



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
3 x 1 mile RELAY

Battersea Park
7pm
June 25th

Dear Runners

To celebrate Run and Become's 30th anniversary we were joined by 2 celebrities tonight - 'Barefoot Ted' Ted McDonald and Ashrita Furman - the Guinness World Record holder of the most Guinness records (149). 48 teams completed the race and once again there was a tremendous atmosphere as everyone cheered on their team mates. The race was won by CLAPHAM STEEL - with James Ellis running the fastest mile in 4.39. The FULHAM FLASHERS won the All Ladies team first place, with Adriana Zalucka recording a time of 5.37 just ahead of Helen Winsor who ran her leg in 5.38. Our next race is a 5K on Monday 2nd July. Start preparing your teams for our next relay on Monday 6th August during the Olympics!!!

Winning Teams

1	Clapham - Steel	14.19	James Ellis	Darren Tanner	Dave Palmer
2	L. Frontrunners Mens 1	14.50	James Gillanders	Shane Cullinan	Jeremy Oldaker
3	L. Frontrunners Mens 2	14.54	Steven Artist	Paul Boschen	Jonathan Moscrop

Winning All Ladies Team

1	Fulham Flashers	17.18	Tina Gray	Rosy Temple	Adriana Zalucka
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Winning Over 50's Team

1	Serpentine Old Boys	19.35	Jean Luc Hoes	Ian Hall	Richard Long
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Winning Over 60's Team

1	Swinging Sixties	20.42	Steve Satchell	John Pratt	Dennis Williams
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Fastest Man: James Ellis 4.39 Clapham - Steel

Fastest Woman: Adriana Zalucka 5.37 Fulham Flashers

Overall Results and Individual Times below:

No	Team	Time	Runner 1	Runner 2	Runner 3	Cat
1	Clapham - Steel	14.19	James Ellis	Darren Tanner	Dave Palmer	
2	L. Frontrunners Mens 1	14.50	James Gillanders	Shane Cullinan	Jeremy Oldaker	
3	L. Frontrunners Mens 2	14.54	Steven Artist	Paul Boschen	Jonathan Moscrop	
4	Mornington Chasers Red	15.04	Ian Gordon	Adam Parkes	Marc Henrion	
5	Waltham Striders	15.17	Tony Tuohy	Harry Hutchon	Tony Tuohy	
6	Clapham Pioneers A	15.21	Derek Green	Alistair McClelland	Henry Wilson	
7	London Heathside	15.30	Daniel Szajna	Miron Woldemichae	James Woldridge	
8	Mornington Chasers Purple	15.37	Alex Kitromilides	John Armstrong	Timothy Nicholson	
9	HHH	16.12	Jeremy Meredith	Rupert Mainwaring	Winston Parkinson	
10	London Frontrunners 4	16.14	Peter Hannan	Glynn McDonald	Edward Holland	
11	Serpentine RC	16.28	Helen Winsor	Ilona Bagi	Mohammed Ismail	
12	Random Runners	16.41	Ashley Peacock	Duncan Hussey	Alan Mundy	
13	Clapham Pioneers C	16.42	Matthew Goodlad	Ian Boyd	Adem Gaygusz	
14	Clapham Pioneers B	16.48	Martin Winnick	Jonathan Fung	Paul Moran	
15	Mathys Marauders	16.52	Andrew Spurr	David Miller	Ted McDonald	
16	London Frontrunners 3	17.03	Tim Charters	Patrick Doyle	Simon Garner	
17	Cosaveli Sin Veli	17.16	David staton	Niels Bryan-Low	Chris Milner	
18	Fulham Flashers	17.18	Tina Gray	Rosy Temple	Adriana Zalucka	All Ladies
19	The Running Jokes	17.20	Andrew Boggs	Will Hammond	Gareth Morgan	
20	L. Frontrunners Mens 5	17.30	Loic Blondel	Jan Cooper	Ian Cuerden	
21	Chariots For Hire	17.30	Cameron Judson	Caro Harper	Mike Lea	
22	Running Total	17.42	Tom Wraith	John Sandhu	Mark Burkett	
23	Chaser Women - One	17.48	Charlotte Knee	Ruth Ashton	Mairead O'Rourke	All Ladies
24	The Crockfords	17.55	Phoebe Crockford	Pete Crockford	Jasper Crockford	
25	London 2012 B Team	17.59	Tom Ward	Hay-Sun Blunt	David Robinson	
26	Run DMC	18.05	Marc Jones	Chris Cross	Dave Nash	
27	Ranelagh Harriers	18.24	Philip Jackson	Gemma Cory	Elin Berstad Mortensen	
28	Team Nelson	18.30	Calvin Cheng	Camilla Graham	Matthew Nelson	
29	Clapham Pioneers Ladies	18.40	Lucy Fraser-Macnan	Jo Winnick	Lydia esler	All Ladies
30	Serpentine Old Boys	19.35	Jean Luc Hoetz	Ian Hall	Richard Long	Over 50
31	Fulham RC	19.39	Ted Townsend	Charles Craven	Anita Hemant	Under 16
32	Sutton Runners	19.41	Roger Capdet	Jonathan Pegg	Donna Richards	Under 16
33	Steam Puffers	19.47	Stuart Littlewood	Dan Maskell	Alan Davidson	
34	Fast Friends	19.53	Sarah Newton	Elizabeth Tapp	Andrea Sanders-Reece	All Ladies
35	Fulham Zebras	19.56	Simon Clarkson	Judith Buchanan	Roy Walker	
36	Fulham Freestylers	19.57	Siafon Owen	Ash Burke	Kathryn Beale	All Ladies
37	Three Milers	20.20	Chris Notton	Thomas Wilkie	Greg Neal	
38	L Frontrunners Ladies A	20.25	Miranda Cook	Georgina Stavri	Emmanuelle Chardon	
39	Swinging Sixties	20.42	Steve Satchell	John Pratt	Dennis Williams	Over 60
40	London FR	20.43	Nurari Merry	Sophie Tapp	Ian G	
41	VSO Vets	20.43	David Deery	Dave Clarke	Michael Goodwin	
42	Helainette	20.54	Annette Helliwell	Helen Smith	Elaine Battson	All Ladies
43	London Frontrunners 6	21.03	Gordon Whitton	Richard Cristina	Jamil Muhayman	
44	Fulham RC	21.34	Hilary Arrowsmith	Hazez Sharron	Jenny Courtney	
45	RAC	21.52	John R	Joana Parkin	Chris Abele	
46	Frontrunners Ladies B	22.46	Nikki McKnight	Natalie Alger	Anna Finn	All Ladies
47	Leg Heads	25.23	Jo Atwoll	Louisa Beeby	Naomi Drinkwater	
48	Serpentine	25.31	Michael Browne	Carole Wisdom	Edwin Bartlett	Over 50

Individual times:

James Ellis	4.39	Clapham - Steel
Darren Tanner	4.41	Clapham - Steel
Jeremy Oldaker	4.48	L. Frontrunners Mens 1
Steven Artist	4.49	L. Frontrunners Mens 2
Mohammed Ismail	4.50	Serpentine RC
James Gillanders	4.55	L. Frontrunners Mens 1

<i>Tony Tuohy</i>	<i>4.56</i>	<i>Waltham Striders</i>
<i>Paul Boschen</i>	<i>4.57</i>	<i>L. Frontrunners Mens 2</i>
<i>Dave Palmer</i>	<i>4.57</i>	<i>Clapham - Steel</i>
<i>Ian Gordon</i>	<i>4.59</i>	<i>Mornington Chasers Red</i>
<i>Alistair McClelland</i>	<i>4.59</i>	<i>Clapham Pioneers A</i>
<i>Alex Kitromilides</i>	<i>5.00</i>	<i>Mornington Chasers Purple</i>
<i>Henry Wilson</i>	<i>5.00</i>	<i>Clapham Pioneers A</i>
<i>Adam Parkes</i>	<i>5.01</i>	<i>Mornington Chasers Red</i>
<i>James Woldridge</i>	<i>5.02</i>	<i>London Heathside</i>
<i>Marc Henrion</i>	<i>5.04</i>	<i>Mornington Chasers Red</i>
<i>Jeremy Meredith</i>	<i>5.06</i>	<i>HHH</i>
<i>Shane Cullinan</i>	<i>5.07</i>	<i>L. Frontrunners Mens 1</i>
<i>Andrew Spurr</i>	<i>5.10</i>	<i>Mathys Marauders</i>
<i>Tony Tuohy</i>	<i>5.10</i>	<i>Waltham Striders</i>
<i>Harry Hutchon</i>	<i>5.11</i>	<i>Waltham Striders</i>
<i>Jonathan Moscrop</i>	<i>5.12</i>	<i>L. Frontrunners Mens 2</i>
<i>Gareth Morgan</i>	<i>5.13</i>	<i>The Running Jokes</i>
<i>Daniel Szajna</i>	<i>5.14</i>	<i>London Heathside</i>
<i>Miron Woldemichael</i>	<i>5.14</i>	<i>London Heathside</i>
<i>John Armstrong</i>	<i>5.16</i>	<i>Mornington Chasers Purple</i>
<i>Duncan Hussey</i>	<i>5.17</i>	<i>Random Runners</i>
<i>Edward Holland</i>	<i>5.17</i>	<i>London Frontrunners 4</i>
<i>Winston Parkinson</i>	<i>5.19</i>	<i>HHH</i>
<i>Ashley Peacock</i>	<i>5.20</i>	<i>Random Runners</i>
<i>Timothy Nicholson</i>	<i>5.21</i>	<i>Mornington Chasers Purple</i>
<i>Derek Green</i>	<i>5.22</i>	<i>Clapham Pioneers A</i>
<i>David Robinson</i>	<i>5.23</i>	<i>London 2012 B Team</i>
<i>Peter Hannan</i>	<i>5.25</i>	<i>London Frontrunners 4</i>
<i>Mike Lea</i>	<i>5.26</i>	<i>Chariots For Hire</i>
<i>Mark Burkett</i>	<i>5.26</i>	<i>Running Total</i>
<i>John Sandhu</i>	<i>5.28</i>	<i>Running Total</i>
<i>Adem Gaygusz</i>	<i>5.28</i>	<i>Clapham Pioneers C</i>
<i>Pete Crockford</i>	<i>5.29</i>	<i>The Crockfords</i>
<i>Simon Garner</i>	<i>5.29</i>	<i>London Frontrunners 3</i>
<i>Ian G</i>	<i>5.29</i>	<i>London FR</i>
<i>David staton</i>	<i>5.30</i>	<i>Cosaveli Sin Veli</i>
<i>Matthew Goodlad</i>	<i>5.31</i>	<i>Clapham Pioneers C</i>
<i>Paul Moran</i>	<i>5.31</i>	<i>Clapham Pioneers B</i>
<i>Glynn McDonald</i>	<i>5.32</i>	<i>London Frontrunners 4</i>
<i>Jonathan Fung</i>	<i>5.35</i>	<i>Clapham Pioneers B</i>
<i>David Miller</i>	<i>5.35</i>	<i>Mathys Marauders</i>
<i>Loic Blondel</i>	<i>5.36</i>	<i>L. Frontrunners Mens 5</i>
<i>Adriana Zalucka</i>	<i>5.37</i>	<i>Fulham Flashers</i>
<i>Helen Winsor</i>	<i>5.38</i>	<i>Serpentine RC</i>
<i>Will Hammond</i>	<i>5.38</i>	<i>The Running Jokes</i>
<i>Anita Hemant</i>	<i>5.39</i>	<i>Fulham RC</i>
<i>Dave Nash</i>	<i>5.40</i>	<i>Run DMC</i>
<i>Lydia esler</i>	<i>5.40</i>	<i>Clapham Pioneers Ladies</i>
<i>Chris Notton</i>	<i>5.41</i>	<i>Three Milers</i>
<i>Martin Winnick</i>	<i>5.42</i>	<i>Clapham Pioneers B</i>
<i>Niels Bryan-Low</i>	<i>5.42</i>	<i>Cosaveli Sin Veli</i>
<i>Rosy Temple</i>	<i>5.42</i>	<i>Fulham Flashers</i>
<i>Mairead O'Rourke</i>	<i>5.42</i>	<i>Chaser Women - One</i>
<i>Ian Boyd</i>	<i>5.43</i>	<i>Clapham Pioneers C</i>
<i>Tim Charters</i>	<i>5.44</i>	<i>London Frontrunners 3</i>
<i>Roger Capdet</i>	<i>5.45</i>	<i>Sutton Runners</i>
<i>Cameron Judson</i>	<i>5.47</i>	<i>Chariots For Hire</i>
<i>Rupert Mainwaring</i>	<i>5.47</i>	<i>HHH</i>

<i>Matthew Nelson</i>	<i>5.49</i>	<i>Team Nelson</i>
<i>Patrick Doyle</i>	<i>5.50</i>	<i>London Frontrunners 3</i>
<i>Ian Cuerden</i>	<i>5.50</i>	<i>L. Frontrunners Mens 5</i>
<i>Chris Abele</i>	<i>5.52</i>	<i>RAC</i>
<i>Calvin Cheng</i>	<i>5.55</i>	<i>Team Nelson</i>
<i>Tina Gray</i>	<i>5.59</i>	<i>Fulham Flashers</i>
<i>Ruth Ashton</i>	<i>5.59</i>	<i>Chaser Women - One</i>
<i>Jasper Crockford</i>	<i>5.59</i>	<i>The Crockfords</i>
<i>Ilona Bagi</i>	<i>6.00</i>	<i>Serpentine RC</i>
<i>Elin Berstad Mortensen</i>	<i>6.02</i>	<i>Ranelagh Harriers</i>
<i>Jan Cooper</i>	<i>6.04</i>	<i>L. Frontrunners Mens 5</i>
<i>Alan Mundy</i>	<i>6.04</i>	<i>Random Runners</i>
<i>Chris Milner</i>	<i>6.04</i>	<i>Cosaveli Sin Veli</i>
<i>Jean Luc Hoz</i>	<i>6.06</i>	<i>Serpentine Old Boys</i>
<i>Chris Cross</i>	<i>6.06</i>	<i>Run DMC</i>
<i>Ted McDonald</i>	<i>6.07</i>	<i>Mathys Marauders</i>
<i>Philip Jackson</i>	<i>6.08</i>	<i>Ranelagh Harriers</i>
<i>Charlotte Knee</i>	<i>6.09</i>	<i>Chaser Women - One</i>
<i>Andrea Sanders-Reece</i>	<i>6.12</i>	<i>Fast Friends</i>
<i>Tom Ward</i>	<i>6.14</i>	<i>London 2012 B Team</i>
<i>Gemma Cory</i>	<i>6.14</i>	<i>Ranelagh Harriers</i>
<i>Hilary Arrowsmith</i>	<i>6.15</i>	<i>Fulham RC</i>
<i>Caro Harper</i>	<i>6.17</i>	<i>Chariots For Hire</i>
<i>Michael Goodwin</i>	<i>6.17</i>	<i>VSO Vets</i>
<i>Marc Jones</i>	<i>6.19</i>	<i>Run DMC</i>
<i>Emmanuelle Chardon</i>	<i>6.19</i>	<i>L Frontrunners Ladies A</i>
<i>Hay-Sun Blunt</i>	<i>6.22</i>	<i>London 2012 B Team</i>
<i>Simon Clarkson</i>	<i>6.24</i>	<i>Fulham Zebras</i>
<i>Sarah Newton</i>	<i>6.25</i>	<i>Fast Friends</i>
<i>Phoebe Crockford</i>	<i>6.27</i>	<i>The Crockfords</i>
<i>Gordon Whitton</i>	<i>6.27</i>	<i>London Frontrunners 6</i>
<i>Andrew Boggs</i>	<i>6.29</i>	<i>The Running Jokes</i>
<i>Jo Winnick</i>	<i>6.29</i>	<i>Clapham Pioneers Ladies</i>
<i>Charles Craven</i>	<i>6.29</i>	<i>Fulham RC</i>
<i>Richard Cristina</i>	<i>6.29</i>	<i>London Frontrunners 6</i>
<i>Roy Walker</i>	<i>6.30</i>	<i>Fulham Zebras</i>
<i>Lucy Fraser-Macnam</i>	<i>6.31</i>	<i>Clapham Pioneers Ladies</i>
<i>Stuart Littlewood</i>	<i>6.31</i>	<i>Steam Puffers</i>
<i>Nurari Merry</i>	<i>6.32</i>	<i>London FR</i>
<i>Siafon Owen</i>	<i>6.35</i>	<i>Fulham Freestylers</i>
<i>David Deery</i>	<i>6.37</i>	<i>VSO Vets</i>
<i>Dan Maskell</i>	<i>6.38</i>	<i>Steam Puffers</i>
<i>Ash Burke</i>	<i>6.38</i>	<i>Fulham Freestylers</i>
<i>Alan Davidson</i>	<i>6.38</i>	<i>Steam Puffers</i>
<i>Jonathan Pegg</i>	<i>6.39</i>	<i>Sutton Runners</i>
<i>Jenny Courtney</i>	<i>6.41</i>	<i>Fulham RC</i>
<i>Richard Long</i>	<i>6.42</i>	<i>Serpentine Old Boys</i>
<i>Kathryn Beale</i>	<i>6.44</i>	<i>Fulham Freestylers</i>
<i>John Pratt</i>	<i>6.45</i>	<i>Swinging Sixties</i>
<i>Camilla Graham</i>	<i>6.46</i>	<i>Team Nelson</i>
<i>Elaine Battson</i>	<i>6.46</i>	<i>Helainette</i>
<i>Ian Hall</i>	<i>6.47</i>	<i>Serpentine Old Boys</i>
<i>Tom Wraith</i>	<i>6.48</i>	<i>Running Total</i>
<i>Steve Satchell</i>	<i>6.54</i>	<i>Swinging Sixties</i>
<i>Annette Helliwell</i>	<i>6.56</i>	<i>Helainette</i>
<i>Miranda Cook</i>	<i>7.01</i>	<i>L Frontrunners Ladies A</i>
<i>Judith Buchanan</i>	<i>7.02</i>	<i>Fulham Zebras</i>
<i>Dennis Williams</i>	<i>7.03</i>	<i>Swinging Sixties</i>

<i>Nikki McKnight</i>	<i>7.05</i>	<i>Frontrunners Ladies B</i>
<i>Georgina Stavri</i>	<i>7.05</i>	<i>L Frontrunners Ladies A</i>
<i>Helen Smith</i>	<i>7.12</i>	<i>Helainette</i>
<i>Greg Neal</i>	<i>7.14</i>	<i>Three Milers</i>
<i>Elizabeth Tapp</i>	<i>7.16</i>	<i>Fast Friends</i>
<i>Donna Richards</i>	<i>7.17</i>	<i>Sutton Runners</i>
<i>Carole Wisdom</i>	<i>7.28</i>	<i>Serpentine</i>
<i>Natalie Alger</i>	<i>7.29</i>	<i>Frontrunners Ladies B</i>
<i>Thomas Wilkie</i>	<i>7.35</i>	<i>Three Milers</i>
<i>Ted Townsend</i>	<i>7.41</i>	<i>Fulham RC</i>
<i>John R</i>	<i>7.46</i>	<i>RAC</i>
<i>Dave Clarke</i>	<i>7.49</i>	<i>VSO Vets</i>
<i>Edwin Bartlett</i>	<i>8.04</i>	<i>Serpentine</i>
<i>Jamil Muhayman</i>	<i>8.07</i>	<i>London Frontrunners 6</i>
<i>Jo Atwill</i>	<i>8.08</i>	<i>Leg Heads</i>
<i>Anna Finn</i>	<i>8.12</i>	<i>Frontrunners Ladies B</i>
<i>Joana Parkin</i>	<i>8.14</i>	<i>RAC</i>
<i>Naomi Drinkwater</i>	<i>8.22</i>	<i>Leg Heads</i>
<i>Hazez Sharron</i>	<i>8.38</i>	<i>Fulham RC</i>
<i>Sophie Tapp</i>	<i>8.42</i>	<i>London FR</i>
<i>Louisa Beeby</i>	<i>8.53</i>	<i>Leg Heads</i>
<i>Michael Browne</i>	<i>9.59</i>	<i>Serpentine</i>