

Sri Chinmoy AC
Self Transcendence 3 x 1 mile relay
Battersea Park, Monday 21st June
2010

Medal Winners, Team Results and Individual Mile Times

Medal Winners

1st Team	Real Runners	13.21	Liam White, Andy Vernon, Kevin Quinn
2nd Team	Clive Ridley's Regulars	14.13	Dan Penfold, Ben Hall, Nick Shasha
3rd Team	Chasers A	14.48	Tim Taylor, Alex Kitromilides, Marc Henrion
1st Ladies Team	London Frontrunners Women	18.09	Helen Smedhurst, Julia Conway, Suran Dickson
1st Vets 50	Vets On The Run	19.41	Tom Wilkie, Jean Luc Hoez, Brian Pickles
1st Vets 60	Green Man Veterans	20.34	Steve Satchel, John Pratt, Bill Harvey
Juniors	Three Lions	19.55	Thomas Martin, Kate & Nicolas
Fastest Man	Andy Vernon	4.23	
Fastest Woman	Julia Conway	5.27	

Team Results

	Team Name	Time	Runners	Cat.
1	Real Runners.Co.UK	13.21	Liam White, Andy Vernon, Kevin Quinn	M U/50
2	Clive Ridley's regulars	14.13	Dan Penfold, Ben Hall, Nick Shasha	M U/50
3	Chasers A	14.48	Tim Taylor, Alex Kitromilides, Marc Henrion	M U/50
4	London Frontrunners Purple	15.02	J Gillanders, Shane Cullinan, Steve Westlake	M U/50
5	Tue Fax Academicals	15.40	Kyle Barber, Joe Marshall, Nick Wosek	M U/50
6	Fulham Zebras	16.12	Alain Favre, Harry Williams, Roy Walker	M U/50
7	Allen's Almost Athletes	16.31	Colin Allen, Mark Conway, Paul Buxton	Mixed
8	London Frontrunners Blue	16.35	J Vaughn Williams, Steve Ramsay, Jon Moscrop	M U/50
9	London Frontrunners Pink	17.22	Derek Clark, David Thompson, Steve Wicks	M U/50
10	M&S Hobblers	17.47	Paul Loustalan, David Miller, Sean Leach	M U/50
11	Front Runners Green	18.04	Glynn Macdonald, Tom Vander B, Andrew Woods	
12	London Frontrunners Women	18.09	Helen Smedhurst, Julia Conway, Suran Dickson	W U/50
13	The 56's	18.15	Liz McDougall, A Sanders Reece, Anthony Impey	Mixed
14	Ryder's Striders	18.18	David Howson, Catherine Ryder, Tim Aldridge	Mixed
15	The Serpets	18.26	Siobhan Reddy, Alison Nolan, Ruusu Saarinen	W U/50
16	Fulham	18.34	Charles, James Freeman, Richard Harris	M U/50

17	Serpies through the ages	18.38	Andrew Davies, Liz Tapp, Sarah Newton	Mixed
18	London Fronrunners White	18.59	Ian Cuerden, Mark Allen, Richard Cristina	
19	Chariots 4 Hire	19.06	Rod Smith, Neil Davies, Mark Burkett	M U/50
20	Brixton Bullets	19.18	Helen Haines, Michael Butler, Jack Bridgewater	Mixed
21	Bushell's Bounders	19.21	Kelly Bushell, Craig Cornish, Manfred Shroder	Mixed
22	Audit Commission	19.22	Matt Slee, Paul Honeyben, Holly Trotman	Mixed
23	We don't stop here	19.27	Phil Wills, Julia Bellis, Roberto Tyley	M U/50
24	The Rainbowettes	19.28	Lee Kirby, Nikki Knight, Steve Simpson	Mixed
25	Vets on the Run	19.41	Tom Wilkie, Jean Luc Hoez, Brian Pickles	M O/50
26	Cole's Coasters	19.48	David Cole, Lauren Pieroni, Grant Caldecott	Mixed
27	Three Lions	19.58	Thomas, Kate and Nicholas Martin	
28	Greenman Veterans	20.34	Steve Satchell, John Pratt, Bill Harvey	M O/60
29	Fulham Foxes	20.41	Lydia J, Catherine Valentine, Tina Gray	W U/50
30	Victoria Park Juniors	20.42	Jamie Curtis, Paris Walker, Bethen Turner	U/16
31	Fulham Skunks	22.31	Jo Hensman, Lydia Davis, Alba Frederick	W U/50
32	Fulham Limas	23.12	Joel Dodds, Judith and Michael	Mixed
33	Team 209 (YEARS)	24.28	Dennis Williams, Derek Smith, Edwin Bartlett	M O/60
34	100 Marathon	26.49	Ray Hoyle, Tad Lancucki, Peter Graham	Mixed

Individual Mile Times

Name	Time	Team	Cat.
Andy Vernon	4.23	Real Runners.co.uk	M U/50
Kevin Quinn	4.26	Real Runners.co.uk	M U/50
Liam White	4.32	Real Runners.co.uk	M U/50
Nick Shasha	4.38	Clive Ridley's Regulars	M U/50
Nick Wosek	4.42	Tue Fax Academicals	M U/50
Ben Hall	4.47	Clive Ridley's Regulars	M U/50
Dan Penfold	4.48	Clive Ridley's Regulars	M U/50
Tim Taylor	4.52	Chasers A	M U/50
Steve Westlake	4.54	London Fronrunners Purple	M U/50
Alex Kitromilides	4.54	Chasers A	M U/50
James Gillanders	5.02	London Fronrunners Purple	M U/50
Marc Henrion	5.02	Chasers A	M U/50
Shane Cullinan	5.06	London Fronrunners Purple	M U/50
David Howson	5.13	Ryders Striders	M U/50
Alan Favre	5.15	Fulham Zebras	M U/50
Kyle Barber	5.17	Tue Fax Academicals	M U/50
Roy Walker	5.20	Fulham Zebras	M U/50
Andrew Davies	5.20	Serpies through the ages	M U/50
Paul Buxton	5.21	Allen's Almost Athletes	M O/50
Jon Moscrop	5.21	London Fronrunners Blue	M U/50
Steve Wicks	5.24	London Fronrunners Pink	
Colin Allen	5.27	Allen's Almost Athletes	M U/50
Julia Conway	5.27	London Fronrunners Women	W U/50
Anthony Impey	5.35	The 56's	M U/50
Mark Burkett	5.35	Chariots 4 Hire	M U/50
Steve Ramsay	5.36	London Fronrunners Blue	M U/50
Harry Wynne-Williams	5.37	Fulham Zebras	M U/50
Jack Bridgewater	5.37	Brixton Bullets	M U/50
Paul Loustalan	5.38	M&S Hobbler's	M U/50
Julian Vaughn Williams	5.38	London Fronrunners Blue	M U/50

Roberto Tyley	5.39	We don't stop here	M U/50
Joe Marshall	5.41	Tue Fax Academicals	M U/50
Tom Vander B	5.41	London Fronrunners Green	M U/50
James Freeman	5.42	Fulham	M U/50
Mark conway	5.43	Allen's Almost Athletes	M U/50
Steve Simpson	5.47	The Rainbowettes	M U/50
Glynn McDonald	5.47	London Fronrunners Green	M U/50
Jean Luc Hoez	5.48	Vets On The Run	M O/50
Ian Cuerden	5.50	London Fronrunners White	
Michael Butler	5.50	Brixton Bullets	M U/50
Matt Slee	5.51	Audit Comission	M U/50
Helen Smedhurst	5.52	London Fronrunners Women	W U/50
Tina Gray	5.53	Fulham Foxes	W U/50
Derek Clark	5.56	London Fronrunners Pink	
Ruusu Saarinen	5.57	The Serpets	W U/50
David Miller	5.57	M&S Hobbler	M U/50
Manfred Shroder	6.01	Bushells Bounders	M U/50
David Thompson	6.02	London Fronrunners Pink	
Siobhan Reddy	6.04	The Serpets	W U/50
Phil Wills	6.06	We don't stop here	M U/50
David Cole	6.07	Cole's Coasters	M U/50
Kelly Bushell	6.07	Bushells Bounders	W U/50
Joel Dodds	6.08	Fulham Limas	M U/50
Sean Leach	6.12	M&S Hobbler	M U/50
Tim Aldridge	6.13	Ryders Striders	M U/50
Charles	6.18	Fulham	M U/50
Lee Kirby	6.18	The Rainbowettes	M U/50
Liz McDougall	6.20	The 56's	W U/50
Andrea Sanders-Reece	6.20	The 56's	W O/50
Nicholas Martin	6.21	3 Lions	M U/50
Brian Pickles	6.21	Vets On The Run	M O/50
Grant Caldecott	6.22	Cole's Coasters	M U/50
Ho;;y Trotman	6.22	Audit Comission	W U/50
Bethen Turner	6.24	Victoria Park Juniors	
Alison Nolan	6.25	The Serpets	W U/50
Rod Smith	6.25	Chariots 4 Hire	M U/50
Sarah Newton	6.26	Serpies through the ages	W O/50
Richard Harris	6.34	Fulham	M U/50
Mark Allen	6.34	London Fronrunners White	
Richard Cristina	6.35	London Fronrunners White	
Andrew Woods	6.36	London Fronrunners Green	M U/50
John Pratt	6.40	Greenman Veterans	M O/60
Thomas Martin	6.42	3 Lions	M U/16
Suran Dickson	6.50	London Fronrunners Women	W U/50
Dennis Williams	6.51	Team 209 (Years)	M O/60
Catherine Ryder	6.52	Ryders Striders	W U/50
Liz Tapp	6.52	Serpies through the ages	W O/50
Kate Martin	6.55	3 Lions	W U/16
Jamie Curtis	6.56	Victoria Park Juniors	
Steve Satchell	6.57	Greenman Veterans	M O/60
Bill Harvey	6.57	Greenman Veterans	M O/60
Neil Davies	7.06	Chariots 4 Hire	M U/50
Jo Hensman	7.07	Fulham Skunks	W U/50

Paul Honeyben	7.09	Audit Comission	M U/50
Craig Cornish	7.13	Bushells Bounders	M U/50
Lauren Pieroni	7.19	Cole's Coasters	M U/50
Lydia J	7.20	Fulham Foxes	W U/50
Paris Walker	7.22	Victoria Park Juniors	
Nikki McKnight	7.23	The Rainbowettes	W U/50
Catherine Valentine	7.28	Fulham Foxes	W U/50
Alba Frederick	7.30	Fulham Skunks	W U/50
Tom Wilkie	7.32	Vets On The Run	M O/50
Judith	7.37	Fulham Limas	W U/50
Julia Bellis	7.42	We don't stop here	W U/50
Helen Haines	7.51	Brixton Bullets	W U/50
Lydia Davis	7.54	Fulham Skunks	W U/50
Tad Lancucki	8.00	100 Marathon	M O/60
Edwin Bartlett	8.14	Team 209 (Years)	M O/60
Peter Graham	8.31	100 Marathon	M U/50
Derek Smith	9.23	Team 209 (Years)	M O/80
Michael	9.27	Fulham Limas	M O/70
Raymond Hoyle	10.18	100 Marathon	M O/60