

Sri Chinmoy 5K Race

Battersea Park, London

3rd June 2019

SPEEDY STEEDS 5K



**SRI CHINMOY
MARATHON TEAM**



WINNERS

RANK	FIRST NAME	SURNAME	CLUB	M F	TIME	AGE
Men U/50						
1	Christian	Grierson	Serpentine Running and AC	M	00:15:50	24
2	James	Laing	Hillingdon Athletics Club	M	00:15:54	27
3	Joe	Elliott	Herne Hill Harriers	M	00:15:55	24
4	Edward	Mallett	Clapham Chasers	M	00:15:58	24
5	Martin	Shore	Thames Hare and Hounds	M	00:16:03	43
6	Ben	Alexander	Chiltern Harriers	M	00:16:09	32
7	Harry	Lawson	Tonbridge AC	M	00:16:16	19
Women U/50						
1	Lily	Woolcock	London Heathside	F	00:18:57	23
2	Jenna	Mullett	Clapham Chasers	F	00:19:43	34
3	Conny	Scholze		F	00:20:17	41
4	Alice	Hosking	London Heathside	F	00:20:25	29
5	Jennifer	Wing	London Heathside Runners	F	00:20:36	27
6	Ruth	Hardy	London City	F	00:21:41	26
7	Oxana	Novikova	Evrotas	F	00:21:48	33
Men Vet 50						
1	Norman	Urquia	Wimbledon Windmilers	M	00:18:33	53
2	Carl	Heron	Mornington Chasers	M	00:19:44	57
3	Stewart	Bond	hercules wimbledon ac	M	00:19:45	50
Women Vet 50						
1	NINA	TREVARTHEN	Crawley Saints & Sinners	F	00:27:26	52
Men Vet 60						
1	John	Foss	South London Harriers	M	00:19:20	60
2	Andrew	Roberts	Serpentine	M	00:19:55	66
Men Vet 70						
1	John	Quaintance	South London H	M	00:23:26	70
Men Under 80						
1	Cliff	Collins	Vets AC	M	00:27:51	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	Christian	Grierson	Serpentine Running and AC	M	00:15:50	24	M U/50	1
2	James	Laing	Hillingdon Athletics Club	M	00:15:54	27	M U/50	2
3	Joe	Elliott	Herne Hill Harriers	M	00:15:55	24	M U/50	3
4	Edward	Mallett	Clapham Chasers	M	00:15:58	24	M U/50	4
5	Martin	Shore	Thames Hare and Hounds	M	00:16:03	43	M U/50	5
6	Ben	Alexander	Chiltern Harriers	M	00:16:09	32	M U/50	6
7	Harry	Lawson	Tonbridge AC	M	00:16:16	19	M U/50	7
8	David	Taylor	Clapham Chasers	M	00:16:20	30	M U/50	8
9	Ryan	McCrickerd	Serpentine	M	00:16:37	30	M U/50	9
10	Shane	O'Neill	dulwich runners ac	M	00:16:38	30	M U/50	10
11	Martin	Richardson	Serpentine Running and AC	M	00:16:41	34	M U/50	11
12	Duncan	Lawrence	Headington RR	M	00:16:51	31	M U/50	12
13	Tim	Powell	Serpentine Running and AC	M	00:16:52	29	M U/50	13
14	Robin	Jones	Herne Hill Harriers	M	00:16:54	46	M U/50	14
15	Christopher	Tsantoulas		M	00:16:54	39	M U/50	15
16	Konstantinos	Kokolas	Higate Harriers	M	00:16:54	30	M U/50	16
17	Robbie	Cox	WGAC/Serpentine	M	00:17:14	37	M U/50	17
18	Lee	Haze	Kent AC	M	00:17:17	34	M U/50	18
19	Thomas	Daley	Fulham Running Club	M	00:17:22	44	M U/50	19
20	Ian	Gutteridge	Datchet Dashers	M	00:17:23	37	M U/50	20
21	Andrew	Snook		M	00:17:26	38	M U/50	21
22	William	Shippin	uknetrunner	M	00:17:26	33	M U/50	22
23	George	Ashdown	London City Athletics Club	M	00:17:30	32	M U/50	23
24	RHys	Annett	Serpentine Running and AC	M	00:17:36	27	M U/50	24
25	Ciaran	Gavin	west 4 harriers	M	00:17:40	41	M U/50	25
26	Jason	Metcalfe	Evrotas	M	00:17:43	42	M U/50	26
27	Paul	Woolley	Datchet Dashers	M	00:17:44	46	M U/50	27
28	Jacob	Plummer	hercules wimbledon ac	M	00:17:45	26	M U/50	28
29	Paul	O'Neill		M	00:17:46	40	M U/50	29
30	Graham	Sutherland	Clapham Chasers	M	00:17:51	42	M U/50	30
31	Felix	Allen	hercules wimbledon ac	M	00:17:58	47	M U/50	31
32	William	Gallimore	Clapham Chasers	M	00:17:59	34	M U/50	32
33	Jonathan	Vintner	Blackheath and Bromley Harriers	M	00:18:01	30	M U/50	33
34	Neil	Hume	Garden City R	M	00:18:04	45	M U/50	34
35	Gary	James		M	00:18:11	41	M U/50	35
36	Simon	Elsbury	Finch Coasters	M	00:18:17	31	M U/50	36
37	William	Salt	Serpentine Running and Athletic	M	00:18:23	29	M U/50	37
38	William	Hartley		M	00:18:32	37	M U/50	38
39	Norman	Urquia	Wimbledon Windmilers	M	00:18:33	53	M Vet 50	1
40	Cormac	Toomey	Clapham Chasers	M	00:18:35	37	M U/50	39
41	Adam	May	hercules wimbledon ac	M	00:18:36	38	M U/50	40
42	Tom	Pickering	Vegan Runners	M	00:18:38	30	M U/50	41
43	Tim	Ballard	Colchester Harriers Athletics Club	M	00:18:41	43	M U/50	42
44	Mark	Klein	Sheen Shufflers/ Fulham RC	M	00:18:43	40	M U/50	43
45	Peter	Flew	Ymca manchester harriers	M	00:18:44	35	M U/50	44
46	Christian	Nielsen	Thames Valley Harriers	M	00:18:47	44	M U/50	45
47	Chris	Wood		M	00:18:47	39	M U/50	46

48	Terry	Oliver	Evrotas	M	00:18:55	43	M U/50	47
49	Lily	Woolcock	London Heathside	F	00:18:57	23	W U/50	1
50	Matteo	de Giovanetti	Serpentine Running and AC	M	00:18:58	28	M U/50	48
51	Alasdair	Kite		M	00:19:00	26	M U/50	49
52	Allan	Cox	Clapham Chasers	M	00:19:11	42	M U/50	50
53	Adam	Jauncey	London Heathside	M	00:19:18	34	M U/50	51
54	John	Foss	South London Harriers	M	00:19:20	60	M Vet 60	1
55	Charlie	Ablett		M	00:19:32	22	M U/50	52
56	Gavin	Lau	Victoria Park Harriers & Tower H	M	00:19:40	35	M U/50	53
57	Jenna	Mullett	Clapham Chasers	F	00:19:43	34	W U/50	2
58	Carl	Heron	Mornington Chasers	M	00:19:44	57	M Vet 50	2
59	Stewart	Bond	hercules wimbledon ac	M	00:19:45	50	M Vet 50	3
60	Andy	Naylor	London Heathside Runners	M	00:19:49	37	M U/50	54
61	Andrew	Roberts	Serpentine	M	00:19:55	66	M Vet 60	2
62	Byron	McKinney	Tiverton Harriers	M	00:19:57	44	M U/50	55
63	thomas	cheetham	hercules wimbledon ac	M	00:19:57	52	M Vet 50	4
64	Peter	Martin	Clapham Chasers	M	00:20:01	44	M U/50	56
65	Andy	Watts		M	00:20:07	36	M U/50	57
66	Adam	Walker	Trent Park Running Club	M	00:20:07	42	M U/50	58
67	Amit	Marks	East London Runners	M	00:20:15	42	M U/50	59
68	Conny	Scholze		F	00:20:17	41	W U/50	3
69	Alice	Hosking	London Heathside	F	00:20:25	29	W U/50	4
70	Jennifer	Wing	London Heathside Runners	F	00:20:36	27	W U/50	5
71	Daniel	Day		M	00:20:46	38	M U/50	60
72	taran	hase		M	00:20:54	27	M U/50	61
73	Gary	Forde	Hercules Wimbledon	M	00:20:54	51	M Vet 50	5
74	Andrew	McNamara	Fulham Running Club	M	00:20:55	36	M U/50	62
75	OLIVER	BAZIN		M	00:21:03	30	M U/50	63
76	JC	sabran	Clapham pioneers	M	00:21:08	48	M U/50	64
77	Jonathan	Chambers	Fulham Running Club	M	00:21:11	61	M Vet 60	3
78	Reda	Hajji	Aiste M	M	00:21:13	36	M U/50	65
79	Neil	Colquhoun	London Fronrunners	M	00:21:29	42	M U/50	66
80	Paul	Tremaine	Evrotas	M	00:21:30	33	M U/50	67
81	Ruth	Hardy	London City	F	00:21:41	26	W U/50	6
82	Dirk	Thoemmes	Fulham Running Club	M	00:21:45	39	M U/50	68
83	Fadi	Hayek		M	00:21:46	39	M U/50	69
84	Oxana	Novikova	Evrotas	F	00:21:48	33	W U/50	7
85	Georgina	Miller	Ravens	F	00:21:49	38	W U/50	8
86	David	Bates		M	00:21:56	43	M U/50	70
87	Sarah	Chadwick	Fulham Running Club	F	00:22:04	32	W U/50	9
88	Ryan	McGahon		M	00:22:20	27	M U/50	71
89	Heather	Hagis	London City Athletics Club	F	00:22:22	30	W U/50	10
90	Peter	Mackintosh	Serpentine	M	00:22:42	32	M U/50	72
91	Charlie	Bosomworth		M	00:23:16	34	M U/50	73
92	John	Quaintance	South London H	M	00:23:26	70	M Vet 70	1
93	Alistair	Davy	Leeds City AC	M	00:23:45	70	M Vet 70	2
94	Adrian	Hunt		M	00:23:46	56	M Vet 50	6
95	Antonia	Jones		F	00:23:50	29	W U/50	11
96	David	Hallson	RRC	M	00:24:11	66	M Vet 60	4
97	Ed	Ryland		M	00:24:27	36	M U/50	74
98	Rebecca	Marshall	London Heathside	F	00:24:44	42	W U/50	12
99	Amy	Phillips		F	00:25:01	37	W U/50	13
100	Hugo	Moita	Evrotas	M	00:25:13	31	M U/50	75

101	Kevin	McLellan	Serpentine Running and AC	M	00:25:20	66	M Vet 60	5
102	Matthew	Rooney		M	00:26:03	40	M U/50	76
103	Yvonne	Ellis	Evrotas	F	00:26:40	46	W U/50	14
104	Madeleine	Haysey		F	00:27:07	30	W U/50	15
105	NINA	TREVARTHEN	Crawley Saints & Sinners	F	00:27:26	52	W Vet 50	1
106	Cliff	Collins	Vets AC	M	00:27:51	82	M Vet 80	1
107	Tegan	Gill		F	00:27:52	32	W U/50	16
108	Stephen	Satchell	Mornington Chasers	M	00:28:02	70	M Vet 70	3
109	Alan	Davidson	Ranelagh Harriers	M	00:28:46	72	M Vet 70	4
110	Michael	Leigh	hercules wimbledon ac	M	00:28:47	75	M Vet 70	5
111	john	pratt	Ranelagh Harriers	M	00:30:59	74	M Vet 70	6
112	Christopher	Shaw	Fulham Running Club	M	00:32:40	40	M U/50	77
113	Edwin	Bartlett	Vets AC	M	00:34:10	74	M Vet 70	7
114	Richard	Pitcairn-Knowles	Sevenoaks AC	M	00:36:56	86	M Vet 80	2