

South of the Thames 5 Mile Team Race - 25th November 2023										
Hosted by Kent A.C. at Beckenham Place Park										
Full results										
Position	Number	Name		Club	Age			M Score	F Score	
1	579	Edward	Chuck	Dulwich Runners AC	M35	M	24:37	1		Gold
2	593	Jack	Ramm	Dulwich Runners AC	M35	M	24:50	2		Silver
3	654	Cameron	Dockerill	Kent AC	MSen	M	24:59	3		Bronze
4	658	Tom	Mower	Kent AC	M40	M	25:04	4		
5	524	Samuel	Gebreselassie	Belgrave Harriers	MSen	M	25:16	5		
6	532	Sam	Sommerville	Belgrave Harriers	MSen	M	25:27	6		
7	704	Felix	Vaughan	South London Harriers	MU20	M	25:33	7		Gold U20M
8	662	Owen	Hind	Kent AC	MSen	M	25:35	8		
9	617	Callum	Job	Guildford & Godalming AC	MSen	M	25:38	9		
10	523	Ollie	Garrod	Belgrave Harriers	MSen	M	25:40	10		
11	521	James	Fox	Belgrave Harriers	MSen	M	25:48	11		
12	681	Jonathan	Tipper	Kent AC	M40	M	25:51	12		
13	534	Bobby	Babaker	Cambridge Harriers	MSen	M	25:57	13		
14	649	James	Boustead	Kent AC	MSen	M	25:59	14		
15	531	Oliver	Smith	Belgrave Harriers	MSen	M	26:02	15		
16	533	Charles	Wood	Belgrave Harriers	MSen	M	26:12	16		
17	661	Joe	Hartley	Kent AC	M35	M	26:20	17		
18	682	Nicholas	Torry	Kent AC	M45	M	26:23	18		
19	536	Thomas	Brooke	Cambridge Harriers	MSen	M	26:34	19		
20	526	Rob	Kelly	Belgrave Harriers	MSen	M	26:37	20		
21	666	Lyndon	Marfell	Kent AC	MSen	M	26:49	21		
22	633	Robin	Bebbington	Herne Hill Harriers	MU20	M	26:50	22		
23	520	Matthew	Edgar	Belgrave Harriers	M35	M	26:52	23		
24	674	Neil	Phillips	Kent AC	M40	M	26:58	24		
25	676	George	Russell	Kent AC	MSen	M	27:02	25		

26	692	Daryl	Cyprien	South London Harriers	MSen	M	27:05	26		
27	651	Nicholas	Chevis	Kent AC	MSen	M	27:06	27		
28	576	Fred	Bungay	Dulwich Runners AC	MSen	M	27:12	28		
29	543	James	MacDonald	Cambridge Harriers	M40	M	27:15	29		
30	595	Adrian	Russell	Dulwich Runners AC	M45	M	27:20	30		
31	639	Fintan	Kearney	Herne Hill Harriers	MSen	M	27:21	31		
32	655	Samuel	Evans	Kent AC	M40	M	27:25	32		
33	575	James	Blackwood	Dulwich Runners AC	MSen	M	27:30	33		
34	580	Sean	Cordon	Dulwich Runners AC	MSen	M	27:33	34		
35	671	Chris	Mullin	Kent AC	M45	M	27:34	35		
36	679	Niall	Stewart	Kent AC	MSen	M	27:37	36		
37	642	Sam	Maloney	Herne Hill Harriers	MU20	M	27:38	37		
38	621	Nick	Tearle	Guildford & Godalming AC	M50	M	27:39	38		
39	664	Peter	Lighting	Kent AC	M40	M	27:41	39		
40	553	Douglas	Aikman	Croydon Harriers	MU20	M	27:49	40		
41	506	Eliza	Hawthorn	The Stragglers Running Club	FSen	F	27:50		1	Gold
42	652	Che	Compton	Kent AC	M45	M	27:57	41		
43	677	Philip	Sanders	Kent AC	M50	M	28:00	42		
44	401	Georgie	Bruinvels	Aldershot, Farnham and District AC	F35	F	28:01		2	Silver
45	700	Brandan	Morrell	South London Harriers	MU20	M	28:04	43		
46	415	Emily	Robbins	Belgrave Harriers	FSen	F	28:05		3	Bronze
47	725	Pete	Gregorowski	The Stragglers Running Club	M45	M	28:06	44		
48	706	Andrew	Aitken	Striders of Croydon	M45	M	28:08	45		
49	660	Alex	Harris	Kent AC	M40	M	28:09	46		
50	714	James	Rhodes	Striders of Croydon	MSen	M	28:14	47		
51	545	Alfie	Oliver	Cambridge Harriers	MSen	M	28:18	48		
52	400	Lara	Bromilow	Guest	F35	X	28:00			
53	530	Valentin	Rigori	Belgrave Harriers	MSen	M	28:34	49		
54	562	Scott	Miller	Croydon Harriers	M35	M	28:35	50		

55	688	Henry	Munro	Reigate Priory AC	M40	M	28:45	51		
56	515	Ben	Dakin	Aldershot, Farnham and District AC	MU20	M	28:45	52		
57	696	Jack	Harrison	South London Harriers	MSen	M	28:52	53		
58	460	Amy	Clements	Kent AC	F40	F	28:52		4	
59	646	Ben	Armson	Kent AC	MSen	M	28:53	54		
60	650	Ed	Matthews	Kent AC	M35	M	28:55	55		
61	556	David	Brown	Croydon Harriers	M35	M	29:02	56		
62	727	Sam	Hawthorn	The Stragglers Running Club	MSen	M	29:09	57		
63	422	Alice	Crane	Dorking & Mole Valley AC	FSen	F	29:10		5	
64	707	Phil	Coales	Striders of Croydon	MSen	M	29:18	58		
65	680	Matthew	Thomas	Kent AC	M35	M	29:18	59		
66	586	Murray	Humphrey	Dulwich Runners AC	MSen	M	29:23	60		
67	684	Ralph	Weir	Kent AC	MSen	M	29:27	61		
68	757	Ashley	George	Croydon Harriers	M35	M	29:35	62		
69	582	Shane	Donlon	Dulwich Runners AC	M40	M	29:39	63		
70	732	James	Ruskin	The Stragglers Running Club	M40	M	29:43	64		
71	514	Richard	Batchelor	Aldershot, Farnham and District AC	M45	M	29:46	65		
72	468	Catherine	Kandie	Kent AC	FSen	F	29:51		6	
73	614	Terry	Booth	Guildford & Godalming AC	M55	M	29:53	66		
74	410	Naomi	Lenane	Belgrave Harriers	FSen	F	29:54		7	
75	588	Alexander	Loftus	Dulwich Runners AC	M45	M	29:55	67		
76	402	Harriet	Preedy	Aldershot, Farnham and District AC	FSen	F	29:56		8	
77	577	James	Burrows	Dulwich Runners AC	M40	M	30:02	68		
78	657	John	Gilchrist	Kent AC	MSen	M	30:04	69		
79	624	Simon	Bodle	Hercules Wimbledon AC	M60	M	30:05	70		
80	643	Stephen	McLeod	Herne Hill Harriers	MSen	M	30:07	71		
81	742	Alexander	Holmes	Tunbridge Wells Harriers	M45	M	30:11	72		
82	546	Mark	Penny	Cambridge Harriers	M40	M	30:16	73		
83	560	Fredie	Harding	Croydon Harriers	MSen	M	30:20	74		

84	603	Jay	Koike	Epsom and Ewell	M40	M	30:24	75		
85	644	Chris	Speed	Herne Hill Harriers	MSen	M	30:27	76		
86	691	Rusom	Berhane	South London Harriers	MSen	M	30:29	77		
87	518	Robert	Wakefield	Aldershot, Farnham and District AC	M40	M	30:30	78		
88	758	Lee	Tolentino	Croydon Harriers	M40	M	30:33	79		
89	408	Laura	Goodson	Belgrave Harriers	FSen	F	30:34		9	
90	636	Tom	Foster	Herne Hill Harriers	MSen	M	30:38	80		
91	607	James	Bentley	Greenwich Tritons Triathlon Club	MSen	M	30:39	81		
92	403	Natalie	Beadle	Belgrave Harriers	FSen	F	30:41		10	
93	685	Philip	Woodford-Smith	Kent AC	M40	M	30:41	82		
94	668	Iago	Martinez	Kent AC	M40	M	30:42	83		
95	715	Matt	Stone	Striders of Croydon	M60	M	30:45	84		
96	678	Tim	Sharp	Kent AC	M45	M	30:50	85		
97	752	James	Sarre	Tunbridge Wells Harriers	M45	M	30:51	86		
98	454	Nikki	Sturzaker	Herne Hill Harriers	F50	F	30:54		11	
99	713	Andy	Perks	Striders of Croydon	M50	M	30:59	87		
100	656	Julian	Gevers	Kent AC	M55	M	31:04	88		
101	615	Ian	Davies	Guildford & Godalming AC	M50	M	31:04	89		
102	699	Vikram	Makkar	South London Harriers	M45	M	31:06	90		
103	569	Fraser	Dawson	Dorking & Mole Valley AC	M55	M	31:07	91		
104	697	Graham	Lane	South London Harriers	M45	M	31:08	92		
105	673	William	Palmer	Kent AC	M40	M	31:10	93		
106	446	Karen	Ellison	Herne Hill Harriers	F40	F	31:11		12	
107	566	Ben	Brading	Dorking & Mole Valley AC	MSen	M	31:12	94		
108	629	Nick	Grogan	Hercules Wimbledon AC	MSen	M	31:14	95		
109	499	Sophie	Biggs	The Stragglers Running Club	F50	F	31:15		13	
110	547	Christian	Poulton	Cambridge Harriers	M55	M	31:16	96		
111	620	Philip	Pryke	Guildford & Godalming AC	M50	M	31:17	97		
112	631	Peter	Lee	Hercules Wimbledon AC	M55	M	31:19	98		

113	404	Mimi	Corden-Lloyd	Belgrave Harriers	FSen	F	31:19		14	
114	463	Clare	Elms	Kent AC	F55	F	31:26		15	
115	665	Chris	Lydon	Kent AC	M60	M	31:28	99		
116	648	Rupert	Bedford	Kent AC	MSen	M	31:30	100		
117	694	Jonathan	Froome	South London Harriers	M45	M	31:31	101		
118	632	Adam	May	Hercules Wimbledon AC	M40	M	31:43	102		
119	592	Tom	Mountain	Dulwich Runners AC	MSen	M	31:48	103		
120	459	Victoria	Cartwright	Kent AC	F40	F	31:49		16	
121	548	David	Reader	Cambridge Harriers	M50	M	31:55	104		
122	453	Shannon	Sinclair	Herne Hill Harriers	FSen	F	31:56		17	
123	597	Justin	Siderfin	Dulwich Runners AC	M50	M	31:59	105		
124	417	Madeleine	Armstrong-Plieth	Croydon Harriers	F40	F	32:01		18	
125	542	Will	Longhurst	Cambridge Harriers	M40	M	32:02	106		
126	474	Billie	Turner	Kent AC	F45	F	32:08		19	
127	745	Ken	MacSporran	Tunbridge Wells Harriers	M45	M	32:12	107		
128	613	Martin	Tynan	Greenwich Tritons Triathlon Club	M45	M	32:17	108		
129	409	Ella-may	Hards	Belgrave Harriers	FSen	F	32:23		20	
130	759	Abdhul-Rahmann	Samad	Croydon Harriers	MSen	M	32:24	109		
131	724	Danny	Glebocki	The Stragglers Running Club	MSen	M	32:26	110		
132	578	Andrea	Ceccolini	Dulwich Runners AC	M55	M	32:29	111		
133	709	Jason	Gallagher	Striders of Croydon	MSen	M	32:30	112		
134	414	Sarah	Riceman	Belgrave Harriers	FSen	F	32:32		21	
135	721	Malcolm	Davies	The Stragglers Running Club	M55	M	32:36	113		
136	516	Jasper	Ellis	Aldershot, Farnham and District AC	M50	M	32:37	114		
137	726	Stuart	Hambling	The Stragglers Running Club	M50	M	32:39	115		
138	433	Katie	Smith	Dulwich Runners AC	F40	F	32:41		22	
139	640	Leon Wei Chung	Kong	Herne Hill Harriers	MSen	M	32:46	116		
140	585	Jonny	Hough	Dulwich Runners AC	M45	M	32:47	117		
141	551	Peter	St-Amour	Cambridge Harriers	M45	M	32:47	118		

142	472	Nesrin	Sabanci	Kent AC	F40	F	32:47		23	
143	406	Lydia	Gallyer-Barnett	Belgrave Harriers	FSen	F	32:48		24	
144	413	Olivia	Papaioannou	Belgrave Harriers	FSen	F	32:56		25	
145	730	Pavel	Przepiorski	The Stragglers Running Club	M35	M	32:57	119		
146	596	Andrew	Scott	Dulwich Runners AC	M40	M	32:58	120		
147	667	Nadim	Baba	Kent AC	M50	M	32:59	121		
148	698	Scott	MacKenzie	South London Harriers	M35	M	33:03	122		
149	441	Annabelle	Acres	Herne Hill Harriers	FSen	F	33:07		26	
150	563	James	Moore	Croydon Harriers	M50	M	33:08	123		
151	455	Suzanne	Swaine	Herne Hill Harriers	F40	F	33:11		27	
152	565	Marcos	Palomares-Conde	Croydon Harriers	M50	M	33:13	124		
153	663	Stephen	Jones	Kent AC	M45	M	33:14	125		
154	762	Mark	Moore	Southern Counties Veterans AC	M60	M	33:17	126		
155	594	Ross	Rook	Dulwich Runners AC	M40	M	33:19	127		
156	670	Steven	Mowll	Kent AC	M40	M	33:21	128		
157	558	Chris	Dyke	Croydon Harriers	M40	M	33:24	129		
158	735	Robin	Barwick	Tunbridge Wells Harriers	M50	M	33:25	130		
159	591	Garry	Meehan	Dulwich Runners AC	M60	M	33:32	131		
160	485	Alice	Germana	South London Harriers	F35	F	33:41		28	
161	720	Jonathan	Davies	The Stragglers Running Club	M50	M	33:42	132		
162	475	Sally	Urquhart	Kent AC	FSen	F	33:44		29	
163	570	Robert	Greenwood	Dorking & Mole Valley AC	M45	M	33:55	133		
164	686	Andrew	Wright	Kent AC	M40	M	33:56	134		
165	635	Simon	Evans	Herne Hill Harriers	M55	M	34:00	135		
166	729	Kevin	Price	The Stragglers Running Club	M55	M	34:06	136		
167	502	Elizabeth	Ferguson	The Stragglers Running Club	F50	F	34:08		30	
168	504	Rebecca	Gravell	The Stragglers Running Club	FSen	F	34:13		31	
169	710	Tim	Lawlor	Striders of Croydon	M45	M	34:15	137		
170	737	Richard	Craig-McFeely	Tunbridge Wells Harriers	M55	M	34:16	138		

171	587	Peter	Kleb	Dulwich Runners AC	M40	M	34:18	139		
172	567	David	Clack	Dorking & Mole Valley AC	M40	M	34:18	140		
173	612	Kyriakos	Tsirigotis	Greenwich Tritons Triathlon Club	M40	M	34:21	141		
174	630	Charles	Hampden-Smith	Hercules Wimbledon AC	M60	M	34:23	142		
175	755	Danny	Winson	Tunbridge Wells Harriers	M50	M	34:25	143		
176	487	Ruth	Hutton	South London Harriers	F55	F	34:29		32	
177	541	Martin	Leat	Cambridge Harriers	M60	M	34:33	144		
178	717	Simon	Webster	Striders of Croydon	M45	M	34:34	145		
179	690	Dave	Rayner	Reigate Priory AC	M60	M	34:35	146		
180	687	Ian	Burks	Reigate Priory AC	M60	M	34:40	147		
181	722	Malcolm	Fletcher	The Stragglers Running Club	M65	M	34:49	148		
182	702	Sanjay	Singh	South London Harriers	M45	M	35:02	149		
183	604	Stuart	Blunt	Epsom Oddballs RC	M50	M	35:08	150		
184	537	James	Floyd	Cambridge Harriers	M45	M	35:10	151		
185	718	Rob	Zietz	Striders of Croydon	M65	M	35:28	152		
186	425	Ola	Balme	Dulwich Runners AC	F55	F	35:42		33	
187	564	Colin	Oxlade	Croydon Harriers	M60	M	35:43	153		
188	746	Kannan	Mahalingam	Tunbridge Wells Harriers	M40	M	35:54	154		
189	557	Andrew	Del Nevo	Croydon Harriers	M55	M	35:55	155		
190	421	Laura	Marshall	Croydon Harriers	F50	F	35:59		34	
191	716	Mick	Turner	Striders of Croydon	M60	M	36:01	156		
192	568	Mark	Cobbold	Dorking & Mole Valley AC	M40	M	36:12	157		
193	711	Mark	Nortje	Striders of Croydon	M40	M	36:16	158		
194	430	Ange	Norris	Dulwich Runners AC	F60	F	36:18		35	
195	610	Florent	Marrou	Greenwich Tritons Triathlon Club	M35	M	36:24	159		
196	723	Ted	Fraser	The Stragglers Running Club	M60	M	36:25	160		
197	439	Rebecca	Brennan	Guildford & Godalming AC	F45	F	36:26		36	
198	552	Jon	Wilson	Cambridge Harriers	M50	M	36:26	161		
199	741	Simon	Holford	Tunbridge Wells Harriers	M50	M	36:27	162		

200	435	Laura	Vincent	Dulwich Runners AC	F40	F	36:31		37	
201	708	Jon	Dean	Striders of Croydon	M65	M	36:34	163		
202	738	Dan	Foster	Tunbridge Wells Harriers	M50	M	36:39	164		
203	739	George	Harris	Tunbridge Wells Harriers	M45	M	36:45	165		
204	517	Andrew	Hislop	Aldershot, Farnham and District AC	M55	M	36:48	166		
205	494	Ellyw	Evans	Striders of Croydon	FSen	F	36:49		38	
206	535	Richard	Bennett	Cambridge Harriers	MSen	M	37:01	167		
207	510	Rachel	Simpson	The Stragglers Running Club	F50	F	37:04		39	
208	429	Michelle	Lennon	Dulwich Runners AC	F55	F	37:05		40	
209	743	Geoff	Hurrell	Tunbridge Wells Harriers	M60	M	37:09	168		
210	550	Joe	Sheldrake	Cambridge Harriers	MSen	M	37:16	169		
211	611	Simon	Taylor	Greenwich Tritons Triathlon Club	M50	M	37:18	170		
212	438	Lesley	McCarthy	Greenwich Tritons Triathlon Club	F50	F	37:19		41	
213	608	Gerry	Frizzelle	Greenwich Tritons Triathlon Club	M65	M	37:21	171		
214	476	Siobhan	Wakely	Kent AC	F45	F	37:24		42	
215	619	Lourdes	Perez Barragan	Guildford & Godalming AC	MSen	F	37:29		43	
216	554	Neil	Aikman	Croydon Harriers	M50	M	37:41	172		
217	559	Murray	Gordon	Croydon Harriers	M45	M	37:42	173		
218	465	Ivona	Gongolova	Kent AC	F40	F	37:43		44	
219	728	Andrew	Howarth	The Stragglers Running Club	M60	M	37:45	174		
220	490	Pippa	Major	South London Harriers	F55	F	37:48		45	
221	452	Alexandra	Marginean	Herne Hill Harriers	F35	F	37:49		46	
222	750	Colin	Ricketts	Tunbridge Wells Harriers	M55	M	37:50	175		
223	488	Pamela	Iannella	South London Harriers	F60	F	37:51		47	
224	497	Cindy	Siu	Striders of Croydon	F40	F	37:58		48	
225	736	Sam	Bridger	Tunbridge Wells Harriers	MSen	M	38:04	176		
226	477	Jo	Wint	Kent AC	F40	F	38:07		49	
227	473	Suzanne	Spalding	Kent AC	F50	F	38:10		50	
228	719	Richard	Bowes	The Stragglers Running Club	M40	M	38:38	177		

229	482	Shun-lai	Chan	South London Harriers	F50	F	38:45		51	
230	689	Andrew	Patrick	Reigate Priory AC	M60	M	38:51	178		
231	457	Jessica	Winfield	Herne Hill Harriers	F40	F	38:52		52	
232	483	Michelle	Coe-O'Brien	South London Harriers	F60	F	38:54		53	
233	539	Martin	Hawkins	Cambridge Harriers	M60	M	38:58	179		
234	505	Izabel	Grindal	The Stragglers Running Club	F60	F	38:59		54	
235	486	Patricia	Goldrick	South London Harriers	F35	F	39:06		55	
236	748	Michael	Purse	Tunbridge Wells Harriers	M55	M	39:07	180		
237	419	Ciara	Dolby	Croydon Harriers	FSen	F	39:21		56	
238	590	Mike	Mann	Dulwich Runners AC	M75	M	39:36	181		
239	426	Midge	Cameron	Dulwich Runners AC	F55	F	39:36		57	
240	479	Nichola	Atkins	Kingston AC And Poly Harriers	F55	F	39:39		58	
241	427	Philippa	Goodhew	Dulwich Runners AC	F35	F	39:45		59	
242	492	Caroline	Welch	South London Harriers	F50	F	39:50		60	
243	509	Pamela	McHutchon	The Stragglers Running Club	F60	F	39:51		61	
244	507	Julie Rosemary	Holmes	The Stragglers Running Club	F60	F	40:05		62	
245	478	Sarah	Young	Kent AC	F55	F	40:17		63	
246	760	Rush	Yadave	Croydon Harriers	M65	M	40:27	182		
247	447	Alexandra	Fedina	Herne Hill Harriers	F55	F	40:35		64	
248	481	Maggie	Statham-Berry	Lingfield RC	F70	F	40:38		65	

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			Mens Team Results						
				Club	Team	Scores	Total		
				4 to score			Score		
			1	Kent AC	A	3,4,8,12	27		
			2	Belgrave Harriers	A	5,6,10,11	32		
			3	Dulwich Runners AC	A	1,2,28,30	61		
			4	Kent AC	B	14,17,18,21	70		
			5	Belgrave Harriers	B	15,16,20,23	74		
			6	Kent AC	C	24,25,27,32	108		
			7	Cambridge Harriers	A	13,19,29,48	109		
			8	South London Harriers	A	7,26,43,53	129		
			9	Kent AC	D	35,36,39,41	151		
			10	Herne Hill Harriers	A	22,31,37,71	161		
			11	Dulwich Runners AC	B	33,34,60,63	190		
			12	Kent AC	E	42,46,54,55	197		
			13	Guildford & Godalming AC	A	9,38,66,89	202		
			14	Croydon Harriers	A	40,50,56,62	208		
			15	Striders of Croydon	A	45,47,58,84	234		
			16	Kent AC	F	59,61,69,82	271		
			17	The Stragglers Running Club	A	44,57,64,110	275		
			18	Aldershot, Farnham and District AC	A	52,65,78,114	309		
			19	Dulwich Runners AC	C	67,68,103,105	343		
			20	South London Harriers	B	77,90,92,101	360		
			21	Hercules Wimbledon AC	A	70,95,98,102	365		
			22	Cambridge Harriers	B	73,96,104,106	379		
			23	Croydon Harriers	B	74,79,109,123	385		
			24	Tunbridge Wells Harriers	A	72,86,107,130	395		
			25	Herne Hill Harriers	B	76,80,116,135	407		

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			womens Team Results						
				Club	Team	Scores	Total		
							Score		
			1	Belgrave Harriers	A	3,7,9,10	29		
			2	Kent AC	A	4,6,15,16	41		
			3	Herne Hill Harriers	A	11,12,17,26	66		
			4	The Stragglers Running Club	A	1,13,30,31	75		
			5	Belgrave Harriers	B	14,20,21,24	79		
			6	Kent AC	B	19,23,29,42	113		
			7	Dulwich Runners AC	A	22,33,35,37	127		
			8	South London Harriers	A	22,32,45,47	152		
			9	Croydon Harriers	A	18,34,56,73	181		
			10	Herne Hill Harriers	B	27,46,52,63	189		
			11	Kent AC	C	44,49,50,63	206		
			12	The Stragglers Running Club	B	39,54,61,62	216		
			13	South London Harriers	B	51,53,55,60	219		
			14	Dulwich Runners AC	B	41,57,59,66	223		
			15	Striders of Croydon	A	38,48,66,73	227		
			16	Kent AC	D	70,71,76,83	300		