

### South of the Thames 5 Mile Team Race - 25th November 2023

Hosted by Kent A.C. at Beckenham Place Park

Full results

Pos	No.	Name	Club	Category	Time	M	W
<b>1</b>	<b>579</b>	<b>Edward Chuck</b>	<b>Dulwich Runners AC</b>	<b>M35</b>	<b>24:37</b>	<b>1</b>	
<b>2</b>	<b>593</b>	<b>Jack Ramm</b>	<b>Dulwich Runners AC</b>	<b>M35</b>	<b>24:50</b>	<b>2</b>	
<b>3</b>	<b>654</b>	<b>Cameron Dockerill</b>	<b>Kent AC</b>	<b>MSen</b>	<b>24:59</b>	<b>3</b>	
4	658	Tom Mower	Kent AC	M40	25:04	4	
5	524	Samuel Gebreselassie	Belgrave Harriers	MSen	25:16	5	
6	532	Sam Sommerville	Belgrave Harriers	MSen	25:27	6	
<b>7</b>	<b>704</b>	<b>Felix Vaughan</b>	<b>South London Harriers</b>	<b>MU20</b>	<b>25:33</b>	<b>7</b>	
8	662	Owen Hind	Kent AC	MSen	25:35	8	
9	617	Callum Job	Guildford & Godalming AC	MSen	25:38	9	
10	523	Ollie Garrod	Belgrave Harriers	MSen	25:40	10	
11	521	James Fox	Belgrave Harriers	MSen	25:48	11	
12	681	Jonathan Tipper	Kent AC	M40	25:51	12	
13	534	Bobby Babaker	Cambridge Harriers	MSen	25:57	13	
14	649	James Boustead	Kent AC	MSen	25:59	14	
15	531	Oliver Smith	Belgrave Harriers	MSen	26:02	15	
16	533	Charles Wood	Belgrave Harriers	MSen	26:12	16	
17	661	Joe Hartley	Kent AC	M35	26:20	17	
18	682	Nicholas Torry	Kent AC	M45	26:23	18	
19	536	Thomas Brooke	Cambridge Harriers	MSen	26:34	19	
20	526	Rob Kelly	Belgrave Harriers	MSen	26:37	20	
21	666	Lyndon Marfell	Kent AC	MSen	26:49	21	
22	633	Robin Bebbington	Herne Hill Harriers	MU20	26:50	22	
23	520	Matthew Edgar	Belgrave Harriers	M35	26:52	23	
24	674	Neil Phillips	Kent AC	M40	26:58	24	
25	676	George Russell	Kent AC	MSen	27:02	25	
26	692	Daryl Cyprien	South London Harriers	MSen	27:05	26	
27	651	Nicholas Chevis	Kent AC	MSen	27:06	27	
28	576	Fred Bungay	Dulwich Runners AC	MSen	27:12	28	
29	543	James MacDonald	Cambridge Harriers	M40	27:15	29	
30	595	Adrian Russell	Dulwich Runners AC	M45	27:20	30	
31	639	Fintan Kearney	Herne Hill Harriers	MSen	27:21	31	
32	655	Samuel Evans	Kent AC	M40	27:25	32	
33	575	James Blackwood	Dulwich Runners AC	MSen	27:30	33	
34	580	Sean Cordon	Dulwich Runners AC	MSen	27:33	34	
35	671	Chris Mullin	Kent AC	M45	27:34	35	
36	679	Niall Stewart	Kent AC	MSen	27:37	36	
37	642	Sam Maloney	Herne Hill Harriers	MU20	27:38	37	
38	621	Nick Tearle	Guildford & Godalming AC	M50	27:39	38	
39	664	Peter Lighting	Kent AC	M40	27:41	39	
40	553	Douglas Aikman	Croydon Harriers	MU20	27:49	40	
<b>41</b>	<b>506</b>	<b>Eliza Hawthorn</b>	<b>The Stragglers Running Club</b>	<b>FSen</b>	<b>27:50</b>		<b>1</b>
42	652	Che Compton	Kent AC	M45	27:57	41	
43	677	Philip Sanders	Kent AC	M50	28:00	42	
<b>44</b>	<b>401</b>	<b>Georgie Bruinvels</b>	<b>Aldershot, Farnham and District AC</b>	<b>F35</b>	<b>28:01</b>		<b>2</b>

45	700	Brandan Morrell	South London Harriers	MU20	28:04	43	
<b>46</b>	<b>415</b>	<b>Emily Robbins</b>	<b>Belgrave Harriers</b>	<b>FSen</b>	<b>28:05</b>	<b>3</b>	
47	725	Pete Gregorowski	The Stragglers Running Club	M45	28:06	44	
48	706	Andrew Aitken	Striders of Croydon	M45	28:08	45	
49	660	Alex Harris	Kent AC	M40	28:09	46	
50	714	James Rhodes	Striders of Croydon	MSen	28:14	47	
51	545	Alfie Oliver	Cambridge Harriers	MSen	28:18	48	
52	400	Lara Bromilow	GUEST (Kent AC)	F35	28:30		
53	530	Valentin Rigori	Belgrave Harriers	MSen	28:34	49	
54	562	Scott Miller	Croydon Harriers	M35	28:35	50	
55	688	Henry Munro	Reigate Priory AC	M40	28:45	51	
56	515	Ben Dakin	Aldershot, Farnham and District AC	MU20	28:45	52	
57	696	Jack Harrison	South London Harriers	MSen	28:52	53	
58	460	Amy Clements	Kent AC	F40	28:52		4
59	646	Ben Armson	Kent AC	MSen	28:53	54	
60	650	Ed Matthews	Kent AC	M35	28:55	55	
61	556	David Brown	Croydon Harriers	M35	29:02	56	
62	727	Sam Hawthorn	The Stragglers Running Club	MSen	29:09	57	
63	422	Alice Crane	Dorking & Mole Valley AC	FSen	29:10		5
64	707	Phil Coales	Striders of Croydon	MSen	29:18	58	
65	680	Matthew Thomas	Kent AC	M35	29:18	59	
66	586	Murray Humphrey	Dulwich Runners AC	MSen	29:23	60	
67	684	Ralph Weir	Kent AC	MSen	29:27	61	
68	757	Ashley George	Croydon Harriers	M35	29:35	62	
69	582	Shane Donlon	Dulwich Runners AC	M40	29:39	63	
70	732	James Ruskin	The Stragglers Running Club	M40	29:43	64	
71	514	Richard Batchelor	Aldershot, Farnham and District AC	M45	29:46	65	
72	468	Catherine Kandie	Kent AC	FSen	29:51		6
73	614	Terry Booth	Guildford & Godalming AC	M55	29:53	66	
74	410	Naomi Lenane	Belgrave Harriers	FSen	29:54		7
75	588	Alexander Loftus	Dulwich Runners AC	M45	29:55	67	
76	402	Harriet Preedy	Aldershot, Farnham and District AC	FSen	29:56		8
77	577	James Burrows	Dulwich Runners AC	M40	30:02	68	
78	657	John Gilchrist	Kent AC	MSen	30:04	69	
79	624	John Foley	Hercules Wimbledon AC	M55	30:05	70	
80	643	Stephen McLeod	Herne Hill Harriers	MSen	30:07	71	
81	742	Alexander Holmes	Tunbridge Wells Harriers	M45	30:11	72	
82	546	Mark Penny	Cambridge Harriers	M40	30:16	73	
83	560	Fredie Harding	Croydon Harriers	MSen	30:20	74	
84	603	Jay Koike	Epsom and Ewell	M40	30:24	75	
85	644	Chris Speed	Herne Hill Harriers	MSen	30:27	76	
86	691	Rusom Berhane	South London Harriers	MSen	30:29	77	
87	518	Robert Wakefield	Aldershot, Farnham and District AC	M40	30:30	78	
88	758	Lee Tolentino	Croydon Harriers	M40	30:33	79	
89	408	Laura Goodson	Belgrave Harriers	FSen	30:34		9
90	636	Tom Foster	Herne Hill Harriers	MSen	30:38	80	
91	607	James Bentley	Greenwich Tritons Triathlon Club	MSen	30:39	81	
92	403	Natalie Beadle	Belgrave Harriers	FSen	30:41		10

93	685	Philip Woodford-Smith	Kent AC	M40	30:41	82		
94	668	Iago Martinez	Kent AC	M40	30:42	83		
95	715	Matt Stone	Striders of Croydon	M60	30:45	84		
96	678	Tim Sharp	Kent AC	M45	30:50	85		
97	752	James Sarre	Tunbridge Wells Harriers	M45	30:51	86		
98	454	Nikki Sturzaker	Herne Hill Harriers	F50	30:54		11	
99	713	Andy Perks	Striders of Croydon	M50	30:59	87		
100	656	Julian Gevers	Kent AC	M55	31:04	88		
101	615	Ian Davies	Guildford & Godalming AC	M50	31:04	89		
102	699	Vikram Makkar	South London Harriers	M45	31:06	90		
103	569	Fraser Dawson	Dorking & Mole Valley AC	M55	31:07	91		
104	697	Graham Lane	South London Harriers	M45	31:08	92		
105	673	William Palmer	Kent AC	M40	31:10	93		
106	446	Karen Ellison	Herne Hill Harriers	F40	31:11		12	
107	566	Ben Brading	Dorking & Mole Valley AC	MSen	31:12	94		
108	629	Nick Grogan	Hercules Wimbledon AC	MSen	31:14	95		
109	499	Sophie Biggs	The Stragglers Running Club	F50	31:15		13	
110	547	Christian Poulton	Cambridge Harriers	M55	31:16	96		
111	620	Philip Pryke	Guildford & Godalming AC	M50	31:17	97		
112	631	Peter Lee	Hercules Wimbledon AC	M55	31:19	98		
113	404	Mimi Corden-Lloyd	Belgrave Harriers	FSen	31:19		14	
114	463	Clare Elms	Kent AC	F55	31:26		15	
115	665	Chris Lydon	Kent AC	M60	31:28	99		
116	648	Rupert Bedford	Kent AC	MSen	31:30	100		
117	694	Jonathan Froome	South London Harriers	M45	31:31	101		
118	632	Adam May	Hercules Wimbledon AC	M40	31:43	102		
119	592	Tom Mountain	Dulwich Runners AC	MSen	31:48	103		
120	459	Victoria Cartwright	Kent AC	F40	31:49		16	
121	548	David Reader	Cambridge Harriers	M50	31:55	104		
122	453	Shannon Sinclair	Herne Hill Harriers	FSen	31:56		17	
123	597	Justin Siderfin	Dulwich Runners AC	M50	31:59	105		
124	417	Madeleine Armstrong-Plieth	Croydon Harriers	F40	32:01		18	
125	542	Will Longhurst	Cambridge Harriers	M40	32:02	106		
126	474	Billie Turner	Kent AC	F45	32:08		19	
127	745	Ken MacSporran	Tunbridge Wells Harriers	M45	32:12	107		
128	613	Martin Tynan	Greenwich Tritons Triathlon Club	M45	32:17	108		
129	409	Ella-may Hards	Belgrave Harriers	FSen	32:23		20	
130	759	Abdhul-Rahmann Samad	Croydon Harriers	MSen	32:24	109		
131	724	Danny Glebocki	The Stragglers Running Club	MSen	32:26	110		
132	578	Andrea Ceccolini	Dulwich Runners AC	M55	32:29	111		
133	709	Jason Gallagher	Striders of Croydon	MSen	32:30	112		
134	414	Sarah Riceman	Belgrave Harriers	FSen	32:32		21	
135	721	Malcolm Davies	The Stragglers Running Club	M55	32:36	113		
136	516	Jasper Ellis	Aldershot, Farnham and District AC	M50	32:37	114		
137	726	Stuart Hambling	The Stragglers Running Club	M50	32:39	115		
138	433	Katie Smith	Dulwich Runners AC	F40	32:41		22	
139	640	Leon Wei Chung Kong	Herne Hill Harriers	MSen	32:46	116		
140	585	Jonny Hough	Dulwich Runners AC	M45	32:47	117		

141	551	Peter St-Amour	Cambridge Harriers	M45	32:47	118		
142	472	Nesrin Sabanci	Kent AC	F40	32:47		23	
143	406	Lydia Gallyer-Barnett	Belgrave Harriers	FSen	32:48		24	
144	413	Olivia Papaioannou	Belgrave Harriers	FSen	32:56		25	
145	730	Pavel Przepiorski	The Stragglers Running Club	M35	32:57	119		
146	596	Andrew Scott	Dulwich Runners AC	M40	32:58	120		
147	667	Nadim Baba	Kent AC	M50	32:59	121		
148	698	Scott MacKenzie	South London Harriers	M35	33:03	122		
149	441	Annabelle Acres	Herne Hill Harriers	FSen	33:07		26	
150	563	James Moore	Croydon Harriers	M50	33:08	123		
151	455	Suzanne Swaine	Herne Hill Harriers	F40	33:11		27	
152	565	Marcos Palomares-Conde	Croydon Harriers	M50	33:13	124		
153	663	Stephen Jones	Kent AC	M45	33:14	125		
154	762	Mark Moore	Southern Counties Veterans AC	M60	33:17	126		
155	594	Ross Rook	Dulwich Runners AC	M40	33:19	127		
156	670	Steven Mowll	Kent AC	M40	33:21	128		
157	558	Chris Dyke	Croydon Harriers	M40	33:24	129		
158	735	Robin Barwick	Tunbridge Wells Harriers	M50	33:25	130		
159	591	Garry Meehan	Dulwich Runners AC	M60	33:32	131		
160	485	Alice Germana	South London Harriers	F35	33:41		28	
161	720	Jonathan Davies	The Stragglers Running Club	M50	33:42	132		
162	475	Sally Urquhart	Kent AC	FSen	33:44		29	
163	570	Robert Greenwood	Dorking & Mole Valley AC	M45	33:55	133		
164	686	Andrew Wright	Kent AC	M40	33:56	134		
165	635	Simon Evans	Herne Hill Harriers	M55	34:00	135		
166	729	Kevin Price	The Stragglers Running Club	M55	34:06	136		
167	502	Elizabeth Ferguson	The Stragglers Running Club	F50	34:08		30	
168	504	Rebecca Gravell	The Stragglers Running Club	FSen	34:13		31	
169	710	Tim Lawlor	Striders of Croydon	M45	34:15	137		
170	737	Richard Craig-McFeely	Tunbridge Wells Harriers	M55	34:16	138		
171	587	Peter Kleb	Dulwich Runners AC	M40	34:18	139		
172	567	David Clack	Dorking & Mole Valley AC	M40	34:18	140		
173	612	Kyriakos Tsirigotis	Greenwich Tritons Triathlon Club	M40	34:21	141		
174	630	Charles Hampden-Smith	Hercules Wimbledon AC	M60	34:23	142		
175	755	Danny Winson	Tunbridge Wells Harriers	M50	34:25	143		
176	487	Ruth Hutton	South London Harriers	F55	34:29		32	
177	541	Martin Leat	Cambridge Harriers	M60	34:33	144		
178	717	Simon Webster	Striders of Croydon	M45	34:34	145		
179	690	Dave Rayner	Reigate Priory AC	M60	34:35	146		
180	687	Ian Burks	Reigate Priory AC	M60	34:40	147		
181	722	Malcolm Fletcher	The Stragglers Running Club	M65	34:49	148		
182	702	Sanjay Singh	South London Harriers	M45	35:02	149		
183	604	Stuart Blunt	Epsom Oddballs RC	M50	35:08	150		
184	537	James Floyd	Cambridge Harriers	M45	35:10	151		
185	718	Rob Zietz	Striders of Croydon	M65	35:28	152		
186	425	Ola Balme	Dulwich Runners AC	F55	35:42		33	
187	564	Colin Oxlade	Croydon Harriers	M60	35:43	153		
188	746	Kannan Mahalingam	Tunbridge Wells Harriers	M40	35:54	154		

189	557	Andrew Del Nevo	Croydon Harriers	M55	35:55	155		
190	421	Laura Marshall	Croydon Harriers	F50	35:59		34	
191	716	Mick Turner	Striders of Croydon	M60	36:01	156		
192	568	Mark Cobbold	Dorking & Mole Valley AC	M40	36:12	157		
193	711	Mark Nortje	Striders of Croydon	M40	36:16	158		
194	430	Ange Norris	Dulwich Runners AC	F60	36:18		35	
195	610	Florent Marrou	Greenwich Tritons Triathlon Club	M35	36:24	159		
196	723	Ted Fraser	The Stragglers Running Club	M60	36:25	160		
197	439	Rebecca Brennan	Guildford & Godalming AC	F45	36:26		36	
198	552	Jon Wilson	Cambridge Harriers	M50	36:26	161		
199	741	Simon Holford	Tunbridge Wells Harriers	M50	36:27	162		
200	435	Laura Vincent	Dulwich Runners AC	F40	36:31		37	
201	708	Jon Dean	Striders of Croydon	M65	36:34	163		
202	738	Dan Foster	Tunbridge Wells Harriers	M50	36:39	164		
203	739	George Harris	Tunbridge Wells Harriers	M45	36:45	165		
204	517	Andrew Hislop	Aldershot, Farnham and District AC	M55	36:48	166		
205	494	Ellyw Evans	Striders of Croydon	F50	36:49		38	
206	535	Richard Bennett	Cambridge Harriers	M50	37:01	167		
207	510	Rachel Simpson	The Stragglers Running Club	F50	37:04		39	
208	429	Michelle Lennon	Dulwich Runners AC	F55	37:05		40	
209	743	Geoff Hurrell	Tunbridge Wells Harriers	M60	37:09	168		
210	550	Joe Sheldrake	Cambridge Harriers	M50	37:16	169		
211	611	Simon Taylor	Greenwich Tritons Triathlon Club	M50	37:18	170		
212	438	Lesley McCarthy	Greenwich Tritons Triathlon Club	F50	37:19		41	
213	608	Gerry Frizzelle	Greenwich Tritons Triathlon Club	M65	37:21	171		
214	476	Siobhan Wakely	Kent AC	F45	37:24		42	
215	619	Lourdes Perez Barragan	Guildford & Godalming AC	M50	37:29		43	
216	554	Neil Aikman	Croydon Harriers	M50	37:41	172		
217	559	Murray Gordon	Croydon Harriers	M45	37:42	173		
218	465	Ivona Gongolova	Kent AC	F40	37:43		44	
219	728	Andrew Howarth	The Stragglers Running Club	M60	37:45	174		
220	490	Pippa Major	South London Harriers	F55	37:48		45	
221	452	Alexandra Marginean	Herne Hill Harriers	F35	37:49		46	
222	750	Colin Ricketts	Tunbridge Wells Harriers	M55	37:50	175		
223	488	Pamela Iannella	South London Harriers	F60	37:51		47	
224	497	Cindy Siu	Striders of Croydon	F40	37:58		48	
225	736	Sam Bridger	Tunbridge Wells Harriers	M50	38:04	176		
226	477	Jo Wint	Kent AC	F40	38:07		49	
227	473	Suzanne Spalding	Kent AC	F50	38:10		50	
228	719	Richard Bowes	The Stragglers Running Club	M40	38:38	177		
229	482	Shun-lai Chan	South London Harriers	F50	38:45		51	
230	689	Andrew Patrick	Reigate Priory AC	M60	38:51	178		
231	457	Jessica Winfield	Herne Hill Harriers	F40	38:52		52	
232	483	Michelle Coe-O'Brien	South London Harriers	F60	38:54		53	
233	539	Martin Hawkins	Cambridge Harriers	M60	38:58	179		
234	505	Izabel Grindal	The Stragglers Running Club	F60	38:59		54	
235	486	Patricia Goldrick	South London Harriers	F35	39:06		55	
236	748	Michael Purse	Tunbridge Wells Harriers	M55	39:07	180		

237	419	Ciara Dolby	Croydon Harriers	FSen	39:21		56
238	590	Mike Mann	Dulwich Runners AC	M75	39:36	181	
239	426	Midge Cameron	Dulwich Runners AC	F55	39:36		57
240	479	Nichola Atkins	Kingston AC And Poly Harriers	F55	39:39		58
241	427	Philippa Goodhew	Dulwich Runners AC	F35	39:45		59
242	492	Caroline Welch	South London Harriers	F50	39:50		60
243	509	Pamela McHutchon	The Stragglers Running Club	F60	39:51		61
244	507	Julie Rosemary Holmes	The Stragglers Running Club	F60	40:05		62
245	478	Sarah Young	Kent AC	F55	40:17		63
246	760	Rush Yadave	Croydon Harriers	M65	40:27	182	
247	447	Alexandra Fedina	Herne Hill Harriers	F55	40:35		64
248	481	Maggie Statham-Berry	Lingfield RC	F70	40:38		65
249	753	Michael Sharp	Tunbridge Wells Harriers	M65	40:42	183	
250	432	Joanne Shelton Pereda	Dulwich Runners AC	F45	40:47		66
251	498	Selena Wong	Striders of Croydon	F45	40:51		67
252	440	Elizabeth Davies	Guildford & Godalming AC	F50	41:09		68
253	484	Gina Coulson	South London Harriers	F50	41:11		69
254	467	Ronnie Haydon-Jones	Kent AC	F60	41:11		70
255	659	Petros Hahladakis	Kent AC	M45	41:56	184	
256	606	Peter Dry	Epsom Oddballs RC	M65	41:59	185	
257	544	Ian McCarthy	Cambridge Harriers	M65	42:14	186	
258	462	Anna Delis	Kent AC	F40	42:24		71
259	423	Abigail Edwards-Webber	Dorking & Mole Valley AC	FSen	43:14		72
260	418	Miriam De Souza	Croydon Harriers	F50	43:33		73
261	496	Linda Jones	Striders of Croydon	FSen	43:35		74
262	443	Alison Beck	Herne Hill Harriers	F55	43:47		75
263	471	Kim Parker	Kent AC	FSen	44:09		76
264	761	Robin Evans	Tri Surrey Triathlon Club	0	44:27	187	
265	605	Michael Child	Epsom Oddballs RC	M65	45:20	188	
266	500	Sally Boulton	The Stragglers Running Club	F70	45:37		77
267	442	Sarah Allen	Herne Hill Harriers	F60	46:23		78
268	501	Lynda Chase	The Stragglers Running Club	F65	46:42		79
269	733	Peter Wedderburn	The Stragglers Running Club	M70	47:48	189	
270	734	Scott Shurmer	Tonbridge AC	M50	47:55	190	
271	561	Peter Howes	Croydon Harriers	M65	48:47	191	
272	437	Jane Hinne	Greenwich Tritons Triathlon Club	F60	49:29		80
273	503	Christine Glew	The Stragglers Running Club	F70	50:12		81
274	436	Jennifer Child	Epsom Oddballs RC	F60	51:21		82
275	466	Annabelle Hadlow	Kent AC	F65	53:27		83
276	645	Ian Strong	Herne Hill Harriers	M60	54:08	192	
			<b>Mens Team Results (4 to score)</b>				
		<b>1</b>	<b>Kent AC</b>		<b>27</b>		
		<b>2</b>	<b>Belgrave Harriers</b>		<b>32</b>		
		<b>3</b>	<b>Dulwich Runners AC</b>		<b>61</b>		
		4	Cambridge Harriers		109		
		5	South London Harriers		129		
		6	Herne Hill Harriers		161		

		7	Guildford & Godalming AC	202			
		8	Croydon Harriers	208			
		9	Striders of Croydon	234			
		10	The Stragglers Running Club	275			
		11	Aldershot, Farnham and District AC	309			
		12	Hercules Wimbledon AC	365			
		13	Tunbridge Wells Harriers	395			
		14	Dorking & Mole Valley AC	458			
		15	Greenwich Tritons Triathlon Club	489			
		16	Reigate Priory AC	522			
			<b>Men's 8 to score - Brent Shield</b>				
		<b>1</b>	<b>Kent AC</b>	<b>97</b>			
		2	Belgrave Harriers	106			
		3	Dulwich Runners AC	251			
		4	Cambridge Harriers	488			
		19/12/2023	South London Harriers	489			
		6	Herne Hill Harriers	568			
		7	Croydon Harriers	593			
		8	Striders of Croydon	715			
		9	The Stragglers Running Club	754			
		10	Tunbridge Wells Harriers	992			
			<b>Womens Team Results (4 to score)</b>				
		<b>1</b>	<b>Belgrave Harriers</b>	<b>29</b>			
		<b>2</b>	<b>Kent AC</b>	<b>41</b>			
		<b>3</b>	<b>Herne Hill Harriers</b>	<b>66</b>			
		4	The Stragglers Running Club	75			
		5	Dulwich Runners AC	127			
		6	South London Harriers	152			
		7	Croydon Harriers	181			
		8	Striders of Croydon	227			