

Sri Chinmoy 5K Race

Battersea Park, London

15th July 2025

KANGAROO HOP 5K



SRI CHINMOY
MARATHON TEAM



Run to Become
www.runandbecome.com

WINNERS

RANK	NAME	SURNAME	CLUB	M F	TIME	AGE
Men U/50						
1	Kurt	Wilkinson	Peckham Pacers	Male	00:14:54	39
2	Charlie	Sandison	Hercules Wimbledon	Male	00:14:56	30
3	Matt	Wood	Herne Hill Harriers	Male	00:14:59	31
4	Jonathan	Poole	Serpentine RC	Male	00:14:59	42
5	Matthew	Port	Winchester Running Club	Male	00:15:00	27
6	Amittai	Ben-Israel	Thames Hare and Hounds	Male	00:15:06	28
7	Harry	Tivnen	Kent AC	Male	00:15:14	30
Women U/50						
1	Molly	Smith		Female	00:16:32	24
2	Elizabeth	Apsley	Thames Hare and Hounds	Female	00:16:33	28
3	Katie	Grinyer	Guildford & Godalming	Female	00:16:56	28
4	Sasha	Stannah	Clapham Chasers	Female	00:17:09	30
5	Grace	Leyland	Herne Hill Harriers	Female	00:17:15	24
6	Alice	Braham	Ealing Eagles Running Club	Female	00:17:28	49
7	Jennifer	Nandi	Herne Hill Harriers	Female	00:17:48	26
Men Vet 50						
1	Mark	Symes	Alershot Farnham & District	Male	00:16:06	56
2	Matt	Weaver	Highgate Harriers	Male	00:16:34	56
3	Terry	Booth	Guildford & Godalming AC	Male	00:16:44	58
Women Vet 50						
1	Kerstin	Sung	Medway & Maidstone AC	Female	00:19:12	51
2	Ali	Farrall	Tunbridge Wells Harriers	Female	00:20:09	52
3	Michelle	Lennon	Dulwich runners	Female	00:21:09	58
Men Vet 60						
1	Koji	Miyazaki	Aldershot Farnham & District AC	Male	00:18:26	63
2	David	Renshaw	Guildford & Godalming AC	Male	00:19:38	61
Women Vet 60						
1	Katrin	Flikschuh	Victoria Park & Tower Hamlets AC	Female	00:20:39	64
2	Ruth	Cottam	Collingwood AC	Female	00:25:44	68
Men Vet 70						
1	Michael	Mann	Dulwich Runners AC	Male	00:24:00	76
Women Vet 70						
1	Ros	Tabor	Dulwich Runners AC	Female	00:27:07	75
Men Under 16						
1	Jacob	Parrott	Chelmsford AC	Male	00:16:40	15
2	Milo	Rose		Male	00:18:26	15
3	Toby	Jones	Ealing Eagles Running Club	Male	00:20:24	12
Women Under 16						
1	Zoe	Davis	South London harriers	Female	00:19:37	13
2	Grace	Sone	South London harriers	Female	00:22:55	14

ALL RESULTS BELOW

RESULTS									
RANK	NAME	SURNAME	CLUB	M F	TIME	CATEGORY	CAT. POS.	AGE	Race No
1	Kurt	Wilkinson	Peckham Pacers	Male	00:14:54	M U/50	1	39	1052
2	Charlie	Sandison	Hercules Wimbledon	Male	00:14:56	M U/50	2	30	1050
3	Matt	Wood	Herne Hill Harriers	Male	00:14:59	M U/50	3	31	1080
4	Jonathan	Poole	Serpentine RC	Male	00:14:59	M U/50	4	42	14
5	Matthew	Port	Winchester Running Club	Male	00:15:00	M U/50	5	27	1077
6	Amittai	Ben-Israel	Thames Hare and Hounds	Male	00:15:06	M U/50	6	28	458
7	Harry	Tivnen	Kent AC	Male	00:15:14	M U/50	7	30	582
8	Barry	Kelly	London Heathside AC	Male	00:15:16	M U/50	8	31	9
9	Francis	Scarr	Thames Hare and Hounds	Male	00:15:21	M U/50	9	30	924
10	Ashley	Goncalves	Herne Hill Harriers	Male	00:15:22	M U/50	10	30	678
11	Max	Rose	Herne Hill Harriers	Male	00:15:22	M U/50	11	34	11
12	Dominic	Baxter	Victoria Park & Tower Hamlets AC	Male	00:15:25	M U/50	12	35	674
13	Robert	Armstrong	Dulwich runners ac	Male	00:15:25	M U/50	13	31	505
14	Eliot	Nevill	Thames Hare and Hounds	Male	00:15:25	M U/50	14	28	894
15	Tom	Aldred	London Heathside	Male	00:15:27	M U/50	15	46	438
16	Thomas	Barclay	north herts road runners	Male	00:15:34	M U/50	16	32	445
17	Andrew	Winterbottom	Winchester Running Club	Male	00:15:36	M U/50	17	39	958
18	Laurence	Bruent	Charnwood Athletics Club	Male	00:15:37	M U/50	18	32	474
19	Chris	Busaileh	Kent AC	Male	00:15:40	M U/50	19	41	978
20	Sion	Lewis	London Heathside AC	Male	00:15:43	M U/50	20	42	516
21	Matthew	Southery	Highgate Harriers	Male	00:15:45	M U/50	21	27	933
22	Joe	Killip	Ranelagh Harriers	Male	00:15:49	M U/50	22	25	1063
23	Alex	Russell	Herne Hill Harriers	Male	00:15:51	M U/50	23	27	18
24	Max	Glennon	Belgrade Harriers	Male	00:15:52	M U/50	24	29	681
25	Thomas	Brooke	Team Bath AC	Male	00:15:56	M U/50	25	31	974
26	Samuel	Friend	London Frontrunners	Male	00:15:57	M U/50	26	30	499
27	Charles	George	Paddock Wood AC	Male	00:15:57	M U/50	27	24	989
28	Neil	Phillips	Kent AC	Male	00:15:58	M U/50	28	39	1023
29	Samuel Jack	Peters	Hercules Wimbledon	Male	00:15:59	M U/50	29	28	676
30	Benjamin	Tucker	Belgrade Harriers	Male	00:15:59	M U/50	30	30	685
31	Tristan	Johnston-Wood	University of Oxford Cross Country Club	Male	00:16:01	M U/50	31	29	531
32	Robert	Laing	Kent AC	Male	00:16:01	M U/50	32	48	525
33	Angus	Bain	Ealing eagles	Male	00:16:02	M U/50	33	30	442
34	Tom	Hollis	Lonely Goat RC	Male	00:16:02	M U/50	34	40	48
35	Mark	Symes	Alershot Farnham & District	Male	00:16:06	M V50	1	56	69
36	Sammy	Keenan	London Heathside	Male	00:16:06	M U/50	35	33	61
37	Duncan	Steel		Male	00:16:08	M U/50	36	23	858
38	Dylan	Wymer	Dulwich runners	Male	00:16:12	M U/50	37	29	961
39	Tom	Ali		Male	00:16:13	M U/50	38	25	439
40	Robert	Duggleby	Queens Park Harriers	Male	00:16:14	M U/50	39	29	986
41	Thomas	Gandee	Belgrave Harriers	Male	00:16:16	M U/50	40	23	520
42	William	Ford	Guildford & Godalming	Male	00:16:19	M U/50	41	28	497
43	Matthew James	Jeary		Male	00:16:21	M U/50	42	31	863
44	Michael	Huntley	Kingston and Polytechnic Harriers	Male	00:16:22	M U/50	43	38	860

45	Will	Coates	Ealing Eagles Running Club	Male	00:16:24	M U/50	44	32	42
46	Ross	Christie	Belgrave	Male	00:16:24	M U/50	45	33	529
47	Ben	Smith	Ealing Eagles Running Club	Male	00:16:26	M U/50	46	38	148
48	Rob	Peters	liss runners	Male	00:16:26	M U/50	47	31	908
49	Ronan	Tanguy	Herne Hill Harriers	Male	00:16:28	M U/50	48	34	1036
50	Rory	Knight	kent ac	Male	00:16:29	M U/50	49	29	1004
51	Adrian	Russell	dulwich runners ac	Male	00:16:31	M U/50	50	48	534
52	Callum	Evans	Reading Roadrunners	Male	00:16:31	M U/50	51	26	490
53	Alex	Gutteridge	Herne Hill Harriers	Male	00:16:31	M U/50	52	31	991
54	James	Russell	Ashford AC	Male	00:16:32	M U/50	53	34	916
55	Molly	Smith		Female	00:16:32	W U/50	1	24	928
56	Mark	Boulton	Victoria Park & Tower Hamlets AC	Male	00:16:33	M U/50	54	41	470
57	Elizabeth	Apsley	Thames Hare and Hounds	Female	00:16:33	W U/50	2	28	441
58	James	Macdonald	Cambridge Harriers	Male	00:16:34	M U/50	55	44	1014
59	Barney	Johnson	Highgate Harriers	Male	00:16:34	M U/50	56	26	999
60	Craig	Norris	Victoria Park & Tower Hamlets AC	Male	00:16:34	M U/50	57	43	896
61	Matt	Weaver	Highgate Harriers	Male	00:16:34	M V50	2	56	146
62	Stephen	McLeod	Herne Hill H	Male	00:16:35	M U/50	58	36	128
63	Jack	Davies		Male	00:16:36	M U/50	59	30	962
64	Fintan	Kearney	Herne Hill Harriers	Male	00:16:36	M U/50	60	32	866
65	Tom	Thornley	Holland Sports AC	Male	00:16:36	M U/50	61	29	942
66	Jacob	Parrott	Chelmsford AC	Male	00:16:40	M U/16	1	15	904
67	John	Cousins	Herne Hill Harriers	Male	00:16:41	M U/50	62	31	1066
68	Scott	Miller	Croydon Harriers	Male	00:16:43	M U/50	63	40	884
69	Thomas	Foy	London Heathside	Male	00:16:43	M U/50	64	37	713
70	Mohammed	Mussa	Refugee RC	Male	00:16:44	M U/50	65	27	1055
71	Terry	Booth	Guildford & Godalming AC	Male	00:16:44	M V50	3	58	91
72	Alexandros	Petsinis	Ealing Southall & Middlesex AC	Male	00:16:45	M U/50	66	33	1032
73	Aaron	Truelove	South London Harriers	Male	00:16:47	M U/50	67	21	946
74	Alfie	Thorpe	Best Athletics	Male	00:16:48	M U/50	68	26	562
75	Conor	O'Rawe	Highgate Harriers	Male	00:16:48	M U/50	69	26	898
76	Nick	Green		Male	00:16:48	M U/50	70	43	63
77	Seb	Olingschlaeger	Highgate Harriers	Male	00:16:49	M U/50	71	29	725
78	Jack	Rathborn	Clapham Chasers	Male	00:16:50	M U/50	72	36	1029
79	Mathew	Hudson	Herne Hill Harriers	Male	00:16:54	M U/50	73	28	95
80	David	Worden	Cambridge Harriers	Male	00:16:54	M U/50	74	39	965
81	Ollie	Hagger	Clapham Chasers	Male	00:16:54	M U/50	75	28	847
82	Robbie	Lightfoot	Victoria Park Harriers	Male	00:16:55	M U/50	76	31	124
83	Jon	Bruce	Wimbledon Windmilers	Male	00:16:55	M U/50	77	34	473
84	Katie	Grinyer	Guildford & Godalming	Female	00:16:56	W U/50	3	28	844
85	Daniel	Grosvenor	Southwark Athletics Club	Male	00:16:56	M U/50	78	32	138
86	Geff	Maher	west 4 harriers	Male	00:16:57	M U/50	79	42	100
87	Dylan	Williams	Fulham RC	Male	00:16:57	M U/50	80	25	1095
88	Matthew	Trueman	Dulwich runners	Male	00:16:57	M U/50	81	33	947
89	Murray	Humphrey	Dulwich Runners AC	Male	00:16:58	M U/50	82	30	859
90	Graham	Pattle	Fulham Running Club	Male	00:16:59	M U/50	83	36	1021
91	Ihon	Cosgrove	City of Portsmouth AC	Male	00:16:59	M U/50	84	44	480
92	Gavin	Brandie	Clapham Chasers	Male	00:17:00	M U/50	85	47	737
93	Will	Parrott	Chelmsford AC	Male	00:17:00	M U/50	86	44	905
94	Will	Thompson	Fulham Running Club	Male	00:17:02	M U/50	87	27	549
95	Tom	Shakhli	dulwich runners ac	Male	00:17:04	M U/50	88	42	532
96	Denis	Gorman	London Frontrunners	Male	00:17:05	M U/50	89	48	990
97	Gareth	Evans	Victoria Park & Tower Hamlets AC	Male	00:17:09	M U/50	90	46	491
98	Duncan	Hope	Cambridge Harriers	Male	00:17:09	M U/50	91	43	996
99	Will	Gallimore	Clapham Chasers	Male	00:17:09	M U/50	92	40	85
100	Sasha	Stannah	Clapham Chasers	Female	00:17:09	W U/50	4	30	142
101	Samuel	Taylor	kent ac	Male	00:17:09	M U/50	93	41	939
102	Myles	Preston	Mornington Chasers	Male	00:17:10	M U/50	94	39	92
103	Richard	Gayton	Belgrave Harriers	Male	00:17:11	M U/50	95	34	1062
104	Robert	Selway	London Heathside	Male	00:17:11	M U/50	96	32	558
105	Nicholas	Ostrowski	kent ac	Male	00:17:11	M U/50	97	42	1018
106	Ben	Pickford	Clapham Chasers	Male	00:17:11	M U/50	98	29	59
107	Richard	Huckstepp	Ashford AC	Male	00:17:13	M U/50	99	45	735
108	Young	Kim	Highgate Harriers	Male	00:17:14	M U/50	100	33	870
109	Grace	Leyland	Herne Hill Harriers	Female	00:17:15	W U/50	5	24	111
110	Trevor	Kay	Ashford and District RRC	Male	00:17:16	M U/50	101	43	1072
111	charlie	main	Clapham Chasers RC	Male	00:17:16	M U/50	102	29	877
112	William	Uiley	Thames Hare & Hounds	Male	00:17:18	M U/50	103	31	949
113	Josh	Banks		Male	00:17:19	M U/50	104	32	444
114	James	Parton	ggac	Male	00:17:19	M U/50	105	37	906
115	Shane	O'keeffe	Clapham Chasers	Male	00:17:20	M U/50	106	35	900
116	Oliver	Fyfe	Haywards Heath Harriers	Male	00:17:20	M U/50	107	29	114
117	Joshua	Lennard-Jones	kent ac	Male	00:17:21	M U/50	108	32	1008
118	Anthony	Johnson	kent ac	Male	00:17:22	M U/50	109	36	1064
119	Tekelay	Alelu	Refugee RC	Male	00:17:23	M U/50	110	26	1057
120	Donal	Moran	Mornington Chasers	Male	00:17:24	M V50	4	50	886
121	Donald	Bennet	Orion Harriers	Male	00:17:25	M U/50	111	36	83
122	Rob	Hall	woking a/c	Male	00:17:27	M U/50	112	29	78
123	Kai	Horne		Male	00:17:27	M U/50	113	30	856
124	Dominic	Seymour		Male	00:17:28	M U/50	114	41	191
125	Alice	Braham	Ealing Eagles Running Club	Female	00:17:28	W U/50	6	49	973
126	Duncan	de Vere Lorrain	Best Athletics	Male	00:17:29	M U/50	115	29	208
127	Sam	Long	Holland Sports AC	Male	00:17:30	M U/50	116	18	875
128	James	Brown	Herne Hill Harriers	Male	00:17:30	M U/50	117	26	121
129	Daniel	Excell-Smith	Pewsey Vale RC	Male	00:17:30	M U/50	118	24	154
130	Matthew	Johns		Male	00:17:31	M U/50	119	29	418
131	Simon	Elsbury	Guildford & Godalming AC	Male	00:17:31	M U/50	120	37	714
132	Jose Maria	Andreo Casaseca	London Frontrunners	Male	00:17:32	M U/50	121	35	966
133	Mike	Gardner		Male	00:17:33	M U/50	122	40	834
134	Lewis	Hobbes		Male	00:17:34	M U/50	123	32	854
135	Callum	McMahon	Serpentine R.C	Male	00:17:34	M U/50	124	27	310
136	John	Daly	Best Athletics	Male	00:17:34	M U/50	125	33	1069
137	Michael	Gillard	Highgate Harriers	Male	00:17:34	M U/50	126	22	857
138	Robbie	Cox	Woking AC	Male	00:17:34	M U/50	127	43	981
139	James	Keily	Unaffiliated	Male	00:17:35	M U/50	128	36	723
140	Adam	Moore	Best Athletics	Male	00:17:35	M U/50	129	37	885
141	Joshua	Doyle	Tunbridge Wells Harriers	Male	00:17:36	M U/50	130	32	186
142	Tom	Foster	Herne Hill Harriers	Male	00:17:37	M U/50	131	32	666
143	Robert	Tuer	Walton Athletics Club	Male	00:17:37	M U/50	132	39	131
144	Ruben	Carvajal	Queens Park Harriers	Male	00:17:39	M U/50	133	42	979
145	Ed	Samuel	Ealing Eagles Running Club	Male	00:17:39	M U/50	134	32	1031

146	Aaron	McConville		Male	00:17:42	M U/50	135	30	880
147	Tom	Barker	Dulwich Runners A.C.	Male	00:17:42	M U/50	136	36	455
148	Cian	O'Mara	Herne Hill Harriers	Male	00:17:43	M U/50	137	28	156
149	Jody	Mills		Male	00:17:44	M U/50	138	33	718
150	Nick	Tearle	Guildford and Godalming AC	Male	00:17:44	M V50	5	52	1070
151	David	Winston	Ashford AC	Male	00:17:45	M U/50	139	42	1078
152	Patrick	Tierney	Clapham Chasers	Male	00:17:46	M U/50	140	48	427
153	Jennifer	Nandi	Herne Hill Harriers	Female	00:17:48	W U/50	7	26	151
154	Dan	Booth	Orion Harriers	Male	00:17:49	M U/50	141	38	189
155	James	Hirst	Victoria Park & Tower Hamlets AC	Male	00:17:50	M U/50	142	36	671
156	Sam	Duggan	Victoria Park & Tower Hamlets AC	Male	00:17:50	M U/50	143	39	704
157	Patrick	Childs	Queens Park Harriers	Male	00:17:52	M U/50	144	33	980
158	Mohammed	Idris	Refugee RC	Male	00:17:53	M U/50	145	27	1054
159	David	Wilson	Orion Harriers	Male	00:17:53	M U/50	146	42	145
160	James	Winward		Male	00:17:53	M U/50	147	37	1075
161	Luke	Bishop	Guildford and Godalming AC	Male	00:17:54	M U/50	148	39	1048
162	Thibault	Le Guezec	Best Athletics	Male	00:17:56	M U/50	149	31	1006
163	Martin	Harrison	Striders of Croydon	Male	00:17:56	M U/50	150	42	850
164	Felicity	Hayward	Thames Hare and Hounds	Female	00:17:58	W U/50	8	27	852
165	Eleanor	Harrison	Guildford and Godalming AC	Female	00:17:59	W U/50	9	29	849
166	Lucy	Thompson	Tonbridge AC	Female	00:17:59	W U/50	10	26	1076
167	Stephen	Crowther	Fulham Running Club	Male	00:18:02	M U/50	151	28	743
168	Tom	Watson	London Frontrunners	Male	00:18:03	M U/50	152	31	1044
169	Nigel	Patrick	London Frontrunners	Male	00:18:04	M U/50	153	45	1020
170	Jon	Key	Herne Hill Harriers	Male	00:18:04	M V50	6	51	724
171	Cody	Marceau	Coopah	Male	00:18:08	M U/50	154	37	1053
172	Marta	Bagnati	Serpentine Rc	Female	00:18:09	W U/50	11	40	224
173	Osama	Baldo	Hart road runners	Male	00:18:11	M V50	7	53	443
174	Jonathan	Sargent	Cambridge Harriers	Male	00:18:11	M U/50	155	27	918
175	Huw	Evans	kent ac	Male	00:18:13	M U/50	156	29	492
176	Tom	James	Ealing Eagles Running Club	Male	00:18:14	M U/50	157	38	190
177	Jonathan	Moscrop	Serpentine Rc	Male	00:18:15	M V50	8	51	579
178	David	Turnbull	Orion Harriers	Male	00:18:16	M U/50	158	39	173
179	Tom	Boland	Fulham	Male	00:18:17	M U/50	159	35	551
180	Dylan	Quinn	Clapham Chasers	Male	00:18:18	M U/50	160	30	596
181	Bethanie	Murray	Thames Hare and Hounds	Female	00:18:19	W U/50	12	30	890
182	Sum	Mattu	Dulwich	Male	00:18:19	M U/50	161	39	767
183	Claran	Lyas	Holland Sports AC/Oxted Runners	Male	00:18:20	M U/50	162	17	876
184	Sam	Bolton	Tunbridge Wells Harriers	Male	00:18:22	M U/50	163	20	465
185	Jessica	saunders	Belgrave Harriers	Female	00:18:22	W U/50	13	32	920
186	Ewan	Fryatt	Ealing Eagles Running Club	Male	00:18:24	M U/50	164	43	833
187	Mijo	Rose		Male	00:18:26	M U/16	2	15	915
188	Koji	Miyazaki	Aldershot Farnham & District AC	Male	00:18:26	M V60	1	63	572
189	Mark	Callaghan	Dulwich Runners A.C.	Male	00:18:27	M V50	9	50	578
190	Gary	Graham	Holmfirth Harriers C	Male	00:18:31	M V50	10	59	162
191	Zachary	Love	Fulham Running Club	Male	00:18:32	M U/50	165	29	1012
192	Mary	Cormack	Clapham Chasers	Female	00:18:34	W U/50	14	39	594
193	Christian	Nielsen	Thames Valley Harriers	Male	00:18:35	M V50	11	50	197
194	Jade	Dos Santos	Victoria Park & Tower Hamlets AC	Female	00:18:35	W U/50	15	27	486
195	Stephen	Wood	Cambridge Harriers	Male	00:18:37	M U/50	166	44	1047
196	Charlie	Ibbotson		Male	00:18:37	M U/50	167	29	861
197	Chris	Nutton	Serpentine	Male	00:18:41	M V50	12	50	211
198	Eren	Muduroglu	Tunbridge Wells Harriers	Male	00:18:43	M V50	13	58	888
199	Anurtpal	Ghatora	Belgrave Harriers	Male	00:18:43	M U/50	168	38	734
200	Tom	Pitts	N/A	Male	00:18:45	M U/50	169	24	1024
201	Ben	Ayrton	Ealing Eagles Running Club	Male	00:18:49	M U/50	170	36	968
202	Laurent	Shen	Wimbledon Windmilers	Male	00:18:49	M U/50	171	39	271
203	Sam	Fender	Dulwich Runners A.C	Male	00:18:49	M U/50	172	20	1065
204	Ben	Potter		Male	00:18:51	M U/50	173	25	1026
205	Ross	Rook	Dulwich Runners A.C.	Male	00:18:52	M U/50	174	44	643
206	Kelly	Thornycroft		Female	00:18:53	W U/50	16	34	1068
207	Andrew	Scott	Dulwich Runners A.C	Male	00:18:54	M U/50	175	43	629
208	Christy	Walkin		Male	00:18:55	M U/50	176	31	634
209	Chris	Thompson	Queens Park Harriers	Male	00:18:57	M U/50	177	40	940
210	Protea	Melas	Best Athletics	Female	00:18:57	W U/50	17	23	882
211	Henry	Langley		Male	00:19:04	M U/50	178	23	1005
212	Ellis	Diamanti	Clapham Chasers	Male	00:19:04	M U/50	179	34	582
213	Rawand	Aregay	Refugee RC	Male	00:19:06	M U/50	180	24	1058
214	Richard	Giles	kent ac	Male	00:19:06	M U/50	181	47	544
215	Helena	Flippance	London Heathside	Female	00:19:07	W U/50	18	31	765
216	Alex	Hellier	London Frontrunners	Male	00:19:11	M U/50	182	46	992
217	Thomas	Smith	Clapham Chasers	Male	00:19:12	M U/50	183	31	929
218	Kerstin	Sung	Medway & Maidstone AC	Female	00:19:12	W V50	1	51	417
219	Sam	Grisewood		Male	00:19:16	M U/50	184	23	885
220	Graham	Lane	South London harriers	Male	00:19:17	M U/50	185	46	233
221	Mark	Pinder	Ip morgan running club	Male	00:19:20	M V50	14	55	768
222	Daniel	Blower	Fulham Running Club	Male	00:19:22	M U/50	186	30	1073
223	Ben	Tosland	Paddock Wood AC	Male	00:19:23	M U/50	187	32	945
224	Sarah	Cronin	Tonbridge AC	Female	00:19:25	W U/50	19	33	689
225	Rolandas	Glotnis	Serpentine Rc	Male	00:19:26	M U/50	188	33	838
226	Andrea	Ceccolini	dulwich runners ac	Male	00:19:27	M V50	15	56	476
227	Alice	Batchelor	Guildford & Godalming AC	Female	00:19:31	W U/50	20	30	456
228	Christopher	Knights	Dulwich Park Runners	Male	00:19:35	M U/50	189	34	871
229	Zoe	Davis	South London harriers	Female	00:19:37	W U/16	1	13	325
230	David	Renshaw	Guildford & Godalming AC	Male	00:19:38	M V60	2	61	297
231	Abi	East	Wimbledon Windmilers	Female	00:19:40	W U/50	21	33	487
232	Garry	Meehan	Dulwich Runner AC	Male	00:19:43	M V60	3	63	235
233	Mark	Godsalve	Tunbridge Wells Harriers	Male	00:19:45	M V50	16	52	840
234	Nils-Kristian	Liborg	Ealing Eagles Running Club	Male	00:19:45	M U/50	190	45	1010
235	Amy	Cragg	Thames Hare and Hounds	Female	00:19:46	W U/50	22	28	483
236	Fiona	Kelleher	Ealing eagles	Female	00:19:47	W U/50	23	31	1002
237	Dan	Foard		Male	00:19:51	M U/50	191	22	305
238	Stephen	Campbell	Mornington Chasers	Male	00:19:52	M V50	17	56	475
239	Nadia	Ogilvie	Ful-on Tri	Female	00:19:54	W U/50	24	29	902
240	Edward	Simmons	Dulwich runners	Male	00:19:55	M U/50	192	44	426
241	Jess	Lovell	Tonbridge AC	Female	00:19:56	W U/50	25	28	1071
242	Douglas	Wood	Fulham Running Club	Male	00:19:56	M U/50	193	40	1046
243	Orla	Bollard	Ealing Eagles Running Club	Female	00:20:06	W U/50	26	28	971
244	Thomas	Cheetham	Hercules Wimbledon	Male	00:20:08	M V50	18	58	338
245	Craig	Munn	London Frontrunners	Male	00:20:09	M U/50	194	35	1015
246	Ali	Farrall	Tunbridge Wells Harriers	Female	00:20:09	W V50	2	52	494

247	Will	Hassell	Teignbridge Trotters	Male	00:20:11	M U/50	195	23	344
248	Oliver	Grundmann		Male	00:20:16	M U/50	196	27	886
249	Ella	Inwald	London Heathside	Female	00:20:16	W U/50	27	26	982
250	Fred	Ayre	Petts Wood Runners	Male	00:20:17	M U/50	197	25	739
251	James	Hamilton	Hercules Wimbledon	Male	00:20:18	M V50	19	51	848
252	Philip	Hogg	London Heathside	Male	00:20:23	M V50	20	55	762
253	Jack	Findlay		Male	00:20:24	M U/50	198	26	496
254	Toby	Jones	Ealing Eagles Running Club	Male	00:20:24	M U/16	3	12	1049
255	Owain	Williams	Best Athletics	Male	00:20:26	M U/50	199	36	311
256	Adam	Hargreaves	Best Athletics	Male	00:20:28	M U/50	200	36	262
257	Gary	Forde	Wimbledon Windmilers	Male	00:20:29	M V50	21	58	340
258	Tom	Biddle		Male	00:20:30	M U/50	201	29	459
259	Katie	Gow	Fulham Running Club	Female	00:20:32	W U/50	28	32	841
260	Henrietta	Marsh-Smith	Ealing Eagles Running Club	Female	00:20:34	W U/50	29	37	253
261	Mark	Klein		Male	00:20:34	M U/50	202	46	1003
262	Joe	Dawson	Best Athletics	Male	00:20:35	M U/50	203	45	298
263	Michael	Rooney		Male	00:20:37	M U/50	204	46	434
264	Joseph	Kalman-Frasca	Ealing Eagles Running Club	Male	00:20:38	M U/16	4	12	1001
265	Freya	Billinghurst	Thames Hares and Hounds	Female	00:20:39	W U/50	30	24	461
266	Katrin	Filkschuh	Victoria Park & Tower Hamlets AC	Female	00:20:39	W V60	1	64	336
267	Martin	Sands	Tunbridge Wells Harriers	Male	00:20:48	M U/50	205	33	308
268	Mary	Whittle	Best Athletics	Female	00:20:50	W U/50	31	30	281
269	Jack James	Medley		Male	00:20:51	M U/50	206	35	881
270	Nicolette	Edwards	Clapham Chasers	Female	00:20:51	W U/50	32	32	488
271	Pascale	Dorey	Clapham Chasers	Female	00:20:54	W U/50	33	32	485
272	Emma	Yentis	Queens Park Harriers	Female	00:20:55	W U/50	34	32	962
273	Allis	Goddard	Ashford and District RRC	Female	00:20:56	W U/50	35	42	839
274	Louisa	Pointon	Orion Harriers	Female	00:21:01	W U/50	36	41	930
275	Emma	Griffiths	Crystal Palace Triathletes	Female	00:21:02	W U/50	37	33	843
276	Yue-hang Han	Ho	Serpentine	Male	00:21:07	M U/50	207	43	853
277	Peter	Martin	Clapham Chasers	Male	00:21:07	M V50	22	50	879
278	Michelle	Lennon	Dulwich runners	Female	00:21:09	W V50	3	58	1009
279	Minesh	Tambyrajah		Male	00:21:11	M U/50	208	39	937
280	Yvette	Dore	Dulwich Runner AC	Female	00:21:11	W V50	4	53	627
281	Marcus	Lloyd	London Heathside	Male	00:21:13	M V60	4	60	874
282	Mohammed Ali	Eurun	Refugee RC	Male	00:21:19	M U/50	209	19	1056
283	Charles	Whitehouse	Fulham Running Club	Male	00:21:21	M U/50	210	36	248
284	Mike	Rutherford	London Frontrunners	Male	00:21:23	M U/50	211	39	1059
285	Karina	Box	kent ac	Female	00:21:25	W U/50	38	36	335
286	Catherine	Buglass	Dulwich Runner AC	Female	00:21:28	W U/50	39	45	977
287	Alex	Haylett	Dulwich runners	Male	00:21:28	M U/50	212	45	851
288	Peter	Brown	South London harriers	Male	00:21:30	M V60	5	68	358
289	Laura	Alderson	London Heathside AC	Female	00:21:32	W U/50	40	31	437
290	Lawrence	Powell		Male	00:21:36	M U/50	213	30	1028
291	Eberhard	Prill	Dulwich Runners A.C	Male	00:21:40	M V60	6	63	911
292	Ella	Bolton		Female	00:21:45	W U/50	41	22	463
293	Steve	Bolton	Tunbridge Wells Harriers	Male	00:21:45	M V60	7	65	466
294	Tanya	Addison	London Heathside	Female	00:21:50	W V50	5	54	435
295	Allie	Donoghue-Hunt	Hercules Wimbledon	Female	00:21:54	W U/50	42	31	484
296	Ciera	Kennedy	London Heathside	Female	00:21:59	W U/50	43	30	867
297	Noah	Liborg	Ealing Eagles Running Club	Male	00:22:04	M U/16	5	12	1011
298	Isabel	Aughterson		Female	00:22:14	W U/50	44	26	967
299	Oscar	Poole	Ealing Eagles Running Club	Male	00:22:15	M U/16	6	12	1025
300	AJ	Small	Ealing Eagles Running Club	Male	00:22:20	M U/50	214	43	425
301	Jon	Stannah		Male	00:22:26	M V50	23	59	883
302	Paul	Ward		Male	00:22:37	M V50	24	57	1042
303	Geoff	Hurrell	Tunbridge Wells Harriers	Male	00:22:46	M V60	8	62	377
304	Shun-Lai	Chan	South London harriers	Female	00:22:48	W V50	6	55	366
305	Laura	Schmid	Clapham Chasers	Female	00:22:54	W U/50	45	36	1074
306	Grace	Sone	South London harriers	Female	00:22:55	W U/16	2	14	931
307	Cameron	Timmis	Dulwich runners	Male	00:23:08	M V50	25	54	1038
308	Joanna	Elferink	Orion Harriers	Female	00:23:13	W U/50	46	42	670
309	Benny	Fiddimore	Tunbridge Wells Harriers	Male	00:23:24	M U/50	215	19	495
310	Robin	Buckley		Male	00:23:27	M U/50	216	37	975
311	Eleanor	Simmons	dulwich runners ac	Female	00:23:30	W U/50	47	47	1067
312	Matt	Secker	Victoria Park & Tower Hamlets AC	Male	00:23:32	M U/50	217	46	1032
313	Jennifer	Happel		Female	00:23:34	W U/50	48	32	373
314	Daniel	Lewis	Mornington Chasers	Male	00:23:35	M U/50	218	49	370
315	Jen	du Preez	Best Athletics RC	Female	00:23:43	W U/50	49	32	985
316	Rose	Sawyer	Tunbridge Wells Harriers	Female	00:23:45	W V50	7	55	921
317	Sarah	Borland	Highgate Harriers	Female	00:23:58	W U/50	50	38	469
318	Michael	Mann	Dulwich Runners AC	Male	00:24:00	M V70	1	76	673
319	Joanne	Sone		Female	00:24:02	W U/50	51	46	932
320	Alun	Nash		Male	00:24:13	M V60	9	64	893
321	Caroline	Morton	Fulham Running Club	Female	00:24:29	W U/50	52	41	887
322	Joanne	Shelton Pereda	Dulwich Runners A.C	Female	00:24:31	W V50	8	50	925
323	Emily	Howard	Witney Road Runners	Female	00:24:33	W U/50	53	23	359
324	Laura	Hudson		Female	00:24:39	W U/50	54	30	857
325	Colin	Prith	Dulwich runners	Male	00:24:53	M V60	10	68	987
326	Peter	Woolley	serpentine running club	Male	00:25:07	M U/50	219	45	1079
327	Claire	Bracher	Fulham Running Club	Female	00:25:20	W U/50	55	48	972
328	Ruth	Cottam	Collingwood AC	Female	00:25:44	W V60	2	60	382
329	Victoria	Buckley		Female	00:25:46	W U/50	56	36	976
330	Adrian	Hunt	Thames Hare and Hounds	Male	00:26:00	M V60	11	62	385
331	Marie	Bolton	Crowborough Runners	Female	00:26:05	W V50	9	51	464
332	Louisa	Pritchard	Dulwich runners	Female	00:26:13	W V50	10	53	912
333	Ian	McCarthy	Cambridge Harriers	Male	00:26:21	M V60	12	69	392
334	Ros	Tabor	dulwich runners ac	Female	00:27:07	W V70	1	75	395
335	Nyla	Hussain	Serpentine	Female	00:27:09	W U/50	57	49	393
336	Chris	Hewett		Male	00:27:15	M U/50	220	38	994
337	Dave	Foard		Male	00:27:15	M V50	26	57	664
338	Sean	Collins		Male	00:27:20	M U/50	221	48	478
339	India	Pover	Highgate Harriers	Female	00:27:43	W U/50	58	25	1060
340	Annette	Helliwell	collingwood ac	Female	00:28:09	W V60	3	66	390
341	Abigail	Gaskin	Fulham Running Club	Female	00:28:23	W U/50	59	32	988
342	Andrew	Murray	Dulwich Runners AC	Male	00:29:07	M V70	2	72	1061
343	Roger	Fretwell	Serpentine	Male	00:30:56	M V60	13	65	403
344	Laure	SELLE	Fulham Running Club	Female	00:32:38	W U/50	60	46	404
345	Ruth	Corbett	Serpentine Rc	Female	00:38:50	W U/50	61	49	409
346	Emilyn	Hutchinson	Fulham Running Club	Female	00:39:18	W U/50	62	36	997