



SRI CHINMOY marathon team  
**GREAT BRITAIN**

*"Daring enthusiasm and  
abiding cheerfulness  
can accomplish  
everything on earth  
without fail."*

Sri Chinmoy

Results for Self-Transcendence 4 Mile Race,  
Bute Park, 11th July 2008  
Held under permit from Welsh Athletics

1	Martin	Alvarez	Pilona Deporte (Espagne)	20.48	M
2	Darran	Hiscox	Bridgend AC	21.10	M
3	Gareth	Davies	Bridgend AC	21.43	M
4	Lee	Aherne	Les Croupiers RC	22.10	M
5	Mike	Lewis	u.a.	22.38	M
6	Daniel	Harris	Les Croupiers RC	23.08	M
7	Angela	Tyrrell	San Domenico RC	23.24	F 1st
8	Steven	Hooper	Pontypridd Roadents	23.37	M
9	Leah	Dixon	Neath Harriers	23.59	F 2nd
10	Stuart	McIlroy	Les Croupiers RC	24.03	M
11	Jan	Schopf	u.a.	24.19	M
12	Alun	Wyn Evans	u.a.	24.28	M
13	Matthew	Townsend	Les Croupiers RC	24.44	M
14	Matthew	Hopkins	Les Croupiers RC	24.47	M
15	Matthew	Hooper	Cardiff AAC	24.55	M
16	Gerard	Crispie	Les Croupiers RC	24.58	M
17	Darren	Morgan	u.a.	25.00	M
18	Jason	Bellamy	u.a.	25.16	M
19	Katie	Beecher	Les Croupiers RC	25.18	F 3rd
20	Richard	Johnson	Islwyn	25.29	M
21	Dean	Birt	Pontypridd Roadents	25.36	M
22	Chris	Bedford	u.a.	25.42	M
23	Eirwyn	Rees	u.a.	25.59	M
24	Andrew	Russell	Les Croupiers RC	26.04	M
25	Dominic	Shields	San Domenico RC	26.10	M
26	Robert	Oliver	u.a.	26.13	M
27	Lloyd	Morgan	San Domenico RC	26.27	M
28	David	Proud	Les Croupiers RC	26.30	M
29	Marcus	Coles	Les Croupiers RC	26.33	M
30	Abyd	Quinn Aziz	Penarth & Dinas	26.35	MV50-59 1st
31	Cheryl	Hugdell	Les Croupiers RC	26.37	F 4th
32	Mike	Murphy	Les Croupiers RC	26.38	MV50-59 2nd
33	Alan	Mason	Les Croupiers RC	26.41	M
34	Stephen	Alexander	Les Croupiers RC	26.51	M
35	John	Weeks	u.a.	26.53	MV50-59 3rd
36	Phil	Bristow	u.a.	27.01	M
37	Robert	Hector	u.a.	27.06	M
38	Peter	Burne	u.a.	27.15	M
39	Keith	Miller	u.a.	27.37	MV50-59
40	James	Horner	Les Croupiers RC	27.47	M
41	Ben	Brookshaw	Chepstow Harriers	27.53	M
42	David	Proffitt	Newport Harriers	27.59	MV50-59
43	Tony	Carzana	Pegasus RC	28.01	MV60-69 1st



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44	Sally	Haselhurst	San Domenico RC	28.14	F 5th
45	Anne	Follan	Pontypridd Roadents	28.35	F 6th
46	Michael	Rossiter	Les Croupiers RC	28.52	M
47	Jon	Goodall	u.a.	28.59	M
48	Hazel	Craven	u.a.	29.36	F 7th
49	Wendy	Owen	u.a.	29.40	F
50	John	Cunnane	100 Km Association	29.50	MV60-69 2nd
51	Robert	Phillips	Pontypridd Roadents	31.18	M
52	Christina	Rossiter	Les Croupiers RC	32.06	F
53	Colin	Bradley	WMAC	32.31	MV50-59
54	Ian	Warner	u.a.	32.38	MV50-59
55	John	Plowman	u.a.	32.48	MV60-69
56	Cathy	Vale	u.a.	33.28	F
57	Rhian	Durham	Pontypridd Roadents	33.32	F
58	Robert	Smith	u.a.	33.37	M
59	Rich	Skyrme	u.a.	33.39	M
60	Clive	Roberts	u.a.	33.39	M
61	Peter	Regan	u.a.	33.47	M
62	Gary	Bird	Bridgend AC	34.20	M
63	Joanna	Hendry	Penarth & Dinas	34.31	F
64	Neil	Hendry	Penarth & Dinas	34.32	MV50-59
65	Roger	Howell	Penarth & Dinas	35.44	MV60-69
66	Gill	Murphy	Les Croupiers RC	36.18	FV50-59 1st
67	Colette	Conroy	u.a.	36.51	F
68	Jayne	Evans	u.a.	37.26	FV50-59 2nd
69	Jane	Roberts	u.a.	38.02	F
70	Natalie	Thorne	Pontypridd Roadents	38.19	F
71	Ian	Watts	u.a.	38.33	M
72	Tracey	Nihan	u.a.	39.00	F
73	Beverley	Howard	u.a.	39.02	F
74	Paula	James	Pontypridd Roadents	39.46	F
75	Sarah	Murphy	u.a.	40.32	F
76	Elizabeth	Barton	RRC	42.30	F
77	Helenne	Johnson	u.a.	47.50	F
78	Rachel	Hector	u.a.	dnf	F
79	Dani	Welter	u.a.	dnf	F

Don't forget our final race of the summer - relay on July 25<sup>th</sup> – teams of three running one mile each – junior teams (11+) welcome too! See [www.srichinmoyraces.org/uk/races](http://www.srichinmoyraces.org/uk/races)