

Sri Chinmoy 5K Race

Battersea Park, London

23 July 2018

Silver Starling



**SRI CHINMOY
MARATHON TEAM**



WINNERS

RANK	FIRST NAME	SURNAME	CLUB	M F	TIME	AGE
Men U/50						
1	Rick	Weston	Serpentine	M	00:15:37	31
2	Joe	Croft	South London H	M	00:15:47	31
3	James	Laing	Hillingdon Athletics Club	M	00:15:54	26
4	Mark	Worringham	Reading Roadrunners	M	00:16:01	40
5	Nick	Marriage	Fulham RC	M	00:16:13	34
6	Martin	Shore	Thames Hare & Hounds	M	00:16:15	42
7	Chris	Thomas	Thames Valley H	M	00:16:22	24
Women U/50						
1	Nicola	Timmins	Tri london	F	00:18:43	38
2	Cat	Simpson	Fulham Running Club	F	00:19:13	34
3	Laura	Bohm	Clapham Chasers	F	00:20:15	28
4	Jessie	Keighley	Clapham Chasers	F	00:20:26	27
5	Karrie	Hill-Hughes		F	00:21:10	32
6	Isabel	hunter		F	00:22:00	24
7	Heather	Hagis	London City Athletics Club	F	00:22:16	29
Men Vet 50						
1	Stuart	Fraser	Hercules Wimbledon	M	00:17:36	52
2	Alex	Davidson	Highgate H	M	00:17:38	56
3	Christopher	Lydon	Beckenham running club	M	00:19:08	56
Women Vet 50						
1	Sunanda	Sarkell Bell		F	00:24:10	52
2	Michele	Griffiths	mornington chasers	F	00:26:03	53
3	Donna	Richards	South London Harriers	F	00:27:33	52
Men Vet 60						
1	Martin	Milward	Fulham Running Club	M	00:20:32	63
2	philip	hunter		M	00:22:23	64
Women Vet 60						
1	Ann	Bath	26.2 RRC	F	00:28:44	69
2	Marianne	Morris	Serpentine	F	00:30:56	68
Men Vet 70						
1	Mike	Mann	Dulwich R	M	00:22:05	70
Men Vet 80						
1	Cliff	Collins	Vets AC	M	00:27:48	82

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	FIRST NAME	SURNAME	CLUB	M F	TIME	AGE	CATEGORY	CAT. POS.
1	Rick	Weston	Serpentine	M	00:15:37	31	M U/50	1
2	Joe	Croft	South London H	M	00:15:47	31	M U/50	2
3	James	Laing	Hillingdon Athletics Club	M	00:15:54	26	M U/50	3
4	Mark	Worringham	Reading Roadrunners	M	00:16:01	40	M U/50	4
5	Nick	Marriage	Fulham RC	M	00:16:13	34	M U/50	5
6	Martin	Shore	Thames Hare & Hounds	M	00:16:15	42	M U/50	6
7	Chris	Thomas	Thames Valley H	M	00:16:22	24	M U/50	7
8	charles	Sandison	Fulham Running Club	M	00:16:24	23	M U/50	8
9	Robbie	Cox	Woodford Green	M	00:16:27	36	M U/50	9
10	Filip	Ianczak		M	00:16:28	29	M U/50	10
11	Carl	Selya-Hammer	Ranelagh Harriers	M	00:16:31	37	M U/50	11
12	Simon	Egan	Woking AC	M	00:16:33	46	M U/50	12
13	Tegs	Jones	Witney	M	00:16:38	42	M U/50	13
14	Simon	Craddock	Serpentine	M	00:16:41	36	M U/50	14
15	Stuart	Farmer	Fulham Running Club	M	00:16:48	41	M U/50	15
16	Rob	Daly	London Fronrunners	M	00:16:55	32	M U/50	16
17	Matt	Woodman	Stafford Harriers	M	00:16:59	40	M U/50	17
18	Stewart	Mcandie	Fulham Running Club	M	00:17:02	44	M U/50	18
19	Neil	Hume	Garden City R	M	00:17:06	44	M U/50	19
20	Jamie	Bannister	Clapham Chasers	M	00:17:08	31	M U/50	20
21	Craig	Brown	Garden City R	M	00:17:10	39	M U/50	21
22	Andrew	Snook	Stragglers	M	00:17:13	37	M U/50	22
23	Laurance	Edwards	Harrow AC	M	00:17:16	16	M U/50	23
24	James	Huish	Garden city runners	M	00:17:18	26	M U/50	24
25	Daniel	Gillett	South London H	M	00:17:18	48	M U/50	25
26	Rory	Maguire	Clapham Chasers	M	00:17:22	36	M U/50	26
27	thomas	south	Dulwich runners	M	00:17:24	43	M U/50	27
28	David	Kelly	Higham	M	00:17:28	49	M U/50	28
29	Peter	Holmes	Serpentine	M	00:17:30	40	M U/50	29
30	George	Ashdown	London City Athletics Club	M	00:17:31	31	M U/50	30
31	Will	Gallimore	Lloyd's Ravens	M	00:17:32	33	M U/50	31
32	Nick	McKay	Wimbledon Windmilers	M	00:17:35	39	M U/50	32
33	Stuart	Fraser	Hercules Wimbledon	M	00:17:36	52	M Vet 50	1
34	Alex	Davidson	Highgate H	M	00:17:38	56	M Vet 50	2
35	Graham	O'Donoghue	Serpentine	M	00:17:39	39	M U/50	33
36	Andy	Waterman	Vphthac	M	00:17:47	37	M U/50	34
37	Craig	Phillips	kent ac	M	00:17:48	43	M U/50	35
38	Christopher	Morris	Harrow AC	M	00:17:50	16	M U/50	36
39	David	Sharman	Wimbledon Windmilers	M	00:17:52	33	M U/50	37
40	Victor	Lio	Serpentine	M	00:18:05	29	M U/50	38
41	Conor	Donaghy	Herne Hill H	M	00:18:05	35	M U/50	39
42	Tom	Baldwin		M	00:18:10	22	M U/50	40
43	Steven	Artist	Serpentine	M	00:18:11	33	M U/50	41
44	William	Shippin	uknetrunner	M	00:18:20	32	M U/50	42
45	James	Hayhurst	Clapham Chasers	M	00:18:26	40	M U/50	43
46	Rich	McAler	eastleigh running club	M	00:18:27	32	M U/50	44
47	Stephen	Monaghan	London Heathside	M	00:18:31	48	M U/50	45

48	Anthony	Whelan	26.2 RRC	M	00:18:35	32	M U/50	46
49	Nick	Goodfellow	Barnes R	M	00:18:39	37	M U/50	47
50	Steve	Reenan		M	00:18:41	45	M U/50	48
51	Martin	Carmack	Serpentine	M	00:18:42	48	M U/50	49
52	Nicola	Timmins	tri london	F	00:18:43	38	W U/50	1
53	Dylan	Mitchard		M	00:18:56	24	M U/50	50
54	Cormac	Toomey	Clapham Chasers	M	00:19:01	36	M U/50	51
55	Andrew	Hughes	South London Harriers	M	00:19:04	32	M U/50	52
56	John	Mehrzad	Mornington Chasers	M	00:19:06	39	M U/50	53
57	Christopher	Lydon	Beckenham running club	M	00:19:08	56	M Vet 50	3
58	Richard	Smith	Clapham Chasers	M	00:19:10	33	M U/50	54
59	Andrew	Doig	East Essex Tri	M	00:19:11	44	M U/50	55
60	Cat	Simpson	Fulham Running Club	F	00:19:13	34	W U/50	2
61	Leon	Clement	London Fronrunners	M	00:19:14	33	M U/50	56
62	Murray	Crundwell		M	00:19:18	28	M U/50	57
63	Jose Manuel	Pabon	Ealing Eagles Running Club	M	00:19:23	36	M U/50	58
64	Daniel	McPhilimey	Fulham Running Club	M	00:19:25	30	M U/50	59
65	Andrew	Masters	West 4 H	M	00:19:28	45	M U/50	60
66	Nils-Kristian	Liborg	Ealing Eagles Running Club	M	00:19:31	38	M U/50	61
67	Chris	Wood		M	00:19:35	39	M U/50	62
68	Ed	Keighley	Clapham Chasers	M	00:19:59	27	M U/50	63
69	Nicholas	Dawkins	Clapham Chasers	M	00:20:04	26	M U/50	64
70	thomas	cheetham	hercules wimbledon ac	M	00:20:04	51	M Vet 50	4
71	Damian	Ings	Clapham R	M	00:20:06	44	M U/50	65
72	Kenneth	McCallum		M	00:20:08	47	M U/50	66
73	Laura	Bohm	Clapham Chasers	F	00:20:15	28	W U/50	3
74	Jack	Pinnick-Gray	London Heathside	M	00:20:20	24	M U/50	67
75	Jessie	Keighley	Clapham Chasers	F	00:20:26	27	W U/50	4
76	Martin	Milward	Fulham Running Club	M	00:20:32	63	M Vet 60	1
77	Christian	Morris	Serpentine	M	00:20:41	36	M U/50	68
78	Will	Connor		M	00:20:43	28	M U/50	69
79	Raymond	Parkinson		M	00:20:43	28	M U/50	70
80	James	Jurkiewicz	Ealing Eagles Running Club	M	00:20:48	26	M U/50	71
81	Darragh	McElroy		M	00:20:54	41	M U/50	72
82	Matthew	Snelling	Jp morgan running club	M	00:20:56	41	M U/50	73
83	Paul	Tremaine	Evrotas	M	00:20:57	32	M U/50	74
84	Mark	Kell	Serpentine	M	00:21:02	37	M U/50	75
85	Roger	Corbett	Serpentine	M	00:21:07	55	M Vet 50	5
86	Chris	Dix		M	00:21:08	21	M U/50	76
87	Karrie	Hill-Hughes		F	00:21:10	32	W U/50	5
88	Daniel	Day		M	00:21:15	37	M U/50	77
89	James	Benjamin		M	00:21:17	27	M U/50	78
90	Paul	Turnbull		M	00:21:18	36	M U/50	79
91	Sami	Alkarim	Lloyd's Ravens	M	00:21:31	29	M U/50	80
92	Neil	Colquhoun	London Fronrunners	M	00:21:41	41	M U/50	81
93	Isabel	hunter		F	00:22:00	24	W U/50	6
94	Richard	Snook		M	00:22:01	35	M U/50	82
95	Mike	Mann	Dulwich R	M	00:22:05	70	M Vet 70	1
96	Trevor	Ingram	Fulham Running Club	M	00:22:10	41	M U/50	83
97	Andrew	McNamara	Fulham Running Club	M	00:22:11	35	M U/50	84
98	Heather	Hagis	London City Athletics Club	F	00:22:16	29	W U/50	7
99	Jarvis	Ragona		M	00:22:21	39	M U/50	85
100	philip	hunter		M	00:22:23	64	M Vet 60	2
101	Steve	Paull	Metros RC	M	00:22:23	65	M Vet 60	3

102	Christine	Gorman	Clapham Chasers	F	00:22:31	26	W U/50	8
103	Francisco	Joaquim	Fulham Running Club	M	00:22:36	67	M Vet 60	4
104	Oxana	Novikova	Evrotas	F	00:22:43	32	W U/50	9
105	Fadi	Hayek		M	00:22:49	38	M U/50	86
106	George	Ovenden		M	00:22:50	28	M U/50	87
107	Ian	McCarthy	Cambridge Harriers	M	00:22:52	62	M Vet 60	5
108	Roger	Green	Woodford Green	M	00:23:05	70	M Vet 70	2
109	Mackenzie	Newton jones		M	00:23:08	28	M U/50	88
110	Charlotte	Johnson	Ealing Eagles Running Club	F	00:23:14	25	W U/50	10
111	Dalen	Smart		M	00:23:19	28	M U/50	89
112	Marcelo	Fortes	Herne Hill Harriers	M	00:23:30	45	M U/50	90
113	David	Hallson	RRC	M	00:23:44	65	M Vet 60	6
114	Tamara	Kennedy		F	00:24:03	24	W U/50	11
115	Sunanda	Sarkell Bell		F	00:24:10	52	W Vet 50	1
116	Pascal	How		M	00:24:37	30	M U/50	91
117	Ruben	Agocs	Fulham RC	M	00:24:50	42	M U/50	92
118	André	Oliveira		M	00:24:58	36	M U/50	93
119	David	Shute	Wimbledon Windmillers	M	00:25:04	52	M Vet 50	6
120	Yvonne	Ellis	avrotas	F	00:25:28	45	W U/50	12
121	Therese	Poijes	ConnectWise Wellness	F	00:25:34	26	W U/50	13
122	Harry	Grummitt		M	00:25:35	28	M U/50	94
123	Pete	Duncan		M	00:25:41	46	M U/50	95
124	Alex	O'Leary		M	00:25:50	29	M U/50	96
125	Michele	Griffiths	mornington chasers	F	00:26:03	53	W Vet 50	2
126	Emma	Symons		F	00:26:33	31	W U/50	14
127	Lara	Gimblett	Fulham Running Club	F	00:26:40	28	W U/50	15
128	Amy	Phillips		F	00:26:50	36	W U/50	16
129	Jay	Clark		M	00:27:07	34	M U/50	97
130	Andrew	Dowden		M	00:27:19	58	M Vet 50	7
131	Dan	Maskell	Vets AC	M	00:27:19	70	M Vet 70	3
132	Emily	Locher		F	00:27:27	42	W U/50	17
133	Donna	Richards	South London Harriers	F	00:27:33	52	W Vet 50	3
134	Cliff	Collins	Vets AC	M	00:27:48	82	M Vet 80	1
135	Alan	Davidson	Ranelagh Harriers	M	00:27:56	71	M Vet 70	4
136	Neil	Davies	26.2 RRC	M	00:28:08	53	M Vet 50	8
137	Clinton	Leeks		M	00:28:25	64	M Vet 60	7
138	Darcey	Le Ruez		F	00:28:42	28	W U/50	18
139	Ann	Bath	26.2 RRC	F	00:28:44	69	W Vet 60	1
140	Charlotte	Brown		F	00:30:01	28	W U/50	19
141	Robert	Ravelli	London Fronrunners	M	00:30:22	61	M Vet 60	8
142	Matt	Le Fleur		M	00:30:33	28	M U/50	98
143	Nhan	Phan		F	00:30:33	32	W U/50	20
144	Marianne	Morris	Serpentine	F	00:30:56	68	W Vet 60	2
145	Christopher	Shaw	Fulham Running Club	M	00:30:59	39	M U/50	99
146	Irene	Paull	Metros RC	F	00:32:10	61	W Vet 60	3
147	Katie	Thompson		F	00:32:23	33	W U/50	21
148	Peter	Torre	Vets AC	M	00:33:15	76	M Vet 70	5
149	Harry	Poling		M	00:34:47	72	M Vet 70	6
150	Edwin	Bartlett	Vets AC	M	00:34:57	73	M Vet 70	7