



# 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 10th, 2013

### Dear Runners

On a cooler evening than last week 165 runners completed the 5K course. Serpentine claimed the first two positions while Kelly Thorneycroft won the Ladies race for Mornington Chasers.

Our next race is 10K this coming Saturday morning (June 15th) at 8 AM.  
See you there ..

### MEDAL WINNERS

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

1st	Rick	Weston	Serpentine	15.40	M	26
2nd	David	Morgan	Serpentine	15.44	M	29
3rd	Matthew	Sharp	Hercules Wimbledon	15.48	M	34
4th	Hugh	Torry	Serpentine	15.52	M	34
5th	Alex	Davy	Leeds City AC	15.54	M	24
6th	James	Ellis	Clapham Chasers RC	16.06	M	33
7th	Jonathan	Laybourn	Highate Harriers	16.12	M	22

#### WOMEN UNDER 50

1st	Kelly	Thorneycroft	Mornington Chasers	19.20	F	23
2nd	Ruth	Holmes	Maidenhead AC	20.15	F	25
3rd	Laura	Dalbey	Belgrave	21.19	F	31
4th	Edit	Walsh		21.42	F	38
5th	Joanna	Rota		22.01	F	29

6th	Laura	Denham-Jones	Clapham Runners	22.47	F	46
7th	Sabine	Lainer		23.21	F	48

### **MEN VET 50**

1st	Robert	Whittaker	Invicta East Kent	17.57	M	52
2nd	Glynn	McDonald	London Fronrunners	19.41	M	50
3rd	Charles	Craven	Fulham	21.59	M	50

### **WOMEN VET 50**

1st	Andrea	Sanders-Reece	Mornington Chasers	20.43	F	57
2nd	Annette	Helliwell	Collingwood AC	24.09	F	54
3rd	Heather	Binney	Clapham Pioneers	26.06	F	51

### **MEN VET 60**

1st	Terry	Eakin	NORTH DOWN AC	19.10	M	64
2nd	Roger	Green	Woodford Green	21.57	M	65

### **WOMEN VET 60**

1st	Lesley	Young	Dulwich Park Runners	39.43	F	61
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### **MEN U/16**

1st	Cosmo	Craven	Fulham	20.18	M	13
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### **OVERALL RESULTS**

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Rick	Weston	Serpentine	15.40	M	26	M U/50	1
2	David	Morgan	Serpentine	15.44	M	29	M U/50	2
3	Matthew	Sharp	Hercules Wimbledon	15.48	M	34	M U/50	3
4	Hugh	Torry	Serpentine	15.52	M	34	M U/50	4
5	Alex	Davy	Leeds City AC	15.54	M	24	M U/50	5
6	James	Ellis	Clapham Chasers RC	16.06	M	33	M U/50	6
7	Jonathan	Laybourn	Highate Harriers	16.12	M	22	M U/50	7
8	Majell	Backhausen	Clapham Chasers RC	16.21	M	25	M U/50	8
9	Stuart	Beaney	Kent AC	16.23	M	39	M U/50	9
10	Robbie	Cox	Woodford Green	16.30	M	31	M U/50	10
11	Lee	Martin	Springfield Striders	16.42	M	41	M U/50	11
12	Stuart	Fraser	Hercules Wimbledon	16.43	M	46	M U/50	12
13	James	Ruskin	Stragglers	16.52	M	32	M U/50	13
14	Nathan	Dytor	London Fields Tri	17.04	M	29	M U/50	14
15	Kerr	MIllar	Queens park harriers	17.15	M	19	M U/50	15
16	Justin	Greenslade	Serpentine	17.23	M	42	M U/50	16
17	Ian	Gordon	Mornington Chasers	17.26	M	27	M U/50	17
18	Peter	Holmes	Serpentine	17.30	M	35	M U/50	18
19	Edward	Green	Thames Hare & Hounds	17.33	M	31	M U/50	19
20	John	Cox	Kent AC	17.37	M	43	M U/50	20
21	Victor	Lio	Serpentine	17.46	M		M U/50	21
22	Robert	Whittaker	Invicta East Kent	17.57	M	52	M O/50	1
23	Raoul	Mansukhani	Serpentine	18.00	M	42	M U/50	22
24	Mike	Prior	Trent Park	18.05	M	46	M U/50	23
25	David	Comb		18.07	M	33	M U/50	24
26	Richard	Harrison	Royston Runners	18.12	M	44	M U/50	25
27	David	Conceicao	Westminster School	18.13	M	17	M U/50	26
28	Jonathan	Abel		18.27	M	30	M U/50	27
29	TOM	WEBB	KENT AC	18.31	M	43	M U/50	28

30	Duncan	Hussey	Dulwich Runners AC	18.32	M	47	M U/50	29
31	Stewart	Curtis	Time Warner	18.38	M		M U/50	30
32	Kevin	Lally	Serpentine	18.41	M	44	M U/50	31
33	Michael	Eyre	Serpentine	18.42	M	32	M U/50	32
34	Gary	Francis		18.42	M	23	M U/50	33
35	Mark	Agnew		18.46	M	28	M U/50	34
36	Andrew	Murray		18.54	M	28	M U/50	35
37	Ian	Aarons		18.55	M	36	M U/50	36
38	Laurent	LE MÉE	Serpentine Running Club	18.57	M	37	M U/50	37
39	Anthony	Harbour		18.59	M	27	M U/50	38
40	William	Pannetier	Westminster School	19.02	M	17	M U/50	39
41	A	Bowler		19.03	M	46	M U/50	40
42	Antonio	Martin Romero	Serpentine RC	19.05	M	26	M U/50	41
43	Mark	Burkett	Bishops Stortford	19.06	M	49	M U/50	42
44	Rupert	Jacobs	Serpentine	19.09	M	32	M U/50	43
45	Terry	Eakin	NORTH DOWN AC	19.10	M	64	M O/60	1
46	Kelly	Thorneycroft	Mornington Chasers	19.20	F	23	W U/50	1
47	Hugo	Ramambason	Westminster School	19.25	M	16	M U/50	44
48	Glynn	McDonald	London Fronrunners	19.41	M	50	M O/50	2
49	John	Keenan	London Fronrunners	19.50	M	40	M U/50	45
50	David	Miller		19.58	M	30	M U/50	46
51	Christopher	McCarthy	Clapham Chasers RC	20.00	M	27	M U/50	47
52	Ruth	Holmes	Maidenhead AC	20.15	F	25	W U/50	2
53	Cosmo	Craven	Fulham	20.18	M	13	M U/16	1
54	Robert	Lewis		20.21	M	28	M U/50	48
55	Oliver	Atkin		20.26	M	24	M U/50	49
56	Neil	Barker	Winchester & District	20.33	M	49	M U/50	50
57	Roger	Rue		20.38	M	44	M U/50	51
58	Andrea	Sanders-Reece	Mornington Chasers	20.43	F	57	W O/50	1
59	Mike	Stephens		20.49	M	38	M U/50	52
60	Richard	Morris	Fulham RC	21.05	M	38	M U/50	53
61	Adrian	Carroll		21.13	M	28	M U/50	54
62	Josh	Moore	Thames Hare & Hounds	21.18	M	26	M U/50	55
63	Laura	Dalbey	Belgrave	21.19	F	31	W U/50	3
64	Giedrius	Tuma		21.25	M	29	M U/50	56
65	Edit	Walsh		21.42	F	38	W U/50	4
66	Roger	Green	Woodford Green	21.57	M	65	M O/60	2
67	Remi	Rateau		21.58	M	27	M U/50	57
68	Charles	Craven	Fulham	21.59	M	50	M O/50	3
69	Joanna	Rota		22.01	F	29	W U/50	5
70	Stuart	Littlewood	Hercules Wimbledon	22.02	M	60	M O/60	3
71	Steven	Prentice		22.05	M	23	M U/50	58
72	James	Flack		22.07	M	29	M U/50	59
73	Brian	Pickles	Serpentine	22.22	M	55	M O/50	4
74	Alan	Davidson	Ranelagh Harriers	22.32	M	66	M O/60	4
75	Edward	Bailey		22.43	M	32	M U/50	60
76	John	Brown	London Fronrunners	22.44	M	45	M U/50	61
77	Laura	Denham-Jones	Clapham Runners	22.47	F	46	W U/50	6
78	Simon	Berryman	Time Warner	22.50	M	43	M U/50	62
79	Ian	Hall	Serpentine	22.56	M	60	M O/60	5
80	Stephen	Walker		22.58	M	41	M U/50	63
81	Andrew	Evans		23.09	M	22	M U/50	64
82	Dan	McVeigh		23.13	M	35	M U/50	65
83	Roger	Marshall		23.13	M	41	M U/50	66
84	Derek	Tavey		23.19	M	35	M U/50	67
85	Sabine	Lainer		23.21	F	48	W U/50	7
86	Henry	Long		23.24	M	44	M U/50	68
87	Ben	Johnson		23.30	M	26	M U/50	69

88	John	Wilson	Serpentine	23.32	M	45	M U/50	70
89	Mark	Reid		23.33	M	41	M U/50	71
90	Elaine	Battson	VPH + THAC	23.43	F	47	W U/50	8
91	Dennis	Williams	Hercules Wimbledon	23.45	M	67	M O/60	6
92	Stefano	Vernazza		23.46	M	38	M U/50	72
93	Robert	Sibley	Time Warner	23.51	M		M U/50	73
94	Steven	McFarlane		23.55	M	21	M U/50	74
95	John	Carter	Wimbledon Windmilers	23.58	M	69	M O/60	7
96	John	Sharpe		23.59	M	46	M U/50	75
97	?	?		24.00	M	29	M U/50	76
98	Denise	Burke	Sutton Runners	24.02	F	26	W U/50	9
99	Laura	Ellis	Bearcat Running Club	24.05	F	29	W U/50	10
100	Annette	Helliwell	Collingwood AC	24.09	F	54	W O/50	2
101	Anthony	Scott		24.10	M	50	M O/50	5
102	Andrew	Clifford		24.18	M	28	M U/50	77
103	Victor	Abbey	Serpentine	24.20	M	28	M U/50	78
104	David	Deery	Stragglers	24.22	M	37	M U/50	79
105	Gregory	Stylski		24.24	M	32	M U/50	80
106	Amy	Phillips		24.31	F	31	W U/50	11
107	Josie	Collyer		24.37	F	25	W U/50	12
108	Ruth	Sharp	Time Warner	24.43	F		W U/50	13
109	Grainne	Devery	Serpentine	24.47	F	28	W U/50	14
110	Hanna	Earp		24.51	F	27	W U/50	15
111	John	Walsh		25.04	M	51	M O/50	6
112	Oliver	Hine		25.09	M	28	M U/50	81
113	Neil	Davies	Serpentine	25.28	M	48	M U/50	82
114	Andres	Tomlin	Time Warner	25.40	M		M U/50	83
115	Angelica	Jopling		25.49	F	16	W U/50	16
116	Nina	Williams	Saints and Sinners	25.49	F	46	W U/50	17
117	Donna	Richards	South London Harriers	26.01	F	47	W U/50	18
118	Heather	Binney	Clapham Pioneers	26.06	F	51	W O/50	3
119	Ian	Spence	VAC	26.11	M	68	M O/60	8
120	Neha	Chopra		26.19	F	28	W U/50	19
121	Hannah	Nixon		26.26	F	40	W U/50	20
122	Jonathan Mark	Pegg	Sutton Runners	26.27	M	48	M U/50	84
123	Irene	Monyo		26.29	F	36	W U/50	21
124	James	Close		26.44	M	50	M O/50	7
125	Ivan	Goldsmith		26.59	M	25	M U/50	85
126	Jess	Porter		27.28	F	27	W U/50	22
127	Lucy	Wilson		27.37	F	30	W U/50	23
128	Kelly	Morgan		27.37	F	33	W U/50	24
129	Kate "Thug Jug"	Smith		27.39	F	32	W U/50	25
130	Dave	Clarke	Stragglers	27.41	M	45	M U/50	86
131	Louise	Davey		27.43	F	49	W U/50	26
132	Edwin	Bartlett	Vets AC	28.02	M	68	M O/60	9
133	Mark	Archer		28.17	M	46	M U/50	87
134	Sam	Lovelock		28.20	M	23	M U/50	88
135	?	Walker	Dulwich Runners AC	28.23	M	69	M O/60	10
136	Jamey	King		28.39	M	21	M U/50	89
137	Melinda	Greenacre		28.42	F	23	W U/50	27
138	Matt	Howard		28.45	M	25	M U/50	90
139	Rebecca	King		28.45	F	24	W U/50	28
140	Melanie	Scott	Time Warner	28.48	F		W U/50	29
141	Rachel	Stevenson	Time Warner	29.06	F		W U/50	30
142	Helena	Peacock	Time Warner	29.10	F		W U/50	31
143	Kathryn	Emerson		29.27	F	24	W U/50	32
144	Veronika	Erdos	Time Warner	29.40	F		W U/50	33
145	Boygar	Gorcun	Time Warner	29.57	M	38	M U/50	91

146	Lauren	Bartley		30.02	F	21	W U/50	34
147	Chloe	Arbuckle	Time Warner	30.02	F		W U/50	35
148	Louis	Hughes		30.04	M	21	M U/50	92
149	Iona	Neilsen		30.33	F	44	W U/50	36
150	Catherine	Webb		30.34	F	23	W U/50	37
151	Monica	Lyons	Serpentine	30.35	F		W U/50	38
152	Erica	Benton		30.35	F	31	W U/50	39
153	Rosanne	Schipper	Time Warner	31.21	F		W U/50	40
154	Suman	Randhawa		31.31	F	41	W U/50	41
155	Dionne	De Govia	Time Warner	31.46	F		W U/50	42
156	Renae	Brown		31.47	F	21	W U/50	43
157	Karen	Conneely		32.50	F		W U/50	44
158	Rudolph	Stewart		33.44	M	47	M U/50	93
159	Ciaran	O'Carroll		37.26	M	42	M U/50	94
160	Selvi	Jegatheswara		37.32	F	21	W U/50	45
161	Kathryn	Ryan		37.36	F	32	W U/50	46
162	Clare	Parsons		39.22	F	33	W U/50	47
163	Yildiz	Katkin		39.22	F	35	W U/50	48
164	Lesley	Young	Dulwich Park Runners	39.43	F	61	W O/60	1
165	Lola	Bhadmus		41.06	F	33	W U/50	49