



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

May 23rd

Dear Runners

Our first race of the summer was extremely well attended despite the strong winds earlier in the day. There were 157 finishers with Huw Lobb from Serpentine crossing the line first in 15.27. The ladies winner was also from Serpentine - Sandra Wilson in an impressive 17.29. There were several Under 16 runners and a special congratulations goes to Bethen Turner and Jackson Spielmeyer-Payne. We look forward to seeing everyone at our next race on Monday 6th June for our first 2 mile race of the season. Also on Saturday 11th June at 8am we will hold our first 10K of the season - all in Battersea Park. See you soon!

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	AGE
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MEN UNDER 50

1st	<i>Huw</i>	<i>Lobb</i>	<i>Serpentine</i>	15.27	M	34
2nd	<i>Richard</i>	<i>Ward</i>	<i>Belgrave Harriers</i>	15.44	M	29
3rd	<i>Martin</i>	<i>Shore</i>	<i>Thames Hare and Hounds</i>	16.13	M	35
4th	<i>Mohammed</i>	<i>Ismail</i>	<i>ESM AC</i>	16.20	M	30
5th	<i>Basil</i>	<i>Wallace</i>	<i>Herne Hill Harriers</i>	16.45	M	37
6th	<i>Stuart</i>	<i>Beaney</i>	<i>Kent</i>	16.49	M	37
7th	<i>Rick</i>	<i>Weston</i>	<i>Ipswich Jaffa</i>	16.52	M	24

WOMEN UNDER 50

1st	<i>Sandra</i>	<i>Wilson</i>	<i>Serpentine</i>	17.29	F	29
2nd	<i>Emma</i>	<i>Huepfl</i>	<i>Serpentine</i>	18.42	F	40
3rd	<i>Sian</i>	<i>Thomas</i>	<i>Chiltern Harriers</i>	19.15	F	27
4th	<i>Abigail</i>	<i>Wilshire</i>		20.21	F	27

5th	<i>Sarah</i>	<i>Bell</i>	<i>Serpentine</i>	20.58	<i>F</i>	26
6th	<i>Alice</i>	<i>Langton</i>	<i>Beckenham RC</i>	21.05	<i>F</i>	34
7th	<i>Caoimhe</i>	<i>Nic Fhogartaigh</i>		21.26	<i>F</i>	33

MEN OVER 50

1st	<i>David</i>	<i>Child</i>	<i>Kent AC</i>	17.16	<i>M</i>	51
2nd	<i>Michael</i>	<i>Stainton</i>	<i>Serpentine</i>	18.54	<i>M</i>	50
3rd	<i>Terry</i>	<i>O'Neill</i>	<i>Belgrave Harriers</i>	19.04	<i>M</i>	58

WOMEN OVER 50

1st	<i>Andrea</i>	<i>Sanders-Reece</i>	<i>Mornington Chasers</i>	21.15	<i>F</i>	55
2nd	<i>Sarah</i>	<i>Newton</i>	<i>Serpentine</i>	22.37	<i>F</i>	53
3rd	<i>Annette</i>	<i>Helliwell</i>	<i>Collingwood AC</i>	24.37	<i>F</i>	51

MEN OVER 60

1st	<i>Michael</i>	<i>Mann</i>	<i>Dulwich Runners</i>	19.07	<i>M</i>	62
2nd	<i>Steve</i>	<i>Satchell</i>	<i>Mornington Chasers</i>	23.25	<i>M</i>	62

WOMEN UNDER 16

1st	<i>Bethen</i>	<i>Turner</i>	<i>Victoria Park Harriers</i>	23.55	<i>F</i>	14
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MEN UNDER 16

1st	<i>Jackson</i>	<i>Spielmeier-Payne</i>	<i>Victoria Park Harriers</i>	21.55	<i>M</i>	13
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos
1	<i>Huw</i>	<i>Lobb</i>	<i>Serpentine</i>	15.27	<i>M</i>	34	<i>M U/50</i>	1
2	<i>Richard</i>	<i>Ward</i>	<i>Belgrave Harriers</i>	15.44	<i>M</i>	29	<i>M U/50</i>	2
3	<i>Martin</i>	<i>Shore</i>	<i>Thames Hare and Hounds</i>	16.13	<i>M</i>	35	<i>M U/50</i>	3
4	<i>Mohammed</i>	<i>Ismail</i>	<i>ESM AC</i>	16.20	<i>M</i>	30	<i>M U/50</i>	4
5	<i>Basil</i>	<i>Wallace</i>	<i>Herne Hill Harriers</i>	16.45	<i>M</i>	37	<i>M U/50</i>	5
6	<i>Stuart</i>	<i>Beaney</i>	<i>Kent</i>	16.49	<i>M</i>	37	<i>M U/50</i>	6
7	<i>Rick</i>	<i>Weston</i>	<i>Ipswich Jaffa</i>	16.52	<i>M</i>	24	<i>M U/50</i>	7
8	<i>Dan</i>	<i>Hale</i>	<i>Kent AC</i>	17.01	<i>M</i>	28	<i>M U/50</i>	8
9	<i>Luke</i>	<i>Armitage</i>	<i>Kent AC</i>	17.12	<i>M</i>	47	<i>M U/50</i>	9
10	<i>Darren</i>	<i>Tanner</i>	<i>Clapham Chasers</i>	17.12	<i>M</i>	34	<i>M U/50</i>	10
11	<i>David</i>	<i>Child</i>	<i>Kent AC</i>	17.16	<i>M</i>	51	<i>M O/50</i>	1
12	<i>Michael</i>	<i>Briggs</i>	<i>Benfleet RC</i>	17.19	<i>M</i>	24	<i>M U/50</i>	11
13	<i>Anthony</i>	<i>Harbour</i>		17.21	<i>M</i>	25	<i>M U/50</i>	12
14	<i>Simon</i>	<i>Beedell</i>	<i>Chiltern Harriers</i>	17.22	<i>M</i>	28	<i>M U/50</i>	13
15	<i>Christian</i>	<i>Nielsen</i>		17.26	<i>M</i>	36	<i>M U/50</i>	14
16	<i>Paul</i>	<i>Bell</i>		17.26	<i>M</i>	38	<i>M U/50</i>	15
17	<i>Sandra</i>	<i>Wilson</i>	<i>Serpentine</i>	17.29	<i>F</i>	29	<i>W U/50</i>	1
18	<i>Robert</i>	<i>Jeffery</i>	<i>Kent AC</i>	17.32	<i>M</i>	26	<i>M U/50</i>	16
19	<i>Brendan</i>	<i>Greene</i>	<i>QPH</i>	17.40	<i>M</i>	38	<i>M U/50</i>	17
20	<i>Nicholas</i>	<i>Copas</i>	<i>Serpentine</i>	17.43	<i>M</i>	41	<i>M U/50</i>	18
21	<i>Daniel</i>	<i>Rowe</i>	<i>Running Forever</i>	17.45	<i>M</i>	21	<i>M U/50</i>	19
22	<i>Fabrice</i>	<i>Iavial</i>		17.46	<i>M</i>	31	<i>M U/50</i>	20
23	<i>Robbie</i>	<i>Cox</i>	<i>Woodford Green</i>	17.48	<i>M</i>	29	<i>M U/50</i>	21
24	<i>Nolan</i>	<i>Wilkens</i>	<i>Beckenham</i>	17.50	<i>M</i>	33	<i>M U/50</i>	22
25	<i>Ian</i>	<i>Gordon</i>	<i>Mornington Chasers</i>	18.01	<i>M</i>	25	<i>M U/50</i>	23
26	<i>Tim</i>	<i>Sharp</i>		18.01	<i>M</i>	33	<i>M U/50</i>	24
27	<i>Peter</i>	<i>Nicholls</i>		18.08	<i>M</i>	43	<i>M U/50</i>	25
28	<i>Ben</i>	<i>Richardson</i>		18.14	<i>M</i>	27	<i>M U/50</i>	26
29	<i>Duncan</i>	<i>Hussey</i>	<i>Dulwich Runners</i>	18.14	<i>M</i>	45	<i>M U/50</i>	27
30	<i>Niall</i>	<i>O'Brian</i>	<i>Higate</i>	18.18	<i>M</i>	24	<i>M U/50</i>	28

31	John	Armstrong	Mornington Chasers	18.29	M	38	M U/50	29
32	Andy	Spurr		18.29	M	22	M U/50	30
33	Adam	Cosgrove		18.29	M	25	M U/50	31
34	Jon	Kyte	Harrow AC	18.33	M	27	M U/50	32
35	Emma	Huepfl	Serpentine	18.42	F	40	W U/50	2
36	Brian	Dennehy		18.42	M	26	M U/50	33
37	Rob	Shields		18.46	M	32	M U/50	34
38	Chris	Redmond		18.48	M	29	M U/50	35
39	Claudio	Belotti	Serpentine	18.48	M	37	M U/50	36
40	Nick	Holt	Nene Valley Harriers	18.50	M	30	M U/50	37
41	Rupert	Jacobs		18.53	M	29	M U/50	38
42	Michael	Stainton	Serpentine	18.54	M	50	M O/50	2
43	Alexis	Atkinson		18.58	M	31	M U/50	39
44	Terry	O'Neill	Belgrave Harriers	19.04	M	58	M O/50	3
45	Michael	Mann	Dulwich Runners	19.07	M	62	M O/60	1
46	Damien	Hersey	Sutton Runners	19.14	M	28	M U/50	40
47	Sian	Thomas	Chiltern Harriers	19.15	F	27	W U/50	3
48	Simon	Brotherson	QPH	19.17	M	46	M U/50	41
49	Richard	Brown	Serpentine	19.21	M	26	M U/50	42
50	John	Matthews	26.2RRC	19.29	M	38	M U/50	43
51	Frank	Wood	Hercules Wimbledon	19.31	M	46	M U/50	44
52	Anthony	Impey		19.37	M	38	M U/50	45
53	Paul	Johnson		19.41	M	45	M U/50	46
54	Bertie	Miller	QPH	19.44	M	48	M U/50	47
55	Simon	Collingridge	Ranelagh Harriers	19.54	M	53	M O/50	4
56	Adam	Stringer		19.54	M	28	M U/50	48
57	Jeremy	Burke	Serpentine	19.55	M	30	M U/50	49
58	Ben	Abel		20.02	M	39	M U/50	50
59	Edward	Rumble		20.12	M	39	M U/50	51
60	Alex	Mackula	Thames Hare and Hounds	20.15	M	26	M U/50	52
61	Chris	Watt		20.16	M	39	M U/50	53
62	Abigail	Wilshire		20.21	F	27	W U/50	4
63	Mike	O'Sullivan		20.22	M	40	M U/50	54
64	Glynn	McDonald	London Frontrunners	20.22	M	48	M U/50	55
65	Morten	Pettersen		20.24	M	39	M U/50	56
66	Kieran	Dignan	Serpentine	20.35	M	32	M U/50	57
67	Benjamin	Lynam		20.37	M	22	M U/50	58
68	David	Biggs		20.39	M	32	M U/50	59
69	Peter	Stephenson	PAA	20.40	M	47	M U/50	60
70	Charlie	Loffel		20.43	M	30	M U/50	61
71	David	Pollock	Royal Navy	20.43	M	42	M U/50	62
72	Chris	Wood		20.45	M	31	M U/50	63
73	Russell	Wheeler		20.47	M	?	M U/50	64
74	Duncan	Blake		20.47	M	44	M U/50	65
75	Tony	Hursey		20.47	M	43	M U/50	66
76	Tom	Morris	Hercules Wimbledon	20.48	M	52	M O/50	5
77	Paul	Fletcher	Beckenham	20.56	M	38	M U/50	67
78	Sarah	Bell	Serpentine	20.58	F	26	W U/50	5
79	David	Moscrop	Garden City Runners	21.04	M	52	M O/50	6
80	Alice	Langton	Beckenham RC	21.05	F	34	W U/50	6
81	Michael	Winkler		21.13	M	53	M O/50	7
82	Andrea	Sanders-Reece	Mornington Chasers	21.15	F	55	W O/50	1
83	Caoimhe	Nic Fhogartaigh		21.26	F	33	W U/50	7
84	Philip	Hickson	Fulham RC	21.27	M	36	M U/50	68
85	Michael	Moran		21.28	M	43	M U/50	69
86	Alice	Ewen	Striders of Croydon	21.31	F	25	W U/50	8
87	Chris	Ling		21.48	M	29	M U/50	70
88	Robin	Haworth		21.49	M	26	M U/50	71

89	Andy	Walker		21.53	M	56	M O/50	8
90	Jackson	Spielmeier-Payne	Victoria Park Harriers	21.55	M	13	M U/16	1
91	Claire	Blakeway		21.58	F		W U/50	9
92	Chris	Notton	Serpentine	21.59	M	36	M U/50	72
93	Paul	Goodliffe		22.00	M	46	M U/50	73
94	Siobhan	Reddy	Serpentine	22.03	F	39	W U/50	10
95	Stefano	Vernazza	The Stragglers	22.11	M	36	M U/50	74
96	Ian	Mursell	VAC	22.24	M	59	M O/50	9
97	Miles	Fewster		22.34	M	48	M U/50	75
98	Freddie	Alcock		22.37	M	32	M U/50	76
99	Sarah	Newton	Serpentine	22.37	F	53	W O/50	2
100	Rob	Johnson	Sevenoaks AC	22.43	M	26	M U/50	77
101	Mark	Hobbs		22.51	M	41	M U/50	78
102	Paul	Loustalan		22.57	M	32	M U/50	79
103	Neil	Graham		22.58	M	42	M U/50	80
104	Sean	Leach		23.00	M	32	M U/50	81
105	Greg	Neal	Watford Harriers	23.02	M	56	M O/50	10
106	Richard	Morris	Fulham RC	23.04	M	37	M U/50	82
107	Harry	Cambridge		23.15	M	22	M U/50	83
108	Mark	Mawditt		23.19	M	44	M U/50	84
109	Yiannis	Proestos		23.20	M	21	M U/50	85
110	Penelope	Fixter	Herne Hill Hrriers	23.20	F	34	W U/50	11
111	Patrick	Green		23.25	M	26	M U/50	86
112	Steve	Satchell	Mornington Chasers	23.25	M	62	M O/60	2
113	Ian	Hall	Serpentine	23.29	M	58	M O/50	11
114	Nicholas	Martin		23.33	M	17	M U/50	87
115	Alison	Nolan	serpentine	23.35	F	42	W U/50	12
116	Peter	Cambricole	VAC	23.35	M	52	M O/50	12
117	Adam	Shepherd		23.47	M	27	M U/50	88
118	Alice	Sullivan	Mornington Chasers	23.50	F	37	W U/50	13
119	Bethen	Turner	Victoria Park Harriers	23.55	F	14	W U/16	1
120	Kate	Martin		23.55	F	14	W U/16	2
121	Georgina	Hibbert		23.55	F	34	W U/50	14
122	Kate	Denny		23.55	F	33	W U/50	15
123	Neil	Hughes		24.06	M	43	M U/50	89
124	Paris	Walker	Victoria Park Harriers	24.17	F	15	W U/16	3
125	Rick	Burne	Fulham RC	24.18	M	54	M O/50	13
126	Alex	Wieteska-Gasiov		24.32	F	24	W U/50	16
127	Annette	Helliwell	Collingwood AC	24.37	F	51	W O/50	3
128	Martin	Higgins	Serpentine	24.45	M	48	M U/50	90
129	Steve	Harris	Fulham	24.53	M	47	M U/50	91
130	Harvey	Cambridge		24.56	M	14	M U/16	2
131	Keith	Elliot		24.57	M	32	M U/50	92
132	Beate	Vogt	Serpentine	24.57	F	52	W O/50	4
133	Amy	Phillips		25.13	F	29	W U/50	17
134	Gillian	Rodgers		25.15	F	44	W U/50	18
135	Oliver	Craven	Fulham	25.17	M	13	M U/16	3
136	Charles	Craven	Fulham RC	25.18	M	48	M U/50	93
137	Xavier	Fernandes		25.20	M	34	M U/50	94
138	Neil	Davies	Serpentine	25.29	M	46	M U/50	95
139	Adam	Pitt		25.41	M	35	M U/50	96
140	Jan	Farmer	Serpentine	25.45	F	59	W O/50	5
141	Melloney	Johns	Wimbledon Windmilers	25.50	F	32	W U/50	19
142	Stephanie	Burchill	Dulwich Runners	25.51	F	55	W O/50	6
143	Paul	Goodcliffe		25.56	M	46	M U/50	97
144	Bryan	Thomas		26.04	M	50	M O/50	14
145	Anthony	Alleyne		26.18	M	40	M U/50	98
146	Nina	Williams	Saints and Sinners	26.22	F	44	W U/50	20

147	Karen	Samuel	Kent Athletic	26.33	F	50	W O/50	7
148	Kelly	Moyns	u/a	26.36	F	30	W U/50	21
149	Marco	Oda		27.52	M	54	M O/50	15
150	Lucia	Montesinos	Striders of Croydon	27.56	F	29	W U/50	22
151	Edwin	Bartlett	Vets AC	28.12	M	66	M O/60	3
152	Iain	Fulton		29.36	M	53	M O/50	16
153	Fiona	Moor		29.45	F	31	W U/50	23
154	Emille	Yamadasko		30.32	F	28	W U/50	24
155	Rachael	Whittingham		30.53	F	35	W U/50	25
156	Lesley	Spowart		31.45	F	35	W U/50	26
157	Serena	Dilnot		33.37	F	57	W O/50	8