



# 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

August 8th

### Dear Runners

Our last Monday evening race of the season was completed by 167 runners. Alex Pilcher won the race in 15.12 and Lauren Stewart was the first lady in 17.54 just four seconds ahead of Beth Anderson. Special prizes were given out to the 4 runners who completed all the Monday evening races: Andrea Sanders-Reece, Sarah Newton, Edwin Bartlett and Anthony Impey. It has been a great season of races and we are grateful to everyone who has taken part.

Our next race is on Saturday 10th September - its a 10 mile race starting at 8am. We hope to see you all there!

A pair of orange headphones and some sunglasses were left at the race- please contact Run And Become 020 7222 1314

### **MEDAL WINNERS**

NAME	SURNAME	CLUB	TIME	AGE
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#### **MEN UNDER 50**

1st	Alex	Filcher	Derby AC	15.12	M	26
2nd	Glenn	Saqui	Highate Harriers	15.30	M	31
3rd	Henry	Dodwell	Highate Harriers	15.40	M	35
4th	Jacob	Wiebel	Serpentine	16.02	M	26
5th	Anthony	Bourne	Serpentine RC	16.08	M	28
6th	Andrew	Lawrence	Morpeth H + AC	16.10	M	25
7th	Hugh	Mackenzie		16.23	M	29

#### **WOMEN UNDER 50**

1st	Lauren	Stewart	WGEL	17.54	F	29
2nd	Beth	Anderson	Shaftesbury Barnet	17.58	F	32
3rd	Shona	McIntosh	Hunters Bog Trotters	18.05	F	28

4th	<i>Helen</i>	<i>Taranowski</i>	<i>West 4 Harriers</i>	<i>18.25</i>	<i>F</i>	<i>38</i>
5th	<i>Dominique</i>	<i>Ballard</i>	<i>Benfleet RC</i>	<i>18.51</i>	<i>F</i>	<i>29</i>
6th	<i>Vicky</i>	<i>Frew</i>	<i>Edinburgh City</i>	<i>18.58</i>	<i>F</i>	<i>33</i>
7th	<i>Tina</i>	<i>Gray</i>	<i>Fulham Running Club</i>	<i>19.41</i>	<i>F</i>	<i>28</i>

### **MEN OVER 50**

1st	<i>Mike</i>	<i>Lane</i>	<i>Ranelagh Harriers</i>	<i>18.41</i>	<i>M</i>	<i>51</i>
2nd	<i>Hugh</i>	<i>Scorgie</i>		<i>19.09</i>	<i>M</i>	<i>51</i>
3rd	<i>Andy</i>	<i>Murray</i>	<i>Dulwich Runners</i>	<i>20.16</i>	<i>M</i>	<i>58</i>

### **WOMEN OVER 50**

1st	<i>Andrea</i>	<i>Sanders-Reece</i>	<i>Mornington Chasers</i>	<i>20.49</i>	<i>F</i>	<i>55</i>
2nd	<i>Sarah</i>	<i>Newton</i>	<i>serpentine</i>	<i>22.00</i>	<i>F</i>	<i>53</i>
3rd	<i>Anne</i>	<i>Pinol</i>		<i>31.31</i>	<i>F</i>	<i>57</i>

### **MEN OVER 60**

1st	<i>Mike</i>	<i>Mann</i>	<i>Dulwich Runners</i>	<i>19.57</i>	<i>M</i>	<i>63</i>
2nd	<i>Philip</i>	<i>Jackson</i>	<i>Ranelagh Harriers</i>	<i>20.42</i>	<i>M</i>	<i>61</i>

### **WOMEN OVER 60**

1st	<i>Lesley</i>	<i>Young</i>	<i>Dulwich Park Runners</i>	<i>36.41</i>	<i>F</i>	<i>60</i>
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### **MEN OVER 70**

1st	<i>Joe</i>	<i>Aspinall</i>	<i>Vets AC</i>	<i>24.01</i>	<i>M</i>	<i>73</i>
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### **WOMEN OVER 70**

1st	<i>Sue</i>	<i>Lambert</i>	<i>Serpentine</i>	<i>25.16</i>	<i>F</i>	<i>70</i>
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### **WOMEN UNDER 16**

1st	<i>Paris</i>	<i>Walker</i>	<i>Victoria Park Harriers</i>	<i>26.22</i>	<i>F</i>	<i>15</i>
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### **MEN UNDER 16**

1st	<i>Harvey</i>	<i>Cambridge</i>		<i>23.40</i>	<i>M</i>	<i>14</i>
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## **OVERALL RESULTS**

<b>Pos</b>	<b>Name</b>	<b>Surname</b>	<b>Club</b>	<b>Time</b>	<b>M/F</b>	<b>Age</b>	<b>Cat</b>	<b>Cat Pos</b>
1	<i>Alex</i>	<i>Filcher</i>	<i>Derby AC</i>	<i>15.12</i>	<i>M</i>	<i>26</i>	<i>M U/50</i>	<i>1</i>
2	<i>Glenn</i>	<i>Saqui</i>	<i>Highate Harriers</i>	<i>15.30</i>	<i>M</i>	<i>31</i>	<i>M U/50</i>	<i>2</i>
3	<i>Henry</i>	<i>Dodwell</i>	<i>Highate Harriers</i>	<i>15.40</i>	<i>M</i>	<i>35</i>	<i>M U/50</i>	<i>3</i>
4	<i>Jacob</i>	<i>Wibel</i>	<i>Serpentine</i>	<i>16.02</i>	<i>M</i>	<i>26</i>	<i>M U/50</i>	<i>4</i>
5	<i>Anthony</i>	<i>Bourne</i>	<i>Serpentine RC</i>	<i>16.08</i>	<i>M</i>	<i>28</i>	<i>M U/50</i>	<i>5</i>
6	<i>Andrew</i>	<i>Lawrence</i>	<i>Morpeth H + AC</i>	<i>16.10</i>	<i>M</i>	<i>25</i>	<i>M U/50</i>	<i>6</i>
7	<i>Hugh</i>	<i>Mackenzie</i>		<i>16.23</i>	<i>M</i>	<i>29</i>	<i>M U/50</i>	<i>7</i>
8	<i>Rick</i>	<i>Weston</i>	<i>Ipswich Jaffa</i>	<i>16.26</i>	<i>M</i>	<i>24</i>	<i>M U/50</i>	<i>8</i>
9	<i>Riel</i>	<i>Carol</i>	<i>Clapham Chasers</i>	<i>16.33</i>	<i>M</i>	<i>36</i>	<i>M U/50</i>	<i>9</i>
10	<i>Michael</i>	<i>Briggs</i>	<i>Benfleet RC</i>	<i>16.40</i>	<i>M</i>	<i>25</i>	<i>M U/50</i>	<i>10</i>
11	<i>James</i>	<i>Gillanders</i>	<i>London Frontrunners</i>	<i>17.08</i>	<i>M</i>	<i>33</i>	<i>M U/50</i>	<i>11</i>
12	<i>Stephen</i>	<i>Philcox</i>	<i>Barking Road Runners</i>	<i>17.08</i>	<i>M</i>	<i>45</i>	<i>M U/50</i>	<i>12</i>
13	<i>Ian</i>	<i>Davies</i>	<i>Keswick AC</i>	<i>17.09</i>	<i>M</i>	<i>32</i>	<i>M U/50</i>	<i>13</i>
14	<i>Richard</i>	<i>Winchester</i>		<i>17.13</i>	<i>M</i>	<i>27</i>	<i>M U/50</i>	<i>14</i>
15	<i>David</i>	<i>Evans</i>	<i>Muddy Mucky Munkeys</i>	<i>17.13</i>	<i>M</i>	<i>42</i>	<i>M U/50</i>	<i>15</i>
16	<i>Jeremy</i>	<i>Dunnett</i>		<i>17.16</i>	<i>M</i>	<i>24</i>	<i>M U/50</i>	<i>16</i>
17	<i>James</i>	<i>Parker</i>	<i>Highate Harriers</i>	<i>17.27</i>	<i>M</i>	<i>25</i>	<i>M U/50</i>	<i>17</i>
18	<i>Nolan</i>	<i>Wilkins</i>	<i>Beckenham Running Club</i>	<i>17.30</i>	<i>M</i>	<i>34</i>	<i>M U/50</i>	<i>18</i>
19	<i>Tim</i>	<i>Ballard</i>		<i>17.35</i>	<i>M</i>	<i>35</i>	<i>M U/50</i>	<i>19</i>
20	<i>Michael</i>	<i>Gallagher</i>		<i>17.36</i>	<i>M</i>	<i>27</i>	<i>M U/50</i>	<i>20</i>

21	Sam	Whittaker	Serpentine	17.42	M	32	M U/50	21
22	R	Maunier		17.49	M	23	M U/50	22
23	Brian	Dennehy	London Heathside	17.51	M	26	M U/50	23
24	Lauren	Stewart	WGEL	17.54	F	29	W U/50	1
25	Beth	Anderson	Shaftesbury Barnet	17.58	F	32	W U/50	2
26	Richard	Fanning	Serpentine	17.58	M	41	M U/50	24
27	Shona	McIntosh	Hunters Bog Trotters	18.05	F	28	W U/50	3
28	Rupert	Jacobs		18.07	M	30	M U/50	25
29	Andrew	Davies	Serpentine RC	18.15	M	32	M U/50	26
30	Steven	Barber	Sutton Runners	18.20	M	28	M U/50	27
31	David	Brewer		18.23	M	47	M U/50	28
32	Helen	Taranowski	West 4 Harriers	18.25	F	38	W U/50	4
33	Jonathan	Warren		18.27	M	28	M U/50	29
34	Rupert	Nash	Hunters Bog Trotters	18.29	M	28	M U/50	30
35	Mike	Lane	Ranelagh Harriers	18.41	M	51	M O/50	1
36	Glynn	McDonald	London Frontrunners	18.41	M	48	M U/50	31
37	Julian	Merschen	Highgate Harriers	18.46	M	29	M U/50	32
38	Dominique	Ballard	Benfleet RC	18.51	F	29	W U/50	5
39	Vicky	Frew	Edinburgh City	18.58	F	33	W U/50	6
40	Steffen	Issleis		18.59	M	30	M U/50	33
41	Scott	Hemmens	Les Croupiers	18.59	M	32	M U/50	34
42	Anthony	Impey	u/a	19.05	M	39	M U/50	35
43	Hugh	Scorgie		19.09	M	51	M O/50	2
44	Dave	McLaughlin	Queens Park Harriers	19.11	M	40	M U/50	36
45	Chris	McCarthy	Serpentine	19.16	M	25	M U/50	37
46	Lawrence	Augry	Serpentine	19.21	M	30	M U/50	38
47	Mark	Studdart	Watford Joggers	19.30	M	43	M U/50	39
48	Tina	Gray	Fulham Running Club	19.41	F	28	W U/50	7
49	Tom	Moseley		19.44	M	30	M U/50	40
50	David	Long		19.46	M	28	M U/50	41
51	Nick	Park	Kent AC	19.47	M	37	M U/50	42
52	Andrew	Murray		19.47	M	26	M U/50	43
53	Mike	Mann	Dulwich Runners	19.57	M	63	M O/60	1
54	Derek	Clark	London Frontrunners	19.58	M	42	M U/50	44
55	Martin	Newton	Sutton Runners	19.58	M	49	M U/50	45
56	Stuart	Newman		20.00	M	40	M U/50	46
57	Allan	Cox	Clapham Chasers	20.00	M	34	M U/50	47
58	Paul	Devine		20.05	M	33	M U/50	48
59	Ben	Lynam		20.12	M	32	M U/50	49
60	Jules	Weall	London Heathside	20.14	F	26	W U/50	8
61	Andy	Murray	Dulwich Runners	20.16	M	58	M O/50	3
62	Dominic	Streeter		20.21	M	28	M U/50	50
63	George	Knights		20.22	M	26	M U/50	51
64	Dan	McMillan	Clapham Chasers	20.27	M	32	M U/50	52
65	Chris	Wood		20.32	M	32	M U/50	53
66	Philip	Hickson	Fulham Running Club	20.37	M	37	M U/50	54
67	Philip	Jackson	Ranelagh Harriers	20.42	M	61	M O/60	2
68	Naomi	Prasad	100 Marathon Club	20.43	F	30	W U/50	9
69	Rebecca	Hall		20.47	F	29	W U/50	10
70	Andrea	Sanders-Reece	Mornington Chasers	20.49	F	55	W O/50	1
71	Masumi	Dobson	Hercules Wimbledon Athletic	20.51	F	43	W U/50	11
72	David	Pollock		20.54	M	47	M U/50	55
73	Matt	Harper-Ward	Benfleet RC	20.54	M	43	M U/50	56
74	Chris	Notton	Serpentine	20.58	M	36	M U/50	57
75	Sion	Jones		21.00	M	28	M U/50	58
76	Tom	Crampton		21.01	M	33	M U/50	59
77	Graham	Dooling		21.10	M	31	M U/50	60
78	Jose	Espiritusanto		21.16	M	42	M U/50	61

79	Richard	Kleiner		21.22	M	52	M O/50	4
80	Michael	Smeal		21.38	M	40	M U/50	62
81	Tony	Hursey		21.38	M	44	M U/50	63
82	Jacqueline	Reid	Met Police AC	21.40	F	45	W U/50	12
83	Roland	Antill		21.44	M	34	M U/50	64
84	David	Gardiner		21.47	M	26	M U/50	65
85	Lisa	Lockerbie		21.48	F	35	W U/50	13
86	Hannah	Sola		21.48	F	29	W U/50	14
87	Martin	Soakell		21.51	M	35	M U/50	66
88	Anastasia	Hancock	Hercules Wimbledon	21.54	F	28	W U/50	15
89	Sarah	Newton	serpentine	22.00	F	53	W O/50	2
90	Paul	Loustalan		22.00	M	31	M U/50	67
91	Daniel	Barass	Fulham Running Club	22.03	M	26	M U/50	68
92	Hay Sun	Blunt		22.04	F	29	W U/50	16
93	Dennis	Williams	Hercules Wimbledon	22.09	M	65	M O/60	3
94	Richard	Dykes		22.16	M	33	M U/50	69
95	Peter	Creane	Wimbledon Windmilers	22.17	M	46	M U/50	70
96	Zeff	Turner		22.19	M	33	M U/50	71
97	Mike	Bourke		22.20	M	25	M U/50	72
98	james	pippard		22.22	M	39	M U/50	73
99	Jimmy	Carnie	CSSC	22.26	M	33	M U/50	74
100	Brendan	Greene	Queens Park Harriers	22.27	M	39	M U/50	75
101	Sean	Leach		22.28	M	32	M U/50	76
102	William	Johnson		22.30	M	31	M U/50	77
103	sarah	hill		22.32	F	29	W U/50	17
104	Tom	Ward		22.33	M	31	M U/50	78
105	Petra	Kasperova	Sri Chinmoy AC	22.44	F	21	W U/50	18
106	Cleo	Christiansen		22.48	F	33	W U/50	19
107	Dan	Sola		22.51	M	30	M U/50	79
108	Abimbola	Oyebo		22.58	M	24	M U/50	80
109	Ian	Hall	Serpentine RC	22.59	M	58	M O/50	5
110	Andrew	Douglas-Smith		23.06	M	23	M U/50	81
111	David	Deery	Stragglers	23.09	M	35	M U/50	82
112	Catherine	French		23.20	F	30	W U/50	20
113	Alan	Davidson	Ranelagh Harriers	23.31	M	64	M O/60	4
114	Jame	Flack		23.39	M	27	M U/50	83
115	Harvey	Cambridge		23.40	M	14	M U/16	1
116	Harold	Cambridge		23.42	M	22	M U/50	84
117	Mo	El Kadey		23.43	M	30	M U/50	85
118	Deborah	Somers	Serpentine RC	23.43	F	42	W U/50	21
119	Peter	Cambridge	Vets AC	23.49	M	52	M O/50	6
120	Glyn	Davies		23.49	M	40	M U/50	86
121	Joe	Aspinall	Vets AC	24.01	M	73	M O/70	1
122	Patrick	Halliday	Reigate	24.04	M	51	M O/50	7
123	Michael	Goodwin	Stragglers	24.15	M	40	M U/50	87
124	John B	Garber	Herne Hill Harriers	24.23	M	69	M O/60	5
125	Robert	Reed		24.39	M	43	M U/50	88
126	Luke	Studden		25.04	M	26	M U/50	89
127	Keith	Elliott		25.11	M	32	M U/50	90
128	Sue	Lambert	Serpentine	25.16	F	70	W O/70	1
129	Alexandra	Crampton		25.22	F	27	W U/50	22
130	Amy	Phillips		25.31	F	29	W U/50	23
131	Nina	Williams	Saints and Sinners	25.37	F	44	W U/50	24
132	Tim	Gray		25.37	M	43	M U/50	91
133	Darren	Wilding		26.07	M	37	M U/50	92
134	Matt	Howard		26.11	M	23	M U/50	93
135	Paris	Walker	Victoria Park Harriers	26.22	F	15	W U/16	1
136	Jonathan	Pegg	Sutton Runners	26.25	M	46	M U/50	94

137	Andrew	Clifford		26.33	M	26	M U/50	95
138	Claire	Willis		26.41	F	37	W U/50	25
139	Thomas	Wilkie	Collingwood AC	26.50	M	58	M O/50	8
140	Ian	Isherwood	Hercules Wimbledon	27.00	M	59	M O/50	9
141	Celine	Coligan		27.03	F	31	W U/50	26
142	Dave	Clarke	Stragglers	27.11	M	43	M U/50	96
143	Marc	Saaiman		27.23	M	30	M U/50	97
144	Neha	Chopra		27.23	F	26	W U/50	27
145	Georgina	Jacobs		27.57	F	32	W U/50	28
146	Kevin	Smyth		28.10	M	26	M U/50	98
147	Ruth	Slater		28.17	F	36	W U/50	29
148	Alex	Fair		28.29	F	25	W U/50	30
149	Edwin	Bartlett	Vets AC	28.37	M	66	M O/60	6
150	Layna	Frontado		28.53	F	30	W U/50	31
151	Hayley	Stewart		29.12	F	30	W U/50	32
152	Dan	Fletcher		29.53	M	23	M U/50	99
153	Adrian	Perks		29.53	M	39	M U/50	100
154	Nancy	Bonsor		30.03	F	27	W U/50	33
155	Richard	Lehane		30.03	M	32	M U/50	101
156	Colin	Savage		30.15	M	47	M U/50	102
157	Amy	Obradovic		30.30	F	27	W U/50	34
158	Maria	Pinol		30.39	F	22	W U/50	35
159	Anne	Pinol		31.31	F	57	W O/50	3
160	William	Boulden-Hibbert		32.34	M	14	M U/16	2
161	Peter	Torre	VAC	32.56	M	69	M O/60	7
162	Emma	Whitby Smith		33.47	F	42	W U/50	36
163	Vanessa	Alfie		35.25	F	41	W U/50	37
164	Ava	McPhail	Ledyard	36.25	F	17	W U/50	38
165	Zoe	Jones		36.33	F	37	W U/50	39
166	Felicity	Lyons		36.33	F	46	W U/50	40
167	Lesley	Young	Dulwich Park Runners	36.41	F	60	W O/60	1