Male	00:16:11	40	M U/50	10
11	Danny	O'Reilly	London Heathside Runners	Male	00:16:25	34	M U/50	11
12	Matthew	Rees	Swansea harriers	Male	00:16:26	32	M U/50	12
13	Chris	Wayman	Benfleet Running Club	Male	00:16:26	32	M U/50	13
14	Ben	Goddard	Woking AC	Male	00:16:27	34	M U/50	14
15	Paul	Cheetham	Thames Hare and Hounds	Male	00:16:27	47	M U/50	15
16	Tim	Powell	Serpentine Running and Athleti	Male	00:16:30	30	M U/50	16
17	Liam	McLaughlin	Cambridge Harriers	Male	00:16:33	25	M U/50	17
18	Will	Pitt	Kent AC	Male	00:16:35	48	M U/50	18
19	Paul	O'Callaghan	Tadworth Athletics Club	Male	00:16:40	41	M U/50	19
20	George	Russell		Male	00:16:40	23	M U/50	20
21	James	Bowler	Kent AC	Male	00:16:41	39	M U/50	21
22	Frederick	Levy	Fulham Running Club	Male	00:16:42	31	M U/50	22
23	Duncan	Lawrence	Headington RR	Male	00:16:43	31	M U/50	23
24	James	Gillanders	Serpentine	Male	00:16:45	41	M U/50	24
25	Sonny	MAUND		Male	00:16:45	15	M U/16	1
26	Robin	Jones	Herne Hill Harriers	Male	00:16:46	46	M U/50	25
27	Gavin	Brandie	Clapham Chasers	Male	00:16:47	41	M U/50	26
28	Hassen	Bedhiafi	Fulham Running Club	Male	00:16:49	34	M U/50	27
29	Stuart	Beaney	kent ac	Male	00:16:49	45	M U/50	28
30	John	Foxall	Ealing Eagles	Male	00:16:50	32	M U/50	29
31	Carl	Selya-Hammer	Victoria Park Harriers & Tower H	Male	00:16:54	38	M U/50	30
32	George	Longworth	Hercules wimbledon ac	Male	00:16:55	32	M U/50	31
33	Tony	Tuohy	Dulwich Runners ac	Male	00:17:04	57	M Vet 50	1
34	Emma	Davis	Ward Park Runners	Female	00:17:05	33	W U/50	1
35	Riel	Carol	Clapham Chasers	Male	00:17:10	44	M U/50	32
36	Ben	Evans	Guildford and Godalming	Male	00:17:11	40	M U/50	33
37	George	Loxton	Birmingham Uni	Male	00:17:14	19	M U/50	34
38	Ian	Gutteridge	datchet dashers	Male	00:17:15	38	M U/50	35
39	William	Shippin	uknetrunner	Male	00:17:16	33	M U/50	36
40	Neil	Hume	Garden City Runners	Male	00:17:17	45	M U/50	37
41	Alex	Davidson	Highgate Harriers	Male	00:17:19	57	M Vet 50	2
42	Simon	Molden	Thames Hare and Hounds	Male	00:17:20	42	M U/50	38
43	Thomas	Thain	kent ac	Male	00:17:21	31	M U/50	39
44	James	Ruskin		Male	00:17:23	38	M U/50	40
45	Jonathan	Moscrop	Serpentine	Male	00:17:23	45	M U/50	41
46	Alex	Mills	Belgrave H	Male	00:17:24		M U/50	42
47	Scott	Mills	Belgrave Harriers	Male	00:17:24	25	M U/50	43
48	Stephen	McLeod	Fulham Running Club	Male	00:17:30	30	M U/50	44
49	Chris	Buley	Reading Road Runners	Male	00:17:32	31	M U/50	45
50	Jonathan	Battye		Male	00:17:33	33	M U/50	46
51	Jose Manuel	Corral Lopez	VERXEL	Male	00:17:38	45	M U/50	47
52	Rose	Penfold	Fulham Running Club	Female	00:17:43	28	W U/50	2
53	matt	Rozee	Blackheath and Bromley Harrie	Male	00:17:44	27	M U/50	48
54	Michael	Tomkins	Kings Heath Running Club - The	Male	00:17:46	39	M U/50	49
55	Daniel	Nichols	Barnet & District AC	Male	00:17:46	36	M U/50	50
56	Julian	Aquilina	Fulham Running Club	Male	00:17:50	27	M U/50	51
57	Alexandre	Bernigaud	Serpentine Running and Athleti	Male	00:17:51	45	M U/50	52
58	Eric	Dol	Herne Hill Harriers	Male	00:17:53	30	M U/50	53
59	Terry	Booth	Guildford and Godalming	Male	00:17:56	52	M Vet 50	3
60	Jonathan	Kohler		Male	00:17:57	25	M U/50	54
61	Lisa	Rooney	Collingwood AC	Female	00:18:00	40	W U/50	3

62	Mark	Worrall		Male	00:18:05	33	M U/50	55
63	David	Williamson	Tadworth AC	Male	00:18:06	51	M Vet 50	4
64	Paul	Sterland	Clapham Chasers	Male	00:18:08	47	M U/50	56
65	Victor	Maughn	Herne Hill H	Male	00:18:10	57	M Vet 50	5
66	Gary	James		Male	00:18:11	41	M U/50	57
67	Andrew	Han	Fulham Running Club	Male	00:18:14	39	M U/50	58
68	dom	fiore	Cambridge Harriers	Male	00:18:16	47	M U/50	59
69	Marcin	Bujar	Fulham Running Club	Male	00:18:17	31	M U/50	60
70	Stuart	Byrne		Male	00:18:25	32	M U/50	61
71	Anthony	Constantinou	Collingwood AC	Male	00:18:26	55	M Vet 50	6
72	DAVID	MAUND		Male	00:18:28	46	M U/50	62
73	Gemma	Buley	Reading Road Runners	Female	00:18:29	27	W U/50	4
74	Andrew	Davies	hercules wimbledon ac	Male	00:18:29	45	M U/50	63
75	Brandan	Morrell	South London H	Male	00:18:29	13	M U/16	2
76	Matt	Flitton	Clapham Chasers	Male	00:18:31	35	M U/50	64
77	Chloe	Baker	Thames Valley Harriers	Female	00:18:31	24	W U/50	5
78	Peter	Mannion	Windle Valley Runners	Male	00:18:31	58	M Vet 50	7
79	Mark	Constantinou	Collingwood AC	Male	00:18:33	55	M Vet 50	8
80	Anthony	Vaughan		Male	00:18:43	39	M U/50	65
81	Richard	Carter	stragglers, the	Male	00:18:45	43	M U/50	66
82	Ismaili	Anisse		Male	00:18:47	33	M U/50	67
83	David	Miller		Male	00:18:50	37	M U/50	68
84	Tim	Ballard	Colchester H	Male	00:18:55	43	M U/50	69
85	Satnam	Singh	Datchet Dashers	Male	00:19:07	43	M U/50	70
86	Terry	Oliver	Evrotas	Male	00:19:19	43	M U/50	71
87	Michael	Rooney	London City Athletics Club	Male	00:19:23	40	M U/50	72
88	John	Foss	South London Harriers	Male	00:19:26	60	M Vet 60	1
89	Grégory	BACCI	Fulham Running Club	Male	00:19:35	39	M U/50	73
90	Natalie	Ruffell	Clapham Chasers	Female	00:19:44	29	W U/50	6
91	Paul	Murphy	Ealing Eagles	Male	00:19:54	44	M U/50	74
92	Simon	Everard	Crusaders	Male	00:19:58	39	M U/50	75
93	Alexanda	Maryan	Evrotas	Male	00:19:59	26	M U/50	76
94	Stephanie	Davies	Clapham Chasers	Female	00:20:01	30	W U/50	7
95	Darren	Woods	Striders of Croydon	Male	00:20:01	32	M U/50	77
96	Graeme	Hunter	Wimbledon Windmilers	Male	00:20:05	32	M U/50	78
97	Simon	Reid	City of Sheffield	Male	00:20:06	40	M U/50	79
98	John	O'Mahony	Striders of Croydon	Male	00:20:07	41	M U/50	80
99	David	Brooks	West 4 H	Male	00:20:09	46	M U/50	81
100	Mark	Kell	Serpentine	Male	00:20:10	38	M U/50	82
101	Martin	Milward	Fulham Running Club	Male	00:20:14	64	M Vet 60	2
102	Kate	Rose		Female	00:20:14	28	W U/50	8
103	Matthew	Buckley		Male	00:20:22	38	M U/50	83
104	Nick	Sutcliffe	London City Athletics Club	Male	00:20:23	49	M U/50	84
105	niamh	vincent	Striders of Croydon	Female	00:20:25	35	W U/50	9
106	Eleanor	Bedwell	Evrotas	Female	00:20:28	31	W U/50	10
107	thomas	cheetham	hercules wimbledon ac	Male	00:20:29	52	M Vet 50	9
108	J	Nelson	Evrotas	Male	00:20:32	55	M Vet 50	10
109	Allan	Cox	Clapham Chasers	Male	00:20:34	42	M U/50	85
110	Robert	Prichard-Jones	Fulham Running Club	Male	00:20:36	27	M U/50	86
111	Fadi	Hayek		Male	00:20:41	39	M U/50	87
112	Laura	Hunt	London Heathside Runners	Female	00:20:41	30	W U/50	11
113	Mark	Korinek		Male	00:20:43	45	M U/50	88
114	Jilly	Raw	datchet dashers	Female	00:20:47	34	W U/50	12
115	Chris	Dunhill	SLH	Male	00:20:51	45	M U/50	89
116	Tom	Copeland		Male	00:20:58	30	M U/50	90
117	Mary	Cormack	London Fronrunners	Female	00:21:00	33	W U/50	13
118	Laura	Vincent	dulwich runners ac	Female	00:21:10	37	W U/50	14
119	Ray	Taylor	North Devon	Male	00:21:13	56	M Vet 50	11
120	David	Lunt	Danson R	Male	00:21:17	54	M Vet 50	12
121	Alan	Wilkinson		Male	00:21:22	59	M Vet 50	13
122	Glynn	McDonald	London Fronrunners	Male	00:21:43	56	M Vet 50	14
123	Stasia	Bligh	London City Athletics Club	Female	00:21:55	42	W U/50	15
124	Chris	Newberry	Horsham joggers	Male	00:21:56	50	M Vet 50	15
125	Daniel	Comens	Sutton runners	Male	00:22:06	45	M U/50	91
126	Neil	Colquhoun	London Fronrunners	Male	00:22:13	42	M U/50	92

127	James	Brown	Serpentine Running and Athleti	Male	00:22:18	40	M U/50	93
128	dee	patel		Male	00:22:22	69	M Vet 60	3
129	Paul	Tremane	Evrotas	Male	00:22:24	33	M U/50	94
130	Alice	Corfield	Sutton Runners	Female	00:22:24	34	W U/50	16
131	Alexandra	Dinsdale		Female	00:22:27	33	W U/50	17
132	Aidan	Daly		Male	00:22:27	35	M U/50	95
133	Alistair	Symes		Male	00:22:29	27	M U/50	96
134	Shun-Lai	Chan	Collingwood AC	Female	00:22:30	49	W U/50	18
135	Michael	Ashiotis	South London Harriers	Male	00:22:35	39	M U/50	97
136	Alun	Nash	London Heathside	Male	00:22:41	58	M Vet 50	16
137	Natalie	Campbell	run dem crew	Female	00:22:46	23	W U/50	19
138	Lizzy	Jeffries	Fulham Running Club	Female	00:22:55	29	W U/50	20
139	John	Quaintance	South London H	Male	00:22:57	70	M Vet 70	1
140	Francesca Anna	Jannetta	Fulham	Female	00:23:01	36	W U/50	21
141	Sophie	Denman	Fulham Running Club	Female	00:23:03	31	W U/50	22
142	Angela	Wilson	South London H	Female	00:23:05	39	W U/50	23
143	Katrina	Chandler		Female	00:23:29	38	W U/50	24
144	Peter	Mackintosh	Serpentine	Male	00:23:39	33	M U/50	98
145	Diana	Keeling	Fulham Running Club	Female	00:23:42	34	W U/50	25
146	David	Hallson	RRC	Male	00:23:45	66	M Vet 60	4
147	jean-luc	hoez	serpentine running club	Male	00:24:01	61	M Vet 60	5
148	Emily	Wray	Phoenix Striders	Female	00:24:06	31	W U/50	26
149	Line	Haarstad		Female	00:24:49	36	W U/50	27
150	Alistair	Davy	Leeds City AC	Male	00:24:51	70	M Vet 70	2
151	Alexis	Gebbie	Fulham	Female	00:24:51	26	W U/50	28
152	Ian	Hall	Serpentine	Male	00:25:09	66	M Vet 60	6
153	Paul	Hooper	Dartford RR	Male	00:25:38	62	M Vet 60	7
154	Martin	Spence		Male	00:26:12	64	M Vet 60	8
155	Penny	Elliott	Waverley H	Female	00:26:20	76	W Vet 70	1
156	Stephen	Walker		Male	00:26:26	47	M U/50	99
157	Martin	Gormally		Male	00:26:35	39	M U/50	100
158	Lotte	Taylor	North Devon	Female	00:26:39	15	W U/16	1
159	André	Jenkins		Male	00:26:42	21	M U/50	101
160	Alison	Hinton	serpentine rc	Female	00:26:47	50	W Vet 50	1
161	Heather	Binney	Clapham pioneers	Female	00:26:50	57	W Vet 50	2
162	Leonard	Apps		Male	00:27:46	56	M Vet 50	17
163	Sarah	Byrne	Collingwood AC	Female	00:27:47	46	W U/50	29
164	Cliff	Collins	Vets AC	Male	00:28:11	83	M Vet 80	1
165	Phil	Thorp	Liverpool Running Bugs	Male	00:28:38	60	M Vet 60	9
166	Hannah	Owen	Chester Triathlon Club	Female	00:28:49	24	W U/50	30
167	Alan	Davidson	Ranelagh Harriers	Male	00:29:11	72	M Vet 70	3
168	Paulina	Ast		Female	00:29:28	31	W U/50	31
169	Sathaporn	Parachasit		Male	00:29:40	28	M U/50	102
170	Sorawut	Kittibanthorn		Male	00:29:43	28	M U/50	103
171	Charlotte	Constantinou	Collingwood AC	Female	00:30:29	17	W U/50	32
172	Bahnfun	Chittmitrapap		Female	00:30:37	26	W U/50	33
173	Nattanon	Luangboriboon		Male	00:30:38	26	M U/50	104
174	Christopher	Shaw	Fulham	Male	00:30:58	40	M U/50	105
175	Rosa	Constantinou	Collingwood AC	Female	00:30:59	51	W Vet 50	3
176	Terence	buxton	Striders of Croydon	Male	00:31:43	58	M Vet 50	18
177	David	Quickenden	Collingwood AC	Male	00:32:08	72	M Vet 70	4
178	Ann	Bath	26.2rrc	Female	00:32:28	70	W Vet 70	2
179	Hélène	Jenkins		Female	00:32:48	53	W Vet 50	4
180	Chloe	Constantinou	St George's AC	Female	00:32:54	20	W U/50	34
181	Isabelle	Groom		Female	00:32:58	16	W U/50	35
182	Edwin	Bartlett	Vets AC	Male	00:33:17	75	M Vet 70	5
183	Mateo	Fabus		Male	00:34:01	29	M U/50	106
184	Constanta	Lupu		Female	00:34:01	30	W U/50	36
185	Bronwyn	Marshall		Female	00:35:22	37	W U/50	37
186	Rung-arun	Tiyanukulmongkhon		Female	00:35:40	28	W U/50	38
187	Witinan	Watanasap		Male	00:35:41	27	M U/50	107
188	Sharon	Terry		Female	00:36:08	53	W Vet 50	5
189	Richard	Pitcairn-Knowles	Sevenoaks AC	Male	00:38:04	86	M Vet 80	2