



# 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 10 K Battersea Park 8am October 1st

### Dear Runners

The warmest October 1st in London on record welcomed a field of 146 runners for our penultimate race of the season. Kevin Quinn set a course record with 31.27. Michael Lehmann set a course record for the Over 70 category with 44.27. Amy Cope was the first lady home in 43.29. A video of today's race will be up on the Run and Become website within a week. Our last race of the season is a 5K on October 22nd at 8.15am - join us there!

A pair of New Balance running shoes were left at the race - they can be picked up at Run and Become in Victoria - please call 0207 222 1314

### MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	AGE
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#### MEN UNDER 50

1st	Kevin	Quinn	AFD	31.27	M	32
2nd	Russell	Bentley		32.50	M	30
3rd	Ben	Shearer	Cambridge Harriers	33.07	M	35
4th	Jacob	Wiebel	Serpentine	33.38	M	26
5th	Bal	Pawel	South London H	33.41	M	28
6th	Rick	Weston	Serpentine	33.47	M	24
7th	Andrew	Orr	serpentine	35.23	M	34

#### WOMEN UNDER 50

1st	Amy	Cope	Serpentine	43.29	F	33
2nd	Rosie	Richards	Dulwich runners	43.57	F	24
3rd	Bernadette	Smith	serpentine	45.10	F	35
4th	Sophie	Bennett		46.39	F	25
5th	Andrea	Mann	Garden City Runners	47.28	F	39
6th	Laura	Jones		47.40	F	28
7th	Laura	Gush		48.05	F	23

### **MEN OVER 50**

1st	Doug	Teesdale		39.12	M	50
2nd	Hugh	Scorgie		40.47	M	51
3rd	Tim	Cherrett		43.23	M	50

### **WOMEN OVER 50**

1st	Joan	Wales		51.22	F	52
2nd	Angela	Cherrett		62.09	F	54

### **MEN OVER 60**

1st	Terry	Avey	Phoenix athletic club	41.31	M	60
2nd	Brian	Tims	Southern Vets	53.18	M	66

### **MEN OVER 70**

1st	Michael	Lehmann	Serpentine	44.27	M	70
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### **OVERALL RESULTS**

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos
1	Kevin	Quinn	AFD	31.27	M	32	M U/50	1
2	Russell	Bentley		32.50	M	30	M U/50	2
3	Ben	Shearer	Cambridge Harriers	33.07	M	35	M U/50	3
4	Jacob	Wiebel	Serpentine	33.38	M	26	M U/50	4
5	Bal	Pawel	South London H	33.41	M	28	M U/50	5
6	Rick	Weston	Serpentine	33.47	M	24	M U/50	6
7	Andrew	Orr	serpentine	35.23	M	34	M U/50	7
8	Colin	Read	Orion H	35.38	M	42	M U/50	8
9	Jack	Scannell	Eryri Harriers	36.55	M	43	M U/50	9
10	Christopher	McCarthy		37.26	M	43	M U/50	10
11	Simon	Harris	Beckenham	37.29	M	38	M U/50	11
12	John	Fletcher	Dulwich Runners	37.57	M	33	M U/50	12
13	Eric	Dol	Herne Hill H	38.00	M	22	M U/50	13
14	Jon	Raggett		38.12	M	34	M U/50	14
15	Ben	Cope	Serpentine	38.17	M	29	M U/50	15
16	Winston	Parkinson	Herne Hill H	38.21	M	38	M U/50	16
17	Justin	Lee		38.37	M	41	M U/50	17
18	Frank	Wood	Hercules W	39.00	M	47	M U/50	18
19	Doug	Teesdale		39.12	M	50	M O/50	1
20	Vladas	Navagrudskas	Na,pagauk!	39.14	M	45	M U/50	19
21	Kieran	Gillick		39.16	M	31	M U/50	20
22	Dan	O'Sullivan		39.21	M	34	M U/50	21
23	Peter	Lukacs	Serpentine	39.24	M	43	M U/50	22
24	alexander	visram	Sheen Shufflers	39.29	M	41	M U/50	23
25	Joseph	Merlini		39.37	M	44	M U/50	24
26	Raoul	Mansukhani	Serpentine	39.53	M	40	M U/50	25
27	Massimiliano	Cenni	Serpentine	39.56	M	41	M U/50	26
28	Hugh	Scorgie		40.47	M	51	M O/50	2
29	Peter	Mawell	Ful-on Tri	40.50	M	39	M U/50	27
30	Simon	Brotherson	Queens Park H	40.55	M	46	M U/50	28
31	Robin	Hodkinson		41.12	M	40	M U/50	29
32	Francis	Kung	Ful-on tri	41.17	M	39	M U/50	30
33	David	Mitchell		41.19	M	42	M U/50	31
34	Terry	Avey	Phoenix athletic club	41.31	M	60	M O/60	1
35	Will	Mitchell	Achilles	41.34	M	46	M U/50	32
36	Jon	Crews	Achilles	41.41	M	43	M U/50	33
37	Philip	Reeves		41.43	M	37	M U/50	34

38	Edward	Rumble		42.15	M	39	M U/50	35
39	Stephen	Harris		42.29	M	41	M U/50	36
40	Rick	Lloyd		42.42	M	38	M U/50	37
41	David	Pollock	Royal Navy	42.45	M	47	M U/50	38
42	Dan	Fitzgerald		42.48	M	25	M U/50	39
43	Shahab	Uddin		42.52	M	33	M U/50	40
44	Ben	Parsons		43.13	M	36	M U/50	41
45	John	Parker		43.14	M	30	M U/50	42
46	David	Lees		43.14	M	43	M U/50	43
47	Tim	Cherrett		43.23	M	50	M O/50	3
48	Amy	Cope	Serpentine	43.29	F	33	W U/50	1
49	Leonardo	Fumarola		43.42	M	27	M U/50	44
50	Hesko	Von Luiccligh		43.46	M	33	M U/50	45
51	Alan	Dunnett		43.47	M	57	M O/50	4
52	Duncan	Blakeway	Sunbury	43.50	M	45	M U/50	46
53	Number 488	???		43.54	M		M U/50	47
54	Simon	Middleton		43.56	M	41	M U/50	48
55	Rosie	Richards	Dulwich runners	43.57	F	24	W U/50	2
56	Michael	Lehmann	Serpentine	44.27	M	70	M O/70	1
57	Tom	Paveley		44.52	M	23	M U/50	49
58	Andrea	Lombardi		44.58	M	37	M U/50	50
59	John	Brown	London Frontrunners	45.07	M	43	M U/50	51
60	Bernadette	Smith	serpentine	45.10	F	35	W U/50	3
61	Alex	Young		45.17	M	29	M U/50	52
62	Ed	Atkins		45.45	M	38	M U/50	53
63	Erik	Johannesson	MOB IF	45.48	M	38	M U/50	54
64	Bruce	Davidson		45.55	M	57	M O/50	5
65	David	Ruegg		46.07	M	41	M U/50	55
66	Sophie	Bennett		46.39	F	25	W U/50	4
67	David	Gardiner		46.40	M	26	M U/50	56
68	James	Morgan		46.51	M	33	M U/50	57
69	Tim	Brunsdon		47.16	M	28	M U/50	58
70	Andrew	Dickens	Clapham Pioneers	47.20	M	41	M U/50	59
71	James	Barber		47.23	M	29	M U/50	60
72	Andrea	Mann	Garden City Runners	47.28	F	39	W U/50	5
73	Philip	Turley	Epsom & Ewell Harriers	47.32	M	71	M O/70	2
74	Laura	Jones		47.40	F	28	W U/50	6
75	Finian	McCann		47.42	M	25	M U/50	61
76	Patrick	Halliday	Reigate	48.00	M	51	M O/50	6
77	Simon	Watson		48.01	M	26	M U/50	62
78	Edmund	Freeman		48.01	M	33	M U/50	63
79	Laura	Gush		48.05	F	23	W U/50	7
80	Hannah	Sola		48.06	F	29	W U/50	8
81	Sinan	Barazi		48.42	M	40	M U/50	64
82	Darrin	Ormston	Sutton Runners	48.52	M	46	M U/50	65
83	Drew	Hyde		48.53	M	50	M O/50	7
84	Tom	Downes		48.57	M	31	M U/50	66
85	Sonia	Pignorel		48.58	F	38	W U/50	9
86	Nic	Casby		49.01	M	30	M U/50	67
87	Jane	Harbage		49.01	F	31	W U/50	10
88	Bryn	Snelson		49.16	M	29	M U/50	68
89	Clifford	Christopher		49.24	M	45	M U/50	69
90	Vickie	Chamberlain		49.25	F	36	W U/50	11
91	Hugh	French	Clapham Chasers	49.55	M	36	M U/50	70
92	Colin	Denny		50.12	M	51	M O/50	8
93	Radi	Konstantinov		50.23	M	28	M U/50	71
94	Ian	Bisset		50.28	M	33	M U/50	72
95	John	Sharpe		50.49	M	45	M U/50	73

96	Nathalie	Vauterin		51.13	F	42	W U/50	12
97	Rebecca	Yeoh		51.16	F	29	W U/50	13
98	Joan	Wales		51.22	F	52	W O/50	1
99	Paul	Breaden		51.28	M	29	M U/50	74
100	Noreen	Dillon		51.34	F	31	W U/50	14
101	John	Brierley		51.57	M	54	M O/50	9
102	Denis	Deasy		52.11	M	54	M O/50	10
103	Rutger	Bruining		52.16	M	33	M U/50	75
104	Laurence	Distefano		52.38	F	41	W U/50	15
105	Claire	Rennie	Herne Hill Harriers	53.06	F	41	W U/50	16
106	Richard	Trigle		53.10	M	53	M O/50	11
107	Brian	Tims	Southern Vets	53.18	M	66	M O/60	2
108	Phil	Mcdowall		53.40	F	35	W U/50	17
109	David	Gustave		54.12	M	44	M U/50	76
110	James	Piers		54.21	M	39	M U/50	77
111	Melissa	Wilkins		54.32	F	24	W U/50	18
112	Kerri	Reid		54.43	F	32	W U/50	19
113	Kathryn	Brown		54.46	F	42	W U/50	20
114	Moir	Smith		54.49	F	45	W U/50	21
115	Richard	Tredgett		54.51	M	33	M U/50	78
116	Donna	Richards	Sutton Runners	54.51	F	45	W U/50	22
117	Richard John	Powell		54.51	M	42	M U/50	79
118	Monika	Kondziela		54.58	F	25	W U/50	23
119	Wihelmina	Van Bekkum		55.08	F	29	W U/50	24
120	Shasha	Jolekha		56.00	F	34	W U/50	25
121	Aneeka	Gupta		56.59	F	29	W U/50	26
122	Mal	Wilson		57.30	M	33	M U/50	80
123	Emily	Rae		57.35	F	29	W U/50	27
124	Louise	Lynch		57.48	F	33	W U/50	28
125	Samantha	James		57.48	F	30	W U/50	29
126	Geraldine	McBride		57.55	F	57	M O/50	12
127	Annie	Coates	TRA	58.22	F	46	W U/50	30
128	Diana	Foxlee		58.54	F	29	W U/50	31
129	Edwin	Bartlett	Vets AC	59.32	M	67	M O/60	3
130	Emanuela	Cisini		60.10	F	33	W U/50	32
131	Ozge	Ozcer		60.22	F	27	W U/50	33
132	Tony	Merritt	Burnham Joggers	60.42	M	71	M O/70	3
133	Davina	Mackenzie		61.04	F	36	W U/50	34
134	Clair	Barrett		61.28	F	29	W U/50	35
135	Stacey	Watson		61.30	F	30	W U/50	36
136	Bethany	Quinlan		61.34	F	26	W U/50	37
137	Lauren	Holmes		61.36	F	26	W U/50	38
138	Kate	Price		61.56	F	44	W U/50	39
139	Angela	Cherrett		62.09	F	54	W O/50	2
140	Sabina	Csok		62.09	F	30	W U/50	40
141	Louise	Bisset	london heathside	62.34	F	40	W U/50	41
142	Caroline	Tindall		64.53	F	38	W U/50	42
143	James	Anderson	Southshields H	108.36	M	75	M O/70	4
144	Sarah	Rearden		109.28	F	30	W U/50	43
145	Laura	Monks		110.24	F	24	W U/50	44
146	Zahra	Bakhshae		127.02	F	29	W U/50	45