

# Sri Chinmoy 10K Race

Battersea Park, London

6th April 2019

## FOOLS PARADISE 10K



**SRI CHINMOY  
MARATHON TEAM**



### WINNERS

RANK	FIRST NAME	SURNAME	CLUB	M   F	TIME	AGE
Men U/50						
1	Ben	MacCronan	Belgrave H	Male	00:31:09	27
2	Steve	Woolley	west 4 harriers	Male	00:33:26	37
3	Oliver	Garner	the stragglers rc	Male	00:34:01	24
4	Charlie	Saudison	Fulham	Male	00:34:39	24
5	Jan	Stelzner	Tri-Sport Lübeck	Male	00:34:51	32
6	Matthew	Dickinson	Clapham Chasers	Male	00:34:58	30
7	Alex	Green	Windrush Triathlon	Male	00:35:08	35

### Women U/50

1	Jane	Vongvorachoti	Belgrave Harriers	Female	00:36:55	35
2	Josie	Hinton	London Heathside	Female	00:37:09	34
3	Megan	De Silva	Ranelagh Harriers	Female	00:38:46	36
4	Emma	Watson	London Heathside Runners	Female	00:39:38	31
5	Lara	Langston	Herne Hill Harriers	Female	00:40:04	28
6	Katherine	Ellis	Clapham Chasers	Female	00:43:35	39
7	Jodie	Clarke		Female	00:44:52	23

### Men Vet 50

1	Andy	Bowen	west 4 harriers	Male	00:37:40	53
2	Richard	Hooley	Thames Valley H	Male	00:40:50	56
3	thomas	cheetham	hercules wimbledon ac	Male	00:41:09	52

### Women Vet 50

1	Michelle	Lennon	Dulwich runners	Female	00:42:41	52
2	Marie	Synnott-Wells	Ranelagh Harriers	Female	00:44:41	54
3	Clare	Hawling	Cheltenham H	Female	00:46:04	56

### Men Vet 60

1	Ian	Mursell	Vets AC	Male	00:48:04	60
2	Martin	Spence		Male	00:51:26	61

### Women Vet 60

1	Marion	Rayner	west 4 harriers	Female	00:51:29	69
2	Phil	Kelvin	serpentine rc	Female	00:59:18	67

### Men Vet 70

1	Michael	Leigh	hercules wimbledon ac	Male	01:00:31	75
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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.
1	Ben	MacCronan	Belgrave H	Male	00:31:09	27	M U/50	1
2	Steve	Woolley	west 4 harriers	Male	00:33:26	37	M U/50	2
3	Oliver	Garner	the stragglers rc	Male	00:34:01	24	M U/50	3
4	Charlie	Saudison	Fulham	Male	00:34:39	24	M U/50	4
5	Jan	Stelzner	Tri-Sport Lübeck	Male	00:34:51	32	M U/50	5
6	Matthew	Dickinson	Clapham Chasers	Male	00:34:58	30	M U/50	6
7	Alex	Green	Windrush Triathlon	Male	00:35:08	35	M U/50	7
8	Tom	Darby	Clapham Chasers	Male	00:35:14	26	M U/50	8
9	David	Sharman	Wimbledon Windmilers	Male	00:35:15	34	M U/50	9
10	Lee	Savage	reigate priory athletics club	Male	00:35:23	39	M U/50	10
11	Sam	Skerratt	London City Athletics Club	Male	00:35:25	26	M U/50	11
12	James	Gibson	London Heathside	Male	00:35:34	28	M U/50	12
13	Isaac	Leigh	Serpentine RC	Male	00:35:37	25	M U/50	13
14	Christopher	Tsantoulas		Male	00:35:48	39	M U/50	14
15	George	Longworth	Hercules Wimbledon AC	Male	00:35:54		M U/50	15
16	Jamie	Bannister	Clapham Chasers	Male	00:35:55	32	M U/50	16
17	Thomas	Daley	Fulham Running Club	Male	00:36:14	44	M U/50	17
18	Martin	Bell	Clapham Chasers	Male	00:36:24	31	M U/50	18
19	James	Bryden		Male	00:36:34	33	M U/50	19
20	Jonathan	Stone	SHAEF Shifters	Male	00:36:37	32	M U/50	20
21	Neil	Kirkham	Victoria Park Harriers & Tower H	Male	00:36:42	33	M U/50	21
22	Al	Riley		Male	00:36:43	38	M U/50	22
23	Stuart	Meiklejohn	London Heathside	Male	00:36:49	38	M U/50	23
24	Jane	Vongvorachoti	Belgrave Harriers	Female	00:36:55	35	W U/50	1
25	Andy	Yiannouzis		Male	00:37:04	41	M U/50	24
26	Richard	Nothers		Male	00:37:08	39	M U/50	25
27	Josie	Hinton	London Heathside	Female	00:37:09	34	W U/50	2
28	Rodney	McCulloch	SHAEF Shifters	Male	00:37:11	33	M U/50	26
29	Stewart	McAndie	Fulham	Male	00:37:14	45	M U/50	27
30	Matthew	Ostrowski	Striders of Croydon	Male	00:37:31	18	M U/50	28
31	Andy	Bowen	west 4 harriers	Male	00:37:40	53	M Vet 50	1
32	Nathan	Visick	Belgrave Harriers	Male	00:37:53	25	M U/50	29
33	Richard	Keeble	Heme Hill Harriers	Male	00:38:10	28	M U/50	30
34	Andrew	Dewar	Fulham Running Club	Male	00:38:12	32	M U/50	31
35	Josef	Bromovsky		Male	00:38:18	28	M U/50	32
36	Ernestas	Vedeikis		Male	00:38:29	49	M U/50	33
37	Simon	Phillips		Male	00:38:33	43	M U/50	34
38	Adam	Gibson	Fulham Running Club	Male	00:38:40	28	M U/50	35
39	Andrea	Spaccatrosi	Highgate Harriers	Male	00:38:40	49	M U/50	36
40	Joe	FitzGerald	Sutton runners	Male	00:38:43	30	M U/50	37
41	Megan	De Silva	Ranelagh Harriers	Female	00:38:46	36	W U/50	3
42	Rob	Hynds	London Heathside Runners	Male	00:38:47	28	M U/50	38
43	Ben	wood		Male	00:38:59	41	M U/50	39
44	Patrick	Sankey		Male	00:39:17	25	M U/50	40
45	Paul	Woodgate	Thames Valley Harriers	Male	00:39:20	44	M U/50	41
46	Emma	Watson	London Heathside Runners	Female	00:39:38	31	W U/50	4
47	Lloyd	Emeka	Clapham Chasers	Male	00:39:58	40	M U/50	42
48	Lara	Langston	Heme Hill Harriers	Female	00:40:04	28	W U/50	5

49	Richard	Powney		Male	00:40:07	34	M U/50	43
50	Richard	Hooley	Thames Valley H	Male	00:40:50	56	M Vet 50	2
51	thomas	cheetham	hercules wimbledon ac	Male	00:41:09	52	M Vet 50	3
52	Pascal	Sacrepaye		Male	00:41:13	55	M Vet 50	4
53	William	Soper		Male	00:41:37	28	M U/50	44
54	Ben	Jackson		Male	00:41:44	39	M U/50	45
55	Hugh	Scorgie		Male	00:42:12	59	M Vet 50	5
56	Martin	Double	dulwich runners ac	Male	00:42:23	42	M U/50	46
57	Michelle	Lennon	Dulwich runners	Female	00:42:41	52	W Vet 50	1
58	Gary	Forde	hercules wimbledon ac	Male	00:43:01	51	M Vet 50	6
59	Katherine	Ellis	Clapham Chasers	Female	00:43:35	39	W U/50	6
60	Alex	Drozdov	I LOVE SUPERSPORTS	Male	00:43:49	49	M U/50	47
61	Lloyd	Bevan	Serpentine	Male	00:44:11	55	M Vet 50	7
62	Jack	Harber		Male	00:44:37	28	M U/50	48
63	Marie	Synnott-Wells	Ranelagh Harriers	Female	00:44:41	54	W Vet 50	2
64	Richard	James		Male	00:44:48	46	M U/50	49
65	Jodie	Clarke		Female	00:44:52	23	W U/50	7
66	Mark	Kell	Serpentine	Male	00:45:25	38	M U/50	50
67	Christine	Gorman	Clapham Chasers	Female	00:45:29	27	W U/50	8
68	Alexandra	Magub	Serpentine	Female	00:45:52	29	W U/50	9
69	Clare	Hawling	Cheltenham H	Female	00:46:04	56	W Vet 50	3
70	Matthew	Young		Male	00:46:59	25	M U/50	51
71	Gabriel	Greco		Male	00:47:15	54	M Vet 50	8
72	Sarah	Duke	London Heathside Runners	Female	00:47:29	32	W U/50	10
73	Ian	Mursell	Vets AC	Male	00:48:04	67	M Vet 60	1
74	Sophie	Denman	Fulham Running Club	Female	00:48:16	30	W U/50	11
75	Ronan	Gallagher		Male	00:48:20	35	M U/50	52
76	Conor	Brides		Male	00:48:23	35	M U/50	53
77	Phil	Kennedy		Male	00:48:36	37	M U/50	54
78	veronique	japp		Female	00:48:56	43	W U/50	12
79	Anthony	Ferrioli	Road Runners Club	Male	00:49:01	50	M Vet 50	9
80	Matthew	Boswell		Male	00:49:13	27	M U/50	55
81	Andy	Bartlett		Male	00:49:51	37	M U/50	56
82	Julian	Harris	Julian Harris	Male	00:49:57	56	M Vet 50	10
83	Isabel	Tinsley		Female	00:50:00	23	W U/50	13
84	Anna	Rumbold	Peldon Rose	Female	00:50:38	25	W U/50	14
85	Alan	Jamieson	Peldon Rose	Male	00:50:38	54	M Vet 50	11
86	Jessie	Bromovsky		Female	00:50:42	24	W U/50	15
87	Rebecca	Marshall	London Heathside	Female	00:51:05	42	W U/50	16
88	Ben	Davies		Male	00:51:10	27	M U/50	57
89	Martin	Spence		Male	00:51:26	64	M Vet 60	2
90	Marion	Rayner	west 4 harriers	Female	00:51:29	69	W Vet 60	1
91	Davide	Colombo		Male	00:51:29	39	M U/50	58
92	Lucy	Reeve		Female	00:51:34	48	W U/50	17
93	ismail	chowdhury		Male	00:51:46	28	M U/50	59
94	James	Green		Male	00:51:46	32	M U/50	60
95	Jennie	Farmer	Fulham Running Club	Female	00:52:37	40	W U/50	18
96	Giuseppe	Mascia		Male	00:52:40	37	M U/50	61
97	Miriam	Forster		Female	00:52:55	27	W U/50	19
98	Millie-Rose	Wells		Female	00:52:58	26	W U/50	20
99	Mark	kinirons		Male	00:53:05	58	M Vet 50	12
100	Philip	Wiseman	None	Male	00:53:19	48	M U/50	62
101	Lydia	Harris	Julian Harris	Female	00:53:24	24	W U/50	21

102	Lisa	Kingston		Female	00:53:25	32	W U/50	22
103	Clare	Freshwater	Serpentine Running Club	Female	00:53:43	29	W U/50	23
104	Nick	Hearn		Male	00:53:49	34	M U/50	63
105	Natasha	Edwards		Female	00:54:15	26	W U/50	24
106	John	Grigg	Fulham Running Club	Male	00:54:57	64	M Vet 60	3
107	Simon	Walters		Male	00:55:31	47	M U/50	64
108	Ladi	Sanusi	Hazlemere runners	Male	00:55:40	38	M U/50	65
109	Christopher	Hopkins		Male	00:55:56	31	M U/50	66
110	Peter	Beggan		Male	00:56:04	43	M U/50	67
111	Lisa	Clarke		Female	00:56:26	31	W U/50	25
112	Megan	Ross		Female	00:57:23	27	W U/50	26
113	Rose	Coral		Female	00:57:29	42	W U/50	27
114	Peter	Turner		Male	00:57:33	29	M U/50	68
115	Aline	Bougard		Female	00:58:02	24	W U/50	28
116	Phil	Kelvin	serpentine rc	Female	00:59:18	67	W Vet 60	2
117	Julia	Kaleta	Fulham Running Club	Female	00:59:43	29	W U/50	29
118	Stephanie	Mackay		Female	00:59:43	29	W U/50	30
119	John	Wilkinson	Lonely Goat RC	Male	01:00:27	55	M Vet 50	13
120	Michael	Leigh	hercules wimbledon ac	Male	01:00:31	75	M Vet 70	1
121	Harinder	Kumar		Male	01:01:10	30	M U/50	69
122	Kim	Priest	USA MRTT	Female	01:01:11	56	W Vet 50	4
123	Charanjit	Singh		Male	01:01:26	30	M U/50	70
124	Charlotte	Cheeseman		Female	01:03:41	29	W U/50	31
125	Maria	Mirza		Female	01:22:07	28	W U/50	32
126	Nadia	Mirza		Female	01:22:07	31	W U/50	33