



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 2 miles Battersea Park 7pm June 6th

Dear Runners

Our first 2 mile race of the season was completed in under 10 minutes by the first two men finishers Thomas Beedell and Mike Cummings. Jessica Anstee won the womens race in 12.47. Our next race is a 10K this coming Saturday 11th June at 8am. On Monday 13th June we will have our next 5K race at 7pm. See you there! All results are registered with the Power of 10.

MEDAL WINNERS

| NAME | SURNAME | CLUB | TIME | AGE |
|------|---------|------|------|-----|
|------|---------|------|------|-----|

MEN UNDER 50

| | | | | | | |
|-----|--------|----------|------------------------|-------|---|----|
| 1st | Thomas | Beedell | Kingston | 9.39 | M | 24 |
| 2nd | Mike | Cummings | Herne Hill Harriers | 9.47 | M | 26 |
| 3rd | Martin | Shore | Thames Hare and Hounds | 10.04 | M | 35 |
| 4th | Darren | Tanner | Clapham Chasers | 10.25 | M | 34 |
| 5th | Graham | Block | The Stragglers | 10.30 | M | 31 |
| 6th | Thomas | Grimes | | 10.39 | M | 31 |
| 7th | Simon | Beedell | Chiltern Harriers | 10.51 | M | 24 |

WOMEN UNDER 50

| | | | | | | |
|-----|----------|-----------|----------------------|-------|---|----|
| 1st | Jessica | Anstee | Wimbledon Windmilers | 12.47 | F | 28 |
| 2nd | Siobhan | Reddy | Serpentine | 13.24 | F | 39 |
| 3rd | Meredith | Bochmann | | 13.34 | F | 34 |
| 4th | Hay-Sun | Blunt | | 13.52 | F | 29 |
| 5th | Kate | Webb | | 13.57 | F | 27 |
| 6th | Emma | Waterfall | | 14.09 | F | 30 |
| 7th | Penelope | Fixter | Herne Hill Harriers | 14.44 | F | 34 |

MEN OVER 50

| | | | | | | |
|-----|--------------|------------------|----------------------------|-------|----------|----|
| 1st | <i>Pete</i> | <i>Crockford</i> | <i>London Heathside</i> | 12.46 | <i>M</i> | 53 |
| 2nd | <i>David</i> | <i>Moscrop</i> | <i>Garden City Runners</i> | 12.52 | <i>M</i> | 52 |
| 3rd | <i>Tom</i> | <i>Morris</i> | <i>Hercules Wimbledon</i> | 13.03 | <i>M</i> | 53 |

WOMEN OVER 50

| | | | | | | |
|-----|---------------|----------------------|---------------------------|-------|----------|----|
| 1st | <i>Andrea</i> | <i>Sanders-Reece</i> | <i>Mornington Chasers</i> | 13.16 | <i>F</i> | 55 |
| 2nd | <i>Sarah</i> | <i>Newton</i> | <i>Serpentine</i> | 14.05 | <i>F</i> | 53 |
| 3rd | <i>Karen</i> | <i>Samuel</i> | <i>Kent Athletic</i> | 16.39 | <i>F</i> | 50 |

MEN OVER 60

| | | | | | | |
|-----|--------------|-----------------|----------------|-------|----------|----|
| 1st | <i>Derek</i> | <i>Wardle</i> | <i>VAC</i> | 13.14 | <i>M</i> | 64 |
| 2nd | <i>Edwin</i> | <i>Bartlett</i> | <i>Vets AC</i> | 16.58 | <i>M</i> | 66 |

WOMEN UNDER 16

| | | | | | | |
|-----|---------------|---------------|-------------------------------|-------|----------|----|
| 1st | <i>Bethen</i> | <i>Turner</i> | <i>Victoria Park Harriers</i> | 15.01 | <i>F</i> | 14 |
|-----|---------------|---------------|-------------------------------|-------|----------|----|

MEN UNDER 16

| | | | | | | |
|-----|----------------|-------------------------|-------------------------------|-------|----------|----|
| 1st | <i>Jackson</i> | <i>Spielmeier-Payne</i> | <i>Victoria Park Harriers</i> | 12.43 | <i>M</i> | 13 |
|-----|----------------|-------------------------|-------------------------------|-------|----------|----|

OVERALL RESULTS

| Pos | Name | Surname | Club | Time | M/F | Age | Cat | Cat Pos |
|------------|-----------------|-------------------------|-------------------------------|-------------|------------|------------|---------------|----------------|
| 1 | <i>Thomas</i> | <i>Beedell</i> | <i>Kingston</i> | 9.39 | <i>M</i> | 24 | <i>M U/50</i> | 1 |
| 2 | <i>Mike</i> | <i>Cummings</i> | <i>Herne Hill Harriers</i> | 9.47 | <i>M</i> | 26 | <i>M U/50</i> | 2 |
| 3 | <i>Martin</i> | <i>Shore</i> | <i>Thames Hare and Hounds</i> | 10.04 | <i>M</i> | 35 | <i>M U/50</i> | 3 |
| 4 | <i>Darren</i> | <i>Tanner</i> | <i>Clapham Chasers</i> | 10.25 | <i>M</i> | 34 | <i>M U/50</i> | 4 |
| 5 | <i>Graham</i> | <i>Block</i> | <i>The Stragglers</i> | 10.30 | <i>M</i> | 31 | <i>M U/50</i> | 5 |
| 6 | <i>Thomas</i> | <i>Grimes</i> | | 10.39 | <i>M</i> | 31 | <i>M U/50</i> | 6 |
| 7 | <i>Simon</i> | <i>Beedell</i> | <i>Chiltern Harriers</i> | 10.51 | <i>M</i> | 24 | <i>M U/50</i> | 7 |
| 8 | <i>Sam</i> | <i>Whittaker</i> | <i>Serpentine</i> | 10.56 | <i>M</i> | 32 | <i>M U/50</i> | 8 |
| 9 | <i>David</i> | <i>Evans</i> | <i>Muddy Mucky Munkeys</i> | 11.04 | <i>M</i> | 42 | <i>M U/50</i> | 9 |
| 10 | <i>Tim</i> | <i>Sharp</i> | | 11.15 | <i>M</i> | 33 | <i>M U/50</i> | 10 |
| 11 | <i>Brian</i> | <i>Dennehy</i> | <i>Heathside</i> | 11.17 | <i>M</i> | 26 | <i>M U/50</i> | 11 |
| 12 | <i>John</i> | <i>O'Shea</i> | <i>Highate Harriers</i> | 11.32 | <i>M</i> | 48 | <i>M U/50</i> | 12 |
| 13 | <i>Nick</i> | <i>Holt</i> | <i>Nene Valley Harriers</i> | 11.39 | <i>M</i> | 30 | <i>M U/50</i> | 13 |
| 14 | <i>Oli</i> | <i>Christy</i> | <i>Clapham Chasers</i> | 11.51 | <i>M</i> | 27 | <i>M U/50</i> | 14 |
| 15 | <i>Luis</i> | <i>Gonzalez</i> | | 11.57 | <i>M</i> | 25 | <i>M U/50</i> | 15 |
| 16 | <i>John</i> | <i>Matthews</i> | <i>26.2RRC</i> | 12.01 | <i>M</i> | 38 | <i>M U/50</i> | 16 |
| 17 | <i>Anthony</i> | <i>Impey</i> | | 12.3 | <i>M</i> | 38 | <i>M U/50</i> | 17 |
| 18 | <i>Jackson</i> | <i>Spielmeier-Payne</i> | <i>Victoria Park Harriers</i> | 12.43 | <i>M</i> | 13 | <i>M U/16</i> | 1 |
| 19 | <i>Jasper</i> | <i>Crockford</i> | <i>London Heathside</i> | 12.45 | <i>M</i> | 13 | <i>M U/16</i> | 2 |
| 20 | <i>Peter</i> | <i>Stephenson</i> | <i>PAAA</i> | 12.45 | <i>M</i> | 47 | <i>M U/50</i> | 18 |
| 21 | <i>Pete</i> | <i>Crockford</i> | <i>London Heathside</i> | 12.46 | <i>M</i> | 53 | <i>M O/50</i> | 1 |
| 22 | <i>Jessica</i> | <i>Anstee</i> | <i>Wimbledon Windmilers</i> | 12.47 | <i>F</i> | 28 | <i>W U/50</i> | 1 |
| 23 | <i>David</i> | <i>Moscrop</i> | <i>Garden City Runners</i> | 12.52 | <i>M</i> | 52 | <i>M O/50</i> | 2 |
| 24 | <i>Tom</i> | <i>Morris</i> | <i>Hercules Wimbledon</i> | 13.03 | <i>M</i> | 53 | <i>M O/50</i> | 3 |
| 25 | <i>Michael</i> | <i>Winkler</i> | | 13.09 | <i>M</i> | 53 | <i>M O/50</i> | 4 |
| 26 | <i>Philip</i> | <i>Hickson</i> | <i>Fulham RC</i> | 13.13 | <i>M</i> | 36 | <i>M U/50</i> | 19 |
| 27 | <i>Derek</i> | <i>Wardle</i> | <i>VAC</i> | 13.14 | <i>M</i> | 64 | <i>M O/60</i> | 1 |
| 28 | <i>Andrea</i> | <i>Sanders-Reece</i> | <i>Mornington Chasers</i> | 13.16 | <i>F</i> | 55 | <i>W O/50</i> | 1 |
| 29 | <i>Jean-Luc</i> | <i>Hoez</i> | <i>Serpentine</i> | 13.20 | <i>M</i> | 53 | <i>M O/50</i> | 5 |
| 30 | <i>Siobhan</i> | <i>Reddy</i> | <i>Serpentine</i> | 13.24 | <i>F</i> | 39 | <i>W U/50</i> | 2 |
| 31 | <i>Charles</i> | <i>Craven</i> | <i>Fulham</i> | 13.27 | <i>M</i> | 48 | <i>M U/50</i> | 20 |
| 32 | <i>Ian</i> | <i>Mursell</i> | <i>VAC</i> | 13.27 | <i>M</i> | 59 | <i>M O/50</i> | 6 |
| 33 | <i>Meredith</i> | <i>Bochmann</i> | | 13.34 | <i>F</i> | 34 | <i>W U/50</i> | 3 |

| | | | | | | | | |
|----|----------|------------|------------------------|-------|---|----|--------|----|
| 34 | Oliver | Craven | Fulham RC | 13.45 | M | 13 | M U/16 | 3 |
| 35 | Hay-Sun | Blunt | | 13.52 | F | 29 | W U/50 | 4 |
| 36 | Kate | Webb | | 13.57 | F | 27 | W U/50 | 5 |
| 37 | Sarah | Newton | Serpentine | 14.05 | F | 53 | W O/50 | 2 |
| 38 | Emma | Waterfall | | 14.09 | F | 30 | W U/50 | 6 |
| 39 | Patrick | Halliday | Reigate Runners | 14.13 | M | 51 | M O/50 | 7 |
| 40 | Penelope | Fixter | Herne Hill Harriers | 14.44 | F | 34 | W U/50 | 7 |
| 41 | Bethen | Turner | Victoria Park Harriers | 15.01 | F | 14 | W U/16 | 1 |
| 42 | Rick | Burne | Fulham RC | 15.16 | M | 54 | M O/50 | 8 |
| 43 | Ian | Hall | Serpentine | 15.22 | M | 58 | M O/50 | 9 |
| 44 | Rod | Smith | | 15.26 | M | 47 | M U/50 | 21 |
| 45 | Neil | Davies | serpentine | 15.55 | M | 46 | M U/50 | 22 |
| 46 | Kate | Martin | | 15.58 | F | 14 | W U/16 | 2 |
| 47 | Nicholas | Martin | | 15.58 | M | 17 | M U/50 | 23 |
| 48 | Thomas | Wilkie | Collingwood AC | 16.34 | M | 58 | M O/50 | 10 |
| 49 | Karen | Samuel | Kent Athletic | 16.39 | F | 50 | W O/50 | 3 |
| 50 | Chris | Parr | | 16.46 | M | 33 | M U/50 | 24 |
| 51 | Ian | Isherwood | Hercules Wimbledon | 16.56 | M | 58 | M O/50 | 11 |
| 52 | Edwin | Bartlett | Vets AC | 16.58 | M | 66 | M O/60 | 2 |
| 53 | Dave | Gironi | Serpentine | 17.16 | M | 33 | M U/50 | 25 |
| 54 | Lucia | Montesinos | Striders of Croydon | 17.25 | F | 27 | W U/50 | 8 |
| 55 | Evelyn | McDermott | | 18.35 | M | 61 | M O/60 | 3 |
| 56 | Peter | Torre | Vets AC | 22.13 | M | 69 | M O/60 | 4 |