



SRI CHINMOY marathon team

*Run and Become. Become and Run.
Run to succeed in the outer world.
Become to proceed in the inner world.*

Sri Chinmoy

SRI CHINMOY AC SELF TRANSCENDENCE

5K

Battersea Park

7pm

June 23rd, 2014

Dear Runners

Wimbledon is underway, the World Cup in Brazil is coming to the end of the group stage, and the Sri Chinmoy Self Transcendence Races are in full swing. Battersea Park was warm and humid this evening. Rick Weston came first in 15.27, Cathy Ansell won the Ladies Race in 17.56. Our next race 5K is next Monday 30th June. In 2 weeks time we have our first

Relay: create a team of 3 (each runner runs 1 mile).

Medal winners and all results below.

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	M/F	Age
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MEN UNDER 50

1st	Rick	Weston	Serpentine	15.27	M	27
2nd	Dave	Morgan	Serpentine	15.39	M	30
3rd	Matt	Taylor	Belgrave Harriers	15.56	M	32
4th	Ritchie	Leccia	Blackheath & Bromley	15.56	M	35
5th	Craig	Brown	Biggleswade AC	16.11	M	35
6th	Robbie	Cox	Woodford Green	16.14	M	32
7th	Daniel	Bentley-Gouldston	Beckenham Running Club	16.18	M	33

WOMEN UNDER 50

1st	Cathy	Ansell	Herne Hill Harriers	17.56	F	27
2nd	Hope	Sloly	Mornington Chasers	19.46	F	32
3rd	Jennifer	Bradley	Serpentine	20.08	F	35
4th	Sophie	Wiles	Epsom Oddballs	20.35	F	32
5th	Jenna	Mullett	Clapham Chasers	20.37	F	29

6th	Lisa	Pettit	Serpentine	21.03	F	46
7th	Alice	Ewen	Striders of Croydon	21.37	F	28

MEN VET 50

1st	Tony	Tuohy	Dulwich Runners	16.42	M	51
2nd	Charles	Craven	Fulham	19.16	M	51
3rd	Stephen	Haughton	Hercules Wimbledon	20.04	M	50

WOMEN VET 50

1st	Andrea	Sanders-Reece	Mornington Chasers	21.45	F	58
2nd	Linda	Fournier		23.35	F	55
3rd	Sarah	Newton	Serpentine	24.19	F	57

MEN VET 60

1st	Terry	Avey	brighton phoenix	20.08	M	63
2nd	Ian	Mursell	VAC	21.51	M	62

WOMEN VET 60

1st	Trish	Coombs	Collingwood AC	28.59	F	69
2nd	Linda	Collier		31.24	F	63

OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Rick	Weston	Serpentine	15.27	M	27	M U/50	1
2	Dave	Morgan	Serpentine	15.39	M	30	M U/50	2
3	Matt	Taylor	Belgrave Harriers	15.56	M	32	M U/50	3
4	Ritchie	Leccia	Blackheath & Bromley	15.56	M	35	M U/50	4
5	Craig	Brown	Biggleswade AC	16.11	M	35	M U/50	5
6	Robbie	Cox	Woodford Green	16.14	M	32	M U/50	6
7	Daniel	Bentley-Gouldston	Beckenham Running Club	16.18	M	33	M U/50	7
8	Martin	Bishop	Thames Hare + Hounds	16.26	M	33	M U/50	8
9	James	Gordon	Cambridge Harriers	16.34	M	37	M U/50	9
10	Steve	Woolley	West 4 Harriers	16.38	M	32	M U/50	10
11	Tony	Tuohy	Dulwich Runners	16.42	M	51	M O/50	1
12	Stephen	thackeray		16.45	M	35	M U/50	11
13	David	Evans	Serpentine	16.51	M	24	M U/50	12
14	Steven	Artist	London Frontrunners	17.05	M	29	M U/50	13
15	Tal	Ramsay	Clapham Chasers	17.07	M	21	M U/50	14
16	Simon	Craddock	Serpentine	17.08	M	31	M U/50	15
17	Alasdair	MacMillan	Metro Aberdeen Running Club	17.08	M	30	M U/50	16
18	Philip	Freeman Bentley	London Heathside Runners AC	17.12	M	28	M U/50	17
19	Richard	Milner	Serpentine	17.15	M	28	M U/50	18
20	Josh	Fournier		17.20	M	17	M U/50	19
21	Jon	Kyte	Harrow AC	17.23	M	30	M U/50	20
22	Eoghan	O'Neill	Fulham RC	17.25	M	32	M U/50	21
23	Christian	Nielsen	Thames Valley Harriers	17.43	M	39	M U/50	22
24	Cathy	Ansell	Herne Hill Harriers	17.56	F	27	W U/50	1
25	Graham	Collett		17.58	M	39	M U/50	23
26	Martin	Carmack	Serpentine	18.20	M	44	M U/50	24
27	David	Griffiths		18.30	M	31	M U/50	25
28	Chris	Duffy	Serpentine	18.37	M	30	M U/50	26
29	Mark	Griffiths		18.40	M	29	M U/50	27

30	Adam	Marcinowicz	Clapham Chasers	18.51	M	33	M U/50	28
31	Tom	Burkinshaw	Serpentine	18.55	M	25	M U/50	29
32	Tom	Cheetham	Hercules Wimbledon AC	18.58	M	47	M U/50	30
33	Raj	Paranandi		19.02	M	37	M U/50	31
34	Gerard	Pilz		19.03	M	29	M U/50	32
35	Paul	Stanford	Striders of Croydon	19.06	M	45	M U/50	33
36	Charles	Craven	Fulham	19.16	M	51	M O/50	2
37	Stuart	Byrne		19.24	M	27	M U/50	34
38	David	Comb		19.25	M	34	M U/50	35
39	David	Miller		19.34	M	31	M U/50	36
40	Victor	Ray	Hercules Wimbledon	19.36	M	37	M U/50	37
41	Frank	Wood	Hercules Wimbledon AC	19.39	M	49	M U/50	38
42	Stephen	Massey	Striders of Croydon	19.42	M	46	M U/50	39
43	Harry	Hitchon		19.42	M	19	M U/50	40
44	Hope	Sloly	Mornington Chasers	19.46	F	32	W U/50	2
45	Calum	Jeffrey		19.48	M	27	M U/50	41
46	Scott	Hemmens	Serpentine	19.48	M	35	M U/50	42
47	Paul	Haig		19.52	M	47	M U/50	43
48	Douglas	Faughnan		19.56	M	27	M U/50	44
49	Stephen	Haughton	Hercules Wimbledon	20.04	M	50	M O/50	3
50	Terry	Avey	brighton phoenix	20.08	M	63	M O/60	1
51	Ken	McCallum	Serpentine	20.08	M	43	M U/50	45
52	Jennifer	Bradley	Serpentine	20.08	F	35	W U/50	3
53	Chris	Watt		20.17	M	42	M U/50	46
54	Anthony	Harron	Herne Hill Harriers	20.19	M	54	M O/50	4
55	Nick	Eley	Serpentine	20.22	M	32	M U/50	47
56	Jamie	Young		20.33	M	26	M U/50	48
57	Alastair	Mewha		20.33	M	27	M U/50	49
58	Sophie	Wiles	Epsom Oddballs	20.35	F	32	W U/50	4
59	Jenna	Mullett	Clapham Chasers	20.37	F	29	W U/50	5
60	William	Johnson		20.54	M	34	M U/50	50
61	Alex	Haylett	Dulwich Runners	20.54	M	34	M U/50	51
62	Philip	Krinks	Cambridge University H&H	20.57	M	42	M U/50	52
63	Jeff	Sharpe		21.01	M	34	M U/50	53
64	Lisa	Pettit	Serpentine	21.03	F	46	W U/50	6
65	Neil	Barker	Winchester + District	21.04	M	50	M O/50	5
66	Tom	Morris	Hercules Wimbledon	21.08	M	56	M O/50	6
67	Paul	Lewis	Victoria Park	21.10	M	42	M U/50	54
68	Jacob	West		21.25	M	37	M U/50	55
69	Huw	Keene	26.2	21.33	M	42	M U/50	56
70	Kevin	Heritage		21.36	M	27	M U/50	57
71	Alice	Ewen	Striders of Croydon	21.37	F	28	W U/50	7
72	Sarah	Woolerton		21.39	F	27	W U/50	8
73	Jean Luc	Hoez	Serpentine	21.40	M	56	M O/50	7
74	Anne-Marie	Benar		21.41	F	24	W U/50	9
75	Andrea	Sanders-Reece	Mornington Chasers	21.45	F	58	W O/50	1
76	Ian	Mursell	VAC	21.51	M	62	M O/60	2
77	Richard	Clark	Hercules Wimbledon	21.54	M	56	M O/50	8
78	Stuart	Cole		21.54	M	41	M U/50	58
79	Ruth	Brentnall		21.56	F	33	W U/50	10
80	Nayan	Mistry	Wimbledon Windmilers	21.56	M	35	M U/50	59
81	Chris	Leadbeater		22.22	M	32	M U/50	60
82	Luis	Santos		22.27	M	49	M U/50	61
83	Stephanie	Walton		22.28	F	25	W U/50	11
84	Michael	Winkler		22.37	M	56	M O/50	9
85	John	O'Sullivan	Herne Hill Harriers	22.48	M	58	M O/50	10
86	Dan	Maskell		22.55	M	66	M O/60	3
87	Elaine	Reid	Collingwood	23.08	F	44	W U/50	12

88	Brian	Pickles	Serpentine	23.13	M	56	M O/50	11
89	Clare	Cole		23.15	F	38	W U/50	13
90	John	Sharpe		23.19	M	47	M U/50	62
91	Frankie	Reeves	none	23.20	F	25	W U/50	14
92	Alan	Davidson	Ranelagh Harriers	23.25	M	67	M O/60	4
93	Stephen	White		23.32	M	27	M U/50	63
94	Tony	Rodgers		23.35	M	45	M U/50	64
95	Linda	Fournier		23.35	F	55	W O/50	2
96	Cuneyt	Emin		23.39	M	31	M U/50	65
97	Claire	Turner		23.45	F	29	W U/50	15
98	Ruth	Cottam	Collingwood	23.50	F	48	W U/50	16
99	Caroline	Paranandi		24.01	F	35	W U/50	17
100	Linda	Ingram	South London Harriers	24.06	F	46	W U/50	18
101	Dennis	Williams	Hercules Wimbledon	24.18	M	68	M O/60	5
102	Sarah	Newton	Serpentine	24.19	F	57	W O/50	3
103	Andrew	McNamara	GYDAC	24.24	M	31	M U/50	66
104	Kylie	Russell		24.50	F	32	W U/50	19
105	Anthony	Alleyne		25.21	M	43	M U/50	67
106	Neil	Davies	Serpentine	25.26	M	49	M U/50	68
107	Owain	Griffiths		25.27	M	27	M U/50	69
108	Shak	Ally		25.49	M	37	M U/50	70
109	Scott Robert	Fowler		25.50	M	48	M U/50	71
110	John	Grigg	Fulham RC	25.54	M	60	M O/60	6
111	Ana	Horta Osorio		25.56	F	50	W O/50	4
112	Prisca	Andrews	Collingwood	26.03	F	41	W U/50	20
113	Stewart	Hall-Roberts		26.28	M	44	M U/50	72
114	Alexander	Lee		26.30	M	38	M U/50	73
115	Kieron	Campion		26.36	M	48	M U/50	74
116	John	Buckle	Barefoot Runners Society UK	26.41	M	58	M O/50	12
117	George	Dafoulas		27.19	M	40	M U/50	75
118	Nathan	Brown		27.24	M	35	M U/50	76
119	Sharan	Kaur		27.25	F	33	W U/50	21
120	Christopher	Brooke	Collingwood AC	27.46	M	64	M O/60	7
121	Beatrice	Fierens Gevaert		27.50	F	25	W U/50	22
122	Pirameena	Saravanamuthu		28.08	F	22	W U/50	23
123	Daniel	Waller		28.13	M	47	M U/50	77
124	Vicky	Ireland		28.14	F	22	W U/50	24
125	Mr	Nash		28.14	M	28	M U/50	78
126	Paul	Booth	Collingwood AC	28.30	M	60	M O/60	8
127	Trish	Coombs	Collingwood AC	28.59	F	69	W O/60	1
128	Edwin	Bartlett	VAC	30.12	M	69	M O/60	9
129	Jane	D		30.17	F	33	W U/50	25
130	Linda	Collier		31.24	F	63	W O/60	2
131	Mike	Jefferey	Bracknell Forest Runners	31.55	M	68	M O/60	10
132	Michael	DeMent		32.27	M	59	M O/50	13
133	Serena	Dilnot	Clapham Runners	32.35	F	60	W O/60	3
134	Malidor	Melanie		32.45	F	27	W U/50	26
135	Colm	O'Driscoll		34.41	M	40	M U/50	79
136	Lesley	Young	Dulwich Park Runners	40.52	F	62	W O/60	4