

Sri Chinmoy 5K Race

Battersea Park, London

27th May 2019

RAPID RABBIT 5K



**SRI CHINMOY
MARATHON TEAM**



www.runandbecome.com

WINNERS

RANK FIRST NAME SURNAME CLUB M | F TIME AGE

Men U/50

1	William	Woodcock	Victoria Park Harriers & Tower Hamlets	M	00:15:32	25
2	Matthew	Rallison	London Heathside	M	00:15:47	25
3	Gerard	Heaney		M	00:16:05	27
4	Michael	Mccarthy	Belgrave Harriers	M	00:16:23	37
5	Kieran	White	Hercules Wimbledon	M	00:16:26	43
6	Mohammed	Ismail	HHH	M	00:16:38	38
7	George	Longworth	Hercules Wimbledon	M	00:16:46	32

Women U/50

1	Rose	Penfold	Fulham Running Club	F	00:17:59	28
2	Lisa	Rooney	Collingwood	F	00:18:22	39
3	Mary	James	South London Harriers	F	00:18:47	44
4	Liberty	Thompson	Fulham Running Club	F	00:19:05	30
5	Isabel	Hunter		F	00:19:59	25
6	Naomi	Parsons	serpentine rc	F	00:20:00	
7	Stephanie	Ede		F	00:20:05	30

Men Vet 50

1	David	Baker	South London Harriers	M	00:18:00	52
2	Mark	Constantinou	Collingwood	M	00:19:02	55
3	Martin	Hobbs	tunbridge wells harriers	M	00:19:22	51

Women Vet 50

1	Sunanda	Sarker-Bell		F	00:23:15	53
2	Helen	Ruffell	Jarrow and Hebburn AC	F	00:24:17	53
3	Karen	Samuel	kent ac	F	00:27:57	58

Men Vet 60

1	Jim	Forrester		M	00:20:37	60
2	Jonathan	Chambers	Fulham Running Club	M	00:21:27	61

Men Vet 70

1	Alan	Davidson	Ranelagh Harriers	M	00:28:16	72
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Men Under 16

1	Dillon	Hobbs		M	00:17:13	15
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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

Your handicap score is also updated automatically every time you complete a recorded 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	William	Woodcock	Victoria Park Harriers & Tower Harriers	M	00:15:32	25	M U/50	1
2	Matthew	Rallison	London Heathside	M	00:15:47	25	M U/50	2
3	Gerard	Heaney		M	00:16:05	27	M U/50	3
4	michael	mccarthy	Belgrave Harriers	M	00:16:23	37	M U/50	4
5	Kieran	White	Hercules Wimbledon	M	00:16:26	43	M U/50	5
6	Mohammed	Ismail	HHH	M	00:16:38	38	M U/50	6
7	George	Longworth	Hercules Wimbledon	M	00:16:46	32	M U/50	7
8	Robbie	Cox	Woodford Green	M	00:16:54	37	M U/50	8
9	Simon	Thompson	Herne Hill Harriers	M	00:16:56	39	M U/50	9
10	Thomas	Daley	Fulham RC	M	00:17:01	44	M U/50	10
11	Myles	Preston	mornington chasers	M	00:17:04	33	M U/50	11
12	George	Ramsay	Fulham Running Club	M	00:17:04	24	M U/50	12
13	Dillon	Hobbs		M	00:17:13	15	M U/16	1
14	William	Shippin	uknetrunner	M	00:17:22	33	M U/50	13
15	Lyndon	Meredith	South London Harriers	M	00:17:25	41	M U/50	14
16	Simon	Pontin	South London Harriers	M	00:17:30	22	M U/50	15
17	Daniel	Gillett	South London Harriers	M	00:17:39	49	M U/50	16
18	Rose	Penfold	Fulham Running Club	F	00:17:59	28	W U/50	1
19	David	Baker	South London Harriers	M	00:18:00	52	M Vet 50	1
20	Paul	Sterland	Clapham Chasers	M	00:18:09	47	M U/50	17
21	Chris	Cooper	Fulham Running Club	M	00:18:10	28	M U/50	18
22	James	Turner	Clapham Chasers	M	00:18:20	28	M U/50	19
23	Lisa	Rooney	Collingwood	F	00:18:22	39	W U/50	2
24	Barnaby	Simpson		M	00:18:29	48	M U/50	20
25	William	Hartley		M	00:18:39	37	M U/50	21
26	Adam	Hewitt	Guildford and Godalming	M	00:18:41	35	M U/50	22
27	Mary	James	South London Harriers	F	00:18:47	44	W U/50	3
28	Barney	Miller	Fulham Running Club	M	00:18:52	36	M U/50	23
29	Mark	Constantinou	Collingwood	M	00:19:02	55	M Vet 50	2
30	Jonathan	Lye	Fulham Running Club	M	00:19:03	31	M U/50	24
31	Christian	Nielsen	Thames Valley Harriers	M	00:19:04	44	M U/50	25
32	Liberty	Thompson	Fulham Running Club	F	00:19:05	30	W U/50	4
33	David	Miller		M	00:19:12	36	M U/50	26
34	Shaun	Cooney	South London Harriers	M	00:19:14	44	M U/50	27
35	Jacob	Miller	Fulham Running Club	M	00:19:20	34	M U/50	28
36	Allan	Cox	Clapham Chasers	M	00:19:21	42	M U/50	29
37	Martin	Hobbs	tunbridge wells harriers	M	00:19:22	51	M Vet 50	3
38	Edward	Dennis		M	00:19:24	29	M U/50	30
39	Christopher	Lydon	Beckenham running club	M	00:19:32	57	M Vet 50	4
40	Mark	Ruffell	Jarrow and Hebburn AC	M	00:19:42	57	M Vet 50	5
41	Matt	Earl		M	00:19:58	40	M U/50	31
42	Isabel	Hunter		F	00:19:59	25	W U/50	5
43	Naomi	Parsons	serpentine rc	F	00:20:00		W U/50	6
44	Stephanie	Ede		F	00:20:05	30	W U/50	7

45	Natalie	Carroll	Fulham Running Club	F	00:20:10	28	W U/50	8
46	Bart	Rayner		M	00:20:15	32	M U/50	32
47	Manuel	Corriente		M	00:20:15	48	M U/50	33
48	Sam	Browne		M	00:20:21	26	M U/50	34
49	David	Lewis		M	00:20:33	31	M U/50	35
50	Jim	Forrester		M	00:20:37	60	M Vet 60	1
51	Manon	van Thorenburg		F	00:20:38	28	W U/50	9
52	Eoghan	McGuigan		M	00:20:51	21	M U/50	36
53	Alan	Wilkinson		M	00:21:02	59	M Vet 50	6
54	ALVARO	VILLAVERDE		M	00:21:03	35	M U/50	37
55	Lloyd	Bevan	Serpentine Running and Ath	M	00:21:11	55	M Vet 50	7
56	Jonathan	Chambers	Fulham Running Club	M	00:21:27	61	M Vet 60	2
57	Mark	Vines	Sherfield Park Runners	M	00:21:37	44	M U/50	38
58	Andrew	Cornish		M	00:21:37	53	M Vet 50	8
59	David	Stockdale		M	00:21:52	35	M U/50	39
60	Alexandra	Magub	Serpentine	F	00:22:12	29	W U/50	10
61	Hongbin	Gu		M	00:22:19	31	M U/50	40
62	Fran	Owen	Clapham Chasers	F	00:22:32	28	W U/50	11
63	Chrissie	Connors		F	00:22:52	30	W U/50	12
64	Sophie	Denman	Fulham Running Club	F	00:23:12	30	W U/50	13
65	Sunanda	Sarker-Bell		F	00:23:15	53	W Vet 50	1
66	Shona	Probert	Fulham Running Club	F	00:23:21	27	W U/50	14
67	Mike	Smith		M	00:23:29	59	M Vet 50	9
68	Peter	Ward	Fulham Running Club	M	00:24:08	61	M Vet 60	3
69	Ian	Mursell	Vets AC	M	00:24:14	67	M Vet 60	4
70	Helen	Ruffell	Jarrow and Hebburn AC	F	00:24:17	53	W Vet 50	2
71	Max	Zakare		M	00:24:33	29	M U/50	41
72	Kevin	McLellan	Serpentine Running and Ath	M	00:24:36	66	M Vet 60	5
73	Katherine	Elmore-Jones	Fulham	F	00:24:41	42	W U/50	15
74	Philip	Wiseman		M	00:25:24	48	M U/50	42
75	Morag	Forbes	Vegan Runners	F	00:25:52	37	W U/50	16
76	Madison	Reamsbottom		F	00:26:17	30	W U/50	17
77	Andrew	McNamara	Fulham Running Club	M	00:26:18	36	M U/50	43
78	Lara	Gimblett	Fulham Running Club	F	00:26:46	29	W U/50	18
79	genny	owen		F	00:26:55	26	W U/50	19
80	Ashraf	Aly		M	00:27:08	31	M U/50	44
81	Karen	Samuel	kent ac	F	00:27:57	58	W Vet 50	3
82	Alan	Davidson	Ranelagh Harriers	M	00:28:16	72	M Vet 70	1
83	Heather	Binney	Clapham pioneers	F	00:28:32	57	W Vet 50	4
84	Sarah	Grauls		F	00:29:40	35	W U/50	20
85	Francesc	Cabanes Pascual		M	00:29:56	38	M U/50	45
86	Francisco Jose	Cabanes Rodero		M	00:29:56	59	M Vet 50	10
87	Juliana	Beleno		F	00:31:16	27	W U/50	21
88	Charlotte	Constantinou	Collingwood	F	00:31:38	17	W U/50	22
89	Rosa	Constantinou	Collingwood	F	00:32:54	51	W Vet 50	5
90	Edwin	Bartlett	Vets AC	M	00:34:44	74	M Vet 70	2