



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 August 3rd, 2013

Dear Runners

A great turnout for today's 10K - Tom Aldred winning in 32.02. Catherine Ansell won the ladies race in a very impressive 35.59. Dave Cox won the Vet 60.

Medal winners and all results below.

**MEDAL WINNERS**

NAME SURNAME CLUB TIME Age

**MEN UNDER 50**

1st	Tom	Aldred	London Heathside	32.02	M	34
2nd	Will	Green	Serpentine	32.19	M	38
3rd	Ben	Louch	Dartford Harriers	33.03	M	
4th	Chris	Busaileh	Herne Hill H	33.23	M	29
5th	Matthew	Sharp	Hercules Wimbledon AC	33.28	M	34
6th	Joe	Croft		34.14	M	26
7th	Basil	Wallace	Herne Hill H	34.14	M	

**WOMEN UNDER 50**

1st	Catherine	Ansell	Imperial College	35.59	F	26
2nd	Susannah	Evans	Wimbledon Windmilers	37.46	F	31
3rd	Melanie	Edwards	Dulwich	39.02	F	31
4th	Julia	Belyavin	Bristol & West AC	39.10	F	34
5th	Anne-Marie	Sullivan		40.01	F	29

6th	Helen	Windor	Serpentine	40.27	F	34
7th	Steff	Goodall		41.01	F	33

### **MEN VET 50**

1st	Gary	Ironmonger	Herne Hill H	36.50	M	51
2nd	Tim	McIntyre	Sutton R	39.23	M	54
3rd	Glynn	McDonald	London Frontrunners	39.25	M	50

### **WOMEN VET 50**

1st	Sue	McIntyre	Sutton R	58.35	F	51
2nd	Amanda	Kerr		59.18	F	57

### **MEN VET 60**

1st	Dave	Cox	Woodford Green	36.52	M	60
2nd	Terry	Avey	Brighton Phoenix	41.52	M	62

### **MEN VET 70**

1st	Tony	Merritt	Burnham Joggers	1.04.40	M	73
-----	------	---------	-----------------	---------	---	----

## **OVERALL RESULTS**

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos
1	Tom	Aldred	London Heathside	32.02	M	34	M U/50	1
2	Will	Green	Serpentine	32.19	M	38	M U/50	2
3	Ben	Louch	Dartford Harriers	33.03	M		M U/50	3
4	Chris	Busaileh	Herne Hill H	33.23	M	29	M U/50	4
5	Matthew	Sharp	Hercules Wimbledon AC	33.28	M	34	M U/50	5
6	Joe	Croft		34.14	M	26	M U/50	6
7	Basil	Wallace	Herne Hill H	34.14	M		M U/50	7
8	Martin	O'Connell	Serpentine	34.19	M	27	M U/50	8
9	Oliver	Kean	Highgate Harriers	34.23	M	26	M U/50	9
10	Jim	Addison	Beckenham	34.32	M	41	M U/50	10
11	Craig	Brown	Biggleswade AC	34.36	M	34	M U/50	11
12	Matthew	Nutt	Wimbledon Windmillers	34.40	M	27	M U/50	12
13	Steve	Monaghan	London Heathside	35.08	M	43	M U/50	13
14	Robert	Tuer	Hercules Wimbledon	35.17	M	27	M U/50	14
15	Jamie	Hogg	Serpentine	35.18	M	39	M U/50	15
16	Andrew	Orr	Serpentine	35.32	M	35	M U/50	16
17	Catherine	Ansell	Imperial College	35.59	F	26	W U/50	1
18	Keith	MacIntosh	Wimbledon Windmilers	36.12	M	39	M U/50	17
19	Julian	Hazeldine	Victoria Park Harriers	36.16	M	30	M U/50	18
20	Victor	Lio	Serpentine	36.35	M	24	M U/50	19
21	Gary	Ironmonger	Herne Hill H	36.50	M	51	M O/50	1
22	Dave	Cox	Woodford Green	36.52	M	60	M O/60	1
23	Paul	Doyle	Ranelagh H	36.53	M	46	M U/50	20
24	Matt	Ward	Clapham Chasers	36.55	M	29	M U/50	21
25	Peter	Holmes	Serpentine	37.02	M	35	M U/50	22
26	Martin	Carmack	Serpentine	37.09	M	43	M U/50	23
27	Neil	Guthrie	Wimbledon Windmillers	37.17	M	41	M U/50	24
28	Wesley	Godfrey		37.21	M	35	M U/50	25
29	David	Woo	Cambridge Uni H&H	37.38	M	32	M U/50	26
30	Henry	Keighley-Elstub	Wimbledon Windmilers	37.43	M	41	M U/50	27
31	Raoul	Mansukhani	Serpentine	37.44	M	42	M U/50	28
32	Susannah	Evans	Wimbledon Windmilers	37.46	F	31	W U/50	2

33	Iain	Macara	Serpentine	37.47	M	33	M U/50	29
34	James	Hamilton	Wimbledon Windmillers	37.51	M	39	M U/50	30
35	Raymond	Ngai	Wimbledon Windmillers	38.02	M	32	M U/50	31
36	Justin	Lee	Serpentine	38.05	M	43	M U/50	32
37	David	Wilkinson		38.07	M	27	M U/50	33
38	Ben	Sillitoe	Sevenoaks Athletics Club	38.15	M	30	M U/50	34
39	Oliver	Thorogood		38.20	M	22	M U/50	35
40	Hugh	French		38.29	M	37	M U/50	36
41	Stephen	Campbell		38.35	M	45	M U/50	37
42	Shahab	Uddin	London Fields Tri	38.53	M	35	M U/50	38
43	Nicholas	Towell	SERPENTINE	38.55	M	30	M U/50	39
44	Melanie	Edwards	Dulwich	39.02	F	31	W U/50	3
45	Julia	Belyavin	Bristol & West AC	39.10	F	34	W U/50	4
46	Tim	McIntyre	Sutton R	39.23	M	54	M O/50	2
47	Rohan	Crouse	Hercules Wimbledon	39.24	M	35	M U/50	40
48	Glynn	McDonald	London Frontrunners	39.25	M	50	M O/50	3
49	Laurent	Le Mee	Serpentine	39.28	M	37	M U/50	41
50	Andy	Yiannouzis		39.29	M	35	M U/50	42
51	Tom	Cheetham	Hercules Wimbledon	39.30	M	46	M U/50	43
52	Orvar	Rudolfsson		39.34	M	38	M U/50	44
53	Dave	Johnson	Sri Chinmoy AC	39.34	M	33	M U/50	45
54	Michael	Marth		39.38	M	32	M U/50	46
55	Donald	Matheson		39.48	M	33	M U/50	47
56	Dason	Chandran		39.55	M	43	M U/50	48
57	Anne-Marie	Sullivan		40.01	F	29	W U/50	5
58	Ermanno	Dal Pont		40.06	M	39	M U/50	49
59	Luis	Gouveia		40.13	M	37	M U/50	50
60	Tim	Perkins		40.16	M	34	M U/50	51
61	Simon	Brader		40.20	M	30	M U/50	52
62	Scott	Hemmens	Dulwich R	40.23	M	34	M U/50	53
63	Frank	Wood	Hercules Wimbledon	40.26	M	48	M U/50	54
64	Helen	Windor	Serpentine	40.27	F	34	W U/50	6
65	Eric	Dol	Herne Hill H	40.33	M	24	M U/50	55
66	Gary	Sullivan	Dulwich Runers	40.38	M	55	M O/50	4
67	Marco	Petagna		40.42	M	39	M U/50	56
68	Steff	Goodall		41.01	F	33	W U/50	7
69	Romain	Feron		41.12	M	29	M U/50	57
70	Stuart	Franklin		41.15	M	47	M U/50	58
71	Matthew	Hepwood		41.32	M	28	M U/50	59
72	Rebecca	Hall	Ranelagh Harriers	41.42	F	31	W U/50	8
73	Matthew	Taylor		41.48	M	52	M O/50	5
74	Jason	Bethell		41.50	M	43	M U/50	60
75	Terry	Avey	Brighton Phoenix	41.52	M	62	M O/60	2
76	Matt	Roberts	Serpentine	41.59	M	35	M U/50	61
77	Peter	Marshall	Serpentine	42.00	M	42	M U/50	62
78	Chris	Gilkes		42.18	M	25	M U/50	63
79	Philip	Henshaw		42.25	M	29	M U/50	64
80	Laura	Dension	Serpentine	42.32	F	36	W U/50	9
81	Stephen	Hamer		42.47	M	28	M U/50	65
82	Michael	Wiggins		42.52	M	36	M U/50	66
83	Will	Birmingham		43.02	M	23	M U/50	67
84	David	Hymers		43.06	M	36	M U/50	68
85	Richard	James		43.19	M	40	M U/50	69
86	Richard	Crute		43.20	M	23	M U/50	70
87	Edward	Felix		43.39	M	33	M U/50	71
88	Brendan	McGill		43.40	M	40	M U/50	72
89	Tom	Sutton		43.52	M	27	M U/50	73
90	Alan	Dunnett		43.54	M	60	M O/60	3

91	Andy	Williams		44.04	M	43	M U/50	74
92	Tom	Meston		44.08	M	35	M U/50	75
93	Jamila	Rodriguez	Running Seminars	44.24	M	30	M U/50	76
94	David	Hallson	RRC	44.26	M	60	M O/60	4
95	Dan	Riley		44.27	M	33	M U/50	77
96	Oliver	Mason		44.28	M	25	M U/50	78
97	Nicholas	Smith		44.38	M	34	M U/50	79
98	Michael	Gardner		44.41	M	26	M U/50	80
99	Robert	Curtis	Ranelagh Harriers	44.48	M	42	M U/50	81
100	Justin	Talbot		44.50	M	28	M U/50	82
101	Simon	Pannell		44.51	M	52	M O/50	6
102	Monika	Crouse	Hercules Wimbledon	44.58	F	35	W U/50	10
103	Abraham	Lain		44.58	M	34	M U/50	83
104	Helen	Marshall		45.01	F	31	W U/50	11
105	Maurice	Sharp		45.02	M	68	M O/60	5
106	David	Bowie		45.07	M	30	M U/50	84
107	Lucy	Bodenham	Fulham running club	45.09	F	25	W U/50	12
108	Ian	Smith		45.13	M	31	M U/50	85
109	Toby	Allodi		45.21	M	24	M U/50	86
110	Timothy	Huggins		45.25	M	40	M U/50	87
111	Beata	Kuchnia		45.28	F	25	W U/50	13
112	Peter	Chadwick	Stowmarket Striders	45.39	M	46	M U/50	88
113	George	Banks		45.43	M	23	M U/50	89
114	Andrea	Franciscono		45.46	M	42	M U/50	90
115	David	Lawrie		45.55	M	25	M U/50	91
116	Christopher	Harrison		46.00	M	33	M U/50	92
117	John	Ostinelli		46.07	M	33	M U/50	93
118	Miroslav	Szraucner	WKB Meta Lublinec	46.09	M	44	M U/50	94
119	Bretten	Ostekfeld	u/a	46.11	M	48	M U/50	95
120	Lisa	Tolliday		46.12	F	31	W U/50	14
121	Elizabeth	Felix	Clapham Pioneers	46.13	F	30	W U/50	15
122	Rui	Ramos		46.25	M	28	M U/50	96
123	Enzo	Orsi		46.29	M	58	M O/50	7
124	Nick	Smith		46.30	M	35	M U/50	97
125	Jamie	Edwards		46.32	M	28	M U/50	98
126	Murray	Gordon		46.39	M	35	M U/50	99
127	Steve	Phillips	Wimbledon Windmillers	46.45	M	45	M U/50	100
128	Sandra	Saloux		46.46	F	25	W U/50	16
129	Dan	Smith		46.53	M	35	M U/50	101
130	Alkis	Valentin		46.58	M	28	M U/50	102
131	Helen	Clifford	Hercules Wimbledon	47.04	F	26	W U/50	17
132	Chris	Gardner		47.05	M	35	M U/50	103
133	Sorcha	Wakely	Serpentine	47.08	F	33	W U/50	18
134	Luis	Boesch		47.11	M	43	M U/50	104
135	Miguel	Ortiz		47.16	M	34	M U/50	105
136	Marilena	De Luca	Hercules Wimbledon	47.17	F	38	W U/50	19
137	Hannah	McQuarrie	Mornington Chasers	47.24	F	27	W U/50	20
138	Joe	Brown		47.36	M	33	M U/50	106
139	Thomas	McKay		47.46	M	32	M U/50	107
140	No 480	No 480		48.22	M		M U/50	108
141	Stephanie	Brims		48.23	F	30	W U/50	21
142	Daisy	Christodoulou		48.34	F	28	W U/50	22
143	Mark	Shipton		48.47	M	33	M U/50	109
144	Laurence	Carver		48.52	M	24	M U/50	110
145	Alan	Davidson	anelagh harriers	49.00	M	66	M O/60	6
146	Siobhan	Wakely		49.08	F	36	W U/50	23
147	Heather	Deeth		49.22	F	31	W U/50	24
148	Matthew	Doyle		49.27	M	38	M U/50	111

149	Celia	Ward		49.41	F	30	W U/50	25
150	Trevor	Matty	Malvern Joggers	49.42	M	47	M U/50	112
151	Will	Maclaren		50.16	M	36	M U/50	113
152	Angel	Lopez		50.20	M	43	M U/50	114
153	John	Devereux		50.41	M	39	M U/50	115
154	Geraldine	Hodges		50.46	F	30	W U/50	26
155	Leighton	Grist	Serpentine	51.06	M	55	M O/50	8
156	Cheryl	Hayes		51.07	F	39	W U/50	27
157	John	Sharpe		51.16	M	47	M U/50	116
158	Ulrike	Pfeffer		51.19	F	46	W U/50	28
159	Les	Davis	mornington chasers	51.30	M	39	M U/50	117
160	Iain	McKenzie		51.30	M	30	M U/50	118
161	Harriet	Nerva	Imperial College	51.42	F	24	W U/50	29
162	Anna	Brady		51.59	F	29	W U/50	30
163	Tom	Coles	u/a	52.04	M	31	M U/50	119
164	Russell	Hulett		52.29	M	36	M U/50	120
165	Sarah	Hickey		53.31	F	28	W U/50	31
166	Gwyn	Williams		53.58	M	29	M U/50	121
167	Andrew	Hearne		53.58	M	31	M U/50	122
168	Steve	Butcher		54.01	M	56	M O/50	9
169	Alison	Wood		54.07	F	40	W U/50	32
170	Dave	Gironi	Serpentine	54.35	M	36	M U/50	123
171	Emi	Murphy		54.48	F	24	W U/50	33
172	Julie	Mahoney		54.54	F	30	W U/50	34
173	Ruben	Orihuela Vela		54.57	M	34	M U/50	124
174	susan	maher		54.59	F	32	W U/50	35
175	Nicola	Anglin		55.28	F	28	W U/50	36
176	Colum	Anglin		55.29	M	35	M U/50	125
177	Nicolai	Schumann		55.44	M	39	M U/50	126
178	Susi	Crawford		55.44	F	35	W U/50	37
179	Nadia	Carpenter		56.11	F	32	W U/50	38
180	Alice	Clutton		56.21	F	22	W U/50	39
181	KENNETH	Morley		56.31	M	63	M O/60	7
182	Lowri	Hardcastle		56.34	F	31	W U/50	40
183	Irina	Kuznetsova		56.36	F	27	W U/50	41
184	?	?		56.42	?		?	?
185	Jodie	De Bari		56.45	F	31	W U/50	42
186	Ceri	Williams		56.48	M	29	M U/50	127
187	Dom	Hayes		56.49	M	41	M U/50	128
188	Sally	Hawkins		56.53	F	41	W U/50	43
189	Anneka	Woods		56.57	F	28	W U/50	44
190	Nick	Peal		57.00	M	30	M U/50	129
191	Hugo	Brookes		57.02	M	28	M U/50	130
192	Gilbert	Barry	Wadhurst R	57.26	M	66	M O/60	8
193	Laura	Jenner		57.28	F	34	W U/50	45
194	Will	Brookes		57.35	M	34	M U/50	131
195	Elaine	Haggie		57.40	F	23	W U/50	46
196	Lizzie	Kaye		57.45	F	27	W U/50	47
197	Michelle	Joubert		57.45	F	27	W U/50	48
198	Joanna	Greening		58.02	F	31	W U/50	49
199	Siu Kuen	Wong		58.14	F	37	W U/50	50
200	Kerry	Evans		58.27	F	41	W U/50	51
201	Sue	McIntyre	Sutton R	58.35	F	51	W O/50	1
202	Chris	Bancroft		58.37	M	34	M U/50	132
203	Laura	Kear		59.09	F		W U/50	52
204	Amanda	Kerr		59.18	F	57	W O/50	2
205	Freya	Williams		59.18	F	23	W U/50	53
206	Melanie	Underhill		59.32	F	33	W U/50	54

207	Edwin	Bartlett	Vets AC	60.25	M	69	M O/60	9
208	Susan	Virtanen		1.01.08	F	35	W U/50	55
209	Anne	Nilsson		1.01.14	F	34	W U/50	56
210	Mark	Bolton		1.01.35	M	44	M U/50	133
211	John	Bickley	Mornington Chasers	1.01.38	M	58	M O/50	10
212	Hinke	Johanna		1.02.10	F	24	W U/50	57
213	Maria	Hoffmann		1.02.10	F	23	W U/50	58
214	Lucy	Barks		1.02.54	F	28	W U/50	59
215	Natalie	Smith		1.02.59	F	28	W U/50	60
216	Victoria	Coleman		1.03.26	F	22	W U/50	61
217	Rudolph	Stewart		1.04.26	M	47	M U/50	134
218	Claire	Scott		1.04.27	F	29	W U/50	62
219	Kate	Gillibrand		1.04.28	F	30	W U/50	63
220	Tony	Merritt	Burnham Joggers	1.04.40	M	73	M O/70	1
221	Nicola	Howe		1.05.03	F	28	W U/50	64
222	Jazs	Sahota		1.06.25	F	40	W U/50	65
223	Tracy	Bolton		1.06.40	F	49	W U/50	66
224	Stephanie	Larner		1.17.45	F	22	W U/50	67
225	alec	lom		1.22.01	M	57	M O/50	11