



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
5 K Race
Battersea Park
7pm
July 22nd, 2013

Dear Runners

Congratulations to everyone who braved the hottest day of the year and ran the 5K tonight. Our next Monday race is a 5K on 29th July - we look forward to seeing you all then.

Medal winners and all results below.

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	Age
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MEN UNDER 50

1st	Ryan	Evans	South London H	15.56	28
2nd	Will	Brewin		16.06	26
3rd	Andrew	Lawrence	Morpeth H	16.13	27
4th	John	Kettle	Herne Hill H	16.23	37
5th	Alex	Davy	Leeds City AC	16.28	24
6th	Jamie	Hogg	Serpentine	16.29	39
7th	Jack	Hillier	Wycombe Phoenix H	16.33	23

WOMEN UNDER 50

1st	Tina	Harris	Wellington Scottish (NZ)	17.46	30
2nd	Lucy	Reid	Tonbridge AC	19.20	20
3rd	Jacquelyn	Wright		20.23	46
4th	Evelina	Månsson		20.35	24

5th	Terezie	Cancikova		21.07	28
6th	Hope	Sloly	Mornington Chasers	22.10	31
7th	Louisa	Pritchard	Dulwich R	22.32	41

MEN VET 50

1st	Tom	Morris	Hercules Wimbledon	21.42	55
2nd	Tony	Gallagher	Sutton R	21.58	57
3rd	Jean Luc	Hoez	Serpentine	22.10	55

WOMEN VET 50

1st	Annette	Helliwell	Collingwood AC	23.44	54
2nd	Sarah	Newton	Serpentine RC	27.07	56
3rd	Joy	Williams	u/a	33.06	54

MEN VET 60

1st	Mike	Mann	Dulwich R	19.59	65
2nd	Terry	Avey	brighton phoenix	20.25	62

MEN VET 70

1st	Joe	Aspinall	Vets AC	25.09	75
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Ryan	Evans	South London Harriers	15.56	M	M	M U/50	1
2	Will	Brewin		16.06	M	M	M U/50	2
3	Andrew	Lawrence	Morpeth H	16.13	M	M	M U/50	3
4	John	Kettle	Herne Hill Harriers	16.23	M	M	M U/50	4
5	Alex	Davy	Leeds City	16.28	M	M	M U/50	5
6	Jamie	Hogg	Serpentine	16.29	M	M	M U/50	6
7	Jack	Hillier	Wycombe Phoenix H	16.33	M	M	M U/50	7
8	Joseph	Clark		16.33	M	M	M U/50	8
9	Ramon	Barrachina	El Solivo (Spain)	16.37	M	M	M U/50	9
10	Robert	Tuer	Clapham Chasers	16.53	M	M	M U/50	10
11	Robbie	Cox	Woodford Green	16.58	M	M	M U/50	11
12	Daniel	Bentley-Gouldstone	Beckenham Running Club	17.13	M	M	M U/50	12
13	Justin	Greenslade	Serpentine	17.20	M	M	M U/50	13
14	Conor	Richardson	? RC	17.22	M	M	M U/50	14
15	Jonathan	Blackburn		17.25	M	M	M U/50	15
16	Jonathan	Moscrop	London Frontrunners	17.26	M	M	M U/50	16
17	Peter	Holmes	Serpentine	17.39	M	M	M U/50	17
18	Tina	Harris	Wellington Scottish (NZ)	17.46	F	M	W U/50	1
19	Christian	Nielsen		18.12	M	M	M U/50	18
20	Martin	Carmach	Serpentine	18.13	M	M	M U/50	19
21	David	Comb		18.14	M	M	M U/50	20
22	Paul	Boschen	London Frontrunners	18.14	M	M	M U/50	21
23	Paul	Quinton	East London Runners	18.18	M	M	M U/50	22
24	Jeremy	Oldaker	London Frontrunners	18.19	M	M	M U/50	23
25	Jonathan	Abel		18.23	M	M	M U/50	24
26	Dylan	Grimes	Barnes Runners	18.24	M	M	M U/50	25
27	Matthieu	Prevot	Clapham Chasers	18.31	M	M	M U/50	26
28	Mark	Griffiths		18.33	M	M	M U/50	27
29	Justin	Lee	Serpentine	18.38	M	M	M U/50	28

30	Jon	Kyte	Harrow AC	18.40	M	M	M U/50	29
31	Robert	Peacock	Serpentine	18.50	M	M	M U/50	30
32	Roger	Coyle	Serpentine	18.51	M	M	M U/50	31
33	Nick	Tuite		18.54	M	M	M U/50	32
34	Chris	Burfoot		18.58	M	M	M U/50	33
35	David	Griffiths		19.05	M	M	M U/50	34
36	Chris	Catt	Sutton R	19.09	M	M	M U/50	35
37	Andy	Welsh		19.15	M	M	M U/50	36
38	Lucy	Reid	Tonbridge AC	19.20	F	M	W U/50	2
39	Oliver	Collis	Collingwood AC	19.26	M	M	M U/50	37
40	Simon	Bittlestone		19.31	M	M	M U/50	38
41	John	Keenan	London Frontrunners	19.33	M	M	M U/50	39
42	Jared	Shelsta		19.38	M	M	M U/50	40
43	Frank	Wood	Hercules Wimbledon	19.40	M	M	M U/50	41
44	Jonathan	Thomson		19.44	M	M	M U/50	42
45	Olivier	Evans	Hercules Wimbledon	19.46	M	M	M U/50	43
46	Michael	Eyre	Serpentine	19.47	M	M	M U/50	44
47	Kevin	Scarborough		19.50	M	M	M U/50	45
48	David	Cornock	Barnes Runners	19.55	M	M	M U/50	46
49	Federico	Veis	Fulham	19.58	M	F	M U/50	47
50	Mike	Mann	Dulwich R	19.59	M	M	M O/60	1
51	Stuart	Franklin	Beckenham Running Club	20.09	M	M	M U/50	48
52	Rupert	Jacobs	Serpentine	20.19	M	M	M U/50	49
53	Dan	Luong	London Frontrunners	20.21	M	F	M U/50	50
54	Jacquelyn	Wright		20.23	F	M	W U/50	3
55	Terry	Avey	brighton phoenix	20.25	M	F	M O/60	2
56	Evelina	Månsson		20.35	F	M	W U/50	4
57	Tom	Simmonds		20.53	M	M	M U/50	51
58	Dave	Draper	Greenmount & Ramsbottom Tri	20.53	M	M	M U/50	52
59	David	Miller		20.57	M	M	M U/50	53
60	Ken	McCallum	Serpentine	21.06	M	F	M U/50	54
61	Terezie	Cancikova		21.07	F	M	W U/50	5
62	Mark	Kelly		21.15	M	M	M U/50	55
63	Richard	Butler		21.15	M	F	M U/50	56
64	Ross	Lennon	Ealing Eagles	21.20	M	M	M U/50	57
65	James	Rippon?		21.23	M	M	M U/50	58
66	Andrew	McFarlane	Ealing Eagles	21.24	M	M	M U/50	59
67	Seth	Atkin	London Frontrunners	21.30	M	M	M U/50	60
68	Ian	Mursell	Vets AC	21.37	M	M	M O/60	3
69	James	Lewis	Lancaster Uni RC	21.38	M	M	M U/50	61
70	Tom	Morris	Hercules Wimbledon	21.42	M	M	M O/50	1
71	Chris	Roberts		21.53	M	M	M U/16	1
72	Mike	Leatherbarrow		21.56	M	M	M U/50	62
73	Tony	Gallagher	Sutton R	21.58	M	M	M O/50	2
74	Peter	Chadwick	Stowmarket Striders	22.00	M	M	M U/50	63
75	Simon	Gould		22.02	M	M	M O/60	4
76	Philip	Hickson	Fulham	22.04	M	M	M U/50	64
77	Hope	Sloly	Mornington Chasers	22.10	F	M	W U/50	3
78	Jean Luc	Hoez	Serpentine	22.10	M	M	M O/50	6
79	Donald	McLellan		22.15	M	M	M U/50	65
80	Philip	Jackson	Ranelagh H	22.18	M	M	M O/60	5
81	Sean	Leach		22.22	M	M	M U/50	66
82	Alex	Roberts		22.25	M	M	M U/50	6
83	Roger	Green	Woodford Green	22.25	M	M	M O/60	67
84	Brian	Pickles	Serpentine	22.27	M	M	M O/50	4
85	Marcus	Dixon		22.29	M	M	M U/50	68
86	Ben	Johnson		22.29	M	M	M U/50	69
87	Louisa	Pritchard	Dulwich R	22.32	F	M	W U/50	7

88	Jasna	Skroce		22.36	F	F	W U/50	8
89	Chris	Daniels		22.39	M	M	M U/50	70
90	Ben	Cale	Ealing Eagles	22.46	M	M	M U/50	71
91	Stuart	Littlewood	Hercules Wimbledon	22.48	M	M	M O/60	7
92	Paul	Burleton	Serpentine	22.58	M	F	M U/50	5
93	Richard	Clark		22.58	M	F	M O/50	72
94	Camilla	Chapman		23.03	F	M	W U/50	9
95	Alastair	Brown	Greenmount & Ramsbottom Tri	23.10	M	M	M U/50	73
96	Alan	Davidson	Ranelagh H	23.11	M	F	M O/60	8
97	Martin	Truran	Marlborough RC	23.15	M	F	M O/50	6
98	Lisa	Kerr		23.19	F	F	W U/50	10
99	Felicity	Stevens		23.19	F	M	W U/50	11
100	Sara-Jo	Coakley	u/a	23.19	F	M	W U/50	12
101	William	Johnson		23.20	M	M	M U/50	74
102	Anastasia	Hancock	Hercules Wimbledon	23.24	F	M	W U/50	13
103	Jonathan	Buese		23.32	M	M	M U/50	75
104	James	Stanley		23.33	M	M	M U/50	76
105	Ian	Hall	Serpentine	23.34	M	F	M O/60	9
106	Paul	Adkin		23.38	M	F	M U/50	77
107	Alan	Collis	26.2 Marathon Club	23.40	M	F	M O/50	7
108	Annette	Helliwell	Collingwood AC	23.44	F	M	W O/50	1
109	Stephen	Kelly		23.51	M	M	M U/50	78
110	Rob	Crane		24.15	M	M	M U/50	79
111	Kirsty	MacNeil	South London Harriers	24.21	F	F	W U/50	14
112	Aideen	Dunne	Fulham	24.26	F	M	W U/50	15
113	Ruth	Lottam	Collingwood AC	24.30	F	M	W U/50	16
114	John	Sharpe		24.32	M	F	M U/50	80
115	Ignacio	Aliende		24.52	M	M	M U/50	81
116	Andrew	McNamara	GYDAC	24.52	M	M	M U/50	82
117	Joe	Aspinall	Vets AC	25.09	M	M	M O/70	1
118	Jennifer	Bobbin		25.16	F	F	W U/50	17
119	Lucy	Danzebrink		25.26	F	M	W U/50	18
120	Dennis	Williams	Hercules Wimbledon	25.28	M	F	M O/60	10
121	Yen	Cheong		25.30	F	M	W U/50	19
122	Daniel	Cooney		25.46	M	M	M U/50	83
123	Steph	Fordyce	u/a	25.56	F	F	W U/50	20
124	Tom	Feldman		26.06	M	M	M U/50	84
125	Nina	Williams	Saints & Sinners	26.24	F	M	W U/50	21
126	Jonathan	Pegg	Sutton R	26.45	M	F	M U/50	85
127	Mike	Jeffery	Bracknell Forest R	26.59	M	M	M O/60	11
128	Daryl	Stong		27.07	M	F	M U/50	86
129	Sarah	Newton	Serpentine RC	27.07	F	F	W O/50	2
130	Shad	Hall		27.11	M	F	M U/50	87
131	Andrew	Blakesley		27.36	M	M	M U/50	88
132	Chris	Brooke	Collingwood AC	27.49	M	M	M O/60	12
133	Yumi	Ash		27.58	F	M	W U/50	22
134	Donna	Richards	South London Harriers	28.07	F	M	W U/50	23
135	Trish	Coombs	Collingwood AC	28.22	F	M	W O/60	1
136	Paul	Booth	Collingwood AC	28.23	M	M	M O/50	8
137	Rudolph	Stewart		28.39	M	M	M U/50	89
138	Kylie	Russell	u/a	28.55	F	M	W U/50	24
139	Edwin	Bartlett	Vets AC	29.29	M	M	M O/60	13
140	Jessica	Nielsen		29.57	F	M	W U/50	25
141	Joanna	Forward		30.22	F	M	W U/50	26
142	Daud	Caseley		30.32	M	F	M U/50	90
143	Susan	Virtanen		30.44	F	M	W U/50	27
144	Beata	Kuchnia		31.07	F	F	W U/50	28
145	Mikkel	Seidelin		31.20	M	F	M U/50	91

146	Oyun-Erdenc	Senge	u/a	31.39	F	M	W U/50	29
147	Mergen	Ulziibuyan	u/a	31.39	F	F	W U/50	30
148	Monica	Lyons	Serpentine	31.59	M	F	M U/50	92
149	Neil	Beynon		32.20	M	F	M U/50	93
150	Joy	Williams	u/a	33.06	F	M	W O/50	3
151	Alexa	Allen		33.19	F	M	W U/50	31
152	Chloe	Johnson		34.21	F	M	W U/50	32
153	Debbie	Wright		34.25	F	M	W U/50	33
154	Zoya	Koch		35.38	F	F	W U/50	34
155	Alyona	Yasnogorodsky		35.38	F	F	W U/50	35
156	Lola	Bhadmus		35.54	F	M	W U/50	36
157	Rebecca	Bonfield		35.54	F	M	W U/50	37
158	Eleanor	Coen		35.55	F	F	W U/50	38
159	laura	gately		36.04	F	F	W U/50	39
160	Carrie	Eller		36.23	F	F	W U/50	40
161	Lesley	Young	Dulwich Park R	41.40	F	F	W O/60	2
	Victoria	Brooklyn		DNF	F	F	W U/50	
	Sandra	McDougall	Serpentine RC	DNF	F	M	W U/50	
	Samantha	Peliza		DNF	F	M	W U/50	
	Adelheid	Scherngell		DNF	F	F	W U/50	
	Zoe	Willets		DNF	F	M	W U/50	
	Jenny	Wai		DNF	F	F	W U/50	
	Duncan	Hussey	Dulwich R	DNF	M	F	M U/50	
	Hayley	Adkin		DNF	F	F	W U/50	