

Sri Chinmoy 5K Race

Battersea Park, London

10th June 2025

SPEEDY STEEDS 5K



SRI CHINMOY
MARATHON TEAM



Run to Become
www.runandbecome.com

WINNERS						
RANK	NAME	SURNAME	CLUB	M F	TIME	AGE
Men U/50						
1	Seyfu	Jamaal	London Heathside	Male	00:14:31	23
2	Adedeji	Oluwatosin	Newham AC	Male	00:14:54	34
3	Nick	Bester	Best Athletics	Male	00:15:01	37
4	Jonathan	Poole	Serpentine Rc	Male	00:15:10	30
5	Chris	Loudon	Cambridge Harriers	Male	00:15:21	29
6	Bobby	Babaker	Cambridge Harriers	Male	00:15:30	27
7	William	de Cothi	London Heathside	Male	00:15:32	33
7	Peter	Robins	Ranelagh Harriers	Male	00:15:32	28
7	Jason	Barrett	Oxford University Cross Country Club	Male	00:15:32	27
Women U/50						
1	Helen	Gaunt	Tonbridge AC	Female	00:16:40	46
2	Alice	Sunderland	Ealing Eagles Running Club	Female	00:17:18	49
3	Grace	Leyland	Herne Hill Harriers	Female	00:17:26	24
4	Jennifer	Nandi	Herne Hill Harriers	Female	00:17:44	26
5	Natasha	Sheel	Serpentine Running and Athletics Club	Female	00:17:55	37
6	Abbie	Bulbulian	Clapham Chasers	Female	00:18:00	27
7	Sarah	Forbes-Smith	Clapham Chasers	Female	00:18:13	30
Men Vet 50						
1	Andy	Bond	dulwich runners ac	Male	00:16:25	51
2	Matt	Weaver	Highgate Harriers	Male	00:16:40	56
3	Lee	Martin	Chelmsford AC	Male	00:16:47	53
Women Vet 50						
1	Kerstin	Sung	Medway & Maidstone AC	Female	00:19:05	51
2	Dee	O'Brien	kent ac	Female	00:19:25	50
3	Alice	Smith	South London harriers	Female	00:19:53	59
Men Vet 60						
1	David	Ogden	South London harriers	Male	00:18:34	66
2	Garry	Meehan	Dulwich Runner AC	Male	00:19:04	63
Women Vet 60						
1	Clare	Elms	Kent Athletic Club	Female	00:18:20	61
2	Catkin	Shelley	Serpentine Running and Triathlon Clu	Female	00:22:02	61
Women Vet 70						
1	Avril	Riddell	Serpentine Rc	Female	00:26:07	71
Men Under 16						
1	Wilfred	Hughes	South London harriers	Male	00:16:51	13
2	Aaron	Morrell	South London harriers	Male	00:17:49	15
3	Edward	Englefield	South London harriers	Male	00:19:20	13
Women Under 16						
1	Gabriella	Booth	South London harriers	Female	00:19:20	13
2	Zoe	Davis	South London harriers	Female	00:19:38	13
3	Isla	Errington	South London harriers	Female	00:19:59	12

ALL RESULTS BELOW

RESULTS									
RANK	NAME	SURNAME	CLUB	M F	TIME	CATEGORY	CAT. POS.	AGE	Race No
1	Seyfu	Jamaal	London Heathside	Male	00:14:31	M U/50	1	24	1
2	Adedeji	Oluwatosin	Newham AC	Male	00:14:54	M U/50	2	23	446
3	Nick	Bester	Best Athletics	Male	00:15:01	M U/50	3	35	2
4	Jonathan	Poole	Serpentine Rc	Male	00:15:10	M U/50	4	42	14
5	Chris	Loudon	Cambridge Harriers	Male	00:15:21	M U/50	5	40	13
6	Bobby	Babaker	Cambridge Harriers	Male	00:15:30	M U/50	6	23	7
7	William	de Cothi	London Heathside	Male	00:15:32	M U/50	7	33	23
8	Peter	Robins	Ranelagh Harriers	Male	00:15:32	M U/50	8	28	20
9	Jason	Barrett	Oxford University Cross Country Club	Male	00:15:32	M U/50	9	27	29
10	Alex	Russell	Herne Hill Harriers	Male	00:15:35	M U/50	10	27	18
11	Jonathan	Scott	Belgrave Harriers	Male	00:15:36	M U/50	11	33	10
12	Matthew	Cartwright	Herne Hill Harriers	Male	00:15:37	M U/50	12	35	30
13	Calum	Nicol	Thames Valley Harriers	Male	00:15:40	M U/50	13	39	25
14	Oliver	May	Best Athletics	Male	00:15:40	M U/50	14	42	208
15	Joe	Oakden	Clapham Chasers	Male	00:15:42	M U/50	15	28	8
16	Christopher	Gracie	London Heathside AC	Male	00:15:42	M U/50	16	38	12
17	Nicholas	Browne	Serpentine Running and Triathlon Clu	Male	00:15:45	M U/50	17	44	27
18	Hugo	Mathew		Male	00:15:48	M U/50	18	21	17
19	Gareth	Hopkins	Ranelagh Harriers	Male	00:15:53	M U/50	19	43	49
20	Liam	McLaughlin	Cambridge Harriers	Male	00:15:57	M U/50	20	31	51
21	Luke	Parker-Hack	Highgate Harriers	Male	00:15:57	M U/50	21	25	50
22	William	Bourne	Clapham Chasers	Male	00:15:57	M U/50	22	31	32
23	George	Jackson		Male	00:15:57	M U/50	23	34	34
24	Michael	Mccarthy	Belgrave Harriers	Male	00:15:59	M U/50	24	43	26
25	Shane	Woodhouse-Kerr		Male	00:16:02	M U/50	25	37	41
26	Kader	Seyed	London Heathside	Male	00:16:02	M U/50	26	22	5
27	Rhys	Doherty		Male	00:16:04	M U/50	27	30	21
28	Sammy	Keenan	London Heathside	Male	00:16:04	M U/50	28	33	61
29	Tom	Hollis	Lonely Goat RC	Male	00:16:05	M U/50	29	40	48
30	Victor	Lio	Serpentine Rc	Male	00:16:07	M U/50	30	36	47
31	Charlie	Wakefield		Male	00:16:16	M U/50	31	27	112

32	Adrian	Dixon	Clapham Chasers	Male	00:16:16	M U/50	32	30	79
33	Andy	Barnes	London Heathside	Male	00:16:17	M U/50	33	42	54
34	Bruce	Harrold	South London harriers	Male	00:16:17	M U/50	34	47	89
35	Steve	Woolley	west 4 harriers	Male	00:16:19	M U/50	35	43	43
36	BENJAMIN	LYNCH	Ealing Eagles Running Club	Male	00:16:21	M U/50	36	35	82
37	Alix	Ramsier	South London harriers	Male	00:16:22	M U/50	37	37	53
38	Duncan	Lawrence	Oxford City AC	Male	00:16:24	M U/50	38	37	40
39	Andy	Bond	dulwich runners ac	Male	00:16:25	M V50	1	51	106
40	Alexander	Janiaud	Belgrave Harriers	Male	00:16:27	M U/50	39	31	38
41	Alex	Auld	Clapham Chasers	Male	00:16:30	M U/50	40	32	80
42	Peter	Lighting	Kent Athletic Club	Male	00:16:30	M U/50	41	44	86
43	Nick	Green		Male	00:16:33	M U/50	42	42	63
44	Deng	Akol	London Heathside AC	Male	00:16:39	M U/50	43	37	450
45	Parris	Simpkins	Clapham Chasers	Male	00:16:39	M U/50	44	33	97
46	Brandon	Liau	brighton phoenix	Male	00:16:39	M U/50	45	28	19
47	Matt	Weaver	Highgate Harriers	Male	00:16:40	M V50	2	56	146
48	David	Wilby	Kingston & Poly	Male	00:16:40	M U/50	46	38	64
49	Helen	Gaunt	Tonbridge AC	Female	00:16:40	W U/50	1	46	73
50	Florian	Belbeoch	Oxford AC	Male	00:16:44	M U/50	47	30	22
51	Nathan	Gibson	Aldershot, Farnham & District AC	Male	00:16:44	M U/50	48	27	65
52	Harry	McWhirter		Male	00:16:47	M U/50	49	25	119
53	Christopher	Tsanoulas	Serpentine Rc	Male	00:16:47	M U/50	50	45	68
54	Lee	Martin	Chelmsford AC	Male	00:16:47	M V50	3	53	102
55	Enzo	Vellin	Belgrave Harriers	Male	00:16:49	M U/50	51	28	66
56	Wilfred	Hughes	South London harriers	Male	00:16:51	M U/16	1	13	104
57	Bertie	Wilkins	brighton phoenix	Male	00:16:53	M U/50	52	31	96
58	Daniel	Grosvenor	Southwark Athletics Club	Male	00:16:53	M U/50	53	32	138
59	Kevin	Willsher	lordshill road runners	Male	00:16:54	M U/50	54	46	88
60	Philip	Coales	Striders of Croydon	Male	00:16:56	M U/50	55	33	39
61	Stephen	McLeod	Herne Hill H	Male	00:16:56	M U/50	56	36	128
62	Will	Gallimore	Clapham Chasers	Male	00:16:57	M U/50	57	40	85
63	David	Williams	South London harriers	Male	00:17:09	M V50	4	53	135
64	Mathew	Hudson	Herne Hill Harriers	Male	00:17:10	M U/50	58	27	95
65	Robbie	Lightfoot	Victoria Park harriers	Male	00:17:11	M U/50	59	31	124
66	Lawrence	Wickham		Male	00:17:12	M U/50	60	39	108
67	Ben	Brant	South London harriers	Male	00:17:12	M U/50	61	23	36
68	Zhi Yan	Yeo	University of Warwick	Male	00:17:13	M U/50	62	22	74
69	Alex	Revell	Best Athletics	Male	00:17:13	M U/50	63	36	421
70	Nick	North	South London harriers	Male	00:17:14	M U/50	64	22	16
71	David	Comb	Winchester Running Club	Male	00:17:14	M U/50	65	45	87
72	Myles	Preston	Mornington Chasers	Male	00:17:15	M U/50	66	39	92
73	Chris	MUDE		Male	00:17:16	M U/50	67	35	143
74	Toby	Meller-Rodrigues	South London harriers	Male	00:17:18	M U/50	68	36	147
75	Matt	Coomber	Windle Valley Runners	Male	00:17:18	M U/50	69	32	185
76	Alice	Sunderland	Ealing Eagles Running Club	Female	00:17:18	W U/50	2	49	168
77	Simon	Richardson	South London harriers	Male	00:17:20	M U/50	70	48	60
78	James	Reeder		Male	00:17:21	M U/50	71	26	120
79	Zak	Wort	Highgate Harriers	Male	00:17:22	M U/50	72	24	94
80	Grace	Leyland	Herne Hill Harriers	Female	00:17:26	W U/50	3	24	111
81	Peter	Crotty	South London harriers	Male	00:17:27	M U/50	73	42	432
82	Joshua	Slingsby	Southwark AC	Male	00:17:28	M U/50	74	32	109
83	Eddie	Ware	Serpentine Running and Triathlon Club	Male	00:17:30	M U/50	75	46	57
84	Alex	Lake	Clapham Chasers	Male	00:17:31	M U/50	76	34	453
85	Tristan	Lee	Best Athletics	Male	00:17:33	M U/50	77	35	160
86	Rhys	Edwards	Ilford AC	Male	00:17:35	M U/50	78	22	107
87	Ryan	McCrickerd	Serpentine	Male	00:17:37	M U/50	79	36	98
88	Jason	Marsh		Male	00:17:40	M U/50	80	35	116
89	Thomas	Mcquade	Croydon Harriers	Male	00:17:41	M U/50	81	35	115
90	Toby	Crooks	Serpentine	Male	00:17:41	M U/50	82	29	183
91	Daniel	Gilllett	South London harriers	Male	00:17:41	M V50	5	55	117
92	Daniel	Excell-Smith	Pewsey Vale RC	Male	00:17:42	M U/50	83	24	154
93	Adam	White	South London harriers	Male	00:17:42	M U/50	84	44	210
94	Terry	Sweet	Herne Hill Harriers	Male	00:17:42	M U/50	85	37	130
95	Richard	Sargent		Male	00:17:44	M U/50	86	41	133
96	Jennifer	Nandi	Herne Hill Harriers	Female	00:17:44	W U/50	4	26	151
97	Samuel	Hawthorn	the stragglers rc	Male	00:17:45	M U/50	87	31	122
98	James	Brown	Herne Hill Harriers	Male	00:17:45	M U/50	88	26	121
99	Thomas	Wilson	Alderhot and Farnahm	Male	00:17:46	M V50	6	50	215
100	Barry	Dolman	Bournemouth AC	Male	00:17:47	M V50	7	55	163
101	Callan	Coughlan	Serpentine Rc	Male	00:17:48	M U/50	89	32	126
102	Joshua	Doyle	Tunbridge Wells Harriers	Male	00:17:49	M U/50	90	32	186
103	Aaron	Morrell	South London harriers	Male	00:17:49	M U/16	2	15	245
104	James	Stocker	Waverley Harriers	Male	00:17:52	M U/50	91	29	213
105	Ted	Curtis		Male	00:17:52	M U/50	92	28	227
106	Matt	Thomas	Mornington Chasers	Male	00:17:53	M U/50	93	34	159
107	Natasha	Sheel	Serpentine Running and Athletics Club	Female	00:17:55	W U/50	5	37	180
108	Sam	Walker	Dulwich Runners A.C.	Male	00:17:57	M U/50	94	36	129
109	Abbie	Bulbulian	Clapham Chasers	Female	00:18:00	W U/50	6	27	250
110	Henry	Jones	St Albans AC	Male	00:18:00	M U/50	95	22	165
111	Cian	O'Mara	Herne Hill Harriers	Male	00:18:04	M U/50	96	28	156
112	Matthew	Johns		Male	00:18:05	M U/50	97	29	418
113	Callum	McMahon	Serpentine Running and Athletics Club	Male	00:18:05	M U/50	98	27	310
114	Dan	Booth	Orion Harriers	Male	00:18:05	M U/50	99	38	189
115	Michael	Haverty	Best Athletics	Male	00:18:06	M U/50	100	31	419
116	John	Daly		Male	00:18:07	M U/50	101	33	110
117	Austin	Laylee	Dulwich runners	Male	00:18:08	M U/50	102	29	171
118	Ben	Stanton	Reigate Priory Athletic Club	Male	00:18:08	M U/50	103	37	423
119	Dominic	Seymour		Male	00:18:08	M U/50	104	41	191
120	Christian	Nielsen	Thames Valley Harriers	Male	00:18:12	M V50	8	50	197

121	Matt	Packer	South London harriers	Male	00:18:12	M U/50	105	39	167
122	Sarah	Forbes-Smith	Clapham Chasers	Female	00:18:13	W U/50	7	30	103
123	Marta	Bagnati	Serpentine Rc	Female	00:18:15	W U/50	8	40	224
124	Graham	Lane	South London harriers	Male	00:18:16	M U/50	106	46	233
125	David	Turnbull	Orion Harriers	Male	00:18:17	M U/50	107	39	173
126	Nicola	Archer	South London harriers	Female	00:18:18	W U/50	9	44	254
127	Samuel	Jenkins	Herne Hill Harriers	Male	00:18:18	M U/50	108	30	203
128	Dedlan	O'Callaghan	Best Athletics	Male	00:18:19	M U/50	109	29	113
129	Michael	McDonagh		Male	00:18:20	M V50	9	57	200
130	Chris	Notton	Serpentine	Male	00:18:20	M V50	10	59	211
131	Clare	Elms	Kent Athletic Club	Female	00:18:20	W V60	1	61	207
132	Amelia	Pettitt	Vale Royal	Female	00:18:23	W U/50	10	30	221
133	Eleanor	Daglish	Victoria Park & Tower Hamlets AC	Female	00:18:23	W U/50	11	27	176
134	Patrick	Tierney	Clapham Chasers	Male	00:18:23	M U/50	110	48	448
135	Ben	Knight	Orion Harriers	Male	00:18:25	M U/50	111	45	431
136	thomas	dilley		Male	00:18:25	M U/50	112	41	132
137	Jonny	Chambers	SHAEF Shifters	Male	00:18:26	M U/50	113	32	157
138	Roger	Reid	serpentine running club	Male	00:18:26	M V50	11	55	218
139	Kate	O'Malley	Clapham Chasers	Female	00:18:27	W U/50	12	31	237
140	Josie	Hinton	London Heathside AC	Non-Binary	00:18:27	NB		40	201
141	Lucy	Thompson	Tonbridge AC	Female	00:18:28	W U/50	13	26	175
142	Paul	Davie	Mornington Chasers	Male	00:18:30	M U/50	114	48	246
143	David	Ogden	South London harriers	Male	00:18:34	M V60	1	66	244
144	Erik	Schrijnemaekers	Striders of Croydon	Male	00:18:39	M U/50	115	45	193
145	Michael	Borromeo	Victoria Park Harriers & Tower Hamlets	Male	00:18:41	M U/50	116	43	214
146	Ellie	Freedden	kent ac	Female	00:18:43	W U/50	14	29	209
147	Marc	Basson		Male	00:18:44	M U/50	117	41	231
148	Edward	Simmons	Dulwich runners	Male	00:18:46	M U/50	118	44	426
149	Josh	Haigh	Best Athletics	Male	00:18:47	M U/50	119	30	166
150	Lucy	Connolly	South London harriers	Female	00:18:49	W U/50	15	37	206
151	Kieran	Sheehy	Best Athletics	Male	00:18:49	M U/50	120	26	257
152	Theo	Lee Ray	na	Male	00:18:49	M U/50	121	34	241
153	Tim	Sharp	kent ac	Male	00:18:52	M U/50	122	47	195
154	William	Hamilton		Male	00:18:53	M U/50	123	34	172
155	Sian	Marker	Aldershot and Farnham District	Female	00:18:54	W U/50	16	34	179
156	Gavin	Englefield	South London harriers	Male	00:18:54	M U/50	124	48	234
157	Stacey	Dickinson		Male	00:18:55	M V50	12	51	198
158	Sonny	Williams	Clapham Chasers	Male	00:18:57	M U/50	125	28	226
159	Annie	Dalton	Herne Hill Harriers	Female	00:18:58	W U/50	17	28	177
160	Francesca	Stocco	London Heathside	Female	00:18:59	W U/50	18	30	220
161	Stephen	Harris	Striders of Croydon	Male	00:19:00	M V50	13	55	449
162	Garry	Meehan	Dulwich Runner AC	Male	00:19:04	M V60	2	63	235
163	Kerstin	Sung	Medway & Maidstone AC	Female	00:19:05	W V50	1	51	417
164	Caitlin	Bradley	kent ac	Female	00:19:05	W U/50	19	33	222
165	Christopher	Tinkler		Male	00:19:10	M U/50	126	40	263
166	Mat	Barber	Southwark Athletics Club	Male	00:19:11	M U/50	127	47	277
167	Trevor	Ingram	Fulham Running Club	Male	00:19:11	M U/50	128	48	290
168	Laura	Hancock	South London harriers	Female	00:19:12	W U/50	20	32	289
169	Tim	Lawlor	Striders of Croydon	Male	00:19:13	M U/50	129	46	242
170	James	Buhl	Best Athletics	Male	00:19:13	M U/50	130	36	219
171	Claire	Oxlade	kent ac	Female	00:19:14	W U/50	21	30	236
172	Mark	Fuller	South London harriers	Male	00:19:15	M U/50	131	32	238
173	Oliver	Murray	London Heathside	Male	00:19:15	M V50	14	55	278
174	Marissa	Sissou	HIGH GATE HARRIERS	Female	00:19:16	W U/50	22	26	272
175	Jim	Laidlaw	Alderhot and Farnahm	Male	00:19:16	M U/50	132	47	217
176	Adrian	Kerr	Serpentine Rc	Male	00:19:16	M V50	15	51	276
177	Chris	Cooper	Overton Harriers	Male	00:19:19	M U/50	133	34	229
178	George	Graham	London Heathside	Male	00:19:19	M U/50	134	47	269
179	Ethan	Leier		Male	00:19:19	M U/50	135	28	240
180	Edward	Englefield	South London harriers	Male	00:19:20	M U/16	3	13	256
181	Gabriella	Booth	South London harriers	Female	00:19:20	W U/16	1	13	300
182	Fran	Buss	Kent Athletic Club	Female	00:19:23	W U/50	23	33	223
183	George	Howell	Herne Hill Harriers	Male	00:19:25	M U/50	136	29	296
184	Dee	O'Brien	kent ac	Female	00:19:25	W V50	2	50	284
185	Hannah	Sangan	Sevenaks AC	Female	00:19:27	W U/50	24	31	282
186	Ben	Tivnen		Male	00:19:28	M U/50	137	36	238
187	Jo	Vickers	South London harriers	Female	00:19:28	W U/50	25	46	255
188	Emily	Auld		Female	00:19:29	W U/50	26	30	413
189	James	Archer	South London harriers	Male	00:19:30	M U/16	4	14	304
190	David	Renshaw	Guildford & Godalming AC	Male	00:19:30	M V60	3	61	297
191	Frank	Womelsdorf	Serpentine	Male	00:19:30	M U/50	138	45	313
192	Rob	Lee		Male	00:19:35	M U/50	139	39	329
193	Jessica	Booth	South London harriers	Female	00:19:35	W U/50	27	17	303
194	Zoe	Davis	South London harriers	Female	00:19:38	W U/16	2	13	325
195	Calum	Murphy	hern hill harriers	Male	00:19:39	M U/50	140	28	77
196	Lee	Simms	South London harriers 45-49	Male	00:19:40	M U/50	141	47	268
197	Robert	Collopy		Male	00:19:42	M U/50	142	30	293
198	Sophie	Flanagan	Serpentine Rc	Female	00:19:43	W U/50	28	33	273
199	Safa	Khan	Highgate Harriers	Female	00:19:47	W U/50	29	27	280
200	Nathalie	Cazals		Female	00:19:48	W U/50	30	42	327
201	Stewart	Muir		Male	00:19:48	M U/50	143	46	267
202	Stephen	Topp	London Heathside	Male	00:19:51	M U/50	144	48	196
203	Alice	Smith	South London harriers	Female	00:19:53	W V50	3	59	331
204	Isla	Errington	South London harriers	Female	00:19:59	W U/16	3	12	411
205	Genevieve	Blanch	Kent Athletic Club	Female	00:20:00	W U/50	31	34	332
206	Sara	Ridmy	Belgrave Harriers (EA URN 4004219)	Female	00:20:00	W U/50	32	23	239
207	peter	Johnson	Striders of Croydon	Male	00:20:01	M V60	4	61	323
208	Helena	Hines	Serpentine Running and Athletics Club	Female	00:20:05	W U/50	33	23	279
209	Alan	Dearsley	South London harriers	Male	00:20:05	M U/50	145	49	347

210	Christopher	Dunhill	South London harriers	Male	00:20:08	M V50	16	51	287
211	Peter	Woolley	Serpentine Rc	Male	00:20:09	M U/50	146	45	451
212	Mark	Hughes	South London harriers 45-49	Male	00:20:12	M U/50	147	45	314
213	Owain	Williams	Best Athletics	Male	00:20:15	M U/50	148	36	311
214	Sophie	Telfer	Serpentine Rc	Female	00:20:17	W U/50	34	29	326
215	David	Henderson	South London harriers	Male	00:20:18	M U/50	149	48	346
216	Thomas	cheetham	Hercules Wimbledon ac	Male	00:20:22	M V50	17	58	338
217	Adam	Hargreaves	Best Athletics	Male	00:20:23	M U/50	150	36	262
218	Vinh-Phuong	Hoang	Clapham Chasers	Female	00:20:27	W U/50	35	34	414
219	Joe	Dawson	Best Athletics	Male	00:20:29	M U/50	151	45	298
220	Josef Marek	Freedman	Striders of Croydon	Male	00:20:29	M U/50	152	34	309
221	Helen	Rochester	Ealing Eagles Running Club	Female	00:20:30	W V50	4	54	350
222	Karina	Box	Kent Athletic Club	Female	00:20:33	W U/50	36	36	335
223	Isabelle	Crotty	South London harriers	Female	00:20:34	W U/16	4	14	433
224	Alex	Jeffreys	Serpentine Running and Triathlon Clu	Male	00:20:35	M V50	18	50	299
225	Terry	Worton	Camberley & District Athletics Club	Male	00:20:46	M V50	19	55	322
226	Paul	Sant	Mornington Chasers	Male	00:20:46	M U/50	153	47	345
227	Danny	Olive	Speed Club	Male	00:20:49	M V50	20	52	294
228	Maia	Morrell	South London Hariers	Female	00:20:50	W U/50	37	16	333
229	Katherine	Elmore-Jones	Fulham Running Club	Female	00:20:50	W U/50	38	48	328
230	Antonia	Mintoff	lordshill road runners	Female	00:20:53	W U/50	39	34	274
231	Rain	Milne	Victoria University of Wellington	Female	00:20:54	W U/50	40	22	291
232	Martin	Sands	Tunbridge Wells Harriers	Male	00:20:55	M U/50	154	33	308
233	Dan	Foard		Male	00:20:57	M U/50	155	22	305
234	Pui	Li	South London harriers	Male	00:20:58	M U/50	156	47	317
235	Will	Hassell	Teignbridge Trotters	Male	00:20:59	M U/50	157	23	344
236	Jason	Tully		Male	00:21:00	M V50	21	53	321
237	Mark	Kell	Serpentine	Male	00:21:02	M U/50	158	44	330
238	Stephen	Vincent	South London harriers	Male	00:21:02	M V50	22	56	356
239	charles	whitehouse	Fulham Running Club	Male	00:21:11	M U/50	159	36	248
240	Caidin	Lloyd	Clapham Chasers	Female	00:21:15	W U/50	41	35	252
241	Rebecca	Richardson	Victoria Park harriers	Female	00:21:21	W U/50	42	31	352
242	Will	Whitaker	London Heathside	Male	00:21:22	M U/50	160	42	361
243	Ellie	Archer	South London harriers	Female	00:21:28	W U/16	5	14	301
244	Graham	MAYNARD	Cambridge Harriers	Male	00:21:29	M V60	5	62	357
245	Zaina	Khan	Highgate Harriers	Female	00:21:30	W U/50	43	26	339
246	Peter	Brown	South London harriers	Male	00:21:31	M V60	6	68	358
247	Adrianne	Gibbins		Female	00:21:32	W V50	5	50	364
248	Laura	Errington	South London harriers	Female	00:21:32	W U/50	44	47	416
249	Jo	Burkett	serentine running and triathlon club	Female	00:21:39	W V50	6	51	343
250	Sally	Urquhart	kent ac	Female	00:21:41	W U/50	45	31	334
251	Caroline	Welch	South London harriers	Female	00:21:47	W V50	7	54	355
252	Ken	McCallum		Male	00:21:48	M V50	23	54	429
253	Simon	Hardy	Serpentine Rc	Male	00:21:55	M V60	7	63	378
254	Catkin	Shelley	Serpentine Running and Triathlon Clu	Female	00:22:02	W V60	2	61	360
255	Sandra	Buckton	London Heathside	Female	00:22:04	W V50	8	56	376
256	Jessica	Retter		Female	00:22:06	W U/50	46	28	447
257	Craig	Sullivan-Moon	Best Athletics	Male	00:22:16	M U/50	161	33	285
258	Colin	Williams	Watford Joggers	Male	00:22:24	M V60	8	61	372
259	SIENNA	Errington	South London harriers	Female	00:22:28	W U/16	6	15	412
260	Emily	Martyn	Mornington Chasers	Female	00:22:29	W U/50	47	35	365
261	Philippa	Goodhew	dulwich runners ac	Female	00:22:32	W U/50	48	39	415
262	Geoff	HURRELL	Tunbridge Wells Harriers	Male	00:22:34	M V60	9	62	377
263	Pippa	Cumbers	Serpentine Rc	Female	00:22:59	W V50	9	53	454
264	SHUN-LAI	CHAN	South London harriers	Female	00:23:00	W V50	10	55	366
265	Anna	Jenkinson	South London harriers	Female	00:23:01	W V50	11	51	353
266	Dan	Berry	Serpentine	Male	00:23:21	M U/50	162	23	383
267	Amanda	Smith	Tunbridge Wells Harriers	Female	00:23:46	W V50	12	55	375
268	Ian	Campbell		Male	00:24:19	M V60	10	63	348
269	Clémence	Grocholska		Female	00:24:42	W U/50	49	45	397
270	Leo	Galeone		Male	00:24:52	M U/50	163	27	401
271	Andrew	Findlater	Fulham Running Club	Male	00:25:02	M U/50	164	35	452
272	Ian	McCarthy	Cambridge Harriers	Male	00:25:09	M V60	11	68	392
273	Adrian	Hunt	Thames Hare and Hounds	Male	00:25:17	M V60	12	62	385
274	Phillip	Gardner	Striders of Croydon	Male	00:25:19	M U/50	165	30	306
275	Chloe	Grant	Striders of Croydon	Female	00:25:19	W U/50	50	30	388
276	Emily	Howard	Witney Road Runners	Female	00:25:34	W U/50	51	23	359
277	Caroline	Fitzgerald	Serpentine Rc	Female	00:25:49	W U/50	52	44	374
278	Ruth	Cottam	collingwood ac	Female	00:25:54	W V50	13	59	382
279	Avril	Riddell	Serpentine Rc	Female	00:26:07	W V70	1	71	391
280	Gabrielle	Stones	London Heathside	Female	00:26:10	W V50	14	56	387
281	Alan	Elliott	Orion Harriers	Male	00:26:36	M V50	24	55	388
282	ROS	Tabor	dulwich runners ac	Female	00:26:39	W V70	2	75	395
283	Daniel	Lewis	Mornington Chasers	Male	00:26:54	M U/50	166	48	370
284	James	Saunders	Holland Sports AC	Male	00:27:14	M V50	25	56	384
285	Annette	Helliwell	collingwood ac	Female	00:28:00	W V60	3	66	390
286	Shannon	Harrington		Female	00:28:28	W U/50	53	36	406
287	Phillip	Gan	Mornington Chasers	Male	00:29:12	M U/50	167	45	396
288	Stephanie	Vaatz	Serpentine RC	Female	00:29:17	W V50	15	50	394
289	Camilla	Allwood	Serpentine RTC	Female	00:29:22	W V60	4	66	398
290	Carole	Wisdom	Serpentine Running and Triathlon Clu	Female	00:29:49	W V60	5	67	399
291	Laure	SELLE	Fulham Running Club	Female	00:34:14	W U/50	54	46	404
292	AJ	Small	Ealing Eagles Running Club	Male	00:34:34	M U/50	168	43	425
293	Alex	Malzer	Serpentine Running and Triathlon Clu	Male	00:36:08	M V50	26	55	362
293	Ruth	Corbett	Serpentine RC	Female	00:42:12	W U/50	55	49	409