



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
March 23rd, 2013

Dear Runners

On a very cold morning, in wet snowy rain, 157 intrepid runners completed the 10K in Battersea Park. Jason Cherriman came in first in 32.05 and Leanne Hartling won the ladies race in 38.48. Our Monday evening races start with a 5K on June 3rd and our next 10K is on Saturday 15th June - we look forward to seeing you all then.
Medal winners and all results below.

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	Age
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MEN UNDER 50

1st	Jason	Cherriman	Orpington Road Runners	32.05	32
2nd	Michael	Hiscott	Maidenhead AC	34.02	29
3rd	Alex	Milne	Enfield & Haringey AC	34.14	23
4th	James	Gordon	Cambridge harriers	34.41	36
5th	Paul	Cheetham	Barnes Runners	35.35	40
6th	Marcus	Cram	Morpeth Harriers	35.49	20
7th	Ali	King		36.12	30

WOMEN UNDER 50

1st	Leanne	Harling		38.48	30
2nd	Joy	Wright		42.53	37
3rd	Claire	Thornhill	London Heathside RC	44.49	33
4th	Sophia	De Rivaz		46.04	28

5th	Silvia	Peruch		47.12	25
6th	Emma	Hutchings		47.37	23
7th	Erin	Hallock		48.15	35

MEN VET 50

1st	Eberhard	Prill	Dulwich Runners	38.12	51
2nd	John	Witton		40.27	59
3rd	Matthew	Taylor		41.54	52

WOMEN VET 50

1st	Anita	Smreczak		66.44	51
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MEN VET 60

1st	Terry	Avey	brighton phoenix ac	43.11	62
2nd	Edwin	Bartlett	Vets AC	58.54	68

WOMEN VET 60

1st	Maggie	Hindley		75.52	63
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	Age	M/F	Cat	Cat Pos.
1	Jason	Cherriman	Orpington Road Runners	32.05	32	M	M U/50	1
2	Michael	Hiscott	Maidenhead AC	34.02	29	M	M U/50	2
3	Alex	Milne	Enfield & Haringey AC	34.14	23	M	M U/50	3
4	James	Gordon	Cambridge harriers	34.41	36	M	M U/50	4
5	Paul	Cheetham	Barnes Runners	35.35	40	M	M U/50	5
6	Marcus	Cram	Morpeth Harriers	35.49	20	M	M U/50	6
7	Ali	King		36.12	30	M	M U/50	7
8	Alexis	Fuller		36.15	26	M	M U/50	8
9	Pascal	Evans	Stragglers	36.37	43	M	M U/50	9
10	Gary	Eaborn	Serpentine	37.04	44	M	M U/50	10
11	David	Oxland	Road Runners Club	37.37	34	M	M U/50	11
12	George	Roux		37.57	23	M	M U/50	12
13	Dylan	Grimes	Barnes Runners	37.59	45	M	M U/50	13
14	Paul	Nicoll	Ranelagh Harriers	38.01	32	M	M U/50	14
15	Eberhard	Prill	Dulwich Runners	38.12	51	M	M O/50	1
16	Al	Riley		38.14	32	M	M U/50	15
17	Frank	Wood	Hercules Wimbledon	38.36	48	M	M U/50	16
18	Daniel	Gaffney		38.46	30	M	M U/50	17
19	Leanne	Harling		38.48	30	F	W U/50	1
20	Paul	Quinton	East London Runners	38.58	33	M	M U/50	18
21	Paul	Devine	Dulwich Runners	39.16	35	M	M U/50	19
22	Marc	Brown		39.26	29	M	M U/50	20
23	Liam	Snelling		39.27	35	M	M U/50	21
24	Rob	Cope	Dulwich Runners AC	39.27	39	M	M U/50	22
25	Sef	Tuma		39.32	38	M	M U/50	23
26	Scott	Hemmens	Dulwich Runners	39.40	33	M	M U/50	24
27	Ed	Devenport	Serpentine RC	39.51	27	M	M U/50	25
28	Johnny	Amos		39.53	27	M	M U/50	26
29	Pedro	Reis e Sa	Serpentine RC	39.55	35	M	M U/50	27
30	Scott	Percival		39.55	30	M	M U/50	28
31	Laurent	LE MÉE	Serpentine RC	39.58	36	M	M U/50	29
32	Joseph	Brady	Dulwich Runners AC	40.24	46	M	M U/50	30

33	Marcus	Honig		40.26	33	M	M U/50	31
34	John	Witton		40.27	59	M	M O/50	2
35	Sam	Allpass	Barnes/Serpentine	40.29	47	M	M U/50	32
36	Thomas	Cassidy	Trent Park Running Club	40.40	25	M	M U/50	33
37	Donald	Matheson		40.54	33	M	M U/50	34
38	Neil	Barnes		40.57	37	M	M U/50	35
39	Andy	Welsh		40.58	41	M	M U/50	36
40	Ben	De Rivaz		40.59	29	M	M U/50	37
41	Sam	Burrell	Clapham Chasers	41.10	29	M	M U/50	38
42	?	?		41.12		M	M U/50	39
43	Kristian	Ekblom		41.25	29	M	M U/50	40
44	David	Mitchell	London Heathside RC	41.25	44	M	M U/50	41
45	Darren	Jackson	Striders of Croydon	41.31	41	M	M U/50	42
46	Matthew	Taylor		41.54	52	M	M O/50	3
47	Euan	Matheson		42.17	31	M	M U/50	43
48	Mark	Walsh		42.29	35	M	M U/50	44
49	Hubert	Brandts		42.38	45	M	M U/50	45
50	Mike	Connolly		42.44	26	M	M U/50	46
51	Stephen	Richards	Clapham Runners	42.47	48	M	M U/50	47
52	Joy	Wright		42.53	37	F	W U/50	2
53	Will	Kennedy		43.03	28	M	M U/50	48
54	David	Carlisle		43.03	35	M	M U/50	49
55	Terry	Avey	brighton phoenix ac	43.11	62	M	M O/60	1
56	Rowan	Parkhouse		43.13	24	M	M U/50	50
57	Tim	Perkins		43.17	34	M	M U/50	51
58	Edward	Debenham		43.17	35	M	M U/50	52
59	Alan	Dunnett		43.25	59	M	M O/50	4
60	Phil	Solarski		43.37	35	M	M U/50	53
61	Rob	Shields		43.46	32	M	M U/50	54
62	Philip	Wyard	Canterbury harriers	44.07	50	M	M O/50	5
63	Stuart	Whiteford	Giffnock North AAC	44.12	22	M	M U/50	55
64	David	Turnbull		44.47	27	M	M U/50	56
65	Claire	Thornhill	London Heathside RC	44.49	33	F	W U/50	3
66	Joe	Le Jehan		44.53	34	M	M U/50	57
67	Andrew	Brown		44.54	37	M	M U/50	58
68	Matt	Williams	Serpentine RC	44.58	37	M	M U/50	59
69	William	Johnson		45.09	34	M	M U/50	60
70	Dan	Lizi	Clapham Chasers	45.24	34	M	M U/50	61
71	James	Hall		45.27	35	M	M U/50	62
72	Thomas	Ward		45.31	25	M	M U/50	63
73	Graham	Hall		45.48	34	M	M U/50	64
74	Greg	Haskins	Highate Harriers	45.53	32	M	M U/50	65
75	Sophia	De Rivaz		46.04	28	F	W U/50	4
76	Omar	Jonsson		46.23	25	M	M U/50	66
77	Grant	Martin		46.35	31	M	M U/50	67
78	Yann	Ryan		47.02	28	M	M U/50	68
79	Silvia	Peruch		47.12	25	F	W U/50	5
80	Andrew	Milnes		47.20	29	M	M U/50	69
81	Emma	Hutchings		47.37	23	F	W U/50	6
82	Stephen	Mc Nicholas		48.14	34	M	M U/50	70
83	Erin	Hallock		48.15	35	F	W U/50	7
84	Amy	Hill		48.23	24	F	W U/50	8
85	Anders	Strandh		48.33	39	M	M U/50	71
86	Dale	Elliott		48.45	32	M	M U/50	72
87	Adam	Bloch		49.03	43	M	M U/50	73
88	Philip	Isaac		49.15	25	M	M U/50	74
89	Doug	Speed		49.15	30	M	M U/50	75
90	Peter	Kennedy		49.32	51	M	M O/50	6

91	Harry	Osborn		50.00	24	M	M U/50	76
92	Jonathan	Tottle		50.00	23	M	M U/50	77
93	Aoibhin	O'Neill		50.01	26	F	W U/50	9
94	John	Crockford		50.31	44	M	M U/50	78
95	Chris	Carmichael		50.49	38	M	M U/50	79
96	William	Godfrey		50.56	36	M	M U/50	80
97	John	Sharpe		50.58	46	M	M U/50	81
98	Piers	Woolston	Ealing Eagles	51.37	52	M	M O/50	7
99	Nicole	Cornfield		51.43	35	F	W U/50	10
100	Mike	Bourke		51.43	26	M	M U/50	82
101	Mark	Montanaro		51.48	24	M	M U/50	83
102	Lukas	Demgenski		51.53	29	M	M U/50	84
103	Ian	Macfarlane		51.56	44	M	M U/50	85
104	zoe	stopford		52.01	36	F	W U/50	11
105	Ryan	Easterbrook		52.03	25	M	M U/50	86
106	Samantha	Sparg		52.03	24	F	W U/50	12
107	Christina	Godsk Hansen		52.05	37	F	W U/50	13
108	Stephen	Laybur		52.15	48	M	M U/50	87
109	Olivia	Darlington		52.16	27	F	W U/50	14
110	Anthony	Mckale		52.16	30	M	M U/50	88
111	?	?		52.16		M	M U/50	89
112	Agathe	Sezanne		52.17	25	F	W U/50	15
113	Samuel	Weller		52.36	22	M	M U/50	90
114	Tony	Crook	Barnet AC	52.54	49	M	M U/50	91
115	Sarah	Hiscott		52.58	25	F	W U/50	16
116	Jasmine	Voos		53.03	29	F	W U/50	17
117	Sebastian	Hutchings		53.07	33	M	M U/50	92
118	Matthew	Semple		54.05	29	M	M U/50	93
119	Lise	Honsinger		54.27	28	F	W U/50	18
120	Deepa	Shah		54.32	26	F	W U/50	19
121	Julia	Semple		54.47	29	F	W U/50	20
122	Jennifer	Layburn		55.10	47	F	W U/50	21
123	Alice	Wightwick		55.10	25	F	W U/50	22
124	Siafon	Owen	Ealing Eagles	55.57	28	F	W U/50	23
125	Aine	Cassidy		56.04	32	F	W U/50	24
126	Theodore	Chen	Serpentine RC	56.33	39	M	M U/50	94
127	Hannah	Orchard		56.37	29	F	W U/50	25
128	Thomas	Kalinowski		57.02	22	M	M U/50	95
129	Alienor	Davies		57.53	34	F	W U/50	26
130	Fabienne	Bennady		58.01	42	F	W U/50	27
131	Richard	Stringfellow		58.27	30	M	M U/50	96
132	Susie	Stringfellow		58.39	30	F	W U/50	28
133	Vicky	Voller		58.44	33	F	W U/50	29
134	Sarah	Phillips		58.47	23	F	W U/50	30
135	Edwin	Bartlett	Vets AC	58.54	68	M	M O/60	2
136	Kia	McLean		58.55	24	F	W U/50	31
137	Shana	Jarrettt		59.02		F	W U/50	32
138	Jo	Sharp		59.33	28	F	W U/50	33
139	Laura	Bamforth	Ealing Eagles	59.41	30	F	W U/50	34
140	Kylie	Campbell		59.41	32	F	W U/50	35
141	Jenny	Bamforth	Ealing Eagles	59.41	27	F	W U/50	36
142	Laura	Hamilton		59.50	24	F	W U/50	37
143	Chrissie	Rothnie		59.55	23	F	W U/50	38
144	Kirsty	Quarrington		60.42	23	F	W U/50	39
145	Anastasia Kath	Terzeon		60.42	25	F	W U/50	40
146	Katherine	Pitcher		60.47	25	F	W U/50	41
147	Joanne	Muller		60.47	23	F	W U/50	42
148	Catherine	Courtney-Diggins		60.55	24	F	W U/50	43

149	Lucy	Courtney-Diggins		61.43	27	F	W U/50	44
150	Sabrina	Schärf		64.49	24	F	W U/50	45
151	Paula	Sicoli		65.19	24	F	W U/50	46
152	Anita	Smreczak		66.44	51	F	W O/50	1
153	?	R		72.00	41	F	W U/50	47
154	Isabella	Martinez		73.48	22	F	W U/50	48
155	Maggie	Hindley		75.52	63	F	W O/60	1
156	?	?		79.27				
157	Indy	Carmichael		81.25	39	F	W U/50	49