



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

Results for Self-Transcendence 5K Race

Battersea Park, 30th October 2010

Held under permit from EA

Congratulations to all our runners, the results below first show as overall, and then by category.

Check out our YouTube videos for a short clip of the race (it'll be posted in a couple of days due to a lost password!) Just search runandbecome

This is our last race for 2010, but there will be a full list of races for 2011 posted on our website in January. We look forward to seeing you next year!

OVERALL RESULTS

1	Russell	Bentley	Blackheath	29	15.44
2	Mike	Cummings	Herne Hill H		15.55
3	Nick	Shasha	Torq	36	15.59
4	Rick	Weston	Ipswich Jaffa		16.57
5	Basil	Wallace	Herne Hill H	37	17.01
6	Victor	Maughn	Herne Hill H	48	17.06
7	Darryl	Carter	Defra	37	17.12
8	Stephen	Philcox	Barking RR	45	17.21
9	Aaron	Williams	Walthamstow	35	17.26
10	Sam	Village	u/a	23	17.58
11	David	Ireland	u/a	20	18.09
12	Andre	Du Buisson	u/a	34	18.1
13	Robert	Jacobs	Herne Hill H	57	18.1
14	Simon	Ambrossi	Striders of Croydon	32	18.15
15	Dave	Oxland	u/a	31	18.19
16	Bradley	Brown	Barking RR	37	18.38
17	Claire	Gibson	London Heathside	F27	18.39
18	Thomas	Griffiths	u/a	26	18.44
19	Patrick	Kiernan	u/a	48	18.46
20	Doug	Teesdale	u/a	49	18.47

21	Nick	Jellema	London Heathside	27	18.5
22	Paul	Page	Bushfield Joggers	32	18.51
23	Matthew	Kelham	u/a	21	19
24	Peter	Ranyard	BBC RC	45	19.02
25	Hugh	Scorgie	u/a	50	19.05 CR
26	James	Harbour	u/a	25	19.11
27	Shaun	Webster	u/a	27	19.13
28	Julien	Mendes	u/a	24	19.13
29	Ronan	Lomas	u/a	23	19.13
30	Stephanie	Fleming	u/a	F23	19.14
31	Michael	Wiggins	u/a	33	19.27
32	Richard	Sidlin	Fairlands Valley Spartans	50	19.3
33	Ed	Palmer	HM Treasury	27	19.32
34	Craig	Widner	u/a	45	19.38
35	Stefano	Vernazza	u/a	36	19.45
36	Victoria	Carter	Serpentine	F38	19.47
37	William	Hiscock	u/a	20	19.55
38	Adam	Spary	u/a	27	20.04
39	Hugh	Sheilds	Thames Hare & Hounds	45	20.05
40	Geoff	Pennells	Striders of Croydon	52	20.09
41	Glynn	McDonald	London Frontrunners	47	20.13
42	Joel	Walker	u/a	32	20.18
43	Ka	Choy	KCL Triathlon	20	20.24
44	James	Scallan	u/a	30	20.29
45	Jean Luc	Hoez	Serpentine	52	20.35
46	Paul	Ward	Barking RR	39	20.4
47	David	Kirk	u/a	21	20.45
48	Andrew	McDougall	u/a	25	21.02
49	Calum	Mackenzie	u/a	26	21.09
50	Dan	Crombe	u/a	25	21.12
51	David	Hallson	RRC	57	21.14
52	Baber	Khan	Belgrave		21.2
53	Sam	Murphy	u/a	23	21.2
54	Richard	Skinner	u/a	24	21.22
55	Bora	Heperler	KCL Triathlon	19	21.26
56	Leighton	Grist	Serpentine	52	21.31
57	Lee	Steggles	u/a	24	21.33
58	Daniel	Lipman	u/a	27	21.38
59	Jonny	Hargreaves	u/a	23	21.47
60	Bruce	Chessell	Wimbledon Windmillers	42	21.58
61	Steven	Nash	u/a	25	22.06
62	Hasib	Dewan	u/a	20	22.07
63	Philip	Turley	Epsom + Ewell	70	22.18 CR
64	Patrick	Halliday	Reigate Priory	50	22.25
65	Sarah	Newton	Serpentine	F53	22.35
66	Laura	Gush	u/a	F22	22.45

67	Mike	Garner	Vocalink RC	47	22.49
68	Heather	Storey	Kings Tri	F23	22.53
69	Elizabeth	Ager	u/a	F44	23
70	Adam	Shephard	u/a	26	23.05
71	Roy	Glew	u/a	60	23.16
72	Annabel	Bunch	u/a	F40	23.19
73	Chris	Sawyer	u/a	24	23.25
74	Kevin	Yang	u/a	16	23.33
75	Luke	Brodie	u/a	26	23.49
76	Helen	Finnamore	KCL Triathlon	F23	23.49
77	Natalie	Harland	u/a	F23	24
78	Yoonyeop	Na	u/a	25	24.05
79	Sarah	Reynolds	u/a	F31	24.07
80	Nina	Othen	u/a	F29	24.09
81	Ian	Hall	Serpentine	58	24.16
82	Simon	Viney	u/a	26	25.4
83	Tony	Merritt	Burnham Joggers	70	25.48
84	Tom	Doidge	u/a	22	25.53
85	Beate	Vogt	Serpentine	F51	26.03
86	Dragana	Dimitrovska	u/a	F29	26.04
87	Sebastian	Bueno	u/a	27	26.05
88	Austen	Roberts	u/a	31	26.13
89	Claire	Shields	u/a	F26	26.16
90	Jolekha	Shasha	Walthamstow	F33	26.21
91	Yu Shan	Tay	u/a	F21	26.32
92	Edwin	Bartlett	Vets AC	66	26.35
93	Andreas	Rivera	u/a	?	27.07
94	Elizabeth	Rivera	u/a	F27	27.09
95	Samantha	Simon	u/a	F26	27.1
96	Brian	Tims	Southern Vets	65	27.31
97	Stuart	Chalmers	u/a	37	27.35
98	Anthony	Alleyne	u/a	39	27.37
99	Cheremie	Hamilton-Miller	u/a	F41	27.37
100	Kevin	Roberts	u/a	32	27.44
101	Fiona	Dobie	u/a	F23	28.05
102	Isabella	Gordon	u/a	F42	28.05
103	Liam	myron	u/a	41	28.12
104	Sarah	Moore	u/a	F29	28.2
105	Jon	Waters	u/a	25	28.27
106	Noel	Robertshaw	u/a	31	28.36
107	Miwako	Saiton	u/a	F46	29.13
108	Cait	Roberts	u/a	F23	29.22
109	Tad	Lancucki	100 Marathon Club	61	29.26
110	Charley	Bayley	u/a	F34	29.34
111	Romain	Duigou	u/a	32	29.45
112	Ahmed	Nazeen	u/a	F26	29.58

113	Nicola	Clarke	u/a	F32	30.15
114	Liz	Clarke	u/a	F27	30.15
115	Amanda	Roberts	u/a	F30	30.23
116	Richard	Kirk	u/a	52	30.24
117	Jeffrey	Wiseman	Highgate H	75	30.36
118	Dominique	Fregiste	u/a	F17	31.43
119	Eustace	Xavier	u/a	28	31.43
120	Femina	Sanghvi	u/a	F31	31.56
121	Susan	Barr	u/a	F43	32.17
122	Mairi	Maclean	u/a	F44	32.4
123	Richard	Lane	u/a	41	32.43
124	Jane	Phillips	u/a	F34	33.27
125	Peter	Harlock	u/a	66	33.32
126	Susannah	Murphy	u/a	F41	34.12
127	Andrea	Zedillo	u/a	F28	34.17
128	Jess	Pallot	u/a	F31	34.17
129	Fi	Redpath	u/a	F44	34.21
130	Yasmin	Parsons	u/a	F33	34.21
131	Elaine	Probert	u/a	F58	34.21
132	Rachel	Hooper	u/a	F27	34.21
133	Rachel	Rose	u/a	F40	34.27
134	Gemma	Dallas	u/a	F33	34.34
135	Osoria	Ohuaregbe	u/a	F26	35.35
136	Susan	Shwartz	u/a	F44	35.57
137	Barb	Murray	u/a	F52	37.28
138	Tracy	Pez	Fairlands Valley Spartans	F37	38.03
139	Joanna	Siolkowska	u/a	F13	38.03
140	John	Andrews	u/a	28	38.27

RESULTS BY CATEGORY

MEN UNDER 50

1	Russell	Bentley	Blackheath	29	15.44
2	Mike	Cummings	Herne Hill H	26	15.55
3	Nick	Shasha	Torq	36	15.59
4	Rick	Weston	Ipswich Jaffa	23	16.57
5	Basil	Wallace	Herne Hill H	37	17.01
6	Victor	Maughn	Herne Hill H	48	17.06
7	Darryl	Carter	Defra	37	17.12
8	Stephen	Philcox	Barking RR	45	17.21
9	Aaron	Williams	Walthamstow	35	17.26
10	Sam	Village	u/a	23	17.58
11	David	Ireland	u/a	20	18.09
12	Andre	Du Buisson	u/a	34	18.10
13	Simon	Ambrossi	Striders of Croydon	32	18.15
14	Dave	Oxland	u/a	31	18.19

15	Bradley	Brown	Barking RR	37	18.38
16	Thomas	Griffiths	u/a	26	18.44
17	Patrick	Kiernan	u/a	48	18.46
18	Doug	Teesdale	u/a	49	18.47
19	Nick	Jellema	London Heathside	27	18.50
20	Paul	Page	Bushfield Joggers	32	18.51
21	Matthew	Kelham	u/a	21	19.00
22	Peter	Ranyard	BBC RC	45	19.02
23	James	Harbour	u/a	25	19.11
24	Shaun	Webster	u/a	27	19.13
25	Julien	Mendes	u/a	24	19.13
26	Ronan	Lomas	u/a	23	19.13
27	Michael	Wiggins	u/a	33	19.27
28	Ed	Palmer	HM Treasury	27	19.32
29	Craig	Widner	u/a	45	19.38
30	Stefano	Vernazza	u/a	36	19.45
31	William	Hiscock	u/a	20	19.55
32	Adam	Spary	u/a	27	20.04
33	Hugh	Sheilds	Thames Hare & Hounds	45	20.05
34	Glynn	McDonald	London Frontrunners	47	20.13
35	Joel	Walker	u/a	32	20.18
36	Ka	Choy	KCL Triathlon	20	20.24
37	James	Scallan	u/a	30	20.29
38	Paul	Ward	Barking RR	39	20.40
39	David	Kirk	u/a	21	20.45
40	Andrew	McDougall	u/a	25	21.02
41	Calum	Mackenzie	u/a	26	21.09
42	Dan	Crombe	u/a	25	21.12
43	Baber	Khan	Belgrave	?	21.20
44	Sam	Murphy	u/a	23	21.20
45	Richard	Skinner	u/a	24	21.22
46	Bora	Heperler	KCL Triathlon	19	21.26
47	Lee	Steggles	u/a	24	21.33
48	Daniel	Lipman	u/a	27	21.38
49	Jonny	Hargreaves	u/a	23	21.47
50	Bruce	Chessell	Wimbledon Windmillers	42	21.58
51	Steven	Nash	u/a	25	22.06
52	Hasib	Dewan	u/a	20	22.07
53	Mike	Garner	Vocalink RC	47	22.49
54	Adam	Shephard	u/a	26	23.05
55	Chris	Sawyer	u/a	24	23.25
56	Kevin	Yang	u/a	16	23.33
57	Luke	Brodie	u/a	26	23.49
58	Yoonyeop	Na	u/a	25	24.05
59	Simon	Viney	u/a	26	25.40
60	Tom	Doidge	u/a	22	25.53

61	Sebastian	Bueno	u/a	27	26.05
62	Austen	Roberts	u/a	31	26.13
63	Andreas	Rivera	u/a	?	27.07
64	Stuart	Chalmers	u/a	37	27.35
65	Anthony	Alleyne	u/a	39	27.37
66	Kevin	Roberts	u/a	32	27.44
67	Liam	myron	u/a	41	28.12
68	Jon	Waters	u/a	25	28.27
69	Noel	Robertshaw	u/a	31	28.36
70	Romain	Duigou	u/a	32	29.45
71	Eustace	Xavier	u/a	28	31.43
72	Richard	Lane	u/a	41	32.43
73	John	Andrews	u/a	28	38.27

MEN VET 50

1	Robert	Jacobs	Herne Hill H	57	18.10
2	Hugh	Scorgie	u/a	50	19.05
3	Richard	Sidlin	Fairlands Valley Spartans	50	19.30
4	Geoff	Pennells	Striders of Croydon	52	20.09
5	Jean Luc	Hoez	Serpentine	52	20.35
6	David	Hallson	RRC	57	21.14
7	Leighton	Grist	Serpentine	52	21.31
8	Patrick	Halliday	Reigate Priory	50	22.25
9	Ian	Hall	Serpentine	58	24.16
10	Richard	Kirk	u/a	52	30.24

MEN VET 60

1	Roy	Glew	u/a	60	23.16
2	Edwin	Bartlett	Vets AC	66	26.35
3	Brian	Tims	Southern Vets	65	27.31
4	Tad	Lancucki	100 Marathon Club	61	29.26
5	Peter	Harlock	u/a	66	33.32

MEN VET 70

1	Philip	Turley	Epsom + Ewell	70	22.18
2	Tony	Merritt	Burnham Joggers	70	25.48
3	Jeffrey	Wiseman	Highgate H	75	30.36

WOMEN UNDER 50

1	Claire	Gibson	London Heathside	F27	18.39
2	Stephanie	Fleming	u/a	F23	19.14
3	Victoria	Carter	Serpentine	F38	19.47
4	Laura	Gush	u/a	F22	22.45
5	Heather	Storey	Kings Tri	F23	22.53
6	Elizabeth	Ager	u/a	F44	23.00
7	Annabel	Bunch	u/a	F40	23.19
8	Helen	Finnamore	KCL Triathlon	F23	23.49
9	Natalie	Harland	u/a	F23	24.00
10	Sarah	Reynolds	u/a	F31	24.07

11	Nina	Othen	u/a	F29	24.09
12	Dragana	Dimitrovska	u/a	F29	26.04
13	Claire	Shields	u/a	F26	26.16
14	Jolekha	Shasha	Walthamstow	F33	26.21
15	Yu Shan	Tay	u/a	F21	26.32
16	Elizabeth	Rivera	u/a	F27	27.09
17	Samantha	Simon	u/a	F26	27.10
18	Cheremie	Hamilton-Miller	u/a	F41	27.37
19	Fiona	Dobie	u/a	F23	28.05
20	Isabella	Gordon	u/a	F42	28.05
21	Sarah	Moore	u/a	F29	28.20
22	Miwako	Saiton	u/a	F46	29.13
23	Cait	Roberts	u/a	F23	29.22
24	Charley	Bayley	u/a	F34	29.34
25	Ahmed	Nazeen	u/a	F26	29.58
26	Nicola	Clarke	u/a	F27	30.15
27	Liz	Clarke	u/a	F32	30.15
28	Amanda	Roberts	u/a	F30	30.23
29	Dominique	Fregiste	u/a	F17	31.43
30	Femina	Sanghvi	u/a	F31	31.56
31	Susan	Barr	u/a	F43	32.17
32	Mairi	Maclean	u/a	F44	32.40
33	Jane	Phillips	u/a	F34	33.27
34	Susannah	Murphy	u/a	F41	34.12
35	Andrea	Zedillo	u/a	F28	34.17
36	Fi	Redpath	u/a	F44	34.17
37	Yasmin	Parsons	u/a	F33	34.21
38	Jess	Pallot	u/a	F31	34.21
39	Rachel	Hooper	u/a	F27	34.21
40	Rachel	Rose	u/a	F40	34.27
41	Gemma	Dallas	u/a	F33	34.34
42	Osoria	Ohuaregbe	u/a	F26	35.35
43	Susan	Shwartz	u/a	F44	35.57
44	Tracy	Pez	Fairlands Valley Spartans	F37	38.03
WOMEN OVER 50					
1	Sarah	Newton	Serpentine	F53	22.35
2	Beate	Vogt	Serpentine	F51	26.03
3	Elaine	Probert	u/a	F58	34.21
4	Barb	Murray	u/a	F52	37.28
UNDER 16					
1	Joanna	Siolkowska	u/a	F13	38.03