

Sri Chinmoy 10K Race

Battersea Park, London

19th November 2022

GOLDEN LEAF 10K



**SRI CHINMOY
MARATHON TEAM**



Run to Become
www.runandbecome.com

WINNERS						
RANK	NAME	SURNAME	CLUB	M F	TIME	AGE
Men U/50						
1	James	Hancock	Croydon Harriers	Male	00:31:22	25
2	Steve	Gardner	Belgrave Harriers	Male	00:32:00	35
3	James	Wootton	Belgrave Harriers	Male	00:32:03	26
4	James	Fox	Belgrave Harriers	Male	00:32:04	22
5	Nick	Hooker	Leeds City AC	Male	00:32:06	34
6	Nicolas	Besson	Serpentine Rc	Male	00:33:05	41
7	Brendan	Penfold	serpentine running club	Male	00:33:15	22
Women U/50						
1	Hannah	Pullen	Aldershot & Farnham district	Female	00:35:34	34
2	Leigh	Barrow		Female	00:36:29	28
3	Katie	Lysons	Clapham Chasers	Female	00:37:07	30
4	Penny	Oliver	Coventry Godiva harriers	Female	00:37:39	26
5	Laura	Goodson	Belgrave Harriers	Female	00:38:37	31
6	Lydia	Briggs	Victoria Park Harriers & Tower Hamlets	Female	00:38:44	29
7	Lucy	Jorgensen		Female	00:38:54	26
Men Vet 50						
1	Matt	Weaver		Male	00:35:33	53
2	Michael	McDonagh	Best Athletics	Male	00:35:51	54
3	Daniel	Gillett	South London harriers	Male	00:36:06	52
Women Vet 50						
1	Michelle	Lennon	Dulwich Runners AC	Female	00:43:00	55
2	Ana	Horta Osório		Female	00:53:40	58
3	Louise	Samuel		Female	01:02:08	58
Men Vet 60						
1	Martin	Kelsen	Dulwich Runner AC	Male	00:42:38	61
2	Robin	Fry	Queenstown Runners	Male	00:46:03	66
Women Vet 60						
1	Jane	Boothroyd		Female	00:50:19	62
2	Jill	Easty		Female	00:54:55	64
Men Vet 70						
1	Andrew	Roberts	Serpentine Rc	Male	00:43:07	70

ALL RESULTS BELOW

RESULTS									
RANK	NAME	SURNAME	CLUB	M F	TIME	AGE	CATEGORY	CAT. POS.	Race No.
1	James	Hancock	Croydon Harriers	Male	00:31:22	25	MU/50	1	513
2	Steve	Gardner	Belgrave Harriers	Male	00:32:00	35	MU/50	2	508
3	James	Wootton	Belgrave Harriers	Male	00:32:03	26	MU/50	3	518
4	James	Fox	Belgrave Harriers	Male	00:32:04	22	MU/50	4	517
5	Nick	Hooker	Leeds City AC	Male	00:32:06	34	MU/50	5	269
6	Nicolas	Besson	Serpentine Rc	Male	00:33:05	41	MU/50	6	515
7	Brendan	Penfold	Serpentine running club	Male	00:33:15	22	MU/50	7	259
8	Nicholas	Sharp	Victoria Park & Tower Hamlets AC	Male	00:33:15	35	MU/50	8	524
9	KURT	WILKINSON		Male	00:33:16	36	MU/50	9	538
10	Tobias	Fletcher	Belgrave Harriers	Male	00:33:22	27	MU/50	10	507
11	Mischa	Balen	Serpentine	Male	00:33:25	35	MU/50	11	523
12	Tom	Lole	Belgrave Harriers	Male	00:33:26	27	MU/50	12	526
13	Oscar	Dickins	Clapham Chasers	Male	00:33:30	25	MU/50	13	527
14	Grey	Grierson		Male	00:33:33	25	MU/50	14	521
15	SHANE	FITZGERALD		Male	00:33:44	26	MU/50	15	510
16	Stephen	Fabas	Victoria Park & Tower Hamlets AC	Male	00:33:49	42	MU/50	16	503
17	Alex	Douglas	Victoria Park & Tower Hamlets AC	Male	00:34:03	47	MU/50	17	539
18	Fintan	Parkinson	Blackheath & Bromley	Male	00:34:49	44	MU/50	18	274
19	Alex	Penfold	Croydon Harriers	Male	00:34:52	28	MU/50	19	520
20	Daniel	Reynolds	Wimbledon Windmills	Male	00:34:52	34	MU/50	20	537
21	Joshua	Seager	Orion Harriers	Male	00:34:53	32	MU/50	21	530

22	Jack	Leafe		Male	00:34:55	30	M U/50	22	546
23	Daniel	Karaiskou	Amphill & Flitwick Flyers	Male	00:35:01	28	M U/50	23	251
24	Alex	Peet	Intergalactic Acid	Male	00:35:03	34	M U/50	24	532
25	Donald	Bennet	Orion Harriers	Male	00:35:07	33	M U/50	25	264
26	Elliot	Davies	Clapham Chasers	Male	00:35:15	25	M U/50	26	533
27	Jack	Coy	Herne Hill Harriers	Male	00:35:17	29	M U/50	27	562
28	Dan	Domeniconi	SHAEF Shifters	Male	00:35:18	46	M U/50	28	549
29	roderick	akihary	FRC	Male	00:35:20	37	M U/50	29	531
30	Alex	Mills	Belgrave Harriers	Male	00:35:20	28	M U/50	30	504
31	Manuel	Sinner	Marathon Club Menden e.V.	Male	00:35:31	33	M U/50	31	261
32	Matt	Weaver		Male	00:35:33	53	M V50	1	731
33	Hannah	Pullen	Aldershot & Farnham district	Female	00:35:34	34	W U/50	1	902
34	Kieran	Payne	Team Bath AC	Male	00:35:41	22	M U/50	32	542
35	pieter	henning	Best Athletics	Male	00:35:44	35	M U/50	33	687
36	Dan	Whittle	Leeds City AC	Male	00:35:47	30	M U/50	34	534
37	Alex	Vanstone	Fulham Running Club	Male	00:35:50	28	M U/50	35	544
38	Michael	McDonagh	Best Athletics	Male	00:35:51	54	M V50	2	707
39	Daniel	Gillett	South London harriers	Male	00:36:06	52	M V50	3	706
40	Gerard	Casey	Clapham Chasers	Male	00:36:23	33	M U/50	36	536
41	Adam	May	Wimbledon Hercules	Male	00:36:27	41	M U/50	37	177
42	Leigh	Barrow		Female	00:36:29	28	W U/50	2	983
43	Jonathan	Ratcliffe	Herne Hill Harriers	Male	00:36:32	55	M V50	4	704
44	David	Hooton	Clapham Chasers	Male	00:36:36	24	M U/50	38	543
45	Michael	Leong	Clapham Chasers	Male	00:36:37	42	M U/50	39	548
46	Martin	Carmack	Serpentine Rc	Male	00:36:39	52	M V50	5	702
47	Brian	Regan		Male	00:36:39	26	M U/50	40	501
48	Wills	Goldie	Belgrave Harriers	Male	00:36:39	24	M U/50	41	273
49	Alec	Parcell	Candy Racing	Male	00:36:41	28	M U/50	42	671
50	Julian	Tucker	Clapham Chasers	Male	00:36:43	34	M U/50	43	540
51	Thom	Treebus	Best Athletics	Male	00:36:46	20	M U/50	44	560
52	Max	Judge		Male	00:36:50	27	M U/50	45	554
53	Jason	Medcalf	Queenstown Runners	Male	00:36:51	46	M U/50	46	266
54	David	Martin		Male	00:36:53	35	M U/50	47	172
55	Alex	Ferguson		Male	00:36:53	29	M U/50	48	552
56	?	?		Male	00:36:57		M U/50	49	?
57	Glenn	Barden	Croydon Harriers	Male	00:36:57	33	M U/50	50	547
58	Katie	Lysons	Clapham Chasers	Female	00:37:07	30	W U/50	3	967
59	Ash	Brooks	Fulham Running Club	Male	00:37:18	30	M U/50	51	677
60	David	Curtin	the stragglers rc	Male	00:37:19	41	M U/50	52	557
61	Tyler	Woodbury	Serpentine Running and Athletics Cl	Male	00:37:24	32	M U/50	53	277
62	Massimo	Biava	Ealing Eagles Running Club	Male	00:37:27	46	M U/50	54	511
63	Paul	Billingham	London City Athletics Club	Male	00:37:31	41	M U/50	55	565
64	Joseph	Wilkes	kent ac	Male	00:37:32	46	M U/50	56	558
65	Nehal	Lavey-Khan		Male	00:37:34	35	M U/50	57	556
66	Ellis	Diamanti	Clapham Chasers	Male	00:37:34	32	M U/50	58	176
67	John	Ross	Clapham Chasers	Male	00:37:38	31	M U/50	59	267
68	John	Cousins		Male	00:37:39	29	M U/50	60	570
69	Penny	Oliver	Coventry Godiva harriers	Female	00:37:39	26	W U/50	4	904
70	Tom	Boland	Hjem Boyz	Male	00:37:43	33	M U/50	61	535
71	Greg	Smith		Male	00:37:44	31	M U/50	62	184
72	David	Williams	Guildford & Godalming AC	Male	00:37:49	59	M V50	6	723
73	Mark	Fuller		Male	00:37:53	29	M U/50	63	559
74	SIMON	HARRIS	Blackheath & Bromley	Male	00:37:55	49	M U/50	64	550
75	Oliver	Bellamy	London City Athletics Club	Male	00:37:58	32	M U/50	65	175
76	Edmund	Smith		Male	00:37:58	34	M U/50	66	583
77	James	Penson		Male	00:38:12	31	M U/50	67	680
78	Son	Tran		Male	00:38:14	51	M V50	7	703
79	Marcin	Bujar	Fulham Running Club	Male	00:38:15	34	M U/50	68	276
80	Francois	Grotepass	Cambridge and Coleridge Athletics C	Male	00:38:18	27	M U/50	69	249
81	Peter	Talbot		Male	00:38:21	41	M U/50	70	564
82	David	Mason		Male	00:38:28	52	M V50	8	710
83	Donal	Lyons		Male	00:38:30	44	M U/50	71	581
84	Graeme	Drysdale	Striders of Croydon	Male	00:38:34	55	M V50	9	708
85	Simon	Rutter	Best Athletics	Male	00:38:34	43	M U/50	72	567
86	Laura	Goodson	Belgrave Harriers	Female	00:38:37	31	W U/50	5	982
87	Lydia	Briggs	VICTORIA PARK HARRIERS & TOWE	Female	00:38:44	29	W U/50	6	906
88	Alistair	Love	orpington road runners	Male	00:38:46	38	M U/50	73	569
89	Lucy	Jorgensen		Female	00:38:54	26	W U/50	7	938
90	James	Muir		Male	00:39:00	44	M U/50	74	573
91	Matty	Hassen		Male	00:39:03	43	M U/50	75	257

92	Kenji	Nakamura		Male	00:39:16	51	M V50	10	737
93	Jonny	Chambers	Herne Hill Harriers	Male	00:39:23	29	M U/50	76	575
94	Sophie	Allen	Victoria Park & Tower Hamlets AC	Female	00:39:24	28	W U/50	8	909
95	Bart	Rayner		Male	00:39:29	36	M U/50	77	584
96	tom	gardner		Male	00:39:29	24	M U/50	78	561
97	Alex	Gilbert		Male	00:39:30	31	M U/50	79	679
98	Neal	Pal	London City Runners	Male	00:39:31	42	M U/50	80	254
99	Rob	Jones	SHAEF Shifters	Male	00:39:33	50	M V50	11	709
100	Tom	McGuire		Male	00:39:35	32	M U/50	81	263
101	Alistair	Webb	Serpentine Rc	Male	00:39:35	33	M U/50	82	262
102	Elizabeth	Bleasdale	Fulham Running Club	Female	00:39:36	26	W U/50	9	903
103	Mat	Barber	London City Athletics Club	Male	00:39:41	45	M U/50	83	589
104	Michael	Everard	Ranelagh Harriers	Male	00:39:44	49	M U/50	84	574
105	Austin	Laylee	dulwich runners ac	Male	00:39:47	27	M U/50	85	272
106	James	Screen	London City Athletics Club	Male	00:39:47	38	M U/50	86	576
107	James	Lobo		Male	00:39:50	31	M U/50	87	582
108	Olivier	Montfort	Dulwich runners	Male	00:39:52	49	M U/50	88	578
109	Steffen Kopre	Dahl	Leksvik	Male	00:39:54	46	M U/50	89	585
110	Emily	Seager	Victoria Park & Tower Hamlets AC	Female	00:40:05	28	W U/50	10	907
111	Ben	Chapman	Croydon Harriers	Male	00:40:11	25	M U/50	90	500
112	Timothy	Haughton	Fulham Running Club	Male	00:40:13	27	M U/50	91	590
113	Adrian	Kerr	Serpentine Rc	Male	00:40:17	48	M U/50	92	586
114	oscar	chu		Male	00:40:20	25	M U/50	93	268
115	Fred	Sharrock	Runhead AC	Male	00:40:27	44	M U/50	94	592
116	James	Hudson		Male	00:40:36	28	M U/50	95	579
117	kieren	Geaney	Serpentine	Male	00:40:49	43	M U/50	96	572
118	Charles	Herbert		Male	00:40:54	30	M U/50	97	698
119	Alex	Jeffreys	Serpentine Rc	Male	00:41:02	48	M U/50	98	593
120	Carrie	Williams		Female	00:41:04	28	W U/50	11	943
121	Mark	Kell	Serpentine Rc	Male	00:41:08	41	M U/50	99	192
122	Alice	Batchelor	Guildford & Godalming	Female	00:41:11	27	W U/50	12	913
123	Tom	Powdrill	Runhead AC	Male	00:41:15	51	M V50	12	714
124	Alice	Steele	Highgate Harriers	Female	00:41:26	24	W U/50	13	914
125	Shaun	Melvin	west 4 harriers	Male	00:41:32	39	M U/50	100	689
126	Stephen	Hough		Male	00:41:33	38	M U/50	101	253
127	Rhona	Cloherly	South London harriers	Female	00:41:34	46	W U/50	14	911
128	James	Ryan	Wimbledon Windmilers	Male	00:41:35	34	M U/50	102	577
129	Louise	Faherty	Highgate Harriers	Female	00:41:40	47	W U/50	15	969
130	Thomas	Beales	Harlow Running Club	Male	00:41:44	42	M U/50	103	250
131	Fraser	Hagell	Herne Hill Harriers	Male	00:41:45	34	M U/50	104	563
132	Sam	Leigh	hercules wimbledon a.c.	Male	00:41:55	42	M U/50	105	595
133	J	DERGES	Wimbledon Windmilers	Male	00:41:58	35	M U/50	106	587
134	Matthew	Fox	Best Athletics	Male	00:41:58	35	M U/50	107	279
135	Elaine	Ocallaghan	Wimbledon Windmilers	Female	00:42:00	31	W U/50	16	920
136	thomas	cheetham	Hercules Wimbeldon	Male	00:42:05	56	M V50	13	711
137	Nick	Wakeford		Male	00:42:06	32	M U/50	108	681
138	Chris	Dyke	Crystal Palace Fun Runners	Male	00:42:09	39	M U/50	109	594
139	Ally	Head		Female	00:42:18	27	W U/50	17	981
140	Vincent	McBride		Male	00:42:20	54	M V50	14	712
141	Tom	Sparkes		Male	00:42:29	36	M U/50	110	599
142	Martin	Kelsen	Dulwich Runner AC	Male	00:42:38	61	M V60	1	724
143	Flora	Beverly	Team Runna	Female	00:42:43	27	W U/50	18	939
144	Ben	Parker	Team Runna	Male	00:42:43	26	M U/50	111	667
145	William	Glanville		Male	00:42:54	38	M U/50	112	255
146	bianca	grotepass		Female	00:42:55	33	W U/50	19	948
147	Miranda	Kiek	Fulham	Female	00:43:00	34	W U/50	20	970
148	Michelle	Lennon	dulwich runners ac	Female	00:43:00	55	W V50	1	985
149	Merethe Kopre	Dahl	Leksvik	Female	00:43:06	44	W U/50	21	956
150	ANDREW	ROBERTS	Serpentine Rc	Male	00:43:07	70	M V70	1	729
151	Eoghan	Beamish		Male	00:43:25	32	M U/50	113	682
152	Thomas	Fitzgibbon		Male	00:43:35	29	M U/50	114	674
153	Ruben	Carvajal	queen's park harriers	Male	00:43:40	40	M U/50	115	596
154	clare	Norris	Dulwich Runner AC	Female	00:43:47	45	W U/50	22	915
155	Nick	Sutcliffe	london city ac	Male	00:43:48	52	M V50	15	736
156	Stefan	Venter		Male	00:43:49	32	M U/50	116	260
157	Kerry	Foley	Queenstown Runners	Female	00:44:01	45	W U/50	23	984
158	Anish	Kotecha		Male	00:44:38	23	M U/50	117	597
159	Yemaya	Phillips-Smith		Female	00:44:51	23	W U/50	24	918
160	Carmen	Cabrera-Arnau	Herne Hill Harriers	Female	00:44:59	27	W U/50	25	941
161	Joshua	Coren		Male	00:45:04	33	M U/50	118	275

162	sam	shorthouse		Male	00:45:08	27	M U/50	119	270
163	Daphne	Dadzie	Fulham Running Club	Female	00:45:12	44	W U/50	26	908
164	Adam	Burshan	kent ac	Male	00:45:15	30	M U/50	120	676
165	Hin Yan	Tsang		Female	00:45:55	34	W U/50	27	950
166	Rachel	Ennis		Female	00:45:56	26	W U/50	28	924
167	david	gibson		Male	00:45:56	50	M V50	16	738
168	robin	Fry	Queenstown Runners	Male	00:46:03	66	M V60	2	727
169	Andrew	Clark		Male	00:46:05	48	M U/50	121	245
170	Jason	Walkingshaw	Best Athletics	Male	00:46:08	43	M U/50	122	588
171	Brendan	Maton		Male	00:46:15	52	M V50	17	715
172	Patrick	Morgan		Male	00:46:18	55	M V50	18	734
173	Max	Harman		Male	00:46:19	30	M U/50	123	256
174	Stefano	Vernazza		Male	00:46:28	48	M U/50	124	656
175	Barbara	Bryson		Female	00:46:34	37	W U/50	29	928
176	Andy	Roles		Male	00:47:06	53	M V50	19	717
177	Katherine	Ellis		Female	00:47:11	42	W U/50	30	921
178	Glynn	McDonald	London Fronrunners	Male	00:47:16	59	M V50	20	732
179	Gary	Edwards		Male	00:47:32	58	M V50	21	719
180	Tash	Dillon	Coopah Running	Female	00:47:49	30	W U/50	31	927
181	Robert	Pocock	Lonely Goat	Male	00:47:51	52	M V50	22	733
182	Jaen	Louw		Male	00:48:00	35	M U/50	125	686
183	Naemi	Melvin		Female	00:48:04	25	W U/50	32	923
184	Sam	Shaw		Male	00:48:19	33	M U/50	126	684
185	Katrina	Hartley		Female	00:48:33	32	W U/50	33	987
186	Kim	Scofield		Female	00:48:43	40	W U/50	34	926
187	Philip	Marsden		Male	00:48:46	52	M V50	23	718
188	Philip	Leney		Male	00:49:02	39	M U/50	127	271
189	Liam	Samuel		Male	00:49:40	26	M U/50	128	246
190	Emily	De Rocher		Female	00:49:42	43	W U/50	35	929
191	Rachel	Doody	Wimbledon Windmilers	Female	00:49:49	33	W U/50	36	949
192	Tarquin	Phillips		Female	00:49:58	37	W U/50	37	954
193	Julian	Ng		Male	00:50:06	26	M U/50	129	668
194	Jane	Boothroyd		Female	00:50:19	62	W V60	1	977
195	Kittichai	Tangmanowutthikul		Male	00:50:29	34	M U/50	130	685
196	Afshin	Bemani	Kings Heath Lions RC	Male	00:50:44	53	M V50	24	720
197	William	Herd		Male	00:51:15	27	M U/50	131	248
198	Sarah	Tyers		Female	00:51:24	37	W U/50	38	955
199	Jen	Happel		Female	00:51:44	29	W U/50	39	971
200	Jim	Foster	Thames Hare and Hounds	Male	00:52:14	67	M V60	3	726
201	Rudi	Nieveen		Male	00:52:24	42	M U/50	132	692
202	Matt	Adams		Male	00:52:24	49	M U/50	133	696
203	Rob	Topp		Male	00:52:24	49	M U/50	134	694
204	Dean	Snoyman		Male	00:52:30	28	M U/50	135	672
205	Byron	Rudman		Male	00:52:31	29	M U/50	136	699
206	Ellen	Rudman		Female	00:52:31	32	W U/50	40	966
207	ANA	HORTA Osório		Female	00:53:40	58	W V50	2	960
208	Carla	Bertellotti		Female	00:53:42	45	W U/50	41	957
209	Jean luc	Hoez	Serpentine Rc	Male	00:53:55	65	M V60	4	728
210	Man Ben	Li		Male	00:54:08	25	M U/50	137	665
211	Sean	Hu		Male	00:54:11	25	M U/50	138	666
212	Jill	Easty		Female	00:54:55	64	W V60	2	978
213	Stephen	Tomaszewski	London Fronrunners	Male	00:55:43	26	M U/50	139	278
214	Mark	Hudson		Male	00:56:31	50	M V50	25	735
215	Louise	Norris-Hunt		Female	00:56:47	34	W U/50	42	951
216	Leslie	Martin		Female	00:57:08	35	W U/50	43	986
217	Mel	McGuire	Hjem Galz	Female	00:57:14	33	W U/50	44	963
218	Erica	Adarve		Female	00:58:59	34	W U/50	45	972
219	Zsuzsanna	Lengyel		Female	01:00:24	32	W U/50	46	946
220	Neil	Cole		Male	01:00:30	48	M U/50	140	661
221	Louise	Samuel		Female	01:02:08	58	W V50	3	976
222	Gemma	Jeffrey		Female	01:02:54	32	W U/50	47	979
223	Alexander	Mair		Male	01:02:54	34	M U/50	141	252
224	Helen	Duffy		Female	01:03:11	49	W U/50	48	933
225	Brooke	Hoffman		Female	01:03:30	19	W U/50	49	936
226	Michael	Leigh	Hercules Wimbledon	Male	01:07:53	78	M V70	2	730
227	Linda	Talbot	Dulwich Park Runners	Female	01:18:30	65	W V60	3	962
228	Elizabeth	Sandlow		Female	01:19:20	18	W U/50	50	973