



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 October 19th, 2013

Dear Runners

On a mild early October morning 217 runners completed the picturesque course in Battersea Park. Susannah Evans ran a scorching 37.17 to win the Ladies race, finishing in 12th position overall. Alex Davy won the race in 33.59. Our next is a 10 Mile on Saturday 9th November at 8am.

Medal winners and all results below.

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	Age
------	---------	------	------	-----

MEN UNDER 50

1st	Alex	Davy	Leeds City AC	33.59	M	24
2nd	Matthew	Nutt	Wimbledon Windmilers	34.07	M	28
3rd	Dan	Madams	London Heathside	34.22	M	40
4th	James	Gordon	Cambridge H	34.23	M	37
5th	Dermot	Bryers	Victoria Park H	34.54	M	30
6th	Nicholas	Shepperd		35.26	M	39
7th	Matt	Thomson		36.02	M	32

WOMEN UNDER 50

1st	Susannah	Evans	Wimbledon Windmilers	37.17	F	32
2nd	Sarah	Cole		40.15	F	34
3rd	Meriel	Holden	wimbledon windmilers	40.48	F	43
4th	Gabriela	De-La-Cerda		41.07	F	36
5th	Kristina	Mika	Bexley AC	41.32	F	29

6th	Ariadna	Golubenko		42.20	F	19
7th	Kirsty	Wright	Serpentine	43.16	F	32

MEN VET 50

1st	Hugh	Scorgie		40.31	M	53
2nd	Doug	Teesdale		40.58	M	52
3rd	Patrick	Kiernan		42.10	M	51

WOMEN VET 50

1st	Barbora	Pidgeon		51.40	F	57
2nd	Heather	Binney	Clapham Pioneers	53.15	F	52
3rd	Kay	Bettis	Serpentine	54.50	F	52

MEN VET 60

1st	Terry	Avey	brighton phoenix	41.50	M	62
2nd	Alan	Dunnett		43.59	M	60

MEN VET 70

1st	Philip	Turley		49.15	M	
-----	--------	--------	--	-------	---	--

OVERALL RESULTS

Pos	Name	Surname	Club	Time	Age	M/F	Cat	Cat Pos.
1	Alex	Davy	Leeds City AC	33.59	M	24	M U/50	1
2	Matthew	Nutt	Wimbledon Windmilers	34.07	M	28	M U/50	2
3	Dan	Madams	London Heathside	34.22	M	40	M U/50	3
4	James	Gordon	Cambridge H	34.23	M	37	M U/50	4
5	Dermot	Bryers	Victoria Park H	34.54	M	30	M U/50	5
6	Nicholas	Shepperd		35.26	M	39	M U/50	6
7	Matt	Thomson		36.02	M	32	M U/50	7
8	Stephen	Hodges	Cambridge H	36.11	M	32	M U/50	8
9	Elliott	Nicholson		36.53	M	31	M U/50	9
10	David	Ireland		37.12	M	23	M U/50	10
11	Victor	Lio	Serpentine	37.16	M	24	M U/50	11
12	Susannah	Evans	Wimbledon Windmilers	37.17	F	32	W U/50	1
13	Sebastian	Vons	Wimbledon Windmilers	37.31	M	33	M U/50	12
14	David	Evans	Muddy Mucky Munkeys	37.45	M	44	M U/50	13
15	Baard	Lynges	Highgate H	38.01	M	43	M U/50	14
16	Greg	Rodwell		38.16	M	30	M U/50	15
17	Emilien	Chauvetet		38.33	M	20	M U/50	16
18	Tom	Stagg		38.50	M	34	M U/50	17
19	Le Mee	Laurent	Serpentine	38.55	M	37	M U/50	18
20	Farid	Sarwari	Serpentine RC	39.13	M	18	M U/50	19
21	Michael	Kazimierski	Belgrave H	39.16	M	43	M U/50	20
22	Matthew	Roberts	Serpentine	39.19	M		M U/50	21
23	Stephen	Campbell	Serpentine	39.20	M		M U/50	22
24	Tom	Cheetham	Hercules Wimbledon	39.23	M	46	M U/50	23
25	Peter	Gibbons	Serpentine	39.30	M	42	M U/50	24
26	Steven	Pidgeon	Clapham Chasers RC	39.32	M	30	M U/50	25
27	Richard	Cherrett		39.33	M	35	M U/50	26
28	Daniel	Youds	Serpentine Running Club	39.34	M	34	M U/50	27
29	Cheyne	Voss		39.34	M	30	M U/50	28
30	Michael	Marth	u/a	39.42	M	32	M U/50	29
31	Graham	Baxter		39.48	M	23	M U/50	30

32	Phil	Reynolds	u/a	39.52	M	33	M U/50	31
33	Sarah	Cole	u/a	40.15	F	34	W U/50	2
34	Adrian	Smith	u/a	40.21	M	36	M U/50	32
35	Hugh	Scorgie	u/a	40.31	M	53	M O/50	1
36	Richie	Hallinan		40.40	M	39	M U/50	33
37	Meriel	Holden	wimbledon windmilers	40.48	F	43	W U/50	3
38	Doug	Teesdale	u/a	40.58	M	52	M O/50	2
39	Alex	Coulson		41.05	M	31	M U/50	34
40	Gabriela	De-La-Cerda		41.07	F	36	W U/50	4
41	Ian	Tidder	Wimbledon Windmilers	41.12	M	48	M U/50	35
42	James	Allen		41.14	M	35	M U/50	36
43	Yves	Cosentino		41.19	M	39	M U/50	37
44	Christophe	Prat		41.19	M	37	M U/50	38
45	Hubert	Brandts		41.21	M	46	M U/50	39
46	Kristina	Mika	Bexley AC	41.32	F	29	W U/50	5
47	Terry	Avey	brighton phoenix	41.50	M	62	M O/60	1
48	Liam	feetham	u/a	41.54	M	31	M U/50	40
49	Aidan	Corley		41.58	M	23	M U/50	41
50	Michael	Salisbury	SERPENTINE RC	42.01	M	33	M U/50	42
51	David	Zerny	u/a	42.02	M	43	M U/50	43
52	Nicolas	Schmitz	Serpentine RC	42.05	M	36	M U/50	44
53	Patrick	Kiernan	u/a	42.10	M	51	M O/50	3
54	Richard	Reynolds	Highgate H	42.13	M	32	M U/50	45
55	Iain	Walker	u/a	42.16	M	36	M U/50	46
56	Mike	Huckle		42.18	M	24	M U/50	47
57	Ariadna	Golubenko	u/a	42.20	F	19	W U/50	6
58	John	Hutchinson		42.28	M	35	M U/50	48
59	Thomas	Miller		42.39	M	40	M U/50	49
60	Leonardo	Fumarola		42.40	M	29	M U/50	50
61	Simon	Pannell	u/a	42.42	M	53	M O/50	4
62	Andrew	Bartlett		42.46	M	33	M U/50	51
63	Mark	Agnew	u/a	43.00	M	29	M U/50	52
64	Adam	James		43.11	M	27	M U/50	53
65	Kirsty	Wright	Serpentine	43.16	F	32	W U/50	7
66	Holly	Eagan	u/a	43.36	F	27	W U/50	8
67		McGill	u/a	43.38	M	40	M U/50	54
68	Jose antonio	Gallego		43.52	M	32	M U/50	55
69	Samuel	Gonzalez		43.52	M		M U/50	56
70	Tom	Fender	u/a	43.55	M	42	M U/50	57
71	Alan	Dunnett		43.59	M	60	M O/60	2
72	David	Laurence	u/a	44.03	M	30	M U/50	58
73	Andrew	Tapson		44.06	M	53	M O/50	5
74	Joe	Neanor	u/a	44.20	M	59	M O/50	6
75	Jason	Lermyte		44.23	M	35	M U/50	59
76	Matt	Roberts		44.32	M	23	M U/50	60
77	Becky	Shuttleworth	Clapham Chasers	44.43	F	25	W U/50	9
78	Gabriela	Rendekova	u/a	44.44	F	31	W U/50	10
79	Ciaran	Pocock		44.53	M	29	M U/50	61
80	Demetris	Hadjigeorgiou	u/a	44.57	M	23	M U/50	62
81	Prasant	Pise	u/a	45.03	M	42	M U/50	63
82	Ross	Giggins		45.03	M	32	M U/50	64
83	Edward	Moys		45.06	M	23	M U/50	65
84	Mike	Flowers		45.07	M	44	M U/50	66
85	Nick	Smith	u/a	45.12	M	35	M U/50	67
86	Katie	Blacklock		45.13	F	39	W U/50	11
87	Brett	Rafferty	u/a	45.20	M	28	M U/50	68
88	Adam	Slight		45.29	M	39	M U/50	69
89	Andres	Perez	u/a	45.52	M	36	M U/50	70

90	Tom	Meston		45.55	M	35	M U/50	71
91	Niall	McBride		45.57	M	34	M U/50	72
92	David	Williams		46.00	M	23	M U/50	73
93	Piers	Woolston	Ealing Eagles	46.04	M	52	M O/50	7
94	Michael	Wiggins	u/a	46.09	M	36	M U/50	74
95	Chris	Garrett		46.18	M	29	M U/50	75
96	David	Hansson		46.23	M	40	M U/50	76
97	Maurice	Petignat		46.25	M	24	M U/50	77
98	Alex	Paxton	u/a	46.31	M	30	M U/50	78
99	David	Maeso		46.40	M	32	M U/50	79
100	Monika	Crouse	Hercules Wimbledon AC	46.47	F	36	W U/50	12
101	David	Eames		47.33	M	29	M U/50	80
102	Sherry	Platts		47.49	F	23	W U/50	13
103	James	Lawrence	u/a	47.52	M	30	M U/50	81
104	R	Evi-parker		48.42	M	29	M U/50	82
105	SERGIO	DE LA TORRE		48.48	M	25	M U/50	83
106	Peter	Chadwick	u/a	48.53	M	46	M U/50	84
107	Philip	Turley		49.15	M		M O/70	1
108	Daniel	Griffin		49.19	M	33	M U/50	85
109	James	Taylor	u/a	49.28	M	27	M U/50	86
110	Rachel	Job	Ealing Eagles	49.44	F	34	W U/50	14
111	Scott	Dingley	Serpentine	49.57	M	37	M U/50	87
112	Drew	Hyde	u/a	50.04	M	52	M O/50	8
113	Andrew	Jackson		50.08	M	26	M U/50	88
114	James	Barker		50.10	M	32	M U/50	89
115	Derek	Roebuck		50.13	M	52	M O/50	9
116	Simon	Hart		50.16	M	27	M U/50	90
117	Paul	Breaden		50.27	M	31	M U/50	91
118	Robert	Meyer		50.39	M	25	M U/50	92
119	ANTHONY	FERRIROLI	RRC	50.43	M	45	M U/50	93
120	Annie	Bonney		50.47	F	40	W U/50	15
121	Emma	Bisgrove	Wimbledon Windmillers	50.52	F	28	W U/50	16
122	Roger	Fretwell	Serpentine	50.57	M	54	M O/50	10
123	James	Cooke		51.02	M	23	M U/50	94
124	Nick	Gardner		51.02	M	23	M U/50	95
125	Rachel	Tracy		51.05	F	31	W U/50	17
126	Paul	Broughton		51.12	M	30	M U/50	96
127	Lowri	Hardcastle		51.20	F	31	W U/50	18
128	Nadia	Carpenter	u/a	51.37	F	33	W U/50	19
129	Barbora	Pidgeon	u/a	51.40	F	57	W O/50	1
130	Mark	Asten	Sutton Runners	51.43	M	42	M U/50	97
131	Graham	Wright		51.50	M	52	M O/50	11
132	Karolina	Plent		52.18	F	34	W U/50	20
133	Emma	Danforth		52.19	F	26	W U/50	21
134	Annie	Clemenger		52.50	F	47	W U/50	22
135	Chris	De Looze		53.06	M	30	M U/50	98
136	Dave	Gironi	Serpentine	53.11	M	36	M U/50	99
137	Heather	Binney	Clapham Pioneers	53.15	F	52	W O/50	2
138	Alex	Boutell		53.17	M	34	M U/50	100
139	Peter	Winslett		53.17	M	32	M U/50	101
140	Lucy	Brooke	u/a	53.37	F	26	W U/50	23
141	Eleanor	Davies		53.42	F	26	W U/50	24
142	Blazej	Zimnak		53.48	M	30	M U/50	102
143	Eleanor	Allan		53.53	F	24	W U/50	25
144	Rebecca	Vipele	u/a	53.57	F	29	W U/50	26
145	Yasmin	Ahmed		54.02	F	23	W U/50	27
146	Susie	Reynolds		54.14	F	25	W U/50	28
147	Kelly	Double		54.29	F	23	W U/50	29

148	Meg	Jackson	u/a	54.29	F	35	W U/50	30
149	Kay	Bettis	Serpentine	54.50	F	52	W O/50	3
150	Sam	Thomson		54.55	M	26	M U/50	103
151	Konrad	Choroszkco		54.56	M	31	M U/50	104
152	Robert	Fortes	Serpentine	54.58	M	65	M O/60	3
153	Marta	Salata		55.30	F	29	W U/50	31
154	John	Anckle		56.02	M	50	M O/50	12
155	Ian	Carrick	u/a	56.09	M	47	M U/50	105
156	Ana	Ramalho		56.10	F	30	W U/50	32
157	Chris	Dodds		56.10	F	35	W U/50	33
158	Roberto	Leva		56.10	M	30	M U/50	106
159	Luke	Jonas		56.10	M	32	M U/50	107
160	Gabi	Lynch		56.13	F	28	W U/50	34
161	Fraser	Raleigh		56.22	M	25	M U/50	108
162	Jessica	Thrift		56.22	F	31	W U/50	35
163	John	Collier		56.25	M	68	M O/60	4
164	Jean	Kealy		56.29	F	34	W U/50	36
165	Will	Brookes		56.29	M	34	M U/50	109
166	Sarah	Pollard		56.36	F	37	W U/50	37
167	Jade	Yianni		57.04	F	26	W U/50	38
168	Nadia	Youds		57.17	F	29	W U/50	39
169	Fabricio	Chassot		57.32	M	45	M U/50	110
170	Melissa	Lennartz-Walker		57.34	F	25	W U/50	40
171	Grace	Storm		57.40	F	26	W U/50	41
172	Ausra	Marcinkus		57.45	F	31	W U/50	42
173	Susan	Virtanen		57.45	F	35	W U/50	43
174	Sylwia	Juzkiewicz		57.47	F	31	W U/50	44
175	Kerry	Brandon		57.56	F	31	W U/50	45
176	Jose	Abrantes		57.58	M	30	M U/50	111
177	Elizabeth	Taylor		57.59	F	26	W U/50	46
178	Mike	Gardner		58.04	M	61	M O/60	5
179	Sally	Gardner		58.04	F	27	W U/50	47
180	Hugo	Brookes		58.04	M	28	M U/50	112
181	Chris	Edlin		58.52	M	39	M U/50	113
182	Vanessa	Binggeli		58.59	F	22	W U/50	48
183	Jessica	Fleming		59.08	F	29	W U/50	49
184	Aitor	Diaz		59.16	M	27	M U/50	114
185	Edwin	Bartlett	Vets AC	59.40	M	69	M O/60	6
186	Monika	Gajda		60.27	F	26	W U/50	50
187	Jennifer	Coffey		60.37	F	31	W U/50	51
188	Wendy	Wong		60.49	F	37	W U/50	52
189	Jennifer	Reynolds		60.53	F	28	W U/50	53
190	Peter	McErlean		61.12	M	34	M U/50	115
191	Camila	Gelber		61.20	F	39	W U/50	54
192	Andre	Bothma		61.56	M	29	M U/50	116
193	Valentina	Cordero		62.30	F	31	W U/50	55
194	Emma	Thirkettle		62.53	F	35	W U/50	56
195	Federico A	Zavallo		63.55	M	22	M U/50	117
196	Rudolph	Stewart		63.56	M	47	M U/50	118
197	Maria	Suttle		64.08	F	28	W U/50	57
198	Helen	Fife		64.25	F	27	W U/50	58
199	Libby	Senez		64.30	F	33	W U/50	59
200	Sarah Karyna	Conder	u/a	65.22	F	25	W U/50	60
201	Ester	Teras	u/a	65.22	F	30	W U/50	61
202	Anita	Smreczak		66.46	F	52	W O/50	4
203	Gabriela	Ramirez		66.59	F	28	W U/50	62
204	A	Olano		67.25	F	28	W U/50	63
205	Claire	Choi		67.53	F	29	W U/50	64

206	Madeleine	Rudge	u/a	68.23	F	30	W U/50	65
207	Valentine	Monot		68.35	F	33	W U/50	66
208	Lola	Bhadmus		69.21	F	33	W U/50	67
209	Severine	Foisy d'Angicourt		70.15	F	39	W U/50	68
210	Marc	Menem		70.15	M	34	M U/50	119
211	Oliver	Heggs		71.12	M	50	M O/50	13
212	catherine	perryman		71.20	F	49	W U/50	69
213	Elizabeth	Bronka		71.20	F	32	W U/50	70
214	Vickie	Wetton		73.18	F	19	W U/50	71
215	Lisa	Macdonald		85.29	F	37	W U/50	72
216	Frederique	Suffisseau		85.29	F	32	W U/50	73
217	Stacey	Neesham		89.11	F	25	W U/50	74