

## London Heathside, "Finsbury Park 5000s"

Finsbury Park Athletics Track, 28th June 2019

Conditions: sunny, not too hot for early races, a little breezy

Pos	Bib	First Name	Surname	Cat	Club	Time
<b>5000m, Race 1</b>						
1	53	Fabio	Espirito Santo	SM	London Heathside	19:52.1
2	108	John	Masterson	M35	unattached	19:56.0
3	27	Filipe	Cardoso	M40	London Heathside	20:28.8
4	150	Timothy	Soar	M55	unattached	20:34.7
5	174	Sophie	Wilkins	SW	unattached	20:35.3
6	129	Richard	Peachment	M50	London Heathside	20:45.8
7	131	Leo	Pemberton	M40	London Heathside	20:49.9
8	84	Angela	Howe	W45	London Heathside	20:52.7
9	180	Daniel	Wrapson	SM	London Heathside	21:02.9
10	9	Rob	Bean	SM	London Heathside	21:26.6
11	117	Alun	Nash	M55	London Heathside	21:39.3
12	114	Claire	Morris	W40	Ealing Eagles	21:41.0
13	50	Fergal	Dunne	M55	London City	21:45.0
14	42	James	de Vivenot	M45	Ealing Eagles	21:50.9
15	162	Emilia	Vynnycky	W50	London Heathside	21:52.5
16	40	Will	David	SM	unattached	22:02.0
17	164	David	Walton	M55	London Heathside	22:10.6
18	181	Hannah	Yip	SW	London Heathside	22:25.2
19	166	Jackie	Wastell	W55	London Heathside	22:35.4
20	49	Sarah	Duke	SW	London Heathside	22:59.5
21	7	Tim	Bavister	M45	unattached	23:04.2
22	112	Jerome	Mills	M55	unattached	23:52.1
23	65	Sally	Gamble	W55	London Heathside	29:20.7
<b>5000m, Race 2</b>						
1	159	Marcus	Tillotson	M45	London Heathside	18:18.3
2	81	Andy	Helliwell	M45	unattached	18:24.7
3	51	Owen	Edwards	SM	unattached	18:32.3
4	21	Marcus	Brown	M35	unattached	18:49.9
5	2	Badar	Al Raisi	SM	Victoria Park Harriers and T	18:53.0
6	115	Karen	Murphy	W50	Barnet & District AC	18:56.1
7	124	Edward	Parker	SM	London Heathside	19:28.2
8	88	Leigh	James	W35	Bridgend AC	19:28.2
9	10	Matt	Beard	M50	London Heathside	19:30.7
10	28	James	Caven	SM	London Heathside	19:40.3
11	183	Laurence	Russell	SM	London Heathside	19:47.8
12	154	Matthew	Stuart	M35	unattached	19:50.4
13	79	Lewis	Hatfull	SM	London Heathside	19:58.3
14	59	Rebecca	Fode	SW	Victoria Park Harriers and T	20:02.0

15	134	Tatyana	Potiyenko	SW	London Heathside	20:05.9
16	155	David	Sutherland	M40	Highgate Harriers	20:13.4
17	92	Matthew	Ladds	SM	Dulwich Runners AC	20:18.1
18	4	Nick	Androulidakis	M35	London City	20:36.4

### 5000m, Race 3

1	82	Ronan	Hoare	SM	Mornington Chasers	17:41.09
2	148	Ryan	Smith	SM	unattached	18:16.11
3	170	Tom	White	SM	London Heathside	18:17.20
4	30	Harry	Claxton	M45	Ealing Eagles Running Club	18:18.27
5	33	Matt	Collins	M40	London Heathside	18:20.93
6	57	Greg	Fernandes-Lawes	SM	Ealing Eagles Running Club	18:22.58
7	14	Mark	Betts	SM	Edmonton RC	18:25.81
8	45	Natan	Doron	M35	London Heathside	18:28.47
9	66	Andy	Gannaway	M55	Winchester & District AC	18:28.49
10	167	Emma	Watson	SW	London Heathside	18:29.71
11	182	Olivia	Zeltner	SW	Heme Hill Harriers	18:30.74
12	184	Melissah	Gibson	SW	Ealing Eagles Running Club	18:32.97
13	178	Andrew	Wooding	SM	London Heathside	18:33.09
14	125	Tom	Parker	SM	London Heathside	18:35.91
15	80	Liam	Hazelton	M35	London Heathside	18:36.20
16	153	Jamie	Stinson	SM	Kent AC	18:38.10
17	141	Katie	Sandford	SW	London Heathside	18:39.84
18	91	Darja	Knotkova-Hanley	U20W	Haywards Heath Harriers	18:44.07
19	34	James	Connell	M45	London Heathside	18:45.92
20	173	Georgina	Wiley	SW	Kent AC	18:47.51
21	165	Peter	Scodie-Ward	M35	London Heathside	18:49.21
22	122	Danny	Olive	M45	unattached	18:51.48
23	48	David	Dugdale	M45	unattached	18:53.35
24	54	Gavin	Evans	M55	London Heathside	18:53.85
25	151	Hannah	Somani	SW	Victoria Park Harriers and To	18:53.97
26	118	Simon	Nichols	M45	London Heathside	19:05.84
27	185	Kevin	Hii	SM	unattached	19:23.74

### 5000m, Race 4

1	31	Joseph	Clemons	M35	London Heathside	17:26.05
2	177	David	Wilson	M35	Orion Harriers	17:43.75
3	140	Andrew	Sanders	SM	unattached	17:46.70
4	158	Rachel	Thomas	SW	Victoria Park Harriers and To	17:47.42
5	149	Alan	Smith	SM	Victoria Park Harriers and To	17:48.85
6	18	Celine	Bradley	W35	London Heathside	17:51.01
7	120	Craig	O'Brien	SM	Victoria Park Harriers and To	17:53.77
8	163	Rob	Walker	M35	Highgate Harriers	17:55.07
9	101	Rafal	Machnik	M35	Ealing Eagles Running Club	17:55.34
10	52	Charlie	Egan	SM	unattached	17:56.22
11	8	Paul	Beale	M45	London Heathside	17:56.39

12	15	Julia	Bijl	SW	London Heathside	17:56.54
13	96	Nils-Kristian	Liborg	M35	Ealing Eagles Running Club	17:56.90
14	106	Leonard	Martin	M35	London Heathside	17:58.08
15	5	Graham	Atkins	SM	GoodGym Race Team	17:58.67
16	99	Ilia	Loubenski	M45	Edmonton RC	18:05.21
17	116	David	Musgrave	M45	Highgate Harriers	18:05.92
18	78	Chris	Hartley	M55	London Heathside	18:06.18
19	142	Jacob	Sayers	SM	Fulham Running Club	18:06.62
20	43	Olivia	Desborough	SW	London Heathside	18:12.45
21	113	Adam	Mitchell	M40	London Heathside	18:18.11
22	161	Catrin	Tyler	SW	London Heathside	18:23.66
23	95	Adam	Lennox	SM	Highgate Harriers	18:30.03
24	144	Ashley	Scott-Wilson	SW	Highgate Harriers	18:32.02
25	22	Conor	Brown	SM	London Heathside	18:42.57

### 5000m, Race 5

1	73	Edward	Gronbech	SM	Radley Athletic Club	16:52.33
2	67	Mattias	Gees	SM	London City Athletics Club	16:53.97
3	156	Alex	Sweet	M35	London Heathside	16:55.21
4	147	Sathiyam	Sivathas	SM	Queen's Park Harriers	16:57.65
5	133	James	Porcas	SM	Highgate Harriers	17:02.95
6	17	Paul	Bown	SM	GoodGym Race Team	17:04.56
7	58	Matthew	Field	SM	London Heathside	17:06.80
8	105	Axel	Manzano	SM	GoodGym Race Team	17:08.18
9	175	Graham	Wilkinson	M35	London Heathside	17:09.87
10	139	James	Ruskin	M35	unattached	17:13.46
11	60	Barnaby	Foot	M45	Orion Harriers	17:13.89
12	69	James	Gibson	SM	London Heathside	17:16.98
13	200	Emmanuel	Ovola	SM	Rebel Runners	17:27.59
14	77	Thom	Hart	SM	London Heathside	17:29.52
15	83	Alex	Holley	SM	Highgate Harriers	17:30.25
16	152	Stephen	South	M35	Highgate Harriers	17:30.59
17	1	Jonathan	Abel	M35	West 4 Harriers	17:31.47
18	135	Martin	Potter	M50	London Heathside	17:37.98
19	121	Ethan	O'Brien	SM	Victoria Park Harriers and To	17:47.95
20	44	Anthony	Doolittle	SM	Thames Hare & Hounds	17:52.05
21	93	Gavin	Lau	M35	Victoria Park Harriers and To	17:54.26
22	138	James	Rhodes	SM	unattached	17:56.28

### 5000m, Race 6

1	128	John	Payne	SM	Victoria Park Harriers and To	15:51.47
2	12	Jonathan	Beatty	M40	Kent AC	16:03.71
3	103	Roger	Maidment	M45	London Heathside	16:11.77
4	16	Mark	Boulton	M35	East London Runners	16:14.11
5	36	Jamie	Crawford	SM	unattached	16:27.63
6	55	Samuel	Evans	M35	Kent AC	16:29.52

7	168	Christopher	Wayman	SM	Benfleet RC	16:30.64
8	68	Fabio	Gelbcke	SM	Highgate Harriers	16:31.79
9	6	Andy	Barnes	M35	London Heathside	16:32.02
10	98	Tom	Livermore	SM	London Heathside	16:34.01
11	123	Stewart	Overton	M35	North Herts Road Runners	16:36.10
12	136	Tim	Powell	SM	Serpentine RC	16:38.16
13	110	Mark	McKeown	M35	Colchester Harriers	16:49.18
14	70	Peter	Gould	SM	London Heathside	16:50.69
15	176	David	Williams	M45	Sutton Runners	16:57.93
16	11	Craig	Beattie	SM	Victoria Park Harriers and To	17:08.06
17	23	Simon	Brown	SM	London City Athletics Club	17:16.37

### 5000m, Race 7

1	24	Euan	Brown	SM	East London Runners	14:55.17
2	87	Seyfu	Jamaal	MU20	London Heathside	15:06.34
3	20	Will	Brewin	SM	Southampton Athletic Club	15:17.31
4	3	Tom	Aldred	M40	London Heathside	15:17.67
5	13	Nicolas	Besson	M35	Serpentine RC	15:24.09
6	111	Rob	Mctaggart	SM	Bournemouth AC	15:35.11
7	137	Paul	Prothero	M35	South London Harriers	15:36.56
8	109	Aaron	McGrady	SM	Victoria Park Harriers and To	15:39.95
9	130	Gordon	Pearce	M35	Thames Hare & Hounds	15:45.63
10	143	Jonathan	Scott	SM	Victoria Park Harriers and To	15:47.15
11	75	Charles	Hardy	SM	London Heathside	15:47.28
12	19	Danny	Brewer	SM	Highgate Harriers	15:50.93
13	90	William	Kirk	SM	Victoria Park Harriers and To	15:51.24
14	107	Antonio	Martin Romero	SM	East London Runners	15:53.75
15	172	Joel	Wiles	M35	South London Harriers	15:54.35
16	41	Darryl	Davison	M35	Highgate Harriers	15:57.93
17	179	Steve	Woolley	M35	West 4 Harriers	15:58.76
18	160	Joachim	Tranvag	SM	Exeter Harriers	16:01.25
19	29	Thomas	Clark	SM	London Heathside	16:11.91
20	127	Nathan	Pask	M40	North Herts Road Runners	16:12.49
21	119	Steve	Norris	M40	Watford Joggers	16:14.16
22	37	Will	Cullen	SM	South London Harriers	16:15.82
23	171	Kieran	White	M40	Hercules Wimbledon AC	16:20.88
24	63	Calum	Fraser	SM	Kent AC	16:28.45
25	25	Patrick	Brown	SM	East London Runners	16:40.31