



*“Run and Become. Become and Run.
Run to succeed in the outer world.
Become to proceed in the inner world”*

Sri Chinmoy

Self Transcendence 10 Mile Race, Battersea Park, 8am Saturday 3rd July

The weather was absolutely perfect for today's race which saw a field of 176 runners complete the distance. Congratulations to all runners! A couple of trophies were unclaimed: seventh lady under 50 and sixth man under 50. Please let us know if you are attending any future races at which you could pick up your trophy. Also a watch and a Garmin were left behind: please contact us to identify them. Run and Become 020 7222 1314.

Medal Winners and Overall Results

Medal Winners

Pos.	Name	Surname	Club	Time	M/F	Age
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Men Under 50

1	Darren	McNeely	Serpentine	56.08	M	34
2	Alex	Wilson		57.44	M	27
3	Stephen	Philcox	Barking R R	59.19	M	44
4	James	Gillanders	London Frontrunners	59.26	M	32
5	Julian	Hazeldine	East End Road Runners	1.00.52	M	27
6	Richard	Edmonds	Serpentine	1.02.10	M	40
7	Niall	O'Briain		1.02.40	M	25

Women Under 50

1	Kate	Brown	AFD	1.02.50	F	32
2	Lucie	Custance	Clapham Chasers	1.03.28	F	31
3	Olivia	Jongeling		1.09.37	F	27
4	Emily	Mosedale	VPH + THAC	1.12.38	F	32
5	Frances	Crozier		1.12.59	F	25
6	Jane	Walsh	Serpentine	1.13.05	F	31
7	Claire	Capper		1.14.37	F	28

Men Over 50

1	James	Godkin	Dulwich R	1.00.02	M	52
2	John	Foster	Striders of Croydon	1.01.37	M	51
3	Robert	Jacobs	Herne Hill Harriers	1.03.12	M	57

Women Over 50

1	Sarah	Newton	Serp	1.16.42	F	52
2	Elizabeth	Fusco		1.43.45	F	54

Men Over 60

1	Tony	Farmer	Dartford H	1.18.13	M	63
2	Philip	Turley	Epsom & Ewell	1.18.16	M	69

Women Over 60

1	Maureen	Farmer	Dartford H	1.33.16	F	63
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Men Over 70

1	Tony	Merritt	Burnham Joggers	1.32.36	M	70
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Overall Results

Pos.	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos
1	Darren	McNeely	Serpentine	56.08	M	34	M U/50	1
2	Alex	Wilson		57.44	M	27	M U/50	2
3	Stephen	Philcox	Barking R R	59.19	M	44	M U/50	3
4	James	Gillanders	London Frontrunners	59.26	M	32	M U/50	4
5	James	Godkin	Dulwich Runners	1.00.02	M	52	M O/50	1
6	Julian	Hazeldine	East End Road Runners	1.00.52	M	27	M U/50	5
7	John	Foster	Striders of Croydon	1.01.37	M	51	M O/50	2
8	Richard	Edmonds	Serpentine	1.02.10	M	40	M U/50	6
9	Niall	O'Briain		1.02.40	M	25	M U/50	7
10	Kate	Brown	AFD	1.02.50	F	32	W U/50	1
11	John	Reid		1.02.57	M	31	M U/50	8
12	Robert	Jacobs	Herne Hill Harriers	1.03.12	M	57	M O/50	3
13	Robb	Birchley	VPH + THAC	1.03.28	M	33	M U/50	9
14	Lucie	Custance	Clapham Chasers	1.03.28	F	31	W U/50	2
15	Dave	Gardner		1.03.34	M	44	M U/50	10
16	Jonathan	Moscrop	London Frontrunners	1.03.46	M	36	M U/50	11
17	Wolfgang	Stueckle	The Sunbury Dragons	1.03.50	M	29	M U/50	12
18	Jeremy	Furniss		1.04.15	M	44	M U/50	13
19	Michael	Wiggins		1.05.09	M	33	M U/50	14
20	Bradley	Brown	Barking R R	1.05.45	M	37	M U/50	15
21	Hans	Geberbauer	Crystal Palace Triathletes	1.05.54	M	39	M U/50	16

22	Frank	Wood	Hercules Wimbledon	1.06.59	M	45	M U/50	17
23	Peter	Chapman		1.07.20	M	34	M U/50	18
24	Carl	Dolby		1.07.21	M	35	M U/50	19
25	Michael	Leong	Clapham Chasers	1.07.32	M	29	M U/50	20
26	Gareth	James		1.07.47	M	27	M U/50	21
27	Joseph	Merlini	Phoenix Tri	1.08.18	M	43	M U/50	22
28	Patrick	Kiernan		1.08.22	M	47	M U/50	23
29	Elekwa	Onwuchekwa	Herne Hill Harriers	1.08.24	M	36	M U/50	24
30	Anthony	De Silva		1.08.50	M	35	M U/50	25
31	Chris	Slocombe		1.09.30	M	29	M U/50	26
32	Leon	Goodwin	Dartford Harriers	1.09.35	M	37	M U/50	27
33	Olivia	Jongeling		1.09.37	F	27	W U/50	3
34	Barry	Korro		1.09.57	M	34	M U/50	28
35	Glynn	McDonald	London Frontrunners	1.10.05	M	47	M U/50	29
36	Ian	Kibble		1.10.10	M	23	M U/50	30
37	Jonathan	Allsopp		1.10.25	M	41	M U/50	31
38	Dan	O'Sullivan		1.10.50	M	33	M U/50	32
39	Stephen	Newport		1.11.04	M	44	M U/50	33
40	Ian	King		1.11.47	M	50	M O/50	4
41	Craig	Nathan		1.12.27	M	33	M U/50	34
42	Emily	Mosedale	VPH + THAC	1.12.38	F	32	W U/50	4
43	Frances	Crozier		1.12.59	F	25	W U/50	5
44	Jane	Walsh	Serpentine	1.13.05	F	31	W U/50	6
45	David	Tillyer	PSOF Tri	1.13.27	M	38	M U/50	35
46	Tom	Van Den Bossche	London Frontrunners	1.13.54	M	46	M U/50	36
47	Phil	Avery		1.14.07	M	33	M U/50	37
48	Sunjay	Bhogal	London Frontrunners	1.14.09	M	40	M U/50	38
49	Mark	Walsh		1.14.28	M	32	M U/50	39
50	Claire	Capper		1.14.37	F	28	W U/50	7
51	Kim	Tyler	Clapham Chasers	1.14.49	F	28	W U/50	8
52	John	Brown	London Frontrunners	1.15.38	M	42	M U/50	40
53	Thom	Darby	Stopsley Striders	1.15.52	M	30	M U/50	41
54	Gavin	Bowen-Ashwin		1.16.16	M	30	M U/50	42
55	John	Daly	Springfield Striders	1.16.20	M	34	M U/50	43
56	Vicky	Lambert	Thames Valley Harriers	1.16.26	F	45	W U/50	9
57	Niall	Cunneen		1.16.37	M		M U/50	44
58	Laura	Dumbleton		1.16.37	F	31	W U/50	10
59	Sarah	Newton	Serpentine	1.16.42	F	52	W O/50	1
60	Sean	Matthews		1.16.50	M	39	M U/50	45
61	Anne	Thornley		1.16.53	F	32	W U/50	11
62	Bianca	Best		1.16.56	F	35	W U/50	12
63	Kim	Hau		1.17.04	F	28	W U/50	13
64	Caroline	Ringrow	Serpentine	1.17.14	F	30	W U/50	14
65	Bernadette	Smith	Serpentine	1.17.33	F	34	W U/50	15
66	Anthony	Stead		1.17.35	M	30	M U/50	46
67	Gregory	Ramirez		1.18.07	M	22	M U/50	47
68	Kevin	Duffy	Hunt Close Harriers	1.18.09	M	30	M U/50	48
69	Tony	Farmer	Dartford Harriers	1.18.13	M	63	M O/60	1
70	Philip	Turley	Epsom & Ewell	1.18.16	M	69	M O/60	2
71	Tim	Gray		1.18.16	M	41	M U/50	49
72	Ross	Milburn		1.18.23	M	43	M U/50	50
73	Rachel	Solomon Williams		1.18.40	F	30	W U/50	16
74	Enric	Valero		1.19.12	M	26	M U/50	51

75	Stefano	Vernazza		1.19.24	M	35	M U/50	52
76	Brad	Skrokov		1.19.31	M	32	M U/50	53
77	Edward	Parker		1.19.41	M	26	M U/50	54
78	Noirin	Burke		1.19.51	F	32	W U/50	17
79	Angela	De Klein		1.19.57	F	32	W U/50	18
80	Peter	Mansell-Jones		1.20.14	M	29	M U/50	55
81	Kelly	Stewart	Clapham Chasers	1.20.19	F	32	W U/50	19
82	Lora	Garrod		1.20.19	F	23	W U/50	20
83	Marc	Zornes	Hunt Close Harriers	1.20.26	M	29	M U/50	56
84	Hannah	McWilliam		1.20.42	F	23	W U/50	21
85	Gareth	Jones		1.20.43	M	31	M U/50	57
86	Sharon	Mc guinness	Swanley	1.20.46	F	48	W U/50	22
87	Tom	Harlow		1.21.12	M	31	M U/50	58
88	Kate	Oates		1.21.24	F	27	W U/50	23
89	Adam	Sebba	Clapham Chasers	1.22.11	M	32	M U/50	59
90	Harry	Shaw		1.22.16	M	30	M U/50	60
91	Simon	Addyman		1.22.18	M	42	M U/50	61
92	Carmen	Allnutt		1.22.33	F	29	W U/50	24
93	Matt	Freake		1.22.36	M	38	M U/50	62
94	Antonia	O'Malley		1.22.39	F	31	W U/50	25
95	Patrick	Halliday		1.23.08	M	50	M O/50	5
96	Emma	Waterfau	Serpentine	1.23.22	F	29	W U/50	26
97	Adam	Nicholson		1.23.46	M	29	M U/50	63
98	Ian	Carrick		1.23.53	M	44	M U/50	64
99	Hugh	Kreich	Clapham Chasers	1.24.01	M	34	M U/50	65
100	Richard	Hale		1.24.01	M	44	M U/50	66
101	Alex	Cobbold		1.24.22	M	43	M U/50	67
102	Vineta	Murray		1.24.33	F	31	W U/50	27
103	Jason	Bethell		1.24.36	M	40	M U/50	68
104	Vincent	Nottidge		1.25.01	M	48	M U/50	69
105	Stephen	Walker		1.25.07	M	38	M U/50	70
106	Zita	Takacs	Clapham Chasers	1.25.17	F	31	W U/50	28
107	Sinead	Mcintosh		1.25.25	F	33	W U/50	29
108	Edward	Harper		1.25.28	M	23	M U/50	71
109	Joanna	Henderson		1.25.28	F	28	W U/50	30
110	Ian	Jones		1.25.28	M	28	M U/50	72
111	Ronan	Veale		1.25.28	M	32	M U/50	73
112	Phillippa	Henderson		1.25.30	F	25	W U/50	31
113	Pauline	Timmers		1.25.33	F	27	W U/50	32
114	Phil	Rumbelow		1.25.33	M	49	M U/50	74
115	Beatrice	Hutton-Williams		1.25.55	F	28	W U/50	33
116	John	Pickles		1.27.40	M	31	M U/50	75
117	Patricia	Trijbits	Patricia Kruijer Trijbits	1.28.13	F	41	W U/50	34
118	Chris	Wark		1.28.18	M	33	M U/50	76
119	Elizabeth	Holt		1.28.22	F	30	W U/50	35
120	Michael	Dorgan		1.28.38	M	34	M U/50	77
121	Anthony	Feriroli	RRC	1.29.23	M	42	M U/50	78
122	Laura	Ruiz Oliver	Wimbledon Windmilers	1.29.30	F	32	W U/50	36
123	Ian	Bleasdale		1.29.37	M	44	M U/50	79
124	Bethan	Ashmead		1.29.39	F	25	W U/50	37
125	Suzanne	Elwick		1.29.39	F	41	W U/50	38
126	Carrie	Angell		1.30.03	F	28	W U/50	39
127	James	Radford		1.30.05	M	29	M U/50	80

128	Ian	Hopper		1.30.11	M	35	M U/50	81
129	Gyorgi	Retkes		1.30.21	F	30	W U/50	40
130	Rachel	Morse		1.30.21	F	27	W U/50	41
131	Michelle	Hutchins		1.30.33	F	26	W U/50	42
132	Matthew	Fell	Clapham Chasers	1.31.04	M	30	M U/50	82
133	Stephanie	Kogels		1.31.17	F	32	W U/50	43
134	Jeffrey	Lee		1.31.45	M	37	M U/50	83
135	Marc	Perry		1.31.48	M	39	M U/50	84
136	Sarah	Barron		1.31.48	F	39	W U/50	44
137	Nuno	Vasconcelos		1.31.55	M	30	M U/50	85
138	Monika	Majcher		1.32.00	F	29	W U/50	45
139	Tony	Merritt	Burnham Joggers	1.32.36	M	70	M O/70	1
140	Nilgun	Liddell		1.32.59	F	39	W U/50	46
141	Karen	Halliday		1.33.07	F	36	W U/50	47
142	Maureen	Farmer	Dartford H	1.33.16	F	63	W O/60	1
143	Tina	Tage	Greenwich Tritons	1.33.23	F	38	W U/50	48
144	Katie	Dyer		1.33.33	F	31	W U/50	49
145	Fiona	MacDonald		1.33.40	F	30	W U/50	50
146	Amanda	Ho		1.33.55	F	30	W U/50	51
147	Seren	Halil		1.33.59	M	49	M U/50	86
148	John	Martin		1.34.18	M	29	M U/50	87
149	Anthony	Alleyne		1.34.25	M	39	M U/50	88
150	Maria	Kirkbride	Wimbledon Windmilers	1.34.25	F	48	W U/50	52
151	Samantha	James		1.34.46	F	29	W U/50	53
152	Louise	Lynch		1.34.46	F	32	W U/50	54
153	Helen	Purcell		1.35.37	F	25	W U/50	55
154	Esteban	Cordero		1.37.43	M	38	M U/50	89
155	Donna	Martin		1.38.47	F	25	W U/50	56
156	Mark	Williment		1.39.01	M	35	M U/50	90
157	Rachel	Alsburry		1.39.15	F	42	W U/50	57
158	Louise	Williment		1.39.35	F	30	W U/50	58
159	Ceri	James		1.40.13	F	31	W U/50	59
160	James	Wait		1.40.59	M	32	M U/50	91
161	Cornelia	De Bruin		1.40.59	F	31	W U/50	60
162	Annira	Nordblom	Serpentine	1.41.37	F	35	W U/50	61
163	Claire	Fenings		1.41.48	F	33	W U/50	62
164	Louise	Barnes		1.41.48	F	33	W U/50	63
165	Kamau	Crawford	Mornington Chasers	1.42.02	M	34	M U/50	92
166	C	Nkowani	Metros	1.42.06	F	42	W U/50	64
167	Elizabeth	Fusco		1.43.45	F	54	W O/50	2
168	Lulu	Le Vay		1.44.57	F	39	W U/50	65
169	Joanne	Slocombe		1.44.59	F	29	W U/50	66
170	Waqas	Kaiser		1.45.11	M	35	M U/50	93
171	Julia	Tveitane		1.45.26	F	33	W U/50	67
172	Ran	Sun		1.47.00	F	35	W U/50	68
173	Mohan	Singh		1.50.55	M	32	M O/50	6
174	Nicolaas	Esterhuyse		1.55.05	M	28	M U/50	94
175	Chrismari	Esterhuyse		1.55.05	F	29	W U/50	69
176	Mike	Browne	Vets AC	1.59.59	M	79	M O/70	2
DNF	Pete	Hammond		DNF	M	33	M U/50	
DNF	Rachel	Drysdale		DNF	F	30	W U/50	
DNF	Caroline	Glynn	Wimbledon Hercules	DNF	F	31	W U/50	
DNF	Mya	Khine	Dorking & Mole Valley	DNF	F	31	W U/50	

DNF Poppy	Mitchell		DNF	F	29	W U/50
DNF Philip	Glynn	Wimbledon Hercules	DNF	M	31	M U/50