



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  
Nov 9th, 2013

**Dear Runners**

A fine, if chilly, morning saw 183 strong hearted runners storm round Battersea Park. We witnessed a fantastic performance by Susan Loken who broke our Women's Vet 50 record by ten minutes to record 63.28! Congratulations also go to Marion Rayner who broke her own course record in the Women's Vet 60 category with 77.01

Congratulation everybody, and we hope to see you at our last race of the season:  
10K on 30th November - at the later time of 8.30am

Medal winners and all results below.

**MEDAL WINNERS**

**NAME SURNAME CLUB TIME Age**

**MEN UNDER 50**

1st	Matthew	Nutt	Wimbledon Windmillers	56.16	28
2nd	Dan	Madams	London Heathside	56.32	46
3rd	James	Gordon	Cambridge Harriers	56.36	37
4th	Mo	Foustok		56.42	32
5th	James	Gillanders	London Frontrunners	58.10	35
6th	Jonathan	Moscrop	London Frontrunners	58.28	39
7th	Jim	Addison	Beckenham	59.25	41

**WOMEN UNDER 50**

1st	Susannah	Evans	Wimbledon Windmilers	62.34	32
2nd	Isobel	Rea	West 4 Harriers	63.49	37
3rd	Pamela	Morris	Windmilers	66.57	23
4th	Maryann	Devally		67.41	44

5th	Cara	Kayum	Serpentine RC	67.59	24
6th	Bethany	Thompson		69.29	33
7th	Hope	Sloly	Mornington Chasers	69.39	32

### **MEN VET 50**

1st	Gary	Ironmonger	Herne Hill H	60.34	51
2nd	Gary	Christie	Brighton and Hove city	62.30	51
3rd	Hugh	Scorgie		66.15	54

### **WOMEN VET 50**

1st	Susan	Loken	BTB	63.28	50
2nd	Joan	Wales	BP Helios harriers	87.14	54
3rd	Sarah	Barnard		102.05	50

### **MEN VET 60**

1st	Terry	Avey	Brighton & Phoenix	71.14	62
2nd	David	Hallson	RRC	74.51	60

### **WOMEN VET 60**

1st	Marion	Rayner	West 4 Harriers	77.01	63
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## **OVERALL RESULTS**

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Matthew	Nutt	Wimbledon Windmilers	56.16	28	M	M U/50	1
2	Dan	Madams	London Heathside	56.32	46	M	M U/50	2
3	James	Gordon	Cambridge Harriers	56.36	37	M	M U/50	3
4	Mo	Foustok		56.42	32	M	M U/50	4
5	James	Gillanders	London Fronrunners	58.10	35	M	M U/50	5
6	Jonathan	Moscrop	London Fronrunners	58.28	39	M	M U/50	6
7	Jim	Addison	Beckenham	59.25	41	M	M U/50	7
8	Pascal	Evans	Stragglers	59.34	43	M	M U/50	8
9	Robin	Sanderson	Herne Hill H	59.44	36	M	M U/50	9
10	Gary	Ironmonger	Herne Hill H	60.34	51	M	M O/50	1
11	Dylan	Grimes	Barnes Runners	60.45	45	M	M U/50	10
12	William	Shippin	UKNetrunner	60.47	27	M	M U/50	11
13	Martin	Carmack	Serpentine RC	61.16	43	M	M U/50	12
14	Richard	Taylor	Serpentine RC	61.29	37	M	M U/50	13
15	Sebastian	Vons	Wimbledon Windmilers	61.30	33	M	M U/50	14
16	Adam	Reeve		62.10	31	M	M U/50	15
17	Matthew	Denyer		62.14	35	M	M U/50	16
18	J	Lee	Serpentine RC	62.19	43	M	M U/50	17
19	Alessandro	Behling		62.27	36	M	M U/50	18
20	Gary	Christie	brighton and hove city	62.30	51	M	M O/50	2
21	Susannah	Evans	Wimbledon Windmilers	62.34	32	F	W U/50	1
22	Martyn	Annetts	north road runners	62.55	48	M	M U/50	19
23	David	Jones	Serpentine RC	63.13	33	M	M U/50	20
24	Norberto	Rodriguez		63.15	38	M	M U/50	21
25	Jose	Silva		63.27	31	M	M U/50	22
26	Susan	Loken	BTB	63.28	50	F	W O/50	1
27	Mark	Rose		63.29	34	M	M U/50	23
28	Isobel	Rea	West 4 Harriers	63.49	37	F	W U/50	2
29	Manuel	Corriente	Vegetarian Cycling & AC	63.58	43	M	M U/50	24
30	Le Mee	Laurent	Serpentine RC	64.32	37	M	M U/50	25

31	Sam	Kigo		64.53	47	M	M U/50	26
32	Bobby	Walker		64.54	35	M	M U/50	27
33	Toby	Cole		64.56	42	M	M U/50	28
34	Stephen	Campbell	serpentine	65.52	40	M	M U/50	29
35	Dave	Johnson	Sri Chinmoy AC	65.54	35	M	M U/50	30
36	Hugh	Scorgie		66.15	54	M	M O/50	3
37	Andy	Welsh		66.16	41	M	M U/50	31
38	Scott	Hemmens	Dulwich R	66.17	34	M	M U/50	32
39	Jo	Merlini	Sunburn Dragons	66.24	46	M	M U/50	33
40	Peter	Mack	Crystal Palace Tri	66.42	42	M	M U/50	34
41	Pamela	Morris	Windmilers	66.57	23	F	W U/50	3
42	Matthew	Gunn		67.10	29	M	M U/50	35
43	Michael	Wiggins		67.16	36	M	M U/50	36
44	Darryl	Coulter		67.39	42	M	M U/50	37
45	Maryann	Devally		67.41	44	F	W U/50	4
46	Doug	Teesdale		67.43	52	M	M O/50	4
47	Robin	Kindersley	Serpentine RC	67.46	57	M	M O/50	5
48	Paul	mckenna	Chorlton Runners	67.46	40	M	M U/50	38
49	Cara	Kayum	Serpentine RC	67.59	24	F	W U/50	5
50	Bradley	Brown	Ilford AC	68.02	40	M	M U/50	39
51	Phil	Lloyd	Wimbledon Windmilers	68.06	33	M	M U/50	40
52	Peter	Gibbons	Serpentine RC	68.09	42	M	M U/50	41
53	Suswara	Payne	Sri Chinmoy AC	68.19	43	M	M U/50	42
54	Dan	Luong	London Fronrunners	68.32	38	M	M U/50	43
55	Anthony	Lionakis		68.43	31	M	M U/50	44
56	Ciaran	Clarke	London Fronrunners	68.45	26	M	M U/50	45
57	Patrick	Kiernan		68.47	51	M	M O/50	6
58	Bethany	Thompson		69.29	33	F	W U/50	6
59	Stephen	Cox	Wimbledon Windmilers	69.30	44	M	M U/50	46
60	Hope	Sloly	Mornington Chasers	69.39	32	F	W U/50	7
61	Paul	Cooney		69.49	46	M	M U/50	47
62	Erman	Konte		70.18	38	M	M U/50	48
63	Kirsty	Wright	Serpentine RC	70.33	32	F	W U/50	8
64	Robert	Crangle	Serpentine	71.05	52	M	M O/50	7
65	Terry	Avey	brighton phoenix	71.14	62	M	M O/60	1
66	Nikolas	De Wachter		72.10	36	M	M U/50	49
67	Karl	Corpes		72.16	48	M	M U/50	50
68	Monika	Crouse	Hercules Wimbledon AC	72.22	36	F	W U/50	9
69	Chris	Scott		72.55	39	M	M U/50	51
70	ben	bryant		73.10	41	M	M U/50	52
71	Antony	Hylton		73.27	39	M	M U/50	53
72	Karl	Whitfield	Lytchett manor striders	73.29	36	M	M U/50	54
73	Alessandra	Martines		74.18	26	F	W U/50	10
74	Alex	Paxton		74.45	30	M	M U/50	55
75	David	Hallson	RRC	74.51	60	M	M O/60	2
76	Anna-Lisa	Wesley	Accenture Tri	74.59	34	F	W U/50	11
77	Nayan	Mistry	Wimbledon Windmilers	75.12	35	M	M U/50	56
78	Mickael	Bryssens		75.17	23	M	M U/50	57
79	Johanna	O'Neill		75.51	38	F	W U/50	12
80	Eva	Roberts		75.52	45	F	W U/50	13
81	Amy	White		75.52	19	F	W U/50	14
82	Floyd	Widener		76.01	48	M	M U/50	58
83	Simon	Gould		76.15	65	M	M O/60	3
84	Simon	Taylor		76.23	25	M	M U/50	59
85	Ivana	Olachova	Serpentine RC	76.28	33	F	W U/50	15
86	Lionel	ORCIL	ES Coueron ( france)	76.37	55	M	M O/50	8
87	Alan	Hennessy	Serpentine RC	76.38	63	M	M O/60	4
88	Sam	Plackett		76.43	26	M	M U/50	60

89	Stutz	Urs		76.50	33	M	M U/50	61
90	Daniel	Comens	Sutton Runners	76.51	40	M	M U/50	62
91	KENICHI	FUKUHARA		76.56	53	M	M O/50	9
92	Lauren	Brown		76.59	30	F	W U/50	16
93	Marion	Rayner	west 4 harriers	77.01	63	F	W O/60	1
94	Chris	Lillicrap		77.10	30	M	M U/50	63
95	Tom	Mackrell		77.16	34	M	M U/50	64
96	Les	Thurston	Bishops Stortford RC	77.21	64	M	M O/60	5
97	Alastair	Burgess		77.23	27	M	M U/50	65
98	Shane	OPrey		77.42	38	M	M U/50	66
99	Gabriela	Rendekova		77.52	31	F	W U/50	17
100	Elizabeth	Larn Fox	Dulwich Park R	77.55	23	F	W U/50	18
101	Max	Bonzo		78.26	45	M	M U/50	67
102	Hugh	French		78.28	38	M	M U/50	68
103	Ryan	Steadman		78.54	36	M	M U/50	69
104	Martin	Spence	Vets AC	78.55	59	M	M O/50	10
105	Anna	Shelton		79.02	22	F	W U/50	19
106	Ini	Ekwo		79.06	45	M	M U/50	70
107	Gemma	Sharpe	Desford Striders	79.26	32	F	W U/50	20
108	Barry	McGinness		79.34	29	M	M U/50	71
109	Adrien	Lemoine		79.36	34	M	M U/50	72
110	Francis	Mimmack		79.41	30	M	M U/50	73
111	Sera	Demonti		80.01	34	F	W U/50	21
112	Alexander	Lewis	Victoria Park Harriers	80.03	27	M	M U/50	74
113	Fenella	Willis	hercules wimbledon	80.18	46	F	W U/50	22
114	Roland	Phillips		80.27	39	M	M U/50	75
115	Stephanie	Nimmo	Wimbledon Windmilers	80.30	45	F	W U/50	23
116	Justin	Griggs	Plumstead Runners	80.37	39	M	M U/50	76
117	Meera	Tharmarajah		80.37	40	F	W U/50	24
118	Michael	Small		80.50	23	M	M U/50	77
119	Juan Alberto	Ungson Grandio		82.08	21	M	M U/50	78
120	Patrick	O Donnell		82.18	27	M	M U/50	79
121	Courtney	Phillips		82.44	38	F	W U/50	25
122	Jasmine	Hartland		82.45	37	F	W U/50	26
123	SAM	Chapman		84.02	29	M	M U/50	80
124	Brooke	Lloyd		84.06	23	F	W U/50	27
125	Zbigniew	Giruc		84.07	60	M	M O/60	6
126	CHLOE	GROVER		84.44	26	F	W U/50	28
127	Xavier	Riviere		84.52	34	M	M U/50	81
128	D	Wiggins		85.12	58	M	M O/50	11
129	Natalie	Lovell		85.13	32	F	W U/50	29
130	John	Devereux		85.22	40	M	M U/50	82
131	Emma	Howard	Victoria Park Harriers	85.34	25	F	W U/50	30
132	Ahlem	BEN GUEBLIA		85.36	31	F	W U/50	31
133	Amy	Moore		86.08	29	F	W U/50	32
134	Emilie	Vanpoperinghe		86.11	33	F	W U/50	33
135	Michael	Harwood		86.44	24	M	M U/50	83
136	Laura	Barrigan		86.47	21	F	W U/50	34
137	Anne	Armstrong		86.49	28	F	W U/50	35
138	Nicole	Rushforth		86.49	23	F	W U/50	36
139	Borrelly	Claudia		86.51	27	F	W U/50	37
140	Claire	Sanson		86.54	28	F	W U/50	38
141	Catherine	Jury	Ealing Eagles	87.09	32	F	W U/50	39
142	Joan	Wales	BP Helios harriers	87.14	54	F	W O/50	2
143	Robert	Fortes	Serpentine RC	87.51	65	M	M O/60	7
144	Hannah	Druckes		87.54	26	F	W U/50	40
145	Alexandra	Philippona		88.08	23	F	W U/50	41
146	Claire	Hennebel		88.14	28	F	W U/50	42

147	Tobias	Hirst		88.37	27	M	M U/50	84
148	Michael	Larkin		88.44	55	M	M O/50	12
149	Angela	Wing		88.53	26	F	W U/50	43
150	Ilaria	Morino		90.51	43	F	W U/50	44
151	Helen	MARKIDES		91.00	25	F	W U/50	45
152	Bill	Demlong	BTB	91.04	53	M	M O/50	13
153	Bob	Miller	BTB	91.04	50	M	M O/50	14
154	Kathryn	Gleeson		91.11	33	F	W U/50	46
155	Dorette	Ngo bayiha		91.16	40	F	W U/50	47
156	Isabelle	Roux-Gregson		91.21	35	F	W U/50	48
157	Virginia	Damoiseaux		92.16	48	F	W U/50	49
158	Victoria	Pymm		93.06	36	F	W U/50	50
159	Christine	Ourmieres		93.10	49	F	W U/50	51
160	Matthew	Doyle		94.18	38	M	M U/50	85
161	Anoushka	Der Sarkissian	Serpentine Runningclub	94.32	47	F	W U/50	52
162	Victoria	Young		94.32	26	F	W U/50	53
163	Deepak	Ravindran		96.06	34	M	M U/50	86
164	Taisiya	Kostenko		96.14	23	F	W U/50	54
165	Grant	Moxham		96.25	33	M	M U/50	87
166	Jennifer	Viccars		96.25	24	F	W U/50	55
167	Katarzyna	Giruc		97.03	30	F	W U/50	56
168	Rifat	Sensin		97.27	38	M	M U/50	88
169	Chris	Graco		97.30	24	M	M U/50	89
170	Austen	Slattery	Edmonton running club	97.34	51	M	M O/50	15
171	Lyn	Tank		97.47	39	F	W U/50	57
172	Edwin	Bartlett	Vets AC	98.51	69	M	M O/60	8
173	Emma	Jones		99.45	22	F	W U/50	58
174	Alan	Jones		101.48	45	M	M U/50	90
175	Sarah	Barnard		102.05	50	F	W O/50	3
176	Marion	Paupert		103.04	31	F	W U/50	59
177	Rachael	McKinney		104.12	21	F	W U/50	60
178	Tuan	Pham		107.59	37	M	M U/50	91
179	Elizabeth	Fusco		108.35	58	F	W O/50	4
180	Natalie	Ansell		108.35	41	F	W U/50	61
181	Oliver	Heggs		123.00	50	M	M O/50	16
DNF	Julian	Hazeldine	Victoria Park Harriers		31	M	M U/50	
DNF	Peter	Pollyn			35	M	M U/50	