



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

Sri Chinmoy

Sri Chinmoy Self Transcendence 10K

Battersea Park, 8.00am, 17th July 2010

Medal Winners

Men Under 50

Pos	Name	Surname	Club	Time	M/F	Age
1	Fernando	Del Valle		33.38	M	31
2	Philip	Glynn	<i>Wimbledon Hercules</i>	34.28	M	31
3	Caspar	Prestidge	<i>Serpentine</i>	34.31	M	28
4	Alex	Kitromilides	<i>Mornington Chasers</i>	34.52	M	36
5	Andrew	Reeves	<i>Serpentine RC</i>	35.20	M	40
6	Jamie	Bannister	<i>Scottish Athletics</i>	35.25	M	23
7	Stuart	Fraser	<i>Hercules Wimbledon AC</i>	35.25	M	44

Women Under 50

1	Lucie	Custance	<i>Clapham Chasers</i>	38.13	F	31
2	Christine	Lutsch	<i>Serpentine</i>	40.29	F	29
3	Sarah	Williams	<i>Met Police AC</i>	41.11	F	40
4	Louise	Croxson	<i>Highgate harriers</i>	41.18	F	34
5	Melanie	Burdett	<i>Beckenham RC</i>	41.20	F	36
6	Julia	Belyavin	<i>Bristol & West</i>	41.35	F	31
7	Jennifer	Bradley	<i>Serpentine RC</i>	41.44	F	31

Men Over 50

1	John	Foster	<i>Striders of Croydon</i>	37.32	M	51
2	Hugh	Scorgie		40.09	M	50
3	Jean-Luc	Hoez	<i>Serpentine</i>	43.19	M	52

Women Over 50

1	Elizabeth	Fusco		60.30	F	54
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Men Over 60

1	Simon	Gould	<i>u/a</i>	42.37	M	62
2	Robert	Fortes	<i>Serpentine</i>	55.22	M	62

Men Over 70

1	Tony	Merritt	<i>Burnham Loggers</i>	57.11	M	70
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Overall Results

Pos	Name	Surname	Club	Time	M/F	Age	Cat
1	Fernando	Del Valle		33.38	M	31	M U/50
2	Philip	Glynn	<i>Wimbledon Hercules</i>	34.28	M	31	M U/50
3	Caspar	Prestidge	<i>Serpentine</i>	34.31	M	28	M U/50
4	Alex	Kitromilides	<i>Mornington Chasers</i>	34.52	M	36	M U/50
5	Andrew	Reeves	<i>Serpentine RC</i>	35.20	M	40	M U/50
6	Jamie	Bannister	<i>Scottish Athletics</i>	35.25	M	23	M U/50
7	Stuart	Fraser	<i>Hercules Wimbledon AC</i>	35.25	M	44	M U/50
8	Philippe	Cosentino		36.15	M	36	M U/50
9	Andrew	Taylor	<i>Serpentine</i>	36.25	M		M U/50
10	Paul	Harrison	<i>Thames Valley Triathletes</i>	36.29	M	24	M U/50
11	Kevin	Armstrong	<i>Elmbridge Road Runners</i>	36.53	M	28	M U/50
12	Bill	Hetheron	<i>Fulham Running Club</i>	36.55	M	28	M U/50
13	Brian	Stramer	<i>Serpentine</i>	36.57	M	35	M U/50
14	Clive	Alley	<i>Clapham Chasers</i>	37.02	M	37	M U/50
15	Liam	Rogan		37.24	M	30	M U/50
16	John	Foster	<i>Striders of Croydon</i>	37.32	M	51	M O/50
17	Richard	Miher	<i>Serpentine</i>	37.40	M	24	M U/50
18	Charles	Lescott	<i>Serpentine</i>	37.49	M	33	M U/50
19	Richard	Lloyd	<i>Mercia Fell Runners</i>	37.51	M	42	M U/50
20	Dan	Madams		38.02	M	36	M U/50
21	Lucie	Custance	<i>Clapham Chasers</i>	38.13	F	31	W U/50
22	Alistair	Hood	<i>u/a</i>	38.36	M	26	M U/50
23	Brendan	Greene	<i>QPH</i>	38.37	M	38	M U/50
24	David	Clough		38.49	M	22	M U/50
25	Stephen	Mensah		38.51	M	34	M U/50
26	DAVID	MAYOH		39.02	M	35	M U/50
27	?	Brotherson	<i>QPH</i>	39.08	M	45	M U/50
28	Ross	Bailey		39.17	M	29	M U/50
29	M	Roe		39.18	M	36	M U/50
30	Chris	Heyn		39.24	M	29	M U/50
31	Jason	Shinn		39.25	M	38	M U/50
32	Frank	Wood	<i>Hercules Wimbledon AC</i>	39.25	M	45	M U/50
33	Bruno	Ferrari		39.31	M	19	M U/50
34	Liam	Feetham		39.41	M	28	M U/50
35	Yves	Cosentino		39.44	M	36	M U/50

36	alexander	percival	<i>serpentine rc</i>	39.49	M	39	M U/50
37	Joseph	Merlini	<i>Phoenix Tri</i>	39.52	M	43	M U/50
38	Hugh	Scorgie		40.09	M	50	M O/50
39	Damien	Fleming	<i>Serpentine</i>	40.15	M	29	M U/50
40	Raoul	Mansukhani	<i>Serpentine</i>	40.19	M	39	M U/50
41	Christine	Lutsch	<i>Serpentine</i>	40.29	F	29	W U/50
42	Adam	Lawrence	<i>Serpentine</i>	40.32	M	35	M U/50
43	Shaun	Clulee		40.38	M	44	M U/50
44	N	Grove		40.42	M	36	M U/50
45	Stuart	Faulkner		40.44	M	32	M U/50
46	Oliver	Assersohn		40.46	M	30	M U/50
47	Darron	Stone	<i>Serpentine</i>	40.54	M	29	M U/50
48	Stephen	Newport		40.54	M	44	M U/50
49	Ewan	Galbraith		41.08	M	28	M U/50
50	Sarah	Williams	<i>Met Police AC</i>	41.11	F	40	W U/50
51	Mike	Girling		41.13	M	27	M U/50
52	Louise	Croxson	<i>Highgate harriers</i>	41.18	F	34	W U/50
53	Melanie	Burdett	<i>Beckenham RC</i>	41.20	F	36	W U/50
54	Bertie	Miller	<i>QPH</i>	41.24	M	47	M U/50
55	Dan	Mullins		41.29	M	28	M U/50
56	Michael	McMillan		41.33	M	27	M U/50
57	Julia	Belyavin	<i>Bristol & West</i>	41.35	F	31	W U/50
58	Alex	Malzer	<i>Serpentine</i>	41.36	M	40	M U/50
59	Nicholas	Burlington		41.39	M	27	M U/50
60	Gareth	Coady		41.40	M	25	M U/50
61	Joao	Diogo	<i>QPH</i>	41.43	M	39	M U/50
62	Chris	O'Hara	<i>Scottish Athletics</i>	41.44	M	28	M U/50
63	Jennifer	Bradley	<i>Serpentine RC</i>	41.44	F	31	W U/50
64	Caillen	Chapman		41.55	M	28	M U/50
65	Penny	Thorn	<i>Serpentine</i>	42.03	F	35	W U/50
66	Edward	Stringfellow		42.13	M	33	M U/50
67	Nick	Barsley		42.18	M	27	M U/50
68	John	Kirkby	<i>Mornington Chasers</i>	42.22	M	26	M U/50
69	Kate	Comisso	<i>Sheen Shufflers</i>	42.22	F	31	W U/50
70	Anika	Jones	<i>Beckenham RC</i>	42.24	F	36	W U/50
71	Julie	Thrower		42.28	F	36	W U/50
72	Niall	Bourke	<i>Clapham</i>	42.36	M		M U/50
73	Simon	Gould	<i>u/a</i>	42.37	M	62	M O/60
74	Sarah	Bell	<i>Serpentine</i>	42.47	F	25	W U/50
75	Martin	Hill	<i>Queens Park Harriers</i>	42.52	M	43	M U/50
76	Simon	Peake		43.10	M	29	M U/50
77	Jean-Luc	Hoez	<i>Serpentine</i>	43.19	M	52	M O/50
78	Paul	Johnson		43.22	M	44	M U/50
79	Jonathan	Wright		43.30	M	28	M U/50
80	Ala	Dunet		43.30	M		M O/50
81	John	O Sullivan	<i>HHH</i>	43.40	M	54	M O/50

82	Kelly	Mcentee	<i>heaton</i>	43.43	F	33	W U/50
83	Shane	Murtagh	<i>UAF</i>	43.45	M	25	M U/50
84	Steve	Smith	<i>Striders of Croydon</i>	43.52	M	51	M O/50
85	Ian	Mursell	<i>VAC</i>	43.54	M	58	M O/50
86	Dan	O'Sullivan		43.54	M	33	M U/50
87	Lemedu	Berihun		43.59	M	33	M U/50
88	Adrian	Cottreu		44.04	M	47	M U/50
89	Simon	Ogle		44.04	M	40	M U/50
90	Chris	Williams		44.12	M	32	M U/50
91	Aidan	Pendlebury		44.14	M	31	M U/50
92	David	Wood	<i>city of london police AC</i>	44.21	M	47	M U/50
93	Marek	Trybulewicz		44.25	M	33	M U/50
94	John	Hutson		44.43	M	31	M U/50
95	Stephen	Cook	<i>Serpentine</i>	44.44	M	46	M U/50
96	Ciro	Nicoletti		44.44	M	38	M U/50
97	Gareth	Jones		44.50	M	31	M U/50
98	Andrew	McCarthy		44.57	M	25	M U/50
99	Roland	Oliver		45.02	M	41	M U/50
100	E	Van Koten		45.08	M	38	M U/50
101	Michael	Butler		45.12	M	41	M U/50
102	Caroline	Tuck	<i>Dagenham 88 Runners</i>	45.14	F	45	W U/50
103	Victoria	Brown	<i>Serpentine Running Club</i>	45.27	F	35	W U/50
104	Richard	Simon		45.30	M	42	M U/50
105	Steve	Platt	<i>Trail Runners</i>	45.31	M	55	M O/50
106	Melissa	Milner	<i>Serpentine</i>	45.47	F	26	W U/50
107	Matthew	Heyn		46.04	M	28	M U/50
108	Roger	Cannon		46.11	M	46	M U/50
109	Stefano	Vernazza		46.12	M	35	M U/50
110	Omar	Bakhshi		46.19	M	28	M U/50
111	Berni	Smith	<i>Serpentine</i>	46.23	F	34	W U/50
112	Stephen	Mullan		46.25	M	35	M U/50
113	Chris	Styles		46.25	M	32	M U/50
114	Lee	Cropp		46.29	M	34	M U/50
115	Blake	van Koesveld		46.35	M	28	M U/50
116	Leighton	Grist	<i>Serpentine</i>	46.39	M	52	M O/50
117	Mark P W	Robson		46.46	M	52	M O/50
118	Michael	Matthews		46.47	M	27	M U/50
119	Oliver	Smyth		46.50	M	29	M U/50
120	Matthew	Pont		46.59	M	31	M U/50
121	Barbara	Creagh		47.02	F	31	W U/50
122	Philip	Hickson	<i>Fulham RC</i>	47.03	M	36	M U/50
123	Louise	Carlton		47.03	F	27	W U/50
124	Michael	Van Dulken		47.10	M	30	M U/50
125	Maxine	Kelly	<i>London Heathside</i>	47.18	F	30	W U/50
126	Yvonne	Davies		47.20	F	31	W U/50
127	Elizabeth	Ager		47.26	F	44	W U/50

128	Kevin	Murphy		47.27	M	44	M U/50
129	Nick	Tuffs		47.31	M	29	M U/50
130	Sarah	Dawson		47.37	F	36	W U/50
131	Helen	Manning		47.50	F	30	W U/50
132	Paul	Rujevic		47.51	M	28	M U/50
133	Sophie	Hemsworth	<i>Ful On Tri</i>	47.54	F	29	W U/50
134	Steven	Coventry		48.09	M	33	M U/50
135	Simon	Obank		48.12	M	29	M U/50
136	Noirin	Burke		48.13	F	32	W U/50
137	Ian	Carrick		48.24	M	44	M U/50
138	Lyndsey	Sullivan	<i>Elmbridge Road Runners</i>	48.27	F	28	W U/50
139	Michelle	Whiting		48.42	F	31	W U/50
140	Samuel	Dipper		48.51	M	25	M U/50
141	Elin	Boork		48.51	F	29	W U/50
142	Maria	Tornevall		48.51	F	31	W U/50
143	Martin	Spence	<i>Vets AC</i>	48.58	M	55	M O/50
144	James	Muertas		48.58	M	32	M U/50
145	Helen	Ralph		49.15	F		W U/50
146	Hayley	Down		49.15	F	27	W U/50
147	Romy	Tennant		49.22	F	34	W U/50
148	Geoff	Davis		49.36	M	45	M U/50
149	Mark	Flavin		49.38	M	42	M U/50
150	Andy	Hughes		49.49	M	24	M U/50
151	Georgina	Hibbert		49.54	F	33	W U/50
152	Greg	Sendell		49.54	M	40	M U/50
153	Sue	Browne		49.54	F	44	W U/50
154	Kate	Straker		49.59	F	29	W U/50
155	John	Pickles		50.12	M	32	M U/50
156	Paul	Kharbanod	<i>Serpentine</i>	50.20	M	37	M U/50
157	Ewen	Findlay		50.29	M	34	M U/50
158	Fred	Drabble		50.31	M	27	M U/50
159	Arnaud	Deleflotte		50.40	M	30	M U/50
160	Harry	Melck		50.40	M	35	M U/50
161	Kim	Scarfe	<i>Clapham Chasers</i>	50.41	F	30	W U/50
162	Tereza	Pilnackova		50.42	F	28	W U/50
163	Cartly	Lightowlers		50.47	F	28	W U/50
164	Ben	Chittick		51.15	M	35	M U/50
165	Gergana	Yordanova	<i>Serpentine</i>	51.15	F	33	W U/50
166	Matt	Jarman		51.30	M	34	M U/50
167	Colleen	Williams	<i>British Military Fitness</i>	51.36	F	37	W U/50
168	Diane	Toothill		51.38	F	44	W U/50
169	Tim	Backhouse		51.41	M	29	M U/50
170	Tamsin	Bailey		51.42	F	26	W U/50
171	Suzie	Beck		51.42	F	29	W U/50
172	Claire	Thomas		51.57	F	26	W U/50
173	Kristy	Hutchinson		52.05	F	31	W U/50

174	Daniel	Ebanks		52.21	M	33	M U/50
175	John	Andrews		52.29	M	28	M U/50
176	Fiona	Macdonald		52.33	F	30	W U/50
177	Matthew	Fell	<i>Clapham Chasers</i>	52.59	M	30	M U/50
178	Joanna	Wilkins		53.00	F	32	W U/50
179	JP	Hemingway		53.03	M	38	M U/50
180	Paul	Hanson	<i>u/a</i>	53.05	M	31	M U/50
181	David	Embleton	<i>u/a</i>	53.05	M	44	M U/50
182	Caroline	Glynn	<i>Wimbledon Hercules</i>	53.22	F	31	W U/50
183	Ashvin	Nair		53.43	M	31	M U/50
184	Assia	Grazioli Venier		53.57	F	29	W U/50
185	Georgie	Surrey		54.02	F	29	W U/50
186	Rachel	morse	<i>u/a</i>	54.06	F	27	W U/50
187	Rachel	Kearsey		54.25	F	31	W U/50
188	Tim	Gray		54.46	M	32	M U/50
189	Robert	Fortes	<i>Serpentine</i>	55.22	M	62	M O/60
190	Trevor	Francis	<i>Serpentine</i>	55.36	M	58	M O/50
191	Philip	Hickson	<i>Fulham RC</i>	55.38	M	36	M U/50
192	Samantha	Preslany		55.47	F		W U/50
193	Patricia	Dente		56.08	F	35	W U/50
194	Tamsin	Nunley		56.23	F	34	W U/50
195	Alan	Muggridge		56.33	M	30	M U/50
196	Sheree	Colclough		56.35	F	41	W U/50
197	Louise	wade		56.40	F	41	W U/50
198	Ayla	Sedore		56.44	F	26	W U/50
199	James	Whiting		57.10	M	27	M U/50
200	Tony	Merritt	<i>Burnham loggers</i>	57.11	M	70	M O/70
201	Joseph	Michael		57.18	M	29	M U/50
202	Joanne	Deaden		57.31	F		W U/50
203	Hazel	Mowbray		57.39	F	26	W U/50
204	David	Gironi	<i>Serpentine</i>	57.55	M	33	M U/50
205	Edwin	Bartlett	<i>VAC</i>	57.56	M	65	M O/60
206	Alexandra	Wilmshurst		57.58	F	29	W U/50
207	Kimberley	Stone		57.58	F	28	W U/50
208	Michelle	Kramer		58.00	F	37	W U/50
209	Tim	Powell		58.35	M	42	M U/50
210	Corli	Van Molendorff		58.42	F	26	W U/50
211	Luisa	Crespo		58.50	F	36	W U/50
212	Lorrayne	Shaw		58.54	F	44	W U/50
213	Ciana	Skeete		59.15	F	32	W U/50
214	Abigail	Burton-Hopkins		59.16	F	32	W U/50
215	Kate	Price		59.26	F	43	W U/50
216	Matthew	Walker		59.30	M	24	M U/50
217	Helen	Moffatt		59.47	F	30	W U/50
218	Steven	O'Connor	<i>u/a</i>	60.08	M	36	M U/50
219	John	Andrews		60.25	M	58	M O/50

220	Elizabeth	Fusco		60.30	F	54	W O/50
221	Gordon	Caufield		60.56	M	35	M U/50
222	Lydia	Chadwick		61.20	F	30	W U/50
223	Kim	Lamont		61.30	F	33	W U/50
224	Madeline	Schmidt		61.42	F	27	W U/50
225	Stephen	Alcock		61.42	M	28	M U/50
226	Tad	Lancucki	100 Marathon Club	62.06	M	60	M O/60
227	Babette	Finnigan		62.30	F	34	W U/50
228	Naomi	Ngei		62.38	F		W U/50
229	Jeffrey	Crowe		63.07	M	31	M U/50
230	Andrew	Maguire		63.30	M	26	M U/50
231	Ashley	Misiurak		63.30	F	26	W U/50
232	Camille	Roegiers		63.41	F	22	W U/50
233	Rachel	Briggs		63.52	F	33	W U/50
234	Avinash	Doshi		63.53	M	27	M U/50
235	Louisa	Paul		63.58	F		
236	Robert	Kitromilides		64.11	M	38	M U/50
237	Ran	Sun		64.53	F	35	W U/50
238	Joanne	Cochrane		65.05	F	27	W U/50
239	Evelyn	McDermott		65.27	M	60	M O/60
240	Mike	Browne	VAC	66.20	M	79	M O/70
241	Ian	Linfield		68.03	M	53	M O/50
242	Alison	Ryan		70.11	F	30	W U/50
243	Lucy	Biddulph		70.25	F	32	W U/50
244				71.03	F		W U/50
245	Taryn	Williams		71.09	F	24	W U/50
246	Karina	Beasley		72.01	F	41	W U/50
247	Julianne	Hemingway		74.46	F	39	W U/50
248	Emma	Cannon		74.46	F	42	W U/50
249	Hannah	McGoran		75.48	F	29	W U/50
250	Tsitsi	Madzingira		88.03	F	21	W U/50
251	Naomi	Mwamba		88.03	F	22	W U/50