



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
10 K
Battersea Park
8am
July 7th, 2012

Dear Runners

175 runners completed the course - Jonathan Poole winning in 33.44. Lauren Tolmie won the Ladies Race in 38.19. Our next race is Monday 9th July (5K). Our next 10K is on Saturday 4th August during the Olympics! All results including medal winners and all individual results are below. See you all soon.....

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	AGE
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MEN UNDER 50

1st	Jonathan	Poole	33.44	M	29
2nd	Michael	O'Neill	33.58	M	25
3rd	Stuart	Beaney	34.11	M	38
4th	Paul	Bell	34.20	M	39
5th	Dan	Madams	34.45	M	38
6th	Juan	Ferrer	34.51	M	34
7th	Matthew	Sharp	34.55	M	33

WOMEN UNDER 50

1st	Lauren	Tolmie	38.19	F	23
2nd	Michelle	Sandison	38.46	F	32
3rd	Victoria	Carter	39.58	F	41
4th	Jenny	Simms	40.35	F	25
5th	Sarah	Cole	41.28	F	33
6th	Rosy	Temple	41.39	F	22
7th	Martha	Barnett	44.40	F	32

MEN VET 50

1st	John	Foster	Striders of Croydon	38.09	M	53
2nd	Gary	Ironmonger		39.40	M	50
3rd	John	Witton	u/a	42.23	M	58

WOMEN VET 60

1st	Maggie	Hindley		69.25	F	63
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MEN VET 60

1st	Jude	Collins		39.59	M	69
2nd	Terry	Avey	Brighton Phoenix AC	41.09	M	61

MEN VET 70

1st	Tony	Merritt	Burnham Joggers	59.23	M	72
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Jonathan	Poole		33.44	M	29	M U/50	1
2	Michael	O'Neill	Reading AC	33.58	M	25	M U/50	2
3	Stuart	Beaney	Kent AC	34.11	M	38	M U/50	3
4	Paul	Bell	Kent AC	34.20	M	39	M U/50	4
5	Dan	Madams	London Heathside	34.45	M	38	M U/50	5
6	Juan	Ferrer		34.51	M	34	M U/50	6
7	Matthew	Sharp	Hercules Wimbledon	34.55	M	33	M U/50	7
8	Tony	Tuohy	Dulwich Runners	35.16	M	49	M U/50	8
9	James	Gillanders	London Fronrunners	35.35	M	34	M U/50	9
10	Robert	Tuer	Clapham Chasers	35.37	M	26	M U/50	10
11	HARRY	BLAKELOCK		35.54	M	31	M U/50	11
12	Jonathan	Moscrop	London Fronrunners	36.11	M	38	M U/50	12
13	Dermot	Bryers	Victoria Park Harriers	36.30	M	29	M U/50	13
14	Steve	Starvis	Striders of Croydon	36.42	M	40	M U/50	14
15	adam	davey	london fronrunners	37.23	M	37	M U/50	15
16	Anthony	Gilling		37.26	M	48	M U/50	16
17	Winston	Parkinson	Herne Hill	37.38	M	38	M U/50	17
18	Mark	Speed		38.00	M	38	M U/50	18
19	John	Foster	Striders of Croydon	38.09	M	53	M O/50	1
20	Lauren	Tolmie	Newham Essex Beagles	38.19	F	23	W U/50	1
21	Josh	Elderfield	Medway & Maidstone AC	38.29	M	20	M U/50	19
22	Gavin	Doig		38.31	M	33	M U/50	20
23	Euan	Hosie		38.34	M	30	M U/50	21
24	Matthew	Chataway		38.39	M	30	M U/50	22
25	Michelle	Sandison	Springburn Harriers	38.46	F	32	W U/50	2
26	Stephen	Campbell	Shaftesbury Barnet Harriers	39.04	M	43	M U/50	23
27	Dan	O'Sullivan		39.12	M	35	M U/50	24
28	Ian	Doig		39.16	M	33	M U/50	25
29	Bruno	Ferrari		39.30	M	21	M U/50	26
30	Alex	West	Serpentine Running Club	39.39	M	27	M U/50	27
31	Martin	Leitner	Sri Chinmoy AC	39.40	M	31	M U/50	28
32	Gary	Ironmonger		39.40	M	50	M O/50	2
33	Scott	Hemmens	Dulwich Runners	39.44	M	33	M U/50	29
34	Christopher	Poole		39.50	M	29	M U/50	30

35	Tom	Cheetham	Hercules Wimbledon	39.57	M	45	M U/50	31
36	Victoria	Carter	Serpentine	39.58	F	41	W U/50	3
37	Jude	Collins		39.59	M	69	M O/60	1
38	Kevin	James		40.00	M	37	M U/50	32
39	Andrew	Ledger		40.13	M	34	M U/50	33
40	Ben	Thomas		40.19	M	30	M U/50	34
41	TOM	WEBB		40.26	M	42	M U/50	35
42	Jenny	Simms		40.35	F	25	W U/50	4
43	Simon	Brotherson	QPH	40.38	M	47	M U/50	36
44	Leo	Pemberton	London Heathside	40.45	M	34	M U/50	37
45	Richard	Johnson	Dulwich Park Runners	40.48	M	34	M U/50	38
46	Mark	Stewart	Serpentine Running Club	40.52	M	34	M U/50	39
47	Tim	Murphy		40.56	M	25	M U/50	40
48	Stephen	Harris	Striders of Croydon	40.57	M	42	M U/50	41
49	Stephen	Newport		41.01	M	46	M U/50	42
50	terry	avey	Brighton Phoenix AC	41.09	M	61	M O/60	2
51	Harry	Hutchin		41.13	M	17	M U/50	43
52	Chris	McCarthy	Serpentine Running Club	41.14	M	20	M U/50	44
53	Sarah	Cole		41.28	F	33	W U/50	5
54	James	Kenedy		41.29	M	38	M U/50	45
55	Rosy	Temple	Fulham RC	41.39	F	22	W U/50	6
56	Marcel	Hiurst		41.40	M	21	M U/50	46
57	Patrick	Kiernan		41.46	M	49	M U/50	47
58	Matthew	Ives		41.49	M	49	M U/50	48
59	Noah	Bold		42.12	M	34	M U/50	49
60	Stuart	Easter		42.13	M	33	M U/50	50
61	Nicholas	Tester		42.13	M	31	M U/50	51
62	Nicholas	Towell	SERPENTINE	42.18	M	29	M U/50	52
63	John	Witton	u/a	42.23	M	58	M O/50	3
64	David	Mitchell	Heathside	42.29	M	43	M U/50	53
65	Nick	Knight-Evans		42.36	M	42	M U/50	54
66	Mark	Walsh		42.37	M	34	M U/50	55
67	Richard	Trinder		42.58	M	39	M U/50	56
68	Christopher	Kay		43.00	M	28	M U/50	57
69	Allan	Dunnett	u/a	43.03	M	58	M O/50	4
70	Adrian	Brook		43.55	M	32	M U/50	58
71	Fred	Merchant		43.56	M	27	M U/50	59
72	Andy	Botting		44.17	M	30	M U/50	60
73	David	Hough		44.20	M	23	M U/50	61
74	Steven	Nash		44.28	M	26	M U/50	62
75	Dave	Compton		44.29	M	49	M U/50	63
76	Martha	Barnett		44.40	F	32	W U/50	7
77	Michael	Oswald		44.44	M	30	M U/50	64
78	Chloe	Hawkins	Hercules Wimbledon	44.51	F	31	W U/50	8
79	Amelia	Smith		44.55	F	30	W U/50	9
80	Roger	Harding		45.05	M	30	M U/50	65
81	Heino	Vonwielligh		45.14	M	34	M U/50	66
82	Adam	Molina	Serpentines	45.45	M	34	M U/50	67
83	Alesso	Donachie		45.53	M	36	M U/50	68
84	Klaus	Thorup		46.12	M	36	M U/50	69
85	David	Ruegg		46.13	M	42	M U/50	70
86	Laura	Dalbey	Belgrave	46.19	F	30	W U/50	10
87	Daniel	Smith		46.30	M	30	M U/50	71
88	Alastair	McHarrie		46.38	M	42	M U/50	72

89	Andrew	Dickens	Clapham Pioneers	46.58	M	41	M U/50	73
90	Lisa	Tolliday		46.58	F	30	W U/50	11
91	James	Mair		47.04	M	23	M U/50	74
92	Donna	Richards	Sutton Runners	47.04	F	40	W U/50	12
93	Niall	Sullivan		47.18	M	38	M U/50	75
94	Simon	Addyman		47.22	M	44	M U/50	76
95	Erica	Allen		47.26	F	32	W U/50	13
96	Neil	Campbell		47.28	M	32	M U/50	77
97	Pierre	Micottis		47.45	M	47	M U/50	78
98	Mark	Plonka		47.54	M	34	M U/50	79
99	caine	osborne		48.00	M	30	M U/50	80
100	William	Paterson		48.01	M	31	M U/50	81
101	Edward	Devenport		48.1	M	26	M U/50	82
102	Robert	Sandes		48.27	M	27	M U/50	83
103	David	Shortridge	Victoria Park Harriers	48.35	M	42	M U/50	84
104	Annika	Alexopoulou	Clapham Runners	48.38	F	36	W U/50	14
105	Siobhan	Gee		48.39	F	30	W U/50	15
106	Martin	Spence	Veterans AC	48.43	M	57	M O/50	5
107	Edmund	Freeman		48.47	M	33	M U/50	85
108	John	Sharpe		48.59	M	46	M U/50	86
109	Victor	Hernandez Hernandez		49.06	M	39	M U/50	87
110	Ian	Bleasdale		49.18	M	46	M U/50	88
111	Martin	Haines		49.19	M	40	M U/50	89
112	Paul	Bates		49.22	M	40	M U/50	90
113	Katie	Williams		49.23	F	32	W U/50	16
114	Lucy	Cheyne		49.36	F	29	W U/50	17
115	simon	luff		49.36	M	29	M U/50	91
116	Hugh	French	Clapham Chasers	49.36	M	36	M U/50	92
117	Charlotte	Elwes		50.13	F	29	W U/50	18
118	Sarah	Blakelock		50.36	F	31	W U/50	19
119	mike	roberts		50.40	M	34	M U/50	93
120	Sofia	Sacarello		51.02	F	26	W U/50	20
121	Jari	Worsley		51.06	M	41	M U/50	94
122	Arnaud	Leleu		51.38	M	35	M U/50	95
123	Andrew	Charlesworth-May		51.46	M	48	M U/50	96
124	Anne	Johannsen		51.48	F	27	W U/50	21
125	Claire	Houston		51.50	F	42	W U/50	22
126	sutharshan	sundaramoorthy		51.59	M	35	M U/50	97
127	Miriam	Bremer		52.15	F	37	W U/50	23
128	Vincent	Lynch		52.36	M	38	M U/50	98
129	Gary	Walsh		52.38	M	30	M U/50	99
130	Colin	Varley		52.47	M	37	M U/50	100
131	Rachel	Everett		53.04	F	23	W U/50	24
132	Andrew	Denial		53.09	M	35	M U/50	101
133	Kevin	Culhane		53.26	M	35	M U/50	102
134	Roger	Pennington		53.31	M	30	M U/50	103
135	Mauro	Gabriele		53.35	M	48	M U/50	104
136	sam	hannigan		53.42	M	26	M U/50	105
137	Jade	Franklin		53.48	F	28	W U/50	25
138	Clare	Ledger		53.56	F	38	W U/50	26
139	Nicola	Froud		54.11	F	28	W U/50	27
140	Abigail	Coombs		54.48	F	29	W U/50	28
141	Nicola	Collins	Serpentine	55.49	F	32	W U/50	29
142	Kate	Cowans		55.52	F	30	W U/50	30

143	Phoebe	Collins		56.10	F	40	W U/50	31
144	Shivaun	O'Shea		56.27	F	40	W U/50	32
145	Louise	Onions		56.33	F	32	W U/50	33
146	Bozena	Jankowska		57.05	F	39	W U/50	34
147	Joanna	Ashcroft		57.07	F	29	W U/50	35
148	Simon	Downward		57.12	M	35	M U/50	106
149	Claire	Griffin		57.13	F	27	W U/50	36
150	Anna	Fiennes		57.17	F	49	W U/50	37
151	Emma	Mann		57.27	F	36	W U/50	38
152	Darren	Andrew		57.27	M	37	M U/50	107
153	Janet	Littlejohn	Petts Wood Runners	57.37	F	47	W U/50	39
154	Richard	Dunstan	Petts Wood Runners	57.39	M	60	M O/60	3
155	ian	carmichael		57.53	M	38	M U/50	108
156	Melanie	Roberts		58.05	F	40	W U/50	40
157	Amy	Creasey		59.17	F	27	W U/50	41
158	Orla	Weston	Petts Wood Runners	59.20	F	49	W U/50	42
159	Tony	Merritt	Burnham Joggers	59.23	M	72	M O/70	1
160	Lidia	Oosthuizen		59.25	F	32	W U/50	43
161	Marko	Kautto		60.03	M	37	M U/50	109
162	Natalie	Fiennes		60.08	F	21	W U/50	44
163	Helle	Pettersen		60.10	F	44	W U/50	45
164	Raymond	Brady		61.18	M	33	M U/50	110
165	Rachel	Cooper		61.35	F	35	W U/50	46
166	Ali	Cloudsdale		61.35	F	35	W U/50	47
167	Alexandra	Cole		62.25	F	23	W U/50	48
168	Edwin	Bartlett	Veterans AC	62.29	M	67	M O/60	4
169	Jennifer	Pentony		64.20	F	32	W U/50	49
170	fiona	hewlett		64.58	F	25	W U/50	50
171	Nicola	Leighton		67.14	F	32	W U/50	51
172	Emily	Lester		67.14	F	29	W U/50	52
173	Ellie	Williams		67.48	F	37	W U/50	53
174	Mike	Browne	VAC	68.57	M	81	M O/70	2
175	Maggie	Hindley		69.25	F	63	W O/60	1
DNF	Matthew	Taylor		DNF	M	51	M O/50	DNF
DNF	Darren	Tanner	Clapham Chasers	DNF	M	35	M U/50	DNF
DNF	John	Wilson	Serpentine Running Club	DNF	M	44	M U/50	DNF
DNF	Mei Lin	Gan		DNF	F	40	W U/50	DNF
DNF	Clare	Preedy		DNF	F	32	W U/50	DNF