



# 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  
Monday July 18th

### Dear Runners

The course was a little wet tonight after the afternoon rainfall. Henry Dodwell stormed ahead and won the race in 15.55. Michael Bridgeland finished in 16.44 giving him third place overall and first place in the Over 50. Shana McIntosh managed to push ahead of Martha Reynolds to win the Womens race - finishing in 18.32. Kate Martin won the Womens Under 16 race in 26.04 and Oliver Craven won the Mens Under 16 race in 21.48. We had a plethora of young runners all completing the course with impressive speed. Our next race is the 3 x 1 mile relay - so start forming your teams for the most exciting race in the calendar. Have a good week!

### MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	AGE
------	---------	------	------	-----

#### MEN UNDER 50

1st	Henry	Dodwell	Highate Harriers	15.55	M	35
2nd	Mark	Bruce	Kent AC	16.41	M	26
3rd	Tobias	Nylander	Yuppie Ski Club	17.01	M	25
4th	Lee	Grocott	Harlow AC	17.03	M	22
5th	Steve	Reenan	Northeast Runners	17.06	M	38
6th	Stuart	Fraser	Hercules Wimbledon	17.10	M	45
7th	James	Harbor		17.18	M	25

#### WOMEN UNDER 50

1st	Shana	McIntosh		18.32	F	28
2nd	Martha	Reynolds	Windsor Slough Eton & Hounslow	18.43	F	19
3rd	Caroline	Walsh	Metropolitan Police	19.12	F	31
4th	Jules	Weall	London Heathside	20.26	F	26
5th	Amy	Cope	Serpentine	20.41	F	33
6th	Rosie	Richards	Dulwich runners	20.45	F	23
7th	Jaqui	Reid	Metropolitan Police	21.33	F	45

### **MEN OVER 50**

1st	Michael	Bridgeland	Chelmsford AC	16.44	M	53
2nd	Dave	Cox	Woodford Green	17.27	M	58
3rd	Mick	Lane	Ranelagh Harriers	18.54	M	51

### **WOMEN OVER 50**

1st	Andrea	Sanders-Reece	Mornington Chasers	20.50	F	55
2nd	Sarah	Newton	Serpentine	22.32	F	53
3rd	Annette	Helliwell	Collingwood AC	24.50	F	52

### **MEN OVER 60**

1st	Dan	Maskell	Vets Ac	22.13	M	63
2nd	Dennis	Williams	Hercules Wimbledon	22.44	M	65

### **WOMEN OVER 60**

1st	Carmelina	Hancock	Hercules Wimbledon	31.00	F	61
-----	-----------	---------	--------------------	-------	---	----

### **MEN OVER 70**

1st	Joe	Aspinall	Vets AC	24.32	M	73
-----	-----	----------	---------	-------	---	----

### **WOMEN UNDER 16**

1st	Kate	Martin		26.04	F	14
-----	------	--------	--	-------	---	----

### **MEN UNDER 16**

1st	Oliver	Craven	Fulham	21.48	M	13
-----	--------	--------	--------	-------	---	----

### **OVERALL RESULTS**

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos
1	Henry	Dodwell	Highate Harriers	15.55	M	35	M U/50	1
2	Mark	Bruce	Kent AC	16.41	M	26	M U/50	2
3	Michael	Bridgeland	Chelmsford AC	16.44	M	53	M O/50	1
4	Tobias	Nylander	Yuppie Ski Club	17.01	M	25	M U/50	3
5	Lee	Grocott	Harlow AC	17.03	M	22	M U/50	4
6	Steve	Reenan	Northeast Runners	17.06	M	38	M U/50	5
7	Stuart	Fraser	Hercules Wimbledon	17.10	M	45	M U/50	6
8	James	Harbor		17.18	M	25	M U/50	7
9	Nolan	Wilkins	Beckenham Running Club	17.20	M	34	M U/50	8
10	Philip	Moody		17.21	M	23	M U/50	9
11	Ollie	Garrod	Epsom & Ewell Harriers	17.21	M	18	M U/50	10
12	Robbie	Cox	Woodford Green	17.22	M	29	M U/50	11
13	Dave	Cox	Woodford Green	17.27	M	58	M O/50	2
14	Richard	Fanning	Serpentine	17.37	M	41	M U/50	12
15	Charles	Lescott	Serpentine	17.40	M	34	M U/50	13
16	Tim	Ballard		17.43	M	35	M U/50	14
17	Henry	McCarthy		17.44	M	17	M U/50	15
18	Brendan	Greene	Queens Park Harriers	17.46	M	39	M U/50	16
19	Christian	Nielsen	u/a	17.52	M	36	M U/50	17
20	Jon	Kyte	Harrow	17.54	M	27	M U/50	18
21	Jose Carlos	Moraes	Postural RP	18.04	M	38	M U/50	19
22	Roy	Walker	Fulham	18.07	M	28	M U/50	20
23	Andrew	Davies	Serpentine	18.13	M	37	M U/50	21
24	Rupert	Jacobs		18.15	M	30	M U/50	22
25	Martin	Newton	Sutton Runners	18.20	M	49	M U/50	23
26	Shana	McIntosh		18.32	F	28	W U/50	1
27	Michael	Wiggins		18.37	M	34	M U/50	24

28	Nick	Hancock	Sutton & District	18.39	M	46	M U/50	25
29	Alexis	Atkinson		18.41	M	31	M U/50	26
30	Damien	Hersey	Sutton Runners	18.42	M	28	M U/50	27
31	David	Brewer		18.42	M	47	M U/50	28
32	Martha	Reynolds	Windsor Slough Eton & Hounslow	18.43	F	19	W U/50	2
33	Jeremy	Meredith	Herne Hill Harriers	18.43	M	32	M U/50	29
34	Rupert	Nash	Hunters Bog Trotters	18.44	M	28	M U/50	30
35	Miron	Woldemichael	London Heathside	18.49	M	16	M U/50	31
36	Mick	Lane	Ranelagh Harriers	18.54	M	51	M O/50	3
37	Dave	McLaughlin	Queens Park Harriers	18.55	M	40	M U/50	32
38	Glynn	McDonald	London Frontrunners	18.58	M	48	M U/50	33
39	Caroline	Walsh	Metropolitain Police	19.12	F	31	W U/50	3
40	Anthony	Impey	u/a	19.25	M	39	M U/50	34
41	Shaun	Webster		19.27	M	27	M U/50	35
42	Rob	Walker	Highate	19.37	M	29	M U/50	36
43	Frank	Wood	Hercules Wimbledon	19.40	M	46	M U/50	37
44	Steve	Bourne	Sydney Striders	19.44	M	48	M U/50	38
45	Ben	Lynam		19.54	M	22	M U/50	39
46	David	Millel		19.58	M	29	M U/50	40
47	Simon	Wade	Belgrave	19.58	M	50	M O/50	4
48	Mark	Grove		20.06	M	37	M U/50	41
49	Derek	Clark	London Frontrunners	20.15	M	42	M U/50	42
50	Zac	Zacharides	London Heathside	20.18	M	51	M O/50	5
51	James	Brown		20.25	M	32	M U/50	43
52	Jules	Weall	London Heathside	20.26	F	26	W U/50	4
53	Jean Luc	Hoez	Serpentine	20.33	M	53	M O/50	6
54	Amy	Cope	Serpentine	20.41	F	33	W U/50	5
55	Rosie	Richards	Dulwich runners	20.45	F	23	W U/50	6
56	Andrea	Sanders-Reece	Mornington Chasers	20.50	F	55	W O/50	1
57	Chris	Notton	Serpentine	20.57	M	36	M U/50	44
58	Philip	Hickson	Fulham	21.00	M	37	M U/50	45
59	David	Pollock	Royal Navy	21.10	M	47	M U/50	46
60	Stuart	Littlewood	Hercules Wimbledon	21.13	M	59	M O/50	7
61	John	Brown	London Frontrunners	21.22	M	43	M U/50	47
62	Alex	Beattie-Child	London Heathside	21.24	M	16	M U/50	48
63	Jaqui	Reid	Metropolitain Police	21.33	F	45	W U/50	7
64	Tom	Ward		21.46	M	31	M U/50	49
65	Oliver	Craven	Fulham	21.48	M	13	M U/16	1
66	Neil	Myland Osman		21.50	M	37	M U/50	50
67	Anastasia	Hancock	Hercules Wimbledon	21.52	F	28	W U/50	8
68	Hay Sun	Blunt		22.04	F	29	W U/50	9
69	Stephen	Rupp	Serpentine	22.05	M	16	M U/50	51
70	Robert	Lewis		22.06	M	26	M U/50	52
71	Doerte	Weber	Dulwich Runners	22.11	F	35	W U/50	10
72	Dan	Maskell	Vets Ac	22.13	M	63	M O/60	1
73	Sarah	O'Connell		22.18	F	29	W U/50	11
74	Charles	Craven	Fulham	22.22	M	48	M U/50	53
75	Sarah	Newton	Serpentine	22.32	F	53	W O/50	2
76	Dennis	Williams	Hercules Wimbledon	22.44	M	65	M O/60	2
77	Steve	Satchell		22.57	M	62	M O/60	3
78	Emma	Waterfall		23.01	F	30	W U/50	12
79	Peter	Creane	Wimbledon Windmilers	23.25	M	46	M U/50	54
80	Harold	Cambridge		23.29	M	22	M U/50	55
81	Harvey	Cambridge		23.31	M	14	M U/16	2
82	Michael	Goodwin	Stragglers	23.31	M	40	M U/50	56
83	Peter	Cambridge	Vets AC	23.38	M	52	M O/50	8
84	David	Deery	Stragglers	23.38	M	35	M U/50	57
85	antonio	Iancellotti		23.41	M	32	M U/50	58

86	Huw	Griffiths		24.11	M	50	M O/50	9
87	Andrew	Phelan		24.21	M	26	M U/50	59
88	Andrew	McFarlane		24.26	M	33	M U/50	60
89	Ian	Hall	Serpentine	24.26	M	58	M O/50	10
90	Joe	Aspinall	Vets AC	24.32	M	73	M O/70	1
91	Annette	Helliwell	Collingwood AC	24.50	F	52	W O/50	3
92	Louise	Price	Clapham Pioneers	24.59	F	43	W U/50	13
93	Adam	Pitt		25.28	M	36	M U/50	61
94	Rod	Smith		25.35	M	48	M U/50	62
95	Beate	Vogt	Serpentine	25.50	F	52	W O/50	4
96	Jolekha	Shasha		25.53	F	33	W U/50	14
97	Anna	Odenbrand Linder		25.54	F	27	W U/50	15
98	Nicholas	Martin		26.04	M	17	M U/50	63
99	Kate	Martin		26.04	F	14	W U/16	1
100	Matt	Young		26.16	M	29	M U/50	64
101	Dave	Clarke	Stragglers	26.51	M	43	M U/50	65
102	Julie	Minett	Clapham Pioneers	27.25	F	34	W U/50	16
103	Edwin	Bartlett	Vets AC	28.06	M	66	M O/60	4
104	Sally	Helme		28.42	F	36	W U/50	17
105	Channari	Penh		29.19	F	31	W U/50	18
106	Jay	Beattie-Child	London Heathside	29.57	M	19	M U/50	66
107	Richard	Hayward		30.51	M	31	M U/50	67
108	Sean	Mustoe	Nove	30.51	M	45	M U/50	68
109	Carmelina	Hancock	Hercules Wimbledon	31.00	F	61	W O/60	1
110	Lucy	Desmond		31.15	F	32	W U/50	19
111	Marta	Siolkowska		32.27	F	23	W U/50	20
112	James	Anderson	South Shields Harriers	33.32	M	74	M O/70	2
DNF	James	Hancock	Sutton & District	DNF	M	13	M U/16	DNF
DNF	Sean	Thompson	u/a	DNF	M	23	M U/50	DNF
DNF	Ian	Butler	Dulwich Runners	DNF	M	49	M U/50	DNF