



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 10K Battersea Park 8am Saturday July 30th

Dear Runners

On a clear crisp morning 224 runners turned up to compete in our mid summer 10K. Kevin Quinn broke the course record finishing in an impressive 31.32. Kevin ran the race from the front all on his own - and the first lady Alex Gounelas finished with a 2 minute lead over the second lady - Helen Winsor. Philip Turley broke the course record for the Over 70 Mens Category - he finished in 47.00. Marion Rayner in the Over 60 Ladies race beat all the Ladies in the Over 50 category and completed the course in 48.04. Weather conditions were perfect, and the runners took the opportunity to stretch and recover in the sun after the race. Somebody left a HRM belt at the race - please call Run And Become and arrange to pick it up. The medal winners and the overall results are listed below. Photos from the race can be viewed at <http://www.flickr.com/photos/tejvan/5989889843/in/set-72157627189827329/>
Our next race is this Monday 1st August - 2 Miles. Our final Monday evening race is on August 8th (7pm). See you all soon!

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	AGE
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MEN UNDER 50

1st	Kevin	Quinn	AFD	31.32	M	30
2nd	Basil	Wallace	Herne Hill H	33.53	M	37
3rd	Peter	Williams	Trent Park RC	33.57	M	34
4th	Phil	Dickens	Formula One Circuit Crew	34.45	M	31
5th	Darren	Tanner	Clapham Chasers	34.50	M	34
6th	Tom	Heslop		34.58	M	22
7th	Patrick	Tweeddale		35.27	M	32

WOMEN UNDER 50

1st	Alex	Gounelas	Eton Manor	37.35	F	30
2nd	Helen	Winsor	Serpentine	39.41	F	32
3rd	Victoria	Carter	Serpentine	40.16	F	40
4th	Phillippa	Wilson		40.21	F	29

5th	<i>Isobel</i>	<i>Rea</i>	<i>West4 Harriers</i>	<i>40.24</i>	<i>F</i>	<i>35</i>
6th	<i>Sarah</i>	<i>Watson</i>	<i>Kent AC</i>	<i>40.33</i>	<i>F</i>	<i>20</i>
7th	<i>Hannah</i>	<i>Fernando</i>	<i>Hercules Wimbledon</i>	<i>42.22</i>	<i>F</i>	<i>23</i>

MEN OVER 50

1st	<i>Tim</i>	<i>McIntyre</i>	<i>Sutton Runners</i>	<i>39.09</i>	<i>M</i>	<i>52</i>
2nd	<i>David</i>	<i>Smith</i>		<i>39.27</i>	<i>M</i>	<i>53</i>
3rd	<i>Hugh</i>	<i>Scorgie</i>		<i>39.34</i>	<i>M</i>	<i>51</i>

WOMEN OVER 50

1st	<i>Kay</i>	<i>Bettis</i>	<i>Serpentine</i>	<i>50.27</i>	<i>F</i>	<i>50</i>
2nd	<i>Lynn</i>	<i>Hickey</i>	<i>Sutton Runners</i>	<i>50.50</i>	<i>F</i>	<i>54</i>
3rd	<i>Cristina</i>	<i>Spagnoli</i>		<i>70.14</i>	<i>F</i>	<i>53</i>

MEN OVER 60

1st	<i>Maurice</i>	<i>Sharp</i>	<i>Hercules Wimbledon AC</i>	<i>43.16</i>	<i>M</i>	<i>66</i>
2nd	<i>Chas</i>	<i>Rayner</i>	<i>West 4 H</i>	<i>44.29</i>	<i>M</i>	<i>60</i>

WOMEN OVER 60

1st	<i>Marion</i>	<i>Rayner</i>	<i>West 4 H</i>	<i>48.05</i>	<i>F</i>	<i>61</i>
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MEN OVER 70

1st	<i>Philip</i>	<i>Turley</i>	<i>Epsom & Ewell Harriers</i>	<i>47.00</i>	<i>M</i>	<i>70</i>
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos
1	<i>Kevin</i>	<i>Quinn</i>	<i>AFD</i>	<i>31.32</i>	<i>M</i>	<i>30</i>	<i>M U/50</i>	<i>1</i>
2	<i>Basil</i>	<i>Wallace</i>	<i>Herne Hill H</i>	<i>33.53</i>	<i>M</i>	<i>37</i>	<i>M U/50</i>	<i>2</i>
3	<i>Peter</i>	<i>Williams</i>	<i>Trent Park RC</i>	<i>33.57</i>	<i>M</i>	<i>34</i>	<i>M U/50</i>	<i>3</i>
4	<i>Phil</i>	<i>Dickens</i>	<i>Formula One Circuit Crew</i>	<i>34.45</i>	<i>M</i>	<i>31</i>	<i>M U/50</i>	<i>4</i>
5	<i>Darren</i>	<i>Tanner</i>	<i>Clapham Chasers</i>	<i>34.50</i>	<i>M</i>	<i>34</i>	<i>M U/50</i>	<i>5</i>
6	<i>Tom</i>	<i>Heslop</i>		<i>34.58</i>	<i>M</i>	<i>22</i>	<i>M U/50</i>	<i>6</i>
7	<i>Patrick</i>	<i>Tweeddale</i>		<i>35.27</i>	<i>M</i>	<i>32</i>	<i>M U/50</i>	<i>7</i>
8	<i>Dan</i>	<i>Madams</i>	<i>London Heathside</i>	<i>35.31</i>	<i>M</i>	<i>38</i>	<i>M U/50</i>	<i>8</i>
9	<i>Julian</i>	<i>Hazeldine</i>	<i>East End Road Runners</i>	<i>35.34</i>	<i>M</i>	<i>28</i>	<i>M U/50</i>	<i>9</i>
10	<i>Rick</i>	<i>Weston</i>	<i>Ipswich Jaffa</i>	<i>35.40</i>	<i>M</i>	<i>24</i>	<i>M U/50</i>	<i>10</i>
11	<i>Tony</i>	<i>Tuohy</i>	<i>Dulwich R</i>	<i>35.50</i>	<i>M</i>	<i>49</i>	<i>M U/50</i>	<i>11</i>
12	<i>Jamie</i>	<i>Bannister</i>	<i>Scottish Athletics</i>	<i>35.58</i>	<i>M</i>	<i>24</i>	<i>M U/50</i>	<i>12</i>
13	<i>Steve</i>	<i>Westlake</i>	<i>London Frontrunners</i>	<i>36.08</i>	<i>M</i>	<i>40</i>	<i>M U/50</i>	<i>13</i>
14	<i>Manuel</i>	<i>Spreitzer</i>	<i>Tria Team NÖ West</i>	<i>36.27</i>	<i>M</i>	<i>29</i>	<i>M U/50</i>	<i>14</i>
15	<i>Brendan</i>	<i>Greene</i>	<i>QPH</i>	<i>36.34</i>	<i>M</i>	<i>39</i>	<i>M U/50</i>	<i>15</i>
16	<i>Jamie</i>	<i>White</i>		<i>36.40</i>	<i>M</i>	<i>26</i>	<i>M U/50</i>	<i>16</i>
17	<i>Trent</i>	<i>Stallard</i>		<i>36.45</i>	<i>M</i>	<i>27</i>	<i>M U/50</i>	<i>17</i>
18	<i>Adam</i>	<i>Davey</i>	<i>LONDON FRONTRUNNERS</i>	<i>37.25</i>	<i>M</i>	<i>37</i>	<i>M U/50</i>	<i>18</i>
19	<i>Jose Carlos</i>	<i>Moraes</i>	<i>Postural RP</i>	<i>37.31</i>	<i>M</i>	<i>38</i>	<i>M U/50</i>	<i>19</i>
20	<i>Justin</i>	<i>Lee</i>		<i>37.33</i>	<i>M</i>	<i>41</i>	<i>M U/50</i>	<i>20</i>
21	<i>Alex</i>	<i>Gounelas</i>	<i>Eton Manor</i>	<i>37.35</i>	<i>F</i>	<i>30</i>	<i>W U/50</i>	<i>1</i>
22	<i>Fabrice</i>	<i>Iavial</i>		<i>38.10</i>	<i>M</i>	<i>31</i>	<i>M U/50</i>	<i>21</i>
23	<i>Simon</i>	<i>Harris</i>	<i>Beckenham</i>	<i>38.19</i>	<i>M</i>	<i>38</i>	<i>M U/50</i>	<i>22</i>
24	<i>Michael</i>	<i>Wiggins</i>		<i>38.27</i>	<i>M</i>	<i>34</i>	<i>M U/50</i>	<i>23</i>
25	<i>Adam</i>	<i>Bowman</i>	<i>Trent Park Running Club</i>	<i>38.36</i>	<i>M</i>	<i>18</i>	<i>M U/50</i>	<i>24</i>
26	<i>Rupert</i>	<i>Jacobs</i>		<i>38.39</i>	<i>M</i>	<i>30</i>	<i>M U/50</i>	<i>25</i>
27	<i>Alexis</i>	<i>Atkinson</i>		<i>38.41</i>	<i>M</i>	<i>31</i>	<i>M U/50</i>	<i>26</i>
28	<i>Christian</i>	<i>Hill</i>		<i>38.44</i>	<i>M</i>	<i>27</i>	<i>M U/50</i>	<i>27</i>
29	<i>Alexis</i>	<i>Ralphs</i>	<i>Trent Park</i>	<i>38.56</i>	<i>M</i>	<i>37</i>	<i>M U/50</i>	<i>28</i>
30	<i>Peter</i>	<i>Mack</i>		<i>39.01</i>	<i>M</i>	<i>39</i>	<i>M U/50</i>	<i>29</i>

31	Frank	Wood	Hercules W	39.03	M	46	M U/50	30
32	Matt	Bradford		39.07	M	36	M U/50	31
33	Tim	McIntyre	Sutton Runners	39.09	M	52	M O/50	1
34	Shahib	Ali		39.09	M	25	M U/50	32
35	Andy	Andreou	Trent Park RC	39.16	M	42	M U/50	33
36	Andrew	Greenwood	Serpentine	39.24	M	33	M U/50	34
37	Scott	Hemmens	Les Croupier	39.26	M	32	M U/50	35
38	David	Smith		39.27	M	53	M O/50	2
39	Kevin	Haynes	Orpington Running Club	39.29	M	39	M U/50	36
40	Hugh	Scorgie		39.34	M	51	M O/50	3
41	Helen	Winsor	Serpentine	39.41	F	32	W U/50	2
42	Julian	Rodriguez		39.51	M	36	M U/50	37
43	Hans	Geberbauer	Crystal Palace	39.52	M	40	M U/50	38
44	Joseph	Merlini		39.54	M	44	M U/50	39
45	Massimo	Passamonti		39.56	M	32	M U/50	40
46	Victoria	Carter	Serpentine	40.16	F	40	W U/50	3
47	Simon	Fennell		40.19	M	42	M U/50	41
48	Phillippa	Wilson		40.21	F	29	W U/50	4
49	Isobel	Rea	West4 Harriers	40.24	F	35	W U/50	5
50	David	Herne		40.33	M	40	M U/50	42
51	Sarah	Watson	Kent AC	40.33	F	20	W U/50	6
52	Peter	Rejchrt	Romsey RC	40.42	M	42	M U/50	43
53	Rob	Simmons		41.14	M	27	M U/50	44
54	Edward	Stringfellow		41.24	M	34	M U/50	45
55	Luke	Robinson	Wimbledon W	41.36	M	33	M U/50	46
56	John	Witton		41.47	M	57	M O/50	4
57	David	Mitchell		41.55	M	42	M U/50	47
58	David	Moscrop	Garden City Runners	42.04	M	53	M O/50	5
59	David	McGaughey		42.10	M	32	M U/50	48
60	Fahad	Ladha	Serpentine	42.14	M	25	M U/50	49
61	Ted	Darley	u/a	42.16	M	27	M U/50	50
62	Brendan	Malkin		42.22	M	38	M U/50	51
63	Hannah	Fernando	Hercules Wimbledon	42.22	F	23	W U/50	7
64	Andrew	Wigston		42.28	M	35	M U/50	52
65	Andrea	Miliccia		42.32	M	34	M U/50	53
66	Louise	Croxson	Maidenhead AC	42.32	F	35	W U/50	8
67	Ben	Thomas		42.35	M	29	M U/50	54
68	Mark	Cameron		42.35	M	26	M U/50	55
69	Leonardo	Fumarola		42.44	M	27	M U/50	56
70	Helen	Molloy		42.45	F	42	W U/50	9
71	George	Andreou		42.47	M	35	M U/50	57
72	Lucy	Burns		42.52	F	28	W U/50	10
73	Andrea	Mann	Garden City Runners	42.58	F	39	W U/50	11
74	David	Pollock	Royal Navy	43.07	M	47	M U/50	58
75	Patrick	O'Leary		43.10	M	36	M U/50	59
76	Alan	Dunnett		43.11	M	57	M O/50	6
77	Maurice	Sharp	Hercules Wimbledon AC	43.16	M	66	M O/60	1
78	Matthew	Flory		43.33	M	20	M U/50	60
79	Mark	Walsh		43.35	M	33	M U/50	61
80	Ian	Mursell	Vets AC	43.36	M	59	M O/50	7
81	Charles	Cartledge		43.44	M	43	M U/50	62
82	Chloe	Hammond	Bexley	43.48	F	29	W U/50	12
83	Simon	Peake		43.49	M	30	M U/50	63
84	Richard	Reynolds		43.50	M	30	M U/50	64
85	David	Hymers		43.56	M	34	M U/50	65
86	Terence	Tsui		44.12	M	25	M U/50	66
87	Alex	Sciannaca		44.15	M	36	M U/50	67
88	Harriet	Dykes		44.15	F	25	W U/50	13

89	Paul	Devine		44.18	M	33	M U/50	68
90	Chas	Rayner	West 4 H	44.29	M	60	M O/60	2
91	Zoe	Watson	Woodford Green A.C. with Essex Ladies	44.32	F	27	W U/50	14
92	Patrick	Voss		44.41	M	34	M U/50	69
93	Kelvin	Brown		44.48	M	41	M U/50	70
94	James	Elder		44.58	M	35	M U/50	71
95	Alexis	Badger		45.02	F	30	W U/50	15
96	Jeff	Prestridge	Serpentine	45.03	M	52	M O/50	8
97	Bruce	Davidson		45.08	M	56	M O/50	9
98	Simon	Clemson		45.19	M	33	M U/50	72
99	Sarah	Hubner	Wimbledon Windmilers	45.36	F	33	W U/50	16
100	Phil	Bishop	Wimbledon Windmilers	45.40	M	37	M U/50	73
101	Jerome	Timbrell	Quantock H	45.59	M	39	M U/50	74
102	Alaster	Atkinson		46.05	M	41	M U/50	75
103	Nicola	Cosgriff		46.07	F	30	W U/50	17
104	Steve	Collins	Wimbledon Windmilers	46.08	M	40	M U/50	76
105	Freddie	Alcock		46.17	M	32	M U/50	77
106	James	Mortimer		46.25	M	33	M U/50	78
107	Paul	Doolan		46.31	M	24	M U/50	79
108	Melina	Seeto		46.32	F	21	W U/50	18
109	Peter	Baudains		46.44	M	24	M U/50	80
110	Andrew	Wilsdorf		46.56	M	30	M U/50	81
111	Robin	Pope	Harlow	46.58	M	36	M U/50	82
112	Tom	Kelly		46.59	M	28	M U/50	83
113	Philip	Turley	Epsom & Ewell Harriers	47.00	M	70	M O/70	1
114	Sophie	Hemsworth	Clapham Chasers	47.10	F	30	W U/50	19
115	Niall	McBride		47.17	M	32	M U/50	84
116	Gillian	Fry	Sutton Runners	47.35	F	36	W U/50	20
117	John	Sands		47.54	M	16	M U/50	85
118	Michael	Gardner		47.56	M	24	M U/50	86
119	chris	gardner		47.59	M	33	M U/50	87
120	Marion	Rayner	West 4 H	48.05	F	61	W O/60	1
121	David	Gardiner		48.05	M	26	M U/50	88
122	Elsa	Quinn-Reed		48.05	F	27	W U/50	21
123	Vicky	Lam	Serpentine	48.16	F	30	W U/50	22
124	Jan	Lam	Serpentine	48.16	M	35	M U/50	89
125	Marie	duflos		48.20	F	30	W U/50	23
126	?	Kirsanova		48.25	F	37	W U/50	24
127	Pete	Warren	Ranelagh H	48.32	M	71	M O/70	2
128	Simon	Sketchley		48.36	M	35	M U/50	90
129	Catherine	French		48.48	F	30	W U/50	25
130	Martyn	Chilvers		48.49	M	56	M O/50	10
131	Antonio	Lancellotti		48.51	M	32	M U/50	91
132	Roger	Fretwell	Serpentine	49.04	M	51	M O/50	11
133	Patrick	Halliday	Reigate	49.07	M	51	M O/50	12
134	Simon	Lambert		49.15	M	35	M U/50	92
135	David	Corney		49.17	M	39	M U/50	93
136	Adel	Whitworth	Clapham SRC	49.18	F	28	W U/50	26
137	Scott	Jordan		49.23	M	34	M U/50	94
138	Dan	Walker Smith		49.27	M	31	M U/50	95
139	Tessa	Venter		49.29	F	27	W U/50	27
140	Camilo	Rodriguez		50.07	M	33	M U/50	96
141	Hugh	French	Clapham Chasers	50.10	M	35	M U/50	97
142	James	Anderson	Beckenham R	50.14	M	75	M O/70	3
143	Mick	Cotter	Eton Manor AC	50.14	M	53	M O/50	13
144	Irena	Tzekina		50.18	F	24	W U/50	28
145	Kay	Bettis	Serpentine	50.27	F	50	W O/50	1
146	Caspar	Marney		50.29	M	38	M U/50	98

147	Alex	Avens		50.29	F	36	W U/50	29
148	Warren	Davis		50.38	M	45	M U/50	99
149	Gianzuca	Marinangeli		50.43	M	34	M U/50	100
150	Aaron	Dowling		50.48	M	21	M U/50	101
151	Lynn	Hickey	Sutton Runners	50.50	F	54	W O/50	2
152	Stephen	Walker		50.51	M	39	M U/50	102
153	Patrick	Hutchinson		51.07	M	36	M U/50	103
154	Michael	Hallsworth		51.09	M	28	M U/50	104
155	rachel	bailey		51.12	F	33	W U/50	30
156	Siu Yiu	Tsai		51.21	M	26	M U/50	105
157	Laura	Bender		51.23	F	31	W U/50	31
158	Florence	Barkats		51.29	F	32	W U/50	32
159	Sonia	Louw		51.35	F	30	W U/50	33
160	Sandra	Naylor		51.41	F	26	W U/50	34
161	Ian	Carrick		51.44	M	45	M U/50	106
162	Antonio Miguel	Alcala Coca	Salesianos Cordoba	51.50	M	36	M U/50	107
163	Kate	Kengelbach		52.05	F	32	W U/50	35
164	Anna	Gee		52.06	F	29	W U/50	36
165	Adam	Fernandes		52.08	M	35	M U/50	108
166	James	Purnell		52.20	M	41	M U/50	109
167	Brian	Tims	Southern Vets	52.33	M	66	M O/60	3
168	Gemma	Gillies		52.46	F	27	W U/50	37
169	Amedeo	Silvagni		52.48	M	28	M U/50	110
170	Emily	Davies		52.53	F	49	W U/50	38
171	stephen	Miller		52.56	M	38	M U/50	111
172	Rachel	Morris		52.57	F	33	W U/50	39
173	Nathalie	Dobeli		53.10	F	28	W U/50	40
174	Joan	Wright		53.20	F	34	W U/50	41
175	Sergey	Otlov		53.41	M	43	M U/50	112
176	Samantha	See		53.48	F	28	W U/50	42
177	Rosalind	Craven		53.55	F	29	W U/50	43
178	thushani	karunaratne		53.57	F	27	W U/50	44
179	Anoushka	Morse		54.01	F	28	W U/50	45
180	Laura	Brown		54.09	F	31	W U/50	46
181	Ian	Sands		54.36	M	44	M U/50	113
182	Rosy	Cuthbert		54.47	F	24	W U/50	47
183	Itziar	Casas	Salesianos Cordoba	54.51	F	37	W U/50	48
184	Julie	Mahoney		54.51	F	38	W U/50	49
185	Gordon	Pretorius		54.58	M	27	M U/50	114
186	Brian	Lloyd		54.58	M	35	M U/50	115
187	Gemma	Griffiths		55.05	F	28	W U/50	50
188	Dan	Corry		55.07	M	51	M O/50	14
189	Katrina	Griffiths		55.08	F	48	W U/50	51
190	Lisa	Wannell		55.10	F	43	W U/50	52
191	Naomi	Dowding-Smith		55.12	F	31	W U/50	53
192	Philip	McCartney		55.26	M	35	M U/50	116
193	Carina	Simmons		55.36	F	25	W U/50	54
194	Richard	Powell		55.50	M	42	M U/50	117
195	Donna	Richards	Sutton Runners	55.50	F	45	W U/50	55
196	Jodie	Day		55.52	F	29	W U/50	56
197	Nic	Thomas		55.53	F	42	W U/50	57
198	Rebecca	Bryan	Serpentine	55.57	F	31	W U/50	58
199	Caroline	Highet	Wimbledon Windmilers	57.12	F	25	W U/50	59
200	Vicky	Messom		57.16	F	31	W U/50	60
201	James	Dolan		57.43	M	26	M U/50	118
202	Sandra	Leu		57.47	F	30	W U/50	61
203	Ruth	Slater		58.11	F	36	W U/50	62
204	Tony	Merritt	Burnham Joggers	58.36	M	71	M O/70	4

205	<i>Benjamin</i>	<i>Mason</i>		<i>58.48</i>	<i>M</i>	<i>35</i>	<i>M U/50</i>	<i>119</i>
206	<i>David</i>	<i>Bruno</i>		<i>58.48</i>	<i>M</i>	<i>33</i>	<i>M U/50</i>	<i>120</i>
207	<i>Toni</i>	<i>Michel</i>		<i>58.48</i>	<i>F</i>	<i>29</i>	<i>W U/50</i>	<i>63</i>
208	<i>Sue</i>	<i>McIntyre</i>	<i>Sutton Runners</i>	<i>58.58</i>	<i>F</i>	<i>49</i>	<i>W U/50</i>	<i>64</i>
209	<i>Esther</i>	<i>Williams</i>		<i>59.09</i>	<i>F</i>	<i>31</i>	<i>W U/50</i>	<i>65</i>
210	<i>Marko</i>	<i>Kautto</i>		<i>60.09</i>	<i>M</i>	<i>36</i>	<i>M U/50</i>	<i>121</i>
211	<i>Georgina</i>	<i>Jacobs</i>		<i>60.17</i>	<i>F</i>	<i>32</i>	<i>W U/50</i>	<i>66</i>
212	<i>Sarah</i>	<i>Salmon</i>		<i>60.24</i>	<i>F</i>	<i>32</i>	<i>W U/50</i>	<i>67</i>
213	<i>Daniela</i>	<i>Spagnoli</i>		<i>61.23</i>	<i>F</i>	<i>32</i>	<i>W U/50</i>	<i>68</i>
214	<i>Edwin</i>	<i>Bartlett</i>	<i>Vets AC</i>	<i>61.30</i>	<i>M</i>	<i>67</i>	<i>M O/60</i>	<i>4</i>
215	<i>Danielle</i>	<i>Summers</i>		<i>62.01</i>	<i>F</i>	<i>29</i>	<i>W U/50</i>	<i>69</i>
216	<i>Imelda</i>	<i>Balchin</i>		<i>62.10</i>	<i>F</i>	<i>40</i>	<i>W U/50</i>	<i>70</i>
217	<i>Laura</i>	<i>Kerrigan</i>		<i>62.29</i>	<i>F</i>	<i>24</i>	<i>W U/50</i>	<i>71</i>
218	<i>Alejandra</i>	<i>Abilahoud</i>		<i>64.05</i>	<i>F</i>	<i>27</i>	<i>W U/50</i>	<i>72</i>
219	<i>Colin</i>	<i>Savage</i>		<i>69.05</i>	<i>M</i>	<i>47</i>	<i>M U/50</i>	<i>122</i>
220	<i>Janet</i>	<i>Dowling</i>		<i>70.03</i>	<i>F</i>	<i>47</i>	<i>W U/50</i>	<i>73</i>
221	<i>Cristina</i>	<i>Spagnoli</i>		<i>70.14</i>	<i>F</i>	<i>53</i>	<i>W O/50</i>	<i>3</i>
DNF	<i>Fernando</i>	<i>Del Valle</i>	<i>Serpentine</i>	<i>DNF</i>	<i>M</i>	<i>32</i>	<i>M U/50</i>	<i>DNF</i>
DNF	<i>Jeremy</i>	<i>Burkie</i>	<i>Serpentine</i>	<i>DNF</i>	<i>M</i>	<i>31</i>	<i>M U/50</i>	<i>DNF</i>
DNF	<i>Michelle</i>	<i>Knott</i>		<i>DNF</i>	<i>F</i>	<i>33</i>	<i>W U/50</i>	<i>DNF</i>