



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  
October 20th, 2012

Dear Runners

106 runners crossed the finish line. Our next race is a 10K on Saturday 10th November.  
See you all there.

All race results are below.

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	AGE
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MEN UNDER 50

1st	Marcus	Cookham	Bedford Harriers	59.22	M	40
2nd	Iain	Greer		61.00	M	26
3rd	Raoul	Mansukhani	Serpentine	62.14	M	41
4th	Baard	Lyngnes	Highgate Harriers	63.12	M	42
5th	Matt	Roberts	Serpentine	64.23	M	34
6th	Stephen	Campbell		64.35	M	44
7th	Asher	Simons		66.24	M	24

WOMEN UNDER 50

1st	Victoria	Carter	Serpentine	69.23	F	41
2nd	Andrea	Mann	Garden City Runners	75.00	F	40
3rd	Rebecca	Rogoff		77.30	F	43

4th	Alex	Smith		81.28	F	28
5th	Kirsty	Lynall		85.55	F	20
6th	Carina	Simmons		86.39	F	27
7th	Berber	Krop		89.08	F	26

#### MEN VET 50

1st	Malcolm	Black	Highgate Harriers	60.47	M	58
2nd	Gary	Ironmonger	HHH	62.18	M	50
3rd	Jonathan	Poirette		69.03	M	50

#### WOMEN VET 50

1st	Gwen	Joubel		70.35	F	50
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#### MEN VET 60

1st	Terry	Avey	Brighton Phoenix AC	71.10	M	61
2nd	Simon	Gould		75.33	M	64

#### MEN VET 70

1st	Tony	Merritt	Burnham Joggers	99.27	M	72
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### OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Marcus	Cookham	Bedford Harriers	59.22	M	40	M U/50	1
2	Malcolm	Black	Highgate Harriers	60.47	M	58	M O/50	1
3	Iain	Greer		61.00	M	26	M U/50	2
4	Raoul	Mansukhani	Serpentine	62.14	M	41	M U/50	3
5	Gary	Ironmonger	HHH	62.18	M	50	M O/50	2
6	Baard	Lyngnes	Highgate Harriers	63.12	M	42	M U/50	4
7	Matt	Roberts	Serpentine	64.23	M	34	M U/50	5
8	Stephen	Campbell		64.35	M	44	M U/50	6
9	Asher	Simons		66.24	M	24	M U/50	7
10	Robert	Harrison	Thames Hare & Hounds	66.49	M	53	M U/50	8
11	Frank	Wood	Hercules Wimbledon	66.51	M	48	M U/50	9
12	Eric	Dol	Herne Hill Harriers	67.29	M	23	M U/50	10
13	Oliver	Dean		67.52	M	32	M U/50	11
14	Sam	Allpass	Barnes Runners	68.02	M	46	M U/50	12
15	James	Slallan		68.28	M	32	M U/50	13
16	Justin	Banrey		68.54	M	29	M U/50	14
17	Jonathan	Poirette		69.03	M	50	M O/50	3
18	karl	thompson		69.05	M	39	M U/50	15
19	Tom	Goodrich		69.17	M	41	M U/50	16
20	Victoria	Carter	Serpentine	69.23	F	41	W U/50	1
21	Tung	Lam		70.01	M	40	M U/50	17
22	Darren	Grant		70.21	M	24	M U/50	18
23	Hakim	DJOUMI		70.31	M	30	M U/50	19
24	Gwen	Joubel		70.35	F	50	W O/50	1
25	David	Greenhill		71.06	M	34	M U/50	20
26	terry	avey	brighton phoenix ac	71.10	M	61	M O/60	1

27	James	Findon		71.37	M	22	M U/50	21
28	Charles	C		72.03	M	44	M U/50	22
29	Piers	Woolston	Ealing Eagles	73.56	M	51	M O/50	4
30	Gavin	M		73.58	M	36	M U/50	23
31	Christopher	Abele	Serpentine	74.45	M	51	M O/50	5
32	Andrea	Mann	Garden City Runners	75.00	F	40	W U/50	2
33	John	Davis	Garden City Runners	75.11	M	47	M U/50	24
34	simon	gould		75.33	M	64	M O/60	2
35	Phil	Moore		76.21	M	49	M U/50	25
36	Jonathan	Whittaker	Petts Wood Runners	76.53	M	33	M U/50	26
37	Glynn	McDonald	London Frontrunners	77.16	M	49	M U/50	27
38	Skye	Bond		77.22	M	34	M U/50	28
39	Rebecca	Rogoff		77.30	F	43	W U/50	3
40	Hiren	Dhimar		78.21	M	27	M U/50	29
41	Mark	Sitch		78.30	M	44	M U/50	30
42	Loïc	Leyendecker		78.43	M	25	M U/50	31
43	Anton	de Klerk		79.22	M	29	M U/50	32
44	Charlie	Rainer		80.51	M	18	M U/50	33
45	Jonathan	Hodge		80.56	M	32	M U/50	34
46	John	Schoen		81.01	M	43	M U/50	35
47	Alex	Smith		81.28	F	28	W U/50	4
48	Simon	Healey		81.30	M	38	M U/50	36
49	Mark	Eley		81.37	M	31	M U/50	37
50	Sam	Evans		81.53	M	27	M U/50	38
51	David	Wiggins		81.55	M	57	M O/50	6
52	Roy	Glew		82.29	M	62	M O/60	3
53	James	Carr		85.25	M	18	M U/50	39
54	jason	waddell		85.39	M	26	M U/50	40
55	Kirsty	Lynall		85.55	F	20	W U/50	5
56	geoff	webb		86.30	M	45	M U/50	41
57	Vincent	Nottidge	UK NET Runner	86.35	M	50	M O/50	7
58	Samuel	Alemayheu		86.39	M	34	M U/50	42
59	Carina	Simmons		86.39	F	27	W U/50	6
60	Perry	Gear	Garden City Runners	87.26	M	49	M U/50	43
61	seamus	byrne		87.40	M	49	M U/50	44
62	Heinrich	Spies		88.31	M	29	M U/50	45
63	Mark	Burgess		88.54	M	49	M U/50	46
64	Berber	Krop		89.08	F	26	W U/50	7
65	Michael	Larkin		89.20	M	54	M O/50	8
66	James	Keen		89.26	M	29	M U/50	47
67	Victoria	Ross		89.28	F	30	W U/50	8
68	Kevin	Santoian		89.29	M	47	M U/50	48
69	Liz	Neser		89.30	F	42	W U/50	9
70	Katherine	Meyrick		89.48	F	48	W U/50	10
71	Steven	Walsh		90.12	M	41	M U/50	49
72	alan	ballard		90.38	M	41	M U/50	50
73	Miriam	Bremer		90.39	F	38	W U/50	11
74	Alice	Evans		91.06	F	28	W U/50	12
75	Thomas	Hawkins		91.09	M	29	M U/50	51
76	Elizabeth	Ford		91.09	F	26	W U/50	13

77	<i>Fiona</i>	<i>Turnbull</i>	<i>Clapham Runners</i>	91.24	F	29	W U/50	14
78	<i>Pierre</i>	<i>Muller</i>		92.07	M	25	M U/50	52
79	<i>Pierre</i>	<i>Gurdal</i>		92.09	M	39	M U/50	53
80	<i>Alana</i>	<i>Goddard</i>		92.28	F	23	W U/50	15
81	<i>David</i>	<i>Ridley</i>	<i>Maidenhead AC</i>	93.04	M	57	M O/50	9
82	<i>Perry</i>	<i>Wade</i>		93.45	M	42	M U/50	54
83	<i>Edwin</i>	<i>Bartlett</i>	<i>Vets AC</i>	94.49	M	68	M O/60	4
84	<i>Monika</i>	<i>Bohm</i>		95.20	F	36	W U/50	16
85	<i>Sarah</i>	<i>Hibberd</i>		95.54	F	30	W U/50	17
86	<i>Rupal</i>	<i>Patel</i>		96.32	F	29	W U/50	18
87	<i>zoe</i>	<i>grant</i>		97.14	F	32	W U/50	19
88	<i>Amy</i>	<i>Taylor</i>		97.58	F	33	W U/50	20
89	<i>greg</i>	<i>wilkinson</i>		97.59	M	47	M U/50	55
90	<i>Tony</i>	<i>Merritt</i>	<i>Burnham Joggers</i>	99.27	M	72	M O/70	1
91	<i>Ian</i>	<i>Spenc</i>	<i>Vets AC</i>	101.52	M	67	M O/60	5
92	<i>david</i>	<i>Strydom</i>		103.43	M	26	M U/50	56
93	<i>Camille</i>	<i>Roegiers</i>		103.58	F	25	W U/50	21
94	<i>Joanna</i>	<i>Ward</i>		107.36	F	32	W U/50	22
95	<i>Anne</i>	<i>Nilsson</i>		111.17	F	33	W U/50	23
96	<i>Su-Lin</i>	<i>Garbett-Shiels</i>		114.27	F	32	W U/50	24
97	<i>Kunal</i>	<i>Dutta</i>		116.03	M	33	M U/50	57
98	<i>Heather</i>	<i>Cockell</i>		121.15	F	29	W U/50	25
99	<i>Ingrid</i>	<i>Strobl</i>		121.15	F	33	W U/50	26
100	<i>Susie</i>	<i>Beckham</i>		126.45	F	19	W U/50	27
101	<i>David</i>	<i>Tuck</i>		134.47	M	30	M U/50	58
102	<i>David</i>	<i>Jackson</i>		134.47	M	37	M U/50	59
103	<i>Roger</i>	<i>Neeranj</i>	<i>Army</i>	134.47	M	28	M U/50	60
104	<i>Samuel</i>	<i>P</i>	<i>Army</i>	134.47	M	26	M U/50	61
105	<i>Steven</i>	<i>Keenan</i>	<i>Army</i>	134.47	M	34	M U/50	62
106	<i>Sarah</i>	<i>Young</i>	<i>U Can Jog 2</i>	140.30	F	28	W U/50	28