

Results for August 2016

Date	Name of Event	Distance		Runner, placing	Time
3-Aug	Chase the Sun 10K Hyde Park	10K	road	Sunjay Bhogal	43.40
				Michael Smaldon	47.44
				John O'dowd	56.18
6-Aug	qeop summer series 10k	10K	road	james bennett	33.37 1st place
				Jamie Hopps	40.58 24th
6-Aug	Ardberg Islay Half Marathon Scotland	Half road, undulating		krzysztof klidzia	4th 1:21:03 1st vet 50
7-Aug	Mull Half Marathon	Half road, undulating		krzysztof klidzia	7th 1:26:21 1st vet 50
7-Aug	Harting MT	10 miles, South Downs,	multiterrain	Peter Laurence	48th - 1.16.21
				Becky Laurence	1:20:52 / 79th place overall
8-Aug	Sri Chinmoy 5K, Battersea Park	5K	road	Phil Coales	16:40 (21st)
				Alice Ewen	23.05 (154th)
				Chris Taylor	25.27 (182nd)
13-Aug	Pride Run 10K	10K	road	Justin Macenhill	70th, 40.20
				Stephen Massey	100th, 41.37
				Serena Stracey	300th, 47.11
				Alan Purchase	381st, 48.48
				Isabelle Kita	703rd, 56.50
14-Aug	Wimbledon 5K	5K	road	Phil Coales	21st, 17.27
				Stephen Massey	85th, 20.11
				Darren Woods	109th, 21.05
				John O'Mahony	124th, 21.35
				Peter Johnson	129th, 21.44
				James Burree	136th, 22.08
				Carolyn Storey	137th, 22.09
				Charlotte Letchford	150th, 22.52
				Michelle Clarke	153rd, 23.00
				Selena Wong	169th, 24.07
14-Aug	Salisbury 54321 50k ultra marathon	50K (31.2 miles) hilly/trail		Sunjay Bhogal	05:09:12 Pos 47/265
15-Aug	Blackheath & Bromley Harriers Open	Mile	track	Philip Coales	4.45
			1mile Track	Peter Johnson	6:05 (10th)
			800m Track	Peter Johnson	2:47 (10th)
			track mile	Matthew Ostrowski	5.17
17-Aug	BMC Eltham 5000M	5K	track	Phil Coales	16:20 (13th)
				Peter Mills	16.03.7 (9th)
21-Aug	Not the Rio Marathon - Lee Valley	26.2 Miles	multiterrain	Sunjay Bhogal	3:44:57 Pos 35th/161
21-Aug	Ray Harrison Memorial Billingham	10k road	road	Krzysztof	36:37 11th 1st ov50
21-Aug	Royal Parks Summer series	10K	road	Jane Hughes	59.44
29-Aug	Arundel 10K	10K approx.	multi	Darren Woods	44.37
				steph Upton	45.54, 1st FV45, 6th F
28-Aug	Brixton 10K	10K	road	Steve Massey	42.22, 14th
				John o'Mahony	44.19, 28th
				Sunjay bhogal	44.40, 31st
				Serena stracey	45.45, 40th, 6th F
				Michael Smaldon	49.30, 63rd
29-Aug	sevenoaks 7	7 miles	multi	Andy Perks	47.36, 18th
				Peter Laurence	50.15, 33rd
				chris Morton	50.31, 35th
				Louise Grech	1.02.29, 135th
				Michele Campbell	1.04.04, 151st
				stuart Hills	1.04.35, 155th
27-Aug	Runthrough Lee Valley 10 Miles	10 miles	road	Sunjay Bhogal	1.13.32
6-Aug	NDW100	100 miles trail		Ozgur Gulec	26:21:36 74th
28-Aug	UTMB-TDS	119KM trail 7250m+		Ozgur Gulec	30:39:28 720th