

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	Cat		Scoring	
1	579	Edward	Chuck	Dulwich Runners AC	M35	24:37	M 1	Gold
2	593	Jack	Ramm	Dulwich Runners AC	M35	24:50	M 2	Silver
3	654	Cameron	Dockerill	Kent AC	MSen	24:59	M 3	Bronze
4	658	Tom	Mower	Kent AC	M40	25:04	M 4	
5	524	Samuel	Gebreselassie	Belgrave Harriers	MSen	25:16	M 5	
6	532	Sam	Sommerville	Belgrave Harriers	MSen	25:27	M 6	
7	704	Felix	Vaughan	South London Harriers	MU20	25:33	M 7	Gold U20M
8	662	Owen	Hind	Kent AC	MSen	25:35	M 8	
9	617	Callum	Job	Guildford & Godalming AC	MSen	25:38	M 9	
10	523	Ollie	Garrod	Belgrave Harriers	MSen	25:40	M 10	
11	521	James	Fox	Belgrave Harriers	MSen	25:48	M 11	
12	681	Jonathan	Tipper	Kent AC	M40	25:51	M 12	
13	534	Bobby	Babaker	Cambridge Harriers	MSen	25:57	M 13	
14	649	James	Boustead	Kent AC	MSen	25:59	M 14	
15	531	Oliver	Smith	Belgrave Harriers	MSen	26:02	M 15	
16	533	Charles	Wood	Belgrave Harriers	MSen	26:12	M 16	
17	661	Joe	Hartley	Kent AC	M35	26:20	M 17	
18	682	Nicholas	Torry	Kent AC	M45	26:23	M 18	
19	536	Thomas	Brooke	Cambridge Harriers	MSen	26:34	M 19	
20	526	Rob	Kelly	Belgrave Harriers	MSen	26:37	M 20	
21	666	Lyndon	Marfell	Kent AC	MSen	26:49	M 21	
22	633	Robin	Bebbington	Herne Hill Harriers	MU20	26:50	M 22	
23	520	Matthew	Edgar	Belgrave Harriers	M35	26:52	M 23	
24	674	Neil	Phillips	Kent AC	M40	26:58	M 24	
25	676	George	Russell	Kent AC	MSen	27:02	M 25	
26	692	Daryl	Cyprien	South London Harriers	MSen	27:05	M 26	
27	651	Nicholas	Chevis	Kent AC	MSen	27:06	M 27	
28	576	Fred	Bungay	Dulwich Runners AC	MSen	27:12	M 28	
29	543	James	MacDonald	Cambridge Harriers	M40	27:15	M 29	
30	595	Adrian	Russell	Dulwich Runners AC	M45	27:20	M 30	
31	639	Fintan	Kearney	Herne Hill Harriers	MSen	27:21	M 31	
32	655	Samuel	Evans	Kent AC	M40	27:25	M 32	
33	575	James	Blackwood	Dulwich Runners AC	MSen	27:30	M 33	
34	580	Sean	Cordon	Dulwich Runners AC	MSen	27:33	M 34	
35	671	Chris	Mullin	Kent AC	M45	27:34	M 35	
36	679	Niall	Stewart	Kent AC	MSen	27:37	M 36	
37	642	Sam	Maloney	Herne Hill Harriers	MU20	27:38	M 37	
38	621	Nick	Tearle	Guildford & Godalming AC	M50	27:39	M 38	
39	664	Peter	Lighting	Kent AC	M40	27:41	M 39	
40	553	Douglas	Aikman	Croydon Harriers	MU20	27:49	M 40	
41	506	Eliza	Hawthorn	The Stragglers Running Club	FSen	27:50	F 1	Gold
42	652	Che	Compton	Kent AC	M45	27:57	M 41	
43	677	Philip	Sanders	Kent AC	M50	28:00	M 42	
44	401	Georgie	Bruinvels	Aldershot, Farnham and District AC	F35	28:01	F 2	Silver
45	700	Brandan	Morrell	South London Harriers	MU20	28:04	M 43	
46	415	Emily	Robbins	Belgrave Harriers	FSen	28:05	F 3	Bronze
47	725	Pete	Gregorowski	The Stragglers Running Club	M45	28:06	M 44	
48	706	Andrew	Aitken	Striders of Croydon	M45	28:08	M 45	
49	660	Alex	Harris	Kent AC	M40	28:09	M 46	
50	714	James	Rhodes	Striders of Croydon	MSen	28:14	M 47	
51	545	Alfie	Oliver	Cambridge Harriers	MSen	28:18	M 48	
52	400	Lara	Bromilow	Guest	F35	28:30	GUEST	
53	530	Valentin	Rigori	Belgrave Harriers	MSen	28:34	M 49	
54	562	Scott	Miller	Croydon Harriers	M35	28:35	M 50	

55	688	Henry	Munro	Reigate Priory AC	M40	28:45	M	51	
56	515	Ben	Dakin	Aldershot, Farnham and District AC	MU20	28:45	M	52	
57	696	Jack	Harrison	South London Harriers	MSen	28:52	M	53	
58	460	Amy	Clements	Kent AC	F40	28:52	F		4
59	646	Ben	Armson	Kent AC	MSen	28:53	M	54	
60	650	Ed	Matthews	Kent AC	M35	28:55	M	55	
61	556	David	Brown	Croydon Harriers	M35	29:02	M	56	
62	727	Sam	Hawthorn	The Stragglers Running Club	MSen	29:09	M	57	
63	422	Alice	Crane	Dorking & Mole Valley AC	FSen	29:10	F		5
64	707	Phil	Coales	Striders of Croydon	MSen	29:18	M	58	
65	680	Matthew	Thomas	Kent AC	M35	29:18	M	59	
66	586	Murray	Humphrey	Dulwich Runners AC	MSen	29:23	M	60	
67	684	Ralph	Weir	Kent AC	MSen	29:27	M	61	
68	757	Ashley	George	Croydon Harriers	M35	29:35	M	62	
69	582	Shane	Donlon	Dulwich Runners AC	M40	29:39	M	63	
70	732	James	Ruskin	The Stragglers Running Club	M40	29:43	M	64	
71	514	Richard	Batchelor	Aldershot, Farnham and District AC	M45	29:46	M	65	
72	468	Catherine	Kandie	Kent AC	FSen	29:51	F		6
73	614	Terry	Booth	Guildford & Godalming AC	M55	29:53	M	66	
74	410	Naomi	Lenane	Belgrave Harriers	FSen	29:54	F		7
75	588	Alexander	Loftus	Dulwich Runners AC	M45	29:55	M	67	
76	402	Harriet	Preedy	Aldershot, Farnham and District AC	FSen	29:56	F		8
77	577	James	Burrows	Dulwich Runners AC	M40	30:02	M	68	
78	657	John	Gilchrist	Kent AC	MSen	30:04	M	69	
79	624	John	Foley	Hercules Wimbledon AC	M55	30:05	M	70	
80	643	Stephen	McLeod	Herne Hill Harriers	MSen	30:07	M	71	
81	742	Alexander	Holmes	Tunbridge Wells Harriers	M45	30:11	M	72	
82	546	Mark	Penny	Cambridge Harriers	M40	30:16	M	73	
83	560	Fredie	Harding	Croydon Harriers	MSen	30:20	M	74	
84	603	Jay	Koike	Epsom and Ewell	M40	30:24	M	75	
85	644	Chris	Speed	Herne Hill Harriers	MSen	30:27	M	76	
86	691	Rusom	Berhane	South London Harriers	MSen	30:29	M	77	
87	518	Robert	Wakefield	Aldershot, Farnham and District AC	M40	30:30	M	78	
88	758	Lee	Tolentino	Croydon Harriers	M40	30:33	M	79	
89	408	Laura	Goodson	Belgrave Harriers	FSen	30:34	F		9
90	636	Tom	Foster	Herne Hill Harriers	MSen	30:38	M	80	
91	607	James	Bentley	Greenwich Tritons Triathlon Club	MSen	30:39	M	81	
92	403	Natalie	Beadle	Belgrave Harriers	FSen	30:41	F		10
93	685	Philip	Woodford-Smith	Kent AC	M40	30:41	M	82	
94	668	Iago	Martinez	Kent AC	M40	30:42	M	83	
95	715	Matt	Stone	Striders of Croydon	M60	30:45	M	84	
96	678	Tim	Sharp	Kent AC	M45	30:50	M	85	
97	752	James	Sarre	Tunbridge Wells Harriers	M45	30:51	M	86	
98	454	Nikki	Sturzaker	Herne Hill Harriers	F50	30:54	F		11
99	713	Andy	Perks	Striders of Croydon	M50	30:59	M	87	
100	656	Julian	Gevers	Kent AC	M55	31:04	M	88	
101	615	Ian	Davies	Guildford & Godalming AC	M50	31:04	M	89	
102	699	Vikram	Makkar	South London Harriers	M45	31:06	M	90	
103	569	Fraser	Dawson	Dorking & Mole Valley AC	M55	31:07	M	91	
104	697	Graham	Lane	South London Harriers	M45	31:08	M	92	
105	673	William	Palmer	Kent AC	M40	31:10	M	93	
106	446	Karen	Ellison	Herne Hill Harriers	F40	31:11	F		12
107	566	Ben	Brading	Dorking & Mole Valley AC	MSen	31:12	M	94	
108	629	Nick	Grogan	Hercules Wimbledon AC	MSen	31:14	M	95	
109	499	Sophie	Biggs	The Stragglers Running Club	F50	31:15	F		13
110	547	Christian	Poulton	Cambridge Harriers	M55	31:16	M	96	
111	620	Philip	Pryke	Guildford & Godalming AC	M50	31:17	M	97	
112	631	Peter	Lee	Hercules Wimbledon AC	M55	31:19	M	98	

113	404	Mimi	Corden-Lloyd	Belgrave Harriers	F5en	31:19	F		14
114	463	Clare	Elms	Kent AC	F55	31:26	F		15
115	665	Chris	Lydon	Kent AC	M60	31:28	M	99	
116	648	Rupert	Bedford	Kent AC	MSen	31:30	M	100	
117	694	Jonathan	Froome	South London Harriers	M45	31:31	M	101	
118	632	Adam	May	Hercules Wimbledon AC	M40	31:43	M	102	
119	592	Tom	Mountain	Dulwich Runners AC	MSen	31:48	M	103	
120	459	Victoria	Cartwright	Kent AC	F40	31:49	F		16
121	548	David	Reader	Cambridge Harriers	M50	31:55	M	104	
122	453	Shannon	Sinclair	Herne Hill Harriers	F5en	31:56	F		17
123	597	Justin	Siderfin	Dulwich Runners AC	M50	31:59	M	105	
124	417	Madeleine	Armstrong-Plieth	Croydon Harriers	F40	32:01	F		18
125	542	Will	Longhurst	Cambridge Harriers	M40	32:02	M	106	
126	474	Billie	Turner	Kent AC	F45	32:08	F		19
127	745	Ken	MacSporrán	Tunbridge Wells Harriers	M45	32:12	M	107	
128	613	Martin	Tynan	Greenwich Tritons Triathlon Club	M45	32:17	M	108	
129	409	Ella-may	Hards	Belgrave Harriers	F5en	32:23	F		20
130	759	AbdhuI-Rahmann	Samad	Croydon Harriers	MSen	32:24	M	109	
131	724	Danny	Glebocki	The Stragglers Running Club	MSen	32:26	M	110	
132	578	Andrea	Ceccolini	Dulwich Runners AC	M55	32:29	M	111	
133	709	Jason	Gallagher	Striders of Croydon	MSen	32:30	M	112	
134	414	Sarah	Riceman	Belgrave Harriers	F5en	32:32	F		21
135	721	Malcolm	Davies	The Stragglers Running Club	M55	32:36	M	113	
136	516	Jasper	Ellis	Aldershot, Farnham and District AC	M50	32:37	M	114	
137	726	Stuart	Hambling	The Stragglers Running Club	M50	32:39	M	115	
138	433	Katie	Smith	Dulwich Runners AC	F40	32:41	F		22
139	640	Leon Wei Chung	Kong	Herne Hill Harriers	MSen	32:46	M	116	
140	585	Jonny	Hough	Dulwich Runners AC	M45	32:47	M	117	
141	551	Peter	St-Amour	Cambridge Harriers	M45	32:47	M	118	
142	472	Nesrin	Sabancı	Kent AC	F40	32:47	F		23
143	406	Lydia	Gallyer-Barnett	Belgrave Harriers	F5en	32:48	F		24
144	413	Olivia	Papaioannou	Belgrave Harriers	F5en	32:56	F		25
145	730	Pavel	Przepiorski	The Stragglers Running Club	M35	32:57	M	119	
146	596	Andrew	Scott	Dulwich Runners AC	M40	32:58	M	120	
147	667	Nadim	Baba	Kent AC	M50	32:59	M	121	
148	698	Scott	MacKenzie	South London Harriers	M35	33:03	M	122	
149	441	Annabelle	Acres	Herne Hill Harriers	F5en	33:07	F		26
150	563	James	Moore	Croydon Harriers	M50	33:08	M	123	
151	455	Suzanne	Swaine	Herne Hill Harriers	F40	33:11	F		27
152	565	Marcos	Palomares-Conde	Croydon Harriers	M50	33:13	M	124	
153	663	Stephen	Jones	Kent AC	M45	33:14	M	125	
154	762	Mark	Moore	Southern Counties Veterans AC	M60	33:17	M	126	
155	594	Ross	Rook	Dulwich Runners AC	M40	33:19	M	127	
156	670	Steven	Mowll	Kent AC	M40	33:21	M	128	
157	558	Chris	Dyke	Croydon Harriers	M40	33:24	M	129	
158	735	Robin	Barwick	Tunbridge Wells Harriers	M50	33:25	M	130	
159	591	Garry	Meehan	Dulwich Runners AC	M60	33:32	M	131	
160	485	Alice	Germana	South London Harriers	F35	33:41	F		28
161	720	Jonathan	Davies	The Stragglers Running Club	M50	33:42	M	132	
162	475	Sally	Urquhart	Kent AC	F5en	33:44	F		29
163	570	Robert	Greenwood	Dorking & Mole Valley AC	M45	33:55	M	133	
164	686	Andrew	Wright	Kent AC	M40	33:56	M	134	
165	635	Simon	Evans	Herne Hill Harriers	M55	34:00	M	135	
166	729	Kevin	Price	The Stragglers Running Club	M55	34:06	M	136	
167	502	Elizabeth	Ferguson	The Stragglers Running Club	F50	34:08	F		30
168	504	Rebecca	Gravell	The Stragglers Running Club	F5en	34:13	F		31
169	710	Tim	Lawlor	Striders of Croydon	M45	34:15	M	137	
170	737	Richard	Craig-McFeely	Tunbridge Wells Harriers	M55	34:16	M	138	

171	587	Peter	Kleb	Dulwich Runners AC	M40	34:18	M	139	
172	567	David	Clack	Dorking & Mole Valley AC	M40	34:18	M	140	
173	612	Kyriakos	Tsirigotis	Greenwich Tritons Triathlon Club	M40	34:21	M	141	
174	630	Charles	Hampden-Smith	Hercules Wimbledon AC	M60	34:23	M	142	
175	755	Danny	Winson	Tunbridge Wells Harriers	M50	34:25	M	143	
176	487	Ruth	Hutton	South London Harriers	F55	34:29	F		32
177	541	Martin	Leat	Cambridge Harriers	M60	34:33	M	144	
178	717	Simon	Webster	Striders of Croydon	M45	34:34	M	145	
179	690	Dave	Rayner	Reigate Priory AC	M60	34:35	M	146	
180	687	Ian	Burks	Reigate Priory AC	M60	34:40	M	147	
181	722	Malcolm	Fletcher	The Stragglers Running Club	M65	34:49	M	148	
182	702	Sanjay	Singh	South London Harriers	M45	35:02	M	149	
183	604	Stuart	Blunt	Epsom Oddballs RC	M50	35:08	M	150	
184	537	James	Floyd	Cambridge Harriers	M45	35:10	M	151	
185	718	Rob	Zietz	Striders of Croydon	M65	35:28	M	152	
186	425	Ola	Balme	Dulwich Runners AC	F55	35:42	F		33
187	564	Colin	Oxlade	Croydon Harriers	M60	35:43	M	153	
188	746	Kannan	Mahalingam	Tunbridge Wells Harriers	M40	35:54	M	154	
189	557	Andrew	Del Nevo	Croydon Harriers	M55	35:55	M	155	
190	421	Laura	Marshall	Croydon Harriers	F50	35:59	F		34
191	716	Mick	Turner	Striders of Croydon	M60	36:01	M	156	
192	568	Mark	Cobbold	Dorking & Mole Valley AC	M40	36:12	M	157	
193	711	Mark	Nortje	Striders of Croydon	M40	36:16	M	158	
194	430	Ange	Norris	Dulwich Runners AC	F60	36:18	F		35
195	610	Florent	Marrou	Greenwich Tritons Triathlon Club	M35	36:24	M	159	
196	723	Ted	Fraser	The Stragglers Running Club	M60	36:25	M	160	
197	439	Rebecca	Brennan	Guildford & Godalming AC	F45	36:26	F		36
198	552	Jon	Wilson	Cambridge Harriers	M50	36:26	M	161	
199	741	Simon	Holford	Tunbridge Wells Harriers	M50	36:27	M	162	
200	435	Laura	Vincent	Dulwich Runners AC	F40	36:31	F		37
201	708	Jon	Dean	Striders of Croydon	M65	36:34	M	163	
202	738	Dan	Foster	Tunbridge Wells Harriers	M50	36:39	M	164	
203	739	George	Harris	Tunbridge Wells Harriers	M45	36:45	M	165	
204	517	Andrew	Hislop	Aldershot, Farnham and District AC	M55	36:48	M	166	
205	494	Ellyw	Evans	Striders of Croydon	F50	36:49	F		38
206	535	Richard	Bennett	Cambridge Harriers	MSen	37:01	M	167	
207	510	Rachel	Simpson	The Stragglers Running Club	F50	37:04	F		39
208	429	Michelle	Lennon	Dulwich Runners AC	F55	37:05	F		40
209	743	Geoff	Hurrell	Tunbridge Wells Harriers	M60	37:09	M	168	
210	550	Joe	Sheldrake	Cambridge Harriers	MSen	37:16	M	169	
211	611	Simon	Taylor	Greenwich Tritons Triathlon Club	M50	37:18	M	170	
212	438	Lesley	McCarthy	Greenwich Tritons Triathlon Club	F50	37:19	F		41
213	608	Gerry	Frizzelle	Greenwich Tritons Triathlon Club	M65	37:21	M	171	
214	476	Siobhan	Wakely	Kent AC	F45	37:24	F		42
215	619	Lourdes	Perez Barragan	Guildford & Godalming AC	MSen	37:29	F		43
216	554	Neil	Aikman	Croydon Harriers	M50	37:41	M	172	
217	559	Murray	Gordon	Croydon Harriers	M45	37:42	M	173	
218	465	Ivona	Gongolova	Kent AC	F40	37:43	F		44
219	728	Andrew	Howarth	The Stragglers Running Club	M60	37:45	M	174	
220	490	Pippa	Major	South London Harriers	F55	37:48	F		45
221	452	Alexandra	Marginean	Herne Hill Harriers	F35	37:49	F		46
222	750	Colin	Ricketts	Tunbridge Wells Harriers	M55	37:50	M	175	
223	488	Pamela	Iannella	South London Harriers	F60	37:51	F		47
224	497	Cindy	Siu	Striders of Croydon	F40	37:58	F		48
225	736	Sam	Bridger	Tunbridge Wells Harriers	MSen	38:04	M	176	
226	477	Jo	Wint	Kent AC	F40	38:07	F		49
227	473	Suzanne	Spalding	Kent AC	F50	38:10	F		50
228	719	Richard	Bowes	The Stragglers Running Club	M40	38:38	M	177	





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