



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 3rd, 2013

Dear Runners

For our first Monday evening race of the summer season we had an excellent turnout - 214 runners completed the course.

Our next race is another 5K on Monday 10th June.
See you there ...

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	M/F	Age
------	---------	------	------	-----	-----

MEN UNDER 50

1st	Richard	Kowenicki	Thames Hare Hounds	15.32	M	29
2nd	Chris	Peach	Herne Hill Harriers	15.43	M	27
3rd	Rick	Weston	Serpentine RC	15.44	M	26
4th	Frederick	Slameck	Hercules Wimbledon	15.44	M	23
5th	Alex	Davy	Leeds City AC	15.55	M	20
6th	Robert	Tuer	Clapham Chasers	16.17	M	27
7th	Martin	Shore	Thames Hare & Hounds	16.19	M	37

WOMEN UNDER 50

1st	Tina	Gray	Fulham RC	18.51	F	30
2nd	Samantha	Ludlow Taylor	Serpentine	19.02	F	31
3rd	Cara	Kayum	Striders of Croydon	19.41	F	24
4th	Ilona	Bagi	Serpentine	19.43	M	31
5th	Hannah	Fernando	Hercules Wimbledon	19.50	F	25

6th	Frani	Heyns		20.03	F	34
7th	Naomi	Prasad	Watford Joggers	20.40	F	31

MEN VET 50

1st	Keith	Newton	Herne Hill Harriers	16.38	M	50
2nd	Kevin	Corcoran		18.28	M	52
3rd	Martin	Newton	Sutton Runners	18.31	M	51

WOMEN VET 50

1st	Jane	Laws	Barnet & District	19.00	F	52
2nd	Andrea	Sanders-Reece	Mornington Chasers	21.04	F	57
3rd	Joanne	Marshall	Serpentine RC	23.44	F	52

MEN VET 60

1st	Philip	Jackson	Ranelagh Harriers	22.01	M	63
2nd	Ian	Mursell	Vets AC	22.18	M	61

WOMEN VET 60

1st	Ann	Bath	26.2RRC/SVHC	27.13	F	64
-----	-----	------	--------------	-------	---	----

MEN VET 70

1st	Peter	Torre	Mornington Chasers	31.44	M	71
-----	-------	-------	--------------------	-------	---	----

OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Richard	Kowenicki	Thames Hare Hounds	15.32	M	29	M U/50	1
2	Chris	Peach	Herne Hill Harriers	15.43	M	27	M U/50	2
3	Rick	Weston	Serpentine RC	15.44	M	26	M U/50	3
4	Frederick	Slemeck	Hercules Wimbledon	15.44	M	23	M U/50	4
5	Alex	Davy	Leeds City AC	15.55	M	20	M U/50	5
6	Robert	Tuer	Clapham Chasers	16.17	M	27	M U/50	6
7	Martin	Shore	Thames Hare & Hounds	16.19	M	37	M U/50	7
8	Craig	Brown	Biggleswade AC	16.26	M	34	M U/50	8
9	Stephen	Hurley	Wimbledon Windmilers	16.32	M	29	M U/50	9
10	Stephen	Philcox	Ilford AC	16.34	M	47	M U/50	10
11	Nicola	Barberis negra	Serpentine RC	16.36	M	28	M U/50	11
12	Keith	Newton	Herne Hill Harriers	16.38	M	50	M O/50	1
13	Robbie	Cox	Woodford Green	16.38	M	31	M U/50	12
14	Daniel	Bentley-Gouldstone	Beckenham RC	16.41	M	28	M U/50	13
15	Adam	Bamford		16.45	M	24	M U/50	14
16	Stuart	Fraser	Hercules Wimbledon	16.45	M	46	M U/50	15
17	Jim	Addison	Beckenham	16.48	M	41	M U/50	16
18	Sam	Blanshard		16.51	M	27	M U/50	17
19	Andrew	Ridley		16.54	M	45	M U/50	18
20	Gareth	Creagh	Walton AC	16.55	M	36	M U/50	19
21	Robert	Tansey		16.56	M	37	M U/50	20
22	Jamie	Hogg	Serpentine	17.00	M	35	M U/50	21
23	Paul	Davies	Biggleswade AC	17.10	M	43	M U/50	22
24	Jonathan	Moscrop	London Fronrunners	17.11	M	39	M U/50	23
25	Jonny	Miesner		17.13	M	18	M U/50	24
26	Andy	Inglis	cambridge harriers	17.15	M	32	M U/50	25
27	Chris	Ore	Hercules Wimbledon	17.23	M	26	M U/50	26
28	Adam	Marcinowicz	Clapham Chasers	17.25	M	32	M U/50	27
29	Matthieu	Prevot	Clapham Chasers	17.28	M	35	M U/50	28

30	Peter	Lee	Hercules Wimbledon	17.29	M	43	M U/50	29
31	Peter	Holmes	Serpentine	17.33	M	31	M U/50	30
32	Vanrisch	Mclean		17.38	M	28	M U/50	31
33	Jolyon	Attwooll	Serpentine RC	17.40	M	34	M U/50	32
34	Martin	Carmack	Serpentine	17.42	M	43	M U/50	33
35	Stuart	Curtis	Time Warner	17.45	M	37	M U/50	34
36	Phil	Cope		17.46	M	21	M U/50	35
37	Simon	Loach	Kent AC	17.47	M	43	M U/50	36
38	Angus	Fay	Serpentine	17.48	M	33	M U/50	37
39	Christian	Poulton	Cambridge harriers	17.50	M		M U/50	38
40	Raoul	Mansukhani	Serpentine	17.58	M	42	M U/50	39
41	Jon	Kyte	Harrow AC	17.59	M	29	M U/50	40
42	Damien	Hersey	Sutton Runners	18.02	M	30	M U/50	41
43	Andrew	Peters		18.09	M	38	M U/50	42
44	Bruce	Cairns		18.13	M	36	M U/50	43
45	Andrew	Nippard	Sutton Runners	18.14	M	31	M U/50	44
46	Tom	Webb	KENT AC	18.16	M	39	M U/50	45
47	Tom	Moseley		18.16	M	32	M U/50	46
48	Michael	Duffy	Mornington Chasers	18.17	M	26	M U/50	47
49	Yann	LANCIEN		18.19	M	25	M U/50	48
50	Stephane	Schneider	Serpentine	18.24	M	33	M U/50	49
51	Kevin	Corcoran		18.28	M	52	M O/50	2
52	Steven	Mayers		18.30	M	23	M U/50	50
53	Martin	Newton	Sutton Runners	18.31	M	51	M O/50	3
54	Richard	Taylor	Serpentine	18.32	M	37	M U/50	51
55	Edward	Holland	London Fronrunners	18.35	M	30	M U/50	52
56	Tina	Gray	Fulham RC	18.51	F	30	W U/50	1
57	Michael	Eyre	Serpentine	18.53	M	28	M U/50	53
58	Jane	Laws	Barnet & District	19.00	F	52	W O/50	1
59	Samantha	Ludlow Taylor	Serpentine	19.02	F	31	W U/50	2
60	Frank	Wood	Hercules Wimbledon	19.03	M	48	M U/50	54
61	Dan	Nichols		19.06	M	30	M U/50	55
62	Hugh	Scorgie		19.09	M	53	M O/50	4
63	Keith	Turner	Barnet & District	19.12	M	53	M O/50	5
64	Sebastian	Amoah	Herne Hill Harriers	19.14	M	28	M U/50	56
65	Rupert	Jacobs	Serpentine	19.16	M	32	M U/50	57
66	James	Stenning	London Fronrunners	19.20	M	30	M U/50	58
67	Eric	Dol	Herne Hill Harriers	19.23	M	23	M U/50	59
68	Neil	Quinlan	Serpentine	19.24	M	41	M U/50	60
69	Chris	McCarthy	Clapham Chasers	19.30	M	27	M U/50	61
70	Simon	Harris	Beckenham	19.32	M	35	M U/50	62
71	Martin	Bright	Highgate Harriers	19.34	M	42	M U/50	63
72	Francis	Markey	Serpentine	19.37	M	43	M U/50	64
73	John	Hutchinson		19.39	M	34	M U/50	65
74	Zahid	Syed	Time Warner	19.39	M	36	M U/50	66
75	Cara	Kayum	Striders of Croydon	19.41	F	24	W U/50	3
76	Johnny	Amos		19.41	M	23	M U/50	67
77	Ilona	Bagi	Serpentine	19.43	M	31	W U/50	4
78	Chris	Wood		19.49	M	33	M U/50	68
79	Hannah	Fernando	Hercules Wimbledon	19.50	F	25	W U/50	5
80	Niclas	Lundquist		19.53	M	26	M U/50	69
81	Allan	Cox	Clapham Chasers	19.56	M	35	M U/50	70
82	Jamie	Brown		19.57	M	23	M U/50	71
83	David	Miller		19.59	M	30	M U/50	72
84	Frani	Heyns		20.03	F	34	W U/50	6
85	Derek	Clark	Fronrunners	20.06	M	44	M U/50	73
86	John	Keenan	London Fronrunners	20.06	M	40	M U/50	74
87	Diego	Alberu		20.17	M	29	M U/50	75

88	Andrew	Stellabross	Time Warner	20.17	M	26	M U/50	76
89	David	Kennington	Time Warner	20.19	M	40	M U/50	77
90	Harry	Thuillier		20.19	M	27	M U/50	78
91	Alastair	Mehwa		20.27	M	26	M U/50	79
92	Naomi	Prasad	Watford Joggers	20.40	F	31	W U/50	7
93	Rob	Meredith		20.47	M	31	M U/50	80
94	Richard	Lovell	Time Warner	20.48	M	27	M U/50	81
95	Kenny	McCallum	Serpentine	20.55	M	42	M U/50	82
96	Morten	Pettersen		20.55	M	42	M U/50	83
97	Bertrand	Bodson		21.00	M	33	M U/50	84
98	Neil	Barker	Winchester + District	21.0-2	M	49	M U/50	85
99	Nick	Wahla		21.04	M	50	M O/50	6
100	Andrea	Sanders-Reece	Mornington Chasers	21.04	F	57	W O/50	2
101	Cal	Lesser		21.09	M	38	M U/50	86
102	Tony	Gallagher	Sutton Runners	21.17	M	57	M O/50	7
103	Oscar	Mellgers		21.24	M	29	M U/50	87
104	Daniel	Haswell		21.30	M	19	M U/50	88
105	Philip	Hickson	Fulham	21.40	M	38	M U/50	89
106	Jean-Luc	Hoez	Serpentine	21.50	M	55	M O/50	8
107	Charles	Burton		21.54	M	27	M U/50	90
108	Philip	Jackson	Ranelagh Harriers	22.01	M	63	M O/60	1
109	Laura	Denham-Jones	Clapham Runners	22.02	F	46	W U/50	8
110	Alison	Nola	Serpentine	22.05	F	44	W U/50	9
111	Phil	Hullah		22.05	M	42	M U/50	91
112	Laura	Dalbey	Belgrave	22.07	F	31	W U/50	10
113	Josephine	Perry	Thames Turbo	22.10	F	32	W U/50	11
114	Alice	Ewen	Striders of Croydon	22.12	F	27	W U/50	12
115	Brian	Pickles	Serpentine RC	22.14	M	55	M O/50	9
116	Ian	Mursell	Vets AC	22.18	M	61	M O/60	2
117	Joseph	McVey		22.20	M	19	M U/50	92
118	Jasna	Skroce		22.22	F	33	W U/50	13
119	John	Pratt		22.22	M	37	M U/50	93
120	Simon	Berryman	Time Warner	22.23	M	43	M U/50	94
121	Stefano	Vernazza		22.23	M	38	M U/50	95
122	Mike	Crilly	Dulwich Runners	22.27	M	47	M U/50	96
123	Ian	Hall	Serpentine	22.32	M	60	M O/60	3
124	Kevin	Bennett	Time Warner	22.34	M	31	M U/50	97
125	Jan	Noorda		22.35	M	31	M U/50	98
126	Stuart	Cole		22.41	M	40	M U/50	99
127	John	Crockford	Gravesend	22.44	M	44	M U/50	100
128	Ben	Wilson		22.47	M	36	M U/50	101
129	Jonathan	Chamberlain		22.47	M	28	M U/50	102
130	Alan	Davidson	Ranelagh Harriers	22.51	M	66	M O/60	4
131	Kelly	Grout	Time Warner	22.59	M	42	M U/50	103
132	Stephen	Walker		23.08	M	41	M U/50	104
133	Anthony	Scott		23.10	M	50	M O/50	10
134	Lee	Elliot		23.21	M	39	M U/50	105
135	Georgina	Codd		23.23	F	26	W U/50	14
136	Steven	McFarlane		23.31	M	21	M U/50	106
137	John	Wilson	Serpentine	23.35	M	45	M U/50	107
138	Sarah	Bradbury		23.35	F	27	W U/50	15
139	Gemma	Taylor	Clapham Chasers	23.40	F	26	W U/50	16
140	Jiro	Kanahori		23.42	M	27	M U/50	108
141	Joanne	Marshall	Serpentine RC	23.44	F	52	W O/50	3
142	Sam	Ainsley		23.56	M	33	M U/50	109
143	Sophie	Prosser	Time Warner	23.56	F	22	W U/50	17
144	Laura	Ellis	BearCat RC	24.03	F	25	W U/50	18
145	Stephen	Corke		24.04	M	33	M U/50	110

146	Daisy	Christodoulou		24.06	F	24	W U/50	19
147	Brian	Sacks		24.10	M	61	M O/60	5
148	Dennis	Williams	Hercules Wimbledon	24.17	M	67	M O/60	6
149	Prashanta	Aryal		24.26	M	30	M U/50	111
150	Erin	Bosul		24.26	F	27	W U/50	20
151	Ruth	Malone		24.32	F	34	W U/50	21
152	Maria	Brooks		24.33	F	30	W U/50	22
153	Ben	Johnson		24.33	M	26	M U/50	112
154	David	Deery	Stragglers	24.44	M	37	M U/50	113
155	Roger	Pennington		24.46	M	31	M U/50	114
156	Lisa	Forrest	Time Warner	24.48	F	23	W U/50	23
157	Annette	Helliwell	Collingwood AC	24.50	F	54	W O/50	4
158	Reuben	Ross		24.52	M	20	M U/50	115
159	Gregory	Stylski		25.04	M	32	M U/50	116
160	Jamie	Price		25.06	M	36	M U/50	117
161	Ian	James		25.16	M	52	M O/50	11
162	Heidi	Rasmussen	Serpentine	25.17	F	37	W U/50	24
163	Amy	Philips		25.29	F	31	W U/50	25
164	Niall	Sheehan		25.32	M	36	M U/50	118
165	Matt	Ayson		25.35	M	32	M U/50	119
166	Sonia	Edberg		25.45	F	25	W U/50	26
167	Elizabeth	Francis Edwards		25.49	F	22	W U/50	27
168	Angela	Kikugawn	Hercules Wimbledon	25.50	F	51	W O/50	5
169	Mary	Doumtsi		26.05	F	31	W U/50	28
170	Ian	Spence	Vets AC	26.24	M	68	M O/60	7
171	Mike	Downey		26.25	M	22	M U/50	120
172	Robert	Sibley	Time Warner	26.27	M		M U/50	121
173	Andres	Tomlin	Time Warner	26.27	M		M U/50	122
174	Annie	Tansey		26.28	F	49	W U/50	29
175	Felicity	Quick	Hercules Wimbledon	26.28	F	26	W U/50	30
176	Nina	Williams	Saints & Sinners	26.31	F	46	W U/50	31
177	James	Close		26.35	M	46	M U/50	123
178	Jonathan Mark	Pegg	Sutton Runners	26.49	M	48	M U/50	124
179	Heather	Binney	Clapham Pioneer	26.55	F	51	W O/50	6
180	Ashleigh	Davis		26.57	F	21	W U/50	32
181	Ann	Bath	26.2RRC/SVHC	27.13	F	64	W O/60	1
182	Donna	Richards	South London Harriers	27.39	F	47	W U/50	33
183	Beatrice	Alexander-Howden		27.45	F	20	W U/50	34
184	Dave	Clarke	Stragglers	28.02	M	45	M U/50	125
185	Claire	Whittingham		28.13	F	32	W U/50	35
186	Susan	Virtanen		28.15	F	30	W U/50	36
187	Jacqueline	Downey		28.24	F	19	W U/50	37
188	Kelvin	Kwok		28.25	M	26	M U/50	126
189	Edwin	Bartlett	Vets AC	28.25	M	68	M O/60	8
190	Pauline	Plunkett		28.30	F	30	W U/50	38
191	Hannah	Metcalfe	Time Warner	28.31	F	27	W U/50	39
192	Holly	Robinson		28.35	F	30	W U/50	40
193	Zinka	Bozovic		28.37	F	22	W U/50	41
194	Georgina	Lever		28.46	F	26	W U/50	42
195	Steve	Webb	Hercules Wimbledon	28.50	M	61	M O/60	9
196	Melanie	Scott	Time Warner	28.59	F	45	W U/50	43
197	Sarah	Rooney		29.15	F	20	W U/50	44
198	Barry	Walker	Dulwich Runners	29.23	M	69	M O/60	10
199	Lyann	Farrelly	Time Warner	29.25	F	35	W U/50	45
200	Rachel	Stevenson	Time Warner	29.34	F	33	W U/50	46
201	Hannah	Boan		29.36	F	23	W U/50	47
202	Helena	Peacock	WB	29.43	F	32	W U/50	48
203	Victoria	Sadler		29.50	F	29	W U/50	49

204	Veronika	Erdos	Time Warner	30.30	F	36	W U/50	50
205	Anita	Kinrade		30.37	F	32	W U/50	51
206	Tessa	Webb	Time Warner	30.44	F	23	W U/50	52
207	Andrea	Baildon		31.14	F	28	W U/50	53
208	Peter	Torre	Mornington Chasers	31.44	M	71	M O/70	1
209	Rebecca	Pinder	Time Warner	32.56	F	32	W U/50	54
210	Peter	Whiting		33.57	M	25	M U/50	127
211	Laurie	McGinlay		34.12	F	47	W U/50	55
212	Aoife	Clifford		36.29	F	28	W U/50	56
213	Paolo	Lattuca	Dulwich Park Runners	43.12	M	41	M U/50	128
214	Nicola	Furze		44.45	F	39	W U/50	57