

# Sri Chinmoy 5K Race

Battersea Park, London

8th August 2022

**HASTY HARE 5K**



**SRI CHINMOY  
MARATHON TEAM**



**Run and Become**  
www.runandbecome.com

WINNERS						
RANK	NAME	SURNAME	CLUB	M   F	TIME	AGE
Men U/50						
1	Alexander	Lepretre	Highgate Harriers	Male	00:14:21	29
2	Seyfu	Jamaal	London Heathside	Male	00:14:55	21
3	Will	Woodcock	hercules wimbledon ac	Male	00:15:44	28
4	Jonathan	Scott	Belgrave Harriers	Male	00:15:51	30
5	Victor	Lio	Serpentine Rc	Male	00:16:02	33
6	Michael	Huntley	Kingston & Polytechnic Harriers	Male	00:16:06	35
7	Tim	Powell	Serpentine Rc	Male	00:16:07	33
Women U/50						
1	Rebecca	Bunting	London Heathside	Female	00:17:01	39
2	Helen	Gaunt	Tonbridge AC	Female	00:17:09	43
3	jessica	saunders	Belgrave Harriers	Female	00:17:18	29
4	Victoria	Gill	winchester & district ac	Female	00:17:32	41
5	Lisa	Rooney	collingwood ac	Female	00:17:59	43
6	hannah	wells	Hillingdon Athletics Club	Female	00:18:40	29
7	Emily	Bradley	Belgrave Harriers	Female	00:18:49	22
Women U/16						
1	Laila	Hellyer	Worthing and District Harriers	Female	00:17:54	14
2	Lillie	Hellyer	Worthing and District Harriers	Female	00:18:25	14
3	Jasmine	Bell	Croydon Harriers	Female	00:25:37	15
Men Vet 50						
1	Terry	Booth	Guildford & Godalming AC	Male	00:17:02	55
2	Andrew	Mitchell	Thames Valley Harriers	Male	00:17:17	53
3	Jonathan	Ratcliffe	Herne Hill Harriers	Male	00:17:37	55
Women Vet 50						
1	Anna	Critchlow	west 4 harriers	Female	00:19:06	54
2	Julie	Barclay	British Airways AC	Female	00:23:11	59
3	Sunanda	Sarker-Bell	Croydon Harriers	Female	00:25:05	57
Men Vet 60						
1	Koji	Miyazaki	Aldershot Farnham & District AC	Male	00:17:43	60
2	Tony	Tuohy	dulwich runners ac	Male	00:18:36	60
Women Vet 60						
1	Lucy	Woolhouse	Veterans AC London	Female	00:20:45	60
2	michele	coe-o'brien	South London harriers	Female	00:22:48	61
Men Vet 70						
1	Roger	Green	woodford green ac with essex ladies	Male	00:25:20	74
Women Vet 70						
1	Penny	Elliott	Waverley Harriers	Female	00:28:44	79
Men Vet 80						
1	Joe	Aspinall	Veterans Athletics Club	Male	00:33:47	84

## 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	NAME	SURNAME	CLUB	M   F	TIME	AGE	CATEGORY	CAT. POS.	Race Number
1	Alexander	Lepretre	Highgate Harriers	Male	00:14:21	29	M U/50	1	957
2	Seyfu	Jamaal	London Heathside	Male	00:14:55	21	M U/50	2	701
3	Will	Woodcock	hercules wimbledon ac	Male	00:15:44	28	M U/50	3	717
4	Jonathan	Scott	Belgrave Harriers	Male	00:15:51	30	M U/50	4	705
5	Victor	Lio	Serpentine Rc	Male	00:16:02	33	M U/50	5	707
6	Michael	Huntley	Kingston & Polytechnic Harriers	Male	00:16:06	35	M U/50	6	912
7	Tim	Powell	Serpentine Rc	Male	00:16:07	33	M U/50	7	712
8	Alessio	Ferrari		Male	00:16:07	17	M U/50	8	953
9	George	Hudson	Serpentine Rc	Male	00:16:34	28	M U/50	9	214
10	simon	cottle	eton manor a.c.	Male	00:16:36	42	M U/50	10	644
11	Elliot	Heath	st marys and Richmond athletics club	Male	00:16:38	16	M U/50	11	733
12	Alex	Peet	Intergalactic Acid	Male	00:16:41	34	M U/50	12	929
13	Frederick	Levy	Fulham Running Club	Male	00:16:42	34	M U/50	13	887
14	Luke	Triccas	Horsham Blue Stars	Male	00:16:45	23	M U/50	14	741
15	Jacob	Plummer	Hercules Wimbledon	Male	00:16:52	30	M U/50	15	728
16	Tyler	Bowcambe	Ealing Southall & Middlesex AC	Male	00:16:53	30	M U/50	16	960
17	Digby	Turk	St Mary's Richmond AC	Male	00:16:53	16	M U/50	17	732
18	Leo	Gebbie	Fulham Running Club	Male	00:16:57	28	M U/50	18	734
19	Nicholas	Sharp	Victoria Park & Tower Hamlets AC	Male	00:16:58	34	M U/50	19	718
20	James	Still		Male	00:16:59	40	M U/50	20	975
21	Rebecca	Bunting	London Heathside	Female	00:17:01	39	W U/50	1	738
22	Terry	Booth	Guildford & Godalming AC	Male	00:17:02	55	M V50	1	727
23	Richard	Gayton	Belgrave Harriers	Male	00:17:05	32	M U/50	21	964
24	James	Riggs		Male	00:17:06	29	M U/50	22	767
25	Adrian	Dixon	Clapham Chasers	Male	00:17:06	27	M U/50	23	735
26	BEN	LYNCH	Ealing eagles	Male	00:17:08	33	M U/50	24	751
27	Daniel	Grosvenor	London City Athletics Club	Male	00:17:08	29	M U/50	25	743
28	Eric	Dol	Herne Hill Harriers	Male	00:17:08	33	M U/50	26	966
29	Helen	Gaunt	Tonbridge AC	Female	00:17:09	43	W U/50	2	740
30	Christopher	Bird		Male	00:17:17	39	M U/50	27	928
31	Andrew	Mitchell	Thames Valley Harriers	Male	00:17:17	53	M V50	2	930
32	William	Shippin	Redway Runners	Male	00:17:18	36	M U/50	28	999
33	jessica	saunders	Belgrave Harriers	Female	00:17:18	29	W U/50	3	933
34	Austin	Hall	Hercules Wimbledon	Male	00:17:20	25	M U/50	29	884
35	Daniel	Nichols	Shaftesbury Barnet Harriers	Male	00:17:20	39	M U/50	30	959
36	Matthew	Dawson	VICTORIA PARK HARRIERS & TOWER	Male	00:17:20	31	M U/50	31	784
37	Luke	Pratt	Belgrave Harriers	Male	00:17:21	25	M U/50	32	890
38	Chris	Schofield	kent ac	Male	00:17:24	42	M U/50	33	755
39	Graham	White	eton manor ac	Male	00:17:25	35	M U/50	34	970
40	Sammy	Keenan	London Heathside	Male	00:17:26	30	M U/50	35	779
41	Andrew	Aitken	Striders of Croydon	Male	00:17:32	44	M U/50	36	749
42	Victoria	Gill	winchester & district ac	Female	00:17:32	41	W U/50	4	739
43	Jerome	Francis	eton manor ac	Male	00:17:33	32	M U/50	37	775
44	Gary	James		Male	00:17:35	44	M U/50	38	981
45	Andy	Davies	Mornington Chasers	Male	00:17:36	29	M U/50	39	752
46	Jonathan	Ratcliffe	Herne Hill Harriers	Male	00:17:37	55	M V50	3	637
47	Andre	Dahlkamp	VICTORIA PARK HARRIERS & TOWER	Male	00:17:38	50	M V50	4	757
48	Matt	Flitton	Clapham Chasers	Male	00:17:40	38	M U/50	40	971
49	Ben	Barber	Barnes Runners	Male	00:17:43	34	M U/50	41	761
50	Koji	Miyazaki	Aldershot Farnham & District AC	Male	00:17:43	60	M V60	1	889
51	Adam	Hewitt	Guildford & Godalming AC	Male	00:17:45	38	M U/50	42	760
52	James	Kelly		Male	00:17:50	33	M U/50	43	965
53	Robin	Jones	Herne Hill Harriers	Male	00:17:52	49	M U/50	44	984
54	Colin	Foster	Ealing Southall & Middlesex AC	Male	00:17:52	40	M U/50	45	976
55	Laila	Hellyer	Worthing and District Harriers	Female	00:17:54	14	W U/16	1	927
56	Stuart	McDonald	Ryde Harriers	Male	00:17:55	49	M U/50	46	985
57	Valentin	Rigori	Belgrave Harriers	Male	00:17:58	26	M U/50	47	750
58	Lisa	Rooney	collingwood ac	Female	00:17:59	43	W U/50	5	759
59	Louis	Shingles	Cardiff University Athletics Club	Male	00:18:00	26	M U/50	48	730
60	Mr	Biddle	Dartford Harriers AC	Male	00:18:09	40	M U/50	49	639
61	William	Bennett	Ealing Eagles Running Club	Male	00:18:11	26	M U/50	50	771

62	Benjamin	Roach	Victoria Park & Tower Hamlets	Male	00:18:15	33	M U/50	51	763
63	Chris	Wayman	Benfleet RC	Male	00:18:17	35	M U/50	52	762
64	Nehal	Lavey-Khan		Male	00:18:21	34	M U/50	53	910
65	Alexandros	Peitsinis	Ealing Southall & Middlesex AC	Male	00:18:22	31	M U/50	54	785
66	Dominic	Paine	Trent park runners	Male	00:18:24	16	M U/50	55	952
67	William	Hartley		Male	00:18:25	40	M U/50	56	777
68	Lillie	Hellyer	Worthing and District Harriers	Female	00:18:25	14	W U/16	2	926
69	Ricardo	Rebelo Agostinho	Ealing eagles	Male	00:18:28	39	M U/50	57	774
70	Joshua	Lennard-Jones	kent ac	Male	00:18:33	29	M U/50	58	642
71	Tony	Tuohy	dulwich runners ac	Male	00:18:36	60	M V60	2	989
72	Marcin	Bujar	Fulham Running Club	Male	00:18:39	34	M U/50	59	967
73	hannah	wells	Hillingdon Athletics Club	Female	00:18:40	29	W U/50	6	939
74	Christopher	Lydon	kent ac	Male	00:18:46	60	M V60	3	990
75	Graham	Smith	St Albans Striders	Male	00:18:46	50	M V50	5	986
76	Edmund	Smith	Intergalactic Acid	Male	00:18:48	34	M U/50	60	924
77	Emily	Bradley	Belgrave Harriers	Female	00:18:49	22	W U/50	7	935
78	Mark	Fuller		Male	00:18:49	29	M U/50	61	783
79	Peter	Mannion	Windle Valley Runners	Male	00:18:53	61	M V60	4	991
80	Rob	Jones	SHAEF Shifters	Male	00:18:57	50	M V50	6	790
81	Clare	Mullenger	Wimbledon Windmilers	Female	00:18:59	44	W U/50	8	880
82	Pep	Pàmies	London Heathside	Male	00:19:02	46	M U/50	62	797
83	Ella-May	Hards	Belgrave Harriers	Female	00:19:02	23	W U/50	9	778
84	Gabriel	Glencross	Fulham Running Club	Male	00:19:06	28	M U/50	63	807
85	Anna	Critchlow	west 4 harriers	Female	00:19:06	54	W V50	1	947
86	Adam	Burshan	Kent Athletic Club	Male	00:19:09	30	M U/50	64	961
87	Tim	Todhunter	Victoria Park & Tower Hamlets AC	Male	00:19:10	38	M U/50	65	787
88	Gavin	Evans	London Heathside AC	Male	00:19:14	62	M V60	5	789
89	Martin	Daoud	Ealing Southall & Middlesex AC	Male	00:19:14	59	M V50	7	795
90	Jason	Lawrence		Male	00:19:27	38	M U/50	66	646
91	Liam	Condon	TV Refrath	Male	00:19:32		M V50	8	997
92	Ewan	MacAulay		Male	00:19:34	28	M U/50	67	782
93	Sean	Jordan	Crawley Run Crew	Male	00:19:35	36	M U/50	68	786
94	David	Renshaw	Guildford & Godalming AC	Male	00:19:38	58	M V50	9	813
95	Chris	Dunhill	South London harriers	Male	00:19:40	48	M U/50	69	794
96	James	Screen	London City Athletics Club	Male	00:19:43	38	M U/50	70	998
97	Sarah	Dewhurst	Belgrave Harriers	Female	00:19:43	25	W U/50	10	817
98	Mary	Cormack	Clapham Chasers	Female	00:19:46	36	W U/50	11	932
99	Philip	Hogg	London Heathside	Male	00:19:50	52	M V50	10	769
100	Jonathan	Earl	Fulham Running Club	Male	00:19:51	31	M U/50	71	798
101	Matthias	Lübbbers		Male	00:19:52	20	M U/50	72	823
102	Kelly	Morgan	Clapham Chasers	Female	00:19:54	44	W U/50	12	931
103	Eleanor	Daglish	Victoria park harriers	Female	00:19:55	24	W U/50	13	791
104	Guillaume	TRIHAN	VPH	Male	00:19:56	41	M U/50	73	811
105	Paul	Watt	BRITISH AIRWAYS AC	Male	00:19:59	57	M V50	11	812
106	Mark	Kell	Serpentine Rc	Male	00:20:02	41	M U/50	74	810
107	Mat	Barber	London City Athletics Club	Male	00:20:03	44	M U/50	75	982
108	Tom	Murray	South Wimbledon Running Club	Male	00:20:04	30	M U/50	76	720
109	Rache	Ormesher	Clapham Chasers	Female	00:20:05	44	W U/50	14	945
110	Alice	Malin	Fulham Running Club	Female	00:20:11	24	W U/50	15	837
111	Aaron	Badior		Male	00:20:22	20	M U/50	77	907
112	John	Foss	South London harriers	Male	00:20:22	63	M V60	6	814
113	Ed	Taylor		Male	00:20:25	36	M U/50	78	793
114	Charlotte	Malton	Fulham Running Club	Female	00:20:25	29	W U/50	16	818
115	THOMAS	CHEETHAM	Hercules Wimbledon	Male	00:20:27	55	M V50	12	820
116	Leanne	Smith	Ealing, Southall & Middlesex AC	Female	00:20:28	35	W U/50	17	806
117	Nick	Sutcliffe	London City Athletics Club	Male	00:20:28	52	M V50	13	988
118	Mohson	Iqbal	T&Cs Track & Core	Male	00:20:32	39	M U/50	79	973
119	Nicola	Payne	Ealing Southall & Middlesex Athletic	Female	00:20:34	30	W U/50	18	940
120	Chris	Sawyer		Male	00:20:36	35	M U/50	80	640
121	Simon	A Reid	City of Sheffield	Male	00:20:38	43	M U/50	81	980
122	Geir	Auestad	FLO IL	Male	00:20:40	51	M V50	14	825
123	Ellen	Kerr	Highgate Harriers	Female	00:20:45	27	W U/50	19	803
124	Lucy	Woolhouse	Veterans AC London	Female	00:20:45	60	W V60	1	949
125	Matt	Johannesen	putney running club	Male	00:20:47	35	M U/50	82	969
126	Julian	Diamond	SHAEF Shifters	Male	00:20:49	58	M V50	15	816

127	Jamie	Young		Male	00:21:00	34	M U/50	83	968
128	Ellen	Butler	Fulham Running Club	Female	00:21:01	25	W U/50	20	936
129	Francis	Besnard		Male	00:21:04	52	M V50	16	987
130	Sofie	Lindvall		Female	00:21:06	31	W U/50	21	941
131	Martin	Milward	Fulham Running Club	Male	00:21:10	67	M V60	7	819
132	Katie	Gow	Fulham Running Club	Female	00:21:28	29	W U/50	22	833
133	Daniel	Lewis	Mornington Chases	Male	00:21:31	46	M U/50	84	897
134	Gary	Forde	Wimbledon Windmilers	Male	00:21:36	55	M V50	17	826
135	Claire	Morris	Ealing Eagles Running Club	Female	00:21:42	44	W U/50	23	946
136	Darren	Woods	Striders of Croydon	Male	00:21:45	35	M U/50	85	824
137	Lisa	Holleran	Fulham Running Club	Female	00:21:49	34	W U/50	24	903
138	Yllka	Istrefi	Barnet & District AC	Female	00:21:57	44	W U/50	25	815
139	Jonathan	Chambers	Fulham RC	Male	00:22:06	65	M V60	8	992
140	Jason	Walkingshaw	Best Athletics	Male	00:22:26	42	M U/50	86	780
141	Nikki	Wand	putney running club	Female	00:22:29	32	W U/50	26	942
142	Daphne	Dadzie	Fulham Running Club	Female	00:22:30	43	W U/50	27	828
143	Ellyw	Evans	Striders of Croydon	Female	00:22:32	31	W U/50	28	827
144	Paul	Chatterton	Cleethorpes AC	Male	00:22:41	48	M U/50	87	842
145	James	Twist		Male	00:22:46	62	M V60	9	899
146	michele	coe-o'brien	South London harriers	Female	00:22:48	61	W V60	2	849
147	Patrick	O'Brien	South London harriers	Male	00:22:48	64	M V60	10	843
148	Alexandra	Molloy	Collinwood AC	Female	00:22:48	47	W U/50	29	845
149	Jacob	Howe	London Heathside	Male	00:22:49	49	M U/50	88	835
150	Davide	Valenza		Male	00:23:09	29	M U/50	89	958
151	Julie	Barclay	British Airways AC	Female	00:23:11	59	W V50	2	841
152	Mabel	Ellerker	Mornington Chasers	Female	00:23:18	26	W U/50	30	937
153	Ed	Smyth	dulwich runners ac	Male	00:23:32	41	M U/50	90	915
154	Caroline	Helder	Wimbledon Windmilers	Female	00:23:37	60	W V60	3	844
155	Kaelyn	Chan	Falcon	Female	00:23:43	16	W U/50	31	865
156	Doug	Carse	Wimbledon Windmilers	Male	00:23:52	68	M V60	11	830
157	Ian	McCarthy	Cambridge Harriers	Male	00:23:56	66	M V60	12	847
158	Azania	Dematte		Female	00:24:07	36	W U/50	32	905
159	Daisy	Christodoulou		Female	00:24:10		W U/50	33	951
160	Neil	Mundy		Male	00:24:14	33	M U/50	91	909
161	Mark	Standing	Herne Hill Harriers	Male	00:24:32	57	M V50	18	846
162	Nathan	Frost		Male	00:24:41	33	M U/50	92	643
163	James	Saunders	Holland Sports AC	Male	00:24:51	54	M V50	19	864
164	Sunanda	Sarker-Bell	Croydon Harriers	Female	00:25:05	57	W V50	3	855
165	Simon	Warner	None	Male	00:25:16	49	M U/50	93	923
166	Roger	Green	woodford green ac with essex ladies	Male	00:25:20	74	M V70	1	920
167	Andy	Neary	Queens Park Harriers	Male	00:25:32	43	M U/50	94	839
168	Jasmine	Bell	Croydon Harriers	Female	00:25:37	15	W U/16	3	854
169	Rafael	Giovannella		Male	00:25:45	40	M U/50	95	636
170	Adrian	Hunt	Thames Hare & Hounds	Male	00:25:50	59	M V50	20	851
171	Yassin	Elyazali		Male	00:26:07	31	M U/50	96	638
172	Laura	Richards	Fulham Running Club	Female	00:26:16	32	W U/50	34	867
173	Clara	Shepherd		Female	00:26:25	29	W U/50	35	647
174	Abdullah	Aldakhi		Male	00:27:07		M U/50	97	996
175	Halie	Adams		Female	00:27:08	29	W U/50	36	881
176	Helen	Dunmore-Smith	ferc	Female	00:27:12	55	W V50	4	948
177	George	Fitton		Male	00:27:14		M U/50	98	919
178	Katherine	Bassett		Female	00:28:00	27	W U/50	37	641
179	Simon	Hessner		Male	00:28:05	31	M U/50	99	962
180				Female	00:28:05		W U/50	38	922
181	Majda	Rida		Female	00:28:06	55	W V50	5	866
182	Vesna	Hogan	Team Real Runners	Female	00:28:11	54	W V50	6	863
183	Hanyi	Bao		Female	00:28:15	35	W U/50	39	904
184	Elaine	Battson	Victoria Park & Tower Hamlets AC	Female	00:28:29	56	W V50	7	858
185	Penny	Elliott	Waverley Harriers	Female	00:28:44	79	W V70	1	871
186	Michael	Leigh		Male	00:29:53	78	M V70	2	994
187	John	Pash		Male	00:30:21	51	M V50	21	873
188	Alan	Davidson	liss runners	Male	00:31:39	75	M V70	3	879
189	Anastasia	Reshetnikova		Female	00:32:46	32	W U/50	40	645
190	joe	aspinall	Veterans Athletics Club	Male	00:33:47	84	M V80	1	995
191	John	Grigg	Fulham Running Club	Male	00:33:59	68	M V60	13	993