

# Sri Chinmoy 5K Race

Battersea Park, London

7th June 2021

**SPEEDY STEEDS 5K**



**SRI CHINMOY  
MARATHON TEAM**



www.runandbecome.com

WINNERS						
RANK	NAME	SURNAME	CLUB	M   F	TIME	AGE
Men U/50						
1	Lewis	Laylee	Herne Hill Harriers	Male	15:15	22
2	Elias	Ahmed	Ealing Southall & Middlesex AC	Male	15:18	19
3	Gary	Laybourne	South London harriers	Male	15:44	40
4	Joseph	Houlton	Fulham Running Club	Male	15:51	27
5	Ben	Howe	London City Athletics Club	Male	15:56	32
6	Robert	Vallance	Thames Valley Harriers	Male	15:57	25
7	Tim	Lunnon	Crawley Athletics	Male	15:58	35
Women U/50						
1	Georgina	Wiley	kent ac	Female	18:30	36
2	Lily	Woolcock	London Heathside	Female	19:03	25
3	Nicola	Payne	Ealing Southall & Middlesex AC	Female	19:27	29
4	Sameena	Ahmed	Ilford AC	Female	19:39	42
5	Rosie	Vallance	Thames Valley Harriers	Female	19:46	20
6	Rebecca	Schulleri	Dulwich runners	Female	19:47	32
7	Jennifer	Wing	London Heathside	Female	20:06	29
Men Vet 50						
1	Jonathan	Ratcliffe	Herne Hill Harriers	Male	17:54	54
2	Paul	Beale	London Heathside	Male	18:10	51
3	David	Mason		Male	18:36	51
Women Vet 50						
1	Emanuela	Castelnuovo	Clapham Chasers	Female	21:23	52
2	PIPPA	MAJOR	South London harriers	Female	21:30	56
3	Lucy	Pickering	dulwich runners ac	Female	21:38	55
Men Vet 60						
1	Ian	Sesnan	Dulwixh Runners	Male	24:04	64
2	Barrie	Nicholls	dulwich runners ac	Male	24:26	67
Women Vet 60						
1	Michele	Coe-O'Brien	South London harriers	Female	23:37	60
2	Claire	Steward	dulwich runners ac	Female	25:45	69
Men Vet 70						
1	John	Eakin	North Down AC	Male	21:39	71
Men Under 16						
1	Tom	Davies	hercules wimbledon ac	Male	18:55	14
2	Brandan	Morrell	South London harriers	Male	19:29	15

## 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	NAME	SURNAME	CLUB	M   F	TIME	AGE	CATEGORY	CAT. POS.
1	Lewis	Laylee	Herne Hill Harriers	Male	15:15	22	M U/50	1
2	Elias	Ahmed	Ealing Southall & Middlesex AC	Male	15:18	19	M U/50	2
3	Gary	Laybourne	South London harriers	Male	15:44	40	M U/50	3
4	Joseph	Houlton	Fulham Running Club	Male	15:51	27	M U/50	4
5	Ben	Howe	London City Athletics Club	Male	15:56	32	M U/50	5
6	Robert	Vallance	Thames Valley Harriers	Male	15:57	25	M U/50	6
7	Tim	Lunnon	Crawley Athletics	Male	15:58	35	M U/50	7
8	Timothy	Bowen	dulwich runners ac	Male	16:00	37	M U/50	8
9	thomas	south	dulwich runners ac	Male	16:03	45	M U/50	9
10	Timothy	Lawrence	Ealing Southall and Middlesex AC	Male	16:08	39	M U/50	10
11	Michael	Dan	Highgate Harriers	Male	16:12	28	M U/50	11
12	Daniel	Bulbrook	Sutton runners	Male	16:14	31	M U/50	12
13	Nicolas	Besson	Serpentine Rc	Male	16:15	40	M U/50	13
14	Steve	Gardner	Belgrave Harriers	Male	16:17	33	M U/50	14
15	Ugur	Altan	Sutton runners	Male	16:18	27	M U/50	15
16	Nick	Buckle	Belgrave Harriers	Male	16:20	29	M U/50	16
17	Ben	Cook	kent ac	Male	16:20	40	M U/50	17
18	Danny	Brewer	Highgate Harriers	Male	16:24	32	M U/50	18
19	Raj	Paranandi	Herne Hill Harriers	Male	16:26	44	M U/50	19
20	Henry	Woodward	Mornington Chasers	Male	16:27	25	M U/50	20
21	Hugh	Torry	Serpentine Rc	Male	16:28	42	M U/50	21
22	Tim	Powell	Serpentine Rc	Male	16:31	31	M U/50	22
23	Russ	Ashford	Highgate Harriers	Male	16:34	37	M U/50	23
24	Robbie	Cox	Woodford Green with Essex Ladies	Male	16:36	39	M U/50	24
25	Lewis	Greaves	Highgate Harriers	Male	16:36	30	M U/50	25
26	Stephen	McLeod	Fulham Running Club	Male	16:38	32	M U/50	26
27	Simon	Egan	Woking AC	Male	16:39	49	M U/50	27
28	Hassen	Bedhiafi	Fulham Running Club	Male	16:39	36	M U/50	28
29	Fred	Bungay	Dulwich runners	Male	16:48	29	M U/50	29
30	Adam	May	Wimbledon Hercules	Male	16:48	40	M U/50	30
31	Steve	Woolley	west 4 harriers	Male	16:50	39	M U/50	31
32	Robin	Jones	Herne Hill Harriers	Male	16:53	48	M U/50	32
33	Will	Pitt	kent ac	Male	16:53	49	M U/50	33
34	Tim	Copley	kent ac	Male	16:55	44	M U/50	34
35	Dariusz	Kabulski	VICTORIA PARK HARRIERS & TOWEL	Male	16:56	29	M U/50	35
36	Victor	Lio	Serpentine Rc	Male	16:57	32	M U/50	36
37	Gary	James		Male	16:59	43	M U/50	37
38	Peter	Reynolds	Cambridge Harriers	Male	17:04	36	M U/50	38
39	Frederick	Levy	Fulham Running Club	Male	17:07	33	M U/50	39
40	Daniel	Johns	London Heathside	Male	17:08	44	M U/50	40
41	Hugh	Stobart	Dulwich Runner AC	Male	17:08	31	M U/50	41
42	Andrew	Snook		Male	17:12	40	M U/50	42
43	Ian	Ellwood	kent ac	Male	17:21	31	M U/50	43
44	Joseph	McKeown	London Heathside AC	Male	17:21	37	M U/50	44
45	Luke	Parker	London Heathside	Male	17:22	22	M U/50	45
46	Terry	Booth	Guildford & Godalming AC	Male	17:25	54	M V50	1
47	Eddie	Ware	Serpentine Rc	Male	17:26	42	M U/50	46
48	Oliver	Taylor	Clapham pioneers	Male	17:27	29	M U/50	47
49	Graham	O'Donoghue	Serpentine Rc	Male	17:29	42	M U/50	48

50	Kieran	Page	kent ac	Male	17:33	35	M U/50	49
51	Henry	Brown	Herne Hill Harriers	Male	17:35	30	M U/50	50
52	John	Armstrong	Mornington Chasers	Male	17:42	48	M U/50	51
53	Luke	Smith		Male	17:53	34	M U/50	52
54	Jonathan	Ratcliffe	Herne Hill Harriers	Male	17:54	54	M V50	2
55	James	Gillanders	Serpentine Rc	Male	17:57	43	M U/50	53
56	James	Kelly	na	Male	17:58	31	M U/50	54
57	James	McAulay	Willesden Triathlon Club	Male	18:02	27	M U/50	55
58	Dominic	Jones	London Heathside	Male	18:03	37	M U/50	56
59	Thomas	Powis	Serpentine Rc	Male	18:04	35	M U/50	57
60	Paul	Beale	London Heathside	Male	18:10	51	M V50	3
61	Rob	Fawn	dulwich runners ac	Male	18:19	39	M U/50	58
62	Marcin	Bujar	Fulham Running Club	Male	18:24	33	M U/50	59
63	Massimo	Biava	Ealing Eagles Running Club	Male	18:25	45	M U/50	60
64	Georgina	Wiley	kent ac	Female	18:30	36	W U/50	1
65	Nicholas	Fiducia	dulwich runners ac	Male	18:30	37	M U/50	61
66	Jim	Carrington	Hercules Wimbledon	Male	18:35	44	M U/50	62
67	David	Mason		Male	18:36	51	M V50	4
68	Joe	Farrington-Douglas	dulwich runners ac	Male	18:46	42	M U/50	63
69	Chris	Lawrence	Dulwich runners	Male	18:51	45	M U/50	64
70	Fraser	Hagell	Herne Hill Harriers	Male	18:52	33	M U/50	65
71	Ross	Rook	dulwich runners ac	Male	18:52	40	M U/50	66
72	Andrew	Davies	Hercules Wimbledon	Male	18:53	47	M U/50	67
73	Tom	Davies	hercules wimbledon ac	Male	18:55	14	M U/16	1
74	Lloyd	Emeka	Clapham Chasers RC	Male	18:56	42	M U/50	68
75	Lily	Woolcock	London Heathside	Female	19:03	25	W U/50	2
76	Rob	Saunders	Highgate Harriers	Male	19:05	48	M U/50	69
77	Rendy	Prakoso	Mornington Chasers	Male	19:09	31	M U/50	70
78	Andrew	Walker	reigate priory ac	Male	19:10	45	M U/50	71
79	Cam	Macintosh			19:15	22	M U/50	
80	Karl	Hayer	London Fronrunners	Male	19:17	47	M U/50	73
81	Matt	Brand	Mornington Chasers	Male	19:21	34	M U/50	74
82	Andrew	Davies	Mornington Chasers	Male	19:25	28	M U/50	75
83	Nicola	Payne	Ealing Southall & Middlesex AC	Female	19:27	29	W U/50	3
84	Brandan	Morrell	South London harriers	Male	19:29	15	M U/16	2
85	Austin	Laylee	dulwich runners ac	Male	19:32	25	M U/50	76
86	David	Benyon	Dulwich Runner AC	Male	19:35	36	M U/50	77
87	Sameena	Ahmed	Ilford AC	Female	19:39	42	W U/50	4
88	Kieren	Geaney	Serpentine	Male	19:43	42	M U/50	78
89	Kieren	Stanley	South London harriers	Male	19:43	46	M U/50	79
90	Jamie	Beauvais	Datchet Dashers	Male	19:45	29	M U/50	80
91	Rosie	Vallance	Thames Valley Harriers	Female	19:46	20	W U/50	5
92	Rebecca	Schulleri	Dulwich runners	Female	19:47	32	W U/50	6
93	Mark	Guyen	unattached	Male	19:48	48	M U/50	81
94	Chris	Dunhill	South London harriers	Male	19:49	47	M U/50	82
95	Adam	Zagajewski	na	Male	19:50	31	M U/50	83
96	Nigel	Cutts	Clapham Chasers RC	Male	19:54	43	M U/50	84
97	Shaun	Melvin	west 4 harriers	Male	19:58	37	M U/50	85
98	Jennifer	Wing	London Heathside	Female	20:06	29	W U/50	7
99	Richard	Gill		Male	20:07	38	M U/50	86
100	Rachel	Rosenthal	Mornington Chasers	Female	20:24	33	W U/50	8
101	Robert	Ferguson	Thames Valley Harriers	Male	20:27	39	M U/50	87
102	Tessa	Billups	South London harriers	Female	20:33	24	W U/50	9
103	Daniel	Lewis	Mornington Chasers	Male	20:39	44	M U/50	88
104	David	Nelson	Mornington Chasers	Male	20:39	37	M U/50	89

105	Alex	Flack	Fulham Running Club	Female	20:46	46	W U/50	10
106	Alex	Renton	Mornington Chasers	Male	20:46	43	M U/50	90
107	Felicity	Carr	South London harriers	Female	20:50	25	W U/50	11
108	Josh	Ord-Hume	Barnes Runners	Male	20:53	49	M U/50	91
109	Darko	Calina	Sutton runners	Male	20:54	57	M V50	5
110	Emma	Kelly	Dulwich Runner AC	Female	21:03	35	W U/50	12
111	Yvette	Dore	Dulwich Runner AC	Female	21:09	49	W U/50	13
112	Richard	Vallance		Male	21:15	22	M U/50	92
113	emanuela	castelnuovo	Clapham Chasers	Female	21:23	52	W V50	1
114	Janey	Stride	Clapham Chasers	Female	21:30	30	W U/50	14
115	PIPPA	MAJOR	South London harriers	Female	21:30	56	W V50	2
116	Lucy	Pickering	dulwich runners ac	Female	21:38	55	W V50	3
117	Billie	Ramsier	South London harriers	Female	21:39	30	W U/50	15
118	John	Eakin	North Down AC	Male	21:39	71	M V70	1
119	Richard	Lane		Male	21:41	28	M U/50	93
120	Stephen	Vincent	South London harriers	Male	21:41	52	M V50	6
121	Ellen	Butler	Fulham Running Club	Female	21:42	24	W U/50	16
122	Hattie	Lowe	Mornington Chasers	Female	21:45	24	W U/50	17
123	Rosie	Young	Mornington Chasers	Female	21:45	27	W U/50	18
124	Ellie	Holloway	Mornington Chasers	Female	21:46	24	W U/50	19
125	Tim	Briggs	Clapham Chasers	Male	22:06	32	M U/50	94
126	Gaby	Anderson	Mornington Chasers	Female	22:16	23	W U/50	20
127	Simon	Shanks	the stragglers	Male	22:25	58	M V50	7
128	Scott	Bemment	Clapham Chasers	Male	22:37	47	M U/50	95
129	Ola	Balme	Dulwich Runner AC	Female	22:38	54	W V50	4
130	Deborah	Williams	Sutton runners	Female	22:44	50	W V50	5
131	John	Quaintance	South London harriers	Male	22:44	72	M V70	2
132	Anna	Thomas	Dulwich Runner AC	Female	22:45	39	W U/50	21
133	Russell	Thorne	Sutton runners	Male	23:05	51	M V50	8
134	SHUN-LAI	CHAN	South London harriers	Female	23:05	51	W V50	6
135	Daniel	Comens	Sutton runners	Male	23:20	47	M U/50	96
136	Badar	Al Raisi	Victoria Park & Tower Hamlets AC	Male	23:28	29	M U/50	97
137	Pippa	Cumbers		Female	23:33	49	W U/50	22
138	Michele	Coe-O'Brien	South London harriers	Female	23:37	60	W V60	1
139	Edyta	Wierzbowska	west 4 harriers	Female	23:58	41	W U/50	23
140	Ian	Sesnan	Dulwixh Runners	Male	24:04	64	M V60	1
141	Elaine	BATTSON	Victoria Park & Tower Hamlets AC	Female	24:06	55	W V50	7
142	JC	sabran	Clapham pioneers	Male	24:22	50	M V50	9
143	Barrie	Nicholls	dulwich runners ac	Male	24:26	67	M V60	2
144	Richard J	Powell	N/A	Male	24:49	52	M V50	10
145	Lizzy	Jeffries	Fulham Running Club	Female	25:04	31	W U/50	24
146	Sunanda	Sarker-Bell		Female	25:25	55	W V50	8
147	Andrew	Murray	dulwich runners ac	Male	25:32	68	M V60	3
148	Claire	Steward	dulwich runners ac	Female	25:45	69	W V60	2
149	Camilla	Scrimgeour		Female	26:10	30	W U/50	25
150	Anthony	Austin	Hercules Wimbkedon A.C	Male	26:26	66	M V60	4
151	Michele	Griffiths	Mornington Chasers	Female	26:34	56	W V50	9
152	Lindsey	Annable	dulwich runners ac	Female	26:41	53	W V50	10
153	Donna	Richards	South London harriers	Female	26:50	55	W V50	11
154	Jenny	Bomers	Dulwich Runner AC	Female	27:42	39	W U/50	26
155	Sarah	Tindley	collingwood ac	Female	29:20	55	W V50	12
156	Fiona	Thorne	Sutton runners	Female	29:41	51	W V50	13
157	John	Grigg	Fulham Running Club	Male	30:19	67	M V60	5
158	Norman	Hemming	Croydon Harriers	Male	30:57	68	M V60	6
159	Christopher	Shaw	Fulham Running Club	Male	40:48	42	M U/50	98