



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

June 30th, 2014

Dear Runners

Medal winners and all results below.

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	M/F	Age
<u>MEN UNDER 50</u>					
1st	Rick	Weston	Serpentine	15.40	M 27
2nd	Dave	Morgan	Serpentine	15.43	M 30
3rd	Scott	O Connor	Serpentine	16.00	M 30
4th	Alex	Davy	Leeds City AC	16.02	M 25
5th	Martin	Shore	Thames Hare & Hounds	16.17	M 38
6th	Robbie	Cox	Woodford Green	16.18	M 32
7th	Daniel	Bentley-Gouldstone	Beckenham RC	16.18	M 34
<u>WOMEN UNDER 50</u>					
1st	Cathy	Ansell	Herne Hill	17.53	F 27
2nd	Melanie	Edwards	Dulwich Runners	18.41	F 32
3rd	Jordan	Fock	Blackheath & Burnley	18.53	F 24
4th	Megan	De Silva	Ranelagh Harriers	18.55	F 31
5th	Vicky	Frew	EAC	19.03	F 36
6th	Beth	Anderson	Shaftesbury	19.23	F 35
7th	Tina	Gray	Fulham RC	19.46	F 31

MEN VET 50

1st	Eberhard	Prill	Dulwich Runners	17.48	M	52
2nd	Mark	Constantinou	Collingwood	18.16	M	50
3rd	Anthony	Constantinou	Collingwood	18.40	M	50

WOMEN VET 50

1st	Sarah	Newton	Serpentine	23.03	F	57
2nd	Carole	Wisdom	Serpentine	26.50	F	56
3rd	Sue	McIntyre	Sutton Runners	30.55	F	52

MEN VET 60

1st	Terry	O'Neill	Belgrave Harriers	19.22	M	61
2nd	Mike	Mann	Dulwich Runners	19.49	M	65

WOMEN VET 60

1st	Trish	Coombs	Collingwood	28.44	F	69
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MEN VET 70

1st	Peter	Torre	Mornington Chasers	30.51	M	72
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MEN VET 80

1st	Robin	Wilson	Collingwood	32.47	M	80
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WOMEN U/16

1st	Yasmin	Marghini		19.47	F	13
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Rick	Weston	Serpentine	15.40	M	27	M U/50	1
2	Dave	Morgan	Serpentine	15.43	M	30	M U/50	2
3	Scott	O Connor	Serpentine	16.00	M	30	M U/50	3
4	Alex	Davy	Leeds City AC	16.02	M	25	M U/50	4
5	Martin	Shore	Thames Hare & Hounds	16.17	M	38	M U/50	5
6	Robbie	Cox	Woodford Green	16.18	M	32	M U/50	6
7	Daniel	Bentley-Gouldstone	Beckenham RC	16.18	M	34	M U/50	7
8	Jonathan	Bradford	Serpentine	16.20	M	22	M U/50	8
9	Dan	Madams	London Heathside AC	16.23	M	40	M U/50	9
10	James	Gordon	Cambridge harriers	16.29	M	37	M U/50	10
11	Billy	Ryan	Newham & Essex Beagles	16.30	M	23	M U/50	11
12	Craig	Brown	Biggleswade	16.34	M	35	M U/50	12
13	Jonny	Muir	Herne Hill	16.41	M	32	M U/50	13
14	Stephen	Philcox	Ilford AC	16.42	M	48	M U/50	14
15	Conor	Richardson	ful on tri	16.44	M	34	M U/50	15
16	Ryan	Mccrickerd	London Heathside AC	16.46	M	25	M U/50	16
17	David	Evans	Serpentine	16.46	M	24	M U/50	17
18	Daniel	De Palol	Serpentine	16.47	M	40	M U/50	18
19	Richard	Milner	Serpentine	16.48	M	28	M U/50	19
20	Mark	Penny	Cambridge Harriers	16.50	M	33	M U/50	20
21	Nick	Barberis	Serpentine	16.56	M	33	M U/50	21
22	Peter	Holmes	Serpentine	16.58	M	36	M U/50	22
23	Steven	Artist	London Frontrunners	17.00	M	29	M U/50	23
24	James	Gillandoes	London Frontrunners	17.03	M	36	M U/50	24
25	Will	Bryant		17.15	M	30	M U/50	25

26	Chris	Ore	Hercules Wimbledon	17.17	M	31	M U/50	26
27	James	Bowler	Bromsgrove & Redditch	17.23	M	34	M U/50	27
28	Jonathan	Moscrop	London Frontrunners	17.27	M	40	M U/50	28
29	Robert	Lloyd-Smith		17.28	M	41	M U/50	29
30	Thomas	Daley	Fulham	17.39	M	39	M U/50	30
31	Richard	Taylor	Serpentine	17.40	M	38	M U/50	31
32	David	Young		17.42	M	27	M U/50	32
33	Lukas	Vaverka		17.48	M	30	M U/50	33
34	Eberhard	Prill	Dulwich Runners	17.48	M	52	M O/50	1
35	David	Williams	Sutton Runners	17.50	M	42	M U/50	34
36	Cathy	Ansell	Herne Hill	17.53	F	27	W U/50	1
37	Graham	Baxter		18.01	M	24	M U/50	35
38	David	Griffiths		18.03	M	31	M U/50	36
39	Joel	Wiles	Epsom Oddballs	18.03	M	32	M U/50	37
40	Rob	H	Guildford	18.04	M	29	M U/50	38
41	Laurent	Le Mee	Serpentine	18.15	M	38	M U/50	39
42	Mark	Constantinou	Collingwood	18.16	M	50	M O/50	2
43	Raoul	Mansukhani	Serpentine	18.18	M	43	M U/50	40
44	Rob	Cope	Dulwich Runners	18.22	M	41	M U/50	41
45	Stephane	Schneider	Serpentine	18.30	M	34	M U/50	42
46	Anthony	Constantinou	Collingwood	18.40	M	50	M O/50	3
47	Melanie	Edwards	Dulwich Runners	18.41	F	32	W U/50	2
48	Michael	Wiggins		18.48	M	37	M U/50	43
49	Jordan	Fock	Blackheath & Burnley	18.53	F	24	W U/50	3
50	Darren	Keane	Hercules Wimbledon	18.54	M	28	M U/50	44
51	Megan	De Silva	Ranelagh Harriers	18.55	F	31	W U/50	4
52	Paul	Stanford	Striders of Croydon	18.57	M	45	M U/50	45
53	David	Miller		19.02	M	31	M U/50	46
54	Vicky	Frew	EAC	19.03	F	36	W U/50	5
55	Tim	McIntyre	Sutton Runners	19.03	M	55	M O/50	4
56	Scott	Hemmens	Serpentine	19.04	M	35	M U/50	47
57	Tom	Cheetham	Hercules Wimbledon	19.04	M	47	M U/50	48
58	Gordon	Berry	Wimbledon Windmilers	19.08	M	38	M U/50	49
59	Simon	Pannell	Striders of Croydon	19.19	M	53	M O/50	5
60	Terry	O'Neill	Belgrave Harriers	19.22	M	61	M O/60	1
61	Beth	Anderson	Shaftesbury	19.23	F	35	W U/50	6
62	Darryl	Coulter	Kent AC	19.25	M	43	M U/50	50
63	Edward	Smyth	Dulwich Runners	19.37	M	33	M U/50	51
64	Calum	Jeffray		19.40	M	27	M U/50	52
65	Paul	Roberts	Swanley & District AC	19.41	M	30	M U/50	53
66	Tony	Wain	Serpentine	19.42	M	49	M U/50	54
67	Jeff	Saul		19.43	M	36	M U/50	55
68	Stephen	Haughton	Hercules Wimbledon	19.45	M	51	M O/50	6
69	Peter	Crockford	Ealing Eagles	19.45	M	30	M U/50	56
70	Tina	Gray	Fulham RC	19.46	F	31	W U/50	7
71	Yasmin	Marghini		19.47	F	13	W U/16	1
72	andre	Dahlkamp		19.48	M	41	M U/50	57
73	Mark	Preskett		19.48	M	39	M U/50	58
74	Mike	Mann	Dulwich Runners	19.49	M	65	M O/60	2
75	Victor	Ray	Hercules Wimbledon	19.50	M	37	M U/50	59
76	Alastair	Mewha		19.53	M	27	M U/50	60
77	Jennifer	Bradley	Serpentine	19.53	F	35	W U/50	8
78	Owen	Barder	Serpentine	19.54	M	47	M U/50	61
79	Stephen	Cooney	Collingwood	19.57	M	44	M U/50	62
80	Terry	Avey	brighton phoenix	20.06	M	63	M O/60	3
81	Georg	Isola	Mornington Chasers	20.07	M	37	M U/50	63
82	Marie	Synnott-Wells	Ranelagh Harriers	20.07	F	49	W U/50	9
83	Geoff	Clarke	South London Harriers	20.31	M	47	M U/50	64

84	Jamie	Young		20.38	M	26	M U/50	65
85	Travis	Adams		20.40	M	45	M U/50	66
86	Alice	Ewen	Striders of Croydon	20.59	F	28	W U/50	10
87	Andrea	Allocu	Tri London	21.02	F	36	W U/50	11
88	Kevin	Heritage		21.05	M	27	M U/50	67
89	Tom	Morris	Hercules Wimbledon	21.08	M	56	M O/50	7
90	Paul	Lewis	Victoria Park Harriers	21.12	M	42	M U/50	68
91	Rob	Seymour		21.16	M	24	M U/50	69
92	Rebecca	Halls	Ranelagh Harriers	21.18	F	32	W U/50	12
93	Katie	Crowe	Dulwich Runners	21.26	F	38	W U/50	13
94	Richard	Notley		21.29	M	31	M U/50	70
95	Oliver	Armistead		21.35	M	29	M U/50	71
96	Robert	Curtis	Ranelagh Harriers	21.43	M	44	M U/50	72
97	Steve	Jones		21.44	M	34	M U/50	73
98	Richard	Clark	Hercules Wimbledon	21.46	M	56	M O/50	8
99	Richard	Coates		21.50	M	42	M U/50	74
100	Lyn	Davis	Camberley & District AC	21.51	F	49	W U/50	14
101	Ian	Casswell		21.55	M	34	M U/50	75
102	Scott	Macaskill		21.57	M	23	M U/50	76
103	Jean-Luc	Hoez	Serpentine	22.05	M	56	M O/50	9
104	Michael	Winkler		22.07	M	56	M O/50	10
105	Stuart	Ogier	St Albans Striders	22.08	M	40	M U/50	77
106	Jenna	Mullett	Clapham Chasers	22.13	F	29	W U/50	15
107	Bob	Chart	Collingwood	22.15	M	50	M O/50	11
108	John	O Sullivan	Herne Hill	22.17	M	58	M O/50	12
109	Stuart	Littlewood	Hercules Wimbledon	22.26	M	62	M O/60	4
110	Stuart	Cole		22.30	M	41	M U/50	78
111	James	Berent		22.36	M	22	M U/50	79
112	Chris	Leadbeater		22.43	M	32	M U/50	80
113	Rob	Crane	Wimbledon Windmilers	22.45	M	39	M U/50	81
114	Stephen	Payne		22.48	M	40	M U/50	82
115	Clare	Cole		22.55	F	38	W U/50	16
116	Danial	Arastoo-Pour	UJEL	22.57	M	27	M U/50	83
117	Sarah	Newton	Serpentine	23.03	F	57	W O/50	1
118	Duncan	Sircom		23.06	M	40	M U/50	84
119	Mark	Douglas		23.13	M	24	M U/50	85
120	Brian	Pickles	Serpentine	23.17	M	56	M O/50	13
121	Linda	Ingram	South London Harriers	23.22	F	46	W U/50	17
122	Ian	Hall	Serpentine	23.32	M	61	M O/60	5
123	Martin	Spence	VAC	23.39	M	59	M O/50	14
124	Paul	Lehmann		23.51	M	40	M U/50	86
125	Antony	Streams	Reading RR	23.54	M	53	M O/50	15
126	Cory	Bemis	Camberley & District AC	24.02	F	44	W U/50	18
127	Dennis	Williams	Hercules Wimbledon	24.11	M	68	M O/60	6
128	Gary	Lucas		24.14	M	33	M U/50	87
129	Andrew	Lintott		24.15	M	52	M O/50	16
130	Neal	Goldsmith		24.34	M	36	M U/50	88
131	Karen	Chart	Collingwood	24.48	F	40	W U/50	19
132	Kylie	Russell		25.05	F	32	W U/50	20
133	Neil	Davies	Serpentine	25.24	M	49	M U/50	89
134	Hannah	Lacey	Clapham Chasers	25.30	F	24	W U/50	21
135	Jack	Pitman		25.30	M	31	M U/50	90
136	Anthony	Bannister	Sutton Runners	26.44	M	53	M O/50	17
137	Carole	Wisdom	Serpentine	26.50	F	56	W O/50	2
138	Barbara	Schaefer		26.55	F	29	W U/50	22
139	Robert	Ravelli	London Frontrunners	26.57	M	57	M O/50	18
140	David	Sweeney		26.58	M	53	M O/50	19
141	Robert	Hyde		27.29	M	29	M U/50	91

142	Daniel	Waller		28.09	M	47	M U/50	92
143	Liesl	Chappell		28.32	F	29	W U/50	23
144	Trish	Coombs	Collingwood	28.44	F	69	W O/60	1
145	Bettina	Paton-Freeman		29.33	F	44	W U/50	24
146	Michael	Hughes		29.45	M	53	M O/50	20
147	Edwin	Bartlett	VAC	29.47	M	69	M O/60	7
148	Mike	Gazdar		30.29	M	37	M U/50	93
149	Peter	Torre	Mornington Chasers	30.51	M	72	M O/70	1
150	Sue	McIntyre	Sutton Runners	30.55	F	52	W O/50	3
151	Thomas	Wilkie	Collingwood	32.46	M	61	M O/60	8
152	Robin	Wilson	Collingwood	32.47	M	80	M O/80	1
153	Rosemary	Egbe	Collingwood	33.29	F	49	W U/50	25
154	Evelyn	Henley-Cathcart		40.13	F	32	W U/50	26
155	Demian	Dorrance		40.59	M	43	M U/50	94
156	Joanna	McMillan		41.50	F	34	W U/50	27