



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  
July 15th, 2013

Dear Runners

Our next race is a 5K on Monday 22nd July 7pm.  
See you there ...

**MEDAL WINNERS**

	NAME	SURNAME	CLUB	TIME	M/F	Age
<b><u>MEN UNDER 50</u></b>						
1st	Rick	Weston	Serpentine	9.45	M	26
2nd	Alex	Davy	Leeds City AC	9.50	M	24
3rd	Will	Brewin		10.02	M	26
4th	Mohammed	Ismail	HHH	10.22	M	32
5th	Ramon	Barrachina	El Soliva	10.26	M	36
6th	Robbie	Cox	Woodford Green	10.27	M	31
7th	Eoghan	O'Neill	Fulham RC	10.58	M	31
<b><u>MEN UNDER 16</u></b>						
1st	Gabriel	Barnett	TVH	13.50	M	14

## WOMEN UNDER 50

1st	Tina	Gray	Fulham RC	12.10	F	30
2nd	Sarah	Knox	Serpentine	12.21	F	43
3rd	Jenna	Mullet	Clapham Chasers	12.55	F	28
4th	Terezie	Cancikova		13.09	F	28
5th	Louisa	Pritchard	Dulwich Runners	14.23	F	41
6th	Victoria	Clarkson		14.56	F	23
7th	Veronica	Mico		16.19	F	31

## MEN VET 50

1st	Tony	Tuohy	Dulwich Runners	10.29	M	50
2nd	Glynn	McDonald	London Fronrunners	11.55	M	50
3rd	Hugh	Scorgie		12.06	M	53

## WOMEN VET 50

1st	Andrea	Sanders-Reece	Mornington Chasers	13.15	F	57
2nd	Annette	Helliwell	Collingwood AC	15.07	F	54

## MEN VET 60

1st	Ian	Mursell	VAC	13.22	M	61
2nd	Dennis	Williams	Hercules Wimbledon	16.24	M	67

## WOMEN VET 60

1st	Lesley	Young	Dulwich Park Runners	25.09	F	62
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## MEN VET 70

1st	Joe	Aspinall	VAC	15.45	M	75
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## OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Rick	Weston	Serpentine	9.45	M	26	M U/50	1
2	Alex	Davy	Leeds City AC	9.50	M	24	M U/50	2
3	Will	Brewin		10.02	M	26	M U/50	3
4	Mohammed	Ismail	HHH	10.22	M	32	M U/50	4
5	Ramon	Barrachina	El Soliva	10.26	M	36	M U/50	5
6	Robbie	Cox	Woodford Green	10.27	M	31	M U/50	6
7	Tony	Tuohy	Dulwich Runners	10.29	M	50	M O/50	1
8	Eoghan	O'Neill	Fulham RC	10.58	M	31	M U/50	7
9	Jeremy	Oldaker	London Fronrunners	10.59	M	31	M U/50	8
10	Nick	Gold		11.03	M	40	M U/50	9
11	Peter	Holmes	Serpentine	11.07	M	35	M U/50	10
12	Christian	Nielsen		11.09	M	38	M U/50	11
13	Tom	Moseley		11.23	M	32	M U/50	12
14	Edward	Holland	London Fronrunners	11.38	M	30	M U/50	13
15	Robin	Savage		11.43	M	40	M U/50	14
16	Chris	Catt	Sutton Runners	11.49	M	31	M U/50	15
17	Mark	Burkett	Bishops Stortford	11.52	M	49	M U/50	16
18	Glynn	McDonald	London Fronrunners	11.55	M	50	M O/50	2
19	Oliver	Collis	Collingwood AC	11.59	M	23	M U/50	17
20	Frank	Wood	Hercules Wimbledon	12.03	M	48	M U/50	18
21	Will	Parry	London Fronrunners	12.03	M	45	M U/50	19
22	Hugh	Scorgie		12.06	M	53	M O/50	3
23	Kevin	Lally	Serpentine	12.07	M	44	M U/50	20
24	Tina	Gray	Fulham RC	12.10	F	30	W U/50	1

25	Mark	Kell	Serpentine	12.12	M	32	M U/50	21
26	Tony	Wain	Serpentine	12.15	M	48	M U/50	22
27	Martin	Bright	Highate Harriers	12.17	M	47	M U/50	23
28	Sarah	Knox	Serpentine	12.21	F	43	W U/50	2
29	John	Keenan	London Fronrunners	12.26	M	41	M U/50	24
30	Terry	Avey	brighton phoenix	12.46	M	62	M O/50	4
31	Nick	Wahla		12.52	M	50	M O/50	5
32	Jenna	Mullet	Clapham Chasers	12.55	F	28	W U/50	3
33	Terezie	Cancikova		13.09	F	28	W U/50	4
34	Tony	Gallagher	Sutton Runners	13.09	M	57	M O/50	6
35	Andrea	Sanders-Reece	Mornington Chasers	13.15	F	57	W O/50	1
36	Tom	Morris	Hercules Wimbledon	13.17	M	55	M O/50	7
37	Brian	Pickles	Serpentine	13.21	M	55	M O/50	8
38	Ian	Mursell	VAC	13.22	M	61	M O/60	1
39	Philip	Hickson	Fulham	13.28	M	39	M U/50	25
40	Nayan	Mistry	Wimbledon Windmilers	13.32	M	34	M U/50	26
41	Gabriel	Barnett	TVH	13.50	M	14	M U/16	1
42	Mark	Reid		14.10	M	42	M U/50	27
43	Rob	Crane		14.20	M	38	M U/50	28
44	Louisa	Pritchard	Dulwich Runners	14.23	F	41	W U/50	5
45	John	O'Sullivan	Herne Hill Harriers	14.25	M	57	M O/50	9
46	Victoria	Clarkson		14.56	F	23	W U/50	6
47	Ennis	Barnett	TVH	15.06	M	11	M U/16	2
48	Annette	Helliwell	Collingwood AC	15.07	F	54	W O/50	2
49	John	Sharpe		15.07	M	46	M U/50	29
50	Greg	Neal	Watford Harriers	15.17	M	58	M O/50	10
51	Joe	Aspinall	VAC	15.45	M	75	M O/70	1
52	Veronica	Mico		16.19	F	31	W U/50	7
53	Dennis	Williams	Hercules Wimbledon	16.24	M	67	M O/60	2
54	Donna	Richards	South London Harriers	16.25	F	47	W U/50	8
55	Charlie	Dunbar-Aladren		16.30	M	11	M U/16	3
56	Salina	Christmas	Serpentine	16.32	F	41	W U/50	9
57	Elena	Mancera		17.28	F	28	W U/50	10
58	Nia	Dunbar		17.51	F	36	W U/50	11
59	Jessica	Nielsen		17.54	F	33	W U/50	12
60	Edwin	Bartlett	VAC	18.26	M	68	M O/60	3
61	Evelyn	McDermott		18.57	M	63	M O/60	4
62	Peter	Torre	Mornington Chasers	19.20	M	71	M O/70	2
63	Oliver	Heggs		19.53	M	49	M U/50	30
64	Gretchen	Dahlberg		21.36	F	45	W U/50	13
65	Nicola	Dunger		21+	F	27	W U/50	14
66	Andrew	McNamara	GYDAC	21+	M	30	M U/50	31
67	Doug	Teesdale		21.48	M	51	M O/50	11
68	Michael	Matthews	Ranelagh	24.29	M	71	M O/70	3
69	Lesley	Young	Dulwich Park Runners	25.09	F	62	W O/60	1