

# Sri Chinmoy 5K Race

Battersea Park, London

21st June 2021

## KANGAROO HOP 5K



**SRI CHINMOY  
MARATHON TEAM**



**Run and Become**  
www.runandbecome.com

| WINNERS        |          |           |                                     |        |       |     |
|----------------|----------|-----------|-------------------------------------|--------|-------|-----|
| RANK           | NAME     | SURNAME   | CLUB                                | M   F  | TIME  | AGE |
| Men U/50       |          |           |                                     |        |       |     |
| 1              | Nick     | Bester    | Best Athletics                      | Male   | 15:14 | 31  |
| 2              | Callum   | Stewart   | Belgrave Harriers                   | Male   | 15:24 | 26  |
| 3              | Jonathan | Scott     | Victoria Park Harriers & Tower Haml | Male   | 15:33 | 29  |
| 4              | Tom      | Aldred    | London Heathside AC                 | Male   | 15:45 | 42  |
| 5              | James    | Hotham    | Victoria Park & Tower Hamlets AC    | Male   | 15:52 | 36  |
| 6              | Michael  | Dan       | Highgate Harriers                   | Male   | 15:56 | 28  |
| 7              | Thomas   | South     | dulwich runners ac                  | Male   | 16:00 | 45  |
| Women U/50     |          |           |                                     |        |       |     |
| 1              | Sophie   | Harris    | Herne Hill Harriers                 | Female | 16:28 | 28  |
| 2              | Jenny    | Bannerman | INVERNESS HARRIERS AAC              | Female | 16:58 | 33  |
| 3              | ruby     | Woolfe    | Thames Hare and Hounds              | Female | 17:30 | 26  |
| 4              | Bethanie | Murray    | Thames Hare & Hounds                | Female | 17:49 | 25  |
| 5              | Georgina | Wiley     | kent ac                             | Female | 18:31 | 36  |
| 6              | Georgie  | Furze     | Woking AC                           | Female | 18:52 | 34  |
| 7              | Rosie    | VALLANCE  | Thames Valley Harriers              | Female | 19:04 | 20  |
| Men Vet 50     |          |           |                                     |        |       |     |
| 1              | Terry    | Booth     | Guildford & Godalming AC            | Male   | 16:35 | 54  |
| 2              | Neil     | Reissland | South London harriers               | Male   | 17:33 | 56  |
| 3              | Daniel   | Gillett   | South London harriers               | Male   | 17:49 | 51  |
| Women Vet 50   |          |           |                                     |        |       |     |
| 1              | Lucy     | Woolhouse | Veterans AC London                  | Female | 20:22 | 59  |
| 2              | Michelle | Lennon    | Dulwich Runners AC                  | Female | 20:52 | 54  |
| 3              | PIPPA    | MAJOR     | South London harriers               | Female | 21:04 | 56  |
| Men Vet 60     |          |           |                                     |        |       |     |
| 1              | David    | Ogden     | South London harriers               | Male   | 17:29 | 62  |
| 2              | Laurence | Duffy     | The Stragglers RC                   | Male   | 19:00 | 60  |
| Women Vet 60   |          |           |                                     |        |       |     |
| 1              | Penny    | Wilkins   | Vets AC                             | Female | 23:31 | 60  |
| 2              | Annette  | Helliwell | collingwood ac                      | Female | 26:42 | 62  |
| Women Under 16 |          |           |                                     |        |       |     |
| 1              | Laila    | Morrell   | South London harriers               | Female | 23:50 | 14  |
| Women Vet 70   |          |           |                                     |        |       |     |
| 1              | Penny    | Elliott   | Waverley Harriers                   | Female | 25:57 | 78  |

**ALL RESULTS BELOW**

## RESULTS

| RANK | NAME     | SURNAME    | CLUB                                | M   F  | TIME  | AGE | CATEGORY | CAT. POS. |
|------|----------|------------|-------------------------------------|--------|-------|-----|----------|-----------|
| 1    | Nick     | Bester     | Best Athletics                      | Male   | 15:14 | 31  | M U/50   | 1         |
| 2    | Callum   | Stewart    | Belgrave Harriers                   | Male   | 15:24 | 26  | M U/50   | 2         |
| 3    | Jonathan | Scott      | Victoria Park Harriers & Tower Haml | Male   | 15:33 | 29  | M U/50   | 3         |
| 4    | Tom      | Aldred     | London Heathside AC                 | Male   | 15:45 | 42  | M U/50   | 4         |
| 5    | James    | Hotham     | Victoria Park & Tower Hamlets AC    | Male   | 15:52 | 36  | M U/50   | 5         |
| 6    | Michael  | Dan        | Highgate Harriers                   | Male   | 15:56 | 28  | M U/50   | 6         |
| 7    | thomas   | south      | dulwich runners ac                  | Male   | 16:00 | 45  | M U/50   | 7         |
| 8    | Russ     | Ashford    | Highgate Harriers                   | Male   | 16:01 | 37  | M U/50   | 8         |
| 9    | Sion     | Lewis      | London Heathside                    | Male   | 16:05 | 38  | M U/50   | 9         |
| 10   | Ryan     | Keane      | Thames Valley Harriers              | Male   | 16:06 | 30  | M U/50   | 10        |
| 11   | Simon    | Egan       | Woking AC                           | Male   | 16:14 | 49  | M U/50   | 11        |
| 12   | Samuel   | Evans      | kent ac                             | Male   | 16:19 | 37  | M U/50   | 12        |
| 13   | Niall    | Gilchrist  | Ealing Eagles Running Club          | Male   | 16:19 | 28  | M U/50   | 13        |
| 14   | Dominic  | Howarth    | Victoria Park & Tower Hamlets AC    | Male   | 16:22 | 23  | M U/50   | 14        |
| 15   | Hugh     | Torry      | Serpentine Rc                       | Male   | 16:23 | 42  | M U/50   | 15        |
| 16   | Timothy  | Powell     | Serpentine Rc                       | Male   | 16:23 | 31  | M U/50   | 16        |
| 17   | Robbie   | Cox        | Woodford Green with Essex Ladies    | Male   | 16:23 | 39  | M U/50   | 17        |
| 18   | nick     | shasha     | Orion Harriers                      | Male   | 16:25 | 47  | M U/50   | 18        |
| 19   | Jack     | McVann     | hillingdon ac                       | Male   | 16:27 | 26  | M U/50   | 19        |
| 20   | Stephen  | McLeod     | Fulham Running Club                 | Male   | 16:27 | 32  | M U/50   | 20        |
| 21   | Sophie   | Harris     | Herne Hill Harriers                 | Female | 16:28 | 28  | W U/50   | 1         |
| 22   | Sam      | Village    | Belgrave Harriers                   | Male   | 16:32 | 34  | M U/50   | 21        |
| 23   | Derek    | Kempen     |                                     | Male   | 16:33 | 40  | M U/50   | 22        |
| 24   | Gareth   | Williams   | Ranelagh Harriers                   | Male   | 16:35 | 44  | M U/50   | 23        |
| 25   | Terry    | Booth      | Guildford & Godalming AC            | Male   | 16:35 | 54  | M V50    | 1         |
| 26   | Hugh     | Stobart    | Dulwich Runner AC                   | Male   | 16:42 | 31  | M U/50   | 24        |
| 27   | George   | Russell    | Kent Athletic Club                  | Male   | 16:43 | 25  | M U/50   | 25        |
| 28   | Nicolas  | Besson     | Serpentine Rc                       | Male   | 16:45 | 40  | M U/50   | 26        |
| 29   | Will     | Pitt       | kent ac                             | Male   | 16:47 | 49  | M U/50   | 27        |
| 30   | Robin    | Jones      | Herne Hill Harriers                 | Male   | 16:48 | 48  | M U/50   | 28        |
| 31   | Gary     | James      |                                     | Male   | 16:49 | 43  | M U/50   | 29        |
| 32   | Jenny    | Bannerman  | INVERNESS HARRIERS AAC              | Female | 16:58 | 33  | W U/50   | 2         |
| 33   | Danny    | Brewer     | Highgate Harriers                   | Male   | 17:06 | 32  | M U/50   | 30        |
| 34   | Robert   | Emes       | dulwich runners ac                  | Male   | 17:17 | 41  | M U/50   | 31        |
| 35   | Ewan     | Fryatt     | Ealing Eagles Running Club          | Male   | 17:20 | 39  | M U/50   | 32        |
| 36   | Ash      | Brooks     | Fulham RC                           | Male   | 17:23 | 29  | M U/50   | 33        |
| 37   | Timothy  | Bowen      | dulwich runners ac                  | Male   | 17:25 | 37  | M U/50   | 34        |
| 38   | Graham   | O'Donoghue | Serpentine Rc                       | Male   | 17:27 | 42  | M U/50   | 35        |
| 39   | David    | Ogden      | South London harriers               | Male   | 17:29 | 62  | M V60    | 1         |
| 40   | ruby     | Woolfe     | Thames Hare and Hounds              | Female | 17:30 | 26  | W U/50   | 3         |
| 41   | Dominic  | Seymour    |                                     | Male   | 17:33 | 37  | M U/50   | 36        |
| 42   | Neil     | Reissland  | South London harriers               | Male   | 17:33 | 56  | M V50    | 2         |
| 43   | Andrew   | Georgeson  | Best Athletics                      | Male   | 17:34 | 27  | M U/50   | 37        |
| 44   | David    | Winston    | Ashford AC                          | Male   | 17:36 | 38  | M U/50   | 38        |
| 45   | Eugene   | Cross      | dulwich runners ac                  | Male   | 17:36 | 40  | M U/50   | 39        |
| 46   | Jacob    | Plummer    | Hercules Wimbledon                  | Male   | 17:36 | 28  | M U/50   | 40        |
| 47   | Neil     | Kirkham    | Victoria Park & Tower Hamlets AC    | Male   | 17:37 | 35  | M U/50   | 41        |

|    |               |                    |                                  |        |       |    |       |    |
|----|---------------|--------------------|----------------------------------|--------|-------|----|-------|----|
| 48 | Nicholas      | Hinde              | Highgate Harriers                | Male   | 17:39 | 37 | MU/50 | 42 |
| 49 | James         | Jelly              | na                               | Male   | 17:40 | 31 | MU/50 | 43 |
| 50 | Gavin         | Lau                | Victoria Park & Tower Hamlets AC | Male   | 17:44 | 38 | MU/50 | 44 |
| 51 | Bethanie      | Murray             | Thames Hare & Hounds             | Female | 17:49 | 25 | WU/50 | 4  |
| 52 | Daniel        | Gillett            | South London harriers            | Male   | 17:49 | 51 | MV50  | 3  |
| 53 | Ed            | Mawby              | Dulwich runners                  | Male   | 18:02 | 40 | MU/50 | 45 |
| 54 | Robert        | Batchelor          | windle valley                    | Male   | 18:10 | 49 | MU/50 | 46 |
| 55 | Joe           | farrington-douglas | dulwich runners ac               | Male   | 18:19 | 42 | MU/50 | 47 |
| 56 | Tim           | Ballard            | Colchester Harriers              | Male   | 18:22 | 45 | MU/50 | 48 |
| 57 | felix         | Allen              | Hercules Wimbledon               | Male   | 18:25 | 49 | MU/50 | 49 |
| 58 | Jim           | Carrington         | Hercules Wimbledon               | Male   | 18:27 | 44 | MU/50 | 50 |
| 59 | Alex          | Davidson           | Highgate Harriers                | Male   | 18:28 | 59 | MV50  | 4  |
| 60 | Georgina      | Wiley              | kent ac                          | Female | 18:31 | 36 | WU/50 | 5  |
| 61 | Scott         | Mills              | Belgrave Harriers                | Male   | 18:32 | 27 | MU/50 | 51 |
| 62 | Alex          | Mackula            | Thames Hare and Hounds           | Male   | 18:35 | 36 | MU/50 | 52 |
| 63 | Peter         | Mannion            | Windle Valley Runners            | Male   | 18:36 | 59 | MV50  | 5  |
| 64 | Andrew        | Davies             | Hercules Wimbledon               | Male   | 18:42 | 47 | MU/50 | 53 |
| 65 | Ross          | Rook               | dulwich runners ac               | Male   | 18:43 | 40 | MU/50 | 54 |
| 66 | Nadi          | Jahangiri          | Highgate Harriers                | Male   | 18:44 | 59 | MV50  | 6  |
| 67 | Eric          | Tse                | Clapham Chasers                  | Male   | 18:49 | 36 | MU/50 | 55 |
| 68 | Georgie       | Furze              | Woking AC                        | Female | 18:52 | 34 | WU/50 | 6  |
| 69 | Nils-Kristian | Liborg             | Ealing Eagles Running Club       | Male   | 18:52 | 41 | MU/50 | 56 |
| 70 | Douglas       | Rendle             | London Heathside                 | Male   | 18:55 | 42 | MU/50 | 57 |
| 71 | Laurence      | Duffy              | The Stragglers RC                | Male   | 19:00 | 60 | MV60  | 2  |
| 72 | Rosie         | VALLANCE           | Thames Valley Harriers           | Female | 19:04 | 20 | WU/50 | 7  |
| 73 | Douglas       | Howie              | N/A                              | Male   | 19:12 | 29 | MU/50 | 58 |
| 74 | Austin        | Laylee             | Dulwich Runners AC               | Male   | 19:14 | 25 | MU/50 | 59 |
| 75 | Mark          | Fuller             |                                  | Male   | 19:16 | 28 | MU/50 | 60 |
| 76 | Peter         | Greaney            | Clapham Chasers RC               | Male   | 19:21 | 45 | MU/50 | 61 |
| 77 | Mark          | Jefford            | London Heathside                 | Male   | 19:22 | 55 | MV50  | 7  |
| 78 | Allan         | Cox                | Clapham Chasers                  | Male   | 19:24 | 44 | MU/50 | 62 |
| 79 | Sarah         | Winter             | the stragglers                   | Female | 19:26 | 47 | WU/50 | 8  |
| 80 | Christopher   | Nunn               | dulwich runners ac               | Male   | 19:27 | 47 | MU/50 | 63 |
| 81 | Ed            | Taylor             |                                  | Male   | 19:27 | 35 | MU/50 | 64 |
| 82 | Mark          | Kell               | Serpentine Rc                    | Male   | 19:29 | 40 | MU/50 | 65 |
| 83 | Michael       | Nogas              | Dulwich runners                  | Male   | 19:29 | 27 | MU/50 | 66 |
| 84 | Jesus         | Lopez              | Ealing Eagles Running Club       | Male   | 19:36 | 40 | MU/50 | 67 |
| 85 | Shaun         | Melvin             | west 4 harriers                  | Male   | 19:38 | 37 | MU/50 | 68 |
| 86 | Samuel        | Ajayi-Obe          |                                  | Male   | 19:38 | 27 | MU/50 | 69 |
| 87 | Mark          | Raddan             |                                  | Male   | 19:39 | 42 | MU/50 | 70 |
| 88 | Rebecca       | Schulleri          | dulwich runners ac               | Female | 19:44 | 32 | WU/50 | 9  |
| 89 | Laura         | Sears              | Clapham pioneers                 | Female | 19:49 | 27 | WU/50 | 10 |
| 90 | pete          | Crockford          | London Heathside                 | Male   | 19:49 | 63 | MV60  | 3  |
| 91 | Trevor        | Ingram             | Fulham Running Club              | Male   | 19:51 | 44 | MU/50 | 71 |
| 92 | Alex          | Jeffreys           | Serpentine Rc                    | Male   | 19:53 | 46 | MU/50 | 72 |
| 93 | Andrew        | Cornish            | South London harriers            | Male   | 20:03 | 55 | MV50  | 8  |
| 94 | Chris         | Beckmann           |                                  | Male   | 20:19 | 41 | MU/50 | 73 |
| 95 | Ed            | Smyth              | Dulwich runners                  | Male   | 20:21 | 40 | MU/50 | 74 |
| 96 | Lucy          | Woolhouse          | Veterans AC London               | Female | 20:22 | 59 | WV50  | 1  |
| 97 | Peter         | Martin             | Clapham Chasers                  | Male   | 20:37 | 46 | MU/50 | 75 |
| 98 | Madison       | Newey              | Dulwich runners                  | Female | 20:41 | 28 | WU/50 | 11 |
| 99 | thomas        | cheetham           | hercules wimbledon ac            | Male   | 20:41 | 54 | MV50  | 9  |

|     |             |              |                                  |        |       |    |       |    |
|-----|-------------|--------------|----------------------------------|--------|-------|----|-------|----|
| 100 | Felicity    | Carr         | South London harriers            | Female | 20:42 | 25 | WU/50 | 12 |
| 101 | Katherine   | ELMORE-JONES | Fulham Running Club              | Female | 20:45 | 44 | WU/50 | 13 |
| 102 | Eberhard    | Prill        | Dulwich Runner AC                | Male   | 20:48 | 59 | MV50  | 10 |
| 103 | Michelle    | Lennon       | Dulwich Runners AC               | Female | 20:52 | 54 | WV50  | 2  |
| 104 | Dean        | Saliba       | Victoria Park & Tower Hamlets AC | Male   | 20:57 | 42 | MU/50 | 76 |
| 105 | Seren       | Hughes       | Fulham Running Club              | Female | 21:03 | 23 | WU/50 | 14 |
| 106 | PIPPA       | MAJOR        | South London harriers            | Female | 21:04 | 56 | WV50  | 3  |
| 107 | Andy        | Naylor       |                                  | Male   | 21:05 | 39 | MU/50 | 77 |
| 108 | Serkan      | Bektas       | Fulham Running Club              | Male   | 21:09 | 51 | MV50  | 11 |
| 109 | Ryo         | Kitahara     | Ealing Eagles Running Club       | Male   | 21:11 | 42 | MU/50 | 78 |
| 110 | Yvette      | Dore         | Dulwich Runner AC                | Female | 21:23 | 49 | WU/50 | 15 |
| 111 | Stephen     | Vincent      | South London harriers            | Male   | 21:36 | 52 | MV50  | 12 |
| 112 | Cameron     | Timmis       | dulwich runners ac               | Male   | 21:56 | 50 | MV50  | 13 |
| 113 | Ben         | Brooks       | Clapham pioneers                 | Male   | 21:59 | 29 | MU/50 | 79 |
| 114 | Deborah     | Williams     | Sutton runners                   | Female | 22:10 | 50 | WV50  | 4  |
| 115 | Shun-Lai    | Chan         | South London harriers            | Female | 22:15 | 51 | WV50  | 5  |
| 116 | Susannah    | Benson       | Clapham pioneers                 | Female | 22:21 | 29 | WU/50 | 16 |
| 117 | James       | Twist        |                                  | Male   | 22:36 | 60 | MV60  | 4  |
| 118 | ileana      | konialidis   |                                  | Female | 23:07 | 38 | WU/50 | 17 |
| 119 | Penny       | Wilkins      | Vets AC                          | Female | 23:31 | 60 | WV60  | 1  |
| 120 | Ian         | Sesnan       | dulwich runners ac               | Male   | 23:38 | 64 | MV60  | 5  |
| 121 | Laila       | Morrell      | South London harriers            | Female | 23:50 | 14 | WU/16 | 1  |
| 122 | Sonja       | Jutte        | Dulwich R                        | Female | 23:56 | 42 | WU/50 | 18 |
| 123 | Sophie      | Denman       | Fulham Running Club              | Female | 24:32 | 33 | WU/50 | 19 |
| 124 | Robbie      | Pfeifer      |                                  | Male   | 24:59 | 26 | MU/50 | 80 |
| 125 | Chiara      | Georgiadis   |                                  | Female | 25:07 | 37 | WU/50 | 20 |
| 126 | Donna       | Richards     | South London harriers            | Female | 25:07 | 55 | WV50  | 6  |
| 127 | Matthew     | Rooney       | collingwood ac                   | Male   | 25:11 | 42 | MU/50 | 81 |
| 128 | Monique     | O'Donoghue   | Clapham Chasers                  | Female | 25:14 | 41 | WU/50 | 21 |
| 129 | Hugh        | Woolhouse    |                                  | Male   | 25:14 | 59 | MV50  | 14 |
| 130 | Lauren      | Harris       | Wimbledon Windmilers             | Female | 25:17 | 31 | WU/50 | 22 |
| 131 | Karen       | Chart        | collingwood ac                   | Female | 25:23 | 47 | WU/50 | 23 |
| 132 | Andrew      | Fickling     | Fulham Running Club              | Male   | 25:24 | 64 | MV60  | 6  |
| 133 | michele     | griffiths    | Mornington Chasers               | Female | 25:56 | 56 | WV50  | 7  |
| 134 | Penny       | Elliott      | Waverley Harriers                | Female | 25:57 | 78 | WV70  | 1  |
| 135 | Annette     | Helliwell    | collingwood ac                   | Female | 26:42 | 62 | WV60  | 2  |
| 136 | Louisa      | Garshong     |                                  | Female | 27:11 | 32 | WU/50 | 24 |
| 137 | Graham      | Dillamore    |                                  | Male   | 27:11 | 57 | MV50  | 15 |
| 138 | Lorraine    | Dillamore    | Team Real Runners                | Female | 27:29 | 56 | WV50  | 8  |
| 139 | Adrian      | Brune        | Fulham Run Club                  | Female | 29:14 | 45 | WU/50 | 25 |
| 140 | Andrew      | Dowden       |                                  | Male   | 30:40 | 61 | MV60  | 7  |
| 141 | Christopher | Shaw         | Fulham Running Club              | Male   | 37:27 | 42 | MU/50 | 82 |