

Finsbury Park Athletics Track,
1st July 2022

Weather: cool, stiff westerly breeze.

Race 1

1	158	Rahil SACHAK-PATWASM	1	OUAC	19:25.40	PB!
2	142	Harry OWRID SM	2	LONH	19:26.90	PB!
3	145	Jodie PEARLMAN SW	1	MORNC	20:39.40	PB!
4	205	Chris GREENWOOD SM	3	LONH	20:47.70	
5	61	Federico FORTI M40	1	UNATT	20:55.80	PB!
6	23	Rob BORTHWICK M50	1	UNATT	21:00.10	
7	199	Rosie YOUNG SW	2	MORNC	21:15.40	PB!
8	54	Fabio ESPIRITO SANTOSM	4	LONH	21:25.50	
9	166	Gabrielle SMART SW	3	QPH	21:30.30	PB!
10	82	Ellie HOLLOWAY SW	4	MORNC	21:36.90	
11	32	Cloudy CARNEGIE SW	5	MORNC	21:38.60	PB!
12	182	Yen VO W45	1	LONH	22:06.50	
13	108	Rob MANGAN SM	5	UNATT	22:07.50	PB!
14	161	Matt SECKER M40	2	VPTH	22:15.70	PB!
15	211	Gaby ANDERSON SW	6	MORNC	22:16.40	
16	179	Alexander TSIRIGOTIS M35	1	LONH	22:26.60	
17	100	Daniel LEWIS M45	1	MORNC	22:31.90	
18	190	Paul WILLIAMSON M60	1	UNATT	22:35.00	
19	114	Reece MAYCOCK SM	6	REDJ	22:52.60	
20	206	Claire THORNHILL W40	1	LONH	22:55.40	
21	103	Yan (Patrick) LI M50	2	MORNC	23:20.20	
22	171	Alice SULLIVAN W45	2	MORNC	24:12.10	
23	138	Haidee O'DONNELL W35	1	UNATT	24:26.60	
24	3	Anthony ALDRED M75	1		24:51.10	

Race 2

1	9	Daniel Baker M35	1	UNATT	19:02.37	PB!
2	193	Andrew Wong M35	2	UNATT	19:25.46	
3	52	Johan Ekblom M40	1	QPH	19:27.82	
4	4	Sophie Allen SW	1	VPTH	19:34.60	PB!
5	13	Jarrold Basger SM	1	UNATT	19:44.72	
6	89	Nick Johnson M40	2	MORNC	19:45.65	PB!
7	185	Millie Watkins U20W	1	LONH	19:46.17	
8	156	Emily REichert W40	1	LONH	19:46.55	
9	90	Katrina Kelly SW	2	MORNC	19:48.47	PB!
10	157	Alex Renton M40	3	MORNC	19:48.75	PB!
11	18	Daniel Berry M55	1	MORNC	19:52.71	
12	69	Richard Gill M35	3	EERR	19:59.17	
13	115	Kevin McAleer M60	1	TVH	20:00.87	
14	34	Victoria Cartwright W35	1	KEN	20:04.97	
15	173	David Sutherland M45	1	HIGH	20:12.46	
16	45	Steve Crowley M50	1	LONH	20:15.45	
17	146	Leo Pemberton M40	4	LONH	20:22.78	PB!
18	57	Louise Faherty W45	1	HIGH	20:37.95	
19	151	Niall Power M45	2	UNATT	21:05.76	
20	174	Rebecca Taylor W45	2	MORNC	21:13.90	
21	136	Clare Norris W45	3	DUL	21:24.85	
22	91	Safa Khan SW	3	HIGH	21:28.92	
23	181	Jessica Vinluan W40	2	LONH	21:37.92	

Race 3

1	78	Jonathan Halliwell M35	1	LONH	18:07.10	PB!
2	164	Jonathan Shipley M45	1	LONH	18:31.90	PB!
3	106	Alan MacDonald M55	1	UNATT	18:35.10	PB!
4	11	Philip Barnes SM	1	MORNC	18:39.10	PB!
5	50	Matt Duckett SM	2	QPH	18:40.70	
6	184	Issy Watkins U20W	1	LONH	18:43.80	
7	104	Lauren Longhurst SW	1	MORNC	18:51.10	PB!
8	72	Thomas Goodey SM	3	MORNC	18:51.30	PB!
9	140	Danny Olive M45	2	LONH	18:57.00	

London Heathside AC
Finsbury Park 5000s



10	73	David Gouldstone	M35	2	MORNC	18:58.10	
11	203	Sarah Hamilton	SW	2	MORNC	19:03.80	
12	77	Mark Greig	M35	3	QPH	19:05.30	
13	105	Ewan MacAulay	SM	4	UNATT	19:07.90	
14	150	Tatyana Potiyenko	SW	3	LONH	19:08.60	PB!
15	202	Nicola Graham	SW	4	LONH	19:11.30	PB!
16	1	Badar Al Raisi	SM	5	VPTH	19:17.00	
17	175	Laura Thompson	SW	5	VPTH	19:18.50	
18	133	David Musgrave	M45	3	HIGH	19:26.10	
19	154	Eimantas Puscus	M35	4	UNATT	19:26.70	
20	27	Tom Bryant	M40	1	LONH	19:27.90	PB!
21	30	Pete Calvert-Barr	SM	6	MORNC	19:30.30	
22	160	Emily Seager	SW	6	VPTH	19:48.30	
23	187	Nick White	M50	1	WATFH	19:57.70	

Race 4

1	14	Justin BEAN	SM	1	HIGH	17:16.54	PB!
2	7	Graham ATKINS	SM	2	GGRT	17:46.42	
3	43	Andrew COWDRILL	M35	1	MMK	17:56.01	
4	170	Lewis SPIERS	SM	3	UNATT	17:57.39	
5	139	Danny O'REILLY	M35	2	CHTRI	17:58.98	
6	5	Annie ARNOLD	SW	1	LONH	18:03.82	PB!
7	124	Tim MEARA	M45	1	LONH	18:06.29	PB!
8	97	Damien LANE	M50	1	LONH	18:07.60	
9	195	Lily WOOLCOCK	SW	2	LONH	18:08.92	PB!
10	60	Simon FITZMAURICE	SM	4	MORNC	18:11.25	PB!
11	8	Justin BADGER	M55	1	LONH	18:13.07	
12	49	James DOWN	M35	3	MMK	18:16.89	PB!
13	98	Nehal LAVEY-KHAN	SM	5	VEG	18:22.43	
14	48	Peter DOWDS	M35	4	LONH	18:24.84	
15	110	Jordan MARSHALL	SM	6	LONH	18:27.00	
16	163	Jonathan SHALOM	M45	2	LONH	18:29.25	PB!
17	42	Amy COOK	SW	3	LONH	18:32.73	
18	15	Roger BEARDSWORTH	M60	1	KEN	18:35.24	
19	107	Chris MAGIEREK	M35	5	LONH	18:36.15	
20	143	Bruno PAPANACCI	M35	6	MORNC	18:36.63	
21	176	Jonathan THOMSON	M40	1	MORNC	18:45.38	
22	71	Lizzie GOLDIE-SCOT	SW	4	BEL	18:48.29	
23	177	Karina THORNTON	SW	5	HIGH	18:56.43	
24	165	Rob SHULMAN	M55	2	LONH	19:09.00	
25	111	David MASON	M50	2	UNATT	19:22.05	
26	141	Mark OPIE	M35	7	HIGH	19:31.11	
27	56	Gavin EVANS	M60	2	LONH	19:48.93	

Race 5

	1	188	David Williams	M50	1	SLH	16:56.46	
2	178	Daniel Tombor	SM	1	HIGH	17:05.97	PB!	
3	132	Kate Moulds	SW	1	VALER	17:08.81	PB!	
4	22	Aviv Boonin	SM	2	HIGH	17:10.50	PB!	
5	201	Jonny Forsyth	M50	2	LONH	17:12.72		
6	109	Thomas Mann	SM	3	QPH	17:12.96	PB!	
7	167	Alan Smith	SM	4	VPTH	17:15.06	PB!	
8	169	Darren Souster	SM	5	MORNC	17:17.62		
9	172	Sam Sutherland	M35	1	QPH	17:18.01		
10	26	Katie Brown	SW	2	LONH	17:22.83		
11	126	Edwin Mooney	SM	6	QPH	17:25.27		
12	189	Ben Williams	SM	7	LONH	17:29.87	PB!	
13	59	Matthew Field	SM	8	RLC	17:34.33		
14	204	Filippo Minelle	SM	9	LONH	17:43.73		
15	180	Chris Vincent	M40	1	LONH	17:47.56	PB!	
16	149	Rebecca Piggott	W35	1	LONH	17:59.05		
17	47	Andy Davies	SM	10	MORNC	18:01.75		
18	79	Josie Hinton	W35	2	LONH	18:02.34	PB!	
19	119	Rachel Mcgovern	SW	3	CONAC	18:02.76		
20	117	Andrew Mcgeary	M40	2	LONH	18:02.91		
21	80	Nicholas Hodges-Gibson	SM	11	LONH	18:03.53		

22	144	Cordelia Parker	SW	4	ABIAC	18:05.83
23	152	Rendy Prakoso	SM	12	MORNC	18:28.50
24	6	Alex Astley	SM	13	MORNC	19:22.96

Race 6

1	112	Alastair MATHESON	SM	1	QPH	15:43.57	PB!
2	95	Zak KNILL	SM	2	VPTH	15:52.18	PB!
3	74	Christopher GRACIE	M35	1	LONH	15:53.41	PB!
4	44	David CRADDOCK	M35	2	UNATT	15:56.11	PB!
5	194	Henry WOODWARD	SM	3	MORNC	16:07.88	PB!
6	135	Paul NORFOLK	SM	4	VPTH	16:09.22	PB!
7	162	Yann SEVESTRE	SM	5	LONH	16:09.95	PB!
8	64	Ryan FRIEL	M35	3	ELR	16:13.17	PB!
9	41	Dan COLLINS	M40	1	LONH	16:15.74	PB!
10	183	Joe WALKER	SM	6	VPTH	16:16.33	PB!
11	17	Martin BELL	SM	7	CC	16:17.38	PB!
12	40	Callum COLEMAN	SM	8	LONH	16:18.07	PB!
13	10	Mischa BALEN	M35	4	SERP	16:20.28	
14	93	Harry KLEIMAN	SM	9	LONH	16:23.51	PB!
15	81	Tom HOLLIS	M35	5	LGOAT	16:35.69	
16	148	Josh PEWTER	SM	10	HHH	16:44.18	
17	25	Conor BROWN	M35	6	LONH	16:44.80	PB!
18	127	Donal MORAN	M45	1	MORNC	16:45.75	PB!
19	63	Charlie FRASER	SM	11	MORNC	16:46.79	PB!
20	101	Sam LEWIS	SM	12	HUB	16:50.58	
21	58	Tom FANCETT	SM	13	LONH	16:55.70	
22	16	Craig BEATTIE	SM	14	VPTH	17:12.61	
23	39	Matt CLEMENTS	SM	15	REDW	17:28.56	

Race 7

1	122	James McMurray	SM	1	STAL	14:26.46	PB!
2	147	Andrew Penney	SM	2	HW	14:33.77	
3	85	Seyfu Jamaal	SM	3	LONH	14:38.22	PB!
4	36	Edward Chuck	M35	1	DUL	14:49.27	
5	76	Scott Greeves	SM	4	CONAC	14:55.94	
6	84	Neil Ibata	SM	5	THH	15:06.17	PB!
7	196	James Wooldridge	SM	6	LONH	15:10.14	
8	155	Matthew Rallison	SM	7	LONH	15:17.46	
9	28	Chris Busaileh	M35	2	KEN	15:18.99	
10	200	Joseph Young	SM	8	ENFH	15:20.99	
11	65	Matt Geddes	U20M	1	BODYX	15:22.71	
12	38	Patric Clark	SM	9	NOTTS	15:25.61	
13	102	Oliver Li	SM	10	CC	15:30.22	
14	55	Jake Evans	U20M	2	LONH	15:30.27	PB!
15	29	Oliver Bushdari	SM	11	ORION	15:34.98	PB!
16	83	James Hurrell	M35	3	LONH	15:35.04	
17	94	William Knight	SM	12	ASHFA	15:46.46	
18	68	John Gilfedder	SM	13	HIGH	15:49.60	PB!
19	159	Andy Salmon	SM	14	BRIW	15:54.73	
20	67	Niall Gilchrist	SM	15	EALE	15:56.40	
21	198	Dhrupadh Yerrakalva	SM	16	UNATT	16:04.01	
22	12	Andrew Barnes	M35	4	LONH	16:09.24	
23	2	Tom Aldred	M40	1	LONH	16:28.37	