

Self-Transcendence 5K Race

Organised by Sri Chinmoy AC

Battersea Park, London

Monday 27th July 2015



WINNERS						
RANK	NAME	SURNAME	CLUB	TIME	M/F	AGE
Men U/50						
1	Jonathan	Johnson	Harrogate Harriers & AC	15.52	M	25
2	Christopher	Thomas	Imperial	15.57	M	21
3	Hugh	Torry	Serpentine RC	15.59	M	36
4	James	Ellis	Warrington AC	16.23	M	22
5	Andrew	Mitchell	Thames Valley Harriers	16.25	M	46
6	Ryan	McCrickered	London Heathside	16.30	M	26
7	Robert	Tuer	Hercules Wimbledon	16.36	M	29
Women U/50						
1	Sophie	Sheldrake	Highate Harriers	18.13	F	28
2	April	James-Welsh		19.05	F	37
3	Lydia	O'Donoghue	Ealing Eagles Running Club	19.44	F	25
4	Sophie	Tomaszczyk		19.54	F	26
5	Victoria	Brown	Serpentine RC	19.57	F	40
6	Susanne	Zibung	Serpentine RC	20.18	F	29
7	Caroline	Manning	Kent AC	20.28	F	32
Men Vet 50						
1	Knut	Hegvold	Belgrave	17.53	M	53
2	Paul	Stuart-Smith		18.06	M	53
3	Nadi	Jahangiri		18.50	M	54
Women Vet 50						
1	Jane	Nodder	Serpentine RC	21.34	F	57
2	Carol	Jones	Ealing Southall & Middlesex	21.47	F	58
3	Annette	Helliwell	Collingwood AC	22.20	F	56
Men Vet 60						
1	David	Hallson	Road Runners Club	21.54	M	62
2	Ian	Mursell	VAC	22.54	M	63
Women Vet 60						
1	Maggie	Statham	Holland Sports AC	22.03	F	62
2	Ann	Bath	26.2 RRC	27.23	F	66
Men Vet 70						
1	Joe	Aspinall	VAC	25.34	M	77
Women Under 16						
1	Michelle	Vogt	FC Soorbuiden	26.59	F	14

ALL RESULTS BELOW

RESULTS								
RANK	NAME	SURNAME	CLUB	TIME	M/F	AGE	CATEGORY	
1	Jonathan	Johnson	Harrogate Harriers & AC	15.52	M	25	M U/50	1
2	Christopher	Thomas	Imperial	15.57	M	21	M U/50	2
3	Hugh	Torry	Serpentine RC	15.59	M	36	M U/50	3
4	James	Ellis	Warrington AC	16.23	M	22	M U/50	4
5	Andrew	Mitchell	Thames Valley Harriers	16.25	M	46	M U/50	5
6	Ryan	McCrickered	London Heathside	16.30	M	26	M U/50	6
7	Robert	Tuer	Hercules Wimbledon	16.36	M	29	M U/50	7
8	Jonny	Miesner	Mornington Chasers	16.43	M	24	M U/50	8
9	Pablo	Bernal		16.47	M	20	M U/50	9
10	Dan	Madams	London Heathside	16.50	M	42	M U/50	10
11	nicola	barberis negra	Serpentine RC	16.56	M	34	M U/50	11
12	David	Lawrence	Fulham	16.58	M	24	M U/50	12
13	Matthew	Munro	Herne Hill Harriers	17.11	M	38	M U/50	13
14	Stuart	Macdougall	Bellahouston Harriers	17.12	M	32	M U/50	14
15	Rupert	Jacobs	Serpentine RC	17.14	M	34	M U/50	15
16	?	Stirk	Guildford & Godalming	17.15	M	31	M U/50	16
17	Luis	Polanco		17.20	M	32	M U/50	17
18	Duncan	Lawrence	Fulham RC	17.21	M	27	M U/50	18
19	Iain	Macara	Serpentine RC	17.22	M	35	M U/50	19
20	Neil	Kirkham	Mornington Chasers	17.22	M	29	M U/50	20
21	Peter	Holmes	Serpentine RC	17.28	M	37	M U/50	21
22	Jon	Kyte	Harrow AC	17.31	M	31	M U/50	22
23	Bartusz	Porzuczeu	Serpentine RC	17.34	M	33	M U/50	23
24	Tim	Hogbin		17.36	M	40	M U/50	24
25	Russell	Price	East London Runners	17.38	M	30	M U/50	25
26	Robin	Sanderson	Herne Hill Harriers	17.39	M	38	M U/50	26
27	Christian	Nielsen	Thames Valley Harriers	17.44	M	40	M U/50	27
28	Robert	Knight	South London Harriers	17.52	M	28	M U/50	28
29	Knut	Hegvold	Belgrave	17.53	M	53	M O/50	1
30	Thomas	Daley	Fulham RC	17.54	M	40	M U/50	29
31	Tom	Irving	Ealing Eagles	17.55	M	30	M U/50	30
32	John	Keenan	London Fronrunners	17.57	M	43	M U/50	31
33	David	Griffiths		18.00	M	32	M U/50	32
34	Paul	Stuart-Smith		18.06	M	53	M O/50	2
35	Martin	Carmack	Serpentine RC	18.09	M	45	M U/50	33
36	Sophie	Sheldrake	Highate Harriers	18.13	F	28	W U/50	1
37	Andrew	Welshman	London Heathside Runners	18.19	M	49	M U/50	34
38	Daniel	Nichols	Barnet	18.27	M	32	M U/50	35
39	Massimo	Antonelli	Serpentine RC	18.28	M	36	M U/50	36

40	John	Devoy	Fulham RC	18.31	M	35	M U/50	37
41	Tom	Burkinshaw		18.36	M	26	M U/50	38
42	Stephane	Schneider	Serpentine RC	18.38	M	36	M U/50	39
43	George	O Neill	Fronrunners	18.40	M	44	M U/50	40
44	Andrew	Doig	East Essex Tri Club	18.42	M	41	M U/50	41
45	Caoinhin	MacMaolain	Greystones AC Ireland	18.43	M	40	M U/50	42
46	Darren	Keane	Hercules Wimbledon	18.49	M	30	M U/50	43
47	Nadi	Jahangiri		18.50	M	54	M O/50	3
48	James	Stenning	London Fronrunners	18.51	M	36	M U/50	44
49	Peter	McKenzie		18.54	M	27	M U/50	45
50	Richard	Harrison	Royston Runners	18.55	M	46	M U/50	46
51	Christian	Moxon	Clapham Chasers	18.55	M	35	M U/50	47
52	Paul	Hunt		18.56	M	34	M U/50	48
53	Tom	Cheetham	Hercules Wimbledon	18.58	M	48	M U/50	49
54	Paul	Sterland	Clapham Chasers	19.00	M	43	M U/50	50
55	April	James-Welsh		19.05	F	37	W U/50	2
56	Edward	Devenport	Optima Triathlon Club	19.08	M	29	M U/50	51
57	David	Lewis		19.09	M	27	M U/50	52
58	Frank	Wood	Hercules Wimbledon	19.10	M	50	M O/50	4
59	Sean	Jelley		19.12	M	27	M U/50	53
60	Raoul	Mansukhani	Serpentine RC	19.13	M	44	M U/50	54
61	Michael	Nagel		19.18	M	45	M U/50	55
62	Jeff	Webster	Dagenham 88 Runners	19.24	M	24	M U/50	56
63	D	Miller		19.26	M	33	M U/50	57
64	Jibran	Arain		19.26	M	26	M U/50	58
65	Ralph	Dadswell	Ealing Eagles	19.28	M	50	M O/50	5
66	Conor	Forbes	London Heathside	19.35	M	26	M U/50	59
67	Mark	Agnew		19.37	M	31	M U/50	60
68	Jamie	Young	Clapham Chasers	19.40	M	27	M U/50	61
69	Lydia	O'Donoghue	Ealing Eagles Running Club	19.44	F	25	W U/50	3
70	Adam	Williams		19.51	M	44	M U/50	62
71	William	Johnson		19.54	M	35	M U/50	63
72	Sophie	tomaszczyk		19.54	F	26	W U/50	4
73	Victoria	Brown	Serpentine RC	19.57	F	40	W U/50	5
74	Thackwray	Driver		19.59	M	48	M U/50	64
75	David	Cornock	Barnes Runners	20.03	M	51	M O/50	6
76	Manuel	Corriente	Vegetarian Cycling & AC	20.05	M	44	M U/50	65
77	Ian	Mactavish		20.17	M	46	M U/50	66
78	Ken	McCallum	Serpentine RC	20.18	M	44	M U/50	67
79	Susanne	Zibung	Serpentine RC	20.18	F	29	W U/50	6
80	Chris	Watt		20.22	M	43	M U/50	68
81	John	Greig		20.22	M	49	M U/50	69
82	Paul	Roberts	Swanley & District	20.28	M	31	M U/50	70
83	Caroline	Manning	Kent AC	20.28	F	32	W U/50	7
84	Kitty	Walsit		20.33	F	24	W U/50	8
85	Paul	Henderson		20.38	M	35	M U/50	71

86	Anna	Symms	Clapham Chasers	20.41	F	30	W U/50	9
87	Philip	Hickson	Fulham RC	20.49	M	41	M U/50	72
88	Bob	Chart	Collingwood AC	20.49	M	51	M O/50	7
89	Stefan	Ledin	Buxton & District AC	20.55	M	54	M O/50	8
90	Lorraine	Smyth		21.05	F	33	W U/50	10
91	Monika	Crouse	Hercules Wimbledon	21.17	F	37	W U/50	11
92	David	North	Hercules Wimbledon	21.21	M	52	M O/50	9
93	Neil	Cook		21.21	M	25	M U/50	73
94	Danny	McLaughlin	Orpington RR	21.23	M	51	M O/50	10
95	Aidan	Daly		21.25	M	31	M U/50	74
96	James	Tee		21.30	M	25	M U/50	75
97	Michael	Campbell		21.32	M	28	M U/50	76
98	Jane	Nodder	Serpentine RC	21.34	F	57	W O/50	1
99	Phillip	McCubbins	Serpentine RC	21.37	M	56	M O/50	11
100	Paul	Lewis	Victoria Park Harriers + THA	21.38	M	43	M U/50	77
101	?	Sewards	TVH	21.39	M	47	M U/50	78
102	hugh	rosenvinge		21.43	M	37	M U/50	79
103	Carol	Jones	Ealing Southall & Middlesex	21.47	F	58	W O/50	2
104	Ronan	White	N/A	21.50	M	29	M U/50	80
105	Emily	Cribbs	Clapham Chasers	21.51	F	30	W U/50	12
106	David	Hallson	Road Runners Club	21.54	M	62	M O/60	1
107	Roger	Cue		21.55	M	46	M U/50	81
108	Fabio	Maroni	Clapham Chasers	22.00	M	41	M U/50	82
109	Claire	Morris	Ealing Eagles	22.02	F	37	W U/50	13
110	Maggie	Statham	Holland Sports AC	22.03	F	62	W O/60	1
111	Naomi	White	Ealing Eagles	22.05	F	37	W U/50	14
112	Lily	Woolcock		22.13	F	19	W U/50	15
113	Jean-Luc	Hoez	Serpentine RC	22.16	M	57	M O/50	12
114	Elaine	Reid	Collingwood AC	22.18	F	45	W U/50	16
115	Annette	Helliwell	Collingwood AC	22.20	F	56	W O/50	3
116	Tom	Dawson		22.25	M	19	M U/50	83
117	Clare	Cole		22.27	F	39	W U/50	17
118	Stuart	Cole		22.27	M	42	M U/50	84
119	Jamie	Price		22.32	M	38	M U/50	85
120	Eifion	Lewis	Carmarthen Harriers	22.41	M	46	M U/50	86
121	Lisa	Kerr		22.47	F	33	W U/50	18
122	Ian	Mursell	VAC	22.54	M	63	M O/60	2
123	John	Cronin	Clapham Chasers	23.00	M	38	M U/50	87
124	Kate	Ledin	Buxton & District AC	23.03	F	55	W O/50	4
125	Daniel	Berlanga		23.09	M	20	M U/50	88
126	Nicola	McGlennen	Serpentine RC	23.10	F	39	W U/50	19
127	Linda	Ingram	South London Harriers	23.10	F	47	W U/50	20
128	Christopher	Dawson		23.21	M	53	M O/50	13
129	Alistair	Davy	Leeds City	23.24	M	66	M O/60	3
130	Sonia	Mendonca		23.30	F	36	W U/50	21
131	George	anderson		23.33	M	36	M U/50	89

132	Amparo	Guemes		23.34	F	20	W U/50	22
133	Sharon	Davidson	Purple Patch Runners	23.35	F	37	W U/50	23
134	Paul	Lehmann		23.36	M	41	M U/50	90
135	Emma	Prentis	Clapham Chasers	23.44	F	24	W U/50	24
136	Stephen	Walker		23.46	M	43	M U/50	91
137	Lorraine	Hill	Ealing Eagles	23.46	F	48	W U/50	25
138	Abigail	Stoltzfus		23.48	F	22	W U/50	26
139	Harriet	Glen		23.50	F	25	W U/50	27
140	Dan	Maskell	VAC	23.53	M	67	M O/60	4
141	Laura	Ellis	Bearcat RC	23.58	F	31	W U/50	28
142	Sarah	Newton	Serpentine RC	23.59	F	58	W O/50	5
143	Thomas	Ansell		24.00	M	26	M U/50	92
144	Carson	Xu		24.14	M	26	M U/50	93
145	Eugene	Quinn		24.21	M	25	M U/50	94
146	John	Wilson		24.34	M	47	M U/50	95
147	Adrian	McMenamin		24.44	M	49	M U/50	96
148	Alan	Davidson	Ranelagh Harriers	24.55	M	68	M O/60	5
149	Dennis	Williams	Hercules Wimbledon	25.02	M	69	M O/60	6
150	Daniel	Hobden		25.23	M	30	M U/50	97
151	Karen	Chart	Collingwood AC	25.33	F	41	W U/50	29
152	Joe	Aspinall	VAC	25.34	M	77	M O/70	1
153	Beate	Vogt	Serpentine RC	25.43	F	56	W O/50	6
154	Moeve	Smith		25.46	F	25	W U/50	30
155	Mark	Hughes	Trent Park Running Club	26.15	M	33	M U/50	98
156	Russell	Somerville		26.17	M	31	M U/50	99
157	Michelle	Vogt	FC Soorbuiden	26.59	F	14	WU/16	1
158	sophie	nivesse		27.16	F	28	W U/50	31
159	Ann	Bath	26.2 RRC	27.23	F	66	W O/60	2
160	Melvin	Trundley	Collingwood AC	27.23	M	70	M O/70	2
161	Robert	Ravelli	London Frontrunners	27.29	M	58	M O/50	14
162	Peter	Torre	Mornington Chasers	28.09	M	73	M O/70	3
163	Luka	Hadrych	N/A	28.12	M	34	M U/50	100
164	Jane	Hughes	Croydon Striders	28.55	F	37	W U/50	32
165	Elizabeth	Moore	Clapham Pioneers	28.58	F	57	W O/50	7
166	Harriet	Wordsworth		29.29	F	32	W U/50	33
167	Catherine	Wilkinson		29.33	F	31	W U/50	34
168	Rachel	Wodarski		29.40	F	34	W U/50	35
169	Meilir	Jones		29.51	M	34	M U/50	101
170	Edwin	Bartlett	VAC	31.02	M	70	M O/70	4
171	Steve	Webb	Hercules Wimbledon	32.09	M	63	M O/60	7
172	Ria	Trundley	Collingwood AC	32.38	F	68	W O/60	3
173	Jana	Bernadova	Run and Become	35.00	F	33	W U/50	36
174	Olivia	Mwebeiha	Run and Become	35.00	F	22	W U/50	37
175	David	Tomkin	Greystones AC Ireland	36.15	M	67	M O/60	8
176	Tomas	Pierce		38.37	M	33	M U/50	102
177	Latoya	Noronha		38.37	F	29	W U/50	38

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Should you have any queries then please contact Gavin Lightwood
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