



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

Results for Self-Transcendence 10K Race,
Battersea Park, 12th June 2010
Held under permit from EA

Congratulations to everyone who completed the race.
We will be posting photos from the race soon.

1	Brian	Wilder	Herne Hill H	38	32.24	
2	Fernando	Del Valle	u/a	31	33.10	
3	Philip	Glynn	Hercules Wimbledon	31	34.40	
4	Stuart	Fraser	Hercules Wimbledon	44	35.03	
5	Baard	Lyngnes	Highgate H	40	35.48	
6	Stephen	Philcox	Barking RR	44	35.57	
7	Alex	Patton	Mornington Chasers	26	36.31	
8	John	Foster	Striders of Croydon	51	36.55	1st Vet 50
9	Richard	Edmonds	Serpentine	40	37.19	
10	Richard	Lee- Smith	Striders of Croydon	37	37.23	
11	Jonathan	Rae	Serpentine	30	37.56	
12	Dan	Madams	u/a	36	38.12	
13	Derek	Green	u/a	32	38.39	
14	Mark	Smith	Serpentine	29	38.55	
15	Simon	Ambrosi	Striders of Croydon	32	39.05	
16	Alex	Percival	Serpentine	39	39.05	
17	Raoul	Mansukhani	Serpentine	39	39.10	
18	Simon	Brotherson	Queens Park H	45	39.17	
19	Keith	Sutton	Alnwick H	39	39.18	
20	Andrea	Pickup	Dulwich R	F 40	39.22	1st Lady
21	Paul	Ballingall	u/a	31	39.41	
22	John	Atkinson	u/a	26	39.44	
23	Paul	Constable	u/a	33	40.08	
24	Elekwa	Onwuchekwa	Herne Hill	36	40.17	
25	Michael	Wiggins	u/a	33	40.22	
26	Frank	Wood	Hercules Wimbledon	45	40.24	
27	Bradley	Brown	Barking RR	37	40.28	

28	Dan	O'Sullivan	u/a	33	40.30	
29	Ian	Thwaites	u/a	29	40.42	
30	Richard	Hewett	London Heathside	44	40.53	
31	Joao	Diogo	Queens Park H	39	40.56	
32	David	Smith	u/a	46	40.59	
33	Andrew	Galligan	Queens Park H	37	41.05	
34	Victoria	Carter	Serpentine	F 38	41.21	2nd Lady
35	Ruusuu	Saarinen	Serpentine	F 25	41.39	3rd Lady
36	Javier	Gutierrez	u/a	30	41.41	
37	John	Witton	u/a	56	41.44	2nd Vet 50
38	Patrick	Harrison	u/a	28	41.50	
39	Stuart	Rhodes	u/a	29	41.54	
40	Berite	Miller	Queens Park H	47	41.55	
41	Oliver	Karger	u/a	30	42.03	
42	Martin	Kearney	u/a	30	42.05	
43	Stephen	Newport	u/a	44	42.06	
44	Sebastien	Amoussou	u/a	27	42.10	
45	Niall	Bourke	u/a	28	42.11	
46	Louise	Croxson	Highgate H	F 34	42.12	4th Lady
47	Patrick	Kiernan	u/a	47	42.18	
48	Laurent	Wels	u/a	38	42.19	
49	David	Carter	Southampton AC	51	42.21	3rd Vet 50
50	Paul	Johnson	u/a	44	42.27	
51	Alex	Malzer	Serpentine	40	42.28	
52	Alan	Dunnett	u/a	56	42.28	
53	Marca	Wosoba	u/a	F 31	42.33	5th Lady
54	Matthew	Hurlock	u/a	43	42.33	
55	Marcus	Angell	u/a	25	42.46	
56	Jean Luc	Hoez	Serpentine	52	42.55	
57	Katherine	Arnull	u/a	F 30	42.56	6th Lady
58	Mark	Kell	Serpentine	29	42.57	
59	Simon	Gould	u/a	62	43.08	1st Vet 60
60	Alex	Pellew	Parkrun	31	43.15	
61	Mike	O'Sullivan	u/a	39	43.18	
62	Damien	Fleming	Serpentine	29	43.20	
63	David	Pollock	Royal Navy	46	43.21	
64	Ian	Mursell	Vets AC	58	43.25	
65	Chris	Rough	u/a	33	43.26	
66	Johnathan	Fung	u/a	23	43.26	
67	Aida	Kenny	u/a	F 38	43.27	7th Lady
68	Barry	Korro	u/a	34	43.31	
69	Matthew	Lambert	u/a	39	43.43	
70	John-Paul	Nicholas	u/a	28	43.48	
71	Paolo	Apicella	u/a	35	43.49	
72	Caroline	Tuck	Dagenham 88 R	F 45	44.03	
73	Allan	Horgan	u/a	37	44.03	

74	Andrew	Maguire	u/a	26	44.19	
75	William	Cooper	u/a	36	44.22	
76	Patrick	O'Leary	u/a	35	44.23	
77	Jeff	Prestridge	Serpentine	51	44.30	
78	Lisa	Sutton	Alnwick H	F 32	44.34	
79	Ramses	Philippart	u/a	40	44.44	
80	Carol	Hunter	u/a	F 43	44.47	
81	Martin	Winnick	u/a	37	44.54	
82	Mike	Danson	u/a	37	44.58	
83	Joseph	Brady	Dulwich R	44	44.59	
84	Fatiou	Adegbola	u/a	F 30	45.01	
85	Stephen	Williams	u/a	30	45.10	
86	James	Eyles	u/a	25	45.13	
87	Anchit	Desai	u/a	20	45.13	
88	Elena	Esper	u/a	F 34	45.14	
89	Gavin	Cranley	u/a	31	45.21	
90	Gordon	Wilson	RNAC & Achilles	68	45.40	2nd Vet 60
91	Victoria	Brown	Serpentine	F 35	45.41	
92	Andrea	Lombardi	u/a	F 36	45.48	
93	Nicholas	Casby	u/a	28	45.49	
94	Michael	Smith	u/a	23	45.50	
95	Michael	Matthews	u/a	26	45.51	
96	Leighton	Grist	Serpentine	52	46.03	
97	David	Fieldhouse	u/a	30	46.10	
98	Mark	Robson	u/a	52	46.21	
99	Philip	Stallibrass	u/a	56	46.37	
100	Andy	Martin	u/a	33	46.39	
101	Elizabeth	Ager	u/a	F 44	46.41	
102	Alana	Trollope	Clapham Chasers	F 30	46.41	
103	Stefano	Vernazza	u/a	35	46.52	
104	Kevin	Willers	u/a	33	46.56	
105	Ian	Langton	u/a	31	46.58	
106	Rhiannon	Jones	u/a	F 29	46.58	
107	Philip	Turley	Epsom & Ewell	69	47.03	
108	Rachel	Allen	u/a	F 39	47.04	
109	Jonathan	Kaye	u/a	37	47.15	
110	Helen	Kaye	u/a	F 37	47.15	
111	Ian	Phillips	u/a	41	47.23	
112	Oliver	Smyth	u/a	28	47.32	
113	James	Huertas	u/a	32	47.34	
114	Benjamin	De Ville	u/a	32	47.34	
115	Alison	Nolan	Serpentine	F 41	47.37	
116	Bridget	Trollope	u/a	F 28	47.41	
117	Sophie	Hemsworth	Full On Tri	F 29	47.44	
118	Henry	Overman	u/a	39	47.47	
119	Jane	Leighton	u/a	F 28	47.54	

120	Stephen	Collard	u/a	53	48.02
121	Anne Marie	Burr	u/a	F 22	48.02
122	Philip	King	u/a	44	48.13
123	Greg	Haskins	Highgate H	29	48.28
124	Jan	Lam	Serpentine	34	48.39
125	Ian	Carrick	u/a	44	48.41
126	Alastair	Brown	u/a	25	48.45
127	Stephen	Walker	u/a	38	48.50
128	Peter	Creane	u/a	45	48.51
129	Richard	Hale	u/a	44	48.54
130	Gareth	Jones	u/a	31	48.56
131	Mark	Carrington	u/a	26	48.58
132	Matthew	Hersee	u/a	30	49.16
133	Matt	Forder	Team Bath	36	49.23
134	Lindsey	Gibbins	Clapham Chasers	F 29	49.29
135	Mark	Flavin	u/a	41	49.32
136	Athena	Kugblenu	u/a	F 28	49.32
137	Fiona	Murray	u/a	F 28	49.51
138	Sarah	Lever	u/a	F 31	49.58
139	Renato	Losio	u/a	F 35	50.02
140	Kristy	Barr	u/a	F 37	50.06
141	Vicky	Lam	Serpentine	F 29	50.10
142	Caroline	Metcalf	u/a	F 35	50.13
143	Kevin	Whitemore	Eden Runners	62	50.24
144	Marta	Wojcikowski	u/a	F 29	51.00
145	Chris	Wilkie	u/a	29	51.02
146	Sarah	Reynolds	u/a	F 30	51.03
147	Emma	Sabin	Clapham Chasers	F 37	51.39
148	Simon	Butler	u/a	23	51.40
149	Steven	Lee	u/a	35	51.44
150	Jessica	Clark	u/a	F 25	51.45
151	Peter	Baudains	u/a	23	51.48
152	Gemma	Oldfield	u/a	F 24	51.49
153	Dan	Thompson	u/a	29	52.30
154	Ian	Carmichael	u/a	36	52.35
155	Peter	Nash	u/a	35	52.35
156	Chris	Wark	u/a	33	52.43
157	Nina	Williams	Saints & Sinners	F 43	52.47
158	Sarah	Jones	u/a	F 30	52.47
159	Jane	Dempsey	u/a	F 28	53.00
160	Elen	Chan	ING RC	F 30	53.13
161	Rebecca	Le Moignan	u/a	F 24	53.18
162	Angelina	Storti	u/a	F 35	53.25
163	Katherine	Doherty	u/a	F 31	53.32
164	Caroline	Glynn	Hercules Wimbledon	F 31	53.38
165	Jeffrey	Gordon	TH&H	76	53.47

1st Vet 70

166	David	Thompson	u/a	29	54.08	
167	Heather	Binney	u/a	F 48	54.10	
168	Alex	Roberts	u/a	37	54.15	
169	PJ	Champault	West 4 H	46	54.23	
170	Robert	Fortes	Serpentine	62	54.27	
171	Maria	Petts	u/a	F 31	54.30	
172	Helen	Deville	u/a	F 32	54.40	
173	Amanda	Ellis	u/a	F 42	55.02	
174	Sarah	Massey	u/a	F 24	55.08	
175	Leanne	Taylor	u/a	F 27	55.08	
176	Wayne	Blomfield	u/a	45	55.21	
177	Catherine	Howell	u/a	F 28	55.22	
178	Anthony	Alleyne	u/a	39	55.29	
179	Rachel	MacKenzie	u/a	F 23	55.35	
180	Louie	Whitemore	Eden Runners	F 26	55.37	
181	Evan	Rogers	u/a	F 27	55.37	
182	Louise	Bisset	u/a	F 38	56.06	
183	Tony	Merritt	Burnham Joggers	70	56.18	
184	Dan	Radford	u/a	29	56.41	
185	Amanda	Ho	u/a	F 30	56.57	
186	Celia	Parry	u/a	F 30	57.12	
187	Gareth	Jones	u/a	34	57.34	
188	Ricardo	Molina	u/a	34	57.35	
189	Edwin	Bartlett	Vets AC	65	57.39	
190	Tilly	Riches	u/a	F 24	57.56	
191	Malindi	Nkambule	u/a	F 28	58.44	
192		Presland	u/a	F 35	59.20	
193	Joanne	Dearden	u/a	F 34	59.24	
194	Samantha	Rae	u/a	F 29	59.41	
195	Ashley	Misiurak	u/a	F 26	59.45	
196	Emma	Humphries	u/a	F 27	59.53	
197	Sarah	Capon	u/a	F 29	59.53	
198	Annabel	Taylor	u/a	F 24	59.55	
199	Kelly	Lucas	u/a	F25	59.56	
200	Liz	Skelton	u/a	F 42	60.00	
201	Trish	Butler	u/a	F 31	60.15	
202	Elizabeth	Fusco	u/a	F 54	61.01	1st Lady Vet 50
203	Joanne	Slocombe	u/a	F 29	61.17	
204	Raquel	Mellow	u/a	F 25	62.01	
205	Rory	Brachner	u/a	28	62.01	
206	Samantha	Dias	u/a	F 29	62.47	
207	Elaoise	Sareen	u/a	F 39	63.17	
208	Clare	Sedlier	u/a	F 40	63.38	
209	Sonia	Molina	u/a	F 33	63.45	
210	Louise	Reissner	u/a	F 26	63.50	
211	Evelyn	McDermott	u/a	60	64.15	

212	Anna	Jones	u/a	F 30	64.37
213	India	Hamilton	u/a	F 25	66.51
214	Peter	Cattermoul	u/a	27	66.51
215	Simon	Josiffe	u/a	43	67.36
216	Chris	Murison	u/a	70	67.57
217	Andrew	Murison	u/a	29	67.57