

Sri Chinmoy 5K Race

Battersea Park, London

11th June 2024

SPEEDY STEEDS 5K



**SRI CHINMOY
MARATHON TEAM**



www.runandbecome.com

WINNERS						
RANK	NAME	SURNAME	CLUB	M F	TIME	AGE
Men U/50						
1	Seyfu	Jamaal	London Heathside	Male	00:14:12	23
2	Nick	Bester	Best Athletics	Male	00:14:56	34
3	Edward	Chuck	Dulwich runners	Male	00:15:02	37
4	Mohamed	Hashi	Ealing Southall & Middlesex AC	Male	00:15:10	30
5	Harry	Tivnen	The Stragglers RC	Male	00:15:16	29
6	Hugo	Fry	Belgrave Harriers	Male	00:15:17	27
7	Patrick	Maher	Brighton Phoenix	Male	00:15:17	32
Women U/50						
1	Molly	Smith	South London harriers	Female	00:16:45	23
2	Helen	Gaunt	Tonbridge AC	Female	00:16:46	45
3	Bryony	Proctor	Kent AC	Female	00:17:17	36
4	Jennifer	Nandi	Herne Hill Harriers	Female	00:17:40	25
5	Hannah	Pullen	Aldershot & Farnham district	Female	00:17:57	35
6	Sarah	Gerrie	Ealing, Southall & Middlesex AC	Female	00:18:26	41
7	Ella	Jones Hatton	Best Athletics	Female	00:18:28	29
Men Vet 50						
1	Mark	Symes	Aldershot & Farnham district AC	Male	00:16:18	55
2	David	Williams	South London harriers	Male	00:16:46	52
3	Tom	Webb	Kent Athletic Club	Male	00:17:03	54
Women Vet 50						
1	Sarah	Swinhoe	London Heathside AC	Female	00:19:03	53
2	Susan	McDonald	South London harriers	Female	00:20:02	57
3	Alice	Smith	South London harriers	Female	00:20:12	58
Men Vet 60						
1	Koji	Miyazaki	Aldershot & Farnham district AC	Male	00:17:43	62
2	David	Ogden	South London harriers	Male	00:18:27	65
Women Vet 60						
1	Katrin	Flikschuh	Victoria Park & Tower Hamlets AC	Female	00:20:14	63
2	Karen	Samuel	Orpington Road Runners	Female	00:26:10	63
Men Under 16						
1	Aaron	Morrell	South London harriers	Male	00:18:03	14
2	Thomas	Englefield	South London harriers	Male	00:20:39	14
3	Edward William	Englefield	South London harriers	Male	00:20:58	12

ALL RESULTS BELOW

RESULTS										
RANK	NAME	SURNAME	CLUB	M F	TIME	CATEGORY	CAT. POS.	AGE	Race No	
1	Seyfu	Jamaal	London Heathside	Male	00:14:12	M U/50	1	23	1	
2	Nick	Bester	Best Athletics	Male	00:14:56	M U/50	2	34	3	
3	Edward	Chuck	Dulwich runners	Male	00:15:02	M U/50	3	37	4	
4	Mohamed	Hashi	Ealing Southall & Middlesex AC	Male	00:15:10	M U/50	4	30	2	
5	Harry	Tivnen	The Stragglers RC	Male	00:15:16	M U/50	5	29	6	
6	Hugo	Fry	Belgrave Harriers	Male	00:15:17	M U/50	6	27	395	
7	Patrick	Maher	Brighton Phoenix	Male	00:15:17	M U/50	7	32	14	
8	James	Hurrell	London Heathside	Male	00:15:19	M U/50	8	38	9	
9	Brett	Baker	Cambridge Harriers	Male	00:15:23	M U/50	9	21	16	
10	Andrew	Thomas		Male	00:15:28	M U/50	10	23	417	
11	Oliver	Smith	Belgrave Harriers	Male	00:15:34	M U/50	11	31	10	
12	Matthew	port	Winchester Running Club	Male	00:15:35	M U/50	12	26	17	
13	Christopher	Gracie	London Heathside AC	Male	00:15:38	M U/50	13	37	430	
14	Dominic	Bolt	Victoria Park & Tower Hamlets AC	Male	00:15:41	M U/50	14	31	11	
15	Tom	Ali		Male	00:15:44	M U/50	15	23	72	
16	Nick	Acfield	KentAC	Male	00:15:45	M U/50	16	28	57	
17	Tom	MacIntyre	Victoria Park & Tower Hamlets AC	Male	00:15:45	M U/50	17	33	25	
18	Chris	Mason	Ealing, Southall & Middlesex AC	Male	00:15:45	M U/50	18	40	28	
19	Chris	Palfreeman	Victoria Park & Tower Hamlets AC	Male	00:15:48	M U/50	19	31	398	
20	Ben	Harries	Highgate Harriers	Male	00:15:51	M U/50	20	28	26	
21	Benjamin	Warren	Herne Hill Harriers	Male	00:15:51	M U/50	21	23	24	
22	nathan	chapman	Tonbridge AC	Male	00:15:52	M U/50	22	39	416	
23	Ross	Thomas	Tonbridge AC	Male	00:15:52	M U/50	23	30	41	
24	Daniel	Bulbrook	RunSohFast Academy	Male	00:15:53	M U/50	24	34	43	
25	Alex	Russell	Herne Hill Harriers - 8578019	Male	00:15:53	M U/50	25	26	31	
26	STEVE	Woolley	west 4 harriers	Male	00:15:54	M U/50	26	42	55	
27	William	de Cothi	London Heathside	Male	00:15:54	M U/50	27	32	20	
28	Nick	Green		Male	00:15:55	M U/50	28	41	46	
29	Joe	Oakden	Best Athletics	Male	00:15:56	M U/50	29	27	402	
30	Rupert	Ferguson	Exeter University Athletics Club	Male	00:16:01	M U/50	30	19	401	
31	Max	Glennon		Male	00:16:04	M U/50	31	28	32	
32	Nicholas	North	South London harriers	Male	00:16:07	M U/50	32	21	38	
33	Callum	Zorn-Singh		Male	00:16:08	M U/50	33	25	40	
34	Luke	Piper	brighton phoenix	Male	00:16:09	M U/50	34	26	18	
35	dhrupadh	yerrakalva		Male	00:16:10	M U/50	35	35	387	
36	Craig	Halsey	Tonbridge AC	Male	00:16:11	M U/50	36	45	410	
37	Matthew	Cartwright	Herne Hill Harriers	Male	00:16:13	M U/50	37	34	50	
38	Daryl	Chard	Belgrave Harriers	Male	00:16:13	M U/50	38	31	413	
39	Gareth	Hopkins	Fulham Running Club	Male	00:16:13	M U/50	39	42	22	
40	Brandan	Morrell	South London harriers	Male	00:16:14	M U/50	40	18	49	

41	Aaron	Justin Tan		Male	00:16:15	M U/50	41	31	425
42	Mark	Symes	Aldershot & Farnham district AC	Male	00:16:18	M V50	1	55	70
43	Harry	Lyons		Male	00:16:19	M U/50	42	22	421
44	Callum	Skinner		Male	00:16:19	M U/50	43	28	357
45	Simon	Richardson	South London harriers	Male	00:16:21	M U/50	44	47	37
46	Ewan	Ritchie	Clapham Chasers	Male	00:16:23	M U/50	45	25	81
47	Niels	Wagner	Serpentine Rc	Male	00:16:24	M U/50	46	27	74
48	Charlie	Penrose	brighton phoenix	Male	00:16:25	M U/50	47	39	35
49	Sam	Walker	Wimbledon Windmilers	Male	00:16:25	M U/50	48	30	75
50	Tommy	Trees	Battersea Badgers	Male	00:16:25	M U/50	49	27	61
51	Lloyd	Dickson	Winchester Running Club	Male	00:16:26	M U/50	50	38	54
52	Harry	Reynolds	Lonely Goat RC	Male	00:16:26	M U/50	51	26	73
53	Cameron	Monteith	Herne Hill Harriers	Male	00:16:27	M U/50	52	26	93
54	Craig	Norris	Victoria Park & Tower Hamlets AC	Male	00:16:28	M U/50	53	42	400
55	Ben	Whyatt	South London harriers	Male	00:16:29	M U/50	54	17	71
56	Dariusz	Kabulski		Male	00:16:30	M U/50	55	32	303
57	George	Clancy	Victoria Park & Tower Hamlets AC	Male	00:16:31	M U/50	56	30	367
58	Thomas	Gandee	Belgrave Harriers	Male	00:16:34	M U/50	57	22	125
59	Nicolas	Besson	Serpentine Rc	Male	00:16:34	M U/50	58	43	23
60	Conor	O'rawe	Highgate Harriers	Male	00:16:35	M U/50	59	25	424
61	Julian	Beazley	Clapham Chasers	Male	00:16:36	M U/50	60	33	408
62	Simon	Elsbury	Guildford & Godalming AC	Male	00:16:39	M U/50	61	36	399
63	David	Hall	Clapham Chasers	Male	00:16:39	M U/50	62	28	140
64	Conor	Brown	London Heathside	Male	00:16:39	M U/50	63	37	440
65	James	Kelly		Male	00:16:40	M U/50	64	34	114
66	Ben	Lynch		Male	00:16:41	M U/50	65	34	90
67	Sean	Cuddihy		Male	00:16:42	M U/50	66	27	100
68	Julien	Tadeusz	Clapham Chasers	Male	00:16:43	M U/50	67	35	128
69	Jon	Clays	Brighton Phoenix	Male	00:16:44	M U/50	68	43	47
70	Molly	Smith	South London harriers	Female	00:16:45	W U/50	1	23	78
71	Sammy	Keenan	London Heathside	Male	00:16:46	M U/50	69	32	52
72	DAVID	WILLIAMS	South London harriers	Male	00:16:46	M V50	2	52	455
73	Helen	Gaunt	Tonbridge AC	Female	00:16:46	W U/50	2	45	96
74	Elvedin	Bektic	Clapham Chasers	Male	00:16:47	M U/50	70	34	82
75	Max	Judge		Male	00:16:47	M U/50	71	29	366
76	Jeremias	Kempke	kent ac	Male	00:16:47	M U/50	72	31	106
77	Will	Gallimore	Clapham Chasers	Male	00:16:49	M U/50	73	39	88
78	David	Gilvear		Male	00:16:51	M U/50	74	33	343
79	John	Cousins		Male	00:16:52	M U/50	75	30	62
80	Dan	Strang		Male	00:16:52	M U/50	76	36	130
81	Peter	Reynolds	Cambridge Harriers	Male	00:16:52	M U/50	77	39	67
82	Rob	Ellis	Fulham Running Club	Male	00:16:53	M U/50	78	31	159
83	Charlie	Hancock		Male	00:16:53	M U/50	79	33	113
84	Brendan	O'Boyle		Male	00:16:53	M U/50	80	34	228
85	Alexander	Benson	Clapham Chasers	Male	00:16:54	M U/50	81	31	124
86	Sam	Duggan	Victoria Park & Tower Hamlets AC	Male	00:16:55	M U/50	82	38	432
87	Sean	Holohan	Clapham Chasers RC	Male	00:16:57	M U/50	83	35	428
88	Tom	Hooper	brighton phoenix	Male	00:16:58	M U/50	84	41	69
89	Alex	Peet	Cambridge Harriers	Male	00:16:59	M U/50	85	36	66
90	Murray	Humphrey	Dulwich runners	Male	00:16:59	M U/50	86	29	103
91	Jack	Leafe	Dulwich Runners AC	Male	00:16:59	M U/50	87	31	63
92	Fred	Balmford	Belgrave Harriers	Male	00:16:59	M U/50	88	24	39
93	Rory	Turkmen-Smith	Clapham Chasers	Male	00:17:01	M U/50	89	27	99
94	Sam	Rahman	ILFORD ATHLETIC CLUB	Male	00:17:03	M U/50	90	41	135
95	Tom	Webb	Kent Athletic Club	Male	00:17:03	M V50	3	54	121
96	Dominic	Jones	London Heathside	Male	00:17:03	M U/50	91	40	150
97	Freddi	McKinlay	Best Athletics	Male	00:17:04	M U/50	92	28	101
98	Gary	Mellish	west 4 harriers	Male	00:17:04	M U/50	93	35	229
99	Phil	Mant	AFD AC	Male	00:17:06	M U/50	94	39	91
100	David	Winston	Ashford AC	Male	00:17:09	M U/50	95	41	117
101	Darren	Bradley	Aldershot Farnham & District AC	Male	00:17:09	M V50	4	54	92
102	Matthew	Butcher		Male	00:17:10	M U/50	96	28	102
103	Liam	Hatcher	South London harriers	Male	00:17:13	M U/50	97	35	129
104	Michael	Haverty	Best Athletics RC	Male	00:17:13	M U/50	98	30	104
105	Richard	Sargent		Male	00:17:14	M U/50	99	40	116
106	Gary	James	Run Nation Running Club	Male	00:17:15	M U/50	100	46	152
107	TOM	BARKER	Dulwich Runners AC	Male	00:17:16	M U/50	101	35	143
108	Jack	Rathborn	Clapham Chasers	Male	00:17:17	M U/50	102	35	127
109	Bryony	Proctor	kent ac	Female	00:17:17	W U/50	3	36	123
110	Kieran	Sheehy	Best athletics	Male	00:17:17	M U/50	103	25	97
111	Ihon	Cosgrove	vegan runners UK	Male	00:17:19	M U/50	104	42	118
112	Henry	Ramsay	Highgate Harriers	Male	00:17:20	M U/50	105	25	386
113	Adam	Moore	Best Athletics	Male	00:17:21	M U/50	106	36	165
114	Fergus	Ingladew	Clapham Chasers	Male	00:17:21	M U/50	107	27	363
115	Theo	Gittens	Dulwich rRunners	Male	00:17:22	M U/50	108	31	419
116	Sam	Robinson	Clapham Chasers	Male	00:17:22	M U/50	109	32	176
117	Conor	McNamee		Male	00:17:24	M U/50	110	26	390
118	Robert	Behan	Best Athletics RC	Male	00:17:25	M U/50	111	38	433
119	Paul	Calver	Herne Hill Harriers	Male	00:17:25	M U/50	112	43	120
120	Tim	Cook	Watford Joggers	Male	00:17:26	M U/50	113	45	151
121	Daniel	Grosvenor	Southwark Athletics Club	Male	00:17:26	M U/50	114	31	87
122	Christoph	Neumayer	Clapham Chasers	Male	00:17:27	M U/50	115	41	68
123	thomas	dillely		Male	00:17:27	M U/50	116	40	115
124	Luke	Kenny		Male	00:17:27	M U/50	117	31	158
125	Adam	Westbury	Herne Hill Harriers	Male	00:17:27	M U/50	118	32	112
126	Robert	Jenkins		Male	00:17:27	M U/50	119	24	126
127	Paul	Fanti	Sevenoaks AC	Male	00:17:28	M V50	5	51	136
128	George	Biggs		Male	00:17:29	M U/50	120	26	98
129	Tom	Foster	Herne Hill Harriers - 8578019	Male	00:17:33	M U/50	121	31	426
130	James	Gillanders	Serpentine	Male	00:17:34	M U/50	122	46	134
131	Edward	Lambert	South London harriers	Male	00:17:35	M U/50	123	47	131

132	Jonathan	Ratcliffe	Herne Hill Harriers	Male	00:17:37	M V50	6	57	163
133	Jack	McReavie	Best Athletics	Male	00:17:37	M U/50	124	29	207
134	Adam	Justice	Belgrave Harriers (EA URN 4004219)	Male	00:17:39	M U/50	125	36	145
135	Marcin	Bujar		Male	00:17:39	M U/50	126	36	180
136	Jennifer	Nandi	Herne Hill Harriers	Female	00:17:40	W U/50	4	25	161
137	James	Burnett		Male	00:17:41	M U/50	127	28	193
138	James	Winward		Male	00:17:41	M U/50	128	36	146
139	Dan	McPhillimey	Victoria Park & Tower Hamlets AC	Male	00:17:42	M U/50	129	36	195
140	James	Penson		Male	00:17:43	M U/50	130	32	177
141	Henry	Burnett		Male	00:17:43	M U/50	131	24	204
142	Koji	Miyazaki	Aldershot & Farnham district AC	Male	00:17:43	M V60	1	62	153
143	Dominic	Ayesh Meagher		Male	00:17:44	M U/50	132	31	108
144	Jonathan	Moore	Ranelagh Harriers	Male	00:17:44	M V50	7	55	154
145	Alastair	Low-Macrae	Dulwich	Male	00:17:46	M U/50	133	33	65
146	James	Lloyd		Male	00:17:47	M U/50	134	29	133
147	John	Ross	Clapham Chasers RC	Male	00:17:48	M U/50	135	33	394
148	George	Ramsay		Male	00:17:50	M U/50	136	29	385
149	Jake	Gilkinson	South London harriers	Male	00:17:51	M U/50	137	29	393
150	Matt	Packer	South London harriers	Male	00:17:52	M U/50	138	38	181
151	Sean	O'Sullivan		Male	00:17:53	M U/50	139	30	226
152	Sam	Hope		Male	00:17:53	M U/50	140	27	418
153	Vikram	Makkar	South London harriers	Male	00:17:55	M U/50	141	47	184
154	Andy	Waterman	Victoria Park & Tower Hamlets AC	Male	00:17:56	M U/50	142	43	86
155	Osama	Baldo	Hart road runners	Male	00:17:57	M V50	8	52	196
156	Hannah	Pullen	Aldershot & Farnham district	Female	00:17:57	W U/50	5	35	434
157	Matt	Beard	London Heathside AC 2735655	Male	00:17:58	M V50	9	55	379
158	Adam	White	South London harriers	Male	00:17:58	M U/50	143	43	189
159	Jonathan	Chen		Male	00:17:58	M U/50	144	24	205
160	Jon	Lawrence	Herne Hill Harriers	Male	00:17:58	M U/50	145	33	372
161	Matt	Collins	London Heathside	Male	00:17:58	M U/50	146	48	187
162	James	Reeder		Male	00:18:00	M U/50	147	25	431
163	Seb	Lane		Male	00:18:00	M U/50	148	24	155
164	Jack	Mayhew		Male	00:18:01	M U/50	149	35	427
165	Barry	Roberts		Male	00:18:01	M U/50	150	42	164
166	Aaron	Morrell	South London harriers	Male	00:18:03	M U/16	1	14	203
167	Phil	Purves	Guildford & Godalming AC	Male	00:18:03	M U/50	151	38	375
168	Aaron	Truelove	South London harriers	Male	00:18:04	M U/50	152	20	246
169	Joe	Farrington-Douglas	Dulwich Runners AC	Male	00:18:06	M U/50	153	45	183
170	Matt	McMillan	Russet Runners	Male	00:18:07	M U/50	154	37	148
171	Michael	McDonagh	Best Athletics	Male	00:18:09	M V50	10	56	209
172	Dominic	Cumins		Male	00:18:10	M U/50	155	25	156
173	Tom	Heaton		Male	00:18:11	M U/50	156	26	214
174	JACK	BOOK	Clapham Chasers	Male	00:18:15	M U/50	157	30	173
175	Tim	Draper	Blackwater Valley Runners	Male	00:18:16	M U/50	158	32	178
176	Oliver	Millar		Male	00:18:19	M U/50	159	23	362
177	George	Bray		Male	00:18:21	M U/50	160	25	224
178	James	Hamilton	Hercules Wimbledon	Male	00:18:22	M V50	11	50	190
179	Tom	Holmes	London Frontrunners	Male	00:18:22	M U/50	161	33	370
180	James	Buhl	Best Athletics	Male	00:18:23	M U/50	162	35	197
181	Declan	O'Callaghan	Best Athletics	Male	00:18:25	M U/50	163	28	157
182	Austin	Laylee	dulwich runners ac	Male	00:18:25	M U/50	164	28	201
183	Gav	Englefield	South London harriers	Male	00:18:26	M U/50	165	47	185
184	Sarah	Gerrie	Ealing, Southall & Middlesex AC	Female	00:18:26	W U/50	6	41	199
185	David	Ogden	South London harriers	Male	00:18:27	M V60	2	65	192
186	Ella	Jones Hatton	Best Athletics	Female	00:18:28	W U/50	7	29	210
187	Billy	Amps	Doncaster AC	Male	00:18:31	M U/50	166	27	225
188	Julie	triou	Ealing Southall & Middlesex ac	Female	00:18:33	W U/50	8	44	213
189	Paul	Smith	London Frontrunners	Male	00:18:33	M U/50	167	38	211
190	Jim	Laidlaw	Alderhotand Farnahm	Male	00:18:34	M U/50	168	46	202
191	Scott	Rice	Thurrock Harriers	Male	00:18:40	M V50	12	53	239
192	Daniel	Crossley	South London harriers	Male	00:18:41	M U/50	169	43	182
193	Stephen	Monaghan	London Heathside AC	Male	00:18:44	M V50	13	53	377
194	Mohammad Ir	Khaliq	Clapham Chasers	Male	00:18:44	M U/50	170	36	251
195	David	Wilkinson	Sunderland Harriers & AC	Male	00:18:46	M U/50	171	38	429
196	Tony	Shearer	London Heathside	Male	00:18:46	M U/50	172	41	236
197	Jim	Carrington	Hercules Wimbledon	Male	00:18:46	M U/50	173	47	216
198	Jack	Derges	Wimbledon Windmilers	Male	00:18:46	M U/50	174	37	232
199	Lily	Woolcock	London Heathside	Female	00:18:47	W U/50	9	28	170
200	Jonathan	Moscrop	Serpentine	Male	00:18:47	M V50	14	50	208
201	George	Young	London Frontrunners	Male	00:18:48	M U/50	175	30	174
202	Mark	Fuller		Male	00:18:49	M U/50	176	31	368
203	Christopher	Atkinson		Male	00:18:57	M U/50	177	35	250
204	Christopher	Cooper		Male	00:18:58	M U/50	178	33	215
205	Marcus	Brown	1% Running Club	Male	00:18:59	M U/50	179	40	217
206	Laurence	Duffy	The Stragglers RC	Male	00:19:00	M V60	3	63	404
207	Sarah	Swinhoe	London Heathside AC	Female	00:19:03	W V50	1	53	223
208	Benjamin	Hall	London Heathside	Male	00:19:07	M U/50	180	29	194
209	Shaun	Melvin	west 4 harriers	Male	00:19:07	M U/50	181	40	396
210	Phillip	Hogg	London Heathside AC	Male	00:19:10	M V50	15	54	378
211	Mark	Opie	Highgate Harriers	Male	00:19:11	M U/50	182	39	188
212	Tom	McGuire		Male	00:19:11	M U/50	183	33	242
213	Sophie	Ralston	London Heathside	Female	00:19:12	W U/50	10	28	256
214	Evgeniya	Shimko	South London harriers	Female	00:19:16	W U/50	11	37	437
215	Oliver	Murray	London Heathside Running Club	Male	00:19:18	M V50	16	54	406
216	Ross	Rook	Dulwich Runners AC	Male	00:19:19	M U/50	184	43	268
217	Lydia	Blythe	Thames Valley Harriers	Female	00:19:19	W U/50	12	26	168
218	Nadi	Jahangiri	Highgate Harriers	Male	00:19:19	M V60	4	62	277
219	Nathan	Woods		Male	00:19:22	M U/50	185	25	247
220	Serena	Baker	London Heathside	Female	00:19:23	W U/50	13	25	255
221	Claire	Henary		Female	00:19:23	W U/50	14	37	422
222	Hope	Smith		Female	00:19:25	W U/50	15	21	218

223	Kenneth	henning		Male	00:19:26	M U/50	186	40	235
224	Jessica	Dring-Morris	Thames Valley Harriers	Female	00:19:26	W U/50	16	24	167
225	Robert	Collopy		Male	00:19:28	M U/50	187	29	248
226	Megan	Parkin	Tyne Bridge Harriers	Female	00:19:29	W U/50	17	28	221
227	Robin	Harris	Clapham Chasers	Male	00:19:32	M V50	17	56	240
228	Claire	Curtin	the stragglers rc	Female	00:19:35	W U/50	18	46	258
229	Tristan	Robertson		Male	00:19:40	M U/50	188	28	288
230	Ella-May	Hards	Belgrave Harriers	Female	00:19:41	W U/50	19	25	212
231	Liam	Bendell	Mental Miles	Male	00:19:41	M U/50	189	33	290
232	NISHANT	PANDIT	Hercules Wimbledon	Male	00:19:42	M U/50	190	43	237
233	Anastasia	Hancock	Hercules Wimbledon	Female	00:19:52	W U/50	20	41	281
234	Lydia	Gallyer-Barnett	Belgrave Harriers	Female	00:19:55	W U/50	21	26	169
235	Adam	Hargreaves	Best Athletics	Male	00:19:56	M U/50	191	35	405
236	Peter	Greaney	Clapham Chasers	Male	00:19:56	M U/50	192	48	257
237	Rolandas	Glotis	Serpentine Running and Athletics Club	Male	00:19:56	M U/50	193	32	280
238	Kris	Milovsorov	London Heathside AC	Male	00:19:58	M U/50	194	36	381
239	James	Bull		Male	00:19:59	M U/50	195	48	415
240	Sarah	Stallwood	Camberley & District	Female	00:20:01	W U/50	22	45	414
241	Susan	McDonald	South London harriers	Female	00:20:02	W V50	2	57	245
242	Tom	Whitehouse		Male	00:20:10	M U/50	196	33	306
243	Alice	Smith	South London harriers	Female	00:20:12	W V50	3	58	265
244	Josh	Granville-Hamshar		Male	00:20:14	M U/50	197	22	397
245	Katrin	Flikschuh	Victoria Park & Tower Hamlets AC	Female	00:20:14	W V60	1	63	296
246	Robert	Laing	South London harriers	Male	00:20:15	M U/50	198	45	292
247	Nicholas	Grassly	London Heathside	Male	00:20:15	M V50	18	50	272
248	Anna	Crawley	Iford AC	Female	00:20:19	W U/50	23	33	261
249	David	Henderson	South London harriers	Male	00:20:21	M U/50	199	47	391
250	Charlotte	Steele		Female	00:20:25	W U/50	24	37	423
251	Hubert	Brandts	Fulham RC	Male	00:20:25	M V50	19	56	275
252	Allan	Cox	Clapham Chasers	Male	00:20:30	M U/50	200	47	293
253	James	Thomas	BFF	Male	00:20:33	M U/50	201	36	231
254	Nicholas	Jarrett	South London harriers	Male	00:20:34	M V50	20	52	274
255	Gary	Forde	Wimbledon Windmilers	Male	00:20:35	M V50	21	57	282
256	Hafi	Rahman		Male	00:20:38	M V50	22	51	273
257	Dan	Tucker		Male	00:20:39	M U/50	202	27	439
258	Thomas	Englefield	South London harriers	Male	00:20:39	M U/16	2	14	259
259	Lisa	Marcais		Female	00:20:40	W U/50	25	35	79
260	Marco	Marotta	Dulwich Runners AC	Male	00:20:41	M U/50	203	32	341
261	Alan	Grant	Clapham Chasers	Male	00:20:41	M V50	23	56	409
262	Terry	Worton	Camberley & District Athletics Club	Male	00:20:42	M V50	24	54	253
263	Pui	Li	South London harriers	Male	00:20:44	M U/50	204	46	270
264	Jane	Rukin-White	eton manor ac	Female	00:20:44	W U/50	26	37	284
265	Frankie	Smyth	Best Athletics	Female	00:20:48	W U/50	27	31	438
266	Edward William	Englefield	South London harriers	Male	00:20:58	M U/16	3	12	243
267	Helen	Gagg	Sutton runners	Female	00:21:04	W U/50	28	45	285
268	Martin	Milward	Fulham Running Club	Male	00:21:04	M V60	5	69	279
269	James	Twist	Fulham Running Club	Male	00:21:06	M V60	6	63	278
270	Darius	Ravanshad		Male	00:21:09	M U/50	205		162
271	Terry	Donovan		Male	00:21:13	M U/50	206	37	267
272	Amy	Gillham	London Heathside	Female	00:21:18	W U/50	29	25	316
273	Daniel	Lewis	Mornington Chasers	Male	00:21:27	M U/50	207	47	403
274	Michael	Smith		Male	00:21:35	M V50	25	55	294
275	Jessica	Deely	Best Athletics	Female	00:21:42	W U/50	30	29	295
276	pete	crockford	London Heathside	Male	00:21:45	M V60	7	66	311
277	Aoife	Kennedy	Best Athletics	Female	00:21:46	W U/50	31	31	436
278	Alex	Flack	Fulham Running Club	Female	00:21:49	W U/50	32	49	361
279	Tash	Dillon		Female	00:21:53	W U/50	33	31	360
280	James	Hirst	Victoria Park & Tower Hamlets AC	Male	00:21:55	M U/50	208	35	144
281	John	Skinner	South London harriers	Male	00:21:57	M V50	26	51	321
282	Amy	Mitchell	South London harriers	Female	00:22:00	W U/50	34	31	330
283	Matthew	Dawson		Male	00:22:06	M U/50	209	29	332
284	Peter and	Brown	South London harriers	Male	00:22:22	M V60	8	67	314
285	Philippa	Goodhew	dulwich runners ac	Female	00:22:23	W U/50	35	38	302
286	tommy	Venner		Male	00:22:24	M U/50	210	36	298
287	Rose	Baker	Cambridge Harriers	Female	00:22:38	W V50	4	59	412
288	Scott	Benment	Clapham Chasers 45-49	Male	00:22:41	M V50	27	50	313
289	Lily	Wadsworth		Female	00:22:54	W U/50	36	27	317
290	Graham	Laylee	Dulwich rRunners	Male	00:23:03	M V60	9	67	323
291	Stefano	Vernazza		Male	00:23:04	M U/50	211	49	308
292	Kathryn	White	Fulham Running Club	Female	00:23:19	W U/50	37	29	318
293	Daniel	Comens		Male	00:23:23	M V50	28	50	329
294	Mark	Standing	Herne Hill Harriers	Male	00:23:37	M V50	29	59	325
295	Colin	Williams	Watford Joggers	Male	00:23:42	M V60	10	60	322
296	Paul	Lehmann		Male	00:24:02	M V50	30	50	354
297	Barney	Wylid		Male	00:24:05	M V50	31	52	334
298	Ian	McCarthy	Cambridge Harriers	Male	00:24:49	M V60	11	67	380
299	Sam	Book		Female	00:24:52	W U/50	38	33	326
300	midge	cameron	dulwich runners ac	Female	00:25:00	W V50	5	59	339
301	Rosa	Fanti		Female	00:25:12	W U/50	39	17	389
302	Sunanda	Sarker-Bell	Croydon Harriers	Female	00:26:00	W V50	6	58	328
303	Karen	Samuel	Orpington Road Rnnersu	Female	00:26:10	W V60	2	63	338
304	jean-luc	hoez	Serpentine Rc	Male	00:26:52	M V60	12	66	337
305	Christopher	Shaw	Fulham Running Club	Male	00:29:23	M U/50	212	45	342
306	Matthew	O'Flynn		Male	00:29:30	M U/50	213	28	352
307	Emily	O'Connor		Female	00:29:39	W U/50	40	27	340
308	Laura	Wylid		Female	00:32:04	W U/50	41	46	347
309	Helene	Bosvik		Female	00:33:31	W U/50	42	43	345
310	Ruth	corbett	Serpentine Rc	Female	00:36:52	W U/50	43	48	348