

Sri Chinmoy 10K Race

Battersea Park, London

16th March 2019

MAD MARCH 10K



**SRI CHINMOY
MARATHON TEAM**



WINNERS

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

1	Ben	MacCronon	Belgrave H	Male	00:32:05	27
2	James	Ellis	Thames Valley Harriers	Male	00:32:29	26
3	Alex	Davy	Leeds City AC	Male	00:32:43	29
4	Nick	Bowker	Clapham Chasers	Male	00:32:58	33
5	Alex	Hobley	Herne Hill Harriers	Male	00:33:00	32
6	Julen	Díez	Triathlon Galdakao	Male	00:33:03	24
7	John	Borton	Thames Valley Harriers	Male	00:33:19	30

Women U/50

1	Laura	Bohm	Clapham Chasers	Female	00:38:37	28
2	Lauren	Longhurst	mornington chasers	Female	00:40:00	31
3	Lucy	Werthem	Clapham Chasers	Female	00:40:33	30
4	victoria	Buck	kent ac	Female	00:40:57	44
5	Helen	Cooper	Clapham Chasers	Female	00:41:19	37
6	Cynthia	Fong		Female	00:44:08	30
7	ERICA	BOWEN		Female	00:44:24	18

Men Vet 50

1	Martin	Potter	London Heathside	Male	00:36:22	51
2	Ash	Abhra	London Heathside	Male	00:37:16	56
3	Volker	Vogler	Wimbledon Windmilers	Male	00:38:03	52

Women Vet 50

1	Marie	Synnott-Wells		Female	00:45:28	54
2	Jackie	Wastell	London Heathside Runners	Female	00:46:01	57
3	Anneli	Collins	Wimbledon Windmilers	Female	00:49:48	50

Men Vet 60

1	John	Foss	South London Harriers	Male	00:42:42	60
2	jean-luc	hoez	serpentine running club	Male	00:52:48	61

Women Vet 60

1	Marion	Rayner	west 4 harriers	Female	00:52:39	69
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Men Vet 70

1	Alistair	Davy	Leeds City AC	Male	00:49:19	70
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Men Vet 80

1	Joe	Aspinall	Vets AC	Male	01:04:18	80
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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	Ben	MacCronon	Belgrave H	Male	00:32:05	27	M U/50	1
2	James	Ellis	Thames Valley Harriers	Male	00:32:29	26	M U/50	2
3	Alex	Davy	Leeds City AC	Male	00:32:43	29	M U/50	3
4	Nick	Bowker	Clapham Chasers	Male	00:32:58	33	M U/50	4
5	Alex	Hobley	Herne Hill Harriers	Male	00:33:00	32	M U/50	5
6	Julen	Díez	Triathlon Galdakao	Male	00:33:03	24	M U/50	6
7	John	Borton	Thames Valley Harriers	Male	00:33:19	30	M U/50	7
8	Rian	McCawley	Aldershot and Farnham Distric	Male	00:33:38	21	M U/50	8
9	charles	Sandison	Fulham Running Club	Male	00:34:16	24	M U/50	9
10	Stephen	Fabes	Victoria Park Harriers & Tower H	Male	00:34:18	38	M U/50	10
11	Adam	Paterson	kent ac	Male	00:34:20	34	M U/50	11
12	Cameron	Forrest	kent ac	Male	00:34:24	25	M U/50	12
13	James	Gillanders	Serpentine	Male	00:34:40	40	M U/50	13
14	Daniel	Garcia Rasines	Thames Valley Harriers	Male	00:34:50	24	M U/50	14
15	naol	abagibe	Thames Valley Harriers	Male	00:34:55	42	M U/50	15
16	Calum	Nicol	Thames Valley Harriers	Male	00:35:05	32	M U/50	16
17	Matt	Willifer	Thames Hare & Hounds	Male	00:35:19	46	M U/50	17
18	Tom	Ayling		Male	00:35:23	25	M U/50	18
19	Hassen	Bedhiafi	Fulham Running Club	Male	00:35:27	33	M U/50	19
20	Robert	Knight	South London H	Male	00:35:38	31	M U/50	20
21	Thomas	Pollard	Fulham Running Club	Male	00:35:48	27	M U/50	21
22	Paul	Bown	Good Gym	Male	00:35:49	27	M U/50	22
23	Matt	Kaufman	Ealing Eagles Running Club	Male	00:35:52	36	M U/50	23
24	Nathan	Andrews	Wimbledon Windmilers	Male	00:35:55	43	M U/50	24
25	Jonathan	Moscrop	Serpentine	Male	00:35:56	45	M U/50	25
26	Andrew	Mitchell	Thames Valley Harriers	Male	00:36:06	49	M U/50	26
27	Martin	Potter	London Heathside	Male	00:36:22	51	M Vet 50	1
28	Sam	Skerratt	London City Athletics Club	Male	00:36:28	26	M U/50	27
29	David	Sharman	Wimbledon Windmilers	Male	00:36:35	34	M U/50	28
30	Joshua	Waterhouse		Male	00:36:38	30	M U/50	29
31	Danny	Isaacs	Highgate Harriers	Male	00:36:39	31	M U/50	30
32	Neil	Kirkham	Victoria Park Harriers & Tower H	Male	00:37:10	33	M U/50	31
33	Will	Rowley	Trent Park RC	Male	00:37:11	27	M U/50	32
34	Cornac	Toomey	Clapham Chasers	Male	00:37:12	37	M U/50	33
35	Matt	Prisk	Exeter Harriers	Male	00:37:16	29	M U/50	34
36	Ash	Abrha	London Heathside	Male	00:37:16	56	M Vet 50	2
37	Andrew	Han	Fulham Running Club	Male	00:37:26	39	M U/50	35
38	charles	vernon		Male	00:37:29	33	M U/50	36
39	Rory	Maguire	Clapham Chasers	Male	00:37:56	37	M U/50	37
40	Graham	Atkins	Good Gym Race Team	Male	00:37:57	25	M U/50	38
41	Martin	Carmack	Serpentine	Male	00:37:58	49	M U/50	39
42	Nicholas	Hinde	Highgate Harriers	Male	00:38:02	35	M U/50	40
43	Volker	Vogler	Wimbledon Windmilers	Male	00:38:03	52	M Vet 50	3
44	Gavin	Evans	London Heathside Runners	Male	00:38:26	58	M Vet 50	4
45	Laura	Bohm	Clapham Chasers	Female	00:38:37	28	W U/50	1
46	Robert	Cooper	Lewes Athletics Club	Male	00:38:50	43	M U/50	41
47	Adam	Jauncey	London Heathside	Male	00:39:19	33	M U/50	42

48	John	Baldock		Male	00:39:32	33	M U/50	43
49	Fernando	Campos	Serpentine	Male	00:39:32	35	M U/50	44
50	Lauren	Longhurst	mornington chasers	Female	00:40:00	31	W U/50	2
51	Joe	Monk		Male	00:40:27	46	M U/50	45
52	Lucy	Werthem	Clapham Chasers	Female	00:40:33	30	W U/50	3
53	Nahed	Ahmed	Race Mode Harriers	Male	00:40:43	34	M U/50	46
54	Alex	Allison		Male	00:40:52	23	M U/50	47
55	victoria	Buck	kent ac	Female	00:40:57	44	W U/50	4
56	Richard	Hooley	Thames Valley H	Male	00:41:13	56	M Vet 50	5
57	Helen	Cooper	Clapham Chasers	Female	00:41:19	37	W U/50	5
58	thomas	cheetham	hercules wimbledon ac	Male	00:41:31	52	M Vet 50	6
59	Andy	Linfield	Serpentine	Male	00:42:07	32	M U/50	48
60	Chema	Campos Lumbreras		Male	00:42:12	37	M U/50	49
61	William	Lockwood	run dem crew	Male	00:42:12	33	M U/50	50
62	Frank	Ducombe	Clapham Chasers	Male	00:42:19	45	M U/50	51
63	George	Churcher	Fulham Running Club	Male	00:42:23	24	M U/50	52
64	Nicholas	Dawkins	Clapham Chasers	Male	00:42:37	27	M U/50	53
65	Roger	Corbett	Serpentine	Male	00:42:38	55	M Vet 50	7
66	John	Foss	South London Harriers	Male	00:42:42	60	M Vet 60	1
67	Philip	James	Horley H	Male	00:43:22	47	M U/50	54
68	Pascal	Sacrepaye		Male	00:43:27	55	M Vet 50	8
69	Gary	Forde	hercules wimbledon ac	Male	00:43:42	51	M Vet 50	9
70	Ben	Johnson	Ranelagh Harriers	Male	00:43:47	38	M U/50	55
71	William	Soper		Male	00:43:48	28	M U/50	56
72				Male	00:44:05		M U/50	57
73	Cynthia	Fong		Female	00:44:08	30	W U/50	6
74	ERICA	BOWEN		Female	00:44:24	18	W U/50	7
75	Rachel	Rosenthal	London Heathside Runners	Female	00:44:36	31	W U/50	8
76	Sonia	P		Female	00:44:42	46	W U/50	9
77	Neil	Smith		Male	00:44:44	33	M U/50	58
78	Andrew	McNamara	Fulham Running Club	Male	00:44:49	35	M U/50	59
79	Nicholas	Parkins	Fulham Running Club	Male	00:44:55	23	M U/50	60
80	Olly	Arnott		Male	00:45:19	28	M U/50	61
81	Marie	Synnot-Wells		Female	00:45:28	54	W Vet 50	1
82	Vinh-Phuong	Hoang		Female	00:45:31	28	W U/50	10
83	nick	farrell		Male	00:45:41	53	M Vet 50	10
84	Jackie	Wastell	London Heathside Runners	Female	00:46:01	57	W Vet 50	2
85	Hannah	Yip	London Heathside	Female	00:46:09	28	W U/50	11
86	Michael	Ashiotis	South London Harriers	Male	00:46:26	38	M U/50	62
87	Richard	James		Male	00:46:52	46	M U/50	63
88	Lisa	Prisk		Female	00:47:02	21	W U/50	12
89	Chris	Hainsworth		Male	00:47:07	43	M U/50	64
90	Richard	Steed	hercules wimbledon ac	Male	00:47:10	58	M Vet 50	11
91	Grace	Harding		Female	00:47:12	25	W U/50	13
92	Christine	Gorman	Clapham Chasers	Female	00:47:14	27	W U/50	14
93	Dirk	Thoemmes	Fulham Running Club	Male	00:48:11	39	M U/50	65
94	Ini	Ekwo	Lonely Goat RC 3795499	Male	00:48:18	51	M Vet 50	12
95	Fahad	Roumani		Male	00:49:11	40	M U/50	66
96	Kaisa	Valtanen		Female	00:49:12	30	W U/50	15
97	Alistair	Davy	Leeds City AC	Male	00:49:19	70	M Vet 70	1
98	Sian	Rilstone	Clapham Chasers	Female	00:49:35	34	W U/50	16
99	Denise	Read		Female	00:49:45	45	W U/50	17
100	Anneli	Collins	Wimbledon Windmilers	Female	00:49:48	50	W Vet 50	3

101	Paul	Lehmann		Male	00:49:55	45	M U/50	67
102	Katherine	Atherton		Female	00:49:59	30	W U/50	18
103	Bruce	Chessell	Wimbledon Windmilers	Male	00:50:00	51	M Vet 50	13
104	Matthew	Boswell		Male	00:50:24	27	M U/50	68
105	Sophie	Denman	Fulham Running Club	Female	00:50:28	30	W U/50	19
106	James	Merrett		Male	00:50:40	41	M U/50	69
107	Paul	Meehan		Male	00:51:00	53	M Vet 50	14
108	Angela	Wilson	South London Harriers	Female	00:51:40	39	W U/50	20
109	Katie	Sayer		Female	00:52:08	28	W U/50	21
110	Adam	Earl		Male	00:52:21	32	M U/50	70
111	Ally	Chow		Female	00:52:28	50	W Vet 50	4
112	Rowena	Hornshaw	WHAC	Female	00:52:38	39	W U/50	22
113	Marion	Rayner	west 4 harriers	Female	00:52:39	69	W Vet 60	1
114	jean-luc	hoez	serpentine running club	Male	00:52:48	61	M Vet 60	2
115	Helen	Chan		Female	00:52:58	38	W U/50	23
116	Oscar	Ward		Male	00:53:22	28	M U/50	71
117	Zaid	Shoubber		Male	00:53:33	29	M U/50	72
118	Denny	Jicheva	Fulham Running Club	Female	00:54:08	31	W U/50	24
119				Female	00:54:09		W U/50	25
120				Female	00:54:09		W U/50	26
121	Kate	Newman		Female	00:54:13	28	W U/50	27
122	Davide	Colombo		Male	00:54:17	39	M U/50	73
123	John	Grigg	Fulham Running Club	Male	00:54:44	64	M Vet 60	3
124	Laura	Purcell		Female	00:55:18	49	W U/50	28
125	Noah	Postyn		Male	00:55:18	51	M Vet 50	15
126	Ali	Shoubber		Male	00:56:49	33	M U/50	74
127	Kirsten	Olson		Female	00:56:55	42	W U/50	29
128	SHARAD	SHARMA		Male	00:56:56	43	M U/50	75
129	George	Smith		Male	00:57:57	21	M U/50	76
130	Phil	Kelvin	Serpentine	Female	00:59:06	67	W Vet 60	2
131	Michael	Leigh	hercules wimbledon ac	Male	01:00:19	75	M Vet 70	2
132	Vinicius	Vizzotto		Male	01:01:45	37	M U/50	77
133	Mike	oxlong		Male	01:02:27	26	M U/50	78
134	Tereza	Jichova		Female	01:02:30	39	W U/50	30
135	Shena	Willis		Female	01:03:37	25	W U/50	31
136	Ulf	Nore		Male	01:03:37	33	M U/50	79
137	Joe	Aspinall	Vets AC	Male	01:04:18	80	M Vet 80	1