

Switchback 5
8th October 2023

Position	Race Number	Name	Gender	Category	Club	Time
1	73	Harry Madgwick Lawton	Male	M	Striders of Croydon	00:31:07
2	62	Jack Leafe	Male	M	Dulwich Runners AC	00:31:30
3	60	Eugene Cross	Male	MV40	Dulwich Runners AC	00:31:39
4	64	Philip Coales	Male	M	Striders of Croydon	00:31:48
5	50	Ian Kibble	Male	M		00:32:42
6	34	Matthew Stone	Male	MV60	Striders of Croydon	00:32:57
7	57	Nikki Sturzaker	Female	FV50	Herne Hill Harriers	00:33:01
8	33	Steve Corfield	Male	MV60	Striders of Croydon	00:33:14
9	101	David Brown	Male	M	Croydon Harriers	00:33:18
10	52	Marcelo Kern	Male	M		00:33:29
11	14	Simon Ambrosi	Male	MV40	Striders of Croydon	00:33:47
12	142	Thomas Gillespie	Male	MV50	Striders of Croydon	00:34:18
13	53	Erik Schrijnemaekers	Male	MV40	Striders of Croydon	00:35:33
14	112	Martin Filer	Male	MV40	Striders of Croydon	00:35:54
15	127	Joe Sentance	Male	M	Dulwich Runners AC	00:37:10
16	144	Ed Osborne	Male	MV40	Kent	00:37:24
17	133	Simon Webster	Male	MV40	Striders of Croydon	00:37:29
18	77	Simon Attridge	Male	MV40	Striders of Croydon	00:37:44
19	125	Paul Baillie	Male	M		00:37:52
20	20	Michael Voyce	Male	MV50		00:38:03
21	35	Emma Hatch	Female	F	Dulwich Runners AC	00:38:03
22	7	Peter Adams	Male	MV40	Tri Surrey Triathlon Club	00:38:04
23	55	Kerim Suruliz	Male	MV40	Striders of Croydon	00:38:16
24	63	Jason Gallagher	Male	M	Striders Of Croydon	00:38:26
25	16	Nicj Shute	Male	M		00:38:32
26	119	George Davies	Male	M		00:38:36
27	139	Stephen Harris	Male	MV50	Striders of Croydon	00:38:37
28	126	Pete Mills	Male	M	Striders of Croydon	00:38:48
29	4	Richard Stansfield	Male	MV50	Herne Hill Harriers	00:39:01
30	147	Peter Hagen	Male	M		00:39:05
31	114	Ola Balme	Female	FV50	Dulwich Runners AC	00:39:08
32	58	Mark Champagne	Male	MV50	Holland Sports	00:39:13
33	108	Stuart Blunt	Male	MV50	Epsom Oddballs	00:39:15
34	117	Nathan Davies	Male	MV50	Collingwood AC	00:39:16
35	18	Andy Marlow	Male	MV40		00:39:23
36	24	Darren Wood	Male	MV40	Sutton Runners	00:39:37
37	30	Mark Nortje	Male	MV40	Striders of Croydon	00:39:56
38	40	Michael Tisdell	Male	M	Beckenham	00:40:05
39	132	Brendan O'connor	Male	MV40		00:40:21
40	29	Andrew Mead	Male	MV40		00:40:25
41	79	Raimonas Ruzgas	Male	M		00:40:33
42	51	JOHN FOSS	Male	MV60	South London Harriers	00:40:47
43	56	Martin Gray	Male	MV50		00:40:54
44	61	Sam Ban	Male	MV40	Striders of Croydon	00:41:50
45	135	Paul Baker	Male	MV40	Holland Sports	00:42:23
46	138	Eleanor Simmons	Female	FV40	Dulwich Runners AC	00:42:28
47	80	Chris Taruwona	Male	MV50		00:42:45
48	8	Bob Chart	Male	MV50		00:42:54
49	66	Robin Holmes	Male	MV50		00:43:06

Switchback 5
8th October 2023

50	145	Grace Ingledew	Female	F	Dulwich Runners AC	00:43:28
51	67	Tunde Adeyemo	Male	MV60	Sutton Runners	00:43:30
52	38	Susan Grounds	Female	FV40	Sutton Striders	00:43:44
53	140	Matt Newell	Male	MV40		00:43:47
54	23	Isaac Thomas	Male	M	Striders of Croydon	00:43:48
55	3	Stephen Kennedy	Male	MV50		00:43:59
56	115	Martin Lloyd	Male	MV60	Collingwood AC	00:44:09
57	9	Dave West	Male	MV60	Dulwich Runners AC	00:44:10
58	128	Sophie Sentance	Female	F	Dulwich Runners AC	00:44:28
59	43	Jim Meadows	Male	MV50	Striders of Croydon	00:45:10
60	31	Fiona Carr	Female	F	Mornington Chasers	00:45:12
61	134	Philip Tawton	Male	MV40		00:46:02
62	54	James Saunders	Male	MV50	Holland Sports	00:46:17
63	78	Zoe Williams	Female	FV40	Striders of Croydon	00:46:20
64	22	Angela Seesurrun	Female	FV50	Striders of Croydon	00:46:40
65	5	Paul Keating	Male	MV50	Dulwich Runners AC	00:46:54
66	17	Rick Di Mascio	Male	MV60	Striders of Croydon	00:46:58
67	74	Sarah Jowett	Female	F		00:47:07
68	129	Warren Roache	Male	M		00:47:16
69	21	Carl Linkson	Male	MV40		00:47:24
70	65	Susanna Lutman	Female	FV40	Striders of Croydon	00:48:10
71	146	Jacyn Daoud	Female	FV50		00:48:28
72	41	Aidan Dixon	Male	MV50		00:48:39
73	137	Jennifer Wood	Female	FV40		00:48:47
74	76	Peter Rhodes	Male	MV40		00:49:16
75	6	Jacqui Davies	Female	FV60		00:49:23
76	143	Maria-Lena Hedberg	Female	FV40		00:49:26
77	71	David Condon	Male	MV40		00:49:40
78	70	Mark Kelly	Male	MV50	Striders of Croydon	00:49:47
79	75	Viv Mitchell	Female	FV60	South London harriers	00:50:01
80	2	Pam Clarke	Female	FV60	Sutton Runners	00:50:08
81	48	Jacob Salt-Berrymen	Male	M		00:50:09
82	72	Chris Brough	Male	MV60		00:50:10
83	121	Michael Child	Male	MV60	Epsom Oddballs	00:50:11
84	105	Natalie Traylen	Female	FV40		00:50:26
85	27	Ijtaba Hussain	Male	M		00:50:40
86	59	Claire Phillips	Female	FV50		00:50:49
87	113	Sarah Allen	Female	FV60	Herne Hill Harriers	00:50:59
88	124	Sheena Hammond	Female	FV50	striders of croydon	00:51:01
89	1	Lorraine Martin	Female	FV50	Sutton runners	00:51:08
90	141	Kerry Hill	Female	F		00:51:18
91	32	Jennifer Williams	Female	F	Mornington chasers	00:52:44
92	69	Eileen Leonard	Female	FV60	Collingwood AC	00:52:47
93	122	Jane Lambert	Female	FV60	Sutton Runners	00:53:01
94	47	Laura Foster	Female	FV60		00:53:08
95	136	Emese Ban	Female	FV40		00:53:12
96	116	Lorraine Turner	Female	FV50	Collingwood AC	00:53:17
97	130	Mark Stanford	Male	MV50	Striders of Croydon	00:53:30
98	120	Jennifer Child	Female	FV60	Epsom Oddballs	00:53:32
99	25	Emmi Murkin	Female	F		00:53:34

Switchback 5
8th October 2023

100	131	Martin Damonsing	Male	MV40		00:53:35
101	44	Peter Mulligan	Male	MV60		00:53:51
102	26	Pip Bruce	Female	FV50	Striders of Croydon	00:53:58
103	39	Lynn Nunn	Female	FV60		00:54:00
104	107	Amanda Curtis	Female	FV50		00:55:06
105	148	James Harrison	Male	M	Striders of Croydon	00:57:14
106	118	Kellyjo Tapsell	Female	FV40	Sutton runners	00:57:50
107	19	Chris Tompkins	Male	M		00:58:51
108	104	Gemma Blunt	Female	FV40	Epsom Oddballs	00:59:28
109	15	Nicola Pooley	Female	F		00:59:53
110	45	Ruth McPake	Female	F		01:00:21
111	13	Moray Carey	Male	MV60	Reigate Priory AC	01:00:22
112	46	Philippa Jefferis	Female	F		01:00:22
113	106	Karen Chart	Female	FV40	Collingwood AC	01:00:52
114	68	Jane Luxton	Female	FV60		01:02:07
115	111	Chiara Petrone	Female	FV50	Crystal Palace Fun Runners	01:03:11
116	81	Mary Francis	Female	F	Vegan Runners	01:03:26
117	12	Tracey Hunt	Female	FV50		01:04:09
118	123	Mary Staunton	Female	FV50		01:05:18
119	36	Karen Rogers	Female	FV60		01:06:55
120	37	Wendy Ballard	Female	FV50	Sutton Runners	01:07:09
121	28	Stephen Tyler	Male	MV60	Striders of Croydon	01:07:31
122	201	Ljerka Martinovoc-Vavra	Female	FV60		01:08:44
123	149	Holly Harrison	Female	F	Striders of Croydon	01:09:18
124	103	Katie Rest	Female	F		01:09:49
125	11	David Hamilton	Male	MV60	Crystal Palace Fun Runners	01:11:40
126	102	Amy Rest	Female	F		01:11:48
127	10	Nonie Hamilton	Female	FV60		01:11:55
128	110	Elisabetta Ferricchi	Female	FV50	Crystal Palace Fun Runners	01:12:03
129	109	Yvette Stanley	Female	FV50	Crystal Palace Fun Runners	01:12:03
130	42	Janet Cunningham	Female	FV60	Epsom Allsorts	01:19:47
131	49	Jonathan Pegg	Male	MV50	Sutton Runners	01:23:52