



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 2 Miles Battersea Park 7pm July 11th

Dear Runners

Huw Lobb won tonight's race in 9.39 and Andrea Sanders reece won the Womens race in 12.58. In the over 70's Sue Lambert ran a 16.05 and Joe Aspinall ran a 15.13. This coming Saturday we have a 10 mile race at 8am. See you all soon!

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	AGE
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MEN UNDER 50

1st	<i>Huw</i>	<i>Lobb</i>	<i>Serpentine</i>	<i>9.39</i>	<i>M</i>	<i>34</i>
2nd	<i>Henry</i>	<i>Dodwell</i>	<i>Highgate Harriers</i>	<i>10.04</i>	<i>M</i>	<i>35</i>
3rd	<i>Darren</i>	<i>Tanner</i>	<i>Clapham Chasers</i>	<i>10.12</i>	<i>M</i>	<i>34</i>
4th	<i>Rick</i>	<i>Weston</i>	<i>Ipswich Jaffa</i>	<i>10.21</i>	<i>M</i>	<i>24</i>
5th	<i>Lee</i>	<i>Grocott</i>	<i>Harlow AC</i>	<i>10.39</i>	<i>M</i>	<i>22</i>
6th	<i>James</i>	<i>Godber</i>	<i>Dulwich Runners</i>	<i>10.56</i>	<i>M</i>	<i>32</i>
7th	<i>David</i>	<i>Evans</i>	<i>Muddy Mucky Munkeys</i>	<i>10.59</i>	<i>M</i>	<i>42</i>

WOMEN UNDER 50

1st	<i>Hay Sun</i>	<i>Blunt</i>	<i>unattached</i>	<i>13.20</i>	<i>F</i>	<i>29</i>
2nd	<i>Jaqui</i>	<i>Reid</i>	<i>Mets Police AC</i>	<i>13.35</i>	<i>F</i>	<i>45</i>
3rd	<i>Anastasia</i>	<i>Hancock</i>	<i>Hercules Wimbledon</i>	<i>13.41</i>	<i>F</i>	<i>28</i>
4th	<i>Alison</i>	<i>Nolan</i>	<i>Serpentine</i>	<i>14.04</i>	<i>F</i>	<i>42</i>
5th	<i>Penelope</i>	<i>Fixter</i>	<i>Herne Hill Harriers</i>	<i>14.20</i>	<i>F</i>	<i>35</i>
6th	<i>Julie</i>	<i>Thomas</i>	<i>Windmilers</i>	<i>14.39</i>	<i>F</i>	<i>44</i>
7th	<i>Garnet</i>	<i>Walters</i>	<i>Serpentine</i>	<i>17.50</i>	<i>F</i>	<i>44</i>

MEN OVER 50

1st	Tony	Cummings	Thurrock Harriers	12.01	M	50
2nd	Simon	Wade	Belgrave	12.04	M	50
3rd	Jean Luc	Hoez	Serpentine	12.49	M	53

WOMEN OVER 50

1st	Andrea	Sanders-Reece	Mornington Chasers	12.58	F	55
2nd	Caroline	Yarnell	Sydney Striders	13.54	F	51
3rd	Sarah	Newton	Serpentine	14.32	F	53

MEN OVER 60

1st	Dan	Maskell	Vets AC	13.46	M	63
2nd	Dennis	Williams	Hercules Wimbledon	13.52	M	65

WOMEN OVER 60

1st	Carmelina	Hancock	Hercules Wimbledon	19.34	F	60
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MEN OVER 70

1st	Joe	Aspinall	Vets AC	15.13	M	73
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WOMEN OVER 70

1st	Sue	Lambert	Serpentine	16.05	F	70
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WOMEN UNDER 16

1st	Bethen	Turner	Victoria Park Harriers	15.03	F	14
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MEN UNDER 16

1st	Gus	Wang	Sydney Striders	12.27	M	14
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos
1	Huw	Lobb	Serpentine	9.39	M	34	M U/50	1
2	Henry	Dodwell	Highgate Harriers	10.04	M	35	M U/50	2
3	Darren	Tanner	Clapham Chasers	10.12	M	34	M U/50	3
4	Rick	Weston	Ipswich Jaffa	10.21	M	24	M U/50	4
5	Lee	Grocott	Harlow AC	10.39	M	22	M U/50	5
6	James	Godber	Dulwich Runners	10.56	M	32	M U/50	6
7	David	Evans	Muddy Mucky Monkeys	10.59	M	42	M U/50	7
8	Jeff	Cate		11.03	M	43	M U/50	8
9	Jose Carlos	Moraes	Postural RP	11.22	M	38	M U/50	9
10	Rupert	Jacobs		11.26	M	30	M U/50	10
11	John	O'Shea	Highgate Harriers	11.30	M	48	M U/50	11
12	David	Young	Serpentine	11.31	M	24	M U/50	12
13	Alexis	Atkinson		11.38	M	31	M U/50	13
14	Rupert	Nash	Hunters Bog Trotters	11.41	M	29	M U/50	14
15	Mark	Burkett		11.41	M	47	M U/50	15
16	Scott	Hemmens	Les Croupiers	11.51	M	32	M U/50	16
17	Simon	Leslie		11.59	M	39	M U/50	17
18	Tony	Cummings	Thurrock Harriers	12.01	M	50	M O/50	1
19	Simon	Wade	Belgrave	12.04	M	50	M O/50	2
20	John	Matthews	26.2RRC	12.06	M	38	M U/50	18
21	Gabriel	Salinger	Serpentine	12.07	M	30	M U/50	19
22	Jeremy	Burke	Serpentine	12.11	M	31	M U/50	20
23	Gus	Wang	Sydney Striders	12.27	M	14	M U/16	1
24	Anthony	Impey		12.33	M	39	M U/50	21

25	David	Miller		12.36	M	28	M U/50	22
26	Peter	Stephenson	PAAA	12.46	M	47	M U/50	23
27	Jean Luc	Hoez	Serpentine	12.49	M	53	M O/50	3
28	David	Moscrop	Garden City Runners	12.52	M	52	M O/50	4
29	Chris	Notton	Serpentine	12.55	M	36	M U/50	24
30	Philip	Hickson	Fulham	12.55	M	37	M U/50	25
31	Andrea	Sanders-Reece	Mornington Chasers	12.58	F	55	W O/50	1
32	Jackson	Spielmeier-Payne	Victoria Park Harriers	13.06	M	13	M U/16	2
33	Stuart	Littlewood	Hercules Wimbledon	13.13	M	59	M O/50	5
34	Daniel	Barrass	Fulham	13.16	M	25	M U/50	26
35	Hay Sun	Blunt		13.20	F	29	W U/50	1
36	Alan	Mundy	Bexley AC	13.25	M	49	M U/50	27
37	Nick	Slade	WATFORD JOGGERS	13.26	M	43	M U/50	28
38	Brian	Pickles	Serpentine	13.28	M	53	M O/50	6
39	Jonathan	Chambers	Fulham	13.30	M	54	M O/50	7
40	Jaqui	Reid	Mets Police AC	13.35	F	45	W U/50	2
41	Neil	Myland Osman		13.39	M	37	M U/50	29
42	Anastasia	Hancock	Hercules Wimbledon	13.41	F	28	W U/50	3
43	Dan	Maskell	Vets AC	13.46	M	63	M O/60	1
44	Dennis	Williams	Hercules Wimbledon	13.52	M	65	M O/60	2
45	Caroline	Yarnell	Sydney Striders	13.54	F	51	W O/50	2
46	Tony	Gallagher	Sutton Runners	13.55	M	55	M O/50	8
47	Jeff	Prestnock	Serpentine	13.55	M	52	M O/50	9
48	Alan	Davidson	Ranelagh Harriers	13.57	M	64	M O/60	3
49	Patrick	Halliday	Reigate Priory	14.03	M	51	M O/50	10
50	Alison	Nolan	Serpentine	14.04	F	42	W U/50	4
51	John B	Garber	Herne Hill Harriers	14.19	M	69	M O/60	4
52	Penelope	Fixter	Herne Hill Harriers	14.20	F	35	W U/50	5
53	Ian	Hall	Serpentine	14.28	M	58	M O/50	11
54	Sarah	Newton	Serpentine	14.32	F	53	W O/50	3
55	Julie	Thomas	Windmilers	14.39	F	44	W U/50	6
56	High	French	Clapham Chasers	14.50	M	35	M U/50	30
57	Bethen	Turner	Victoria Park Harriers	15.03	F	14	W U/16	1
58	Joe	Aspinall	Vets AC	15.13	M	73	M O/70	1
59	Neil	Davies	Serpentine	15.26	M	46	M U/50	31
60	Elizabeth	Tapp	Serpentine	15.29	F	53	W O/50	4
61	Sue	Lambert	Serpentine	16.05	F	70	W O/70	1
62	Ian	Isherwood	Hercules Wimbledon	16.39	M	58	M O/50	12
63	Dave	Gironi	Serpentine	16.50	M	33	M U/50	32
64	Dave	Clarke	Stragglers	16.54	M	43	M U/50	33
65	Edwin	Bartlett	Vets AC	17.30	M	66	M O/60	5
66	Garnet	Walters	Serpentine	17.50	F	44	W U/50	7
67	Steve	Webb	Hercules Wimbledon	18.09	M	59	M O/50	13
68	Evelyn	McDermott		18.49	M	60	M O/60	6
69	Colin	Savage		19.06	M	47	M U/50	34
70	Carmelina	Hancock	Hercules Wimbledon	19.34	F	60	W O/60	1
71	Peter	Torre	Vets AC	21.07	M	69	M O/60	7