



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
August 5th

The final Monday night race of the season saw 51 teams race in the 3 x 1 mile relay. Congratulations to all teams!

Our next race is a 10K on Saturday 19th October at 8am.

We look forward to seeing you all there!

All results and individual mile times below:

Winning Teams

1	The Greenleaves	14.22	Alex Davy	Edward Raymond	Andy Greenleaf
2	BPR M	14.28	Fred Slemeck	Alex Bellew	Alex Davy
3	VPHTHAC Mensa	14.59	Jose Bilbao	Neil Cook	Paul Allen

Winning All Ladies Team

1	Serpentine 1	16.50	Ilona Bagi	Genevieve Bourke	Sarah Pemberton
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Winning Over 50's Team

1	Sutton Runners 6	17.31	Martin Newton	Tim McIntyre	Tony Gallagher
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Winning Over 60's Team

1	Hercules Wimbledon 'Big Tums'	22.28	Stuart Littlewodd	Ian Isherwood	Dennis Williams
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Winning Under 16's Team

1	Barnett Boys	19.41	Gabriel Barnett	Lorcan Barnett	Ennis Barnett
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Fastest Man: Fred Slemeck 4.36 BPR M

Fastest Woman: Victoria Crawford 5.19 Serpentine 2

Overall Results and Individual Times below:

No	Team	Time	Runner 1	Runner 2	Runner 3	Cat
1	The Greenleaves	14.22	Alex Davy	Edward Raymond	Andy Greenleaf	Reg
2	BPR M	14.28	Fred Slemeck	Alex Bellew	Alex Davy	Reg
3	VPHTHAC Mensa	14.59	Jose Bilbao	Neil Cook	Paul Allen	Reg
4	London Heathside Glory Boyz	15.01	Danie Szojnal	Miron Woldemichael	James Wooldridge	Reg
5	Sutton Runners 1	15.11	Kevin Lusignea	Damien Hersey	Neil Reissland	Reg
6	VPH 8 THAC 'B'	15.16	Simeon Bennett	Michael Sheppard	Matthew Thompson	Reg
7	Hollandaise	15.40	Ian Cuerden	Joel Northcott	Ed Holland	Reg
8	London Frontrunners Mens 1	15.42	Jonathan Moscrop	Paul Boschen	Shane Cullinan	Reg
9	West 4 Mens	16.10	Jim Clark	Ciaran Clark	Chris Smith	Reg
10	VPHTHAC - C	16.22	Victor Sarramian	Rupert Rowling	Andy Hutson	Reg
11	Chasers + 1	16.34	William McNulty	David James Macsweeney	Kelly Thorncroft	Reg
12	Serpentine 1	16.50	Ilona Bagi	Genevieve Bourke	Sarah Pemberton	All Ladies
13	London Frontrunners Mens 3	17.02	Will Parry	Dan Luong	John Keenan	Reg
14	Sutton Runners 10	17.03	Darren Beers	Steve Barber	Sam Grove	Reg
15	Sutton Runners 7	17.05	David	Simon Thornhill	John Flaherty	Reg
16	Serpentine 2	17.09	Rosalind Lee	Helen Windsor	Victoria Crawford	All Ladies
17	The Fifths	17.11	Charlie Butler	Eric Dol	Brian Pickles	Reg
18	Victoria Park & Tower Hamlets AC	17.15	Rachel Thomas	Catherine McLaughlin	Susan Bint	All Ladies
19	The Young Bucks & Daniels	17.27	Chris Daniels	H Young	Tristan Buckley	Reg
20	Sutton Runners 6	17.31	Martin Newton	Tim McIntyre	Tony Gallagher	Vet 50
21	Pelham Street Pounders	17.34	David Nix	James Vallis	Alan Mundy	Reg
22	West 4 Ladies	17.42	Anna Critchlow	Catherine Stephens	Jane Hodgskin	All Ladies
23	The Plummers	17.49	Stephen Plummer	Tim Bavister	Stephen Plummer	Reg
24	London Frontrunners Vet Team	18.06	David Thompson	Glynn McDonald	Nicholas Borsing	Vet 50
25	Team Schindel	18.09	Jonathan Schindel	Max Schindel	Sammy Schnidel	Reg
26	Serpentine-Mixed	18.22	Kirsten Lewis	David Staton	Pete Marshallr	Reg
27	Sutton Runners 9	18.27	Avi Shirodvkar	Tunde Adeyemo	Graham Miller	Vet 50
28	Swards	18.39	Soren Goard	David Renton	Robin B	Reg
29	Fulham Flashers	18.40	Hilary Arrowsmith	Philip Hickson	Andrew Han	Reg
30	VPHTHAC Women's B	18.40	Rachel Morison	Kelly Clark	Charlotte Maile	All Ladies
31	Mornington Chasers Women	18.48	Jane Nodder	Hope Sloly	Andrea Sanders-Reece	All Ladies
32	London Frontrunners Ladies 2	18.54	Rose Stamp	Jen Green	Hannah Gibson	All Ladies
33	Taylor	19.27	Stephanie Taylor	Gemma Taylor	Howard Taylor	Reg
34	Fulham Duffers	19.37	Ted Townsend	Tina Gray	Jon Chambers	Reg
35	Barnett Boys	19.41	Gabriel Barnett	Lorcan Barnett	Ennis Barnett	U/16
36	Sutton Runners 4	19.55	John James	Nicky Miles	Daniel C	Reg
37	Helainette	20.25	Annette Helliwell	Elaine Bateson	Helen Smith	All Ladies
38	Sutton Runners 2	20.27	Victoria Harrison Cook	Jenny Hersey	Penny Wilkins	All Ladies
39	Sutton Runners 3	20.27	Sam Jenkins	Tash Brooks	Denise Burke	Reg
40	Odd-Bods	20.50	Sarah Newton	Alan Davidson	Dan Maskell	Vet 50
41	London Frontrunners Mens 4	20.52	Jan Cooper	Jonathan Moss	Robert Ravelli	Reg
42	Sutton Runners 8	21.20	Clare Miller	Ian Cranham	Tony Bannister	Reg
43	London Frontrunners Ladies	21.25	Eleanor Lincoln-Antoni	Rachel Wickham	Madeleine Cule	All Ladies
44	Hercules Wimbledon 'Big Tums'	22.28	Stuart Littlewodd	Ian Isherwood	Dennis Williams	Vet 60
45	Herculean Women	22.45	M Jackson	Anastasia Hancock	Jen Velu	All Ladies
46	The Terminated	22.51	Stephen Satchell	William Harvey	John Pratt	Vet 60
47	Sutton Runners 5	22.54	Jonathan Pegg	Sue McIntyre	Sandra Oreilly	Reg
48	The Max	23.22	Andrew McNamara	Nicola Dunger	Phillipa Dunn	Reg
49	Nuffield Nymphs	23.32	Nora Law	Rachel Warren	Josephine Perry	All Ladies
50	BeeDubya Lyne Dancers	25.31	Michael Williams	Angeline Burke	Michelle Lyne	Reg
51	Fun Lovers	25.37	Peter Torre	Ann Bath	Edwin Bartlett	Vet 60

Individual mile times below

Fred Slemeck	4.36	BPR M	M	23
Andy Greenleaf	4.39	The Greenleaves	M	30
Alex Davy	4.43	The Greenleaves	M	24
William McNulty	4.47	Chasers + 1	M	31
James Wooldridge	4.53	London Heathside Glory Boyz	M	16
Ciaran Clark	4.55	West 4 Mens	M	35
Alex Davy	4.57	BPR M	M	24
Jose Bilbao	4.57	VPHTHAC Mensa	M	23
Neil Reissland	4.58	Sutton Runners 1	M	48
Alex Bellew	4.59	BPR M	M	22
Miron Woldemichael	4.59	London Heathside Glory Boyz	M	18
Edward Raymond	5.00	The Greenleaves	M	40
Neil Cook	5.00	VPHTHAC Mensa	M	36
Kevin Lusigne	5.00	Sutton Runners 1	M	32
Michael Sheppard	5.00	VPH 8 THAC 'B'	M	36
Jonathan Schindel	5.01	Team Schindel	M	48
Paul Allen	5.02	VPHTHAC Mensa	M	28
Jim Clark	5.04	West 4 Mens	M	37
Matthew Thompson	5.05	VPH 8 THAC 'B'	M	47
Jonathan Moscrop	5.07	London Frontrunners Mens 1	M	39
Danie Szojnal	5.09	London Heathside Glory Boyz	M	18
Paul Boschen	5.10	London Frontrunners Mens 1	M	35
Simeon Bennett	5.11	VPH 8 THAC 'B'	M	37
Damien Hersey	5.13	Sutton Runners 1	M	30
Tristan Buckley	5.14	The Young Bucks & Daniels	M	25
Sam Grove	5.16	Sutton Runners 10	M	
Victor Sarramian	5.17	VPHTHAC - C	M	34
Soren Goard	5.18	Swoards	M	23
Victoria Crawford	5.19	Serpentine 2	F	27
Ed Holland	5.19	Hollandaise	M	30
David	5.20	Sutton Runners 7	M	41
Eric Dol	5.22	The Fifths	M	24
Shane Cullinan	5.23	London Frontrunners Mens 1	M	39
Rupert Rowling	5.23	VPHTHAC - C	M	26
Genevieve Bourke	5.25	Serpentine 1	F	29
Anna Critchlow	5.28	West 4 Ladies	F	45
Andy Hutson	5.30	VPHTHAC - C	M	23
Charlie Butler	5.30	The Fifths	M	15
David Nix	5.31	Pelham Street Pounders	M	44
John Keenan	5.32	London Frontrunners Mens 3	M	41
Joel Northcott	5.32	Hollandaise	M	32
Sarah Pemberton	5.34	Serpentine 1	F	27
Will Parry	5.34	London Frontrunners Mens 3	M	45
Ilona Bagi	5.35	Serpentine 1	F	31
Glynn McDonald	5.36	London Frontrunners Vet Tear	M	50
Martin Newton	5.37	Sutton Runners 6	M	51
Steve Barber	5.39	Sutton Runners 10	M	30
Rachel Thomas	5.39	Victoria Park & Tower Hamlets	F	27
Kelly Thorncroft	5.41	Chasers + 1	F	23
Simon Thornhill	5.42	Sutton Runners 7	M	31
Stephen Plummer	5.42	The Plummers	M	50
Chris Smith	5.43	West 4 Mens	M	41
Dan Luong	5.44	London Frontrunners Mens 3	M	58
David Staton	5.44	Serpentine-Mixed	M	41
Howard Taylor	5.44	Taylor	M	55
Jane Hodgskin	5.46	West 4 Ladies	F	
Ian Isherwood	5.46	Hercules Wimbledon 'Big Tum	M	61
Catherine McLaughlin	5.47	Victoria Park & Tower Hamlets	F	40

Jen Green	5.47	London Frontrunners Ladies 2	F	33
Tina Gray	5.47	Fulham Duffers	F	30
Helen Windsor	5.49	Serpentine 2	F	32
Tim McIntyre	5.49	Sutton Runners 6	M	54
Susan Bint	5.51	Victoria Park & Tower Hamlets	F	38
David James Macsweeney	5.54	Chasers + 1	M	33
Pete Marshallr	5.54	Serpentine-Mixed	M	42
Andrew McNamara	5.55	The Max	M	30
Rosalind Lee	5.57	Serpentine 2	F	29
Graham Miller	5.58	Sutton Runners 9	M	51
Alan Mundy	6.00	Pelham Street Pounders	M	52
John Flaherty	6.01	Sutton Runners 7	M	43
Stephen Plummer	6.01	The Plummers	M	50
Kelly Clark	6.01	VPHTHAC Women's B	F	32
James Vallis	6.03	Pelham Street Pounders	M	39
Andrew Han	6.05	Fulham Flashers	M	31
Gabriel Barnett	6.05	Barnett Boys	M	14
Chris Daniels	6.06	The Young Bucks & Daniels	M	26
Tim Bavister	6.06	The Plummers	M	40
Tunde Adeyemo	6.06	Sutton Runners 9	M	57
Darren Beers	6.07	Sutton Runners 10	M	42
H Young	6.07	The Young Bucks & Daniels	M	26
Hilary Arrowsmith	6.07	Fulham Flashers	W	32
David Thompson	6.09	London Frontrunners Vet Tear	M	51
Hope Sloly	6.11	Mornington Chasers Women	F	31
Charlotte Maile	6.13	VPHTHAC Women's B	F	30
Daniel C	6.13	Sutton Runners 4	M	39
Max Schindel	6.14	Team Schindel	M	13
Tony Gallagher	6.15	Sutton Runners 6	M	57
Andrea Sanders-Reece	6.15	Mornington Chasers Women	F	57
Ian Cuerden	6.18	Hollandaise	M	43
David Renton	6.18	Swoards	M	40
Brian Pickles	6.19	The Fifths	M	55
Helen Smith	6.20	Helainette	F	46
Nicholas Borsing	6.21	London Frontrunners Vet Tear	M	55
Rose Stamp	6.21	London Frontrunners Ladies 2	F	29
Jan Cooper	6.21	London Frontrunners Mens 4	M	39
Jane Nodder	6.22	Mornington Chasers Women	F	55
Ian Cranham	6.22	Sutton Runners 8	M	30
Avi Shirodvkar	6.23	Sutton Runners 9	M	53
Rachel Morison	6.26	VPHTHAC Women's B	F	28
Catherine Stephens	6.28	West 4 Ladies	F	32
Philip Hickson	6.28	Fulham Flashers	M	39
Anastasia Hancock	6.30	Herculean Women	F	30
Jonathan Pegg	6.30	Sutton Runners 5	M	48
Ennis Barnett	6.31	Barnett Boys	M	11
Jon Chambers	6.32	Fulham Duffers	M	56
Jonathan Moss	6.35	London Frontrunners Mens 4	M	52
Jenny Hersey	6.36	Sutton Runners 2	F	29
Sam Jenkins	6.37	Sutton Runners 3	M	44
Denise Burke	6.39	Sutton Runners 3	F	26
Stuart Littlewodd	6.39	Hercules Wimbledon 'Big Tum	M	61
Kirsten Lewis	6.44	Serpentine-Mixed	F	35
Victoria Harrison Cook	6.45	Sutton Runners 2	F	37
Hannah Gibson	6.46	London Frontrunners Ladies 2	F	30
Nicky Miles	6.50	Sutton Runners 4	F	38
Dan Maskell	6.51	Odd-Bods	M	65
John James	6.52	Sutton Runners 4	M	46

Alan Davidson	6.52	Odd-Bods	M	66
Sammy Schnidel	6.54	Team Schindel	M	11
Stephen Satchell	6.54	The Terminated	M	64
Gemma Taylor	6.55	Taylor	F	26
Eleanor Lincoln-Antoniou	6.56	London Frontrunners Ladies	F	36
Annette Helliwell	6.57	Helainette	F	54
Stephanie Taylor	6.58	Taylor	F	27
Josephine Perry	6.59	Nuffield Nymphs	F	36
Robin B	7.03	Swards	M	31
Dennis Williams	7.03	Hercules Wimbledon 'Big Tum	M	67
Lorcan Barnett	7.05	Barnett Boys	M	11
M Jackson	7.05	Herculean Women	F	31
Penny Wilkins	7.06	Sutton Runners 2	F	52
Sarah Newton	7.07	Odd-Bods	F	
Elaine Bateson	7.08	Helainette	F	47
Tash Brooks	7.11	Sutton Runners 3	F	35
Rachel Wickham	7.13	London Frontrunners Ladies	F	41
Madeleine Cule	7.16	London Frontrunners Ladies	F	29
Ted Townsend	7.18	Fulham Duffers	M	52
Tony Bannister	7.20	Sutton Runners 8	M	52
Clare Miller	7.38	Sutton Runners 8	F	40
Sandra Oreilly	7.38	Sutton Runners 5	F	49
Michael Williams	7.49	BeeDubya Lyne Dancers	M	46
Robert Ravelli	7.56	London Frontrunners Mens 4	M	56
John Pratt	7.56	The Terminated	M	68
William Harvey	8.01	The Terminated	M	71
Nora Law	8.02	Nuffield Nymphs	F	40
Michelle Lyne	8.11	BeeDubya Lyne Dancers	F	52
Edwin Bartlett	8.15	Fun Lovers	M	69
Ann Bath	8.28	Fun Lovers	F	64
Rachel Warren	8.31	Nuffield Nymphs	F	40
Nicola Dunger	8.41	The Max	F	27
Sue McIntyre	8.46	Sutton Runners 5	F	51
Phillipa Dunn	8.46	The Max	F	27
Peter Torre	8.54	Fun Lovers	M	71
Jen Velu	9.10	Herculean Women	F	30
Angeline Burke	9.31	BeeDubya Lyne Dancers	F	54