



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  
July 1st, 2013

Dear Runners

Course records were set this evening by:

Men Under 50 – Nicholas Torry .... 14.45

Men Over 50 – Tony Tuohy .... 16.35

CONGRATULATIONS!

All results are below ...

**MEDAL WINNERS**

	NAME	SURNAME	CLUB	TIME	M/F	Age
<b><u>MEN UNDER 50</u></b>						
1st	Nicholas	Torry	Serpentine	14.45	M	36
2nd	Huw	Lobb	Serpentine	15.21	M	36
3rd	Hugh	Torry	Serpentine	15.30	M	34
4th	Dave	Morgan	Serpentine	15.35	M	29
5th	Rick	Weston	Serpentine	15.46	M	26
6th	Richard	Phillips	Serpentine	15.53	M	37
7th	Martin	Shore	Thames Hare and Hounds	16.08	M	37

**WOMEN UNDER 50**

1st	Claire	Day	Thames Hare and Hounds	18.14	F	27
2nd	Mairead	O Rourke	Mornington Chasers	18.23	F	33

3rd	Tina	Gray	Fulham RC	19.12	F	30
4th	Cara	Kayum		19.40	F	24
5th	Kelly	Thorneycroft	Mornington Chasers	19.56	F	23
6th	Louisa	Richards	Running Seminars	20.00	F	30
7th	Olivia	Toye	Fulham	20.40	F	26

### MEN VET 50

1st	Tony	Tuohy	Dulwich Runners	16.35	M	50
2nd	Kevin	Corcoran		18.11	M	52
3rd	Martin	Newton	Sutton Runners	18.52	M	51

### WOMEN VET 50

1st	Annette	Helliwell	Collingwood AC	23.53	F	54
2nd	Ann	Roach		38.34	F	59

### MEN VET 60

1st	Mike	Mann	Dulwich Runners	19.40	M	64
2nd	Terry	Avey	Brighton Phoenix	19.56	M	62

### WOMEN VET 60

1st	Ria	Tronduey	Collingwood AC	31.46	F	65
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### MEN O/70

1st	Joe	Aspinall	Vets AC	25.44	M	75
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## OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Nicholas	Torry	Serpentine	14.45	M	36	M U/50	1
2	Huw	Lobb	Serpentine	15.21	M	36	M U/50	2
3	Hugh	Torry	Serpentine	15.30	M	34	M U/50	3
4	Dave	Morgan	Serpentine	15.35	M	29	M U/50	4
5	Rick	Weston	Serpentine	15.46	M	26	M U/50	5
6	Richard	Phillips	Serpentine	15.53	M	37	M U/50	6
7	Martin	Shore	Thames Hare and Hounds	16.08	M	37	M U/50	7
8	James	Ellis	Clapham Chasers	16.14	M	33	M U/50	8
9	Stuart	Beaney	Kent AC	16.25	M	39	M U/50	9
10	Dan	Madams	London Heathside	16.28	M	39	M U/50	10
11	Tony	Tuohy	Dulwich Runners	16.35	M	50	M O/50	1
12	Steve	Monaghan	London Heathside	16.41	M	43	M U/50	11
13	Robbie	Cox	Woodford Green	16.42	M	31	M U/50	12
14	Robert	Tuer	Clapham Chasers	16.43	M	27	M U/50	13
15	David	Annetts	North Herts	16.44	M	48	M U/50	14
16	Andy	Inglis	cambridge harriers	16.53	M	36	M U/50	15
17	Daniel	Bentley-Gouldstone	Beckenham Running Club	16.54	M	33	M U/50	16
18	Kerr	Millar	Queens Park Harriers	16.55	M	19	M U/50	17
19	James	Gillanders		16.59	M	25	M U/50	18
20	Jonathan	Moscrop	London Frontrunners	17.00	M	39	M U/50	19
21	Jamie	Hogg	Serpentine	17.00	M	39	M U/50	20
22	William	Sweet	Serpentine	17.16	M	29	M U/50	21
23	Peter	Holmes	Serpentine	17.20	M	35	M U/50	22
24	Philip	Mackie		17.23	M	31	M U/50	23
25	Nick	Gold	Highate Harriers	17.26	M	40	M U/50	24

26	David	Combe		17.43	M	33	M U/50	25
27	Christian	Nielsen		17.48	M	38	M U/50	26
28	Paul	Boschen	London Frontrunners	17.58	M	35	M U/50	27
29	Sam	Varoy		17.59	M	30	M U/50	28
30	Ian	Gordon	Mornington Chasers	18.03	M	27	M U/50	29
31	Chris	Ore	Hercules Wimbledon	18.04	M	30	M U/50	30
32	Farid	Sarwari	Serpentine	18.06	M	17	M U/50	31
33	Jon	Kyte	Harrow AC	18.08	M	29	M U/50	32
34	Gareth	Stace	Dorking	18.10	M	44	M U/50	33
35	Kevin	Corcoran		18.11	M	52	M O/50	2
36	Claire	Day	Thames Hare and Hounds	18.14	F	27	W U/50	1
37	Edward	Holland	London Frontrunners	18.21	M	30	M U/50	34
38	Mairead	O Rourke	Mornington Chasers	18.23	F	33	W U/50	2
39	Rupert	Holden	Ravens City Of London	18.27	M	45	M U/50	35
40	Duncan	Hussey	Dulwich Runners	18.28	M	47	M U/50	36
41	Martyn	Annetts	North Herts	18.34	M	48	M U/50	37
42	Mark	Pottinger	Stainland Lions	18.38	M	33	M U/50	38
43	Mark	Griffiths		18.42	M	28	M U/50	39
44	Kevin	Lally	Serpentine	18.45	M	44	M U/50	40
45	Martin	Newton	Sutton Runners	18.52	M	51	M O/50	3
46	Glynn	McDonald	London Frontrunners	18.52	M	50	M O/50	4
47	David	Brewer		18.54	M	49	M U/50	41
48	Andrew	Davies	Serpentine	18.59	M	30	M U/50	42
49	Mark	Agnew		18.59	M	29	M U/50	43
50	Frank	Wood	Hercules Wimbledon	19.05	M	48	M U/50	44
51	Tina	Gray	Fulham RC	19.12	F	30	W U/50	3
52	Laurent	Le Mee	Serpentine	19.14	M	37	M U/50	45
53	Daniel	Nichols		19.15	M	30	M U/50	46
54	Peter	Bowles	Serpentine	19.17	M	44	M U/50	47
55	Jonathan	Allsopp		19.26	M	44	M U/50	48
56	John	Keenan	London Frontrunners	19.34	M	41	M U/50	49
57	Cara	Kayum		19.40	F	24	W U/50	4
58	Mike	Mann	Dulwich Runners	19.40	M	64	M O/60	1
59	Federico	Weis	Fulham RC	19.44	M	30	M U/50	50
60	Anthony	Dowling		19.52	M	44	M U/50	51
61	John	Myatt		19.55	M	51	M O/50	5
62	Kelly	Thorneycroft	Mornington Chasers	19.56	F	23	W U/50	5
63	Terry	Avey	Brighton Phoenix	19.56	M	62	M O/60	2
64	Louisa	Richards	Running Seminars	20.00	F	30	W U/50	6
65	Mark	Grove		20.09	M	39	M U/50	52
66	Chris	McCarthy	Clapham Chasers	20.10	M	27	M U/50	53
67	Chris	Wood		20.20	M	33	M U/50	54
68	David	Stockdale		20.34	M	29	M U/50	55
69	Olivia	Toye	Fulham	20.40	F	26	W U/50	7
70	Megan	De Silva		20.48	F	30	W U/50	8
71	Tom	Merton		20.50	M	35	M U/50	56
72	Michael	Jones		20.57	M	28	M U/50	57
73	Martin	White	Ealing Eagles RC	21.07	M	35	M U/50	58
74	Charlotte	Bates	Winchester & District	21.09	F	24	W U/50	9
75	Seth	Atkin	London Frontrunners	21.10	M	46	M U/50	59
76	Philip	Wills		21.14	M	33	M U/50	60
77	Richard	Ford		21.16	M	31	M U/50	61
78	Tom	Morris	Hercules Wimbledon	21.16	M	55	M O/50	6
79	Philip	Hickson	Fulham	21.25	M	39	M U/50	62

80	Edit	Walsh		21.35	F	38	W U/50	10
81	Kathryn	Beale	Fulham	21.50	F	34	W U/50	11
82	Jonathan	Sharnock	Collingwood AC	21.54	M	41	M U/50	63
83	David	Eaton		22.01	M	39	M U/50	64
84	Ian	Mursell	VAC	22.06	M	61	M O/60	3
85	Alfred	Wright		22.18	M	42	M U/50	65
86	Stephen	Kelly		22.23	M	20	M U/50	66
87	Roberto	Tyley		22.23	M	35	M U/50	67
88	Ricky	Lowther		22.29	M	26	M U/50	68
89	Peter	Ward		22.30	M	31	M U/50	69
90	Dan	Maskell	Vets AC	22.31	M	65	M O/60	4
91	Charles	Bouillon	London Frontrunners	22.33	M	34	M U/50	70
92	Bruce	MacMilan	Running Seminars	22.51	M	42	M U/50	71
93	Dan	McVeigh		23.00	M	35	M U/50	72
94	Ian	Hall	Serpentine	23.04	M	60	M O/60	5
95	Claire	Adams	Didcot Runners	23.07	F	42	W U/50	12
96	Sam	Jones		23.09	M	28	M U/50	73
97	Aidan	Daly		23.09	M	29	M U/50	74
98	Alan	Davidson	Ranelagh Harriers	23.13	M	66	M O/60	6
99	Mark	Reid		23.16	M	42	M U/50	75
100	Felicity	Stevens		23.21	F	28	W U/50	13
101	David	Stelfox	Fulham RC	23.32	M	34	M U/50	76
102	Anthony	Scott		23.39	M	50	M O/50	7
103	Stefano	Vernazza		23.43	M	38	M U/50	77
104	Aisling	Kearney		23.45	F	31	W U/50	14
105	Annette	Helliwell	Collingwood AC	23.53	F	54	W O/50	1
106	James	Boyd		23.53	M	39	M U/50	78
107	John	Sharpe		24.01	M	46	M U/50	79
108	Laura	Ellis		24.05	F	29	W U/50	15
109	Ruth	Cottam	Collingwood AC	24.08	F	48	W U/50	16
110	Greg	Neal	Watford Harriers	24.13	M	58	M O/50	8
111	Carolina	Jara Hoergo		24.15	F	25	W U/50	17
112	Andrew	Monkhouse		24.30	M	46	M U/50	80
113	Elaine	Battson	Victoria Park Harriers & THAC	24.44	F	47	W U/50	18
114	Dennis	Williams	Hercules Wimbledon	24.50	M	67	M O/60	7
115	Stephanie	Groot		24.50	F	26	W U/50	19
116	Nadine	Scott		24.51	F	35	W U/50	20
117	Neil	Davies	Serpentine	24.54	M	48	M U/50	81
118	John	Walsh		24.56	M	51	M O/50	9
119	Gregory	Stylski		24.58	M	32	M U/50	82
120	Paul	Booth	Collingwood AC	25.11	M	59	M O/50	10
121	Melissa	Wilkins		25.12	F	26	W U/50	21
122	Melvin	Trundley	Collingwood AC	25.20	M	68	M O/60	8
123	Amy	Phillips		25.41	F	31	W U/50	22
124	Joe	Aspinall	Vets AC	25.44	M	75	M O/70	1
125	Jon	Hoare		26.01	M	36	M U/50	83
126	Donna	Richards	South London Harriers	26.03	F	47	W U/50	23
127	?	Williams	Saints & Sinners	26.19	F	46	W U/50	24
128	Chris	Brooke	Collingwood AC	26.30	M	63	M O/60	9
129	James	Close		26.39	M	50	M O/50	11
130	Jennifer	Sivapalan		26.43	F	29	W U/50	25
131	Stewart	Hall-Roberts		26.44	M	43	M U/50	84
132	Rachael	McGrath		26.49	F	39	W U/50	26
133	Thomas	Wilkie	Collingwood AC	26.53	M	60	M O/60	10

134	Lucy	Wilson		26.55	F	30	W U/50	27
135	Robert	Ravelli	London Frontrunners	26.59	M	56	M O/50	12
136	Dave	Clarke	Stragglers	27.01	M	45	M U/50	85
137	Jonathan Mark	Pegg	Sutton Runners	27.24	M	48	M U/50	86
138	Cristina	Mures		27.25	F	37	W U/50	28
139	Kelly	Morgan		28.03	F	33	W U/50	29
140	Edwin	Bartlett	Vets AC	28.38	M	68	M O/60	11
141	Jessica	Nielsen		28.44	F	33	W U/50	30
142	Rudolph	Stewart		28.59	M	47	M U/50	87
143	Susan	Virtanen		29.17	F	35	W U/50	31
144	Barry	Walker	Dulwich Runners	29.25	M	69	M O/60	12
145	Agnieszka	Makar		30.04	F	30	W U/50	32
146	Katie	Hyams		30.26	F	37	W U/50	33
147	Daniel	Hyams		30.26	M	35	M U/50	88
148	Peter	Torre	Mornington Chasers	30.40	M	71	M O/70	2
149	Neville	Cross		30.59	M	38	M U/50	89
150	Juliet	Lack		31.35	F	45	W U/50	34
151	Oliver	Heggs		31.42	M	49	M U/50	90
152	Gerbay	Remy		31.43	M	33	M U/50	91
153	Ria	Tronduy	Collingwood AC	31.46	F	65	W O/60	1
154	Robin	Wilson	Collingwood AC	33.08	M	79	M O/70	3
155	Marcia	Marini		36.01	F	46	W U/50	35
156	Lola	Bhadmus		36.45	F	31	W U/50	36
157	Clare	Parsons		37.36	F	34	W U/50	37
158	Nakamatte	Teddy		37.36	F	28	W U/50	38
159	Ann	Roach		38.34	F	59	W O/50	2
160	Lesley	Young	Dulwich Park Runners	39.11	F	61	W O/60	2