



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
June 17th, 2013

Dear Runners

The first 2 mile race of this season was won by Thomas Beedell in 9.43. Our apologies to Lesly Young who was the first lady over 60 but was not mentioned in the medal ceremony. Cosmo Craven was the winner of the under 16 category completing the course in 12.02. All results are below.

Our next race is another 5K on Monday 24th June.
See you there ...

MEDAL WINNERS

	NAME	SURNAME	CLUB	TIME	M/F	Age
<u>MEN UNDER 50</u>						
1st	Thomas	Beedell	Woodford Green	9.43	M	26
2nd	Alex	Davy	Leeds City AC	9.58	M	24
3rd	Martin	Shore	Thames Hare & Hounds	10.05	M	37
4th	Andrew	Ridley		10.24	M	48
5th	Simon	Beedell	Chiltern Harriers	10.27	M	31
6th	Jonny	Miesner		10.28	M	22
7th	Philip	Glynn	Hercules Wimbledon AC	10.34	M	34
<u>MEN UNDER 16</u>						
1st	Cosmo	Craven	Fulham RC	12.02	M	13

WOMEN UNDER 50

1st	Tina	Gray	Fulham RC	12.05	F	30
2nd	Sarah	Knox	Serpentine RC	12.38	F	43
3rd	Alison	Nolan	Serpentine RC	13.40	F	44
4th	Marilena	De Luca	Hercules Wimbledon AC	13.46	F	35
5th	Anastasia	Hancock	Hercules Wimbledon AC	14.00	F	30
6th	Josephine	Perry	Thames turbo	14.10	F	36
7th	Laura	Ellis	Bearcat Running Club	14.46	F	29

MEN VET 50

1st	Victor	Maughn	Herne Hill Harriers	11.06	M	51
2nd	Hugh	Scorgie		12.00	M	53
3rd	Stephen	Plummer		12.03	M	50

WOMEN VET 50

1st	Andrea	Sanders-Reece	Mornington Chasers	13.04	F	57
2nd	Carole	Wisdom	Serpentine RC	16.44	F	55
3rd	Geraldine	McBride	Time Warner	20.21	F	

MEN VET 60

1st	Roger	Green	Woodford Green	13.22	M	65
2nd	Ian	Mursell	VAC	13.46	M	61

WOMEN VET 60

1st	Lesley	Young	Dulwich Park Runners	24.19	F	61
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MEN VET 70

1st	Peter	Torre	Mornington Chasers	19.24	M	71
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Thomas	Beedell	Woodford Green	9.43	M	26	M U/50	1
2	Alex	Davy	Leeds City AC	9.58	M	24	M U/50	2
3	Martin	Shore	Thames Hare & Hounds	10.05	M	37	M U/50	3
4	Andrew	Ridley		10.24	M	48	M U/50	4
5	Simon	Beedell	Chiltern Harriers	10.27	M	31	M U/50	5
6	Jonny	Miesner		10.28	M	22	M U/50	6
7	Philip	Glynn	Hercules Wimbledon AC	10.34	M	34	M U/50	7
8	Edward	Green	Thames Hare and Hounds	10.38	M	31	M U/50	8
9	Peter	Holmes	Serpentine RC	10.56	M	35	M U/50	9
10	Paul	Perry	Thames Turbo	11.00	M	36	M U/50	10
11	Kerr	Millar	Queens Park Harriers	11.02	M	19	M U/50	11
12	Andrew	Spurr		11.04	M	24	M U/50	12
13	Victor	Maughn	Herne Hill Harriers	11.06	M	51	M O/50	1
14	Ji-Min	Lee	Westminster School	11.09	M	17	M U/50	13
15	Bruce	Cairns	Serpentine RC	11.11	M	40	M U/50	14
16	Rubin	Savage		11.17	M	40	M U/50	15
17	Andreas	Ioannou	Westminster School	11.26	M	17	M U/50	16
18	Jonathan	Abel		11.28	M	30	M U/50	17
19	David	Conceicao	Westminster School	11.38	M	17	M U/50	18
20	Kevin	Lally	Serpentine RC	11.57	M	44	M U/50	19
21	Hugh	Scorgie		12.00	M	53	M O/50	2
22	Cosmo	Craven	Fulham RC	12.02	M	13	M U/16	1
23	Stephen	Plummer		12.03	M	50	M O/50	3

24	Tina	Gray	Fulham RC	12.05	F	30	W U/50	1
25	Frank	Wood	Hercules Wimbledon AC	12.06	M	48	M U/50	20
26	John	Keenan	London Frontrunners	12.10	M	40	M U/50	21
27	David	Miller		12.20	M	30	M U/50	22
28	Tony	Wain	Serpentine RC	12.22	M	48	M U/50	23
29	Chris	McCarthy	Clapham Chasers	12.26	M	27	M U/50	24
30	Martin	Bright	Highate Harriers	12.28	M	47	M U/50	25
31	Matthew	Snelling	JP Morgan	12.35	M	36	M U/50	26
32	Sarah	Knox	Serpentine RC	12.38	F	43	W U/50	2
33	David	Stockdale		12.49	M	29	M U/50	27
34	Nicolas	Schmitz	Serpentine RC	12.55	M	36	M U/50	28
35	Mike	Hall		13.02	M	46	M U/50	29
36	Andrea	Sanders-Reece	Mornington Chasers	13.04	F	57	W O/50	1
37	Jed	Donnelly	Hercules Wimbledon AC	13.08	M	28	M U/50	30
38	Alan	Mundy	Petts Wood Runners	13.13	M	51	M O/50	4
39	Charles	Craven		13,17	M	50	M O/50	5
40	Roger	Green	Woodford Green	13.22	M	65	M O/60	1
41	Tom	Fender		13.26	M	42	M U/50	31
42	Andrew	McNamara	GYDAC	13.27	M	30	M U/50	32
43	Brent	Slater		13.39	M	27	M U/50	33
44	Alison	Nolan	Serpentine RC	13.40	F	44	W U/50	3
45	Brian	Pickles	Serpentine RC	13.44	M	55	M O/50	6
46	Marilena	De Luca	Hercules Wimbledon AC	13.46	F	35	W U/50	4
47	Ian	Mursell	VAC	13.46	M	61	M O/60	2
48	Simon	Berryman		13.56	M	43	M U/50	34
49	Stuart	Littlewood	Hercules Wimbledon AC	13.58	M	60	M O/60	3
50	Anastasia	Hancock	Hercules Wimbledon AC	14.00	F	30	W U/50	5
51	Dan	McVeigh		14.05	M	35	M U/50	35
52	Josephine	Perry	Thames turbo	14.10	F	36	W U/50	6
53	John	Wilson	Serpentine RC	14.24	M	45	M U/50	36
54	Ian	Hall	Serpentine RC	14.26	M	60	M O/60	4
55	John	Sharpe		14.29	M	46	M U/50	37
56	Mark	Reid		14.32	M	41	M U/50	38
57	Rob	Crane		14.36	M	38	M U/50	39
58	Graham	Cousar		14.38	M	43	M U/50	40
59	Alan	Davidson	Ranelagh Harriers	14.40	M	66	M O/60	5
60	Laura	Ellis	Bearcat Running Club	14.46	F	29	W U/50	7
61	Anthony	Scott		14.56	M	50	M O/50	7
62	Dennis	Williams	Hercules Wimbledon AC	15.18	M	67	M O/60	6
63	Gregory	Stylski		15.19	M	32	M U/50	41
64	Anis	Abdullah		15.22	F	24	W U/50	8
65	Neil	Davies	Serpentine RC	15.26	M	48	M U/50	42
66	Victoria	Clarkson		15.27	F	23	W U/50	9
67	Andrew	Hough		15.31	M	41	M U/50	43
68	Marcelo	Telles Ribeiro		15.45	M	44	M U/50	44
69	Donna	Richards	South London Harriers	16.04	F	47	W U/50	10
70	Carole	Wisdom	Serpentine RC	16.44	F	55	W O/50	2
71	Dave	Clarke	Stragglers	17.09	M	45	M U/50	45
72	Georgina	Lever		17.28	F	26	W U/50	11
73	Franswa	Ceustermans		17.43	M	31	M U/50	46
74	Thomas	Wilkie	Collingwood AC	17.49	M	60	M O/60	7
75	Steve	Webb	Hercules Wimbledon AC	17.55	M	61	M O/60	8
76	Edwin	Bartlett	Vets AC	18.15	M	69	M O/60	9
77	Evelyn	McDermott		18.44	M	63	M O/60	10
78	Rosanne	Schipper		19.04	F	27	W U/50	12
79	Peter	Torre	Mornington Chasers	19.24	M	71	M O/70	1
80	Ian	Isherwood	Hercules Wimbledon AC	19.32	M	60	M O/60	11
81	Max	Freud		19.44	M	26	M U/50	47

82	Richard	Wisdom	Serpentine RC	19.45	M	64	M O/60	12
83	Barbara	Von Bulow		20.14	F	45	W U/50	13
84	Geraldine	McBride	Time Warner	20.21	F		W O/50	3
85	Oliver	Heggs		21.08	M	49	M U/50	48
86	Mike	Arkley		21.47	M	29	M U/50	49
87	Susan	Willis		21.47	F	29	W U/50	14
88	Amanda	Els	Time Warner	23.25	F		W U/50	15
89	Jazi	Faisal		23.37	F	23	W U/50	16
90	Lesley	Young	Dulwich Park Runners	24.19	F	61	W O/60	1