

Sri Chinmoy 10K Race

Battersea Park, London

4th March 2023

MAD MARCH 10K



**SRI CHINMOY
MARATHON TEAM**



Run to Become
www.runandbecome.com

WINNERS					
RANK	NAME	SURNAME	CLUB	M F	TIME
Men U/50					
1	Lewis	Laylee	Herne Hill Harriers	M	00:31:45
2	Aaron	Wilson	Dulwich Runner AC	M	00:32:04
3	Ben	Howe	dulwich runners ac	M	00:32:10
4	Jack	McVann	hillingdon ac	M	00:32:26
5	Jonathan	Poole	Serpentine Rc	M	00:32:26
6	James	Morley	Ealing Southall & Middlesex AC(ESM	M	00:32:32
7	Chris	Busaileh	kent ac	M	00:32:32
Women U/50					
1	Carole	Coulon	Blackheath and Bromley Harriers AC	W	00:37:03
2	Jennifer	Nandi	Herne Hill Harriers	W	00:37:55
3	Courtney	Hyde		W	00:38:24
4	Lucy	Connolly	South London harriers	W	00:38:35
5	Molly	Deely	Ealing Eagles Running Club	W	00:39:00
6	Amy	White	Kent Athletics Club	W	00:39:03
7	Georgia	Huddleston	Cambridge Harriers	W	00:39:21
Men Vet 50					
1	Simon	Baines	Thames Hare and Hounds	M	00:32:38
2	Simon	Shaw	Ealing Southall & Middlesex AC	M	00:33:49
3	Paul	Cheetham	Thames Hare and Hounds	M	00:34:37
Women Vet 50					
1	Sarah	Swinhoe	London Heathside AC	W	00:39:41
2	Michelle	Lennon	Dulwich runners	W	00:42:13
3	Lisa	Watson	Ealing Eagles Running Club	W	00:49:51
Men Vet 60					
1	Christopher	Lydon	kent ac	M	00:38:27
2	Tony	Tuohy	dulwich runners ac	M	00:40:06
Women Vet 60					
1	Caroline	Helder	Wimbledon Windmilers	W	00:48:20
2	Heather	Binney	Clapham pioneers	W	00:56:05
Women Vet 70					
1	Phil	Kelvin	Serpentine	W	01:09:46

ALL RESULTS BELOW

RESULTS							
RANK	NAME	SURNAME	CLUB	M F	TIME	CATEGORY	CAT. POS.
1	Lewis	Laylee	Herne Hill Harriers	M	00:31:45	M U/50	1
2	Aaron	Wilson	Dulwich Runner AC	M	00:32:04	M U/50	2
3	Ben	Howe	dulwich runners ac	M	00:32:10	M U/50	3
4	Jack	McVann	hillingdon ac	M	00:32:26	M U/50	4
5	Jonathan	Poole	Serpentine Rc	M	00:32:26	M U/50	5
6	James	Morley	Ealing Southall & Middlesex AC(ESM	M	00:32:32	M U/50	6
7	Chris	Busaileh	kent ac	M	00:32:32	M U/50	7
8	Niall	Gilchrist	Ealing Eagles Running Club	M	00:32:35	M U/50	8
9	Simon	Baines	Thames Hare and Hounds	M	00:32:38	M V50	1
10	Maximilian	Bloor	Dulwich runners	M	00:33:04	M U/50	9
11	Christian	Grierson	independent	M	00:33:06	M U/50	10
12	Chris	Mason	Ealing Southall & Middlesex AC	M	00:33:06	M U/50	11
13	Jonathan	Horan	Ealing Southall & Middlesex AC	M	00:33:08	M U/50	12
14	Andrew	Inglis	Dulwich Runner AC	M	00:33:10	M U/50	13
15	Victor	Lio	Serpentine Rc	M	00:33:16	M U/50	14
16	Alex	Winchester	Dulwich RC	M	00:33:22	M U/50	15
17	Isaac	Leigh	Clapham Chasers	M	00:33:23	M U/50	16
18	Scott	Singleton	the stragglers	M	00:33:39	M U/50	17
19	Alfred	Pearce-Higgins	Fulham Running Club	M	00:33:46	M U/50	18
20	Simon	Shaw	Ealing Southall & Middlesex AC	M	00:33:49	M V50	2
21	Sean	Cordon	dulwich runners ac	M	00:33:53	M U/50	19
22	thomas	south	Dulwich Runner AC	M	00:34:06	M U/50	20

23	Joe	Warde-Aldam	Clapham Chasers	M	00:34:07	M U/50	21
24	Richard	Macaulay	London Heathside	M	00:34:15	M U/50	22
25	Elvedin	Bektic	Clapham Chasers	M	00:34:20	M U/50	23
26	Patrick	Lucas	Croydon Harriers	M	00:34:27	M U/50	24
27	Alec	Parcell	Candy Racing	M	00:34:30	M U/50	25
28	Nicolas	Besson	Serpentine Rc	M	00:34:31	M U/50	26
29	Aaron	Hudson	South London harriers	M	00:34:33	M U/50	27
30	Derek	Kempen		M	00:34:34	M U/50	28
31	Henry	Grantham-Wright	Fulham Running Club	M	00:34:36	M U/50	29
32	Paul	Cheetham	Thames Hare and Hounds	M	00:34:37	M V50	3
33	Samuel	Gunnewicht	Ealing Southall & Middlesex AC	M	00:34:38	M U/50	30
34	Leo	Gebbie	Fulham Running Club	M	00:34:39	M U/50	31
35	Graeme	Lugar	blackheath & bromley harriers ac	M	00:34:45	M U/50	32
36	Tom	Shakhli	dulwich runners ac	M	00:34:46	M U/50	33
37	Gareth	Creagh	London Heathside	M	00:34:49	M U/50	34
38	Andrew	Aitken	Striders of Croydon	M	00:34:49	M U/50	35
39	Chris	Fox	Wimbledon Windmilers	M	00:34:50	M U/50	36
40	Ben	Palmer	Midnight Runners	M	00:34:51	M U/50	37
41	Nick	North	South London harriers	M	00:34:51	M U/50	38
42	Christopher	Davis	Midnight Runners	M	00:34:54	M U/50	39
43	Ashley	Broom	Fulham Running Club	M	00:34:55	M U/50	40
44	Peter	Gould	London Heathside	M	00:34:58	M U/50	41
45	Daniel	Gillett	South London harriers	M	00:35:04	M V50	4
46	Christoforos	Tsantoulas	Serpentine Rc	M	00:35:10	M U/50	42
47	Robert	Emes	dulwich runners ac	M	00:35:15	M U/50	43
48	Dan	Domeniconi	SHAEF Shifters	M	00:35:17	M U/50	44
49	Geoff	Milne		M	00:35:27	M U/50	45
50	Carl	Hamill	Clapham Chasers	M	00:35:34	M U/50	46
51	Rodney	McCulloch	SHAEF Shifters	M	00:35:38	M U/50	47
52	Stephen	Hodges		M	00:35:42	M U/50	48
53	Will	Rawling	SHAEF Shifters	M	00:35:45	M U/50	49
54	Max	Judge		M	00:35:47	M U/50	50
55	Laurie	Oliver	kent ac	M	00:35:53	M U/50	51
56	Colin	Foster	Ealing Southall and Middlesex	M	00:35:55	M U/50	52
57	Alexander	Janiaud	Belgrave Harriers	M	00:36:09	M U/50	53
58	Ian	Riley	the stragglers	M	00:36:20	M U/50	54
59	Evangelos	Ploumakis		M	00:36:21	M U/50	55
60	James	Burrows	dulwich runners ac	M	00:36:26	M U/50	56
61	Stuart	Beaney	kent ac	M	00:36:29	M U/50	57
62	Shane	Donlon	dulwich runners ac	M	00:36:41	M U/50	58
63	Jonathan	Ratcliffe	Herne Hill Harriers	M	00:36:43	M V50	5
64	Peter	Fuller		M	00:36:48	M U/50	59
65	Brian	Regan		M	00:36:53	M U/50	60
66	Nehal	Lavey-Khan	Vegan Runners	M	00:36:56	M U/50	61
67	Ashley	George	Croydon Harriers	M	00:36:56	M U/50	62
68	Andrew	Simpson	the stragglers	M	00:36:57	M U/50	63
69	Ben	Chapman	Croydon Harriers	M	00:36:58	M U/50	64
70	Robert	Connor	Clapham Chasers	M	00:37:00	M U/50	65
71	David	Curtin	the stragglers	M	00:37:02	M U/50	66
72	Carole	Coulon	Blackheath and Bromley Harriers AC	W	00:37:03	W U/50	1
73	James	Penson		M	00:37:12	M U/50	67
74	Graeme	Drysdale	Striders of Croydon	M	00:37:19	M V50	6
75	Dan	Druce		M	00:37:22	M U/50	68
76	Massimo	Biava	Ealing Eagles Running Club	M	00:37:24	M U/50	69
77	Norman	Urquia	Wimbledon Windmilers	M	00:37:25	M V50	7
78	Chris	Hartley	London Heathside	M	00:37:26	M V50	8
79	Murray	Humphrey	Dulwich runners	M	00:37:27	M U/50	70
80	Jacob	Cole		M	00:37:28	M U/50	71
81	Jacob	Murtagh	Ealing Eagles Running Club	M	00:37:34	M U/50	72
82	Alexander	Ferguson	Highgate Harriers	M	00:37:34	M U/50	73
83	Greg	Fernandes-Lawes	Ealing Eagles Running Club	M	00:37:35	M U/50	74
84	David	Mason		M	00:37:36	M V50	9
85	Ryan	McCarthy	London Heathside	M	00:37:37	M U/50	75
86	Ronan	Hughes	Ealing Eagles Running Club	M	00:37:39	M U/50	76
87	Jack	mears		M	00:37:40	M U/50	77
88	Nicholas	Hinde	Highgate Harriers	M	00:37:44	M U/50	78
89	Dominic	Woodbridge		M	00:37:49	M U/50	79
90	Jennifer	Nandi	Herne Hill Harriers	W	00:37:55	W U/50	2
91	Matthew	Ogg	Victoria Park & Tower Hamlets AC	M	00:37:55	M U/50	80
92	Liam	Hazleton	London Heathside	M	00:37:56	M U/50	81
93	simon	harris	Blackheath and Bromley Harriers	M	00:37:58	M U/50	82

94	Peter	Aston		M	00:38:00	M U/50	83
95	Mark	Fuller	CLC Striders	M	00:38:07	M U/50	84
96	Richard	Kehoe	Clapham Chasers	M	00:38:08	M U/50	85
97	MARK	CALLAGHAN	dulwich runners ac	M	00:38:08	M U/50	86
98	Jonny	Hough	Dulwich runners	M	00:38:12	M U/50	87
99	Courtney	Hyde		W	00:38:24	W U/50	3
100	Christopher	Lydon	kent ac	M	00:38:27	M V60	1
101	Stephen	Topp	London Heathside	M	00:38:32	M U/50	88
102	Lucy	Connolly	South London harriers	W	00:38:35	W U/50	4
103	James ROBERT	Brown	Herne Hill Harriers	M	00:38:43	M U/50	89
104	Edd	Yates	Runhead AC	M	00:38:47	M U/50	90
105	Gary	Salmon	Clapham Chasers	M	00:38:48	M U/50	91
106	Liam	McManus		M	00:38:51	M U/50	92
107	Rob	Jones	SHAEF Shifters	M	00:38:52	M V50	10
108	Matt	Beard	London Heathside AC	M	00:38:55	M V50	11
109	Maciej	Sochacki		M	00:38:58	M U/50	93
110	Molly	Deely	Ealing Eagles Running Club	W	00:39:00	W U/50	5
111	Amy	White	Kent Athletics Club	W	00:39:03	W U/50	6
112	Tim	Charters	London Frontrunners	M	00:39:07	M U/50	94
113	Philip	Hogg	London Heathside	M	00:39:08	M V50	12
114	Chris	Beardsall	dulwich runners ac	M	00:39:10	M V50	13
115	Georgia	Huddleston	Cambridge Harriers	W	00:39:21	W U/50	7
116	Ashim	Thakuri		M	00:39:23	M U/50	95
117	Emerie	Sheridan	Thames Valley Harriers	W	00:39:33	W U/50	8
118	Tom	Moberly	queen's park harriers	M	00:39:36	M U/50	96
119	Denis	Sorkin	Hercules Wimbledon	M	00:39:38	M U/50	97
120	Sarah	Swinhoe	London Heathside AC	W	00:39:41	W V50	1
121	Rob	Meadows	Dulwich	M	00:39:43	M U/50	98
122	Fernando	Goni	SHAEF Shifters RC	M	00:39:44	M U/50	99
123	Charles	Lound	dulwich runners ac	M	00:39:46	M V50	14
124	Suzanne	Swaine	Herne Hill Harriers	W	00:39:47	W U/50	9
125	Richard	Giles	kent ac	M	00:39:47	M U/50	100
126	Lloyd	Collier	dulwich runners ac	M	00:39:50	M V50	15
127	Will	Carr		M	00:39:56	M U/50	101
128	Tony	Tuohy	dulwich runners ac	M	00:40:06	M V60	2
129	Zuzanna	Palej	IB Team	W	00:40:07	W U/50	10
130	Richard	Cohen	Wimbledon Windmilers	M	00:40:07	M U/50	102
131	Jack	Derges	Wimbledon Windmilers	M	00:40:08	M U/50	103
132	Grant	Kennedy	dulwich runners ac	M	00:40:22	M U/50	104
133	Fred	Sharrock	Runhead AC	M	00:40:24	M U/50	105
134	Natalie	Gentry	South London harriers	W	00:40:25	W U/50	11
135	Naval	Khanna	Wimbledon Windmilers	M	00:40:27	M U/50	106
136	Jason	Walkingshaw	Best Athletics	M	00:40:38	M U/50	107
137	matt	hartin	dulwich runners ac	M	00:40:42	M U/50	108
138	Joseph	Williams	Ealing Eagles Running Club	M	00:40:46	M U/50	109
139	Stephen	Monaghan	London Heathside AC	M	00:40:49	M V50	16
140	RACHE	PORTER	Watford Joggers	W	00:40:54	W U/50	12
141	Alicja	Kordowska	Ealing Eagles Running Club	W	00:40:58	W U/50	13
142	Tom	James	ealing eagles rc	M	00:40:59	M U/50	110
143	Jonathan	Whittaker	dulwich runners ac	M	00:41:03	M U/50	111
144	Diana	Dolce	South London harriers	W	00:41:16	W U/50	14
145	Sophia	de Rivaz		W	00:41:22	W U/50	15
146	Eberhard	Prill	Dulwich runners	M	00:41:40	M V60	3
147	John	Kazantzis	dulwich runners ac	M	00:42:00	M V50	17
148	Pavel	Linshits	Fulham RC	M	00:42:02	M U/50	112
149	Richard	James		M	00:42:09	M V50	18
150	Michelle	Lennon	Dulwich runners	W	00:42:13	W V50	2
151	Joanne	Harbinson	Sutton Striders	W	00:42:15	W U/50	16
152	Brian	Lynch	Hercules Wimbledon	M	00:42:29	M V50	19
153	Stephen	Jones		M	00:42:29	M U/50	113
154	Sum	Mattu	dulwich runners	M	00:42:38	M U/50	114
155	Leslie	Gill		W	00:42:45	W U/50	17
156	Robert	Tokarski	dulwich runners ac	M	00:42:56	M U/50	115
157	thomas	cheetham	hercules wimbledon ac	M	00:43:01	M V50	20
158	Mark	Foster	Dulwich runners	M	00:43:17	M V50	21
159	Helen	Shannon	dulwich runners ac	W	00:43:19	W U/50	18
160	Alex	Flack	Fulham Running Club	W	00:43:24	W U/50	19
161	Christina	Dimitrov	Dulwich Runner AC	W	00:43:26	W U/50	20
162	Rachel	Ennis	Highgate Harriers	W	00:43:29	W U/50	21
163	Isobel	Pickles	Dulwich runners	W	00:43:29	W U/50	22
164	Laura	Torry	dulwich runners ac	W	00:43:48	W U/50	23

165	Dawid	Palej	IB Team	M	00:43:56	M U/50	116
166	Gary	Forde	Wimbledon Windmilers	M	00:44:14	M V50	22
167	clare	Norris	dulwich runners ac	W	00:44:14	W U/50	24
168	Simon	Hunter		M	00:44:16	M U/50	117
169	Lloyd	Emeka	Clapham Chasers RC	M	00:44:39	M U/50	118
170	MARK	GEORGE	London Heathside AC	M	00:44:42	M V50	23
171	Miles	Gawthorp	Dulwich Runner AC	M	00:44:44	M U/50	119
172	Adele	Boesinger	South London harriers	W	00:44:50	W U/50	25
173	Sanjay	Cheema		M	00:44:56	M U/50	120
174	Mike	Walshe		M	00:45:00	M U/50	121
175	Karina	Box		W	00:45:13	W U/50	26
176	Iraj	Ali	N/A	M	00:45:17	M U/50	122
177	Tash	Dillon	Coopah Running	W	00:45:27	W U/50	27
178	Harriet	Veldtrup		W	00:45:27	W U/50	28
179	Michael	Fullilove	dulwich runners ac	M	00:46:06	M V60	4
180	Teddy	Crane		M	00:46:13	M U/50	123
181	Philip	Marsden	kent ac	M	00:46:33	M V50	24
182	Stephen	Constable		M	00:46:40	M V50	25
183	James	A Gordon	dulwich runners ac	M	00:46:44	M U/50	124
184	GOWER	TAN	dulwich runners ac	M	00:46:44	M V50	26
185	Peter	Akehurst		M	00:47:01	M U/50	125
186	Hugh	French	dulwich runners ac	M	00:47:03	M U/50	126
187	Katie	Lampl		W	00:47:10	W U/50	29
188	Laura	Russell		W	00:47:27	W U/50	30
189	Ajay	Khandelwal	dulwich runners ac	M	00:48:17	M V50	27
190	Caroline	Helder	Wimbledon Windmilers	W	00:48:20	W V60	1
191	Hein	Gunnewicht		M	00:48:59	M V60	5
192	Annika	Alexopoulou	Clapham Runners	W	00:49:03	W U/50	31
193	Tamir	Levi	4fitness	M	00:49:13	M U/50	127
194	Jess	Ridout	Fulham Running Club	W	00:49:19	W U/50	32
195	Lisa	Watson	Ealing Eagles Running Club	W	00:49:51	W V50	3
196	Rebecca	Palser		W	00:49:58	W U/50	33
197	Desi	Miteva		W	00:50:04	W U/50	34
198	Teresa	Northey	dulwich runners ac	W	00:50:06	W U/50	35
199	William	Greaves		M	00:50:37	M U/50	128
200	Phil	Chadney		M	00:50:50	M U/50	129
201	Lucy	Clapp	Dulwich runners	W	00:50:56	W V50	4
202	Rhodri	Davies		M	00:51:22	M U/50	130
203	Gemma	Kent		W	00:52:12	W U/50	36
204	Kitty	Watkins	None	W	00:52:35	W U/50	37
205	Aya	Yamamoto	N/A	W	00:52:35	W U/50	38
206	Joanne	Shelton Pereda	dulwich runners ac	W	00:53:10	W U/50	39
207	Simon	Addyman		M	00:53:26	M V50	28
208	JACK	GALLOWAY		M	00:53:43	M V50	29
209	Virginia	Vassileva		W	00:54:40	W U/50	40
210	Colin	Mutton		M	00:54:57	M V60	6
211	Jane	Akehurst		W	00:55:02	W U/50	41
212	Andrea	Totaro		M	00:55:47	M U/50	131
213	ellie	boll	Bestest	W	00:55:48	W U/50	42
214	ALISON	Hinton	Serpentine Rc	W	00:56:03	W V50	5
215	Heather	Binney	Clapham pioneers	W	00:56:05	W V60	2
216	Joanna	Ward		W	00:56:09	W V50	6
217	Carrie	Griffiths		W	00:56:12	W U/50	43
218	Barrie John	Nicholls	dulwich runners ac	M	00:57:04	M V60	7
219	Kathryn	Mutton		W	00:57:34	W V60	3
220	Ciara	Lawson		W	00:57:38	W U/50	44
221	Rebecca	Carter		W	00:57:38	W U/50	45
222	Simon	Gill		M	00:58:00	M V60	8
223	Paul	Keating	dulwich runners ac	M	00:58:15	M V50	30
224	Nicola	Tegart		W	00:59:56	W U/50	46
225	yasmine	Harrington		W	01:00:18	W U/50	47
226	Samuel	Harding	Bestests	M	01:00:32	M U/50	132
227	Niamh	Phelan		W	01:01:31	W U/50	48
228	Sabina	Oakes		W	01:02:08	W U/50	49
229	Ronja	Lutz		W	01:02:42	W U/50	50
230	Elynor	Kamil		W	01:06:45	W U/50	51
231	Eliza	Ward		W	01:06:59	W U/50	52
232	Phil	Kelvin	Serpentine	W	01:09:46	W V70	1
233	Kim	Fernandes		W	01:10:08	W U/50	53