



# 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 5K

Battersea Park

7pm

June 13th

### Dear Runners

On the same day that Andy Murray won the Queens Club Championship (after the Championship Sunday had been rained out) - 136 runners turned up to the start line of our second 5K of the season. It was a lovely summer's evening. Nick Shasha set a scorching pace to win the Men's race with Robert Wilson and Martin Shore close on his heels. Beth Andersen won the Women's race by a good distance. Next week will be the first of our 2 relay races this season - so start putting your team together. Have a great week and see you on Monday!

### MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	AGE
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#### MEN UNDER 50

1st	<i>Nick</i>	<i>Shasha</i>	<i>Torq Fitness</i>	<i>15.52</i>	<i>M</i>	<i>36</i>
2nd	<i>Robert</i>	<i>Wilson</i>	<i>Ealing Southall + Middx</i>	<i>16.05</i>	<i>M</i>	<i>23</i>
3rd	<i>Martin</i>	<i>Shore</i>	<i>Thames Hare and Hounds</i>	<i>16.08</i>	<i>M</i>	<i>35</i>
4th	<i>Nick</i>	<i>Gold</i>	<i>Highgate Harriers</i>	<i>16.27</i>	<i>M</i>	<i>38</i>
5th	<i>Jonathan</i>	<i>Deane</i>	<i>Highgate Harriers</i>	<i>16.37</i>	<i>M</i>	<i>26</i>
6th	<i>Dan</i>	<i>Hale</i>	<i>Kent AC</i>	<i>16.40</i>	<i>M</i>	<i>28</i>
7th	<i>Tony</i>	<i>Tuohy</i>	<i>Dulwich Runners</i>	<i>16.44</i>	<i>M</i>	<i>48</i>

#### WOMEN UNDER 50

1st	<i>Beth</i>	<i>Anderson</i>	<i>Shaftesbury Barnet</i>	<i>18.27</i>	<i>F</i>	<i>32</i>
2nd	<i>Olivia</i>	<i>Toye</i>	<i>Mornington Chasers</i>	<i>19.49</i>	<i>F</i>	<i>24</i>
3rd	<i>Tina</i>	<i>Gray</i>	<i>Fulham RC</i>	<i>20.24</i>	<i>F</i>	<i>28</i>
4th	<i>Sam</i>	<i>Ludlow</i>	<i>Serpentine RC</i>	<i>20.55</i>	<i>F</i>	<i>28</i>
5th	<i>Kerry</i>	<i>Foley</i>	<i>Serpentine</i>	<i>21.45</i>	<i>F</i>	<i>34</i>
6th	<i>Lucy</i>	<i>Hancock</i>		<i>22.13</i>	<i>F</i>	<i>28</i>
7th	<i>Hannah</i>	<i>Sola</i>		<i>22.51</i>	<i>F</i>	<i>29</i>

### **MEN OVER 50**

1st	David	Child	Kent AC	17.01	M	51
2nd	Tom	Morris	Hercules Wimbledon	21.01	M	53
3rd	Michael	Winkler		21.07	M	53

### **WOMEN OVER 50**

1st	Andrea	Sanders-Reece	Mornington Chasers	20.46	F	55
2nd	Karen	Hancock	Serpentine RC	21.52	F	56
3rd	Annette	Helliwell	Collingwood AC	24.53	F	52

### **MEN OVER 60**

1st	Alan	Davidson	Ranelagh Harriers	21.56	M	64
2nd	Steve	Satchell	Mornington Chasers	22.58	M	62

### **WOMEN UNDER 16**

1st	Bethen	Turner	Victoria Park Harriers	23.53	F	14
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### **MEN UNDER 16**

1st	Thomas	Martin		24.12	M	15
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### **OVERALL RESULTS**

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos
1	Nick	Shasha	Torq Fitness	15.52	M	36	M U/50	1
2	Robert	Wilson	Ealing Southall + Middx	16.05	M	23	M U/50	2
3	Martin	Shore	Thames Hare and Hounds	16.08	M	35	M U/50	3
4	Nick	Gold	Highgate Harriers	16.27	M	38	M U/50	4
5	Jonathan	Deane	Highgate Harriers	16.37	M	26	M U/50	5
6	Dan	Hale	Kent AC	16.40	M	28	M U/50	6
7	Tony	Tuohy	Dulwich Runners	16.44	M	48	M U/50	7
8	Darren	Tanner	Clapham Chasers	16.48	M	34	M U/50	8
9	Jim	Clark	West 4 Harriers	16.49	M	35	M U/50	9
10	Dan	Clarkson	Serpentine	16.49	M	25	M U/50	10
11	Thomas	Grimes		16.54	M	31	M U/50	11
12	Archie	Alen-Jones	Ealing Southall + Middx	16.59	M	17	M U/50	12
13	David	Child	Kent AC	17.01	M	51	M O/50	1
14	Robin	Jones		17.05	M	38	M U/50	13
15	Stuart	Fraser	Hercules Wimbledon	17.06	M	45	M U/50	14
16	Paul	Bell	Kent AC	17.09	M	38	M U/50	15
17	James	Roche	Woodford Green AC	17.12	M	38	M U/50	16
18	Roger	Coyle	Serpentine	17.12	M	36	M U/50	17
19	David	Evans	Muddy Mucky Munkeys	17.36	M	42	M U/50	18
20	David	Palmer	Steel City Striders	17.44	M	40	M U/50	19
21	James	Godber	Dulwich Runners	17.54	M	32	M U/50	20
22	Michael	Leong	Clapham Chasers	18.07	M	30	M U/50	21
23	Duncan	Hussey	Dulwich Runners	18.08	M	45	M U/50	22
24	Tony	Hulton		18.14	M	34	M U/50	23
25	Andrew	Davies	Serpentine RC	18.15	M	37	M U/50	24
26	Chris	Lydon	Beckenham RC	18.17	M	49	M U/50	25
27	Alessandro	Poggi	Serpentine RC	18.20	M	31	M U/50	26
28	Stephane	Schneider	Serpentine	18.21	M	31	M U/50	27
29	Jason	Medcalf	Serpentine	18.25	M	34	M U/50	28
30	Beth	Anderson	Shaftesbury Barnet	18.27	F	32	W U/50	1
31	Damien	Hersey	Sutton Runners	19.02	M	28	M U/50	29
32	Doug	Teesdale		19.03	M	49	M U/50	30
33	Johan	Schneider		19.06	M	26	M U/50	31

34	Shaun	Webster		19.29	M	27	M U/50	32
35	Anthony	Impey	u/a	19.29	M	38	M U/50	33
36	Jeremy	Burke	Serpentine	19.32	M	30	M U/50	34
37	Tim	Vanderpump		19.33	M	30	M U/50	35
38	Paul	Johnson		19.36	M	45	M U/50	36
39	Shaun	Lazzari		19.41	M	22	M U/50	37
40	Simon	Robinson		19.44	M	32	M U/50	38
41	Max	Cenni	Serpentine	19.47	M	41	M U/50	39
42	Olivia	Toye	Mornington Chasers	19.49	F	24	W U/50	2
43	Glyn	McDonald	London Frontrunners	19.50	M	48	M U/50	40
44	Nick	Park	Kent AC	19.52	M	37	M U/50	41
45	Graham	Dooling		19.56	M	31	M U/50	42
46	David	Cope		20.12	M	35	M U/50	43
47	Benjamin	Hickling		20.21	M	29	M U/50	44
48	Tina	Gray	Fulham RC	20.24	F	28	W U/50	3
49	Morten	Petersen		20.24	M	40	M U/50	45
50	Peter	Stephenson	PAAA	20.27	M	47	M U/50	46
51	Bob	Chart	Collingwood AC	20.42	M	47	M U/50	47
52	Andrea	Sanders-Reece	Mornington Chasers	20.46	F	55	W O/50	1
53	Michael	Pabst		20.50	M	41	M U/50	48
54	Andy	Sly		20.52	M	48	M U/50	49
55	Sam	Ludlow	Serpentine RC	20.55	F	28	W U/50	4
56	Tom	Morris	Hercules Wimbledon	21.01	M	53	M O/50	2
57	Michael	Winkler		21.07	M	53	M O/50	3
58	Jean-Luc	Hoez	Serpentine RC	21.21	M	53	M O/50	4
59	Jose	Espiritusanto		21.35	M	42	M U/50	50
60	Kerry	Foley	Serpentine	21.45	F	34	W U/50	5
61	Chris	Notton	Serpentine	21.47	M	36	M U/50	51
62	Karen	Hancock	Serpentine RC	21.52	F	56	W O/50	2
63	Alan	Davidson	Ranelagh Harriers	21.56	M	64	M O/60	1
64	Ian	Mursell	VAC	21.58	M	59	M O/50	5
65	Nicholas	Martin		22.11	M	17	M U/50	52
66	Lucy	Hancock		22.13	F	28	W U/50	6
67	Greg	Waters		22.44	M	31	M U/50	53
68	Umberto	Alessandria		22.50	M		M U/50	54
69	Hannah	Sola		22.51	F	29	W U/50	7
70	Steve	Satchell	Mornington Chasers	22.58	M	62	M O/60	2
71	Nigel	Lupton		22.59	M	31	M U/50	55
72	Charlie	Hare		23.02	M		M U/50	56
73	Greg	Neal	Watford Harriers	23.05	M	56	M O/50	6
74	Marc	Davies		23.06	M		M U/50	57
75	Peter	Cambridge	Vets AC	23.42	M	52	M O/50	7
76	David	Deery		23.48	M	35	M U/50	58
77	Lefteris	Kazazis		23.48	M	31	M U/50	59
78	Bethen	Turner	Victoria Park Harriers	23.53	F	14	W U/16	1
79	Ramon	Sabes-Figuera		24.02	M	34	M U/50	60
80	Thomas	Craggs	Mornington Chasers	24.03	M	28	M U/50	61
81	Wendy	Millyard	Mornington Chasers	24.04	F	35	W U/50	8
82	Kate	Martin		24.06	F	14	W U/16	2
83	Thomas	Martin		24.12	M	15	M U/16	1
84	Steven	Baker		24.12	M		M U/50	62
85	Rick	Burne	Fulham RC	24.14	M	54	M O/50	8
86	John	D'Souza	Serpentine	24.48	M	45	M U/50	63
87	Claire	Lacey		24.50	F	28	W U/50	9
88	Joanna	Knight		24.50	F	27	W U/50	10
89	Annette	Helliwell	Collingwood AC	24.53	F	52	W O/50	3
90	Martin	Hobley		24.57	M	35	M U/50	64
91	Beate	Vogt	Serpentine	25.08	F	52	W O/50	4

92	Adm	Pitt		25.13	M	36	M U/50	65
93	Victoria	Gardner		25.21	F	36	W U/50	11
94	Harvey	Cambridge		25.21	M	14	M U/16	2
95	Neil	Davies	Serpentine	25.22	M	46	M U/50	66
96	Sarah-Jane	Barker		25.33	F	26	W U/50	12
97	Juliane	Rcihter		25.48	F		W U/50	13
98	Aleksandra	Grabska		25.50	F	30	W U/50	14
99	Petros	Hahladakis		25.51	M		M U/50	67
100	Tim	Crowle		25.52	M		M U/50	68
101	Jodie	Howlett		25.55	F	43	W U/50	15
102	Laura	Ronchi		25.55	F	28	W U/50	16
103	William	Johnson		26.01	M	31	M U/50	69
104	Eva	Polykandrioti		26.01	F		W U/50	17
105	Nina	Williams	Saints and Sinners	26.08	F	44	W U/50	18
106	Abigail	Hyslop		26.08	F	26	W U/50	19
107	Karen	Samuel	Kent AC	26.08	F	50	W O/50	5
108	Juan	Ruiz-Lopez		26.34	M	33	M U/50	70
109	Lindsay	Pulford		26.47	F		W U/50	20
110	John	Clements		26.52	M	26	M U/50	71
111	Dave	Clarke	Stragglers	26.53	M	43	M U/50	72
112	Jolekha	Shasha		26.54	F	33	W U/50	21
113	Thomas	Wilkie	Collingwood AC	27.08	M	58	M O/50	9
114	Lucia	Montesinos	Striders of Croydon	27.12	F	27	W U/50	22
115	Sigrid	Muller		27.20	F		W U/50	23
116	Marco	Oda		27.21	M	54	M O/50	10
117	Chris	Vernon	Dulwich Runners	27.35	M	67	M O/60	3
118	Edwin	Bartlett	Vets AC	28.28	M	66	M O/60	4
119	Matthew	Wappler		28.37	M		M U/50	73
120	Tam	Lee		28.37	F		W U/50	24
121	Jessica	Omotoso		28.47	F	33	W U/50	25
122	Robert	Fortes	Serpentine RC	28.47	M	63	M O/60	5
123	Elizabeth	Lucas		29.25	F	30	W U/50	26
124	Iain	Fulton	Serpentine RC	29.27	M	53	M O/50	11
125	Katie	Hudon		29.32	F	24	W U/50	27
126	Channari	Penh		29.39	F	30	W U/50	28
127	Clare	Whitworth		31.22	F	34	W U/50	29
128	Serena	Dilnot		32.30	F	57	W O/50	6
129	Karena	Grant		32.38	F		W U/50	30
130	Emma	Huymh		32.57	F		W U/50	31
131	Serena	Lee		32.57	F		W U/50	32
132	Sarah	Newton	Serpentine	33.10	F	53	W O/50	7
133	Deb	K		33.10	F	52	W O/50	8
134	Helene	Johansson Coyle	Serpentine	35.43	F	42	W U/50	33
135	Barbara	Hinze		35.43	F	40	W U/50	34
136	Petrulla	Clarke		36.58	F	47	W U/50	35