



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

5K

Battersea Park

7pm

June 24th, 2013

Dear Runners

Huw Lobb was the first to cross the line in 15.34 and  
Alica Ebbage was the first lady in 19.45.

Our next race is another 5K on Monday 1st July at 7pm. The following Monday (8th July)  
is our first Relay – so start preparing your team of three runners  
(each runner runs a mile).

All results are below ...

**MEDAL WINNERS**

NAME	SURNAME	CLUB	TIME	M/F	Age
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**MEN UNDER 50**

1st	Huw	Lobb	Serpentine	15.34	M	36
2nd	James	Ellis	Clapham Chasers	16.04	M	33
3rd	Richard	Todd	Thames Hare & Hounds	16.28	M	33
4th	Andrew	Lawrence	Morpeth Harriers	16.31	M	27
5th	Robert	Tuer	Clapham Chasers	16.38	M	27
6th	Dan	Hale	Kent	16.42	M	30
7th	Andrew	Morton	Kent	16.46	M	29

**WOMEN UNDER 50**

1st	Alice	Ebbage	Biggleswade AC	19.45	F	22
2nd	Sara	Grosvenor	Ranelagh Harriers	20.04	F	34

3rd	Allison	Machnicki		20.05	F	23
4th	Andrea	Allocco		20.27	F	35
5th	Helen	Smethurst	London Frontrunners	20.51	F	48
6th	Joanna	Rota	London Heathside	21.26	F	29
7th	Edit	Walsh		21.40	F	38

### **MEN VET 50**

1st	Matthew	Ives		18.55	M	50
2nd	Hugh	Scorgie		19.13	M	53
3rd	Grant	Matheson	Falkirk Victoria Harriers	19.21	M	51

### **WOMEN VET 50**

1st	Jane	Laws	Barnet + District AC	19.25	F	56
2nd	Andrea	Sanders-Reece	Mornington Chasers	20.52	F	57
3rd	Annette	Helliwell	Collingwood AC	24.32	F	54

### **MEN VET 60**

1st	Ian	Mursell	Vets AC	21.27	M	61
2nd	Stuart	Littlewood	Hercules Wimbledon	21.57	M	60

### **WOMEN VET 60**

1st	Ann	Bath	26.2/SVHC	27.46	F	64
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### **MEN O/70**

1st	Joe	Aspinall	Vets AC	26.34	M	75
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### **OVERALL RESULTS**

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Huw	Lobb	Serpentine	15.34	M	36	M U/50	1
2	James	Ellis	Clapham Chasers	16.04	M	33	M U/50	2
3	Richard	Todd	Thames Hare & Hounds	16.28	M	33	M U/50	3
4	Andrew	Lawrence	Morpeth Harriers	16.31	M	27	M U/50	4
5	Robert	Tuer	Clapham Chasers	16.38	M	27	M U/50	5
6	Dan	Hale	Kent	16.42	M	30	M U/50	6
7	Andrew	Morton	Kent	16.46	M	29	M U/50	7
8	Steve	Monaghan	London Heathside	16.48	M	42	M U/50	8
9	Mark	Ford	Canterbury Harriers	16.50	M	23	M U/50	9
10	James	Robertson	Kingston AC & Poly	16.56	M	24	M U/50	10
11	Will	McNulty	Mornington Chasers	16.57	M	30	M U/50	11
12	Adam	Marcinowicz	Clapham Chasers	17.08	M	32	M U/50	12
13	Jonathan	Moscrop	London Frontrunners	17.15	M	39	M U/50	13
14	Matthew	Thomson		17.23	M	31	M U/50	14
15	John	Cox	Kent	17.24	M	43	M U/50	15
16	Paul	Boschen	London Frontrunners	17.28	M	35	M U/50	16
17	Finbarr	Murphy		17.31	M	34	M U/50	17
18	Peter	Holmes	Serpentine	17.33	M	35	M U/50	18
19	Ian	Gordon	Mornington Chasers	17.33	M	27	M U/50	19
20	Charles	Harvey		17.33	M	28	M U/50	20
21	Andrew	Peters		17.35	M	38	M U/50	21
22	Stuart	Curtis	Time Warner	17.54	M		M U/50	22
23	Martin	Gillies	West 4 Harriers	18.02	M	25	M U/50	23
24	Tom	Webb	Kent AC	18.03	M	43	M U/50	24

25	Stephane	Schneider	Serpentine	18.11	M	33	M U/50	25
26	Jon	Kyte	Harrow AC	18.17	M	29	M U/50	26
27	Matt	Powell	Gloucester AC	18.19	M	37	M U/50	27
28	Simon	Bittlestone		18.28	M	25	M U/50	28
29	Mark	Griffiths		18.33	M	28	M U/50	29
30	Laurent	Le Mee	Serpentine	18.44	M	37	M U/50	30
31	Edward	Holland	London Frontrunners	18.45	M	30	M U/50	31
32	Mark	Agnew		18.45	M	29	M U/50	32
33	Ludwig	Krause		18.47	M	40	M U/50	33
34	Andrew	Davies	Serpentine	18.52	M	39	M U/50	34
35	Kevin	Lally	Serpentine	18.53	M	44	M U/50	35
36	Matthew	Ives		18.55	M	50	M O/50	1
37	Frank	Wood	Hercules Wimbledon	19.06	M	48	M U/50	36
38	Hugh	Scorgie		19.13	M	53	M O/50	2
39	Grant	Matheson	Falkirk Victoria Harriers	19.21	M	51	M O/50	3
40	Olivier	Evans		19.23	M	37	M U/50	37
41	Jane	Laws	Barnet + District AC	19.25	F	56	W O/50	1
42	Matt	Miller		19.37	M	34	M U/50	38
43	David	Miller		19.37	M	30	M U/50	39
44	Anthony	Dowling		19.41	M	44	M U/50	40
45	Alice	Ebbage	Biggleswade AC	19.45	F	22	W U/50	1
46	John	Keenan	London Frontrunners	19.49	M	40	M U/50	41
47	Sara	Grosvenor	Ranelagh Harriers	20.04	F	34	W U/50	2
48	Allison	Machnicki		20.05	F	23	W U/50	3
49	Brett	Rafferty		20.12	M	27	M U/50	42
50	Shane	Johnson	Time Warner	20.19	M	42	M U/50	43
51	Daniel	White		20.23	M	33	M U/50	44
52	Kenny	McCallum	Serpentine	20.27	M		M U/50	45
53	Andrea	Allocco		20.27	F	35	W U/50	4
54	Richard	Morris	Fulham	20.29	M	38	M U/50	46
55	Orlando	Martin		20.31	M	35	M U/50	47
56	Matthew	Snelling	JP Morgan	20.31	M	36	M U/50	48
57	Zahid	Syed	Time Warner	20.37	M		M U/50	49
58	Sebastian	Amoah	Herne Hill Harriers	20.44	M	28	M U/50	50
59	David	Kenning	Time Warner	20.48	M		M U/50	51
60	Helen	Smethurst	London Frontrunners	20.51	F	48	W U/50	5
61	Andrea	Sanders-Reece	Mornington Chasers	20.52	F	57	W O/50	2
62	David	Stockdale		21.00	M	29	M U/50	52
63	Brian	Pickles	Serpentine	21.25	M	55	M O/50	4
64	Joanna	Rota	London Heathside	21.26	F	29	W U/50	6
65	Vladislav	Hovanec		21.27	M	25	M U/50	53
66	Ian	Mursell	Vets AC	21.27	M	61	M O/60	1
67	Jonathan	Sharrock	Collingwood AC	21.29	M	41	M U/50	54
68	Philip	Hickson	Fulham	21.29	M	38	M U/50	55
69	Edit	Walsh		21.40	F	38	W U/50	7
70	Jasna	Skrdce		21.48	F	33	W U/50	8
71	Stuart	Littlewood	Hercules Wimbledon	21.57	M	60	M O/60	2
72	?	Clarkson	Fulham	22.03	M	41	M U/50	56
73	Chris	Daniels		22.04	M	26	M U/50	57
74	Stefano	Vernazza		22.06	M	38	M U/50	58
75	Declan	Tomany		22.07	M	41	M U/50	59
76	Simon	Gould		22.09	M	65	M O/60	3
77	Pollyanna	Marsden	u/a	22.15	F	22	W U/50	9
78	Dan	Maskell	Vets AC	22.28	M	65	M O/60	4

79	Ian	Hall	Serpentine	22.30	M	60	M O/60	5
80	Eimear	Howley	Synergy Running Club	22.35	F	32	W U/50	10
81	Alan	Davidson	Ranelagh Harriers	22.40	M	66	M O/60	6
82	Jason	Smith	Collingwood AC	22.58	M	43	M U/50	60
83	Louisa	Pritchard	Dulwich Runners	22.58	F	41	W U/50	11
84	Anastasia	Hancock	Hercules Wimbledon	23.02	F	30	W U/50	12
85	Mark	Reid		23.02	M	42	M U/50	61
86	Dan	McVeigh		23.04	M	35	M U/50	62
87	John	Sharpe		23.28	M	46	M U/50	63
88	Ben	Johnson		23.34	M	26	M U/50	64
89	Nick	Cambridge		23.35	M	64	M O/60	7
90	Claire	Adams	Didcot	23.37	F	42	W U/50	13
91	Ruth	Sharp	Time Warner	23.59	F		W U/50	14
92	Nick	Toon	Time Warner	24.03	M	43	M U/50	65
93	Lindsey	Annable	Dulwich Runners	24.06	F	45	W U/50	15
94	Robert	Sibley	Time Warner	24.07	M		M U/50	66
95	Peter	Cambridge		24.16	M	54	M O/50	5
96	Daisy	Christodoulou		24.17	F	28	W U/50	16
97	Anis	Abdullah		24.26	F	24	W U/50	17
98	Annette	Helliwell	Collingwood AC	24.32	F	54	W O/50	3
99	Sophie	Prosser	Time Warner	24.36	F		W U/50	18
100	Ronil	Amarsi		24.46	M	26	M U/50	67
101	John	Walsh		25.04	M	51	M O/50	6
102	Neil	Davies	Serpentine	25.08	M	48	M U/50	68
103	Dennis	Williams	Hercules Wimbledon	25.11	M	67	M O/60	8
104	Karen	Gallagher		25.25	F	24	W U/50	19
105	Rebecca	Jones		25.30	F	39	W U/50	20
106	Harvey	Cambridge		25.34	M	16	M U/50	69
107	Joanna	Thompson	Time Warner	25.36	F	27	W U/50	21
108	Virginia	Alfaro		25.50	F	42	W U/50	22
109	Mame	Apenteng	Time Warner	25.53	F		W U/50	23
110	Mike	Jeffery	Bracknell Forest	25.57	M	67	M O/60	9
111	Kyle	Cyr	Kent AC	26.00	M	26	M U/50	70
112	Alberta	Lagorio-serra	Time Warner	26.00	F		W U/50	24
113	Donna	Richards	South London Harriers	26.02	F	47	W U/50	25
114	Anthony	Alleyne		26.18	M	42	M U/50	71
115	Stewart	Hall-Roberts		26.28	M	43	M U/50	72
116	Ian	Spence	Vets AC	26.30	M	68	M O/60	10
117	Joe	Aspinall	Vets AC	26.34	M	75	M O/70	1
118	Hannah	Nixon		26.35	F	40	W U/50	26
119	Robert	Ravelli	London Frontrunners	26.35	M	57	M O/50	7
120	James	Close		26.41	M	50	M O/50	8
121	Ilya	Nozhnik		26.51	M	31	M U/50	73
122	Claire	Davey		26.54	F	31	W U/50	27
123	Peter	Davis		26.58	M	30	M U/50	74
124	Ashley	Hogan-Gancarz	Time Warner	26.58	F		W U/50	28
125	Marta	Gorio	Time Warner	27.00	F		W U/50	29
126	Joseph	Woodward	Time Warner	27.13	M		M U/50	75
127	Kaja	Larsen	Time Warner	27.20	F	25	W U/50	30
128	Ann	Bath	26.2/SVHC	27.46	F	64	W O/60	1
129	Kelly	Morgan		27.55	F	33	W U/50	31
130	Steve	Webb	Hercules Wimbledon	27.56	M	61	M O/60	11
131	Siddharth	Shanbhag		28.37	M	37	M U/50	76
132	Boygur	Gorgun	Time Warner	28.42	M	38	M U/50	77

133	Frances	O'Shea		28.47	F	27	W U/50	32
134	Rina	Vyas		28.47	F	37	W U/50	33
135	Sophie	Unsworth	Time Warner	28.47	F	25	W U/50	34
136	Laura	Parkin	Time Warner	28.47	F	28	W U/50	35
137	Edwin	Bartlett	Vets AC	28.47	M	68	M O/60	12
138	Ruth	Telfer		28.53	F	24	W U/50	36
139	Olumide	Fagbure	Time Warner	28.59	M	28	M U/50	78
140	Rachel	Stevenson	Time Warner	29.01	F		W U/50	37
141	Geraldine	McBride	Time Warner	29.10	F	59	W O/50	4
142	Lyann	Farrelly	Time Warner	29.13	F		W U/50	38
143	Elliot	Haag	Time Warner	29.21	M	33	M U/50	79
144	Rudolph	Stewart		29.27	M	47	M U/50	80
145	Ryan	Robinson	Time Warner	29.40	M	23	M U/50	81
146	Melanie	Scott	Time Warner	29.42	F		W U/50	39
147	Jonathan Mark	Pegg	Sutton Runners	30.11	M	48	M U/50	82
148	Phoebe	Evans	Time Warner	31.37	F	19	W U/50	40
149	Gena	Parrott	Time Warner	31.59	F	32	W U/50	41
150	Dora	Guzeleva		34.21	F	51	W O/50	5
151	Amanda	Els	Time Warner	35.50	F		W U/50	42
152	Miriam	Taylor	Time Warner	38.04	F		W U/50	43
153	Lily	Mensah	Time Warner	38.04	F	51	W O/50	6