



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

8.15 am

October 22nd

**Dear Runners**

Our last race of the season was won by Mike Cummings in 15.29 (5K). Victoria Carter won the Ladies Race in 19.09. Hugh Scorgie won the Vets Over 50 race. A big congratulations to Edwin Bartlett who ran all 18 of our races this year!!! We wish you all a great winter of running and look forward to seeing you in 2012.

**MEDAL WINNERS**

NAME SURNAME CLUB TIME AGE

**MEN UNDER 50**

1st	Mike	Cummings	Haverhill Harriers	15.29	M	27
2nd	Alex	Riches		15.34	M	29
3rd	Ben	Louch		15.38	M	29
4th	Jacob	Wiebel		15.53	M	26
5th	Matthew	Sharp	Hercules Wimbledon	16.25	M	32
6th	Tony	Tuohy	Dulwich	16.47	M	49
7th	Stephen	Philcox	Barking Road Runners	17.05	M	46

**WOMEN UNDER 50**

1st	Victoria	Carter	Serpentine	19.09	F	40
2nd	Ibet	Allan		23.05	F	34
3rd	Flora	Hurrell		23.28	F	27
4th	Elodie	Lehmann		24.31	F	34
5th	Gillian	Rodgers		24.36	F	45
6th	Amanda	Ellis		26.05	F	43
7th	Helle	Petterson		26.19	F	43

**MEN OVER 50**

1st	Hugh	Scorgie		18.38	M	51
2nd	David	Smith		19.20	M	53
3rd	Don	Gregory	Fairlands Valley Spartans	20.57	M	55

**WOMEN OVER 50**

1st	Geraldine	McBride		26.46	F	58
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**MEN OVER 60**

1st	Terry	Avey	Phoenix athletic club	19.45	M	60
2nd	Ian	Mursell	VAC	20.59	M	60

**MEN OVER 70**

1st	Michael	Lehmann	Serpentine	21.20	M	70
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**OVERALL RESULTS**

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos
1	Mike	Cummings	Haverhill Harriers	15.29	M	27	M U/50	1
2	Alex	Riches		15.34	M	29	M U/50	2
3	Ben	Louch		15.38	M	29	M U/50	3
4	Jacob	Wiebel		15.53	M	26	M U/50	4
5	Matthew	Sharp	Hercules Wimbledon	16.25	M	32	M U/50	5
6	Tony	Tuohy	Dulwich	16.47	M	49	M U/50	6
7	Stephen	Philcox	Barking Road Runners	17.05	M	46	M U/50	7
8	Stuart	Beaney	Kent AC	17.07	M	37	M U/50	8
9	Robert	Tansey		17.15	M	40	M U/50	9
10	Luke	Armitage	Kent AC	17.22	M	47	M U/50	10
11	Daniel	Bentley-Gouldstone		17.33	M	31	M U/50	11
12	Carlos	Vazquez		17.45	M	18	M U/50	12
13	Jack	Scannell		17.47	M	43	M U/50	13
14	Robert	Tuer	Clapham Chasers	17.54	M	25	M U/50	14
15	Charles	Lescott	Serpentine	18.01	M	35	M U/50	15
16	Winston	Parkinson	Herne Hill Harriers	18.06	M	38	M U/50	16
17	Peter	Mack	Crystal Palace Tri	18.12	M	40	M U/50	17
18	Simom	Loughran		18.19	M	34	M U/50	18
19	Simon	Ambrosi	Striders of Croydon	18.25	M	33	M U/50	19
20	Atul	Arora	Sri Chinmoy AC	18.33	M	30	M U/50	20
21	Hugh	Scorgie		18.38	M	51	M O/50	1
22	Raoul	Mansukhani	Serpentine	18.39	M	40	M U/50	21
23	Frank	Wood	Hercules Wimbledon	18.41	M	47	M U/50	22
24	Eric	Dol	Herne Hill Harriers	18.46	M	22	M U/50	23
25	Steven	Charles		18.49	M	26	M U/50	24
26	Tom	Rogers		18.58	M	30	M U/50	25
27	Nigel	Moyce		19.01	M	41	M U/50	26
28	Massimilian	Cenni	Serpentine	19.01	M	41	M U/50	27
29	Chris	McCarthy	Serpentine	19.09	M	25	M U/50	28
30	Victoria	Carter	Serpentine	19.09	F	40	W U/50	1
31	David	Smith		19.20	M	53	M O/50	2
32	James	Scallan		19.30	M	31	M U/50	29
33	Ryan	McCrickerd		19.41	M	23	M U/50	30
34	Terry	Avey	Phoenix athletic club	19.45	M	60	M O/60	1
35	Gary	Eaborn	Serpentine	19.54	M	43	M U/50	31
36	David	Pollock	Royal Navy	20.22	M	47	M U/50	32
37	Neil	Quinlan	Serpentine	20.29	M	39	M U/50	33
38	Simon	Middleton		20.37	M	41	M U/50	34

39	Harrison	Waugh	Bath	20.42	M	24	M U/50	35
40	Dylan	Beaver		20.47	M	38	M U/50	36
41	Don	Gregory	Fairlands Valley Spartans	20.57	M	55	M O/50	3
42	Mark	Bridge		20.58	M	25	M U/50	37
43	Ian	Mursell	VAC	20.59	M	60	M O/60	2
44	Michael	Lehmann	Serpentine	21.20	M	70	M O/70	1
45	Ken	McCallum		21.21	M	40	M U/50	38
46	Jamie	Clayton		21.25	M	24	M U/50	39
47	Robert	Stern	Serpentine	21.30	M	51	M O/50	4
48	Damon	Rutherford		21.43	M	38	M U/50	40
49	Kai	Lee		22.22	M	33	M U/50	41
50	Jesse	McNamara		22.38	M	22	M U/50	42
51	Shaun	Zuccolotto		22.49	M	31	M U/50	43
52	Tom	Downes		22.50	M	32	M U/50	44
53	Ibet	Allan		23.05	F	34	W U/50	2
54	Philip	Turley	Epsom&Ewell Harriers	23.09	M	71	M O/70	2
55	Francesco	Norante		23.15	M	43	M U/50	45
56	John	Sharpe		23.24	M	45	M U/50	46
57	Flora	Hurrell		23.28	F	27	W U/50	3
58	Ian	bisset		24.05	M	33	M U/50	47
59	Ray	Winn		24.25	M	29	M U/50	48
60	Elodie	Lehmann		24.31	F	34	W U/50	4
61	Gillian	Rodgers		24.36	F	45	W U/50	5
62	Radi	Konstantinov		24.53	M	28	M U/50	49
63	Ashfaq	Qadri		25.01	M	30	M U/50	50
64	Erkut	Klose		25.05	M	43	M U/50	51
65	Brian	Tims	Southern Vets	25.06	M	66	M O/60	3
66	Guido	Puccinelli		25.15	M	44	M U/50	52
67	Krzysztof	Pralat		25.19	M	31	M U/50	53
68	Amanda	Ellis		26.05	F	43	W U/50	6
69	Helle	Petterson		26.19	F	43	W U/50	7
70	Miles	Marchmont		26.30	M	35	M U/50	54
71	Alfredo	Sciascia		26.35	M	39	M U/50	55
72	Caroline	Angopa		26.37	F	37	W U/50	8
73	Geraldine	McBride		26.46	F	58	W O/50	1
74	louise	bisset	london heathside	27.05	F	40	W U/50	9
75	Stacey	Bharucha		27.40	M	47	M U/50	56
76	Edwin	Bartlett	Vets AC	27.43	M	67	M O/60	4
77	Chris	Eastham		28.33	M	27	M U/50	57
78	Eleanor	Cowan		28.33	F	26	W U/50	10
79	Tony	Merritt	Burnham Joggers	28.45	M	71	M O/70	3
80	Rachelle	Hansen		29.21	F	30	W U/50	11
81	Caroline	Orriss		30.07	F	28	W U/50	12
82	Liz	Skelton		30.46	F	43	W U/50	13
83	Ed	McCaskey		31.01	M	58	M O/50	5
84	Michelle	McCaskey		31.01	F	38	W U/50	14
85	Evelyn	McDermott		31.13	M	61	M O/60	5
86	Lauren	Krantz		32.39	F	27	W U/50	15
87	Suzanne	Gallagher		32.45	F	28	W U/50	16
88	Mark	Palmieri		33.31	M	30	M U/50	58
89	Sevcan	Bharucha		35.19	F	45	W U/50	17
90	Naomi	Adja-Codjoe	u/a	35.47	F	33	W U/50	18
91	Sam	Carey	n/a	36.06	M	26	M U/50	59
92	Elsie	Haslam		36.24	F	26	W U/50	19
93	Sandra	Codjoe	u/a	45.29	F	38	W U/50	20
94	Quinita	Garcia	u/a	58.31	F	27	W U/50	21