



# 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 May 3rd, 2014

### Dear Runners

A clear sunny day in May saw 147 runners cross the line in today's 10K. The lead men set out at a blistering pace but no one could stay with Andy Greenleaf who stormed home in 31.22. Tony Tuohy set a course record of 34.31 for the Men Vet 50 - CONGRATULATIONS! Gabriela de la Cerda won the ladies race in 40.32. Our next 10K is on Saturday 14th June but our Monday evening summer races start on 2nd June with a 5K. We look forward to seeing you all soon.

Medal winners and all results below.

### MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	M/F	Age
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#### MEN UNDER 50

1st	Andy	Greenleaf	Serpentine	31.22	M	31
2nd	Alex	Milne	Enfield & Haringey AC	32.26	M	24
3rd	Danny	Kendall	Cambridge Harriers	32.50	M	35
4th	Hugh	Torry	Serpentine	32.52	M	35
5th	Alex	Davy	Leeds City AC	32.53	M	24
6th	Simon	Barrett		33.43	M	39
7th	Rick	Weston		33.57	M	27

#### WOMEN UNDER 50

1st	Gabriela	De la Cerda		40.32	F	37
2nd	Emi	Lehane	Herne Hill Harriers	40.43	F	33
3rd	Laura	Denison	Serpentine	41.41	F	37
4th	Amy	Lam	Sudney Striders	42.24	F	32
5th	Sophie	Wiles	Epsom Oddballs	42.28	F	32

6th	Aileen	Hooper	Clapham Chasers	42.41	F	31
7th	Gabriela	Rendekova		43.20	F	31

### **MEN VET 50**

1st	Tony	Tuohy	Dulwich R	34.31	M	51
2nd	Roger	Beardsworth		38.23	M	53
3rd	Tony	Casey	Runnymede	39.53	M	57

### **WOMEN VET 50**

1st	Kay	Betts	Serpentine	50.20	F	53
2nd	Hariette	Spierings		55.18	F	55

### **MEN VET 60**

1st	Ian	Mursell	Vets AC	46.13	M	63
2nd	Richie	Byrne		53.54	M	61

## **OVERALL RESULTS**

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Andy	Greenleaf	Serpentine	31.22	M	31	M U/50	1
2	Alex	Milne	Enfield & Haringey AC	32.26	M	24	M U/50	2
3	Danny	Kendall	Cambridge Harriers	32.50	M	35	M U/50	3
4	Hugh	Torry	Serpentine	32.52	M	35	M U/50	4
5	Alex	Davy	Leeds City AC	32.53	M	24	M U/50	5
6	Simon	Barrett		33.43	M	39	M U/50	6
7	Rick	Weston		33.57	M	27	M U/50	7
8	Alex	Bellew	Bedford&County	34.16	M	23	M U/50	8
9	Martin	O'Connell	Serpentine RC	34.17	M	28	M U/50	9
10	Tony	Tuohy	Dulwich R	34.31	M	51	M O/50	1
11	Stephen	Hodges	Cambridge H	34.41	M	31	M U/50	10
12	James	Gillanders	London Frontrunners	34.50	M	36	M U/50	11
13	John	McSevery	Mornington Chasers	34.56	M	28	M U/50	12
14	Tal	Ramsay	Clapham Chasers	35.13	M	21	M U/50	13
15	Peter	Holmes	Serpentine	35.38	M	36	M U/50	14
16	Steven	Artist	London Frontrunners	35.56	M	29	M U/50	15
17	David	Evans	Serpentine	35.57	M	24	M U/50	16
18	Jonathan	Moscrop	London Frontrunners	36.38	M	40	M U/50	17
19	JOSE ANTONIO	GARCIA MARCO	TRIATLON TECNIFICACION TORREV	36.46	M	36	M U/50	18
20	Ryan	McCrickerd		37.05	M	25	M U/50	19
21	Matthieu	PREVOT	Clapham Chasers	37.15	M	36	M U/50	20
22	Mark	Rose		37.42	M	35	M U/50	21
23	Simon	Harris	Beckenham	37.56	M	40	M U/50	22
24	Robert	Wilbraham	Woodford Green	38.20	M	30	M U/50	23
25	Roger	Beardsworth		38.23	M	53	M O/50	2
26	Lawrence	Bate	Dorking & Mole Valley	38.58	M	46	M U/50	24
27	Adrian	Smith		39.00	M	36	M U/50	25
28	Simon	Thornhill	Sutton R	39.11	M	31	M U/50	26
29	Mark	Parrett		39.15	M	32	M U/50	27
30	Manuel	Corriente	Vegetarian Cycling & AC	39.27	M	43	M U/50	28
31	Frank	Wood	Hercules Wimbledon	39.45	M	49	M U/50	29
32	Tony	Casey	Runnymede	39.53	M	57	M O/50	3
33	Peter	Clarke	Serpentine	39.55	M	46	M U/50	30
34	Sam	Alpass	Barnes Runners	40.14	M	48	M U/50	31
35	Richard	Hooley	Thames Valley H	40.16	M	52	M O/50	4

36	Darryl	Coulter	Kent AC	40.29	M	43	M U/50	32
37	Gabriela	De la Cerda		40.32	F	37	W U/50	1
38	Emi	Lehane	Herne Hill Harriers	40.43	F	33	W U/50	2
39	Mark	Kell	Serpentine	40.55	M	33	M U/50	33
40	Ugo	Messina		40.59	M	36	M U/50	34
41	Simon	Pannell	Striders of Croydon	41.09	M	53	M O/50	5
42	Bradley	Brown	Ilford AC	41.28	M	41	M U/50	35
43	Ben	Mayo		41.29	M	22	M U/50	36
44	Mark	Stewart	Serpentine	41.30	M	36	M U/50	37
45	Laura	Denison	Serpentine	41.41	F	37	W U/50	3
46	Simon	Ogle	Ranelagh Harriers	41.51	M	44	M U/50	38
47	Tom	Nicholls		41.55	M	30	M U/50	39
48	Matthew	Buck		41.59	M	29	M U/50	40
49	Terry	Avey	Brighton Phoenix	42.03	M	63	M O/60	1
50	Colin	McSeveny		42.05	M	60	M O/60	2
51	Andy	Bartlett		42.13	M	33	M U/50	41
52	Mark	Booth		42.20	M	50	M O/50	6
53	Amy	Lam	Sudney Striders	42.24	F	32	W U/50	4
54	Sophie	Wiles	Epsom Oddballs	42.28	F	32	W U/50	5
55	Stephen	Richards	Clapham Runners	42.37	M	49	M U/50	42
56	Alan	Thornton		42.41	M	32	M U/50	43
57	Aileen	Hooper	Clapham Chasers	42.41	F	31	W U/50	6
58	Sean	Page		42.57	M	40	M U/50	44
59	Eoin	Lehane		43.05	M	29	M U/50	45
60	Jose	Andreo		43.20	M	24	M U/50	46
61	Gabriela	Rendekova		43.20	F	31	W U/50	7
62	Alan	Dunnett		43.29	M	60	M O/60	3
63	Neil	Holmes		43.41	M	28	M U/50	47
64	Monika	Crouse	Hercules Wimbledon	43.49	F	36	W U/50	8
65	Andrew	Monteith		44.03	M	26	M U/50	48
66	Gavin	Parish	London Heathside	44.16	M	37	M U/50	49
67	Peter	Marrail	Serpentine	44.22	M	42	M U/50	50
68	Lucy	Harris	Fulham RC	44.40	F	42	W U/50	9
69	Claes	Spang		44.50	M	39	M U/50	51
70	No 666			44.57	M		M U/50	52
71	Richard	James		45.12	M	41	M U/50	53
72	Stephen	McNicholas		45.22	M	35	M U/50	54
73	Stephen	Hough		46.03	M	29	M U/50	55
74	Ian	Mursell	Vets AC	46.13	M	63	M O/60	4
75	Lloyd	Jones		46.23	M	29	M U/50	56
76	Nicola	Meheran		46.23	F	28	W U/50	10
77	David	Maeso		46.23	M	33	M U/50	57
78	Sarah	Brogden	Mornington Chasers	46.24	F	25	W U/50	11
79	Philip	Bowker		46.39	M	27	M U/50	58
80	Annika	Alexopoulou	Clapham Runners	47.08	F	38	W U/50	12
81	Hannah	McQuarrie	Mornington Chasers	47.30	F	28	W U/50	13
82	Sinead	Tyro		47.35	F	33	W U/50	14
83	Len	McDonnell		47.40	M	44	M U/50	59
84	Emma	Hayward	Mornington Chasers	47.57	F	27	W U/50	15
85	Ramon	Selvakumaran		48.04	M	24	M U/50	60
86	David	Lee		48.12	M	25	M U/50	61
87	Hannah	Martin		48.12	F	23	W U/50	16
88	Kaan	Ozcelik	Marathonist, Turkey	48.20	M	33	M U/50	62
89	Ken	McCracken		48.21	M	35	M U/50	63
90	Stephen	Wingate		48.21	M	39	M U/50	64
91	Martin	Spence	Vets AC	48.35	M	59	M O/50	7
92	Roger	Fretwell	Serpentine	49.08	M	54	M O/50	8
93	Peter	Kennedy	Serpentine	49.13	M	52	M O/50	9

94	Zulema	Rivero-Suarez		49.14	F	28	W U/50	17
95	Javier	Vicente Collado		49.21	M	35	M U/50	65
96	Yusuf	Bekir		49.23	M	39	M U/50	66
97	Mary	O'Brien		49.43	F	30	W U/50	18
98	Anthony	Ferrioli	RRC	49.57	M	46	M U/50	67
99	Mark	Bell		50.00	M	29	M U/50	68
100	Barry	McGinness		50.00	M	29	M U/50	69
101	Claire	Davis		50.05	F	30	W U/50	19
102	Jo	Sackett		50.09	F	36	W U/50	20
103	Kay	Betts	Serpentine	50.20	F	53	W O/50	1
104	Chris	Dodds		50.29	F	35	W U/50	21
105	Heino	Von Wielligh		50.42	M	36	M U/50	70
106	Katherine	Elwme Jones		50.59	F	37	W U/50	22
107	Sharon	Radburn		51.09	F	31	W U/50	23
108	Tessa	Briscoe		51.30	F	31	W U/50	24
109	William	Joyce		51.47	M	26	M U/50	71
110	Matt	Joyce		51.49	M	32	M U/50	72
111	Jennifer	Lambley		51.53	F	24	W U/50	25
112	Oliver	Denney		52.00	M	27	M U/50	73
113	Callan	Harris		52.08	M	32	M U/50	74
114	Harry	Cambridge		52.17	M	25	M U/50	75
115	Jean-Philippe	Perraud		52.58	M	37	M U/50	76
116	Ian	Carrick		53.41	M	48	M U/50	77
117	Richie	Byrne		53.54	M	61	M O/60	5
118	Jess	Parfitt		54.01	F	22	W U/50	26
119	Dave	Wong		54.16	M	39	M U/50	78
120	Alastair	Milner		54.20	M	39	M U/50	79
121	Anthony	Alleyne		54.39	M	42	M U/50	80
122	Mav	Wynn		54.52	F	41	W U/50	27
123	Jasmin	McNeill	Sweatshop Running Community	54.57	F	22	W U/50	28
124	Luke	Jones	Sweatshop Running Community	54.57	M	23	M U/50	81
125	Hayette	Spierings		55.18	F	55	W O/50	2
126	Meg	Jackson		55.25	F	36	W U/50	29
127	Charlotte	Allan		56.01	F	26	W U/50	30
128	Anna	Costello		56.21	F	38	W U/50	31
129	Caroline	Williams		56.23	F	34	W U/50	32
130	Angharad	Thomas		57.15	F	31	W U/50	33
131	Lulu	Rashid		57.21	F	24	W U/50	34
132	Kate	Lawrence		57.25	F	37	W U/50	35
133	Dijana	Dawson		57.38	F	37	W U/50	36
134	Gorham	Taylor		58.38	F	23	W U/50	37
135	Laura	Holden	n/a	59.18	F	26	W U/50	38
136	Sally	Booth		60.30	F	48	W U/50	39
137	Miranda	Stobbs		61.12	F	29	W U/50	40
138	Laure	Riboud		61.15	F	29	W U/50	41
139	Geof	Ellingham	Tynebridge Harriers	61.30	M	49	M U/50	82
140	Sophie	Hewitt		61.30	F	26	W U/50	42
141	Leon	Menezes		61.53	M	39	M U/50	83
142	Heather	Pozzo		64.52	F	37	W U/50	43
143	Sophie	Farooque		66.16	F	41	W U/50	44
144	Kate	McKenna		67.03	F	25	W U/50	45
145	Lourdes	Berrocal		69.04	F	33	W U/50	46
146	Helen	Chantry		73.11	F	46	W U/50	47
147	Ricardo	Bittini		74.35	M	35	M U/50	84

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