



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 10K

Battersea Park

8am

June 11th

Dear Runners

Congratulations to all entrants! Fernando Del Valle won the Men's race in 33.25. Victoria Carter won the Women's race in 39.35. We mistakenly entered Brian Timms in the Over 50 category but he did in fact win the Mens Over 60 with Robert Fortes coming in second. Sorry Brian - we will award you your trophy in July.

See you all again soon!

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	AGE
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MEN UNDER 50

1st	<i>Fernando</i>	<i>Del Valle</i>	<i>Serpentine</i>	<i>33.25</i>	<i>M</i>	<i>32</i>
2nd	<i>Basil</i>	<i>Wallace</i>	<i>Herne Hill Harriers</i>	<i>33.41</i>	<i>M</i>	<i>37</i>
3rd	<i>James</i>	<i>Chettle</i>	<i>Cambridge Uni H&H</i>	<i>33.44</i>	<i>M</i>	<i>24</i>
4th	<i>Darren</i>	<i>McNeely</i>	<i>Serpentine</i>	<i>33.50</i>	<i>M</i>	<i>35</i>
5th	<i>Stephen</i>	<i>Philcox</i>	<i>Barking RR</i>	<i>35.46</i>	<i>M</i>	<i>45</i>
6th	<i>Rob</i>	<i>Shearer</i>	<i>Cambridge Harriers</i>	<i>36.04</i>	<i>M</i>	<i>33</i>
7th	<i>Patrick</i>	<i>Tweeddale</i>		<i>36.06</i>	<i>M</i>	<i>32</i>

WOMEN UNDER 50

1st	<i>Victoria</i>	<i>Carter</i>	<i>Serpentine</i>	<i>39.35</i>	<i>F</i>	<i>39</i>
2nd	<i>Grace</i>	<i>Wu</i>	<i>Serpentine</i>	<i>40.09</i>	<i>F</i>	<i>40</i>
3rd	<i>Sarah</i>	<i>Winter</i>	<i>Stragglers</i>	<i>41.27</i>	<i>F</i>	<i>37</i>
4th	<i>Louise</i>	<i>Croxson</i>	<i>Maidenhead Athletics Cl.</i>	<i>41.28</i>	<i>F</i>	<i>35</i>
5th	<i>Claudia</i>	<i>Waitr</i>		<i>43.48</i>	<i>F</i>	<i>32</i>
6th	<i>Jacqui</i>	<i>Young</i>	<i>Queens Park Harriers</i>	<i>43.50</i>	<i>F</i>	<i>30</i>
7th	<i>Edit</i>	<i>Walsh</i>		<i>44.10</i>	<i>F</i>	<i>36</i>

MEN OVER 50

1st	Tim	McIntyre	Sutton R	39.14	M	52
2nd	John	Witton		40.52	M	57
3rd	Jean Luc	Hoez	Serpentine	43.10	M	53

WOMEN OVER 50

1st	Kay	Bettis	Serpentine	50.59	F	50
2nd	Julia	Robertson		59.12	F	
3rd	Elisabeth	Fusco		65.22	F	55

MEN OVER 60

1st	Brian	Timms	Southern Vets	53.03	M	65
2nd	Robert	Fortes	Serpentine	56.35	M	63

MEN OVER 70

1st	Philip	Turley	Epsom&Ewell H	46.25	M	70
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos
1	Fernando	Del Valle	Serpentine	33.25	M	32	M U/50	1
2	Basil	Wallace	Herne Hill H	33.41	M	37	M U/50	2
3	James	Chettle	Cambridge Uni H&H	33.44	M	24	M U/50	3
4	Darren	McNeely	Serpentine	33.50	M	35	M U/50	4
5	Stephen	Philcox	Barking RR	35.46	M	45	M U/50	5
6	Rob	Shearer	Cambridge Harriers	36.04	M	33	M U/50	6
7	Patrick	Tweedale		36.06	M	32	M U/50	7
8	Philip	McCorquodale	Kenilworth R	36.23	M	19	M U/50	8
9	Rick	Weston	Ipswich Jaffa	36.30	M	24	M U/50	9
10	Roger	Coyle	Serpentine	36.44	M	36	M U/50	10
11	Steve	Darby		36.58	M	45	M U/50	11
12	Christopher	McCarthy		37.16	M	43	M U/50	12
13	Anthony	Harbour		37.22	M	25	M U/50	13
14	Andrew	Barnes		37.22	M	28	M U/50	14
15	Romain	Meunter		37.37	M	23	M U/50	15
16	Alessandro	Poggi	Serpentine	37.43	M	31	M U/50	16
17	Justin	Lee		37.58	M	40	M U/50	17
18	Fabrice	Iavial		37.59	M	31	M U/50	18
19	Stuart	Pearce		38.11	M	36	M U/50	19
20	Simon	Ambrosi	Striders of Croydon	38.18	M	33	M U/50	20
21	Anthony	Arthur		38.33	M	31	M U/50	21
22	Spencer	Mildon	Serpentine	38.42	M	28	M U/50	22
23	Simon	Brotherson	Queens Park H	38.45	M	46	M U/50	23
24	Baard	Lyngnes	Highgate H	38.56	M	41	M U/50	24
25	Stephen	Mensah		39.12	M	35	M U/50	25
26	Tim	McIntyre	Sutton R	39.14	M	52	M O/50	1
27	Bradley	Brown	Barking RR	39.15	M	38	M U/50	26
28	Alan	Latham		39.19	M	42	M U/50	27
29	Dan	O'Sullivan		39.20	M	34	M U/50	28
30	Joseph	Merlini		39.22	M	44	M U/50	29
31	Raoul	Mansukhani	Serpentine	39.23	M	40	M U/50	30
32	Michael	McMillan		39.26	M	28	M U/50	31
33	Victoria	Carter	Serpentine	39.35	F	39	W U/50	1
34	Pete	Lukacs	Serpentine	39.40	M	43	M U/50	32
35	Philip	Wyard	Canterbury harriers	39.44	M	48	M U/50	33
36	Stephane	Schneider	Serpentine	39.46	M	31	M U/50	34
37	Frank	Wood	Hercules W	39.59	M	46	M U/50	35

38	Richard	Selway	Beckenham	40.04	M	45	M U/50	36
39	Massimo	Passamonti		40.09	M	31	M U/50	37
40	Grace	Wu	Serpentine	40.09	F	40	W U/50	2
41	Alistair	Bogle		40.14	M	30	M U/50	38
42	Jeremy	Burke	Serpentine	40.28	M	30	M U/50	39
43	Bertie	Miller	Queens Park H	40.33	M	48	M U/50	40
44				40.39	M		M U/50	41
45	Adrian	Lowery	Bowland Fell Runners (F	40.47	M	40	M U/50	42
46	Stephen	Newport		40.48	M	45	M U/50	43
47	John	Witton		40.52	M	57	M O/50	2
48	James	Donaldson	Blackheath and Bromley	41.01	M	21	M U/50	44
49	Neil	Bourke	Clapham R	41.03	M	29	M U/50	45
50	Mark	George	London Heathside	41.11	M	44	M U/50	46
51	Johan	Schneider		41.15	M	26	M U/50	47
52	Julien	Rocher		41.19	M	31	M U/50	48
53	Joau	Diogo	Queens Park H	41.20	M	40	M U/50	49
54	Sarah	Winter	Stragglers	41.27	F	37	W U/50	3
55	Louise	Croxson	Maidenhead Athletics Clt	41.28	F	35	W U/50	4
56	Jason	Crabtree		41.29	M	35	M U/50	50
57	Theodore	Usherwood	Serpentine	41.30	M	30	M U/50	51
58	Luke	Robinson	Wimbledon Windmilers	41.35	M	33	M U/50	52
59	Neil	O'Keeffe		41.45	M	28	M U/50	53
60	Frank	Harrington		41.55	M	28	M U/50	54
61	David	Gibson		41.57	M	39	M U/50	55
62	Alex	Garner		41.57	M	25	M U/50	56
63	Jonathan	Wright		42.33	M	29	M U/50	57
64	Ted	Danley		42.34	M	27	M U/50	58
65	Neil	Burt		42.35	M	30	M U/50	59
66	Matthew	Hurlock		42.52	M	44	M U/50	60
67	RObert	SMith		42.54	M	29	M U/50	61
68	Mike	O'Sullivan		43.07	M	40	M U/50	62
69	Jean Luc	Hoez	Serpentine	43.10	M	53	M O/50	3
70	Daniel	Riley		43.14	M	31	M U/50	63
71	Ben	Langley		43.26	M	36	M U/50	64
72	Alastar	McHarrie		43.34	M	41	M U/50	65
73	Phil Libs	Westbury		43.35	M	32	M U/50	66
74	Alan	Dunnett		43.37	M	57	M O/50	4
75	Ian	Mursell	Vets AC	43.44	M	59	M O/50	5
76	Claudia	Waitr		43.48	F	32	W U/50	5
77	Jacqui	Young	Queens Park Harriers	43.50	F	30	W U/50	6
78	David	Long		44.05	M	28	M U/50	67
79	Edit	Walsh		44.10	F	36	W U/50	7
80	Philip	Lund		44.16	M	37	M U/50	68
81	Thomas	Thorn		44.28	M	32	M U/50	69
82	Elena	Esper		44.32	F	35	W U/50	8
83	Andrea	Mann	Garden City Runners	44.35	F	39	W U/50	9
84	Oliver	Ashby		44.40	M	26	M U/50	70
85	Paul	Rujevic		44.43	M	29	M U/50	71
86	Victoria	Brown	Serpentine RC	44.44	F	36	W U/50	10
87	Benjamin	Hickling		44.47	M	29	M U/50	72
88	Michael	Smith	Synergy Running Club	44.48	M	24	M U/50	73
89	Freddie	Alcock		44.52	M	32	M U/50	74
90	Lynda	Scott		45.00	F	41	W U/50	11
91	Malcolm	Woodford		45.03	M	33	M U/50	75
92	Andy	Mason		46.10	M	37	M U/50	76
93	Philip	Turley	Epsom&Ewell H	46.25	M	70	M O/70	1
94	Isobel	Hanmer		46.25	F	37	W U/50	12
95	Paul	Corfield		46.30	M	32	M U/50	77

96	Steve	Bugler		46.45	M	26	M U/50	78
97	Samuel	Todd		46.50	M	27	M U/50	79
98	Georgina	Selway	Beckenham	47.04	F	46	W U/50	13
99	Stefano	Vernazza	Stragglers	47.16	M	36	M U/50	80
100	Robin	Pope	Harlow AC	47.26	M	36	M U/50	81
101	Martin	Spence	Vets AC	47.36	M	56	M O/50	6
102	James	Love		47.43	M	30	M U/50	82
103	Tom	Jones		47.43	M	28	M U/50	83
104	Andrew	Dickens	Clapham Pioneers	47.47	M	40	M U/50	84
105	Alison	Nolan	Serpentine	47.48	F	42	W U/50	14
106	Sophie	Hemsworth	Clapham Chasers	48.07	F	30	W U/50	15
107	Glenn	Wallis		48.18	M	44	M U/50	85
108	Robert	Lewis		48.33	M	26	M U/50	86
109	Emi	Murata		48.35	F	30	W U/50	16
110	Mats	Lofuren		48.38	M	37	M U/50	87
111	Seeona	Epiphany		48.39	F	28	W U/50	17
112	Jonathan	McDermott		48.41	M	32	M U/50	88
113	Roger	Fretwell	Serpentine	48.42	M	52	M O/50	7
114	Georgina	Hibbert		48.46	F	34	W U/50	18
115	Annika	Alexopoulou	Clapham Runners	48.50	F	35	W U/50	19
116	Greg	Hasicus?		49.01	M	30	M U/50	89
117	Tom	Whapshott		49.28	M	25	M U/50	90
118	Emma	Reynolds		49.32	F	31	W U/50	20
119	Neil	Hughes		49.38	M	43	M U/50	91
120	Dominic	Hayes		49.43	M	39	M U/50	92
121	Eve	McCalmont		49.43	F	23	W U/50	21
122	Kelly	Balmer		49.57	F	31	W U/50	22
123	Hannah	Cianfarani		49.58	F	35	W U/50	23
124	Matt	Jones		50.00	M	29	M U/50	93
125	Aisling	Fleming		50.04	F	30	W U/50	24
126	Eoin	O Cuilleainain		50.11	M	26	M U/50	94
127	Irena	Tzekina		50.12	F	24	W U/50	25
128	Mauricio	Munilla		50.22	M	38	M U/50	95
129	Patrick	Voss		50.23	M	34	M U/50	96
130	Stephanie	Langbridge		50.23	F	25	W U/50	26
131	James	Anderson		50.25	M	75	M O/70	2
132	Mark	Wrafter		50.26	M	38	M U/50	97
133	Ian	Carrick		50.27	M	45	M U/50	98
134	Richard	Foulkes		50.35	M	40	M U/50	99
135	Greg	Deadman-Gatt		50.53	M	35	M U/50	100
136	Gene	Sulzberger		50.57	M	46	M U/50	101
137	Kay	Bettis	Serpentine	50.59	F	50	W O/50	1
138	Rebecca	Ackroyd		51.08	F	23	W U/50	27
139	Nathalie	Vauterin		51.12	F	42	W U/50	28
140	Annabel	Hudleston		51.23	F	25	W U/50	29
141	Robin	Davies		51.43	M	27	M U/50	102
142	Mark	Havill		52.10	M	42	M U/50	103
143	Alexis	Adams		52.13	M	27	M U/50	104
144	Rachel	Graham		52.14	F	31	W U/50	30
145	Veshak	Purohit		52.22	M	23	M U/50	105
146	Heather	Binney		52.26	F	49	W U/50	31
147	Melloney	Johns	Wimbledon Windmilers	52.26	F	32	W U/50	32
148	Laurence	Distefano		52.32	F	40	W U/50	33
149	Sai-Yee	Lam		52.32	F	35	W U/50	34
150	Brian	Timms	Southern Vets	53.03	M	65	M O/60	1
151	Tori	Gibson		53.06	F	25	W U/50	35
152	Sandra	Naylor		53.18	F	25	W U/50	36
153	Damian	Gardiner		53.23	M	32	M U/50	106

154	Kaye	Murray		53.32	F	30	W U/50	37
155	Juliette	Clark		53.42	F	32	W U/50	38
156	Darrin	Marx		53.42	M	29	M U/50	107
157	Claire	Houston		53.56	F	41	W U/50	39
158	celia	parry		54.13	F	31	W U/50	40
159	Catherine	Apthorpe		54.25	F	32	W U/50	41
160	Carlie	Watts		54.25	F	33	W U/50	42
161	Ian	Podboraczynski		54.44	M	42	M U/50	108
162	Joan	Wales		54.57	F		W U/50	43
163	Annelise	Smith		54.59	F	28	W U/50	44
164	Anna	Cowling		55.09	F	31	W U/50	45
165	Akshay	Kumar		55.10	M	32	M U/50	109
166	Helen	Roberts		55.12	F	44	W U/50	46
167	Hattie	Mauleverer		55.32	F	34	W U/50	47
168	Dave	Clarke	Stragglers	56.23	M	43	M U/50	110
169	Robert	Fortes	Serpentine	56.35	M	63	M O/60	2
170	Susannah	Ramjeet		56.37	F	22	W U/50	48
171	Edwin	Bartlett	Vets AC	56.59	M	66	M O/60	3
172	Sandra	O'Reilly		57.15	F	47	W U/50	49
173	Anna	Fiennes		57.42	F	48	W U/50	50
174	Austen	Slattery		58.05	M	48	M U/50	111
175	Sue	McIntyre	Sutton Runners	58.24	F	49	W U/50	51
176	Alison	Joyce		58.42	F	26	W U/50	52
177	Becca	McDermott	Synergy	58.42	F	24	W U/50	53
178	Nicola	Key		59.04	F	35	W U/50	54
179	Julia	Robertson		59.12	F		W O/50	2
180	Robert	Summerton		59.15	M	48	M U/50	112
181	Sarah	Ramjeet		59.17	F	24	W U/50	55
182	Emily	Rae		59.19	F	28	W U/50	56
183	Dave	Gironi	Serpentine	59.25	M	33	M U/50	113
184	Chris	Smith	Sandhurst Joggers	59.42	M	39	M U/50	114
185	julie	gailhard		59.46	F	22	W U/50	57
186	Matthew	Woolf		60.12	M	28	M U/50	115
187	Neil	Deadman		60.27	M	32	M U/50	116
188	Katy	Macmillan		61.13	F	33	W U/50	58
189	Melissa	Wilkins		61.15	F	24	W U/50	59
190	Kate	Davidson		61.48	F	27	W U/50	60
191	Helen	Worthington		61.56	F	35	W U/50	61
192	Sandra	Payne		62.00	F	31	W U/50	62
193	Olivia	Kirwan		62.10	F	26	W U/50	63
194	Harrison	Louca		63.50	M	20	M U/50	117
195	Suchita	Hathiramani		64.03	F	34	W U/50	64
196	Caroline	Waymel		64.19	F	42	W U/50	65
197	Stephen	Gardiner		64.38	M	27	M U/50	118
198	Nadim	Osseriran		65.05	M	42	M U/50	119
199	Elisabeth	Fusco		65.22	F	55	W O/50	3
200	Stephanie	Frealle		65.54	F	38	W U/50	66
201	Carole	Charpentier		66.02	F	37	W U/50	67
202	Natalie	Fiennes		66.20	F	20	W U/50	68
203	christine	gillespie		66.28	F	29	W U/50	69
204	Michael	Kelley		69.05	M	60	M O/60	4