

Sri Chinmoy 5K Race

Battersea Park, London

11th June 2018

RAPID RABBIT 5K



**SRI CHINMOY
MARATHON TEAM**



www.runandbecome.com

WINNERS

RANK	FIRST NAME	SURNAME	CLUB	M F	TIME	AGE
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Men U/50

1	Robel	Bahelbi	Highgate Harriers	M	00:14:49	25
2	Ben	Toomer	Hercules Wimbledon	M	00:14:51	29
3	Roger	Poolman	Highgate Harriers	M	00:15:03	26
4	Andrew	Fyfe	Belgrave Harriers	M	00:15:07	25
5	Brahma	Pochee	Highgate Harriers	M	00:15:15	30
6	Chris	Rainsford	Highgate Harriers	M	00:15:16	29
7	Ryan	McCrickerd	Serpentine	M	00:15:53	29

Women U/50

1	Sophie	Harris	Belgrave Harriers	F	00:16:34	24
2	Sarah	Johnson	Thames Valley Harriers	F	00:18:12	27
3	Cathy	Anseu	Herne Hill Harriers	F	00:18:40	30
4	Lisa	Laws		F	00:18:56	34
5	Jenna	Mullett	Clapham Chasers	F	00:19:12	33
6	Emma	Watson	Heathside	F	00:19:24	31
7	Colleen	McConville	Clapham Chasers	F	00:19:45	34

Men Vet 50

1	Tony	Tuohy	Dulwich R	M	00:17:21	55
2	Alex	Davidson	Highgate Harriers	M	00:17:24	55
3	Mark	Constantinou	Collingwood	M	00:18:30	54

Women Vet 50

1	Ruth	Hutton	South London Harriers	F	00:20:14	53
2	Lucy	Woolhouse	Veterans AC London	F	00:20:27	56
3	Michiko	Thomas	100 marathon club	F	00:24:03	53

Men Vet 60

1	Jonathan	Chambers	Fulham Running Club	M	00:21:43	61
2	Philip	Hunter		M	00:22:41	64

Women Vet 60

1	Wendy	Naisby		F	00:31:37	55
2	Maggie	Statham	Holland Sports AC	F	00:24:01	65

Men Vet 70

1	Roger	Green	Woodford Green	M	00:23:03	70
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Women Vet 70

1	Penny	Elliott	Waverley Harriers	F	00:26:14	75
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Men Vet 80

1	Cliff	Collins	Vets AC	M	00:28:49	81
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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.
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1	Robel	Bahelbi	Highgate Harriers	M	00:14:49	25	M U/50	1
2	Ben	Toomer	Hercules Wimbledon	M	00:14:51	29	M U/50	2
3	Roger	Poolman	Highgate Harriers	M	00:15:03	26	M U/50	3
4	Andrew	Fyfe	Belgrave Harriers	M	00:15:07	25	M U/50	4
5	Brahma	Pochee	Highgate Harriers	M	00:15:15	30	M U/50	5
6	Chris	Rainsford	Highgate Harriers	M	00:15:16	29	M U/50	6
7	Ryan	McCrickerd	Serpentine	M	00:15:53	29	M U/50	7
8	Steve	Woolley	west 4 harriers	M	00:15:55	36	M U/50	8
9	Simon	Goldsworthy	Guildford and Godalming	M	00:15:55	23	M U/50	9
10	James	Laing	Hillingdon Athletics Club	M	00:15:56	26	M U/50	10
11	Robbie	Hynes	Hercules Wimbledon	M	00:16:03	29	M U/50	11
12	Callum	Gillett	Guildford and Godalming	M	00:16:03	22	M U/50	12
13	Jonathan	Laybourn	Highgate Harriers	M	00:16:09	27	M U/50	13
14	Matt	McDaniel	Guildford and Godalming	M	00:16:10	31	M U/50	14
15	Benjamin	Tolputt	Serpentine	M	00:16:11	27	M U/50	15
16	Sam	Begg	ggac	M	00:16:20	27	M U/50	16
17	Arne	Dumez	Belgrave Harriers	M	00:16:25	23	M U/50	17
18	Joe	Elliott	Clapham Chasers	M	00:16:27	23	M U/50	18
19	Dariusz	Kabulski		M	00:16:30	26	M U/50	19
20	Sophie	Harris	Belgrave Harriers	F	00:16:34	24	W U/50	1
21	Richard	Jones	Eastbourne Rovers Ac	M	00:16:36	30	M U/50	20

22	Richard	Mann	Hillingdon Athletics Club	M	00:16:39	27	M U/50	21
23	Thomas	Crowley	Highgate Harriers	M	00:16:39	27	M U/50	22
24	James	Hutchison	eton manor ac	M	00:16:42	34	M U/50	23
25	Carl	Selya-Hammer	Ranelagh Harriers	M	00:16:49	37	M U/50	24
26	Nick	Wojek		M	00:16:51	35	M U/50	25
27	Neil	Hume	Garden city runners	M	00:16:54	44	M U/50	26
28	Will	Pitt	London	M	00:16:55	46	M U/50	27
29	Ian	Glutteridge	Datchet Dashers	M	00:16:56	36	M U/50	28
30	Duncan	Lawrence	Headington RR	M	00:16:58	30	M U/50	29
31	Paul	Hunt	Clapham Chasers	M	00:17:00	37	M U/50	30
32	Stewart	Mcandie	Fulham Running Club	M	00:17:00	44	M U/50	31
33	Gavin	Brandie	Clapham Chasers	M	00:17:01	40	M U/50	32
34	Robert	Tuer	Hercules Wimbledon	M	00:17:12	32	M U/50	33
35	Robbie	Cox	Woodford Green	M	00:17:13	36	M U/50	34
36	Simon	Thompson	Herne Hill Harriers	M	00:17:16	38	M U/50	35
37	Tony	Tuohy	Dulwich R	M	00:17:21	55	M Vet 50	1
38	Freddie	Hill	Highgate Harriers	M	00:17:21	19	M U/50	36
39	Matt	Woodman	Stafford Harriers	M	00:17:23	40	M U/50	37
40	Alex	Davidson	Highgate H	M	00:17:24	55	M Vet 50	2
41	Freddie	Loveday	Guildford and Godalming	M	00:17:26	20	M U/50	38
42	Peter	Maguire	Clapham Chasers	M	00:17:32	36	M U/50	39
43	Robert	Tansey		M	00:17:32	46	M U/50	40
44	Paul	Sterland	Clapham Chasers	M	00:17:36	46	M U/50	41
45	Daniel	Ashworth		M	00:17:36	27	M U/50	42
46	Douglas	Cameron	London City AC	M	00:17:38	28	M U/50	43
47	Michael	Cockings	London Heathside	M	00:17:39	38	M U/50	44
48	Philippe	Medina		M	00:17:39	26	M U/50	45
49	Joseph	McKeon	London Heathside	M	00:17:44	34	M U/50	46
50	David	Comb		M	00:17:45	38	M U/50	47
51	Russell	Beard	Clapham Chasers	M	00:17:47	42	M U/50	48
52	Tom	Blanshard		M	00:17:49	29	M U/50	49
53	Eoin	O Connell	Morden runners	M	00:17:50	47	M U/50	50
54	Richard	Willcox	Garden city runners	M	00:17:50	37	M U/50	51
55	Conor	Donaghy	Clapham Chasers	M	00:17:53	34	M U/50	52
56	Graham	Hollingdale	Ravens City of London	M	00:17:54	30	M U/50	53
57	Gareth	Morris	Wycombe Phoenix AC	M	00:17:54	37	M U/50	54
58	Sam	Blackshaw	Clapham Chasers	M	00:17:56	26	M U/50	55
59	Richard	Carter	The Stragglers	M	00:17:56	42	M U/50	56
60	Duncan	Mc?	Clapham Chasers	M	00:17:57	22	M U/50	57
61	Bruno	Papadacci	mornington chasers	M	00:18:05	32	M U/50	58
62	Sebastian	Moulding	Clapham Chasers	M	00:18:07	24	M U/50	59
63	Steve	Jones	Belgrave Harriers	M	00:18:08	28	M U/50	60
64	Anthony	Whelan	26.2 RRC	M	00:18:09	32	M U/50	61
65	Nick	Leahy		M	00:18:09	26	M U/50	62
66	Stewart	Fraser	Clapham Chasers	M	00:18:10	28	M U/50	63
67	Sarah	Johnson	Thames Valley Harriers	F	00:18:12	27	W U/50	2
68	Martin	Carmack	Serpentine	M	00:18:19	48	M U/50	64
69	Eric	Tse	Clapham Chasers	M	00:18:26	33	M U/50	65
70	David	Ireland		M	00:18:27	27	M U/50	66
71	Steven	Artist	Serpentine	M	00:18:30	33	M U/50	67
72	Mark	Constantinou	Collingwood	M	00:18:30	54	M Vet 50	3
73	Edward	Green	Thames Hare & Hounds	M	00:18:33	36	M U/50	68
74	Antony	Constantinou	Collingwood	M	00:18:33	54	M Vet 50	4
75	James	Greene	hercules wimbledon ac	M	00:18:36	27	M U/50	69
76	Cathy	Anseu	Herne Hill Harriers	F	00:18:40	30	W U/50	3
77	Karl	Hayer	London Frontrunners	M	00:18:40	44	M U/50	70
78	Victor	Lio	Serpentine	M	00:18:43	29	M U/50	71
79	Krzysztof	Klidzia	Striders of Croydon	M	00:18:45	53	M Vet 50	5
80	Tom	Irving	Ealing Eagles Running Club	M	00:18:46	33	M U/50	72
81	Andrew	Doig	East Essex Tri	M	00:18:46	44	M U/50	73
82	Joan	Raich	HSK Decathlon	M	00:18:48	26	M U/50	74
83	Robert	Hastings	Clapham Chasers	M	00:18:51	36	M U/50	75
84	Adam	May	Hercules Wimbledon	M	00:18:52	37	M U/50	76
85	Tim	Ballard	colchester harriers	M	00:18:53	42	M U/50	77
86	Simon	Woodley	hercules wimbledon ac	M	00:18:55	42	M U/50	78
87	Nigel	Cutts	Clapham Chasers	M	00:18:56	40	M U/50	79
88	LISA	LAWS		F	00:18:56	34	W U/50	4
89	Mark	Opie	Epsom & Ewell	M	00:18:07	33	M U/50	80
90	James	Stenning	London Frontrunners	M	00:19:03	39	M U/50	81
91	Mark	Fuller	CLC Striders	M	00:19:04	25	M U/50	82
92	Nikolas	Stephan	mornington chasers	M	00:19:04	33	M U/50	83
93	Carl	Heron	Queensbury RC	M	00:19:10	56	M Vet 50	6
94	Richard	Bull	Clapham Chasers	M	00:19:12	30	M U/50	84
95	Jenna	Mullett	Clapham Chasers	F	00:19:12	33	W U/50	5
96	Hubert	Brandts		M	00:19:13	50	M Vet 50	7
97	Stephen	Webb	Clapham Chasers	M	00:19:15	29	M U/50	85
98	Jack	Pinnick-Gray	London Heathside	M	00:19:15	24	M U/50	86
99	Diego	Prina		M	00:19:19	49	M U/50	87
100	Emma	Watson	Heathside	F	00:19:24	31	W U/50	6
101	Phil	Carrivick		M	00:19:30	33	M U/50	88
102	Allan	Cox	Clapham Chasers	M	00:19:33	41	M U/50	89
103	Ashley	Pegg	mornington chasers	M	00:19:37	46	M U/50	90

104	Manuel	Corriente		M	00:19:38	47	M U/50	91
105	Robert	Ferguson	Thames Valley Harriers	M	00:19:41	36	M U/50	92
106	Patrick	Thielemans	Serpentine	M	00:19:41	41	M U/50	93
107	Philip	Hogg	London Heathside	M	00:19:44	48	M U/50	94
108	Shaun	Melvin	West4Harriers	M	00:19:44	34	M U/50	95
109	Colleen	McConville	Clapham chasers	F	00:19:45	34	W U/50	7
110	Jeremy	Nelson	Evrotas RC	M	00:19:45	54	M Vet 50	8
111	Christian	Morris	Serpentine	M	00:19:48	35	M U/50	96
112	Damian	Ings	Clapham Runners	M	00:19:48	44	M U/50	97
113	Jean-François	Jouan		M	00:19:53	31	M U/50	98
114	Christian	Nielsen	Thames Valley H	M	00:19:56	43	M U/50	99
115	Alexanda	Maryan	Evrotas RC	M	00:19:57	25	M U/50	100
116	Laura	Bohm	Clapham Chasers	F	00:19:57	27	W U/50	8
117	Peter	Woolley		M	00:19:59	38	M U/50	101
118	Christopher	O'Driscoll	Goodgym Race Team	M	00:19:59	37	M U/50	102
119	Richard	Hooley	tvh	M	00:20:00	56	M Vet 50	9
120	Jenna	Downs	Clapham Chasers	F	00:20:03	23	W U/50	9
121	Stewart	Bond	Hercules Wimbledon	M	00:20:10	49	M U/50	103
122	Jonathan	Little		M	00:20:12	44	M U/50	104
123	James	Bates	Datchet Dashers	M	00:20:13	19	M U/50	105
124	Ruth	Hutton	South London Harriers	F	00:20:14	53	W Vet 50	1
125	Robbie	Higgins		M	00:20:20	30	M U/50	106
126	Chris	Smith	London Frontrunners	M	00:20:25	58	M Vet 50	10
127	Lucy	Woolhouse	Veterans AC London	F	00:20:27	56	W Vet 50	2
128	Phil	Gillman		M	00:20:34	35	M U/50	107
129	Emily	Clarke	East London Runners	F	00:20:36	33	W U/50	10
130	Karrie	Hill-Hughes		F	00:20:44	32	W U/50	11
131	Alan	Wilkinson		M	00:20:46	58	M Vet 50	11
132	Ashley	Hassell		M	00:20:49	29	M U/50	108
133	Nicholas	Dawkins	Clapham Chasers	M	00:20:51	26	M U/50	109
134	Matthew	Casalbuono		M	00:20:54	32	M U/50	110
135	Paul	Lewis		M	00:20:56	41	M U/50	111
136	nick	farrell		M	00:21:01	52	M Vet 50	12
137	Richard	Jackson		M	00:21:10	49	M U/50	112
138	Mark	Riley		M	00:21:12	49	M U/50	113
139	Neil	Colquhoun	London Frontrunners	M	00:21:13	41	M U/50	114
140	Paul	Tremaine	Evrotas RC	M	00:21:13	32	M U/50	115
141	Anest	Muller	west cheshire AC	F	00:21:15	37	W U/50	12
142	Gerald	Ssali	Wimbledon Windmilers	M	00:21:15	50	M Vet 50	13
143	Stephen	Kyriacou		M	00:21:16	32	M U/50	116
144	Scott	Bemment	Clapham Chasers	M	00:21:20	44	M U/50	117
145	Andrew	Cornish		M	00:21:21	52	M Vet 50	14
146	Hope	Sloly	Mornington Chasers	F	00:21:28	36	W U/50	13
147	Chris	Watt		M	00:21:31	46	M U/50	118
148	Geoff	Clarke	South London Harriers	M	00:21:32	51	M Vet 50	15
149	Ellie	Morgan	Hercules Wimbledon	F	00:21:32	26	W U/50	14
150	Fabio	Maroni	Clapham Chasers	M	00:21:42	44	M U/50	119
151	Jonathan	Chambers	Fulham Running Club	M	00:21:43	61	M Vet 60	1
152	Oxana	Novikova	Evrotas RC	F	00:21:44	32	W U/50	15
153	Isabel	Hunter		F	00:21:45	24	W U/50	16
154	Jo	Tillman	London City Athletics Club	F	00:21:46	39	W U/50	17
155	Houely	Corenhin		M	00:21:51	25	M U/50	120
156	Philip	McMahon		M	00:21:53	26	M U/50	121
157	Nicolas	Long		M	00:21:53	30	M U/50	122
158	Kevin	Hooker		M	00:22:05	37	M U/50	123
159	Daniel	Comens	Sutton runners	M	00:22:07	44	M U/50	124
160	Kerry	Foley	Evrotas RC	F	00:22:10	41	W U/50	18
161	Adrian	Hunt		M	00:22:12	55	M Vet 50	16
162	Tom	Gaynor		M	00:22:18	35	M U/50	125
163	Tim	Briggs	Clapham Chasers	M	00:22:19	29	M U/50	126
164	Feargal	Leonard		M	00:22:20	32	M U/50	127
165	Andrew	McNamara	Fulham Running Club	M	00:22:22	35	M U/50	128
166	Jonathan	Vazquez		M	00:22:23	34	M U/50	129
167	Heather	Hagis	London City Athletics Club	F	00:22:26	29	W U/50	19
168	Roberto	Tyley		M	00:22:31	40	M U/50	130
169	David	Bates	Sutton runners	M	00:22:32	42	M U/50	131
170	Jon	Kirkman	Horsham	M	00:22:36	53	M Vet 50	17
171	Benjamin	Plohl		M	00:22:39	32	M U/50	132
172	philip	hunter		M	00:22:41	64	M Vet 60	2
173	Jessica	Chamberlain	Clapham Chasers	F	00:22:50	28	W U/50	20
174	Hayley	English		F	00:22:51	30	W U/50	21
175	Roger	Green	Woodford Green	M	00:23:03	70	M Vet 70	1
176	Georg	Isola	Mornington Chasers	M	00:23:05	41	M U/50	133
177	James	McWilliams		M	00:23:07	37	M U/50	134
178	Philip	Wills		M	00:23:10	38	M U/50	135
179	Peter	Carr		M	00:23:11	50	M Vet 50	18
180	Dilan	Vithlani		M	00:23:13	25	M U/50	136
181	Holly	Meyers	thrift green trotters	F	00:23:18	24	W U/50	22
182	Ian	Mursell	Vets AC	M	00:23:23	66	M Vet 60	3
183	Elaine	Reid	Collingwood AC	F	00:23:34	48	W U/50	23
184	Simon	Elliott	Beeston AC	M	00:23:36	62	M Vet 60	4
185	Danny	Thomas		M	00:23:45	32	M U/50	137
186	Gabi	Johnson	London Heathside	F	00:23:47	49	W U/50	24

187	Vanessa	Fairbank		F	00:23:47	28	W U/50	25
188	Marie	Dupont		F	00:23:51	24	W U/50	26
189	jean-luc	hoez	serpentine running club	M	00:23:54	60	M Vet 60	5
190	Pippa	Cumbers	Sutton Runners	F	00:23:54	46	W U/50	27
191	Nigel	Whiteoak	RunThrough	M	00:23:55	45	M U/50	138
192	jeffrey	prestridge	serpentine rc	M	00:23:56	59	M Vet 50	19
193	Maggie	Statham	Holland Sports AC	F	00:24:01	65	W Vet 60	1
194	sumeda	Perera		M	00:24:03	29	M U/50	139
195	Michiko	Thomas	100 marathon club	F	00:24:03	53	W Vet 50	3
196	Andy	Woods		M	00:24:16	55	M Vet 50	20
197	John	O'Sullivan	Herne Hill H	M	00:24:19	62	M Vet 60	6
198	Andrea	Sanders Reece	Serpentine	F	00:24:22	62	W Vet 60	2
199	Lisa	Prisk		F	00:24:26	30	W U/50	28
200	Sarah	Newton	Serpentine	F	00:24:29	61	W Vet 60	3
201	Joanne	Marshall	Serpentine	F	00:24:37	61	W Vet 60	4
202	Lorna	Cservenka		F	00:24:44	46	W U/50	29
203	Michele	Griffiths	mornington chasers	F	00:24:45	53	W Vet 50	4
204	Anthony	Austin	Hercules Wimbledon	M	00:24:47	63	M Vet 60	7
205	Philip	Wiseman	None	M	00:24:52	47	M U/50	140
206	Ana	Osorio		F	00:24:59	54	W Vet 50	5
207	Scott	Rouse		M	00:25:00	34	M U/50	141
208	Mark	kinirons		M	00:25:06	57	M Vet 50	21
209	DAVID	HALLIDAY	Swinton running club	M	00:25:21	41	M U/50	142
210	Ian	Hall	Serpentine	M	00:25:27	65	M Vet 60	8
211	Ruben	Agocs		M	00:25:34	42	M U/50	143
212	Jessica	Holland	Ealing Eagles Running Club	F	00:25:38	25	W U/50	30
213	sibylle	oriez		F	00:25:44	29	W U/50	31
214	Maurice	Sharp	Hercules Wimbledon	M	00:25:46	73	M Vet 70	2
215	Laurie	Boult	mornington chasers	F	00:25:47	43	W U/50	32
216	Jenny	Gois		F	00:25:50	24	W U/50	33
217	Alex	Bilton		M	00:25:59	34	M U/50	144
218	Alexander	O'Leary		M	00:26:01	29	M U/50	145
219	Penny	Elliott	Waverley Harriers	F	00:26:14	75	W Vet 70	1
220	Chris	Leadbeater		M	00:26:25	30	M U/50	146
221	Daniel	Mateos	N/A	M	00:26:31	46	M U/50	147
222	Mark	Reid		M	00:26:41	46	M U/50	148
223	Clicia Maria	Leite Nahra		F	00:26:46	63	W Vet 60	5
224	Phil	Kelvin	serpentine rc	F	00:26:48	66	W Vet 60	6
225	Alan	Davidson	Ranelagh Harriers	M	00:26:52	71	M Vet 70	3
226	John	Grigg	Fulham Running Club	M	00:27:00	64	M Vet 60	9
227	Mark	Flavin		M	00:27:06	49	M U/50	149
228	Jane	Memmler	Clapham Chasers	F	00:27:18	56	W Vet 50	6
229	Stuart	Cole		M	00:27:44	45	M U/50	150
230	Heidi	Rasmussen	serpentine rc	F	00:27:46	47	W U/50	34
231	Colin	Shodeinde		M	00:27:52	50	M Vet 50	22
232	Karen	Samuel	Orpington RR	F	00:28:02	57	W Vet 50	7
233	Neil	Davies	26.2 RRC	M	00:28:27	53	M Vet 50	23
234	Nina	TREVARTHEN	Crawley saints & sinners	F	00:28:33	51	W Vet 50	8
235	Clare	Boutle	Barnet & District AC	F	00:28:41	49	W U/50	35
236	Amy	Phillips		F	00:28:45	36	W U/50	36
237	Cliff	Collins	Vets AC	M	00:28:49	81	M Vet 80	1
238	Jennifer	Sivapalan		F	00:29:07	34	W U/50	37
239	Naoko	McLean		F	00:29:21	50	W Vet 50	9
240	Anthony	Alleyn		M	00:29:53	47	M U/50	151
241	Luana	Teixeira		F	00:30:48	36	W U/50	38
242	Wendy	Naisby		F	00:31:37	55	W Vet 50	10
243	Christopher	Shaw	Fulham Running Club	M	00:31:56	39	M U/50	152
244	Laure	Selle	Fulham Running Club	F	00:32:38	39	W U/50	39
245	Edwin	Bartlett	Vets AC	M	00:33:13	73	M Vet 70	4
246	Karen	Tromans		F	00:43:37	45	W U/50	40
247	Bridget	Foster		F	00:43:37	35	W U/50	41
248	Antonia	Martin-Wright		F	00:43:37	33	W U/50	42