



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 Race
Battersea Park
8am
July 13th, 2013

Dear Runners

A Course Record we never thought to be beaten was smashed by more than 2 minutes today! Congratulations to Dave Cox of Woodford Green for setting a new course record in the Vet60 category with a blistering 36.18

Congratulations to 206 runners who embraced the heat and ran the 10K today. Our next Saturday race is a 10K on 3rd August – we look forward to seeing you all then. And don't forget to have a try at our Monday night runs – 2Miles on 15th July, 7pm start.

Medal winners and all results below.

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	Age
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MEN UNDER 50

1st	Michael	O'Neill	Reading	34.26	26
2nd	Basil	Wallace	Herne Hill H	34.29	39
3rd	Oliver	Kean	highgate H	34.42	26
4th	Paul	Cheetham	Barnes RC	35.21	40
5th	Stuart	Farmer	Enfield & Haringey AC	35.25	36
6th	Steve	Monaghan	Dulwich	35.38	43
7th	Patrick	Tweedale	u/a	35.40	34

WOMEN UNDER 50

1st	Marta	Bagnati	Serpentine	40.53	28
2nd	Samantha	Pickford	Wimbledon Windmillers	41.10	33

3rd	Sarah	Lewis		41.23	27
4th	Louisa	Richards	Running Seminars	41.41	30
5th	Tina	Gray	Fulham RC	41.57	30
6th	Alexandra	Sarson		44.41	31
7th	Monika	Crouse	Hercules Wimbledon	45.38	35

MEN VET 50

1st	Glynn	McDonald	London Frontrunners	39.48	50
2nd	Matthew	Taylor		40.06	53
3rd	Hugh	Scorgie		40.10	53

WOMEN VET 50

1st	Jill	Dolphin	Herne Hill H	55.56	51
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MEN VET 60

1st	Dave	Cox	Woodford Green	36.18	60
2nd	Terry	Avey	Brighton Phoenix	41.30	62

MEN VET 70

1st	Philip	Turley	Epsom & Ewell	48.28	72
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Michael	O'Neill	Reading	34.26	26	M	M U/50	1
2	Basil	Wallace	Herne Hill H	34.29	39	M	M U/50	2
3	Oliver	Kean	Highgate Harriers	34.42	26	M	M U/50	3
4	Paul	Cheetham	Barnes RC	35.21	40	M	M U/50	4
5	Stuart	Farmer	Serpentine	35.25	36	M	M U/50	5
6	Steve	Monaghan	london heathside	35.38	43	M	M U/50	6
7	Patrick	Tweedale		35.40	34	M	M U/50	7
8	Craig	Brown	Biggleswade	35.42	34	M	M U/50	8
9	Rob	Shearer	Cambridge H	36.10	35	M	M U/50	9
10	Simon	Wilson	Mornington Chasers	36.12	28	M	M U/50	10
11	Dave	Cox	Woodford Green	36.18	60	M	M O/60	1
12	Peter	Holmes	Serpentine	36.24	35	M	M U/50	11
13	Fintan	Parkinson	Blackheath and Bromely Harriers	36.31	34	M	M U/50	12
14	Mark	Halls	brighton and hove ac	36.34	49	M	M U/50	13
15	Jamie	Smalley	Serpentine RC	36.42	32	M	M U/50	14
16	Nathan	Smeaton	Clapham Chasers	37.00	26	M	M U/50	15
17	Edward	Green	Thames Hare& Hounds	37.15	31	M	M U/50	16
18	Martin	Carmack	serpentine	37.27	43	M	M U/50	17
19	Mark	Speed		37.27	39	M	M U/50	18
20	Raj	Paranandi		37.40	37	M	M U/50	19
21	Kerr	Millar	Queens Park H	37.41	19	M	M U/50	20
22	Floris	Kneefel	Serpentine RC	37.57	42	M	M U/50	21
23	Adam	Davey		38.14	38	M	M U/50	22
24	Paul	O'Neil		38.27	34	M	M U/50	23
25	Tristian	Thornhill	Full on Tri	38.40	34	M	M U/50	24
26	Dylan	Grimes		38.48	45	M	M U/50	25
27	Ian	Girling	Mornington Chasers	38.55	32	M	M U/50	26
28	Alan	Latham		38.58	44	M	M U/50	27
29	Oliver	Dean		39.16	33	M	M U/50	28
30	Simon	Watts		39.20	28	M	M U/50	29

31	Donal	Matheson		39.28	33	M	M U/50	30
32	Tom	Cheetham	hercules Wimbledon	39.31	46	M	M U/50	31
33	Stephen	Campbell	serpentine	39.40	44	M	M U/50	32
34	Gareth	Stace	Dorking & Mole Valley AC	39.44	44	M	M U/50	33
35	Glynn	McDonald	London Frontrunners	39.48	50	M	M O/50	1
36	Eric	Dol	Herne Hill H	39.50	24	M	M U/50	34
37	Martin	Bright	Highgate H	39.54	47	M	M U/50	35
38	Simon	Harris	Beckenham	40.01	40	M	M U/50	36
39	Matthew	Taylor		40.06	53	M	M O/50	2
40	Joao	Diogo	Queens Park H	40.07	42	M	M U/50	37
41	Hugh	Scorgie		40.10	53	M	M O/50	3
42	Mark	Agnew		40.11	29	M	M U/50	38
43	Richard	Hooley	Thames Valley H	40.13	51	M	M O/50	4
44	Bertie	Miller	Queens Park Harriers	40.23	50	M	M O/50	5
45	Andrew	Waddingham		40.23	23	M	M U/50	39
46	Joel	Wiles	Epsom Oddballs RC	40.42	31	M	M U/50	40
47	Scott	Hemmens	Dulwich R	40.48	34	M	M U/50	41
48	Danny	Conyngham	Stragglers	40.51	31	M	M U/50	42
49	Marta	Bagnati	Serpentine RC	40.53	28	F	W U/50	1
50	Richard	Phelan		41.00	27	M	M U/50	43
51	Shunya	Hosogoe		41.02	27	M	M U/50	44
52	Liam	Snelling		41.07	34	M	M U/50	45
53	Samantha	Pickford	Wimbledon Windmillers	41.10	33	F	W U/50	2
54	Stuart	Franklin	Beckenham RC	41.18	47	M	M U/50	46
55	Sarah	Lewis		41.23	27	F	W U/50	3
56	Terry	Avey	Brighton Phoenix	41.30	62	M	M O/60	2
57	John	Witton		41.31	59	M	M O/50	6
58	Ben	Bradshaw		41.36	28	M	M U/50	47
59	Hubert	Brandts		41.39	45	M	M U/50	48
60	Louisa	Richards	Running Seminars	41.41	30	F	W U/50	4
61	Nick	Tovey		41.47	27	M	M U/50	49
62	Simon	Woodley		41.47	37	M	M U/50	50
63	Tina	Gray	Fulham RC	41.57	30	F	W U/50	5
64	Mark	Stewart	Serpentine RC	42.08	35	M	M U/50	51
65	Tom	Poynton	Dulwich Park Runners	42.14	40	M	M U/50	52
66	William	Paxton		42.19	35	M	M U/50	53
67	Janno	Teelem		42.24	33	M	M U/50	54
68	Adam	Lister		42.36	32	M	M U/50	55
69	Michael	Mulligan		42.38	51	M	M O/50	7
70	Ian	McClellan		42.39	36	M	M U/50	56
71		Marshall	Serpentine RC	42.40	42	M	M U/50	57
72	Andy	Yiannouzis		42.42	35	M	M U/50	58
73	Jeff	Saul		42.54	35	M	M U/50	59
74	Dan	Luong	London Frontrunners	42.55	38	M	M U/50	60
75	ANDY	ROY		43.24	36	M	M U/50	61
76	Rhys	Pullen	Serpentine RC	43.38	33	M	M U/50	62
77	Philip	Henshaw		43.46	29	M	M U/50	63
78	Christopher	Harrison		43.51	33	M	M U/50	64
79	Conor	Garland		43.52	30	M	M U/50	65
80	Alan	Dunnett		44.06	60	M	M O/60	3
81	Peter	Mackintosh	Serpentine	44.07	27	M	M U/50	66
82	Simon	Pannell		44.19	52	M	M O/50	8
83	Max	Goodwin	Bromley and Blackheath	44.34	17	M	M U/50	67
84	Roger	Bishop	Clapham pioneers	44.36	29	M	M U/50	68
85	Carlo	Metcalfe		44.38	37	M	M U/50	69
86	Richard	Warren		44.40	28	M	M U/50	70
87	Oliver	Watkins		44.41	30	M	M U/50	71
88	Alexandra	Sarson		44.41	31	F	W U/50	6

89	Oliver	Whittle		44.54	31	M	M U/50	72
90	Henry	Overman		45.19	42	M	M U/50	73
91	Martin	Emery		45.34	36	M	M U/50	74
92	Monika	Crouse	Hercules Wimbledon	45.38	35	F	W U/50	7
93	Lucy	Sterne	Mornington Chasers	45.46	28	F	W U/50	8
94	David	Bavin		45.59	26	M	M U/50	75
95	Cal	Lesser		46.25	38	M	M U/50	76
96	Anna	Coppel		46.30	29	F	W U/50	9
97	Nicola	Ward	Serpentine RC	46.38	40	F	W U/50	10
98	Lisa	Toliday		46.53	31	F	W U/50	11
99	Yann	Marischael		47.00	31	M	M U/50	77
100	Jean Luc	Hoez	Serpentine RC	47.15	55	M	M O/50	9
101	Richard	Berks		47.26	27	M	M U/50	78
102	KENICHI	FUKUHARA		47.35	53	M	M O/50	10
103	Michael	harvey		47.44	32	M	M U/50	79
104	Breanainn	Lambkin		47.45	34	M	M U/50	80
105	Judith	Duffin		47.48	34	F	W U/50	12
106	Agi	Palanki	London Heathside	47.48	35	F	W U/50	13
107	Emma	McClellan		47.53	33	F	W U/50	14
108	Peter	Yates		48.24	30	M	M U/50	81
109	Philip	Turley	epsom ewell harriers	48.28	72	M	M O/70	1
110	Joe	Brown		48.55	33	M	M U/50	82
111	Jennifer	Rankin		49.01	33	F	W U/50	15
112	Graeme	Armstrong		49.05	34	M	M U/50	83
113	Brian	Gallagher		49.08	23	M	M U/50	84
114	Ruth	Gibson	Clapham chasers	49.09	29	F	W U/50	16
115	Kurt	Rodholm	Serpentine	49.15	70	M	M O/70	2
116	Bruce	MacMillan	Running Seminars	49.18	42	M	M U/50	85
117	Kristian	Tapaninaho		49.37	32	M	M U/50	86
118	Dee	Nolan		49.58	27	F	W U/50	17
119	Chris	Bell		50.12	28	M	M U/50	87
120	Jill	Hearne		50.13	31	F	W U/50	18
121	Dale	Holmes		50.19	30	M	M U/50	88
122	Perry	Mercer		50.20	49	M	M U/50	89
123	Suzie	Holder		50.25	30	F	W U/50	19
124	Phil	Spencer		50.37	42	M	M U/50	90
125	Lawrence	Rojas		50.42	25	M	M U/50	91
126	Alison	Whitlock	Striders of Croydon	50.45	33	F	W U/50	20
127	Matthew	Doyle		51.10	38	M	M U/50	92
128	Leanne	White		51.12	48	F	W U/50	21
129	Gemma	Taylor	Clapham chasers	51.22	26	F	W U/50	22
130	Christina	Bowman		51.28	41	F	W U/50	23
131	Jake	Baker		52.04	54	M	M O/50	11
132	Aodhan	Creegan		52.29	30	M	M U/50	93
133	Carlos	Monteiro		52.29	35	M	M U/50	94
134	Michael	Henry		52.31	34	M	M U/50	95
135	Andrew	Brown		52.37	34	M	M U/50	96
136	Jimmy	Serrano		52.38	26	M	M U/50	97
137	Rob	Draper		52.49	38	M	M U/50	98
138	George	Pijuan-Winner		52.53	50	M	M O/50	12
139	Martin	Mason		52.55	51	M	M O/50	13
140	John	Bowman		53.02	38	M	M U/50	99
141	David	Suter		53.12	28	M	M U/50	100
142	Caroline	Doran		53.16	38	F	W U/50	24
143	Colm	Porter		53.21	26	M	M U/50	101
144	Tara	Psaila		53.32	40	F	W U/50	25
145	Fiona	Howe		54.32	26	F	W U/50	26
146	Alex	Garcia		54.44	31	M	M U/50	102

147	Becky	Jenkin		54.44	35	F	W U/50	27
148	Stephanie	Parker		54.53	29	F	W U/50	28
149	Victoria	Ladkin		54.54	30	F	W U/50	29
150	Neil	Dalziel		54.59	27	M	M U/50	103
151	Nicolas	Vallon		54.59	39	M	M U/50	104
152	Steve	Butcher		55.07	55	M	M O/50	14
153	John	Darling		55.11	35	M	M U/50	105
154	Rachel	Newell		55.12	41	F	W U/50	30
155	Yvonne	Evans		55.19	31	F	W U/50	31
156	Anthony	Alleyne		55.21	42	M	M U/50	106
157	Steven	Hallam		55.25	24	M	M U/50	107
158	Anis	Abdullah		55.26	24	F	W U/50	32
159	Julie	Mahoney		55.32	40	F	W U/50	33
160	Susannah	Gill		55.47	39	F	W U/50	34
161	Jill	Dolphin	Herne Hill Harriers	55.56	51	F	W O/50	1
162	Sara	Calverley		56.49	34	F	W U/50	35
163	Grzegorz	Godlewski		57.15	31	M	M U/50	108
164	Mark	Collins		57.30	37	M	M U/50	109
165	Bonnie	Chiang		57.30	34	F	W U/50	36
166	Conor	Nolan		57.38	17	M	M U/50	110
167	Nicola	Vandermeer		58.18	30	F	W U/50	37
168	Meg	Jackson		58.20	35	F	W U/50	38
169	Ann-Marie	Millington		58.22	40	F	W U/50	39
170	Lucy	Komaromy	Clapham Chasers	58.31	30	F	W U/50	40
171	Joanna	Greening		58.44	31	F	W U/50	41
172	Daniel	Waller		58.45	46	M	M U/50	111
173	Claire	Naughton		58.45	33	F	W U/50	42
174	Alex	Tan		59.02	24	M	M U/50	112
175	Belen	Barbed		59.06	15	F	W U/50	43
176	Laura	Hallin		59.10	27	F	W U/50	44
177	Victoria	Mitchell		59.15	23	F	W U/50	45
178	Luke	Jenkin		59.36	37	M	M U/50	113
179	Julian	Torres		59.39	28	M	M U/50	114
180	Sophie	Longbottom		60.35	34	F	W U/50	46
181	Helga	Butcher		61.02	48	M	M U/50	115
182	Siu Kuen	Wong		61.08	37	F	W U/50	47
183	Jennie	Farmer		61.59	34	F	W U/50	48
184	Edwin	Bartlett	Vets AC	62.23	68	M	M O/60	4
185	Nicola	Dearden		62.50	45	F	W U/50	49
186	K	Doyle	u/a	62.50	46	F	W U/50	50
187	Mike	Binning		63.15	30	M	M U/50	116
188	Monica	Binning		63.15	28	F	W U/50	51
189	Yi Peng	Cheah		63.30	23	F	W U/50	52
190	Louise	Greenhalgh		64.00	33	F	W U/50	53
191	Cathy	Williams		64.00	34	F	W U/50	54
192	Evelyn	McDermott		65.22	63	M	M O/60	5
193	Tony	Merritt	Burnham Joggers	65.30	73	M	M O/70	3
194	Lucy	Clark		65.48	35	F	W U/50	55
195	Tom	Baker		66.23	23	M	M U/50	117
196	Rachael	Baker		66.23	31	F	W U/50	56
197	Amy	Maule		66.57	21	F	W U/50	57
198	Kate	Maxted		67.27	34	F	W U/50	58
199	Jonathan	Siao		67.31	24	M	M U/50	118
200	Anne	Nilsson		67.36	34	F	W U/50	59
201	Mandy	Kullar		68.48	33	F	W U/50	60
202	Juliette	Holmes		69.21	29	F	W U/50	61
203	Kirsten	Hyde		69.21	37	F	W U/50	62
204	Clemente	Magliola		73.23	62	M	M O/60	6

205	Avril	Mulcahy		76.20	31	F	W U/50
206	Bethany	Blackburn		92.58	21	F	W U/50
	Miles	Barter	u/a	DNF	51	M	M O/50
	Rob	Cope	Dulwich Runners AC	DNF	40	M	M U/50
	Adrienne	Burns		DNF	30	F	W U/50
	Marilena	De Luca	hercules Wimbledon	DNF	38	F	W U/50
	Hazel	Guilfoyle		DNF	31	F	W U/50
	Sandra	McDougall	Serpentine RC	DNF	32	F	W U/50
	Ricahrd	Morris	Fulham RC		38	M	M U/50
	Jack	Mulcahy			33	M	M U/50
	Louise	Croxson			37	F	W U/50

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