

Sri Chinmoy 10K Race

Battersea Park, London

27th October 2018

GOLDEN LEAF 10K



**SRI CHINMOY
MARATHON TEAM**



Run to Become
www.runandbecome.com

WINNERS

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

1	Jim	Allchin	Thames Hare and Hounds	M	00:31:42	32
2	Charles	Sandison	Fulham Running Club	M	00:32:45	23
3	Tom	Foster	Guildford and Godalming AC	M	00:32:53	29
4	Simon	Baines	Thames Hare & Hounds	M	00:33:07	47
5	Nick	Bowker	Clapham Chasers	M	00:33:14	32
6	Andrea	Fraquelli	Serpentine	M	00:33:15	34
7	Shane	O'Neill	dulwich runners ac	M	00:33:34	29

Women U/50

1	Rose	Penfold	Fulham Running Club	F	00:37:39	27
2	Liberty	Thompson	Fulham Running Club	F	00:38:40	29
3	Rosemary	Hurford	Clapham Chasers	F	00:40:49	26
4	Laura	Bohm	Clapham Chasers	F	00:40:50	28
5	Laura	Blazey	Ranelagh Harriers	F	00:41:52	34
6	morgane	glorion		F	00:42:13	26
7	Cat	Simpson	Fulham Running Club	F	00:42:27	34

Men Vet 50

1	Stuart	Fraser	hercules wimbledon	M	00:35:56	52
2	Tony	Tuohy	Dulwich R	M	00:36:17	56
3	Norman	Urquia	Wimbledon Windmilers	M	00:38:58	52

Women Vet 50

1	Chiara	Samele	Wimbledon Windmilers	F	00:45:36	55
2	Michiko	Thomas	100 marathon club	F	00:49:19	54
3	Susan	Ritchie		F	00:49:59	50

Men Vet 60

1	Doug	Buckeridge	Ealing Southall & Middx	M	00:44:59	62
2	John	Grigg	Fulham Running Club	M	00:54:33	64

Women Vet 60

1	Phil	Kelvin	serpentine rc	F	00:57:03	67
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Men Vet 70

1	Bernard	Simmons	Dulwich Park Runners	M	00:52:30	71
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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	Jim	Allchin	Thames Hare and Hounds	M	00:31:42	32	M U/50	1
2	Charles	Sandison	Fulham Running Club	M	00:32:45	23	M U/50	2
3	Tom	Foster	Guildford and Godalming AC	M	00:32:53	29	M U/50	3
4	Simon	Baines	Thames Hare & Hounds	M	00:33:07	47	M U/50	4
5	Nick	Bowker	Clapham Chasers	M	00:33:14	32	M U/50	5
6	Andrea	Fraquelli	Serpentine	M	00:33:15	34	M U/50	6
7	Shane	O'Neill	dulwich runners ac	M	00:33:34	29	M U/50	7

8	Nicholas	Thomas	Fulham Running Club	M	00:33:50	26	M U/50	8
9	Robert	Donohue	Blackheath and Bromley Harriers	M	00:34:10	26	M U/50	9
10	Andrew	Cumine	Belgrave Harriers	M	00:34:35	32	M U/50	10
11	Andrew	Grigg	Herne Hill Harriers	M	00:34:41	32	M U/50	11
12	Keith	MacIntosh	Wimbledon Windmilers	M	00:34:56	44	M U/50	12
13	Gareth	Creagh	Highgate Harriers	M	00:35:17	41	M U/50	13
14	James	Gillanders	Serpentine	M	00:35:34	40	M U/50	14
15	Phil	Keese		M	00:35:36	40	M U/50	15
16	John	Wray	Fulham Running Club	M	00:35:43	27	M U/50	16
17	Simon	Thompson	Herne Hill Harriers	M	00:35:51	39	M U/50	17
18	Stuart	Fraser	hercules wimbledon	M	00:35:56	52	M Vet 50	1
19	Jonathan	Moscrop	Serpentine	M	00:35:57	44	M U/50	18
20	James	Hughes	Wimbledon Windmilers	M	00:36:11	32	M U/50	19
21	James	Hampshire	Fulham RC	M	00:36:12	39	M U/50	20
22	Mikel	Berdud	Hiru-Herri A.T.	M	00:36:17	40	M U/50	21
23	Tony	Tuohy	Dulwich R	M	00:36:17	56	M Vet 50	2
24	Alec	Parcell		M	00:36:31	24	M U/50	22
25	Andy	Yiannouzis		M	00:36:33	40	M U/50	23
26	Kevin	Watson	Clapham Chasers	M	00:36:41	37	M U/50	24
27	Michael	Wiggins	Clapham pioneers	M	00:36:47	41	M U/50	25
28	Craig	Beattie	Victoria Park Harriers & Tower Harriers	M	00:37:03	30	M U/50	26
29	Tim	Hermann		M	00:37:09	44	M U/50	27
30	Sven	Kaemmerer		M	00:37:24	31	M U/50	28
31	Adam	Greenup	London Heathside Runners	M	00:37:33	27	M U/50	29
32	christophe	genre		M	00:37:37	38	M U/50	30
33	Marcin	Bujar	Fulham Running Club	M	00:37:37	30	M U/50	31
34	Martin	Carmack	Serpentine	M	00:37:38	48	M U/50	32
35	Rose	Penfold	Fulham Running Club	F	00:37:39	27	W U/50	1
36	Roderick	Akihary	Fulham Running Club	M	00:37:40	33	M U/50	33
37	Andrew	Han	Fulham Running Club	M	00:37:40	39	M U/50	34
38	Andrew	Dewar	Fulham Running Club	M	00:37:41	32	M U/50	35
39	Dave	Miller		M	00:37:54	46	M U/50	36
40	Barnaby	Simpson		M	00:38:04	48	M U/50	37
41	Melvin	Lewis	Heathside running club	M	00:38:05	39	M U/50	38
42	Leo	Gebbie	Fulham Running Club	M	00:38:10	24	M U/50	39
43	Mamuka	Topchishvili		M	00:38:21	48	M U/50	40
44	Dan	Gritton	East London Runners	M	00:38:23	45	M U/50	41
45	Terence	Tsui	Clapham Chasers	M	00:38:38	33	M U/50	42
46	Cormac	Toomey	Clapham Chasers	M	00:38:39	36	M U/50	43
47	Liberty	Thompson	Fulham Running Club	F	00:38:40	29	W U/50	2
48	James	Ritchie	Ranelagh Harriers	M	00:38:50	46	M U/50	44
49	Norman	Urquia	Wimbledon Windmilers	M	00:38:58	52	M Vet 50	3
50	Chris	Cooper	Fulham Running Club	M	00:39:00	27	M U/50	45
51	Niall	Alexander	Clapham Chasers	M	00:39:04	35	M U/50	46
52	Ben	Thornton	Fulham Running Club	M	00:39:04	53	M Vet 50	4
53	Paul	Barnes	Fulham Running Club	M	00:39:14	48	M U/50	47
54	Phil	McElhinney	Wimbledon Windmilers	M	00:39:18	49	M U/50	48
55	Nick	Newman		M	00:39:25	43	M U/50	49
56	Brian	Lynch	BBC Running Club	M	00:39:49	48	M U/50	50
57	Pascal	Sacrepaye		M	00:39:52	55	M Vet 50	5
58	Neal	Pal		M	00:39:55	38	M U/50	51
59	Alex	Pope		M	00:40:21	28	M U/50	52
60	Daniel	Vessey		M	00:40:25	33	M U/50	53
61	Rosemary	Hurford	Clapham Chasers	F	00:40:49	26	W U/50	3
62	Laura	Bohm	Clapham Chasers	F	00:40:50	28	W U/50	4
63	thomas	cheetham	hercules wimbledon ac	M	00:40:56	51	M Vet 50	6
64	Dan	McPhilimey	Fulham Running Club	M	00:41:22	30	M U/50	54
65	Nick	Udal		M	00:41:34	44	M U/50	55
66	Ben	Muehling		M	00:41:35	35	M U/50	56
67	Will	Carr	Clapham pioneers	M	00:41:38	38	M U/50	57
68	Mark	Kell	Serpentine	M	00:41:50	37	M U/50	58
69	Peter	Martin	Clapham Chasers	M	00:41:51	43	M U/50	59
70	Laura	Blazey	Ranelagh Harriers	F	00:41:52	34	W U/50	5

71	Trevor	Ingram	Fulham Running Club	M	00:42:05	41	M U/50	60
72	Gary	Forde	hercules wimbledon ac	M	00:42:07	51	M Vet 50	7
73	morgane	glorion		F	00:42:13	26	W U/50	6
74	Thomas	Gander		M	00:42:17	26	M U/50	61
75	Will	Yeates		M	00:42:18	31	M U/50	62
76	Cat	Simpson	Fulham Running Club	F	00:42:27	34	W U/50	7
77	Bob	Empson	Fulham Running Club	M	00:42:34	59	M Vet 50	8
78	Leah	Walland	Fulham Running Club	F	00:42:34	36	W U/50	8
79	Charlotte	Healy	Clapham Chasers	F	00:42:44	33	W U/50	9
80	Nick	Vasey		M	00:42:59	30	M U/50	63
81	Moises	Frias Luque	atletismo Málaga	M	00:43:15	33	M U/50	64
82	Bart	Rayner		M	00:43:15	32	M U/50	65
83	Rache	Porter	Clapham Chasers	F	00:43:18	40	W U/50	10
84	Jess	Davies	Thames Hare and Hounds	F	00:43:38	28	W U/50	11
85	David	Ruegg	London Frontrunners	M	00:43:44	48	M U/50	66
86	Robert	Higgins		M	00:43:52	30	M U/50	67
87	JC	sabran	Clapham pioneers	M	00:43:54	47	M U/50	68
88	Damien	Wilson	Herne Hill Harriers	M	00:43:58	42	M U/50	69
89	Andrew	Thompson	Clapham pioneers	M	00:44:08	51	M Vet 50	9
90	Thomas	Buisson		M	00:44:10	26	M U/50	70
91	Lewis	Hubbard		M	00:44:24	32	M U/50	71
92	Daniele	Lorenzano		M	00:44:27	45	M U/50	72
93	Amed	MKADA		M	00:44:28	42	M U/50	73
94	Ellie	Chapman	Clapham pioneers	F	00:44:29	23	W U/50	12
95	Hugh	Scorgie		M	00:44:33	59	M Vet 50	10
96	William	Tracy		M	00:44:50	55	M Vet 50	11
97	Katharine	Hansford	Clapham pioneers	F	00:44:51	27	W U/50	13
98	Andrew	Bovell	Fulham Running Club	M	00:44:52	27	M U/50	74
99	Alan	Wilkinson		M	00:44:55	58	M Vet 50	12
100	Richard	James		M	00:44:57	45	M U/50	75
101	Doug	Buckeridge	Ealing Southall & Middx	M	00:44:59	62	M Vet 60	1
102	Stefano	Serafini		M	00:45:02	45	M U/50	76
103	Simon	Waterhouse		M	00:45:22	43	M U/50	77
104	David	O'Neill		M	00:45:25	30	M U/50	78
105	Glen	Macfarlane	Thames Turbo Triathlon Club	M	00:45:29	54	M Vet 50	13
106	Mohammed	Alkuwari		M	00:45:35	30	M U/50	79
107	Chiara	Samele	Wimbledon Windmilers	F	00:45:36	55	W Vet 50	1
108	Laura	Sears	Clapham pioneers	F	00:45:38	25	W U/50	14
109	Joe	Brown		M	00:45:45	39	M U/50	80
110	Tariq	Ahmed		M	00:45:48	41	M U/50	81
111	Shaun	Greenup		M	00:45:53	29	M U/50	82
112	Matthew	Pepper		M	00:45:54	32	M U/50	83
113	Sally	Ingram		F	00:46:13	31	W U/50	15
114	Sophie	Vessey	Serpentine	F	00:46:34	31	W U/50	16
115	Christian	Cosby	Serpentine	M	00:46:37	27	M U/50	84
116	Stefano	Vernazza		M	00:46:54	44	M U/50	85
117	Leo	Gheorghita	Leo Gheorghita	M	00:46:56	45	M U/50	86
118	Simon	Hemsley	Clapham Chasers	M	00:47:06	45	M U/50	87
119	Anthony	Rubinstein		M	00:47:26	24	M U/50	88
120	Daphne	Dadzie	Fulham Running Club	F	00:48:04	40	W U/50	17
121	Sarah	Smith	Fulham Running Club	F	00:48:05	27	W U/50	18
122	Paul	Brown	Fulham Running Club	M	00:48:07	26	M U/50	89
123	Christine	Gorman	Clapham Chasers	F	00:48:26	27	W U/50	19
124	Mana	Mahil		F	00:48:38	35	W U/50	20
125	Hayley	English		F	00:48:41	30	W U/50	21
126	Katherine	Elmore-Jones		F	00:48:52	33	W U/50	22
127	Liam	O'Mahony		M	00:49:03	24	M U/50	90
128	Lucy	Denny		F	00:49:09	27	W U/50	23
129	Michiko	Thomas	100 marathon club	F	00:49:19	54	W Vet 50	2
130	Susan	Ritchie		F	00:49:59	50	W Vet 50	3
131	Mar	Lluch Salvador	Serpentine	F	00:50:07	32	W U/50	24
132	Kieran	Reynolds		M	00:50:23	34	M U/50	91
133	Amy	Tayler	Fulham Running Club	F	00:50:34	27	W U/50	25

134	XIAOLI	ZHAO		M	00:50:50	33	M U/50	92
135	Antonio	Marin-Blazquez		M	00:50:59	43	M U/50	93
136	Francisco	Oliveira		M	00:51:15	26	M U/50	94
137	Louise	Houston		F	00:51:31	25	W U/50	26
138	Arko	Sen		M	00:51:38	38	M U/50	95
139	Chloe	Orton		F	00:51:38	24	W U/50	27
140	Alex	Horn		M	00:51:39	26	M U/50	96
141	Robin	Ancilotto		F	00:51:40	41	W U/50	28
142	Roberto	Ricci		M	00:51:40	51	M Vet 50	14
143	Rachel	Hesketh	Fulham Running Club	F	00:52:04	27	W U/50	29
144	Gopakumar	Menon		M	00:52:15	38	M U/50	97
145	Antonia	White		F	00:52:24	34	W U/50	30
146	Bernard	Simmons	Dulwich Park Runners	M	00:52:30	71	M Vet 70	1
147	Sumit	Misra		M	00:52:53	38	M U/50	98
148	Daniel	Coombe		M	00:52:53	32	M U/50	99
149	Katie	Patrick		F	00:53:30	23	W U/50	31
150	Victoria	Donaldson	Serpentine	F	00:53:45	51	W Vet 50	4
151	Nick	Clarke		M	00:54:09	53	M Vet 50	15
152	Hannah	Behrendt		F	00:54:09	32	W U/50	32
153	John	Grigg	Fulham Running Club	M	00:54:33	64	M Vet 60	2
154	Justyna	Sobczak		F	00:54:49	34	W U/50	33
155	Omer	Ali		M	00:55:08	22	M U/50	100
156	Faye	Greason		F	00:55:14	27	W U/50	34
157	Hannah	Greason		F	00:55:14	25	W U/50	35
158	Jenny	Hunt		F	00:55:15	30	W U/50	36
159	Catherine	Finucane		F	00:55:40	37	W U/50	37
160	Marcus	Birsel		M	00:55:42	62	M Vet 60	3
161	KENICHI	FUKUHARA	100 marathon club	M	00:56:07	58	M Vet 50	16
162	James	Owen		M	00:56:40	30	M U/50	101
163	Phil	Kelvin	serpentine rc	F	00:57:03	67	W Vet 60	1
164	Wakana	Yasuda		F	00:57:05	23	W U/50	38
165	Howard	Smith		M	00:57:16	51	M Vet 50	17
166	Ursula	White	Fulham Running Club	F	00:58:07	29	W U/50	39
167	Catrin	Owen		F	00:58:37	23	W U/50	40
168	Amit	Guha		M	00:58:43	43	M U/50	102
169	Pete	Warren	Ranelagh Harriers	M	00:58:47	78	M Vet 70	2
170	Ryan	Bhalla		M	00:59:07	21	M U/50	103
171	Jenny	Olsson		F	00:59:22	24	W U/50	41
172	Christina	St Clair		F	00:59:23	23	W U/50	42
173	kate	oliver		F	00:59:28	31	W U/50	43
174	Stephanie	Strydom	Clapham pioneers	F	00:59:29	28	W U/50	44
175	Michelle	Burke		F	01:00:36	25	W U/50	45
176	Laure	Selle	Fulham Running Club	F	01:01:03	39	W U/50	46
177	Laura	Flitton		F	01:01:33	34	W U/50	47
178	Geraldine	Finucane	Clapham Chasers	F	01:01:58	35	W U/50	48
179	Gillian	Wilson		F	01:02:00	52	W Vet 50	5
180	Paul	Bosworth		M	01:02:52	30	M U/50	104
181	Silvia	Amaro		F	01:04:21	25	W U/50	49
182	Hannah	Chinaka		F	01:04:41	28	W U/50	50
183	Katie	Thorne		F	01:07:51	24	W U/50	51
184	Katherine	Howells		F	01:12:51	24	W U/50	52
185	Lilly	Meikla		F	01:12:51	24	W U/50	53