

Sri Chinmoy 10K Race

Battersea Park, London

30th November 2019

GRIZZLY BEAR 10K



WINNERS

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

1	Alix	Ramsie	South London H	Male	00:32:28	31
2	Tom	Goulding	Birtley AC	Male	00:32:32	23
3	Andrea	Fraquelli	Serpentine Athletics Club	Male	00:32:36	35
4	James	Bartram	Thames Hare and Hounds	Male	00:32:54	25
5	James	Meiklejohn	Thames Hare and Hounds	Male	00:33:52	23
6	Eliot	Nevill	Thames Hare and Hounds	Male	00:33:54	22
7	Carl	Selya-Hammer	VPH & Tower Hamlets AC	Male	00:34:12	39

Women U/50

1	Rebecca	Piggott	London Heathside	Female	00:36:19	33
2	Matilde	Lomba		Female	00:38:08	33
3	Evangelista	Divetain	London Heathside	Female	00:38:20	27
4	Rachel	Owen	Clapham Chasers	Female	00:39:08	29
5	Emilie	Isaacs	Serpentine Athletics Club	Female	00:39:41	39
6	Alexandra	McClelland	Clapham Chasers	Female	00:39:50	27
7	Sarah	Dudgeon	Abingdon Athletic Club	Female	00:39:53	42

Men Vet 50

1	PAUL	DOYLE	Ranelagh Harriers	Male	00:36:50	53
2	Gower	Tan	Dulwich runners	Male	00:39:50	50
3	Alan	Doney	Portsmouth Tri	Male	00:40:17	52

Women Vet 50

1	Michelle	Lennon		Female	00:41:32	52
2	Fiona	Elwin		Female	00:46:55	54
3	Sunanda	Sarker-Bell	Croydon Harriers	Female	00:49:38	54

Men Vet 60

1	Simon	King	Bedford Harriers	Male	00:47:05	62
2	jean-luc	hoez	Serpentine Athletics Club	Male	00:52:43	62

Women Vet 60

1	Phil	Kelvin	Serpentine Athletics Club	Female	00:55:39	68
2	Jenny	King	Bedford Harriers	Female	00:57:26	62

Men Vet 70

1	Bernard	Simmons	Dulwich Park Runners	Male	00:53:54	72
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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.
1	Alix	Ramsie	South London H	Male	00:32:28	31	M U/50	1
2	Tom	Goulding	Birtley AC	Male	00:32:32	23	M U/50	2
3	Andrea	Fraquelli	Serpentine Running and Athletics Club	Male	00:32:36	35	M U/50	3
4	James	Bartram	Thames Hare and Hounds	Male	00:32:54	25	M U/50	4
5	James	Meiklejohn	Thames Hare and Hounds	Male	00:33:52	23	M U/50	5
6	Eliot	Nevill	Thames Hare and Hounds	Male	00:33:54	22	M U/50	6
7	Carl	Selya-Hammer	Victoria Park Harriers & Tower Hamle	Male	00:34:12	39	M U/50	7
8	Daniel	Kennedy	Blackheath and Bromley Harriers	Male	00:34:27	27	M U/50	8
9	Esteban	Jardinero	Belgrave H	Male	00:34:36	32	M U/50	9
10	Aaron	Wilson		Male	00:34:40	28	M U/50	10
11	James	Gillanders	Serpentine	Male	00:34:53	41	M U/50	11
12	Neil	Smith	Anster Haddies	Male	00:35:04	46	M U/50	12
13	Jamie	Bannister	Clapham Chasers	Male	00:35:04	32	M U/50	13
14	James	Barber	trent park running club	Male	00:35:11	23	M U/50	14
15	Thom	Hart	London Heathside	Male	00:35:12	33	M U/50	15
16	Rafael	Guerrero		Male	00:35:13	40	M U/50	16
17	Michael	Cockings	London Heathside	Male	00:35:15	40	M U/50	17
18	Richard	Taylor	Serpentine	Male	00:35:16	43	M U/50	18
19	Joe	Elliott	Herne Hill Harriers	Male	00:35:24	25	M U/50	19
20	Tom	Darby	Clapham Chasers	Male	00:35:31	27	M U/50	20
21	Jake	Herrera	Kent AC	Male	00:35:33	39	M U/50	21
22	Stephen	McLeod	Fulham Running Club	Male	00:35:34	30	M U/50	22
23	Rodney	McCulloch	SHAEF Shifters	Male	00:35:43	34	M U/50	23
24	Simon	Morris	Serpentine Running and Athletics Club	Male	00:35:51	28	M U/50	24
25	Michele	Bottone	Serpentine	Male	00:35:54	41	M U/50	25
26	Steven	Leonard	Clapham Chasers	Male	00:35:55	35	M U/50	26
27	Ronan	Hoare	mornington chasers	Male	00:35:58	35	M U/50	27
28	Stefan	Rozmanowski		Male	00:36:11	28	M U/50	28
29	Artiz	Jauregui		Male	00:36:12	41	M U/50	29
30	Peter	Holmes	Serpentine Running and Athletics Club	Male	00:36:14	41	M U/50	30
31	Will	hudson	Clapham Chasers	Male	00:36:14	25	M U/50	31
32	Jonathan	Moscrop	Serpentine	Male	00:36:14	45	M U/50	32
33	Kimon	Doulis	London Heathside	Male	00:36:19	33	M U/50	33
34	Rebecca	Piggott	London Heathside	Female	00:36:19	33	W U/50	1
35	Jamie	Stinson	kent ac	Male	00:36:23	33	M U/50	34
36	Graham	Knight		Male	00:36:31	35	M U/50	35
37	Thom	Hammond	Thom Hammond	Male	00:36:45	40	M U/50	36
38	paul	sterland	Clapham Chasers	Male	00:36:47	48	M U/50	37
39	PAUL	DOYLE	Ranelagh Harriers	Male	00:36:50	53	M Vet 50	1
40	Simon	Dahdi	Petts Wood R	Male	00:36:55	40	M U/50	38
41	Greg	Fernandes-Lawes	Ealing Eagles Running Club	Male	00:36:56	31	M U/50	39
42	David	Campbell	Serpentine	Male	00:37:01	29	M U/50	40
43	Richard	Cherrett	Victoria Park Harriers & Tower Hamle	Male	00:37:03	42	M U/50	41
44	ian	Kibble		Male	00:37:09	32	M U/50	42
45	Tom	Crossland		Male	00:37:24	32	M U/50	43
46	Jonny	Hind		Male	00:37:25	25	M U/50	44
47	Matt	Keogh	Southampton Tri	Male	00:37:37	26	M U/50	45
48	Marcin	Kacperczyk	Serpentine Running and Athletics Club	Male	00:37:59	43	M U/50	46
49	Ross	Gould		Male	00:38:08	28	M U/50	47
50	Matilde	Lomba		Female	00:38:08	33	W U/50	2
51	Luke	Bangerter	South London H	Male	00:38:09	31	M U/50	48
52	Stuart	Byrne		Male	00:38:11	32	M U/50	49
53	Ellis	Mizen	kent ac	Male	00:38:15	24	M U/50	50
54	Evangelista	Divetain	London Heathside	Female	00:38:20	27	W U/50	3
55	Arnaud	ANTOINE		Male	00:38:30	37	M U/50	51
56	Vincent	Todd		Male	00:38:31	27	M U/50	52
57	Stephen	Tricklebank		Male	00:38:31	42	M U/50	53
58	Max	Livingstone-Learmonth	Abingdon Athletic Club	Male	00:38:32	42	M U/50	54
59	Martin	Carmack	Serpentine	Male	00:38:43	49	M U/50	55
60	Mark	Preskett	Herne Hill Harriers	Male	00:38:59	45	M U/50	56
61	Robert	Astley		Male	00:39:04	29	M U/50	57
62	Matty	Hassen		Male	00:39:04	40	M U/50	58

63	rachel	owen	Clapham Chasers	Female	00:39:08	29	W U/50	4
64	Roberto	Sciaccaluga	Zena Tri Team	Male	00:39:10	44	M U/50	59
65	David	Boot	West4Harriers	Male	00:39:10	36	M U/50	60
66	Hamilton	Hamilton	Wimbledon Windmilers	Male	00:39:18	45	M U/50	61
67	Andrew	Davies	hercules wimbledon ac	Male	00:39:22	46	M U/50	62
68	Richard	Smith		Male	00:39:25	35	M U/50	63
69	Jonathan	Lacey	Serpentine Running and Athletics Club	Male	00:39:33	25	M U/50	64
70	Emilie	Isaacs	Serpentine Running and Athletics Club	Female	00:39:41	39	W U/50	5
71	Ben	Scarfield		Male	00:39:48	28	M U/50	65
72	Alexandra	McClelland	Clapham Chasers	Female	00:39:50	27	W U/50	6
73	Gower	Tan	Dulwich runners	Male	00:39:50	50	M Vet 50	2
74	Sarah	Dudgeon	Abingdon Athletic Club	Female	00:39:53	42	W U/50	7
75	Richard	Morris	Fulham Running Club	Male	00:40:14	45	M U/50	66
76	Alan	Doney	Portsmouth Tri	Male	00:40:17	52	M Vet 50	3
77	Stewart	Bond	hercules wimbledon ac	Male	00:40:23	50	M Vet 50	4
78	Ruth	Dervan	Clapham pioneers	Female	00:40:25	32	W U/50	8
79	Kelly	Morgan	London Frontrunners	Female	00:40:33	41	W U/50	9
80	Adrian	Dracup	kent ac	Male	00:40:40	38	M U/50	67
81	Joseph Nnaemeka	Ibe		Male	00:40:43	40	M U/50	68
82	thomas	cheetham	hercules wimbledon ac	Male	00:40:44	53	M Vet 50	5
83	Will	Glanville		Male	00:40:58	35	M U/50	69
84	Anto	Dudgeon		Male	00:40:59	40	M U/50	70
85	David	Cornock	Barnes Runners	Male	00:41:01	56	M Vet 50	6
86	Peter	Fuller		Male	00:41:03	25	M U/50	71
87	simon	harris	Blackheath and Bromley Harriers	Male	00:41:07	46	M U/50	72
88	Tom	Wallace	Clapham Chasers	Male	00:41:22	31	M U/50	73
89	Robert	Ferguson	Thames Valley Harriers	Male	00:41:22	37	M U/50	74
90	Michelle	Lennon		Female	00:41:32	52	W Vet 50	1
91	Chris	Twort	Fulham Running Club	Male	00:41:53	47	M U/50	75
92	James	Hadley		Male	00:41:56	39	M U/50	76
93	Richard	Hooley	Thames Valley Harriers	Male	00:42:01	57	M Vet 50	7
94	Thomas	Hubert		Male	00:42:05	32	M U/50	77
95	Roger	Corbett	Serpentine	Male	00:42:27	56	M Vet 50	8
96	ian	Tidder	Wimbledon Windmilers	Male	00:42:37	54	M Vet 50	9
97	William	Lockwood	run dem crew	Male	00:42:38	34	M U/50	78
98	henri	plack	Fulham Running Club	Male	00:42:40	53	M Vet 50	10
99	Alice	Williams		Female	00:42:41	34	W U/50	10
100	Sam	Wilkinson		Male	00:42:51	28	M U/50	79
101	Daniel	Riley		Male	00:42:52	39	M U/50	80
102	Cynthia	Fong		Female	00:42:57	31	W U/50	11
103	Darrel	Williams		Male	00:42:58	43	M U/50	81
104	Guy	van der Westhuizen		Male	00:43:04	41	M U/50	82
105	Anna	Derecka		Female	00:43:17	27	W U/50	12
106	Seamus	Wright		Male	00:43:20	38	M U/50	83
107	Nikki	Javan		Female	00:43:43	39	W U/50	13
108	Alexander	Smolenski	Wimbledon Windmilers	Male	00:44:01	17	M U/50	84
109	Timothy	Warner		Male	00:44:03	50	M Vet 50	11
110	Nishant	Pandit		Male	00:44:22	38	M U/50	85
111	William	Tracy		Male	00:44:31	56	M Vet 50	12
112	Richard	James		Male	00:44:38	47	M U/50	86
113	Orla	Murphy		Female	00:44:40	37	W U/50	14
114	Gus	Allen		Male	00:45:40	25	M U/50	87
115	David	Knox		Male	00:45:48	33	M U/50	88
116	Nicolas	Watson		Male	00:45:48	32	M U/50	89
117	ian	Mizen	kent ac	Male	00:45:54	52	M Vet 50	13
118	Vinh-Phuong	Hoang		Female	00:46:08	28	W U/50	15
119	Annmari	Seymour	Hercules Wimbledon	Female	00:46:15	47	W U/50	16
120	Katerine	Minnig	Triathlon Albacete	Female	00:46:22	34	W U/50	17
121	Alex	Doyle		Male	00:46:24	30	M U/50	90
122	Christian David	Duque arce	Cristian Duque	Male	00:46:29	25	M U/50	91
123	Sophie	Denman	Fulham Running Club	Female	00:46:29	31	W U/50	18
124	David	Rather		Male	00:46:30	29	M U/50	92
125	Stefan	Rozmanowski		Female	00:46:39	27	W U/50	19
126	Hannah	Fernando	Hercules Wimbledon	Female	00:46:44	32	W U/50	20
127	Adrienne	cormican		Female	00:46:50	31	W U/50	21
128	Fiona	Elwin		Female	00:46:55	54	W Vet 50	2

129	Simon	King	Bedford Harriers	Male	00:47:05	62	M Vet 60	1
130	Lloyd	Bevan	Serpentine Running and Athletics Club	Male	00:47:22	56	M Vet 50	14
131	Stephen	Jones		Male	00:47:56	43	M U/50	93
132	Jennifer	Williams		Female	00:48:10	39	W U/50	22
133	Nathaniel	Duckworth		Male	00:48:23	42	M U/50	94
134	Alex	Stiles		Male	00:48:47	45	M U/50	95
135	lisa	watson	ealing eagles	Female	00:48:50	47	W U/50	23
136	Farooq	Tariq		Male	00:49:03	39	M U/50	96
137	Liam	Gough		Male	00:49:14	25	M U/50	97
138	Neil	O Keeffe		Male	00:49:30	37	M U/50	98
139	jamie	Ritchie		Male	00:49:34	38	M U/50	99
140	Sunanda	Sarker-Bell	Croydon Harriers	Female	00:49:38	54	W Vet 50	3
141	Carly	Brown		Female	00:49:39	29	W U/50	24
142	Robert	Pocock		Male	00:49:40	49	M U/50	100
143	Mark	Houlding		Male	00:50:44	41	M U/50	101
144	Edward	Kerr		Male	00:50:48	42	M U/50	102
145	Lizzi	Miller		Female	00:50:49	30	W U/50	25
146	Cristina	Tosone	Fulham Running Club	Female	00:50:55	27	W U/50	26
147	Philip	Wiseman	None	Male	00:51:39	48	M U/50	103
148	Bhavna	Oza		Female	00:51:54	33	W U/50	27
149	Hannah	Marshall		Female	00:51:55	24	W U/50	28
150	Rob	Dawson	Rob Dawson	Male	00:52:31	24	M U/50	104
151	jean-luc	hoez	serpentine running club	Male	00:52:43	62	M Vet 60	2
152	Rich	Garner		Male	00:53:37	44	M U/50	105
153	Gianluigi	MALINI		Male	00:53:48	36	M U/50	106
154	Bernard	Simmons	Dulwich Park Runners	Male	00:53:54	72	M Vet 70	1
155	Thomas	Meyer		Male	00:54:03	49	M U/50	107
156	Ruslana	Bakun		Female	00:54:08	44	W U/50	29
157	Joe	Westbrook		Male	00:54:18	30	M U/50	108
158	Danny	Sturgeon		Male	00:54:28	34	M U/50	109
159	Stefan	Burnard		Male	00:54:30	64	M Vet 60	3
160	Joanne	Garland		Female	00:54:33	43	W U/50	30
161	Richard	Wiggs		Male	00:54:38	51	M Vet 50	15
162	Zaid	Shoubber		Male	00:54:43	30	M U/50	110
163	Ana	Osorio		Female	00:54:53	56	W Vet 50	4
164	Kadan	Hassan		Female	00:54:57	27	W U/50	31
165	Chris	Allen		Male	00:55:22	37	M U/50	111
166	Lyall	Elwin		Female	00:55:26	56	W Vet 50	5
167	Sam	Hart		Female	00:55:29	50	W Vet 50	6
168	Maria	Coakley		Female	00:55:30	34	W U/50	32
169	Joanna	Puttock		Female	00:55:31	55	W Vet 50	7
170	Oliver	Frampton		Male	00:55:38	39	M U/50	112
171	Phil	Kelvin	serpentine	Female	00:55:39	68	W Vet 60	1
172	Emily	Lewis		Female	00:55:40	25	W U/50	33
173	Niyad	farah		Female	00:56:02	37	W U/50	34
174	Liesl	Fichardt		Female	00:56:56	52	W Vet 50	8
175	Rob	Bricout	Clapham Chasers	Male	00:56:56	56	M Vet 50	16
176	Vanessa	Hogan		Female	00:57:21	50	W Vet 50	9
177	Tony	Brown		Male	00:57:24	56	M Vet 50	17
178	Jenny	King	Bedford Harriers	Female	00:57:26	62	W Vet 60	2
179	Antony	Rooniey		Male	00:57:33	24	M U/50	113
180	Diane	Kolat		Female	00:57:38	53	W Vet 50	10
181	Rizal	Ang		Male	00:58:19	35	M U/50	114
182	Amelia	Johnson		Female	00:58:23	36	W U/50	35
183	Indra	Lesmana		Male	00:58:26	30	M U/50	115
184	Roberto	Buffagni	Asd sportinsieme italy	Male	01:00:23	42	M U/50	116
185	Stefania	Greppi	Add Sportinsieme italy	Female	01:00:25	42	W U/50	36
186	Catherine	Bell		Female	01:02:00	53	W Vet 50	11
187	Joseph	Goldie		Male	01:03:00	22	M U/50	117
188	Sarah	Holden		Female	01:03:14	51	W Vet 50	12
189	Gail	Benghiat		Female	01:03:16	47	W U/50	37
190	Mary	Guest		Female	01:04:39	36	W U/50	38
191	Chandra	Ganguly		Female	01:05:25	44	W U/50	39
192	John	Wilkinson	Lonely Goat RC	Male	01:05:43	56	M Vet 50	18
193	Lauren	Abery		Female	01:07:21	39	W U/50	40