

London Heathside, "Finsbury Park 5000s"

Finsbury Park Athletics Track, 5th July 2018

Conditions: hot and sunny for early races, perfect for the last two

Pos	Bib	First Name	Surname	Cat	Club	Time
5000m, Race 1						
1	137	John	Randall	M45	Unattached	20:04.46
2	174	Christopher	Yates	M35	Unattached	20:24.52
3	139	Sue	Rust	W35	London Heathside	20:58.47
4	24	Tom	Bryant	M35	London Heathside	21:16.94
5	178	Emilia	Vynnycky	W45	London Heathside	21:24.24
6	57	Sarah	Duke	SW	London Heathside	21:46.57
7	155	Ewan	Tant	M35	Unattached	21:52.61
8	189	Peter	Hurst	SM	London Heathside	21:59.34
9	122	Alun	Nash	M55	London Heathside	22:20.23
10	163	Jackie	Wastell	W55	London Heathside	22:37.84
11	76	Heather	Haggis	SW	London City Athletics Club	22:53.67
12	190	Daniel	Cockerill	U17M	Unattached	23:02.81
13	58	Fergal	Dunne	M50	London City Athletics Club	23:10.01
14	51	Will	David	SM	Unattached	23:21.67
15	118	Leila	Moran	SW	Unattached	24:36.48
16	29	Kimberli	Butler	SW	London Heathside	25:30.54
5000m, Race 2						
1	48	Dennis	Curry	M40	London Heathside	18:48.33
2	19	Paul	Billingham	M35	London City Athletics Club	19:04.22
3	18	Paul	Berrett	M55	Havering AC	19:05.82
4	6	Nick	Androulidakis	M35	London City Athletics Club	19:11.78
5	47	David	Cull	M35	Serpentine	19:23.14
6	133	Christina	Pennock	SM	London City Athletics Club	19:32.94
7	148	Steven	Stanley	M55	Unattached	19:35.44
8	5	Ian	Anderson	M35	London Heathside	19:42.55
9	188	Steffi	Luker Edwards	U20W	London Heathside	19:46.12
10	162	Peter	Ward	M35	London Heathside	19:47.59
11	14	Paul	Beale	M45	London Heathside	19:53.08
12	39	James	Cornnell	M45	London Heathside	19:54.36
13	136	Louisa	Pointon	SW	London Heathside	19:59.87
14	108	Gareth	Marshall	M35	London Heathside	20:09.48
15	68	Mark	George	M50	London Heathside	20:12.36
16	160	Paul	Tonkinson	M45	London Heathside	20:21.76
17	15	Rob	Bean	SM	London Heathside	20:22.36
5000m, Race 3						
1	17	Louis	Berrett	U17M	Havering AC	18:19.62
2	34	Joseph	Clemoes	M35	London Heathside	18:26.26

3	187	Andrew	Prystawsky	SM	London Heathside	18:28.77
4	85	Josie	Hinton	SW	London Heathside	18:29.36
5	90	Thomas	Hunter	SM	GoodGym Race Team	18:29.87
6	21	Celine	Bradley	W35	London Heathside	18:36.90
7	176	Jonathon	Litchfield	M40	London Heathside	18:38.79
8	26	Marcin	Bujar	SM	Fulham Running Club	18:46.09
9	88	Jonathon	Hopkin	M50	London Heathside	18:46.39
10	128	Danny	Olive	M45	Unattached	18:46.89
11	169	Paul	Woodgate	M40	Thames Valley Harriers	18:49.76
12	52	Olivia	Desborough	SW	London Heathside	18:50.13
13	95	Mark	Jefford	M50	London Heathside	18:52.07
14	55	Natan	Doron	SM	London Heathside	18:53.51
15	3	Badar	Al Raisi	SM	Victoria Park Harriers and T	18:57.10
16	45	Pete	Cockford	M60	London Heathside	18:59.11
17	49	Nicky	Curtis	SM	London City Athletics Club	18:59.91
18	124	Simon	Nichols	M45	Unattached	19:03.31
19	159	Samuel	Thompson	SM	Totley AC	19:07.85
20	93	Nadi	Jahangiri	M55	Highgate Harriers	19:09.67
21	70	Melissah	Gibson	SW	Ealing Eagles Running Club	19:15.34
22	87	Philip	Hogg	M45	London Heathside	19:21.19
23	107	Annabel	Litchfield	SW	London Heathside	19:30.22
24	172	Ruby	Wyles	U20W	Guildford & Godalming AC	20:55.44

5000m, Race 4

1	114	Mark	Mckeown	M35	Unattached	17:36.42
2	2	Ricardo	Agostinho	M35	Ealing Eagles Running Club	17:36.74
3	152	Alex	Sweet	M35	London Heathside	17:44.13
4	143	Marco	Serena	M35	London Heathside	17:47.15
5	23	Simon	Brown	SM	London City Athletics Club	17:49.66
6	78	Matt	Hamilton	SM	Dacorum & Tring AC	17:50.24
7	36	Matthew	Cockerill	M45	London Heathside	17:51.84
8	69	James	Gibson	SM	London Heathside	17:52.99
9	79	Jack	Hardy	SM	London Heathside	17:58.25
10	7	Steve	Armstrong	M45	London Heathside	17:59.05
11	99	Mike	Jones	SM	Victoria Park Harriers and T	18:02.84
12	158	Rachel	Thomas	SW	Victoria Park Harriers and T	18:12.37
13	62	Simon	Fitzmaurice	SM	Mornington Chasers	18:13.87
14	83	Adam	Hewitt	SM	Guildford & Godalming AC	18:23.32
15	38	Paul	Collyer	SM	Dulwich Runners AC	18:25.49
16	59	Gavin	Evans	M55	London Heathside	18:28.28
17	112	Rich	McAleer	SM	Eastleigh RC	18:31.33
18	140	Bethany	Scott	SW	London Heathside	18:34.53
19	117	Adam	Mitchell	M35	London Heathside	18:36.81

5000m, Race 5

1	61	Stephen	Fabes	M35	Victoria Park Harriers and T	16:51.61
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2	43	Jamie	Crawford	SM	Aberystwyth University Har	17:03.57
3	53	Jason	Dodd	SM	Trent Park Running Club	17:04.28
4	63	Jonny	Forsyth	M45	Unattached	17:04.67
5	65	Ewan	Fryatt	M35	Ealing Eagles Running Club	17:06.12
6	1	Jonathon	Abel	M35	West 4 Harriers	17:06.43
7	180	Ed	Samuel	SM	London Heathside	17:07.93
8	97	Eliott	Jones	SM	Ealing, Southall & Middlese	17:12.62
9	20	Paul	Bown	SM	GoodGym Race Team	17:13.12
10	50	Rob	Daly	SM	London Fronrunners	17:14.33
11	64	John	Foxall	SM	Ealing Eagles Running Club	17:20.30
12	77	Daniel	Haile	SM	London Heathside	17:21.00
13	89	Andy	Howey	M55	Tunbridge Wells Harriers	17:21.30
14	82	Hanry	Heatherwick-Lammers	SM	Highgate Harriers	17:22.32
15	145	Matt	Sibert	SM	West 4 Harriers	17:22.51
16	80	Chris	Hartley	M50	London Heathside	17:23.17
17	161	Joe	Walker	SM	Victoria Park Harriers and T	17:26.87
18	132	Joe	Pennington	SM	London Heathside	17:32.45
19	37	Michael	Cockings	M35	London Heathside	17:44.62
20	110	Arturo	Martinez de Murguia	SM	Reading AC	17:48.71
21	98	Mark	Jones	SM	Eastleigh RC	18:02.13

5000m, Race 6

1	141	Jonathan	Scott	SM	Bourneville Harriers	16:03.59
2	131	Nathan	Pask	M40	Queen's Park Harriers	16:15.83
3	142	Carl	Selya-Hammer	M35	Ranelagh Harriers	16:27.33
4	46	Tom	Crowley	SM	Highgate Harriers	16:27.78
5	67	Ewan	Gault	M35	Oxford City AC	16:28.95
6	121	Daniel	Mutlow	SM	Victoria Park Harriers and T	16:30.91
7	60	Samuel	Evans	SM	Kent AC	16:31.80
8	56	Richard	Dowling	SM	GoodGym Race Team	16:32.55
9	75	William	Griffiths	U20M	London Heathside	16:33.08
10	146	Joshua	Slingsby	SM	London City Athletics Club	16:35.98
11	167	David	Williams	M45	Sutton Runners	16:38.79
12	13	Andy	Barnes	M35	London Heathside	16:41.43
13	42	Robbie	Cox	M35	Woodford Green AC with E	16:44.14
14	106	Sion	Lewis	M35	London Heathside	16:54.72
15	111	Chris	Mason	SM	West 4 Harriers	17:03.92

5000m, Race 7

1	66	Liam	Garrett	U20M	London Heathside	15:06.27
2	149	Ivar	Stefansson	SM	London Heathside	15:12.30
3	126	Jem	O'Flaherty	U20M	London Heathside	15:15.36
4	135	Brahma	Pochee	SM	Highgate Harriers	15:17.48
5	183	Samuel	Barnes	SM	Serpentine RC	15:23.02
6	185	Andrew	Brooker	SM	London Heathside	15:25.62
7	181	William	Bryan	SM	Southampton AC	15:26.06

8	156	Chris	Thomas	SM	Thames Valley Harriers	15:34.66
9	123	Oliver	Newton	SM	Thames Valley Harriers	15:37.43
10	182	Peter	Hawkings	SM	Highgate Harriers	15:38.89
11	177	Seyfu	Jamaal	U20M	London Heathside	15:43.84
12	191	Jonathan	Tipper	SM	Kent AC	15:43.85
13	116	Alexander	Miell-Ingram	SM	Radley AC	15:50.04
14	12	Nathan	Barnard	U20M	Queen's Park Harriers	15:51.23
15	9	Carl	Assmundson	SM	Ranelagh	16:00.33
16	91	Robbie	Hynes	SM	Hercules Wimbledon AC	16:04.52
17	10	Lawrence	Avery	SM	Kent AC	16:06.73
18	171	Steve	Woolley	M35	West 4 Harriers	16:08.21
19	72	Ben	Goddard	SM	Woking AC	16:26.74