



# 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 10 Miles Battersea Park 8am September 10th

### Dear Runners

On a surprisingly warm September morning 161 runners completed the fast flat 10 mile course in Battersea Park. Darren McNeely led from the start and managed to hold off Christopher Greenwood in the closing metres of the race. Isobel Rea ran a perfect race to win the Womens race by a clear margin. David Child came in 4th overall and first in the Vet 50 category. We had 4 entrants in the over 70 category which was won by Michael Lehman. We hope to see you all for our 10K on October 1st.

### MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	AGE
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#### MEN UNDER 50

1st	<i>Darren</i>	<i>McNeely</i>	<i>Serpentine</i>	<i>56.35</i>	<i>M</i>	<i>35</i>
2nd	<i>Christopher</i>	<i>Greenwood</i>	<i>Kent AC</i>	<i>56.38</i>	<i>M</i>	<i>37</i>
3rd	<i>Darren</i>	<i>Tanner</i>	<i>Clapham Chasers</i>	<i>57.58</i>	<i>M</i>	<i>34</i>
4th	<i>Luke</i>	<i>Armitage</i>	<i>Kent AC</i>	<i>58.45</i>	<i>M</i>	<i>47</i>
5th	<i>Neil</i>	<i>Riley</i>		<i>58.57</i>	<i>M</i>	<i>27</i>
6th	<i>Paul</i>	<i>Bell</i>	<i>Kent AC</i>	<i>59.43</i>	<i>M</i>	<i>38</i>
7th	<i>Jonathan</i>	<i>Poole</i>		<i>59.58</i>	<i>M</i>	<i>28</i>

#### WOMEN UNDER 50

1st	<i>Isobel</i>	<i>Rea</i>	<i>West 4 Harriers</i>	<i>67.11</i>	<i>F</i>	<i>35</i>
2nd	<i>Erin</i>	<i>Bargate</i>		<i>73.57</i>	<i>F</i>	<i>24</i>
3rd	<i>Andrea</i>	<i>Mann</i>	<i>Garden City Runners</i>	<i>74.51</i>	<i>F</i>	<i>39</i>
4th	<i>Monica</i>	<i>Bishop</i>		<i>75.43</i>	<i>F</i>	<i>25</i>
5th	<i>Claire</i>	<i>Evans</i>		<i>75.54</i>	<i>F</i>	<i>27</i>
6th	<i>Sara</i>	<i>Demonti</i>	<i>Serpentine</i>	<i>77.23</i>	<i>F</i>	<i>32</i>
7th	<i>Claire</i>	<i>Blakeway</i>	<i>Serpentine</i>	<i>77.32</i>	<i>F</i>	<i>35</i>

### **MEN OVER 50**

1st	David	Child	Kent AC	58.29	M	51
2nd	Michael	Stainton	Serpentine	67.30	M	50
3rd	David	Moscrop	Garden City Runners	72.34	M	53

### **WOMEN OVER 50**

1st	Sarah	Newton	Serpentine	79.01	F	54
2nd	Maria	Ellis		120.40	F	51
3rd	Kirstie	McLauchlan		131.26	F	53

### **MEN OVER 60**

1st	Chas	Rayner	West 4 Harriers	73.45	M	60
2nd	Tony	Farmer	Dartford H	76.23	M	64

### **WOMEN OVER 60**

1st	Marion	Rayner	West 4 Harriers	81.12	F	61
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### **MEN OVER 70**

1st	Michael	Lehmann	Serpentine	74.21	M	70
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### **OVERALL RESULTS**

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos
1	Darren	McNeely	Serpentine	56.35	M	35	M U/50	1
2	Christopher	Greenwood	Kent AC	56.38	M	37	M U/50	2
3	Darren	Tanner	Clapham Chasers	57.58	M	34	M U/50	3
4	David	Child	Kent AC	58.29	M	51	M O/50	1
5	Luke	Armitage	Kent AC	58.45	M	47	M U/50	4
6	Neil	Riley		58.57	M	27	M U/50	5
7	Paul	Bell	Kent AC	59.43	M	38	M U/50	6
8	Jonathan	Poole		59.58	M	28	M U/50	7
9	Paul	Cheetham	Barnes Runners	60.28	M	39	M U/50	8
10	Pascal	Evans	Stragglers	60.34	M	41	M U/50	9
11	James	Gillanders	London Frontrunners	61.26	M	33	M U/50	10
12	Brendan	Greene	Queens Park H	62.42	M	39	M U/50	11
13	Rajdave	Singh	Herne Hill H	63.01	M	32	M U/50	12
14	Roger	Coyle	Serpentine	63.12	M	37	M U/50	13
15	Adrian	Gill		63.45	M	44	M U/50	14
16	Michael	Leong	Clapham Chasers	64.04	M	30	M U/50	15
17	Ciaran	McKeown		64.04	M	41	M U/50	16
18	Mark	Newman	Serpentine	64.47	M	37	M U/50	17
19	Roy	Walker	Fulham RC	65.04	M	28	M U/50	18
20	Scott	Hemmens	Les Croupiers	65.23	M	32	M U/50	19
21	Aaron	Williams	East London Runners	65.38	M	36	M U/50	20
22	Anthony	Gilling	Sunbury Dragons	66.15	M	47	M U/50	21
23	Alan	Latham		66.45	M	42	M U/50	22
24	Simon	Davies		67.02	M	41	M U/50	23
25	Isobel	Rea	West 4 Harriers	67.11	F	35	W U/50	1
26	Michael	Stainton	Serpentine	67.30	M	50	M O/50	2
27	Simon	Loughran		69.28	M	34	M U/50	24
28	Jonathan	Knowles		69.40	M	42	M U/50	25
29	Michael	Wiggins		69.48	M	34	M U/50	26
30	Mark	Rose		70.00	M	32	M U/50	27
31	Dave	McLaughlin	Queens Park H	70.03	M	40	M U/50	28
32	Donald	McDonald		70.55	M	28	M U/50	29
33	Andrew	Wilson		71.19	M	36	M U/50	30

34	Christian	Walter		71.30	M	32	M U/50	31
35	Atul	Arora	Sri Chinmoy AC	71.34	M	30	M U/50	32
36	James	Raw-Rees		72.31	M	24	M U/50	33
37	David	Moscrop	Garden City Runners	72.34	M	53	M O/50	3
38	Rafael	silva		73.19	M	31	M U/50	34
39	Joao	Diogo	Queens Park H	73.28	M	40	M U/50	35
40	Bertie	Miller	QPH	73.28	M	48	M U/50	36
41	Ernout	Van Koten		73.35	M	40	M U/50	37
42	Chas	Rayner	West 4 Harriers	73.45	M	60	M O/60	1
43	Andy	Botting		73.53	M	30	M U/50	38
44	Erin	Bargate		73.57	F	24	W U/50	2
45	Jacob	Buitelaar		74.00	M	29	M U/50	39
46	G	Loots	Serpentine	74.15	M	31	M U/50	40
47	Adrian	Gonzalez		74.16	M	28	M U/50	41
48	Greg	Kemp		74.16	M	35	M U/50	42
49	Michael	Lehmann	Serpentine	74.21	M	70	M O/70	1
50	Dave	Compton		74.26	M	49	M U/50	43
51	Ian	Kibble		74.39	M	24	M U/50	44
52	Andrea	Mann	Garden City Runners	74.51	F	39	W U/50	3
53	Monica	Bishop		75.43	F	25	W U/50	4
54	Claire	Evans		75.54	F	27	W U/50	5
55	Tony	Farmer	Dartford H	76.23	M	64	M O/60	2
56	Simon	Peake		76.23	M	30	M U/50	45
57	Fernando	Holguin		76.24	M	44	M U/50	46
58	Michael	Pabst		76.30	M	42	M U/50	47
59	Nick	Smith		76.47	M	35	M U/50	48
60	He??	Von Wielligh		76.59	M	33	M U/50	49
61	Niall	Cadogan	Wimbledon Windmilers	77.14	M	34	M U/50	50
62	Jeff	Saul		77.20	M	34	M U/50	51
63	Sara	Demonti	Serpentine	77.23	F	32	W U/50	6
64	Claudio	Rodriguez		77.25	M	35	M U/50	52
65	Claire	Blakeway	Serpentine	77.32	F	35	W U/50	7
66	Jeff	Prestridge	Serpentine	77.58	M	52	M O/50	4
67	Edward	Rumble		78.06	M	39	M U/50	53
68	Stephen	Newport		78.30	M	45	M U/50	54
69	Kenneth	McCallum		78.33	M	40	M U/50	55
70	David	Hymers		78.37	M	34	M U/50	56
71	Joseph	Merlini		78.42	M	44	M U/50	57
72	Sarah	Newton	Serpentine	79.01	F	54	W O/50	1
73	Tim	Fletcher		79.20	M	39	M U/50	58
74	Jacqui	Young	Queens Park H	79.24	F	30	W U/50	8
75	Philip	Turley	Epsom and Ewell Harriers	79.52	M	71	M O/70	2
76	Hannah	Sola		79.54	F	29	W U/50	9
77	tom	goodrich		79.58	M	39	M U/50	59
78	Oliver	Herbert		80.54	M	28	M U/50	60
79	Carol	Stickler		80.58	F	40	W U/50	10
80	Marion	Rayner	West 4 Harriers	81.12	F	61	W O/60	1
81	craig	booth		81.27	M	30	M U/50	61
82	Camilla	Hall		81.35	F	31	W U/50	11
83	James	Oram		82.35	M	37	M U/50	62
84	Stephen	Oliphant		82.42	M	31	M U/50	63
85	Christopher	Wisely		82.53	M	39	M U/50	64
86	Niall	McBride		82.59	M	32	M U/50	65
87	chris	leadbeater		83.07	M	29	M U/50	66
88	Anne	Roberts		83.10	F	42	W U/50	12
89	Isobel	Hanmer		83.12	F	37	W U/50	13
90	Chris	Pateman		83.18	M	38	M U/50	67
91	Ruth	Martin	Serpentine Running Club	83.20	F	29	W U/50	14

92	Mark	Stockwell	26.2 Roadrunners Surbiton	83.23	M	39	M U/50	68
93	Kumudith	Guruge	New Eltham Joggers	83.32	M	52	M O/50	5
94	Marcus	Allchorn		83.50	M	43	M U/50	69
95	Neil	Sharman		84.42	M	40	M U/50	70
96	Dan	Solp		84.47	M	30	M U/50	71
97	Georgina	Hibbert		84.52	F	34	W U/50	15
98	Patrick	Halliday	Reigate	85.12	M	51	M O/50	6
99	Jim	Jordan		85.15	M	36	M U/50	72
100	Dan	Walker Smith		85.44	M	31	M U/50	73
101	David	Harling		86.28	M	27	M U/50	74
102	Guillaume	Roderick		86.34	M	31	M U/50	75
103	Gemma	Sharpe		86.34	F	30	W U/50	16
104	Claire	Adcock		87.25	F	28	W U/50	17
105	John	Sharpe		88.11	M	45	M U/50	76
106	Nick	Cuff		88.14	M	29	M U/50	77
107	Gemma	Appleyard		88.14	F	28	W U/50	18
108	Jo	Knight		88.15	F	27	W U/50	19
109	Helen	Childs		88.29	F	35	W U/50	20
110	Irena	Tzekina		89.01	F	25	W U/50	21
111	Erika	Kavanagh		89.18	F	36	W U/50	22
112	Kim	de Leijer		89.22	F	25	W U/50	23
113	Sally	Kift		89.57	F	31	W U/50	24
114	Annie	Clemenger		89.59	F	45	W U/50	25
115	Charlotte	Tolson		90.05	F	37	W U/50	26
116	Victor	Abbey		90.37	M	26	M U/50	78
117	Jamie	Hough		90.51	M	35	M U/50	79
118	Helen	Ralph		91.03	F	44	W U/50	27
119	alex	sloane		91.34	M	26	M U/50	80
120	Teresa	Lau		91.40	F	29	W U/50	28
121	Ciara	O'Shea		91.53	F	31	W U/50	29
122	Stephen	Thornton		92.26	M	40	M U/50	81
123	Katrina	McKeever		92.51	F	33	W U/50	30
124	?	Coots		93.10	M	33	M U/50	82
125	Sabrina	Wisely		93.24	F	29	W U/50	31
126	emma	gibson		94.00	F	34	W U/50	32
127	Erica	Martin		94.07	F	34	W U/50	33
128	David	Shortridge	Victoria Park H	94.38	M	41	M U/50	83
129	Laura	Bellamy		94.49	F	32	W U/50	34
130	Candice	Hart		95.17	F	32	W U/50	35
131	Kate	Blackwell		95.17	F	28	W U/50	36
132	Clive	Wainstein		97.10	M	37	M U/50	84
133	Jolekha	Shasha		97.33	F	34	W U/50	37
134	Channari	Rauh		98.11	F	31	W U/50	38
135	Donna	Richards	Sutton Runners	98.11	F	45	W U/50	39
136	Richard	Powell		99.05	M	42	M U/50	85
137	Sam	Day		99.09	M	24	M U/50	86
138	Caitriona	O'Flaherty		100.01	F	23	W U/50	40
139	Emily	Rowe		100.13	F	43	W U/50	41
140	Gary	Hobbs		100.24	M	41	M U/50	87
141	lucy	Gill		101.06	F	37	W U/50	42
142	Kathryn	Taylor		101.21	F	29	W U/50	43
143	David	Feasey		101.48	M	47	M U/50	88
144	Maeve	Hynes		102.01	F	24	W U/50	44
145	david	shrimpton		102.32	M	29	M U/50	89
146	Jeffrey	Gordon	Thames Hare & Hounds	103.20	M	77	M O/70	3
147	Sarah	O'Brien		103.52	F	30	W U/50	45
148	Bernice	Graham		105.23	F	33	W U/50	46
149	Tony	Merritt	Burnham Joggers	105.40	M	71	M O/70	4

150	<i>Edwin</i>	<i>Bartlett</i>	<i>Vets AC</i>	<i>106.34</i>	<i>M</i>	<i>67</i>	<i>M O/60</i>	<i>3</i>
151	<i>Georgina</i>	<i>Jacobs</i>		<i>109.55</i>	<i>F</i>	<i>32</i>	<i>W U/50</i>	<i>47</i>
152	<i>Jateen</i>	<i>Vaghela</i>		<i>110.54</i>	<i>M</i>	<i>29</i>	<i>M U/50</i>	<i>90</i>
153	<i>Maxie</i>	<i>Poole</i>		<i>113.15</i>	<i>F</i>	<i>29</i>	<i>W U/50</i>	<i>48</i>
154	<i>Erin</i>	<i>Eley</i>		<i>114.10</i>	<i>F</i>	<i>24</i>	<i>W U/50</i>	<i>49</i>
155	<i>Maria</i>	<i>Ellis</i>		<i>120.40</i>	<i>F</i>	<i>51</i>	<i>W O/50</i>	<i>2</i>
156	<i>Charmaine</i>	<i>Pollock</i>		<i>123.14</i>	<i>F</i>	<i>27</i>	<i>W U/50</i>	<i>50</i>
157	<i>Scott</i>	<i>Pollock</i>		<i>123.14</i>	<i>M</i>	<i>27</i>	<i>M U/50</i>	<i>91</i>
158	<i>Amanda</i>	<i>Austin</i>		<i>130.12</i>	<i>F</i>	<i>35</i>	<i>W U/50</i>	<i>51</i>
159	<i>Kirstie</i>	<i>McLauchlan</i>		<i>131.26</i>	<i>F</i>	<i>53</i>	<i>W O/50</i>	<i>3</i>
160	<i>Prashant</i>	<i>Tandon</i>		<i>136.31</i>	<i>M</i>	<i>32</i>	<i>M U/50</i>	<i>92</i>
161	<i>Amman</i>	<i>Sarang</i>	<i>Victoria park harriers</i>	<i>137.26</i>	<i>F</i>	<i>44</i>	<i>W U/50</i>	<i>52</i>