



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 : August 1st

Dear Runners

Our penultimate Monday evening race of 2011 was won by Mike Cummings from Herne Hill Harriers in 9.50. Helen Taranowski won the Ladies Race in 11.47. Paris Walker won the Under 16's followed by Lucy Pollock and 9 year old Sophie Tapp. We hope to see you all for our last Monday evening race - 5 Kilometres - where we will be presenting special awards to all those who have attended all the Monday races. On Saturday September 10th we have a 10 Mile race.

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	AGE
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MEN UNDER 50

1st	Mike	Cummings	Herne Hill Harriers	9.50	M	26
2nd	Henry	Dodwell	Highate Harriers	10.01	M	35
3rd	Rick	Weston	Ipswich Jaffa	10.09	M	24
4th	Darren	Tanner	Clapham Chasers	10.14	M	34
5th	Jerreh	Ceesay	Strindhaim Running Club	10.24	M	21
6th	Riel	Carol	Clapham Chasers	10.35	M	36
7th	Christian	Nielsen		11.07	M	36

WOMEN UNDER 50

1st	Helen	Taranowski	West 4 Harriers	11.47	F	38
2nd	Helen	Winsor	Serpentine	12.02	F	32
3rd	Tina	Gray	Fulham Running Club	12.39	F	28
4th	Jacqueline	Reid	Met Police AC	13.38	F	45
5th	Anastasia	Hancock	Hercules Wimbledon	13.43	F	28
6th	Catherine	French		14.40	F	30
7th	Penelope	Fixter	Herne Hill Harriers	14.49	F	35

MEN OVER 50

1st	Terry	O'Neill	Belgrave Harriers	11.27	M	58
2nd	Jean luc	Hoez	Serpentine	12.38	M	53
3rd	David	Moscrop	Garden City Runners	12.45	M	53

WOMEN OVER 50

1st	Andrea	Sanders-Reece	Mornington Chasers	13.03	F	55
2nd	Sarah	Newton	Serpentine	13.59	F	53
3rd	Rachel	Broster	Serpentine	16.58	F	58

MEN OVER 60

1st	Dennis	Williams	Hercules Wimbledon	13.49	M	65
2nd	Alan	Davidson	Ranelagh Harriers	13.56	M	64

WOMEN OVER 60

1st	Lesley	Young	Dulwich Park Runners	22.52	F	60
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MEN OVER 70

1st	Joe	Aspinall	Vets AC	15.01	M	73
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WOMEN UNDER 16

1st	Paris	Walker	Victoria Park Harriers	15.18	F	15
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos
1	Mike	Cummings	Herne Hill Harriers	9.50	M	26	M U/50	1
2	Henry	Dodwell	Highate Harriers	10.01	M	35	M U/50	2
3	Rick	Weston	Ipswich Jaffa	10.09	M	24	M U/50	3
4	Darren	Tanner	Clapham Chasers	10.14	M	34	M U/50	4
5	Jerreh	Ceesay	Strindhaim Running Club	10.24	M	21	M U/50	5
6	Riel	Carol	Clapham Chasers	10.35	M	36	M U/50	6
7	Christian	Nielsen		11.07	M	36	M U/50	7
8	Nikolai	Sorensen	London Rowing Club	11.09	M	28	M U/50	8
9	Richard	Fanning	Serpentine	11.11	M	41	M U/50	9
10	Rupert	Jacobs		11.22	M	30	M U/50	10
11	Richard	Harrison	Royston Runners	11.24	M	42	M U/50	11
12	Jeremy	Meredith	Herne Hill Harriers	11.26	M	32	M U/50	12
13	Terry	O'Neill	Belgrave Harriers	11.27	M	58	M O/50	1
14	Damien	Hersey	Sutton Runners	11.29	M	28	M U/50	13
15	Alexis	Atkinson		11.30	M	31	M U/50	14
16	Steven	Barber	Sutton Runners	11.37	M	28	M U/50	15
17	John	O'Shea	Highate Harriers	11.41	M	48	M U/50	16
18	Helen	Taranowski	West 4 Harriers	11.47	F	38	W U/50	1
19	John	Matthews	26.2RRC	11.52	M	38	M U/50	17
20	Stephane	Schneider	Serpentine	11.58	M	32	M U/50	18
21	Helen	Winsor	Serpentine	12.02	F	32	W U/50	2
22	Scott	Hemmens	Les Croupiers	12.08	M	32	M U/50	19
23	Tom	Moseley		12.23	M	30	M U/50	20
24	Anthony	Impey		12.34	M	38	M U/50	21
25	David	Miller		12.34	M	29	M U/50	22
26	Jean luc	Hoez	Serpentine	12.38	M	53	M O/50	2
27	Tina	Gray	Fulham Running Club	12.39	F	28	W U/50	3
28	David	Moscrop	Garden City Runners	12.45	M	53	M O/50	3
29	Chris	Notton	Serpentine	13.02	M	36	M U/50	23

30	Andrea	Sanders-Reece	Mornington Chasers	13.03	F	55	W O/50	1
31	Philip	Hickson	Fulham	13.13	M	37	M U/50	24
32	Bob	Chart	Collingwood AC	13.24	M	47	M U/50	25
33	Ian	Mursell	VAC	13.29	M	59	M O/50	4
34	Sol	Alogaga		13.32	M	32	M U/50	26
35	Jacqueline	Reid	Met Police AC	13.38	F	45	W U/50	4
36	Neil	Myland Osman		13.39	M	37	M U/50	27
37	Anastasia	Hancock	Hercules Wimbledon	13.43	F	28	W U/50	5
38	Dennis	Williams	Hercules Wimbledon	13.49	M	65	M O/60	1
39	Alan	Davidson	Ranelagh Harriers	13.56	M	64	M O/60	2
40	Sarah	Newton	Serpentine	13.59	F	53	W O/50	2
41	Patrick	Halliday	Reigate	14.10	M	51	M O/50	5
42	Steve	Satchell	Mornington Chasers	14.13	M	62	M O/60	3
43	Sean	Leach		14.14	M	32	M U/50	28
44	Hugh	French	Clapham Chasers	14.16	M	35	M U/50	29
45	William	Johnson		14.16	M	31	M U/50	30
46	Ian	Hall	Serpentine	14.35	M	58	M O/50	6
47	Catherine	French		14.40	F	30	W U/50	6
48	Penelope	Fixter	Herne Hill Harriers	14.49	F	35	W U/50	7
49	Tim	Gray	Chiltern Church Runners	14.50	M	43	M U/50	31
50	Joe	Aspinall	Vets AC	15.01	M	73	M O/70	1
51	Paris	Walker	Victoria Park Harriers	15.18	F	15	W U/16	1
52	Michael	Goodwin	Stragglers	15.28	M	40	M U/50	32
53	Neil	Davies	Serpentine	15.43	M	46	M U/50	33
54	Bill	Harvey	Ranelagh	16.40	M	69	M O/60	4
55	Ian	Isherwood	Hercules Wimbledon AC	16.44	M	59	M O/50	7
56	Emily	Rae		16.46	F	27	W U/50	8
57	Phill	Harris	Serpentine	16.53	M	50	M O/50	8
58	Lydia	Davis	Fulham	16.54	F	29	W U/50	9
59	Dave	Clarke	Stragglers	16.54	M	43	M U/50	34
60	Rachel	Broster	Serpentine	16.58	F	58	W O/50	3
61	Lucy	Pollock		17.09	F	14	W U/16	2
62	David	Pollock	Royal Navy	17.09	M	47	M U/50	35
63	Jonathan	Pegg	Sutton Runners	17.14	M	46	M U/50	36
64	Allan	Kuhar		17.16	M	40	M U/50	37
65	Edwin	Bartlett	Vets AC	18.35	M	66	M O/60	5
66	Colin	Savage		18.59	M	47	M U/50	38
67	Peter	Torre	VAC	21.14	M	69	M O/60	6
68	Serena	Dilnot		21.35	F	58	W O/50	4
69	Sophie	Tapp		21.41	F	9	W U/16	3
70	Liz	Tapp	Serpentine	21.42	F	53	W O/50	5
71	Lesley	Young	Dulwich Park Runners	22.52	F	60	W O/60	1