

Sri Chinmoy 5K Race

Battersea Park, London

11 July 2016



**SRI CHINMOY
MARATHON TEAM**



www.runandbecome.com

WINNERS

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

1	Chris	Thomas	Thames Valley H	Male	00:16:11	22
2	Kieran	White	Hercules Wimbledon	Male	00:16:15	40
3	Karl	Spielmann		Male	00:16:18	45
4	Mischa	Balen	Serpentine	Male	00:16:44	29
5	Ricky	Owers	Trent Park RC	Male	00:16:45	29
6	Hamish	Cropper	Clapham Chasers	Male	00:16:55	33
7	Chris	Jones	Harrow AC	Male	00:16:58	30

Women U/50

1	Stephanie	Davis	Clapham Chasers	Female	00:17:31	25
2	Megan	De Silva	Ranelagh Harriers	Female	00:18:16	33
3	Sarah	Johnson	Thames Valley H	Female	00:18:37	25
4	Emma	Burgess	Highgate Harriers	Female	00:18:44	30
5	Cas	Wright	London Heathside	Female	00:18:54	24
6	Karen	Tostee	London City Athletics Club	Female	00:19:33	27
7	Emily	Neilan	Serpentine Running Club	Female	00:20:51	29

Men Vet 50

1	Mark	Constantinou	Collingwood AC	Male	00:18:03	
2	Peter	Mannion	Windle Valley R	Male	00:18:05	54
3	Antony	Constantinou	Collingwood AC	Male	00:18:14	52

Women Vet 50

1	Jacqueline	Reid	Comets	Female	00:24:02	50
2	Sarah	Newton	Serpentine	Female	00:24:36	59
3	Beate	Vogt	Serpentine	Female	00:27:30	57

Men Vet 60

1	Michael	Abrahams	London Heathside	Male	00:20:46	60
2	Carl	Heap	London Heathside AC	Male	00:20:54	63

Women Vet 60

1	Ros	Tabor	DULWICH RUNNERS	Female	00:22:28	66
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Men Vet 70

1	Dennis	Williams	Hercules Wimbledon	Male	00:24:47	70
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RESULTS

RANK	FIRST NAME	SURNAME	CLUB	M F	TIME	AGE	CATEGORY
1	Chris	Thomas	Thames Valley H	Male	00:16:11	22	M U/50
2	Kieran	White	Hercules Wimbledon	Male	00:16:15	40	M U/50
3	Karl	Spielmann		Male	00:16:18	45	M U/50
4	Mischa	Balen	Serpentine	Male	00:16:44	29	M U/50
5	Ricky	Owers	Trent Park RC	Male	00:16:45	29	M U/50
6	Hamish	Cropper	Clapham Chasers	Male	00:16:55	33	M U/50
7	Chris	Jones	Harrow AC	Male	00:16:58	30	M U/50
8	Simon	Messenger	Herne Hill Harriers	Male	00:17:03	30	M U/50
9	David	Lawrence		Male	00:17:04	25	M U/50

10	Stevens	Parry	Ipswich Jaffa	Male	00:17:08	49	M U/50	10
11	Thomas	Daley	Fulham	Male	00:17:21	41	M U/50	11
12	Simon	Brown	London Heathside	Male	00:17:25	39	M U/50	12
13	Scott	Aiken	Trent Park Running Club	Male	00:17:25	46	M U/50	13
14	Duncan	Lawrence	Fulham	Male	00:17:28	28	M U/50	14
15	Stephanie	Davis	Clapham Chasers	Female	00:17:31	25	W U/50	1
16	Edward	Holland	London Frontrunners	Male	00:17:33	33	M U/50	15
17	Simon	Dunderdale	London Heathside	Male	00:17:33	34	M U/50	16
18	Matthew	Woodman	Stafford Harriers	Male	00:17:39	38	M U/50	17
19	Adam	Bowman	Trent Park Joggers	Male	00:17:47	23	M U/50	18
20	Jake	Hooley	Thames Valley H	Male	00:17:53	16	M U/50	19
21	Mark	Constantinou	Collingwood AC	Male	00:18:03		M Vet 50	1
22	Paolo	Buscaglia	Serpentine	Male	00:18:03	33	M U/50	20
23	Peter	Mannion	Windle Valley R	Male	00:18:05	54	M Vet 50	2
24	paul	sterland	clapham chasers	Male	00:18:09	44	M U/50	21
25	Antony	Constantinou	Collingwood AC	Male	00:18:14	52	M Vet 50	3
26	Fergal	Joyce	London Frontrunners	Male	00:18:16	29	M U/50	22
27	Michael	Prior	Trent Park	Male	00:18:16	49	M U/50	23
28	Megan	De Silva	Ranelagh Harriers	Female	00:18:16	33	W U/50	2
29	Andrea	Spaccatrosi	Highgate Harriers	Male	00:18:19	47	M U/50	24
30	Edward	Adams	London Heathside Runners AC	Male	00:18:21	30	M U/50	25
31	Martin	Carmack	Serpentine	Male	00:18:21	46	M U/50	26
32	Joe	Garrood	N/A	Male	00:18:24	30	M U/50	27
33	Peter	Clarke	Hercules Wimbledon	Male	00:18:29	54	M Vet 50	4
34	Sarah	Johnson	Thames Valley H	Female	00:18:37	25	W U/50	3
35	James	Arnold		Male	00:18:38	34	M U/50	28
36	Tim	Hogbin		Male	00:18:43	41	M U/50	29
37	Emma	Burgess	Highgate Harriers	Female	00:18:44	30	W U/50	4
38	Duncan	Lillie		Male	00:18:53	37	M U/50	30
39	Cas	Wright	London Heathside	Female	00:18:54	24	W U/50	5
40	Paul	Woolley	Datchet Dashers	Male	00:18:54	43	M U/50	31
41	Hubert	Brandts		Male	00:19:01	48	M U/50	32
42	James	Hamilton	Wimbledon Windmillers	Male	00:19:03	42	M U/50	33
43	Paul	Woodgate	Thames Valley Harriers	Male	00:19:05	41	M U/50	34
44	Jeff	Webster	Dagenham 88 Runners	Male	00:19:07	24	M U/50	35
45	Richard	Hooley	Thames Valley H	Male	00:19:07	53	M Vet 50	5
46	Ben	Smith	London City Athletics Club	Male	00:19:11	31	M U/50	36
47	charles	craven	frc	Male	00:19:13	53	M Vet 50	6
48	Pete	Crockford	London Heathside	Male	00:19:14	58	M Vet 50	7
49	Tom	Cheetham	Hercules Wimbledon	Male	00:19:24	49	M U/50	37
50	Robert	Batchelor	Windle Valley R	Male	00:19:26	44	M U/50	38
51	Calum	Jeggray		Male	00:19:33	29	M U/50	39
52	Karen	Tostee	London City Athletics Club	Female	00:19:33	27	W U/50	6
53	James	Screen		Male	00:19:33	32	M U/50	40
54	Manuel Jesus	Fernandez Losa	Serpentine	Male	00:19:34	35	M U/50	41
55	Carl	Heron	Queensbury RC	Male	00:19:48	54	M U/50	42
56	Will	Tope	Clapham Chasers	Male	00:19:55	26	M U/50	43
57	Robert	Wise	Ranelagh Harriers	Male	00:19:58	57	M Vet 50	8
58	Manzur	Esskandari		Male	00:20:01	50	M Vet 50	9
59	Manuel	Corriente		Male	00:20:04	45	M U/50	44
60	Jonathan	Hampson		Male	00:20:06	37	M U/50	45
61	Mat	Barber		Male	00:20:10	38	M U/50	46
62	Tom	Poynton	Serpentine RC	Male	00:20:13	43	M U/50	47
63	Gary	Floate	Ilford	Male	00:20:16	49	M U/50	48
64	Cosmo	Craven	Fulham	Male	00:20:19	16	M U/50	49
65	Glynn	McDonald	London Frontrunners	Male	00:20:19	53	M Vet 50	10

66	William	Griffin	Ranelagh harriers	Male	00:20:22	49	M U/50	50
67	Ulas	Tol		Male	00:20:23	42	M U/50	51
68	Jeroen	Strating		Male	00:20:23	39	M U/50	52
69	Darren	Hyatt		Male	00:20:25	31	M U/50	53
70	Chris	Rogers		Male	00:20:26	34	M U/50	54
71	Andrew	Firth	CSSC	Male	00:20:27	30	M U/50	55
72	Alan	Wilkinson		Male	00:20:30	56	M Vet 50	11
73	Steve	Land	Clapham Chasers	Male	00:20:36	33	M U/50	56
74	David	Maclean	Blue Star Horsham	Male	00:20:37	50	M Vet 50	12
75	Martin	Piper		Male	00:20:40	42	M U/50	57
76	Jim	Dowsett	Dulwich runners A/C	Male	00:20:40	42	M U/50	58
77	Michael	Abrahams	London Heathside	Male	00:20:46	60	M Vet 60	1
78	Andy	Atkins	London Fronrunners	Male	00:20:47	49	M U/50	59
79	Emily	Neilan	Serpentine Running Club	Female	00:20:51	29	W U/50	7
80	Carl	Heap	London Heathside AC	Male	00:20:54	63	M Vet 60	2
81	David	Nelson	Mornington Chasers	Male	00:20:55	32	M U/50	60
82	Georg	Isola	Mornington Chasers RX	Male	00:20:58	39	M U/50	61
83	Chiara	Feleppa		Female	00:21:05	34	W U/50	8
84	Emma	Hayward	Mornington Chasers	Female	00:21:14	29	W U/50	9
85	Nick	Sutcliffe	London City Athletics Club	Male	00:21:14	46	M U/50	62
86	James	Newton		Male	00:21:16	42	M U/50	63
87	Seth	Atkin	City of Birmingham Striders	Male	00:21:20	49	M U/50	64
88	Neil	Colquhoun	London Fronrunners	Male	00:21:24	39	M U/50	65
89	Henry	Long		Male	00:21:28	47	M U/50	66
90	Paul	Turnbull		Male	00:21:34	34	M U/50	67
91	Philip	Hunter		Male	00:21:48		M Vet 60	3
92	Russell	Somerville		Male	00:21:52	32	M U/50	68
93	Chris	Crane		Male	00:21:57	50	M Vet 50	13
94	Adam	Benson		Male	00:22:04	27	M U/50	69
95	Daisy	Christodoulou		Female	00:22:05	31	W U/50	10
96	Jamie	Price		Male	00:22:20	39	M U/50	70
97	Nicholas	Buddicom		Male	00:22:28	33	M U/50	71
98	Ros	Tabor	DULWICH RUNNERS	Female	00:22:28	66	W Vet 60	1
99	Andy	Murray	Dulwich Runners	Male	00:22:31		M Vet 60	4
100	Rebecca	Sweet	London Heathside	Female	00:22:39	32	W U/50	11
101	Fiona	Magor	Wimbledon Windmilers	Female	00:22:51	38	W U/50	12
102	Joanna	Muddle	Clapham chasers	Female	00:22:56	25	W U/50	13
103	Harry	Collins		Male	00:22:57	29	M U/50	72
104	Aidan	Daly		Male	00:22:58	32	M U/50	73
105	Sam	O'Riordan		Male	00:23:00	23	M U/50	74
106	Clare	Cummings	Dulwich Runners	Female	00:23:06	29	W U/50	14
107	Elaine	Reid	Collingwood AC	Female	00:23:10	46	W U/50	15
108	Eifion	Lewis	Carmarthen H	Male	00:23:15	47	M U/50	75
109	Fred	Barrow		Male	00:23:16	30	M U/50	76
110	Jo	Tillman	London City Athletics Club	Female	00:23:18	37	W U/50	16
111	Christopher	Noller		Male	00:23:33	41	M U/50	77
112	Jean Luc	Hoez	Serpentine	Male	00:23:51	58	M Vet 50	14
113	Chris	Leadbeater		Male	00:23:52	34	M U/50	78
114	Atosa	Diba		Female	00:23:53	16	W U/50	17
115	Andrew	Fleming	AFC Wimbledon	Male	00:23:58	33	M U/50	79
116	Jacqueline	Reid	Comets	Female	00:24:02	50	W Vet 50	1
117	Stephen	Walker		Male	00:24:05	44	M U/50	80
118	Dan	Maskell	Vets AC	Male	00:24:08	68	M Vet 60	5
119	Marie	Cartwright	Orion Harriers	Female	00:24:09	39	W U/50	18
120	Ian	Hall	Serpentine	Male	00:24:18	63	M Vet 60	6
121	Katherine	Elmore Jones	Clapham Chasers	Female	00:24:27	39	W U/50	19

122	Markus	Bergman		Male	00:24:29	35	M U/50	81
123	James	Flack		Male	00:24:31	32	M U/50	82
124	Tony	Gallagher		Male	00:24:31	60	M Vet 60	7
125	Sarah	Newton	Serpentine	Female	00:24:36	59	W Vet 50	2
126	Dennis	Williams	Hercules Wimbledon	Male	00:24:47	70	M Vet 70	1
127	Charlotte	Gatehouse		Female	00:24:52	27	W U/50	20
128	Sharon	Erdman	Erdman	Female	00:24:54		W U/50	21
129	Alan	Davidson	Ranelagh Harriers	Male	00:25:07	69	M Vet 60	8
130	Ruth	Malone		Female	00:25:16	37	W U/50	22
131	Simone	Grasso		Male	00:25:21	33	M U/50	83
132	Mark	Hughes	Trent Park Running Club	Male	00:25:36	34	M U/50	84
133	Laura	Tanner	Bearkat RC	Female	00:25:44	32	W U/50	23
134	Heidi	Rasmussen	Serpentine Running Club	Female	00:25:54	45	W U/50	24
135	Neil	Davies	26.2 RRC	Male	00:26:27	51	M Vet 50	15
136	Claire	Barnard	Dulwich Runners AC	Female	00:26:33	29	W U/50	25
137	Susannah	Oliver		Female	00:26:36	44	W U/50	26
138	Alvaro	Perez		Male	00:27:21	32	M U/50	85
139	Beate	Vogt	Serpentine	Female	00:27:30	57	W Vet 50	3
140	Joe	Aspinall	Vets AC	Male	00:27:31	78	M Vet 70	2
141	clinton	leeks		Male	00:27:41	62	M Vet 60	9
142	Sasha	Jesperson		Female	00:27:45	35	W U/50	27
143	Christopher	Shaw	Fulham RC	Male	00:28:03		M U/50	86
144	Elizabeth	Moore	Clapham Pioneers	Female	00:28:11	58	W Vet 50	4
145	Rachel	Garner		Female	00:28:14	41	W U/50	28
146	Karen	Manktelow		Female	00:28:18	25	W U/50	29
147	Christina	Fitzgerald	London city runners	Female	00:28:23	46	W U/50	30
148	Clare	Ellis		Female	00:28:30	30	W U/50	31
149	Emma	Bentley		Female	00:28:42	33	W U/50	32
150	Rosa	Constantinou	Collingwood AC	Female	00:29:05	48	W U/50	33
151	Chris	Brooke	Collingwood AC	Male	00:29:07	66	M Vet 60	10
152	Nia	Williams		Female	00:29:20	35	W U/50	34
153	Christine	Munden	Thames Valley H	Female	00:29:32	45	W U/50	35
154	Alaric	Saludo		Male	00:29:36	32	M U/50	87
155	Jenni	Burton		Female	00:29:48	47	W U/50	36
156	Lori	Mackenzie		Female	00:29:52	50	W Vet 50	5
157	Chris	Taylor	Striders of Croydon	Male	00:30:17	56	M Vet 50	16
158	Palesa	Sukati		Female	00:30:34	21	W U/50	37
159	Edwin	Bartlett	Vets AC	Male	00:30:35	71	M Vet 70	3
160	Thomas	Wilkie	Collingwood AC	Male	00:31:34	63	M Vet 60	11
161	Lee	Parmenter		Male	00:32:46	32	M U/50	88
162	Ellie	Khan		Female	00:32:57	29	W U/50	38
163	Rebecca	Roydhouse		Female	00:33:04	21	W U/50	39
164	Amy	Newton		Female	00:33:04	20	W U/50	40
165	Amy	Read		Female	00:33:04	21	W U/50	41
166	Michelle	Maginnis		Female	00:35:50	28	W U/50	42
167	Anna	Butler		Female	00:35:50	35	W U/50	43
168	Sonnee	Hilton		Female	00:36:36	23	W U/50	44