

Switchback 5

06/10/2024

Position	Race Number	Name	Gender	Category	Club	Time
1	139	Toby Rowlands	Male	M	South London Harriers	00:29:56
2	52	Isac Flanagan	Male	M		00:30:04
3	6	TATSUYA OKAMOTO	Male	MV40	Striders of Croydon	00:30:12
4	170	Cameron Adams	Male	M		00:31:03
5	28	Jed Starvis	Male	M	Blackheath and Bromley	00:31:24
6	8	Aaron Truelove	Male	M	South London Harriers	00:31:28
7	31	Harry Madgwick Lawton	Male	M	Striders of Croydon	00:31:36
8	14	Nathan Robertshaw	Male	M	Aberystwyth Athletics Club	00:32:19
9	168	James Rhodes	Male	M	Striders of Croydon	00:32:22
10	13	David Brown	Male	M		00:32:27
11	33	Jonathan Pontin	Male	M	City Of London Ravens	00:32:31
12	173	Maximillian Veglio	Male	M	Striders of Croydon	00:32:33
13	110	Andrew Aitken	Male	MV40	Striders of Croydon	00:32:37
14	45	Lee Flanagan	Male	MV50		00:32:48
15	141	Jack Leafe	Male	M	Dulwich Runners	00:33:33
16	140	Paul Andrews	Male	MV40		00:33:35
17	162	Jacob Everett	Male	M		00:33:49
18	136	Des Connolly	Male	MV50		00:34:32
19	19	Freddie Harding	Male	M	Croydon Harriers	00:34:37
20	40	Alexandra MacEwan	Female	F	Fronrunners	00:34:38
21	5	Steve Corfield	Male	MV60	Striders of Croydon	00:34:40
22	151	Nick Gill	Male	MV40		00:34:50
23	174	Jason Gallagher	Male	M	Striders of Croydon	00:35:00
24	102	Stuart Blunt	Male	MV50	Epsom Oddballs	00:36:32
25	73	Lucy Cole	Female	F		00:36:50
26	145	Andy Perks	Male	MV50	Striders of Croydon	00:36:54
27	53	Stephen Harris	Male	MV50	Striders of Croydon	00:36:58
28	120	Charlotte Letchford	Female	FV40	South London Harriers	00:37:00
29	26	David Foster	Male	MV40		00:37:07
30	181	George Davies	Male	M		00:37:39
31	192	Joel Edser	Male	M		00:37:43
32	198	Damian MacEnhill	Male	MV50	Striders of Croydon	00:37:52
33	112	Christopher Dsouza	Male	M		00:37:55
34	186	Craig Smith	Male	M	Striders of Croydon	00:38:01
35	4	Joel Sentence	Male	M		00:38:18
36	23	Scott Mackenzie	Male	M	South London Harriers	00:38:26
37	12	Jonathan Zincke	Male	MV50	Maverick Run Project	00:38:27
38	117	Ola Balme	Female	FV50	Dulwich Runners AC	00:38:29
39	55	Peter Hagen	Male	M	Striders of Croydon	00:38:30
40	46	Nick Shute	Male	M		00:38:46
41	121	Hazel Reade	Female	FV40	London Fronrunners	00:39:10
42	109	CLIVE SENTANCE	Male	MV50	Tewkesbury Running Club	00:39:16
43	187	Raimonas Ruzgas	Male	MV40		00:39:25
44	169	William Llorel-Antoine	Male	MV40		00:39:32
45	9	John Stokes-Whittaker	Male	MV40	Striders of Croydon	00:39:39
46	118	Ramon Boo	Male	MV40	Beckenham running club	00:39:56
47	137	Kevin Hughes	Male	MV40	Clapham Chasers	00:40:17
48	123	keith dunning	Male	MV60	collingwood ac	00:40:31
49	15	Paul Mitchell	Male	MV60	South London Harriers	00:41:04
50	144	John Cazabon	Male	MV50	Collingwood AC	00:41:12
51	35	Matthew Bollington	Male	MV40	Striders of Croydon	00:41:16
52	24	Rob Harris	Male	MV50	Croydon Striders	00:41:17
53	200	Louis Sandiford	Male	M		00:41:17
54	78	Kechong Nguyen	Male	MV40		00:41:25
55	158	Sam Ban	Male	MV40	Striders of Croydon	00:41:26
56	77	Chris Taruwona	Male	MV50		00:41:27
57	154	Sophie Griffiths	Female	F		00:41:27

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58	157	Auguste Nunes	Male	MV50	AJs Run School	00:41:37
59	164	Jim Meadows	Male	MV50		00:42:02
60	135	Simon Stokes	Male	M		00:42:23
61	20	Oliver Posada	Male	M		00:42:25
62	134	Maria Ledesma	Female	F		00:42:30
63	38	Eleanor SIMMONS	Female	FV40	Dulwich Runners	00:42:44
64	172	Martin Gray	Male	MV50		00:42:47
65	175	Julian James	Male	M		00:42:51
66	127	john o'neill	Male	MV50	Striders of Croydon	00:42:52
67	44	Sean Burrows	Male	M		00:42:53
68	185	Ishwar Singh	Male	MV50		00:43:07
69	51	Sophie Tomlinson	Female	F		00:43:11
70	178	Nick Yeadon	Male	MV50		00:43:29
71	148	Ben Weisz	Male	Unknown		00:43:50
72	156	Carl Linkson	Male	MV50	Striders of Croydon	00:43:56
73	105	JOHN FOSS	Male	MV60	SOUTH LONDON HARRIERS	00:44:16
74	116	Graeme Fancett	Male	MV40		00:44:17
75	43	Glynn McDonald	Male	MV60	London Fronrunners	00:44:43
76	124	Gail Arnott	Female	FV60	Beckenham Running Club	00:44:48
77	150	Mark Kelly	Male	MV50	Striders of Croydon	00:44:58
78	179	Selena Wong	Female	FV40	striders of croydon	00:45:00
79	34	Timothee Fiette	Male	M		00:45:32
80	199	Harrison Burton	Male	M		00:45:38
81	27	Lucy Starvis	Female	FV50		00:45:45
82	115	Kenneth Fancett	Male	MV60	Beckenham Running Club	00:45:46
83	25	Richard Harris	Male	MV50		00:45:56
84	188	Rick Di Mascio	Male	MV60	Striders of Croydon	00:46:02
85	155	Paul James	Male	MV50	Striders	00:46:11
86	180	Jay Crawford	Female	FV40	Striders of Croydon	00:46:13
87	111	Matt Rand	Male	M		00:46:28
88	30	Debra Bourne	Female	FV50	Striders of Croydon	00:46:36
89	107	Sophie Sentance	Female	F	Dulwich Runners AC	00:46:37
90	108	Dave West	Male	MV60	Dulwich Runners AC	00:46:43
91	114	Matthew Crouchman	Male	MV50		00:46:46
92	182	Andy Burrell	Male	M	Striders of Croydon	00:46:48
93	41	Julia Anderson	Female	FV50	Crystal Palace Fun Runners	00:46:49
94	195	Nicholas Fulford	Male	M		00:46:59
95	147	Jonathan Sharrock	Male	MV50	Collingwood	00:47:02
96	18	Ken Baksh	Male	MV60	Beckenham Runnung Club	00:47:04
97	133	Pat Kerrins	Male	MV60	Beckenham Running Club	00:47:20
98	17	Jocelyn Daoud	Female	FV50		00:47:39
99	29	Aidan Dixon	Male	MV50		00:47:44
100	74	John Alloway	Male	M		00:48:17
101	184	Lauren Hyett	Female	F		00:48:18
102	58	Harriet Bantock	Female	F		00:48:31
103	167	Angela Seesurrun	Female	FV50	Striders of Croydon	00:48:42
104	39	Jennifer Wood	Female	FV40		00:48:56
105	2	Lorraine Martin	Female	FV50	Sutton Runnerd	00:49:03
106	3	Darren Wood	Male	MV40	Sutton Runners	00:49:04
107	54	Jeremy Sinclair	Male	MV50	Striders of Croydon	00:49:05
108	191	Rosie Edser	Female	FV50		00:49:17
109	197	Alison Mitchell-Wilson	Female	FV50		00:49:29
110	37	Jacob Salt-Berryman	Male	M		00:49:38
111	161	DAN BRUTTO	Male	MV40		00:49:39
112	56	Michelle Jardin	Female	FV50		00:50:26
113	76	Angela Ramsier	Female	FV40	Holland Sport	00:50:28
114	163	David Condon	Male	MV40		00:50:31
115	128	Steve Marsh	Male	MV40	Croydon Striders	00:50:37

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116	142	Peter Rhodes	Male	MV40		00:51:16
117	50	Viv Mitchell	Female	FV60	South London Harriers	00:51:18
118	21	Jeff Thwaites	Male	MV60		00:51:37
119	166	Claire Phillips	Female	FV50		00:51:45
120	7	Lorraine Turner	Female	FV50	Collingwood AC	00:51:49
121	149	Annette Helliwell	Female	FV60	collingwood AC	00:52:03
122	159	Emese Ban	Female	FV40		00:52:09
123	32	Charlie Lemon	Male	MV50		00:52:31
124	57	Katie Cole	Female	FV40		00:52:44
125	189	Anna Nicholls	Female	F		00:52:45
126	131	Ian Tucker	Male	MV60		00:52:49
127	190	abigail watts-cherry	Female	F	Striders of Croydon	00:52:54
128	59	Mark Stanford	Male	MV50	Striders of Croydon	00:53:10
129	47	Greg Ivings	Male	MV40		00:53:29
130	48	Kieran Burnett	Male	M		00:53:30
131	103	Michael Child	Male	MV60	Epsom Oddballs RC	00:53:46
132	104	Pandie Bronsdon	Female	FV50	Striders of Croydon AC	00:54:01
133	125	Nicola Howard	Female	FV50	Beckenham running club	00:54:27
134	143	Louise ANDREWS	Female	FV40	Collingwood AC	00:54:56
135	129	MIKE MACKENZIE	Male	MV60		00:55:13
136	119	Hayley Corbishley	Female	FV40		00:55:31
137	146	Jadwiga Brzask-Makiela	Female	FV40	Striders of Croydon	00:55:52
138	101	Jennifer Child	Female	FV60	Epsom Oddballs RC	00:55:57
139	132	Terence Buxton	Male	MV60	Striders of Croydon	00:56:17
140	1	Gemma Blunt	Female	FV40	Epsom Oddballs Running Club	00:56:33
141	42	Linda Lloyd	Female	FV50	Spirit of Monmouth	00:57:03
142	193	Andy Elliott	Male	MV60	Striders of Croydon	00:57:29
143	122	Niamh Brooks	Female	FV40	Beckenham RC	00:57:43
144	49	Sarah Burke	Female	FV60		00:57:49
145	176	Geoffrey Pennells	Male	MV60	Striders of Croydon	00:57:54
146	177	Lynda Pennells	Female	FV60		00:57:55
147	16	Sally Carter	Female	FV50		00:58:01
148	153	Brian Fernandes	Male	MV50		00:58:06
149	160	Paul Gray	Male	MV40		00:58:11
150	75	Magdalena Coats	Female	F		00:58:20
151	194	Rocio Giaconi	Female	F		00:58:28
152	196	Dan Fulford	Male	M		00:58:29
153	165	John Woolgrove	Male	MV60	Beckenham	00:58:39
154	183	Mary Francis	Female	F		00:59:52
155	126	Andrew Hinds	Male	MV60	Beckenham Running Club	01:00:36
156	10	Phillepa Jeffries	Female	F		01:00:40
157	152	Ruth Mcpake	Female	FV40		01:00:41
158	113	Norman Hemming	Male	MV60	Croydon Harriers	01:04:15
159	36	Timothy Fahey	Male	MV60		01:04:37
160	171	Rupert Quested	Male	MV60	Collingwood AC	01:06:47
161	138	Nikki Graham	Female	FV50	Vegan Runners	01:07:41
162	22	Ljerka Martinovic-Vavra MartinovicVavra	Female	FV60		01:10:06
163	11	Gillian Zincke	Female	FV40		01:11:30
164	130	SUSAN MACKENZIE	Female	FV60		01:14:10
165	Tail	Yasmin Anderson	Female	FV40	Striders of Croydon	01:14:11