

# Sri Chinmoy 5K Race

Battersea Park, London

2nd August 2021

**HASTY HARE 5K**



**SRI CHINMOY  
MARATHON TEAM**



**Run to Become**  
www.runandbecome.com

WINNERS						
RANK	NAME	SURNAME	CLUB	M   F	TIME	AGE
Men U/50						
1	Luc	Jolly	Reading AC	Male	15:13	39
2	Ian	Williamson		Male	15:15	42
3	Andrew	Warburton	Herne Hill Harriers	Male	15:18	31
4	Isaac	Farnworth	Reading AC	Male	15:21	22
5	Martin	O'Connell	Serpentine Rc	Male	15:21	35
6	Tom	Goulding	Thames Hare & Hounds	Male	15:23	24
7	David	Lawrence	Harrow	Male	15:25	30
Women U/50						
1	Beth	Hawling	Cheltenham & County Harriers	Female	16:57	27
2	Elle	Roche	Marshall Milton Keynes AC	Female	17:01	27
3	Alice	Ritchie	Marshall Milton Keynes AC	Female	17:13	26
4	Lisa	Rooney	collingwood ac	Female	17:39	42
5	Rach	Owen		Female	17:41	31
6	Caoimhe	Phogartaigh	London City Athletics Club	Female	17:44	43
7	Sarah	Johnson	Thames Valley Harriers	Female	17:58	30
Men Vet 50						
1	Terry	Booth	Guildford & Godalming AC	Male	16:25	54
2	David	Williams	Guildford & Godalming AC	Male	17:56	58
3	Alex	Davidson	Highgate Harriers	Male	18:14	59
Women Vet 50						
1	Ruth	Hutton	South London harriers	Female	21:11	56
2	PIPPA	MAJOR	South London harriers	Female	21:18	56
3	Elaine	Battson	Victoria Park & Tower Hamlets AC	Female	23:08	55
Men Vet 60						
1	Gavin	Evans	London Heathside	Male	18:26	61
2	Peter	Mannion	Windle Valley Runners	Male	18:36	60
Women Vet 60						
1	Avril	Riddell	Serpentine Runs	Female	24:34	67
2	Annette	Helliwell	Collingwood AC	Female	26:19	62
Men Vet 70						
1	Michael	Mann		Male	45:00	73
Men Vet 80						
1	Joe	Aspinall	Veterans AC London	Male	31:58	83
Men Under 16						
1	Oscar	Kinirons		Male	17:42	14

## ALL RESULTS BELOW

RESULTS								
RANK	NAME	SURNAME	CLUB	M   F	TIME	AGE	CATEGORY	CAT. POS.
1	Luc	Jolly	Reading AC	Male	15:13	39	M U/50	1
2	Ian	Williamson		Male	15:15	42	M U/50	2
3	Andrew	Warburton	Herne Hill Harriers	Male	15:18	31	M U/50	3
4	Isaac	Farnworth	Reading AC	Male	15:21	22	M U/50	4
5	Martin	O'Connell	Serpentine Rc	Male	15:21	35	M U/50	5
6	Tom	Goulding	Thames Hare & Hounds	Male	15:23	24	M U/50	6
7	David	Lawrence	Harrow	Male	15:25	30	M U/50	7
8	Joe	Elliott	Herne Hill Harriers	Male	15:39	27	M U/50	8
9	James	Hotham	Victoria Park Harriers	Male	15:43	36	M U/50	10
10	Andres	Chau	HIGH GATE HARRIERS	Male	15:43	25	M U/50	9
11	Richard	Bartram	Guernsey Athletics	Male	15:48	23	M U/50	11
12	Mathew	Speed	London City Athletics Club	Male	15:48	30	M U/50	12
13	James	Barber	Highgate Harriers	Male	16:03	25	M U/50	13

14	Will	Hudson		Male	16:04	27	M U/50	14
15	Oliver	Li	Clapham Chasers	Male	16:04	30	M U/50	15
16	Benjamin	Nicholson Hughes	Clapham Chasers	Male	16:05	38	M U/50	16
17	Timothy	Powell	Serpentine Rc	Male	16:06	32	M U/50	17
18	Ryan	Keane	Thames Valley Harriers	Male	16:09	30	M U/50	18
19	Stephen	Mcleod	Fulham Running Club	Male	16:21	32	M U/50	19
20	Hugh	Torry	Serpentine Rc	Male	16:22	42	M U/50	20
21	Bryan	Maillardet	London City Athletics Club	Male	16:23	39	M U/50	21
22	Fred	Bungay	Dulwich runners	Male	16:23	29	M U/50	22
23	Robert	Vallance	Thames Valley Harriers	Male	16:25	25	M U/50	23
24	Terry	Booth	Guildford & Godalming AC	Male	16:25	54	M V50	1
25	Martin	Bateman	hillingdon ac	Male	16:26	44	M U/50	24
26	Jon	Phillips	Dulwich runners	Male	16:26	36	M U/50	25
27	Chris	Warburton	Notts AC	Male	16:27	37	M U/50	26
28	Kevin	Egan	kent ac	Male	16:28	34	M U/50	27
29	steve	woolley	west 4 harriers	Male	16:29	39	M U/50	28
30	Mischa	Balen	London City Runners Athletics Club	Male	16:33	34	M U/50	29
31	William	Fielding		Male	16:33	33	M U/50	30
32	Tom	Lole	Belgrave Harriers	Male	16:34	25	M U/50	31
33	James	Lyne	South London harriers	Male	16:35	22	M U/50	32
34	Jacob	Plummer	Hercules Wimbledon	Male	16:39	29	M U/50	33
35	Danny	Brewer	Highgate Harriers	Male	16:40	32	M U/50	34
36	Tom	Shakhli	dulwich runners ac	Male	16:41	38	M U/50	35
37	Julien	Tadeusz	Clapham Chasers	Male	16:47	32	M U/50	36
38	Richard	Giles	kent ac	Male	16:50	44	M U/50	37
39	Luke	Parker	London Heathside	Male	16:51	23	M U/50	38
40	Adrian	Dixon		Male	16:52	26	M U/50	39
41	Peter	Wooldridge	Serpentine Rc	Male	16:53	33	M U/50	40
42	Andy	Waterman	Victoria Park & Tower Hamlets AC	Male	16:54	40	M U/50	41
43	Timothy	Harman	Guildford & Godalming AC	Male	16:54	38	M U/50	42
44	Elliot	Davies	Clapham Chasers	Male	16:57	23	M U/50	43
45	Beth	Hawling	Cheltenham & County Harriers	Female	16:57	27	W U/50	1
46	Dominic	Howarth	Victoria Park & Tower Hamlets AC	Male	16:59	23	M U/50	44
47	Ollie	Shortt	London City Athletics Club	Male	16:59	47	M U/50	45
48	Robert	Emes	dulwich runners ac	Male	16:59	41	M U/50	46
49	Elle	Roche	Marshall Milton Keynes AC	Female	17:01	27	W U/50	2
50	Steven	Leonard	Clapham Chasers	Male	17:04	37	M U/50	47
51	Neil	Kirkham	Victoria Park & Tower Hamlets AC	Male	17:04	35	M U/50	48
52	Leo	Gebbie	Fulham Running Club	Male	17:05	27	M U/50	49
53	Luke	Smith		Male	17:05	35	M U/50	50
54	Alex	Titmus	Belgrave Harriers	Male	17:11	24	M U/50	51
55	David	Moyse		Male	17:13	19	M U/50	52
56	Alice	Ritchie	Marshall Milton Keynes AC	Female	17:13	26	W U/50	3
57	Gavin	Lau	Victoria Park & Tower Hamlets AC	Male	17:14	37	M U/50	53
58	Peter	Fuller	unattached	Male	17:16	26	M U/50	54
59	Adam	Roeder	Belgrave Harriers	Male	17:23	39	M U/50	55
60	Alastair	Bruce		Male	17:26	28	M U/50	56
61	Gary	Salmon	Clapham Chasers	Male	17:28	36	M U/50	57
62	Lee	Wilkinson	Serpentine Rc	Male	17:31	33	M U/50	58
63	Paul	Billingham	London City Athletics Club	Male	17:33	40	M U/50	59
64	Nic	Trower	London Heathside AC	Male	17:37	29	M U/50	60
65	Lisa	Rooney	collingwood ac	Female	17:39	42	W U/50	4
66	Dominic	Paine	trent park running club	Male	17:39	17	M U/50	61
67	Rach	Owen		Female	17:41	31	W U/50	5
68	Oscar	Kinirons		Male	17:42	14	M U/16	1
69	Caoimhe	Fhogartaigh	London City Athletics Club	Female	17:44	43	W U/50	6
70	Hugh	Murdoch	Vphtac	Male	17:49	30	M U/50	62
71	David	Williams	Guildford & Godalming AC	Male	17:56	58	M V50	2
72	Sarah	Johnson	Thames Valley Harriers	Female	17:58	30	W U/50	7
73	Carole	Coulon	Blackheath and Bromley Harriers AC	Female	18:01	46	W U/50	8
74	Katie	French	Belgrave Harriers	Female	18:02	34	W U/50	9
75	Graham	Hunt		Male	18:05	30	M U/50	63
76	Ewan	Tuohy	unattached	Male	18:08	27	M U/50	64
77	Adam	Wedlake		Male	18:09	30	M U/50	65
78	Rob	Fawn	dulwich runners ac	Male	18:10	39	M U/50	66
79	Simon	Wright		Male	18:10	32	M U/50	67
80	Georgia	Mackenzie		Female	18:13	23	W U/50	10
81	Alex	Davidson	Highgate Harriers	Male	18:14	59	M V50	3
82	Fraser	Hagell	Herne Hill Harriers	Male	18:15	33	M U/50	68
83	Norman	Urquia	Wimbledon Windmilers	Male	18:17	55	M V50	4

84	John	Gilchrist	Queens Park Harriers	Male	18:25	31	M U/50	69
85	Gavin	Evans	London Heathside	Male	18:26	61	M V60	1
86	Julien	Lepretre	Unaffiliated	Male	18:27	25	M U/50	70
87	Peter	Mannion	Windle Valley Runners	Male	18:36	60	M V60	2
88	Greg	Fernandes-Lawes	Ealing Eagles Running Club	Male	18:42	32	M U/50	71
89	Amy	Billups	South London harriers	Female	18:44	24	W U/50	11
90	Tony	Tuohy	Dulwich Runners	Male	18:45	59	M V50	5
91	Lily	Woolcock	London Heathside	Female	18:46	25	W U/50	12
92	Gavin	Englefield	South London harriers	Male	18:50	44	M U/50	72
93	David	Boot	west 4 harriers	Male	18:50	38	M U/50	73
94	Mark	Raddan	Bedford Harriers AC	Male	18:51	42	M U/50	74
95	Max	Catterall	Dulwich runners	Male	18:53	30	M U/50	75
96	Amy	White	London City Athletics Club	Female	19:01	27	W U/50	13
97	Matt	Ponting	Thames Valley Harriers	Male	19:02	44	M U/50	76
98	Rebecca	Schulleri	Dulwich Runner AC	Female	19:03	32	W U/50	14
99	Matthew	Alderton	Clapham Chasers	Male	19:05	22	M U/50	77
100	Richard	Kehoe	Clapham Chasers	Male	19:09	34	M U/50	78
101	Finn	Maccarthy	Shaftesbury Barnet Harriers AC	Male	19:10	18	M U/50	79
102	Simon	Reid	City of Sheffield	Male	19:11	42	M U/50	80
103	Catherine	Allen	Thames Valley Harriers	Female	19:11	28	W U/50	15
104	Badar	Al Raisi	Victoria Park & Tower Hamlets AC	Male	19:13	29	M U/50	81
105	Mark	Kell	Serpentine Rc	Male	19:16	40	M U/50	82
106	Chris	Lydon	kent ac	Male	19:19	59	M V50	6
107	Mary	Cormack	London Frontrunners	Female	19:20	35	W U/50	16
108	Shaun	Melvin	west 4 harriers	Male	19:21	37	M U/50	83
109	Alice	Germana	South London harriers	Female	19:21	34	W U/50	17
110	Rosie	Vallance	Thames Valley Harriers	Female	19:25	20	W U/50	18
111	Georgia	Hanley	Thames Valley Harriers	Female	19:28	19	W U/50	19
112	Trevor	Ingram	Fulham Running Club	Male	19:31	44	M U/50	84
113	Aidan	Thomson		Male	19:31	24	M U/50	85
114	Catherine	Martin	Cambridge Harriers	Female	19:31	30	W U/50	20
115	Richard	Willcox		Male	19:32	40	M U/50	86
116	Allan	Cox	Clapham Chasers	Male	19:33	44	M U/50	87
117	Andrew	Han	Fulham Running Club	Male	19:35	41	M U/50	88
118	Philip	Hogg	London Heathside	Male	19:35	51	M V50	7
119	Lewis	Tonks	South London Harriers	Male	19:38	31	M U/50	89
120	Mark	Fuller		Male	19:40	28	M U/50	90
121	Callum	Cant	kent ac	Male	19:40	27	M U/50	91
122	Alexander	Soare		Male	19:50	31	M U/50	92
123	Alex	Bazin	Dulwich Runner AC	Male	19:51	40	M U/50	93
124	Vicky	Frew	Highgate Harriers	Female	19:55	43	W U/50	21
125	Robert	Ferguson	Thames Valley Harriers	Male	20:02	39	M U/50	94
126	Kelly	Morgan	Clapham Chasers	Female	20:02	43	W U/50	22
127	Eric	Tse	Clapham Chasers	Male	20:03	36	M U/50	95
128	Tara	Shrestha Carney	Belgrave Harriers	Female	20:03	24	W U/50	23
129	Josephine	Rhodes	Belgrave Harriers	Female	20:10	35	W U/50	24
130	Ed	Smyth	Dulwich runners	Male	20:12	40	M U/50	96
131	Alice	Steele	Clapham Chasers	Female	20:14	23	W U/50	25
132	Peter	Greaney	Clapham Chasers	Male	20:15	45	M U/50	97
133	Felicity	Carr	South London harriers	Female	20:15	25	W U/50	26
134	Annette	Gould	Thames Hare and Hounds	Female	20:16	39	W U/50	27
135	Chris	Dunhill	South London harriers	Male	20:21	47	M U/50	98
136	Jimmy	Adams		Male	20:26	26	M U/50	99
137	Tim	Underhill	Shaftesbury Barnet Harriers	Male	20:27	53	M V50	8
138	thomas	cheetham	Hercules Wimbledon	Male	20:28	54	M V50	9
139	Melanie	McGovern		Female	20:36	35	W U/50	28
140	John	Foss	South London harriers	Male	20:41	62	M V60	3
141	Andy	Naylor		Male	20:44	40	M U/50	100
142	Jennifer	Wing	London Heathside	Female	20:44	29	W U/50	29
143	Heidi	Dann	South London harriers	Female	20:44	45	W U/50	30
144	Paul	Maccarthy	Barnet & District AC	Male	20:47	55	M V50	10
145	Emma	Yentis		Female	20:49	28	W U/50	31
146	Yvette	Dore	dulwich runners ac	Female	20:50	49	W U/50	32
147	Katherine	ELMORE-JONES	Fulham Running Club	Female	20:53	44	W U/50	33
148	Peter	Martin	Clapham Chasers	Male	20:54	46	M U/50	101
149	Samuel	FOOKES		Male	20:55	26	M U/50	102
150	Edward	Paine	trent park running club	Male	21:04	14	M U/16	2
151	Ruth	Hutton	South London harriers	Female	21:11	56	W V50	1
152	Malgorzata	Kucharska	Ealing Eagles Running Club	Female	21:12	46	W U/50	34
153	Federico	Forti	tri london	Male	21:17	39	M U/50	103

154	PIPPA	MAJOR	South London harriers	Female	21:18	56	W V50	2
155	Katie	Styles	dulwich runners ac	Female	21:21	40	W U/50	35
156	Scott	Bemment	Clapham Chasers	Male	21:32	47	M U/50	104
157	Fiona	Cameron	N/A	Female	21:39	28	W U/50	36
158	WILLIAM	LOCKWOOD	run dem crew	Male	21:41	35	M U/50	105
159	Jessica	Davies	Thames Hare and Hounds	Female	21:42	31	W U/50	37
160	Joel	Hawes	London Heathside	Male	21:51	30	M U/50	106
161	Simon	Shanks	Stragglers rc	Male	21:54	58	M V50	11
162	Robert	Pocock	Lonely Goat	Male	22:07	51	M V50	12
163	Mark	Standing	Herne Hill Harriers	Male	22:09	56	M V50	13
164	Ian	Butler	Thames Hare and Hounds	Male	22:10	59	M V50	14
165	Antonia	Klein		Female	22:15	45	W U/50	38
166	Patricia	Goldrick	South London harriers	Female	22:22	36	W U/50	39
167	Ioannis	Pantelopoulos		Male	22:33	39	M U/50	107
168	Matteo	Carminati	Mornington Chasers	Male	22:34	34	M U/50	108
169	Michelle	Edye	Sutton runners	Female	22:36	35	W U/50	40
170	Daniel	Comens	Sutton runners	Male	22:36	47	M U/50	109
171	Alun	Nash		Male	22:45	60	M V60	4
172	Elaine	Battson	Victoria Park & Tower Hamlets AC	Female	23:08	55	W V50	3
173	Carl	Heap	London Heathside AC	Male	23:11	68	M V60	5
174	James	Paine		Male	23:12	52	M V50	15
175	Emily	Riddell		Female	23:28	25	W U/50	41
176	Rose	Cook	Fulham Running Club	Female	23:37	31	W U/50	42
177	Victor	Fedianine	South Wimbledon Running Club	Male	23:39	33	M U/50	110
178	Rose	Woolhouse		Female	23:41	26	W U/50	43
179	MICHAEL	Mann		Male	23:45	73	M V70	1
180	Neal	Desai		Male	23:45	36	M U/50	111
181	Ilya	Tarotin		Male	23:51	31	M U/50	112
182	Sunjay	Bhogal	London Fronrunners	Male	24:03	51	M V50	16
183	Kim	Scofield		Female	24:03	39	W U/50	44
184	Scott	Rouse		Male	24:06	37	M U/50	113
185	Rebecca	Taylor		Female	24:07	31	W U/50	45
186	Mark	Kinirons	Belgrave Harriers	Male	24:14	60	M V60	6
187	Sonja	Jutte	Dulwich runners	Female	24:15	42	W U/50	46
188	Mona	Chammas		Female	24:16	39	W U/50	47
189	CYNTHIA	FONG	Track mafia	Female	24:17	33	W U/50	48
190	Barrie John	Nicholls	dulwich runners ac	Male	24:24	67	M V60	7
191	Avril	Riddell	Serpentine Runs	Female	24:34	67	W V60	1
192	Alexandra	Olaya-Castro		Female	24:39	45	W U/50	49
193	Olga	Arkhangelskaia		Female	24:43	32	W U/50	50
194	Sophie	Denman	Fulham Running Club	Female	24:45	33	W U/50	51
195	Michael	Chappell	South London harriers	Male	24:48	56	M V50	17
196	Andrew	Fickling	Andrew Fickling	Male	24:50	64	M V60	8
197	Fred	Barrow		Male	24:57	35	M U/50	114
198	Lauren	Harris	Wimbledon Windmilers	Female	24:58	31	W U/50	52
199	Donna	Richards	South London harriers	Female	25:11	55	W V50	4
200	Karen	Chart	collingwood ac	Female	25:19	47	W U/50	53
201	Hugh	Woolhouse		Male	25:36	59	M V50	18
202	Alison	Hinton	Serpentine Rc	Female	25:49	52	W V50	5
203	david	hallson	Road Runners Club (UK)	Male	26:09	68	M V60	9
204	Chiara	Cristoni		Female	26:12	48	W U/50	54
205	Lindsey	Annable	dulwich runners ac	Female	26:13	53	W V50	6
206	Annette	Helliwell	collingwood ac	Female	26:19	62	W V60	2
207	Ruy	Cova		Male	26:34	35	M U/50	115
208	Ameet	Patel	dulwich runners ac	Male	27:06	57	M V50	19
209	Mark	Reid		Male	27:24	50	M V50	20
210	Robbie	Pfeifer		Male	27:29	26	M U/50	116
211	Louisa	Garshong		Female	27:38	32	W U/50	55
212	gill	hallson	None	Female	28:02	64	W V60	3
213	Agnieszka	Chodzba		Female	28:04	28	W U/50	56
214	Carrie	Griffiths		Female	28:08	40	W U/50	57
215	Sarah	Tindley	collingwood ac	Female	28:59	55	W V50	7
216	Michael	Leigh	Hercules Wimbledon	Male	29:16	77	M V70	2
217	Rachel	Bedford	Serpentine Rc	Female	29:26	54	W V50	8
218	David	Griffiths		Male	29:45	39	M U/50	117
219	joe	aspinall	Veterans AC London	Male	31:58	83	M V80	1
220	Laure	Selle	Fulham RC	Female	33:22	42	W U/50	58
221	Rupert	Quested	collingwood ac	Male	34:12	74	M V70	3
222	Peter	Torre	veterans ac	Male	35:15	79	M V70	4