



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 2nd, 2014

Dear Runners

Our first 5K of the year got off to a flying start with 235 runners crossing the line on a warm summer's evening in Battersea Park. Alex Milne came first in 15.15 and all the Vet categories were well contested. Our next race is another 5K next Monday, June 9th - we look forward to seeing you all then.
Medal winners and all results below.

MEDAL WINNERS

NAME SURNAME CLUB TIME M/F Age

MEN UNDER 50

1st	Alex	Milne	Enfield & Haringet AC	15.15	M	24
2nd	Andy	Greenleaf	Serpentine	15.32	M	31
3rd	Rick	Weston	Serpentine	15.34	M	27
4th	Kieran	White	Hercules Wimbledon	15.47	M	38
5th	David	Morgan	Serpentine	15.51	M	30
6th	Alex	Davy	Leeds City AC	15.58	M	25
7th	Martin	Shore	Thames Hare & Hounds	16.01	M	38

WOMEN UNDER 50

1st	Sandra	McDougall	Serpentine RC	17.12	F	32
2nd	Rachel	Robinson	AFD	17.34	F	22
3rd	Amy	Aronson	Thames Hare & Hounds	18.31	F	29
4th	Kelly	Thorneycroft	Mornington Chasers	19.08	F	24
5th	Helen	Hadjam	Herne Hill Harriers	19.26	F	36

6th	Sophie	Sheldrake	Highate	20.20	F	27
7th	Siobhan	Reddy	Serpentine	20.41	F	42

MEN VET 50

1st	Tony	Tuohy	Dulwich Runners	16.42	M	51
2nd	Michael	Bridgeland	Chelmsford	17.00	M	56
3rd	Keith	Newton	Herne Hill Harriers	17.10	M	51

WOMEN VET 50

1st	Silja	Salmijärvi	Jyväskylän Kenttärheilijat	21.06	F	53
2nd	Andrea	Sanders-Reece	Mornington Chasers	21.50	F	58
3rd	Annette	Helliwell	Collingwood	21.55	F	55

MEN VET 60

1st	Terry	Avey	Brighton Phoenix	20.30	M	63
2nd	Mike	Mann	Dulwich Runners	20.33	M	65

WOMEN VET 60

1st	Ann	Bath	26.2 RRC	27.17	F	65
2nd	Trish	Coombs	Collingwood	29.07	F	69

MEN VET 70

1st	Joe	Aspinall	Vets AC	25.15	M	76
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MEN U/16

1st	Lewis	Gaysford		31.38	M	13
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Alex	Milne	Enfield & Haringet AC	15.15	M	24	M U/50	1
2	Andy	Greenleaf	Serpentine	15.32	M	31	M U/50	2
3	Rick	Weston	Serpentine	15.34	M	27	M U/50	3
4	Kieran	White	Hercules Wimbledon	15.47	M	38	M U/50	4
5	David	Morgan	Serpentine	15.51	M	30	M U/50	5
6	Alex	Davy	Leeds City AC	15.58	M	25	M U/50	6
7	Martin	Shore	Thames Hare & Hounds	16.01	M	38	M U/50	7
8	Kerr	Millar	Highgate Harriers	16.02	M	20	M U/50	8
9	Simon	Barrett	Serpentine	16.03	M	39	M U/50	9
10	Alex	Bellew	Bedford & County AC	16.12	M	23	M U/50	10
11	Darryl	Davison	Highgate	16.15	M	31	M U/50	11
12	Chris	Nicholls		16.28	M	26	M U/50	12
13	Stuart	Beaney	Kent AC	16.28	M	40	M U/50	13
14	Daniel	Bentley-Gouldston	Beckenham Running Club	16.36	M	33	M U/50	14
15	Thomas	Quaid	west 4 harriers	16.38	M	33	M U/50	15
16	Tony	Tuohy	Dulwich Runners	16.42	M	51	M O/50	1
17	Nick	Gold		16.43	M	41	M U/50	16
18	Jamie	Hogg	Serpentine	16.43	M	40	M U/50	17
19	Tom	Comerford	Marshall Milton Keynes AC	16.44	M	26	M U/50	18
20	James	Gordon	Cambridge Harriers	16.48	M	37	M U/50	19
21	Simon	Beedell	Chiltern Harriers AC	16.50	M	32	M U/50	20
22	Andrew	Mitchell	Thames Valley Harriers	16.51	M	45	M U/50	21
23	Edwin	McCormack	Dulwich Runners	16.51	M	26	M U/50	22
24	Jonny	Muir	Herne Hill Harriers	16.54	M	32	M U/50	23
25	Noe	Monroig	Serpentine	16.55	M	21	M U/50	24

26	Edward	Raymond		16.56	M	41	M U/50	25
27	David	Chambers	Croydon Harriers	16.57	M	23	M U/50	26
28	Pete	Miles		16.59	M	31	M U/50	27
29	Michael	Bridgeland	Chelmsford	17.00	M	56	M O/50	2
30	Edward	Rees	Clapham Chasers	17.05	M	25	M U/50	28
31	Paul	Devine	Dulwich Runners	17.08	M	36	M U/50	29
32	Tom	Pocklington		17.09	M	30	M U/50	30
33	Daniel	Apostolos		17.09	M	25	M U/50	31
34	Keith	Newton	Herne Hill Harriers	17.10	M	51	M O/50	3
35	Fintan	Parkinson	Blackheath + Bromley	17.11	M	35	M U/50	32
36	Sandra	McDougall	Serpentine RC	17.12	F	32	W U/50	1
37	Olly	Collis	Collingwood	17.13	M	24	M U/50	33
38	Tim	Ballard	Colchester	17.19	M	38	M U/50	34
39	Coghan	O'Neill	Fulham RC	17.24	M	32	M U/50	35
40	Jon	Kyte	Harrow AC	17.25	M	30	M U/50	36
41	John	Cox	Kent AC	17.28	M	44	M U/50	37
42	Stephen	Thackeray		17.29	M	35	M U/50	38
43	Rachel	Robinson	AFD	17.34	F	22	W U/50	2
44	Louis	Waterman-Evans	Herne Hill Harriers	17.35	M	23	M U/50	39
45	Igor	Cojusneanu	Newham Essex & Beagles	17.38	M	32	M U/50	40
46	Stephen	McCarroll	Serpentine	17.39	M	34	M U/50	41
47	Nicholas	Hinde	Serpentine Runners	17.41	M	30	M U/50	42
48	Francesco	Rigodanza		17.43	M	24	M U/50	43
49	Graham	Collett		17.46	M	39	M U/50	44
50	Andrew	Taylor	Serpentine	17.51	M	30	M U/50	45
51	Stephen	Davies	Dulwich Runners	17.53	M	44	M U/50	46
52	Thomas	Daley	Fulham RC	17.54	M	39	M U/50	47
53	Jamie	Thunder	Clapham Chasers	17.59	M	24	M U/50	48
54	Rob	Cope		18.01	M	41	M U/50	49
55	Roger	Coyle	Serpentine	18.03	M	39	M U/50	50
56	James	Arnold	Serpentine	18.04	M	32	M U/50	51
57	Andrew	Davies	Serpentine	18.05	M	40	M U/50	52
58	Raoul	Mansukhani	Serpentine	18.06	M	43	M U/50	53
59	Christian	Nielsen	Thames Valley Harriers	18.08	M	39	M U/50	54
60	Tom	Webb	Kent AC	18.12	M	44	M U/50	55
61	Paul	Woolley		18.14	M	41	M U/50	56
62	Chris	Duffy	Serpentine	18.16	M	30	M U/50	57
63	Tom	Moseley	Beckenham RC	18.24	M	33	M U/50	58
64	Tom	Burkinshal	Serpentine	18.28	M	25	M U/50	59
65	Juha	Sairanen	Vaajakosken Kuohu	18.30	M	52	M O/50	4
66	Amy	Aronson	Thames Hare & Hounds	18.31	F	29	W U/50	3
67	Alex	Flynn	Aldershot, Farnham & District	18.36	M	23	M U/50	60
68	Sam	Crump	Dulwich Runners	18.40	M	31	M U/50	61
69	James	Stenning	London Frontrunners	18.42	M	35	M U/50	62
70	John	O'Shea	Highgate Harriers	18.45	M	51	M O/50	5
71	Matthew	Birch	Clapham Chasers	18.50	M	27	M U/50	63
72	Ian	Elliott		18.51	M	46	M U/50	64
73	Mark	Kell	Serpentine	18.52	M	33	M U/50	65
74	Rupert	Jacobs	Serpentine	18.53	M	33	M U/50	66
75	Daniel	Nichols		18.55	M	31	M U/50	67
76	Chris	Lydon	Beckenham RC	18.57	M	52	M O/50	6
77	Simon	Thornhill	Sutton Runners	18.58	M	31	M U/50	68
78	John	Keenan	London Frontrunners	18.59	M	42	M U/50	69
79	Kelly	Thorneycroft	Mornington Chasers	19.08	F	24	W U/50	4
80	Tom	Cheetham	Hercules Wimbledon	19.18	M	47	M U/50	70
81	Stephen	Hough		19.21	M	29	M U/50	71
82	Scott	Hemmens	Serpentine	19.21	M	35	M U/50	72
83	David	Comb		19.22	M	34	M U/50	73

84	Christophe	Pannelay		19.24	M	35	M U/50	74
85	Paul	Stanford	Striders of Croydon	19.25	M	45	M U/50	75
86	Neil	Barnes		19.25	M	38	M U/50	76
87	Helen	Hadjam	Herne Hill Harriers	19.26	F	36	W U/50	5
88				19.29	M		M U/50	77
89	David	Miller		19.30	M	31	M U/50	78
90	John	Gorman		19.34	M	35	M U/50	79
91	Andrew	Tobin		19.35	M	45	M U/50	80
92	Frank	Wood	Hercules Wimbledon	19.36	M	49	M U/50	81
93	Louis	McLennan		19.37	M	31	M U/50	82
94	Paul	Sweeney		19.38	M	30	M U/50	83
95	Stephen	Massey	Striders of Croydon	19.39	M	46	M U/50	84
96	Tal	Ramsay	Clapham Chasers	19.45	M	21	M U/50	85
97	James	Lewis	Lancaster Uni	19.46	M	22	M U/50	86
98	Jeff	Saul		19.54	M	36	M U/50	87
99	Jack	Comerford	Marshall Milton Keynes AC	20.00	M	24	M U/50	88
100	Nick	Eley	Serpentine	20.02	M	32	M U/50	89
101	Alastair	Mewha		20.15	M	27	M U/50	90
102	N	Newton	Sutton Runners	20.19	M	52	M O/50	7
103	Matthew	Snelling	JPMorgan RC	20.20	M	37	M U/50	91
104	Sophie	Sheldrake	Highate	20.20	F	27	W U/50	6
105	Huw	Edwards		20.24	M	30	M U/50	92
106	Nick	Braund		20.26	M	25	M U/50	93
107	Terry	Avey	Brighton Phoenix	20.30	M	63	M O/60	1
108	Bradley	Brown	Ilford AC	20.32	M	41	M U/50	94
109	Mike	Mann	Dulwich Runners	20.33	M	65	M O/60	2
110	Johnny	Amos		20.36	M	28	M U/50	95
111	Diego	Villalobos		20.36	M	30	M U/50	96
112	Ken	McCallum	Serpentine	20.38	M	43	M U/50	97
113	Siobhan	Reddy	Serpentine	20.41	F	42	W U/50	7
114	Marcin	Bujar		20.49	M	26	M U/50	98
115	Richard	Setters		20.51	M	28	M U/50	99
116	Danny	McLaughlin	Orpington RR	20.52	M	50	M O/50	8
117	Louise	Johansen		20.55	F	27	W U/50	8
118	Victoria	Randall	Clapham Chasers	21.02	F	30	W U/50	9
119	Sarah	Woolerton		21.06	F	27	W U/50	10
120	Silja	Salmijärvi	Jyväskylä Kenttärheilijat	21.06	F	53	W O/50	1
121	Olly	Nguyen		21.07	M	26	M U/50	100
122	Roger	Green	Woodford Green AC	21.12	M	66	M O/60	3
123	Sarah	Knox	Serpentine	21.13	F	44	W U/50	11
124	David	Whitelam		21.13	M	43	M U/50	101
125	Monika	Crouse	Hercules Wimbledon	21.17	F	36	W U/50	12
126	Jacob	West		21.21	M	37	M U/50	102
127	Andrew	McFarlane	Ealing Eagles	21.21	M	36	M U/50	103
128	Philip	Hickson	Fulham RC	21.25	M	39	M U/50	104
129	Jonathan	Chambers	Fulham RC	21.28	M	56	M O/50	9
130	Steve	Sutcliffe	Fulham RC	21.42	M	36	M U/50	105
131	Lisa	Pettit	Serpentine	21.43	F	46	W U/50	13
132	David	Hallson	Road Runners Club	21.47	M	61	M O/60	4
133	Andrea	Sanders-Reece	Mornington Chasers	21.50	F	58	W O/50	2
134	Annette	Helliwell	Collingwood	21.55	F	55	W O/50	3
135	William	Johnson		21.56	M	34	M U/50	106
136	Graeme	Demianyk		21.57	M	35	M U/50	107
137	Lucy	Harris	Fulham Running Club	21.59	F	42	W U/50	14
138	Leo	Palazzuoli	Fulham Running Club	21.59	M	41	M U/50	108
139	Jean-Luc	Hoez	Serpentine	22.00	M	56	M O/50	10
140	Paul	Lewis	Victoria Park Harriers	22.05	M	42	M U/50	109
141				22.09	M		M U/50	110

142	Steve	Jones		22.10	M	34	M U/50	111
143	Rochelle	Winn	West 4 Harriers	22.11	F	33	W U/50	15
144	Mark	Gregory		22.14	M	52	M O/50	11
145	John	Devoy	Fulham RC	22.15	M	34	M U/50	112
146	Nayan	Mistry	Wimbledon Windmilers	22.19	M	35	M U/50	113
147	Ian	Smalley		22.19	M	41	M U/50	114
148	Anne-Marie	Benoy		22.21	F	24	W U/50	16
149	Alison	Nolan	Serpentine	22.22	F	45	W U/50	17
150	Pierre	Negre		22.29	M	26	M U/50	115
151	Paul-Adrien	Cormerais		22.29	M	27	M U/50	116
152	James	Hamilton-Martin		22.30	M	29	M U/50	117
153	Thomas	Inskip		22.33	M	29	M U/50	118
154	Stuart	Cole		22.33	M	41	M U/50	119
155	Chris	Leadbetter		22.43	M	32	M U/50	120
156	Zuzana	Ushaziova		22.43	F	35	W U/50	18
157	Gareth	Beddoes		22.48	M	23	M U/50	121
158	Josephine	Perry	Fulham RC	23.07	F	37	W U/50	19
159	Rebecca	Larkin		23.09	F	29	W U/50	20
160	Jamie	Mills		23.10	F	29	W U/50	21
161	Ian	Hall	Serpentine	23.14	M	61	M O/60	5
162	Duncan	Sircom		23.14	M	40	M U/50	122
163	Alan	Davidson	Ranelagh Harriers	23.15	M	67	M O/60	6
164	Richard	Gorman		23.18	M	42	M U/50	123
165	Carolyn	England	Fulham RC	23.22	F	33	W U/50	22
166	Anthony	Strears	Reading Road Runners	23.24	M	53	M O/50	12
167	Cameron	Hall		23.24	M	30	M U/50	124
168	Sarah	Newton	Serpentine	23.25	F	57	W O/50	4
169	Hayley	Coleby		23.27	F	26	W U/50	23
170	Rebecca	Sleath		23.33	F	33	W U/50	24
171	Linda	Ingram	South London Harriers	23.47	F	46	W U/50	25
172	Elaine	Battson	VPH & THAC	23.54	F	48	W U/50	26
173	Heather	Binney	Clapham Pioneers	23.55	F	52	W O/50	5
174	Matt	Taylor		24.08	M	38	M U/50	125
175	Ruth	Cottam	Collingwood	24.11	F	48	W U/50	27
176	Jenn	Ruddick		24.13	F	23	W U/50	28
177	Mark	Reid		24.23	M	42	M U/50	126
178	Katie	Matthews		24.27	F	29	W U/50	29
179	Emma	Collins	None	24.34	F	30	W U/50	30
180	Rebecca	Reid	Clapham Chasers	24.34	F	34	W U/50	31
181	Ben	Woolner		24.36	M	24	M U/50	127
182	Jamie	Price		24.48	M	37	M U/50	128
183	Amanda	Auciello		24.52	F	19	W U/50	32
184	Dennis	Williams	Hercules Wimbledon	24.56	M	68	M O/60	7
185	Gillian	Rodgers		24.59	F	47	W U/50	33
186	Hannah	White	Serpentine RC	25.04	F	41	W U/50	34
187	Charlotte	Dingwall		25.07	F	29	W U/50	35
188	Andrew	McNamara	GYDAC	25.11	M	31	M U/50	129
189	Amy	Phillips		25.13	F	32	W U/50	36
190	Joe	Aspinall	Vets AC	25.15	M	76	M O/70	1
191	Jonathan Mark	Pegg	Sutton Runners	25.21	M	49	M U/50	130
192	Gregory	Stylski		25.33	M	33	M U/50	131
193	Alexa	Laidlow		25.48	F	31	W U/50	37
194	Theodore	Chen	Serpentine	25.55	M	40	M U/50	132
195	Glenn	Godfrey		25.59	M	59	M O/50	13
196	Andrew	Lintott		26.07	M	52	M O/50	14
197	James	Close		26.20	M	51	M O/50	15
198	Kylie	Russell		26.22	F	32	W U/50	38
199	Laura	Warrington		26.29	F	25	W U/50	39

200	Chantal	Thomas		26.37	F	31	W U/50	40
201	Jessica	Nielsen		26.41	F	34	W U/50	41
202	Freya	Leete		26.42	F	24	W U/50	42
203	Neil	Davies	Serpentine	26.47	M	49	M U/50	133
204	Pauline	Plunkett		26.52	F	31	W U/50	43
205	STEFFIE	LAMBERT		26.52	F	28	W U/50	44
206	Paul	Booth	Collingwood	26.55	M	60	M O/60	8
207	Sharan	Kaur		26.59	F	33	W U/50	45
208	Alice	Walters		27.03	F	41	W U/50	46
209	Joe	Toal		27.05	M	22	M U/50	134
210	Ann	Bath	26.2 RRC	27.17	F	65	W O/60	1
211	Chris	Brooke	Collingwood	27.29	M	64	M O/60	9
212	Denitsa	Mladenova		27.37	F	25	W U/50	47
213	Robert	Hyde		28.09	M	29	M U/50	135
214	Katy	Garland		28.18	F	25	W U/50	48
215	Katie	Finn		28.18	F	25	W U/50	49
216	Dave	Clarke	Stragglers	28.20	M	46	M U/50	136
217	Cara	McRory		28.41	F	30	W U/50	50
218	Daniel	Waller	None	28.52	M	47	M U/50	137
219	Thomas	Wilkie	Collingwood	28.59	M	61	M O/60	10
220	Julie	Cheng		29.00	F	27	W U/50	51
221	Trish	Coombs	Collingwood	29.07	F	69	W O/60	2
222	Bettina	Paton Freeman		29.36	F	44	W U/50	52
223	Edwin	Bartlett	Vets AC	30.01	M	69	M O/60	11
224	Hugh	Rosenvinge		30.32	M	36	M U/50	138
225	Sophie	Nivesse		30.32	F	27	W U/50	53
226	Peter	Torre	Mornington Chasers	30.35	M	72	M O/70	2
227	Michael	Hughes		30.48	M	54	M O/50	16
228	Ellen	Solberg		31.31	F	26	W U/50	54
229	Conrad	Gaysford		31.38	M	19	M U/50	139
230	Lewis	Gaysford		31.38	M	13	M U/16	1
231	Serena	Dilnot	Clapham Runners	32.06	F	60	W O/60	3
232	Robin	Wilson	Collingwood	33.33	M	80	M O/70	3
233	Claire	Robbin		33.42	F	31	W U/50	55
234	Mia	Blanchard		34.17	F	33	W U/50	56
235	Clare	Parsons		34.40	F	34	W U/50	57