



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 10K Battersea Park 8am June 15th, 2013

Dear Runners

A wonderful summer morning saw 226 runners complete the course. Ben Shearer won the race in 33.18. Grace Wu was the first lady in 39.29. Our next race is 2 miles this Monday evening (17th June). Our next 10K is on Saturday 13th July at 8am.

Medal winners and all results below.

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	Age
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MEN UNDER 50

1st	Ben	Shearer	Cambridge Harriers	33.18	M	37
2nd	Phillip	Dickens	Cambridge Harriers	33.29	M	33
3rd	Stephen	Hurley	Wimbledon Windmilers	34.36	M	33
4th	Oliver	Kean	Highgate Harriers	34.41	M	26
5th	Jim	Addison	Beckenham RC	34.48	M	41
6th	Majell	Backhausen	Clapham Chasers	34.54	M	25
7th	Dan	Madams	London Heathside	35.02	M	39

WOMEN UNDER 50

1st	Grace	Wu	Serpentine RC	39.29	F	42
2nd	Cara	Kayum	Striders of Croydon	41.15	F	24
3rd	Carole	Penlington		41.30	F	38
4th	Susie	Macara	Serpentine	42.12	F	32
5th	Claudia	Manera	Ealing Southall & Middlesex AC	43.37	F	46

6th	Deirdre	McCarthy	Manchester Triathlon	43.59	F	32
7th	Louisa	Phillips	Beckenham RC	44.59	F	30

MEN VET 50

1st	Dave	Cox	Woodford Green	36.31	M	59
2nd	Matthew	Taylor		39.37	M	52
3rd	Roger	Beardsworth		39.59	M	52

WOMEN VET 50

1st	Heather	Binney	Clapham Pioneers	54.45	F	51
2nd	Cathy	Edgar		55.42	F	53
3rd	Jilly	Dolphin	Herne Hill Harriers	56.26	F	51

MEN VET 60

1st	Terry	Avey	brighton phoenix	41.25	M	62
2nd	Ian	Mursell	VAC	44.14	M	61

MEN VET 70

1st	Philip	Turley	Epsom & ewell harriers	48.43	M	72
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	Age	M/F	Cat	Cat Pos.
1	Ben	Shearer	Cambridge Harriers	33.18	M	37	M U/50	1
2	Phillip	Dickens	Cambridge Harriers	33.29	M	33	M U/50	2
3	Stephen	Hurley	Wimbledon Windmilers	34.36	M	33	M U/50	3
4	Oliver	Kean	Highgate Harriers	34.41	M	26	M U/50	4
5	Jim	Addison	Beckenham RC	34.48	M	41	M U/50	5
6	Majell	Backhausen	Clapham Chasers	34.54	M	25	M U/50	6
7	Dan	Madams	London Heathside	35.02	M	39	M U/50	7
8	James	Gillanders	London Frontrunners	35.03	M	35	M U/50	8
9	James	Broderick		35.04	M	39	M U/50	9
10	Stephen	thackeray	Beckenham RC	35.12	M	34	M U/50	10
11	Paul	Cheetham	Barnes Runners	35.31	M	40	M U/50	11
12	Steve	Monaghan	London Heathside	35.53	M	42	M U/50	12
13	Jonathan	Moscrop	London Frontrunners	36.03	M	39	M U/50	13
14	Victor	Lio	Serpentine	36.20	M	24	M U/50	14
15	Peter	Holmes	Serpentine	36.22	M	35	M U/50	15
16	Pascal	Evans	Stragglers	36.24	M	43	M U/50	16
17	Dave	Cox	Woodford Green	36.31	M	59	M O/50	1
18	Angus	Beaumont	Serpentine	36.34	M	39	M U/50	17
19	Peter	Lee	Hercules Wimbledon	36.38	M	47	M U/50	18
20	Andy	Inglis	cambridge harriers	36.50	M	36	M U/50	19
21	Matthieu	PREVOT	Clapham Chasers RC	36.53	M	35	M U/50	20
22	Leonardo	Masseti	Woking AC	36.55	M	33	M U/50	21
23	Raoul	Mansukhani	Serpentine	37.06	M	42	M U/50	22
24	Harry	Grubb	Fulham RC	37.22	M	33	M U/50	23
25	ROB	BEER		37.26	M	32	M U/50	24
26	Robbie	Lang		37.31	M	29	M U/50	25
27	Bruce	Cairns		37.33	M	40	M U/50	26
28	Olivier	Guiavarch		37.38	M	36	M U/50	27
29	Laurent	Jonchere		37.39	M	38	M U/50	28
30	Mark	Lally		37.40	M	30	M U/50	29
31	Alan	Hall	Serpentine RC	38.21	M	42	M U/50	30

32	Jon	Kyte	Harrow AC	38.22	M	29	M U/50	31
33	Justin	Lee	Serpentine	38.31	M	42	M U/50	32
34	Stephane	Schneider	Serpentine	38.38	M	33	M U/50	33
35	John	Sheedy		39.00	M	29	M U/50	34
36	Greg	Sendell		39.15	M	43	M U/50	35
37	Matthew	Roberts	Serpentine	39.20	M	35	M U/50	36
38	Francois	Rivoire		39.22	M	32	M U/50	37
39	William	Langdon	Clapham chasers	39.28	M	29	M U/50	38
40	Grace	Wu	Serpentine RC	39.29	F	42	W U/50	1
41	Donald	Matheson		39.33	M	33	M U/50	39
42	Peter	Mack	Crystal Palace Tri	39.35	M	41	M U/50	40
43	Matthew	Taylor		39.37	M	52	M O/50	2
44	Edward	Devenport	Optima Triathlon Club	39.40	M	27	M U/50	41
45	Alex	Malzer	Serpentine	39.42	M	43	M U/50	42
46	Rupert	Jacobs	Serpentine	39.47	M	32	M U/50	43
47	Edward	Holland	London Fronrunners	39.48	M	30	M U/50	44
48	Ian	Cook	Serpentine	39.58	M	29	M U/50	45
49	Roger	Beardsworth		39.59	M	52	M O/50	3
50	David	MacDonald		40.01	M	39	M U/50	46
51	Suswara	Payne	Sri Chinmoy AC	40.25	M	42	M U/50	47
52	Andy	Welsh		40.30	M	41	M U/50	48
53	Gary	Sullivan	Dulwich Runners	40.33	M	55	M O/50	4
54	Stuart	Franklin	Beckenham RC	40.34	M	47	M U/50	49
55	Richard	Flutter	Harwich Runners	40.35	M	45	M U/50	50
56	Marco	Petagna		40.36	M	39	M U/50	51
57	Shunya	Hosogoe		40.36	M	27	M U/50	52
58	Martin	Bright	Highgate Harriers	40.40	M	47	M U/50	53
59	Jonathan	Allsopp		40.43	M	44	M U/50	54
60	David	Smith		40.46	M	54	M O/50	5
61	Tom	Scott		40.47	M	24	M U/50	55
62	Robert	Eriksson		40.48	M	38	M U/50	56
63	richard	hooley	Thames Valley Harriers	40.52	M	51	M O/50	6
64	Stephen	Campbell		41.05	M	44	M U/50	57
65	James	Scallan		41.08	M	32	M U/50	58
66	Dominic	Jackman		41.09	M	30	M U/50	59
67	Matthew	Hepworth		41.12	M	29	M U/50	60
68	Cara	Kayum	Striders of Croydon	41.15	F	24	W U/50	2
69	Dan	Lizi	Clapham Chasers	41.19	M	35	M U/50	61
70	Terry	Avey	brighton phoenix	41.25	M	62	M O/60	1
71	Thomas	Thorn		41.26	M	34	M U/50	62
72	Thomas	Miller		41.27	M	40	M U/50	63
73	Carole	Penlington		41.30	F	38	W U/50	3
74	Paul	Hanson		41.32	M	34	M U/50	64
75	Joel	Wiles	Epsom Oddballs	41.34	M	31	M U/50	65
76	Simon	Ogle		41.56	M	43	M U/50	66
77	John	Witton		42.00	M	59	M O/50	7
78	Ross	LeBlanc		42.10	M	28	M U/50	67
79	Susie	Macara	Serpentine	42.12	F	32	W U/50	4
80	Michael	Mulligan		42.23	M	51	M O/50	8
81	Will	Paxton		42.27	M	35	M U/50	68
82	Yasufumi	Osajima		42.43	M	38	M U/50	69
83	Budkhuu	Baasankhuu		43.03	M	24	M U/50	70
84	Dominic	Lawrence		43.04	M	28	M U/50	71
85	Greg	Haskins		43.23	M	32	M U/50	72
86	James	Small	Clapham Chasers RC	43.26	M	33	M U/50	73
87	Daniel	White		43.33	M	33	M U/50	74
88	Alan	Dunnett	-	43.34	M	59	M O/50	9
89	Claudia	Manera	Ealing Southall & Middlesex AC	43.37	F	46	W U/50	5

90	Nick	Wahla		43.40	M	50	M O/50	10
91	Nigel	Wood	Collingwood AC	43.41	M	57	M O/50	11
92	Deirdre	McCarthy	Manchester Triathlon	43.59	F	32	W U/50	6
93	Neil	Hadley		44.00	M	38	M U/50	75
94	Ian	Mursell	VAC	44.14	M	61	M O/60	2
95	Max	Constanduros		44.23	M	20	M U/50	76
96	kevin	rice		44.31	M	30	M U/50	77
97	Edin	Muschu		44.36	M		M U/50	78
98	Michael	McAneney		44.42	M	36	M U/50	79
99	Louisa	Phillips	Beckenham RC	44.59	F	30	W U/50	7
100	Jules	Kramer		45.11	M	33	M U/50	80
101	BORJA	DEL CORRO		45.21	M	30	M U/50	81
102	Annabelle	Gamble		45.24	F	25	W U/50	8
103	Richard	Morris	Fulham RC	45.29	M	38	M U/50	82
104	Stefano	Vernazza		45.43	M	38	M U/50	83
105	Philip	Westburn		45.53	M		M U/50	84
106	Patrick	Sheedy		45.57	M	33	M U/50	85
107	Becky	Wenham		45.59	F	42	W U/50	9
108	David	Hymers		46.19	M	36	M U/50	86
109	Sophia	De Rivaz	Serpentine	46.39	F	28	W U/50	10
110	Claire	Bordoli		46.44	F	25	W U/50	11
111	Stefano	Serafini		46.47	M	39	M U/50	87
112	Emma	Passmore		46.53	F	30	W U/50	12
113	Martin	Spence	Veterans AC	46.59	M	58	M O/50	12
114	Darran	Ford	sutton runners	47.10	M	34	M U/50	88
115	Michael	Philip		47.48	M	27	M U/50	89
116	Roger	Harding		47.51	M	31	M U/50	90
117	Albi	Ison		48.09	M	31	M U/50	91
118	Daniel	Smith		48.13	M	31	M U/50	92
119	Anastasia	Hancock	Hercules Wimbledon	48.30	F	30	W U/50	13
120	Marilena	De Luca	Hercules Wimbledon	48.31	F	38	W U/50	14
121	Brent	Curless	Datchet Dashers	48.33	M	57	M O/50	13
122	John	Wilson	Serpentine	48.37	M	45	M U/50	93
123	Philip	Turley	Epsom & ewell harriers	48.43	M	72	M O/70	1
124	Camilla	Graham		48.45	F	29	W U/50	15
125	Lawrence	Rojas		48.48	M	25	M U/50	94
126	Stephen	Walker		49.06	M	41	M U/50	95
127	Antonio	Lancellotti		49.30	M	35	M U/50	96
128	Taline	Würsten		49.31	F	27	W U/50	16
129	Dermot	Hanney		49.35	M	28	M U/50	97
130	Roy	Wilson		49.40	M	46	M U/50	98
131	Ellie	Bancroft		49.41	F	27	W U/50	17
132	Cai	Zhang		49.44	F	25	W U/50	18
133	Theodore	Chen	Serpentine	49.54	M	39	M U/50	99
134	Hannah	Patrick		50.14	F	23	W U/50	19
135	Simran	Singh		50.17	M	35	M U/50	100
136	Charlotte	Jordan		50.24	F	23	W U/50	20
137	Frank	Ducombe		50.27	M	39	M U/50	101
138	Drew	Hyde		50.35	M	52	M O/50	14
139	Georgie	Gilbertson		50.46	F	25	W U/50	21
140	Hayley	Geary		50.58	F	23	W U/50	22
141	Leonie	Brumby		51.01	F	30	W U/50	23
142	Ciaran	Waters		51.17	M	32	M U/50	102
143	Angharad	Morgan		51.20	F	23	W U/50	24
144	Patrick	McKell		51.22	M	43	M U/50	103
145	Gonzalo	De la Mata		51.27	M	36	M U/50	104
146	Thomas	Whitney		51.39	M	36	M U/50	105
147	Elizabeth	Peckett		52.03	F	28	W U/50	25

148	Danielle	Brind		52.03	F	28	W U/50	26
149	Andrew	Dowell	Orpington Road Run.	52.19	M	29	M U/50	106
150	Claire	Davidson		52.27	F	26	W U/50	27
151	Ben	Johnson		52.37	M	26	M U/50	107
152	Othman	Alaoui		52.39	M	28	M U/50	108
153	Mike	Davies		52.57	M	52	M O/50	15
154	Barry	Meaney		52.59	M	32	M U/50	109
155	Peter	Grindrod		52.59	M	34	M U/50	110
156	Kay	Purvis		53.09	F	26	W U/50	28
157	Cheryl	Hayes		53.39	F	39	W U/50	29
158	Stuart	Hall		53.39	M	25	M U/50	111
159	Cherie	Cunningham		54.00	F	26	W U/50	30
160	Julie	Mahoney		54.06	F	40	W U/50	31
161	Angel	Lopez		54.10	M	43	M U/50	112
162	Nicolas	Vierne		54.10	M	31	M U/50	113
163	Kylie	Campbell		54.19	F	33	W U/50	32
164	STUART	KEY		54.19	M	34	M U/50	114
165	Ruth	Arkless		54.31	F	30	W U/50	33
166	Heather	Binney	Clapham Pioneers	54.45	F	51	W O/50	1
167	Natalie	Conaty		54.52	F	30	W U/50	34
168	Sarah	Stoney		55.16	F	27	W U/50	35
169	Ruth	Bennett		55.16	F	26	W U/50	36
170	Steve	Butcher		55.20	M	55	M O/50	16
171	Cathy	Edgar		55.42	F	53	W O/50	2
172	Anthony	Alleyne		55.54	M	42	M U/50	115
173	Victoria	Turner		56.15	F	25	W U/50	37
174	James	Brown		56.23	M	24	M U/50	116
175	Jilly	Dolphin	Herne Hill Harriers	56.26	F	51	W O/50	3
176	Dave	Gironi	Serpentine	56.40	M	36	M U/50	117
177	Melanie	Dani		56.40	F	29	W U/50	38
178	Yuval	Raiz		56.41	M	41	M U/50	118
179	Donna	Richards	South London Harriers	56.43	F	47	W U/50	39
180	Marianne	Lande		56.57	F	24	W U/50	40
181	Lucy	Newman		56.59	F	27	W U/50	41
182	Anuja	Oak		57.01	F	24	W U/50	42
183	Angeline	Burke		57.04	F	54	W O/50	4
184	Louise	Smart	Serpentine	57.16	F	46	W U/50	43
185	Scott	Rouse		57.18	M	29	M U/50	119
186	John	Martin		57.32	M	32	M U/50	120
187	James	Keen		57.45	M	30	M U/50	121
188	Kevin	Bellamy		57.52	M		M U/50	122
189	Dominic	Hayes		57.59	M	41	M U/50	123
190	Chris	Baron		58.17	M	30	M U/50	124
191	Matt	Backler		58.27	M	27	M U/50	125
192	Lisa	Dolan		58.28	F	25	W U/50	44
193	Lyudmyla	Troilina		58.36	F	33	W U/50	45
194	Daniel	Waller		59.10	M	46	M U/50	126
195	Vanessa	Nazaletu		59.22	F	30	W U/50	46
196	Lettice	Bryant		59.23	F	21	W U/50	47
197	Tim	Bryant		59.24	M	49	M U/50	127
198	Helga	Butcher		59.24	F	48	W U/50	48
199	Ian	NcNally		59.38	M	45	M U/50	128
200	Louis	Hewitt		60.02	M	67	M O/60	3
201	Caroline	Mitchener		60.38	F	38	W U/50	49
202	Jenny	Packer		60.47	F	26	W U/50	50
203	Siu Kuen	Wong		61.16	F	37	W U/50	51
204	Shelly	Beard	Sole Sisters	61.30	F	30	W U/50	52
205	Rachael	Shaw		61.30	F	29	W U/50	53

206	Bartika	Sumann	Sri Chinmoy AC	62.38	F	41	W U/50	54
207	Edwin	Bartlett	VAC	62.57	M	68	M O/60	4
208	Georgina	Spencer		63.48	F	51	W O/50	5
209	Nicola	Dearden		64.25	F	45	W U/50	55
210	Tarika	Hawkes	Sri Chinmoy AC	64.38	F	40	W U/50	56
211	Sara	Bjork		65.15	F	25	W U/50	57
212	Philip	Lyddon		65.56	M	28	M U/50	129
213	Chun	Nolan		66.20	F	28	W U/50	58
214	Katie	Magri		67.37	F	29	W U/50	59
215	Leigh	Magri		67.54	M	25	M U/50	130
216	Christina	Bargeron		67.54	F	31	W U/50	60
217	Gerbay	Remy		68.06	M	33	M U/50	131
218	Danise	Fluckiger		68.37	F	33	W U/50	61
219	Megan	Hoskin		69.41	F	29	W U/50	62
220	Yonat	Houlie		69.42	F	45	W U/50	63
221	Jacob	Houlie		71.12	M	45	M U/50	132
222	Shelley	Mills		71.50	F	25	W U/50	64
223	Heston	Hassett		72.28	M	38	M U/50	133
224	Colin	Snaddon		73.49	M	40	M U/50	134
225	Michael	Williams		76.12	M	45	M U/50	135
226	Donna	Klein		76.54	F	55	W O/50	6