

Switchback 5

05/10/2025

Finish Pos	Race Number	Name	Gender	Category	Club	Time
1	146	Aaron Truelove	Male	M	South London Harriers	00:31:28
2	45	Lee Flanagan	Male	MV50	Striders of Croydon	00:32:13
3	39	Jim Addison	Male	MV50	Beckenham	00:32:31
4	111	Phil Coales	Male	M	Striders of Croydon	00:33:21
5	91	Peter Daoud	Male	M		00:33:27
6	80	Paul Baillie	Male	M		00:34:04
7	32	Samuel Wilcock	Male	MV40	Kent AC	00:34:22
8	70	Marcelo Kern	Male	MV40		00:34:24
9	52	Simon Ambrosi	Male	MV40	Striders of Croydon	00:34:55
10	88	Thomas Gillespie	Male	MV50	Striders of Croydon	00:35:17
11	142	Kerim Suruliz	Male	MV40	Striders of Croydon	00:35:38
12	42	Nikki Sturzaker	Female	FV50	Herne Hill Harriers	00:35:41
13	172	Edward Simmons	Male	MV40	Dulwich Runnerw	00:35:51
14	78	Richard Steeples	Male	MV40	Collingwood AC	00:36:02
15	62	Charlie Morgan	Male	M		00:36:14
16	189	Nathalie Gaudillat	Female	FV50	Beckenham Running Club	00:36:20
17	2	Jennie Butler	Female	FV50	Blackheath and Bromley	00:36:34
18	185	Jason Gallagher	Male	M	Striders of Croydon	00:36:43
19	199	Raimonas Ruzgas	Male	MV40		00:36:47
20	101	Aiden Wyatt	Male	M		00:36:51
21	166	Jacob Everett	Male	M		00:36:56
22	65	Tim Robinson	Male	MV40	Beckenham Running Club	00:37:41
23	79	Adam Taylor	Male	MV40	Collingwood	00:37:44
24	169	Michael Milner	Male	MV40		00:37:45
25	167	Ben Calascione	Male	MV50	Beckenham running club	00:38:01
26	156	Steven Moss	Male	MV60	Beckenham RC	00:38:02
27	1	John F O'Mahony	Male	MV40	Striders Of Croydon	00:38:11
28	180	Kiko Rul-lan	Male	M		00:38:17
29	61	James Benjamin	Male	MV40	Striders of Croydon	00:38:29
30	23	Darren Woods	Male	M	Striders Of Croydon	00:38:50
31	145	William J. Furney	Male	MV50	Striders of Croydon	00:38:52
32	25	Hannah-Mai Flynn	Female	F		00:38:54
33	171	Matthew Bollington	Male	MV40	striders of croydon	00:38:59
34	81	Mark Nortje	Male	MV40	Striders of Croydon	00:39:04
35	152	Ally Whitlock	Female	FV40	Striders of Croydon	00:39:18
36	179	Brendan O'connor	Male	MV40		00:39:54
37	177	John Cazabon	Male	MV60	Collingwood AC	00:40:01
38	64	Sam Ban	Male	MV40	Striders of Croydon	00:40:04
39	24	Phyllis Flynn	Female	FV60	The Stragglers RC	00:40:07
40	57	Robert Zietz	Male	MV60	Striders of Croydon	00:40:25
41	43	Chris Green	Male	MV60		00:40:40
42	157	Jacob Botting	Male	M		00:40:45
43	59	Jim Meadows	Male	MV50	Striders of Croydon	00:40:49
44	194	Nick Shute	Male	M		00:40:56
45	153	William Llorel-Antoine	Male	MV40	Crystal Palace Fun Runners	00:41:00
46	58	Robert Ackerley	Male	M		00:41:02
47	67	Eleanor SIMMONS	Female	FV40	Dulwich Runners	00:41:06

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48	198 Nick Yeadon	Male	MV50		00:41:07
49	187 Glynn McDonald	Male	MV60	London Frontrunners	00:41:09
50	168 Katie Calascione	Female	FV50	Beckenham Running Club	00:41:15
51	148 Martin Gray	Male	MV50		00:41:16
52	165 Anna Docile	Female	FV40		00:41:32
53	41 Sarah Fisher	Female	FV40	Beckenham Running Club	00:41:35
54	29 Edison Fallon	Male	M		00:41:45
55	21 David Olver	Male	M	Beckenham Running Club	00:41:54
56	83 Nicholas Karelis	Male	MV40	Striders of Croydon	00:41:54
57	87 Josef Marek Freedman	Male	M	Striders of Croydon	00:41:55
58	102 Kechong Nguyen	Male	MV40	NEJ Running Club	00:41:57
59	195 Leonie Hondeborg	Female	F	Striders of Croydon	00:42:00
60	155 Alan Laing	Male	MV50		00:42:09
61	73 Cindy Siu	Female	FV40	Striders of Croydon	00:42:14
62	71 Rodrigo Serrano	Male	MV40		00:42:19
63	77 Jenny Sinfield	Female	FV40	Collingwood AC	00:42:31
64	140 Andy Burrell	Male	M	Striders of Croydon	00:42:32
65	34 Andrew Rowley	Male	MV40		00:42:44
66	37 Alice Baverstock	Female	FV50	Beckenham Running Club	00:42:54
67	27 Hayley Rand	Female	FV40		00:43:10
68	151 Matt Downton	Male	MV50		00:43:29
69	36 Ben Cole	Male	MV50		00:43:39
70	51 Carl Linkson	Male	MV50	Striders Of Croydon	00:43:51
71	72 Nicolas Fulford	Male	MV50		00:43:58
72	154 Matthew Crouchman	Male	MV50		00:44:00
73	48 Jason Short	Male	MV50	Bromley Veterans	00:44:03
74	53 Deborah Zeffman	Female	FV40	Striders of Croydon	00:44:08
75	22 Nigel Wood	Male	MV60	Beckenham RC	00:44:16
76	141 Ishwar Singh	Male	MV60		00:45:01
77	200 Randolph Altmeyer	Male	MV40		00:45:24
78	162 John Dempster	Male	MV50	Beckenham Running Club	00:45:24
79	47 Gail Arnott	Female	FV60	Beckenham Running Club	00:45:39
80	174 Ann Woulfe	Female	FV40	London Heathside	00:45:49
81	113 Ethan Edwards	Male	M		00:46:04
82	176 Kenneth Fancett	Male	MV70	Beckenham Running Club	00:46:20
83	188 Pat Kerrins	Male	MV60	beckenham running club	00:46:26
84	170 Angela Seesurrun	Female	FV50	Striders of Croydon	00:46:30
85	56 Nick Beall	Male	M	Striders of croydon	00:46:52
86	159 Rick Di Mascio	Male	MV60	Striders of Croydon	00:46:54
87	93 Josephine Lee	Female	F	Striders of Croydon	00:46:55
88	197 Stephen Rhys-Davies	Male	MV50		00:47:06
89	173 Ganesh Swaminathan	Male	MV50	Striders of Croydon	00:47:24
90	90 Jacelyn Daoud	Female	FV50		00:47:33
91	40 Niamh Brooks	Female	FV40	Beckenham Running Club	00:48:14
92	100 James Harrison	Male	M	Striders Of Croydon AC	00:48:28
93	138 Aidan Dixon	Male	MV50		00:48:32
94	54 Jennifer Wood	Female	FV50		00:48:37
95	175 Ellen Smith	Female	F		00:48:40

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96	191 Andrew Smith	Male	MV70		00:49:02
97	50 Richard Seabrook	Male	MV70	Beckenham Running Club	00:49:13
98	97 Michelle Jardine	Female	FV50		00:49:18
99	143 Harrison Burton	Male	M		00:49:21
100	181 Aidan Lennon	Male	MV50		00:49:28
101	28 Ahmed Chowdhury	Male	MV40		00:49:30
102	49 Emma D'Almeida	Female	FV50	Bromley Veterans Athletics Club	00:49:39
103	150 David Bales	Male	MV50		00:51:03
104	149 Mellissa Towers	Female	F		00:51:04
105	178 Anne Unseld	Female	FV70	Bromley Veterans AC	00:51:21
106	26 Matt Rand	Male	M		00:51:24
107	190 Chris Brough	Male	MV70		00:51:30
108	186 Theo Achilleas	Male	M		00:51:33
109	60 Felix Fox	Male	MV40		00:51:36
110	85 Sappho Bardell	Female	F		00:51:59
111	94 Viv Mitchell	Female	FV60	South London Harriers	00:52:07
112	196 Katie Byles	Female	F	Croydon Striders	00:52:14
113	160 Lorraine Turner	Female	FV50	Collingwood AC	00:52:25
114	55 Amy Foster	Female	FV40	Striders of Croydon	00:52:30
115	44 Kathleen Groves	Female	FV40		00:52:38
116	84 Emese Ban	Female	FV40	Striders of Croydon	00:53:47
117	46 John Woolgrove	Male	MV70	beckenham running club	00:55:01
118	192 Gorkem Ozcifci	Male	M		00:55:10
119	164 Brigit Brown	Female	FV50	Crystal Palace Triathletes	00:55:24
120	161 Amanda Curtis	Female	FV50		00:55:35
121	95 Msura Hubbard	Female	FV60	Bvac	00:55:47
122	108 Terence Buxton	Male	MV60	Striders of Croydon	00:56:07
123	82 Cristiane Martini	Female	FV50	Croydon Harriers	00:56:28
124	163 Natalie Price	Female	FV50	Bromley veterans ac	00:56:46
125	38 Anne Wharton	Female	FV60	Bromley veterans ac	00:56:58
126	74 Richard Pocock	Male	MV50		00:57:00
127	33 Ian Tucker	Male	MV60		00:57:09
128	144 Mary Francis	Female	F		00:58:51
129	109 Reuben Cox	Male	M		00:58:51
130	76 Lynda Pennells	Female	FV60		00:59:08
131	184 Joan Andrew	Female	FV60	Bromley Veteran Athletics Club	00:59:46
132	35 Norman Hemming	Male	MV70	Croydon Harriers	00:59:54
133	31 Victoria Creer	Female	FV50		01:02:12
134	147 Paul Willis	Male	MV60	BBC	01:02:13
135	30 Maria Vernazza	Female	FV60		01:02:13
136	63 Darren Skinner	Male	MV40	Striders of Croydon	01:02:28
137	182 Jeff Thwaites	Male	MV60	Striders of Croydon	01:03:23
138	75 Geoff Pennells	Male	MV60	Striders of Croydon	01:03:24
139	112 Madeline Burke	Female	F		01:03:57
140	110 Sarah Burke	Female	FV60		01:03:58
141	158 Alexandra Keeble	Female	F		01:06:08
142	92 Rocio Magana	Female	FV40	Striders of Croydon	01:07:01
143	193 Timothy Fahey	Male	MV60		01:08:16

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144	20 Lynne Drummond	Female	FV70	Crystal Palace Fun Runners	01:10:15
145	183 Ljerka Martinovic-Vavra	Female	FV70	Striders of Croydon	01:11:07
146	139 Surya Mantha	Male	MV50		01:11:59