

Sri Chinmoy 5K Race

Battersea Park, London

15th July 2019

SILVER STARLING 5K



**SRI CHINMOY
MARATHON TEAM**



www.runandbecome.com

WINNERS

RANK	FIRST NAME	SURNAME	CLUB	M F	TIME	AGE
Men U/50						
1	Nicholas	Torry	Serpentine RC	M	00:14:34	42
2	Jonathan	Poole	Serpentine RC	M	00:14:43	36
3	Ben	Cole	Tonbridge AC	M	00:14:45	34
4	Andy	Greenleaf	Serpentine RC	M	00:14:50	36
5	Jim	Allchin	Kent AC	M	00:15:04	33
6	Jordan	Weaver	Kent AC	M	00:15:05	29
7	Frederick	Slemeck	Hercules Wimbledon AC	M	00:15:11	29
Women U/50						
1	Beth	Hawling	Cheltenham & County Harriers	F	00:16:48	24
2	Natalie	Seymour	Thames Hare and Hounds	F	00:17:21	32
3	Rose	Penfold	Fulham Running Club	F	00:17:34	28
4	Bethanie	Murray	Thames Hare and Hounds	F	00:17:42	24
5	Catrin	Tyler	London Heathside	F	00:18:17	32
6	Katie	Rowland	Kent AC	F	00:18:35	30
7	Rachel	Baker		F	00:18:36	30
Men Vet 50						
1	Mark	Constantinou	Collingwood AC	M	00:18:19	55
2	Anthony	Constantinou	Collingwood AC	M	00:18:26	55
3	Keith	Newton	Herne Hill Harriers	M	00:18:56	56
Women Vet 50						
1	Ruth	Hutton	South London Harriers	F	00:19:58	54
2	Andrea	Barber	Kent AC	F	00:21:24	50
3	Pippa	Major	South London Harriers	F	00:22:04	54
Men Vet 60						
1	Martin	Milward	Fulham Running Club	M	00:20:27	64
2	jean-luc	hoez	Serpentine RC	M	00:24:11	61
Men Vet 70						
1	Alan	Davidson	Ranelagh Harriers	M	00:28:48	72
Women Vet 70						
1	Penny	Elliott	Waverley H	F	00:25:24	76
Men Vet 80						
1	Cliff	Collins	Vets AC	M	00:27:54	83

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	Nicholas	Torry	Serpentine RC	M	00:14:34	42	M U/50	1
2	Jonathan	Poole	Serpentine RC	M	00:14:43	36	M U/50	2
3	Ben	Cole	Tonbridge AC	M	00:14:45	34	M U/50	3
4	Andy	Greenleaf	Serpentine RC	M	00:14:50	36	M U/50	4
5	Jim	Allchin	Kent AC	M	00:15:04	33	M U/50	5
6	Jordan	Weaver	Kent AC	M	00:15:05	29	M U/50	6
7	Frederick	Slmeck	Hercules Wimbledon AC	M	00:15:11	29	M U/50	7
8	Michael	Cameron	Thames Vallet Harriers	M	00:15:14	23	M U/50	8
9	Simon	Goldsworthy	Guildford and Godalming	M	00:15:14	25	M U/50	9
10	Christopher	Greenwood	Kent AC	M	00:15:15	45	M U/50	10
11	Jonny	Earl	Hercules Wimbledon	M	00:15:16	34	M U/50	11
12	Andrius	Jaksevicius	Belgrave Harriers	M	00:15:20	38	M U/50	12
13	Anthony	Johnson	Kent AC	M	00:15:21	30	M U/50	13
14	Chris	Thomas	Thames Valley Harriers	M	00:15:23	25	M U/50	14
15	Alex	Davy	Leeds City AC	M	00:15:27	30	M U/50	15
16	Arlo	Ludewick	Herne Hill Harriers	M	00:15:35	19	M U/50	16
17	Daniel	Woodgate	Milton Keynes	M	00:15:39	27	M U/50	17
18	Matthew	Sharp	Hercules Wimbledon AC	M	00:15:40	40	M U/50	18
19	Joseph	Vis	Sale harriers	M	00:15:40	27	M U/50	19
20	Bradley	Courtney-Pinn	Belgrave Harriers	M	00:15:41	29	M U/50	20
21	Xavier	Gruot	Serpentine RC	M	00:15:44	35	M U/50	21
22	Sage	Pearce-Higgins	Thames Valley Harriers	M	00:15:50	35	M U/50	22
23	Robert	Laing	Kent AC	M	00:15:52	42	M U/50	23
24	Jamie	Seddon	Marshall Milton Keynes	M	00:15:53	25	M U/50	24
25	Stuart	Farmer	Fulham Running Club	M	00:15:54	42	M U/50	25
26	Samuel	Evans	Kent AC	M	00:15:54	35	M U/50	26
27	Joe	Hartley	Kent AC	M	00:15:55	31	M U/50	27
28	Joseph	Clark	Hercules Wimbledon AC	M	00:15:56	35	M U/50	28
29	Ben	Harding	kent ac	M	00:16:00	32	M U/50	29
30	Sam	Begg	Guildford & Godalming	M	00:16:02	28	M U/50	30
31	Conor	Kissane-Wood	Thames Valley Harriers	M	00:16:11	24	M U/50	31
32	PEter	Lighting	Kent AC	M	00:16:12	38	M U/50	32
33	Barnaby	Day	Kent AC	M	00:16:14	36	M U/50	33
34	Ben	Cook	Kent AC	M	00:16:16	38	M U/50	34
35	Simon	Fox	Petts Wood R	M	00:16:18	28	M U/50	35
36	steve	hobbs	VPH & Tower Hamlets AC	M	00:16:20	46	M U/50	36
37	James	Laing	Hillingdon Athletics Club	M	00:16:24	27	M U/50	37
38	Chris	Wayman	Benfleet Running Club	M	00:16:24	32	M U/50	38
39	Pablo	Granell		M	00:16:26	38	M U/50	39
40	Timothy	Bowen	Dulwich runners	M	00:16:28	35	M U/50	40
41	David	Lawrence	Watford Joggers	M	00:16:32	28	M U/50	41
42	Calum	Fraser	Kent AC	M	00:16:38	28	M U/50	42
43	Alex	Green	Windrush Tri	M	00:16:40	35	M U/50	43
44	Che	Compton	Kent AC	M	00:16:43	44	M U/50	44
45	Duncan	Lawrence	Headington	M	00:16:44	31	M U/50	45
46	Luke	Davis	Clapham Chasers	M	00:16:47	37	M U/50	46
47	Beth	Hawling	Cheltenham & County Harriers	F	00:16:48	24	W U/50	1
48	Y	KOURPAS		M	00:16:48	27	M U/50	47
49	James	Johnson	Highgate Harriers	M	00:16:51	40	M U/50	48
50	Robbie	Cox	Woodford Green	M	00:16:51	37	M U/50	49
51	Stewart	Mcandie	Fulham Running Club	M	00:16:55	45	M U/50	50
52	Paul	Devine	Dulwich runners	M	00:16:56	41	M U/50	51
53	Lee	Haze	Kent AC	M	00:16:57	34	M U/50	52
54	George	Loxton	Birmingham Uni	M	00:16:59	19	M U/50	53
55	Stephen	McLeod	Fulham Running Club	M	00:17:01	30	M U/50	54
56	Stuart	Beaney	Kent AC	M	00:17:03	45	M U/50	55
57	Elliot	Parker	VPH & Tower Hamlets AC	M	00:17:07	25	M U/50	56
58	cosmo	kiptanui	round pond elite	M	00:17:11	19	M U/50	57
59	Benedict	Holmes	Kent AC	M	00:17:17	27	M U/50	58
60	Simon	Molden	Thames Hare and Hounds	M	00:17:18	42	M U/50	59
61	Tom	Sloan	Kent AC	M	00:17:18	45	M U/50	60
62	Ben	Evans	Guildford and Godalming	M	00:17:19	40	M U/50	61
63	Matt	Woodman	Stafford Harriers	M	00:17:20	41	M U/50	62
64	Natalie	Seymour	Thames Hare and Hounds	F	00:17:21	32	W U/50	2
65	matt	Rozee	Blackheath and Bromley Harrie	M	00:17:24	27	M U/50	63
66	William	Johnson	Belgrave Harriers	M	00:17:27	27	M U/50	64
67	Leo	Debbie	Fulham	M	00:17:29	25	M U/50	65
68	Gary	James		M	00:17:32	41	M U/50	66
69	Tim	Copley	Kent AC	M	00:17:33	42	M U/50	67
70	Alex	Mills	Belgrave H	M	00:17:34	24	M U/50	68
71	Rose	Penfold	Fulham Running Club	F	00:17:34	28	W U/50	3
72	Jason	Medical	Evrotas RC	M	00:17:36	42	M U/50	69
73	Richard	Giles	Kent AC	M	00:17:37	41	M U/50	70

74	Bethanie	Murray	Thames Hare and Hounds	F	00:17:42	24	W U/50	4
75	Dominic	Woodbridge	26.2 RRC	M	00:17:42	26	M U/50	71
76	William	Shippin	uknetrunner	M	00:17:45	33	M U/50	72
77	Matteo	de Giovanetti	Serpentine RC	M	00:17:47	28	M U/50	73
78	Finn	Maccarthy	Shaftesbury Barnet Harriers AC	M	00:17:50	16	M U/50	74
79	Joseph	McKeown	London Heathside	M	00:17:51	35	M U/50	75
80	Jonathan	Ormerod	Stragglers	M	00:17:51	40	M U/50	76
81	Nils-Kristian	Liborg	Ealing Eagles Running Club	M	00:17:55	39	M U/50	77
82	Chris	Cooper	Fulham Running Club	M	00:17:58	28	M U/50	78
83	Ed	Matthews	Kent AC	M	00:18:01	32	M U/50	79
84	Richard	Elliot	Kent AC	M	00:18:01	39	M U/50	80
85	Mark	Crabtree	Kent AC	M	00:18:03	41	M U/50	81
86	Dylan	Mitchard		M	00:18:03	25	M U/50	82
87	Ellis	Mizen	Kent AC	M	00:18:03	23	M U/50	83
88	dom	fiore	Cambridge Harriers	M	00:18:09	47	M U/50	84
89	Doug	Rendle	London Heathside Runners	M	00:18:14	40	M U/50	85
90	Jon Are	Fromyr	Kent AC	M	00:18:15	37	M U/50	86
91	Catrin	Tyler	London Heathside	F	00:18:17	32	W U/50	5
92	Adam	May		M	00:18:17	38	M U/50	87
93	Mark	Constantinou	Collingwood AC	M	00:18:19	55	M Vet 50	1
94	Martin	Carmack	Serpentine RC	M	00:18:20	49	M U/50	88
95	Simon	Bittlestone		M	00:18:23	31	M U/50	89
96	Anthony	Constantinou	Collingwood AC	M	00:18:26	55	M Vet 50	2
97	Edmund	Neuberger	Clapham Chasers	M	00:18:27	34	M U/50	90
98	Dylan	Hughes	Raven Runners	M	00:18:32	43	M U/50	91
99	Anthony	Brown	Kent AC	M	00:18:33	36	M U/50	92
100	Adam	Westbury	Herne Hill Harriers	M	00:18:34	27	M U/50	93
101	Myles	Preston	Mornington Chasers	M	00:18:34	33	M U/50	94
102	Katie	Rowland	Kent AC	F	00:18:35	30	W U/50	6
103	Adair	Farrar		M	00:18:36	31	M U/50	95
104	Rachel	Baker		F	00:18:36	30	W U/50	7
105	Tim	Sharp	Kent AC	M	00:18:40	41	M U/50	96
106	georgina	wiley	Kent AC	F	00:18:41	34	W U/50	8
107	William	Fricke	Kent AC	M	00:18:44	41	M U/50	97
108	Andrew	Han	Fulham Running Club	M	00:18:51	39	M U/50	98
109	Fraser	Hagell	Herne Hill H	M	00:18:53	31	M U/50	99
110	David	Miller		M	00:18:54	37	M U/50	100
111	Simon	Woodley	hercules wimbledon ac	M	00:18:54	43	M U/50	101
112	David	Boot	West 4 H	M	00:18:55	36	M U/50	102
113	Keith	Newton	Herne Hill Harriers	M	00:18:56	56	M Vet 50	3
114	Michael	Stewart	Kent AC	M	00:18:56	40	M U/50	103
115	Christian	Nielsen	Thames Valley H	M	00:19:01	44	M U/50	104
116	Douglas	Wood	Fulham Running Club	M	00:19:02	34	M U/50	105
117	Anthony	Vaughan		M	00:19:04	39	M U/50	106
118	teresa	murphy	Kent AC	F	00:19:09	42	W U/50	9
119	stephen	massey	Striders of Croydon	M	00:19:10	51	M Vet 50	4
120	Neal	Pal		M	00:19:10	39	M U/50	107
121	Darren	Franks	hercules wimbledon ac	M	00:19:12	52	M Vet 50	5
122	Khawaja	Shahabuddin	Kent AC	M	00:19:14	42	M U/50	108
123	James	Greene	Hercules Wimbledon	M	00:19:17	28	M U/50	109
124	Byron	McKinney	Tiverton H	M	00:19:18	44	M U/50	110
125	Eliza	Grant	Kent AC	F	00:19:20	29	W U/50	10
126	Lisa	Wenninger	Hightgate Harriers	F	00:19:21	35	W U/50	11
127	Christopher	Lydon	Kent AC	M	00:19:21	57	M Vet 50	6
128	Chris	Quaid	Kent AC	M	00:19:31	27	M U/50	111
129	Ed	Taylor		M	00:19:32	33	M U/50	112
130	Alejandro	Sanchez		M	00:19:33	28	M U/50	113
131	Allan	Cox	Clapham Chasers	M	00:19:34	42	M U/50	114
132	VJ	Boyle	Kent AC	F	00:19:35	40	W U/50	12
133	Victoria	Stepanova	Kent AC	F	00:19:35	26	W U/50	13
134	Michael	Shearwood		M	00:19:39	37	M U/50	115
135	Tessa	Bell	Edinburgh AC	F	00:19:45	29	W U/50	14
136	Darren	Woods	Striders of Croydon	M	00:19:46	31	M U/50	116
137	Simon	Reid	City of Sheffield	M	00:19:52	40	M U/50	117
138	thomas	cheetham	hercules wimbledon ac	M	00:19:52	52	M Vet 50	7
139	Richard	Shardlow	CLC Striders	M	00:19:56	50	M Vet 50	8
140	Rebecca	Watson	Central Park Athletics	F	00:19:56	25	W U/50	15
141	Ruth	Hutton	South London Harriers	F	00:19:58	54	W Vet 50	1
142	Chris	Rogers		M	00:19:59	37	M U/50	118
143	Richard	Byford	Blackheath & Bromley	M	00:20:00	32	M U/50	119
144	Alexanda	Maryan	Evrotas RC	M	00:20:12	27	M U/50	120
145	David	Brooks	West 4 H	M	00:20:13	46	M U/50	121
146	Mark	Kell	Serpentine RC	M	00:20:16	38	M U/50	122
147	Roger	Corbett	Serpentine RC	M	00:20:18	56	M Vet 50	9
148	Rory	Webster	Clapham Chasers	M	00:20:22	53	M Vet 50	10
149	Eleanor	Bedwell	Evrotas RC	F	00:20:24	31	W U/50	16
150	Martin	Milward	Fulham Running Club	M	00:20:27	64	M Vet 60	1
151	Bryntar	Agnarsson	Wimbledon W	M	00:20:28	46	M U/50	123

152	peter	johnson	Striders of Croydon	M	00:20:32	55	M Vet 50	11
153	Helen	Auden		F	00:20:35	30	W U/50	17
154	Christopher	Dunhill	South London H	M	00:20:41	45	M U/50	124
155	Alastair	Smith	Striders of Croydon	M	00:20:43	44	M U/50	125
156	Philip	Wills		M	00:20:51	40	M U/50	126
157	David	Bates		M	00:20:58	43	M U/50	127
158	Joanne	Campbell	Kent AC	F	00:21:01	26	W U/50	18
159	Alan	Wilkinson		M	00:21:02	59	M Vet 50	12
160	Pawel	Szynkarczuk	Kent AC	M	00:21:03	43	M U/50	128
161	Fadi	Hayek		M	00:21:05	39	M U/50	129
162	Luke	Armitage	Kent AC	M	00:21:12	55	M Vet 50	13
163	Kerry	Foley	Evrotas RC	F	00:21:13	42	W U/50	19
164	Glynn	McDonald	London Fronrunners	M	00:21:22	56	M Vet 50	14
165	Susie	Fairbrass	Kent AC	F	00:21:23	29	W U/50	20
166	Andrea	Barber	Kent AC	F	00:21:24	50	W Vet 50	2
167	Chris	Newberry	Horsham joggers	M	00:21:24	50	M Vet 50	15
168	Neil	Colquhoun	London Fronrunners	M	00:21:35	42	M U/50	130
169	Andrew	Cornish		M	00:21:35	53	M Vet 50	16
170	Paul	Crompton	Kent AC	M	00:21:44	52	M Vet 50	17
171	Alistair	Symes		M	00:21:47	27	M U/50	131
172	Sarah	Chadwick		F	00:21:52	32	W U/50	21
173	Hugh	Clough		M	00:21:53	26	M U/50	132
174	Russell	Thorne	Sutton runners	M	00:21:53	49	M U/50	133
175	Pippa	Major	South London Harriers	F	00:22:04	54	W Vet 50	3
176	Felicity	Carr	South London Harriers	F	00:22:20	23	W U/50	22
177	Katie	Gow	Fulham Running Club	F	00:22:24	26	W U/50	23
178	Sonia	Mendonca	Madeira trail team	F	00:22:50	40	W U/50	24
179	Daniel	Comens	Sutton Runners	M	00:23:06	45	M U/50	134
180	Sunanda	Sarker-Bell	Croydon Harriers	F	00:23:09	53	W Vet 50	4
181	Kate	Williams	Kent AC	F	00:23:12	54	W Vet 50	5
182	Aidan	Williams		M	00:23:13	19	M U/50	135
183	Elaine	Reid	Collingwood AC	F	00:23:13	49	W U/50	25
184	Sunjay	Bhagal	London Fronrunners	M	00:23:14	49	M U/50	136
185	Emma	Johnson	Fulham Running Club	F	00:23:18	26	W U/50	26
186	Adrian	Hunt		M	00:23:25	56	M Vet 50	18
187	Rebecca	Sweet	London Heathside	F	00:23:31	35	W U/50	27
188	Sophie	Denman	Fulham Running Club	F	00:23:32	31	W U/50	28
189	Katherine	Elmore-Jones	Fulham	F	00:23:39	42	W U/50	29
190	jean-luc	hoez	Serpentine RC	M	00:24:11	61	M Vet 60	2
191	Ian	Mursell	Vets AC	M	00:24:15	67	M Vet 60	3
192	Martin	Allchin	Road Runners Club (UK)	M	00:24:22	60	M Vet 60	4
193	Paul	Hooper	Dartford RR	M	00:24:47	62	M Vet 60	5
194	Abigail	Cohen		F	00:24:50	30	W U/50	30
195	Paul	Cohen		M	00:24:50	28	M U/50	137
196	Alexandra	Legge	Striders of Croydon	F	00:25:09	46	W U/50	31
197	Anthony	Austin	Hercules Wimbledon	M	00:25:20	64	M Vet 60	6
198	Penny	Elliott	Waverley H	F	00:25:24	76	W Vet 70	1
199	Jessica	Ridout	Fulham	F	00:25:33	36	W U/50	32
200	Caroline	Ford	Kent AC	F	00:25:49	27	W U/50	33
201	Joanne	WALKER	Fulham Running Club	F	00:26:03	30	W U/50	34
202	Ian	Hall	Serpentine RC	M	00:26:07	66	M Vet 60	7
203	Morag	Forbes	Vegan Runners	F	00:26:12	37	W U/50	35
204	Florencia	Guerra	Fulham	F	00:26:58	41	W U/50	36
205	Mark	Reid		M	00:27:09	48	M U/50	138
206	Louise	Garlick	Fulham	F	00:27:15	33	W U/50	37
207	Harold	Cohen		M	00:27:36	60	M Vet 60	8
208	Cliff	Collins	Vets AC	M	00:27:54	83	M Vet 80	1
209	Charlotte	Constantinou	Collingwood AC	F	00:28:08	17	W U/50	38
210	Alan	Davidson	Ranelagh Harriers	M	00:28:48	72	M Vet 70	1
211	Rosa	Constantinou	Collingwood AC	F	00:29:28	50	W Vet 50	6
212	Pam	Franks		F	00:29:42	53	W Vet 50	7
213	Fiona	Thorne		F	00:30:16	50	W Vet 50	8
214	Jennifer	Sivapalan		F	00:30:26	35	W U/50	39
215	Christopher	Brooke	Collingwood AC	M	00:30:31	69	M Vet 60	9
216	Madison	Reamsbottom		F	00:30:34	31	W U/50	40
217	Andrew	McNamara	Fulham Running Club	M	00:30:35	36	M U/50	139
218	Christopher	Shaw	Fulham Running Club	M	00:30:57	40	M U/50	140
219	Sam	Brightman		M	00:31:19	36	M U/50	141
220	David	Quickenden	Collingwood AC	M	00:32:05	72	M Vet 70	2
221	Kassanora	Farzavanoz		F	00:32:25	23	W U/50	41
222	Peter	Torre	Vets AC	M	00:32:50	77	M Vet 70	3
223	Terence	buxton	Striders of Croydon	M	00:33:08	58	M Vet 50	19
224	Ann	Bath	26.2 RRC	F	00:33:34	70	W Vet 70	2
225	Edwin	Bartlett	Vets AC	M	00:33:44	74	M Vet 70	4
226	Paul	Booth	Collingwood AC	M	00:34:21	65	M Vet 60	10