

# Sri Chinmoy 10K Race

Battersea Park, London

26th March 2022

**MAD MARCH 10K**



**SRI CHINMOY  
MARATHON TEAM**



www.runandbecome.com

WINNERS						
RANK	NAME	SURNAME	CLUB	M   F	TIME	AGE
Men U/50						
1	Lawrence	Hollom	Thames Hare and Hounds	Male	00:32:08	23
2	MacGregor	Cox	SHAEF Shifters RC	Male	00:32:20	26
3	George	Suthon	Reading AC	Male	00:32:29	26
4	Neil	Ibata		Male	00:32:37	25
5	Victor	Lio		Male	00:33:36	33
6	Donal	Moran	Mornington Chasers	Male	00:33:43	47
7	Luke	Rowland	London City Athletics Club	Male	00:33:49	31
Women U/50						
1	Lauren	Longhurst	Mornington Chasers	Female	00:39:13	34
2	Angharad	Daniel	the stragglers rc	Female	00:40:53	41
3	Christine	Lutsch	Windrush Triathlon Club	Female	00:40:58	40
4	Sarah	Morris	Waverley Harriers	Female	00:40:59	30
5	RACHE	Ormesher	Clapham Chasers	Female	00:41:09	44
6	Amy	Cook	London Heathside AC	Female	00:41:29	32
7	Emily	Gow	bracknell forest runners	Female	00:41:37	26
Men Vet 50						
1	Jonathan	Ratcliffe	Herne Hill Harriers	Male	00:36:41	54
2	Martin	Potter	London Heathside AC	Male	00:37:17	54
3	Paul	Sterland	Clapham Chasers RC	Male	00:38:20	50
Men Vet 60						
1	Martin	Kelsen	dulwich runners ac	Male	00:43:07	60
2	jean-luc	hoez	Serpentine Rc	Male	00:54:36	64
Women Vet 60						
1	Jacky	Balfour	the stragglers	Female	00:41:51	60
2	Jackie	Wastell	London Heathside AC	Female	00:49:26	60
Men Vet 70						
1	Phil	West	Mornington Chasers	Male	00:59:13	70
Women Vet 70						
1	Phil	Kelvin	Serpentine	Female	00:58:05	

## ALL RESULTS BELOW

RESULTS								
RANK	NAME	SURNAME	CLUB	M   F	TIME	AGE	CATEGORY	CAT. POS.
1	Lawrence	Hollom	Thames Hare and Hounds	Male	00:32:08	23	M U/50	1
2	MacGregor	Cox	SHAEF Shifters RC	Male	00:32:20	26	M U/50	2
3	George	Suthon	Reading AC	Male	00:32:29	26	M U/50	3
4	Neil	Ibata		Male	00:32:37	25	M U/50	4
5	Victor	Lio		Male	00:33:36	33	M U/50	5

6	Donal	Moran	Mornington Chasers	Male	00:33:43	47	MU/50	6
7	Luke	Rowland	London City Athletics Club	Male	00:33:49	31	MU/50	7
8	Hamish	Maclean		Male	00:33:50	39	MU/50	8
9	Daniel	Kennedy	Blackheath and Bromley Harriers	Male	00:33:52	30	MU/50	9
10	Spyridon	Iatropoulos	Loughborough Students AC	Male	00:33:54	25	MU/50	10
11	Nicolas	Besson	Serpentine Rc	Male	00:33:56	40	MU/50	11
12	George	Roberts	Oxford City AC	Male	00:34:40	25	MU/50	12
13	Christopher	Tsantoulas	Serpentine	Male	00:34:42	42	MU/50	13
14	Mischa	Balen	Serpentine Rc	Male	00:34:52	34	MU/50	14
15	Adrian	Russell	Dulwich runners	Male	00:34:58	44	MU/50	15
16	Danny	Isaacs	Highgate Harriers	Male	00:35:16	34	MU/50	16
17	Rodney	McCulloch	Thames Hare and Hounds	Male	00:35:38	36	MU/50	17
18	Stephen	McLeod	Fulham	Male	00:36:02	33	MU/50	18
19	Nathan	Andrews	Wimbledon Windmilers	Male	00:36:24	46	MU/50	19
20	James	Burrows	dulwich runners ac	Male	00:36:28	41	MU/50	20
21	Rendy	Prakoso	Mornington Chasers	Male	00:36:31	32	MU/50	21
22	Clive	Alley	Clapham Chasers	Male	00:36:32	49	MU/50	22
23	Jonathan	Ratcliffe	Herne Hill Harriers	Male	00:36:41	54	MV50	1
24	Oliver	Negus	London Heathside	Male	00:36:44	28	MU/50	23
25	Billy	Ryan	Newham & Essex Beagles	Male	00:36:51	31	MU/50	24
26	Michael	Leong	Clapham Chasers RC	Male	00:36:55	41	MU/50	25
27	Martin	Potter	London Heathside AC	Male	00:37:17	54	MV50	2
28	Gareth	Fletcher	London Fronrunners	Male	00:37:23	43	MU/50	26
29	SIMON	HARRIS	blackheath & bromley harriers ac	Male	00:37:53	48	MU/50	27
30	Bruno	Papadacci	Mornington Chasers	Male	00:37:58	36	MU/50	28
31	Huw	Evans		Male	00:38:18	26	MU/50	29
32	Paul	Sterland	Clapham Chasers RC	Male	00:38:20	50	MV50	3
33	Robin	Jones	Asppt Nice	Male	00:38:28	49	MU/50	30
34	Michael	Carty	Belgrave Harriers	Male	00:38:29	48	MU/50	31
35	Oliver	Edwards	SHAEF Shifters RC	Male	00:38:33	37	MU/50	32
36	James	Voos		Male	00:38:45	34	MU/50	33
37	Ed	Hampton-Matthews	Clapham Chasers	Male	00:39:09	29	MU/50	34
38	Lauren	Longhurst	Mornington Chasers	Female	00:39:13	34	WU/50	1
39	Tim	Kerr	Herne Hill Harriers	Male	00:39:19	31	MU/50	35
40	Fraser	Hagell	Herne Hill Harriers	Male	00:39:27	33	MU/50	36
41	Joe	Daniel	kent ac	Male	00:39:49	42	MU/50	37
42	Arnaud	Banon	Serpentine Rc	Male	00:40:27	43	MU/50	38
43	David	Field	Herne Hill Harriers	Male	00:40:31	51	MV50	4
44	Peter	Hidvegi		Male	00:40:44	49	MU/50	39
45	Jacob	Murtagh	Ealing Eagles Running Club	Male	00:40:47	36	MU/50	40
46	Angharad	Daniel	the stragglers rc	Female	00:40:53	41	WU/50	2
47	Christine	Lutsch	Windrush Triathlon Club	Female	00:40:58	40	WU/50	3
48	Sarah	Morris	Waverley Harriers	Female	00:40:59	30	WU/50	4
49	Imran	Ahmed	Serpentine Rc	Male	00:41:03	55	MV50	5
50	RACHE	Ormesher	Clapham Chasers	Female	00:41:09	44	WU/50	5
51	jason	walkingshaw	Best Athletics	Male	00:41:19	42	MU/50	41
52	Amy	Cook	London Heathside AC	Female	00:41:29	32	WU/50	6
53	Emily	Gow	bracknell forest runners	Female	00:41:37	26	WU/50	7
54	John	Mehrzad	Mornington Chasers	Male	00:41:47	43	MU/50	42
55	thomas	cheetham	Hercules Wimbledon	Male	00:41:47	55	MV50	6
56	Jacky	Balfour	the stragglers	Female	00:41:51	60	WV60	1
57	Nicholas	Warmingham	Thames Hare and Hounds	Male	00:42:12	41	MU/50	43

58	Daniel	Denore	Croydon Harriers	Male	00:42:36	31	M U/50	44
59	Martin	Kelsen	dulwich runners ac	Male	00:43:07	60	M V60	1
60	Vinh-Phuong	Hoang	Clapham Chasers	Female	00:43:39	31	W U/50	8
61	Katie	Gow	Fulham Running Club	Female	00:43:40	28	W U/50	9
62	Alex	Flack	Fulham Running Club	Female	00:43:47	47	W U/50	10
63	Thomas	Lynchehan		Male	00:44:02	26	M U/50	45
64	Tom	Bolton		Male	00:44:32	41	M U/50	46
65	Tom	Murray	South Wimbledon Running Club	Male	00:44:35	30	M U/50	47
66	Carmen	Litiu	West4 Harriers	Female	00:45:01	37	W U/50	11
67	Megan	Jones		Female	00:45:33	24	W U/50	12
68	Richard	Bevan		Male	00:46:15	53	M V50	7
69	Saga	Nilsson	Thames Hare and Hounds	Female	00:47:16	25	W U/50	13
70	Jason	Drake	Aldershot Farnham & District AC	Male	00:47:23	58	M V50	8
71	Wayne	Palmer	west 4 harriers	Male	00:47:28	55	M V50	9
72	Daniel	Lewis	Mornington Chasers	Male	00:49:00	45	M U/50	48
73	Pip	Brown	Mornington Chasers	Female	00:49:03	28	W U/50	14
74	Philip	Marsden	Kent Athletic Club	Male	00:49:08	52	M V50	10
75	Jackie	Wastell	London Heathside AC	Female	00:49:26	60	W V60	2
76	Alan	Llorente	Wimbledon Windmillers	Male	00:50:36	48	M U/50	49
77	Nathan	Easey		Male	00:51:49	38	M U/50	50
78	jean-luc	hoez	Serpentice Rc	Male	00:54:36	64	M V60	2
79	Heather	Binney	Clapham pioneers	Female	00:57:37	60	W V60	3
80	Phil	Kelvin	Serpentine	Female	00:58:05		W V70	1
81	Steve	Butcher	dulwich runners ac	Male	00:58:53	64	M V60	3
82	Phil	West	Mornington Chasers	Male	00:59:13	70	M V70	1
83	John	Grigg	Fulham Running Club	Male	01:05:02	67	M V60	4