



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 Mile Battersea Park 8am March 2nd, 2013

Dear Runners

Our first race in 2013 was completed by 175 runners. Chris Busaileh of Herne Hill Harriers managed to pull away from Huw Lobb of Bedford & County in the final mile of the race to win in an exemplary 51.34. Leanne Harling was the fastest lady finishing in 64.20. Our next race is a 10K on 23rd March – 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	Chris	Busaileh	Herne Hill Harriers	51.34	29
2nd	Huw	Lobb	Bedford & County	51.47	36
3rd	Chris	Greenwood	Kent AC	52.47	39
4th	Jason	Cherriman	Orpington RR	53.15	32
5th	Alex	Milne	Enfield & Haringey AC	54.07	22
6th	Buzz	Shephard	Dulwich	54.26	36
7th	Rick	Weston	Serpentine RC	55.06	26

WOMEN UNDER 50

1st	Leanne	Harling		64.20	30
2nd	Tina	Gray	Fulham RC	66.28	30
3rd	Carole	Penlington		67.35	38
4th	Nardia	Poole	Kenilworth Runners	68.23	31

5th	Rosy	Temple	Fulham RC	68.55	23
6th	Lily	Trinh		68.58	29
7th	Catherine	Ferguson		72.13	27

MEN VET 50

1st	Patrick	Kiernan		70.26	50
2nd	Alan	Wilkinson		75.32	52
3rd	John	Battle		79.56	50

WOMEN VET 50

1st	Sarah	Newton	Serpentine	77.49	55
2nd	Angela	Kikugawa	Hercules Wimbledon	88.09	50
3rd	BM	Byrne	Garden City Runners	98.40	57

MEN VET 60

1st	Simon	Gould		76.17	64
2nd	Mike	Rundle	Wimbledon Windmilers	86.14	67

WOMEN VET 60

1st	Janet	Conneely		85.37	65
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Chris	Busaileh	Herne Hill Harriers	51.34	29	M	M U/50	1
2	Huw	Lobb	Bedford & Ccounty	51.47	36	M	M U/50	2
3	Chris	Greenwood	Kent AC	52.47	39	M	M U/50	3
4	Jason	Cherriman	Orpington RR	53.15	32	M	M U/50	4
5	Alex	Milne	Enfield & Haringey AC	54.07	22	M	M U/50	5
6	Buzz	Shephard	Dulwich	54.26	36	M	M U/50	6
7	Rick	Weston	Serpentine RC	55.06	26	M	M U/50	7
8	Dan	Madams	London heathside	56.13	39	M	M U/50	8
9	Jim	Beaney	Kent AC	56.16	39	M	M U/50	9
10	Oli	Murphy	u/a	57.16	24	M	M U/50	10
11	Paul	Cheetham	Stragglers	57.35	40	M	M U/50	11
12	Andrew	Fargus	Thames Hare & Hounds	57.56	34	M	M U/50	12
13	David	Annetts	North Herts RRC	58.36	48	M	M U/50	13
14	Iain	Harrison	Striders of Croydon	59.00	34	M	M U/50	14
15	sean	crummy	Hercules Wimbledon	59.10	23	M	M U/50	15
16	Pascal	Evans	Stragglers	60.40	43	M	M U/50	16
17	Martin	Carmack	SERPENTINE RC	61.10	43	M	M U/50	17
18	Gavin	Abbs		61.18	25	M	M U/50	18
19	Leonard	Richardson	Maidenhead AC	61.48	43	M	M U/50	19
20	james	montgomery		62.21	30	M	M U/50	20
21	Jon	Armstrong	Mornington Chasers	62.36	40	M	M U/50	21
22	Frank	Wood	Hercules Wimbledon	62.40	48	M	M U/50	22
23	Jake	Phipps		62.45	37	M	M U/50	23
24	Ian	Cook	Serpentine	63.05	28	M	M U/50	24
25	Henry	McCarthy		63.31	19	M	M U/50	25
26	Manuel	Corriente	Vegetarian Cycling & AC	63.35	42	M	M U/50	26
27	Mcihael	Marth	u/a	63.40	32	M	M U/50	27
28	Jamie	Russell	Dartford Road Runners	63.47	32	M	M U/50	28
29	Leanne	Harling		64.20	30	F	W U/50	1
30	John	Sheedy		64.39	29	M	M U/50	29

31	Michael	Kazimierski	Belgrave H	65.14	42	M	M U/50	30
32	Matt	Douthwaite	Imperial College	65.24	21	M	M U/50	31
33	Dylan	Heslop	u/a	65.28	33	M	M U/50	32
34	Stephen	Campbell		65.40		M	M U/50	33
35	Tom	Heaton	u/a	66.22	26	M	M U/50	34
36	Tina	Gray	Fulham RC	66.28	30	F	W U/50	2
37	Joseph	Kibui	u/a	66.57	29	M	M U/50	35
38	Robbie	Allam	u/a	67.20	25	M	M U/50	36
39	Carole	Penlington		67.35	38	F	W U/50	3
40	Chris	McCarthy	Clapham Chasers	68.02	26	M	M U/50	37
41	Robert	Ingoldby	Serpentine	68.20	35	M	M U/50	38
42	Nardia	Poole	Kenilworth Runners	68.23	31	F	W U/50	4
43	Alessandro	Behling		68.23	36	M	M U/50	39
44	Leonardo	Fumarola		68.32	28	M	M U/50	40
45	Joshua	Davoren		68.41	29	M	M U/50	41
46	Joe	Garrod		68.48	26	M	M U/50	42
47	Andy	Welsh	u/a	68.50	41	M	M U/50	43
48	Rosy	Temple	Fulham RC	68.55	23	F	W U/50	5
49	Lily	Trinh		68.58	29	F	W U/50	6
50	Will Hugh	Bailey	Hunters Bog Trotters	69.21	27	M	M U/50	44
51	Mark	Walsh		69.48	34	M	M U/50	45
52	Ed	Jackson	Serpentine RC	69.52	44	M	M U/50	46
53	Daniel	Queenan		69.57	33	M	M U/50	47
54	Emile	Bitar	u/a	70.12	35	M	M U/50	48
55	Patrick	Kiernan	u/a	70.26	50	M	M O/50	1
56	Robert	Dixon	u/a	70.31	27	M	M U/50	49
57	Gary	Salmon	Clapham Chasers	71.00	27	M	M U/50	50
58	Jon	Simpson		71.48	33	M	M U/50	51
59	Angus	Armstrong		71.53	49	M	M U/50	52
60	Mark	Holleley		71.55	29	M	M U/50	53
61	Euan	Lees	Ful-On Tri	72.00	39	M	M U/50	54
62	Trevor	Kunda	u/a	72.09	29	M	M U/50	55
63	Catherine	Ferguson	u/a	72.13	27	F	W U/50	7
64	Mark	Kell	Serpentine	72.50	31	M	M U/50	56
65	Eddy	Dallas		73.13	28	M	M U/50	57
66	Ben	Pearson		73.50	30	M	M U/50	58
67	Andrea	Mann	Garden City Runners	74.01	40	F	W U/50	8
68	Lourens	Odendaal	u/a	74.19	39	M	M U/50	59
69	Elliot	Woodruff		74.31	46	M	M U/50	60
70	Mike	Hine		75.04	24	M	M U/50	61
71	Josh	Murphy		75.10	21	M	M U/50	62
72	Rachel	Clarkson		75.15	25	F	W U/50	9
73	Roger	Corbett		75.16	49	M	M U/50	63
74	Alan	Wilkinson	u/a	75.32	52	M	M O/50	2
75	Becky	Vernon		76.04	32	F	W U/50	10
76	Francesco	Fraioli	u/a	76.04	39	M	M U/50	64
77	Simon	Gould		76.17	64	M	M O/60	1
78	Nick	Walton		76.21	23	M	M U/50	65
79	Chris	Moore		76.56	29	M	M U/50	66
80	Michael	Curtis	u/a	76.58	39	M	M U/50	67
81	Oliver	Steele		77.06	29	M	M U/50	68
82	Penny	Hughes		77.28	32	F	W U/50	11
83	Jonathan	Campbell		77.34	30	M	M U/50	69
84	Mark	Bridge		77.36	26	M	M U/50	70
85	Sophie	Wiles		77.37	31	F	W U/50	12
86	Gary	Brooking		77.45	36	M	M U/50	71
87	Imogen	Riley	u/a	77.46	30	F	W U/50	13
88	Sarah	Newton	Serpentine	77.49	55	F	W O/50	1

89	Graham	Rankin		77.56	44	M	M U/50	72
90	Paul	Bracken		78.15	48	M	M U/50	73
91	Jon	Powell		78.35		M	M U/50	74
92	Karl	O'Callaghan		79.13	43	M	M U/50	75
93	Luis	Casanova		79.24	30	M	M U/50	76
94	Eran	Eisenberg		79.47	42	M	M U/50	77
95	John	Battle		79.56	50	M	M O/50	3
96	Alex	Brandon		79.58	31	F	W U/50	14
97	Maisie - Rose	Byrne	Belgrave H	80.04	23	F	W U/50	15
98	Frances	Reed		80.19	24	F	W U/50	16
99	Chris	Ainoo	u/a	80.38	29	M	M U/50	78
100	Luis	Sevilla Tendero		80.47	42	M	M U/50	79
101	Patrick	Flaherty	u/a	80.48	58	M	M O/50	4
102	Sabine	Lainer		81.07	48	F	W U/50	17
103	Gemma	Sharpe	Desford Striders	81.07	31	F	W U/50	18
104	Lee	Morris		81.10	37	M	M U/50	80
105	Roland	Burton	South London Harriers	81.17	35	M	M U/50	81
106	Julian	Barnes		81.22	29	M	M U/50	82
107	Deborah	Barnes		81.22	30	F	W U/50	19
108	Barry	McGinness		82.01	28	M	M U/50	83
109	Kirstin	Milne	u/a	82.04	28	F	W U/50	20
110	Gustavo	Rodriguez		82.24	36	M	M U/50	84
111	Christopher	Cavallaro	u/a	82.35	30	M	M U/50	85
112	Annabel	Bunch		82.41	42	F	W U/50	21
113	Thomas	Baylem		83.04	25	M	M U/50	86
114	Paul	Lehmann		83.18	39	M	M U/50	87
115	Shelly	Fraser		83.45	29	F	W U/50	22
116	John	Sharpe		85.04	46	M	M U/50	88
117	Miguel	Toney		85.16	34	M	M U/50	89
118	Clare	Malseed	Serpentine	85.30	24	F	W U/50	23
119	Janet	Conneely		85.37	65	F	W O/60	1
120	Harriet	Nerva	Imperial College	85.41	23	F	W U/50	24
121	Eddie	Jackson		86.06	29	M	M U/50	90
122	Mike	Rundle	Wimbledon Windmilers	86.14	67	M	M O/60	2
123	Nicole	Danscheidt		86.35	30	F	W U/50	25
124	Charles	Craven	Fulham RC	86.40	50	M	M O/50	5
125	Clare	Woodward		86.48	29	F	W U/50	26
126	Michaela	Stewart	Kingston Stragglers	87.29	25	F	W U/50	27
127	Lisette	Johnston		87.37	32	F	W U/50	28
128	Travis	Smith		87.53	40	M	M U/50	91
129	Angela	Kikugawa	Hercules Wimbledon	88.09	50	F	W O/50	2
130	Mac	Pearse		88.17	31	M	M U/50	92
131	Kathryn	McKerrow		89.00	32	F	W U/50	29
132	Jane	Willey		89.10	35	F	W U/50	30
133	Santiago	Izyviendo Tort	u/a	89.28	26	M	M U/50	93
134	Maria Jose	Contreras De V		89.28	26	F	W U/50	31
135	Amy	Moore		89.49	29	F	W U/50	32
136	Cory	Cook	Greenwich Tritons	90.03	42	F	W U/50	33
137	Lucie	Little		90.04	26	F	W U/50	34
138	Peter	Kennedy	Serpentine RC	90.22	51	M	M O/50	6
139	Maria	Gorman		90.29	47	F	W U/50	35
140	Clare	Hutchison		90.36	25	F	W U/50	36
141	Liz	Randall	West 4 Harriers	90.38	30	F	W U/50	37
142	Ed	Upton	u/a	91.46	34	M	M U/50	94
143	Jack	Caswell		92.47	29	M	M U/50	95
144	Jasper	Gonzales		92.49	38	M	M U/50	96
145	Peter	McCarthy		93.18	53	M	M O/50	7
146	Paul	Gascoyne		93.20	50	M	M O/50	8

147	Max	Butti		93.33	47	M	M U/50	97
148	Ewelina	Kudla		94.25	33	F	W U/50	38
149	Edwin	Bartlett	Vets AC	94.43	68	M	M O/60	3
150	ian	carmichael		94.51	39	M	M U/50	98
151	Adam	Hardgrave		95.42	39	M	M U/50	99
152	Sarah	Krouse		95.43	25	F	W U/50	39
153	Joel	Thomas	u/a	95.46	18	M	M U/50	100
154	Andrew	Ford		95.50	32	M	M U/50	101
155	Mark	Kanakis	u/a	95.59	30	M	M U/50	102
156	Esther	Semple	u/a	96.12	38	F	W U/50	40
157	David	Gironi	Serpentine	96.27	35	M	M U/50	103
158	Carole	Thornton		97.00	38	F	W U/50	41
159	Sarah	Hibberd		97.45	30	F	W U/50	42
160	BM	Byrne	Garden City Runners	98.40	57	F	W O/50	3
161	Richard	Nisbet		98.48	32	M	M U/50	104
162	Yasmine	Chinwala		98.59	40	F	W U/50	43
163	Grant	Georgiades	Crystal Palace Triathlon	99.05	31	M	M U/50	105
164	Colin	Hornby		99.05	32	M	M U/50	106
165	Jay	Hayter		99.09	40	F	W U/50	44
166	Morgan	Pretswell		101.30	23	F	W U/50	45
167	Xian	Mort		101.30	23	M	M U/50	107
168	George	Vizor		101.38	28	F	W U/50	46
169	Susana	Bort		103.36	42	F	W U/50	47
170	maria	Cobo		103.36	43	F	W U/50	48
171	Miranda	Roberts		105.01	38	F	W U/50	49
172	Lianne	Walsh		105.23	30	F	W U/50	50
173	Andrew	Bartlett		106.55	27	M	M U/50	108
174	Jessica	Little		106.55	28	F	W U/50	51
175	Emma	Burns		107.47	31	F	W U/50	52