



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

July 4th

Dear Runners

Another wonderful summer's evening in Battersea Park! Martin Shore won the Mens race in 15.56 and Helen Winsor won the Womens race in 19.28. A special congratulations to Gary Hester visiting from Scotland who won the Men Over 50 category and came 7th overall in 16.50. We look forward to seeing you next Monday evening for our 2 mile race. On Saturday 16th July we have a 10 Mile race at 8am. Please start preparing your 3 person teams for our relay on Monday 25th July at 7pm (SPREAD THE WORD).

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	AGE
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MEN UNDER 50

1st	<i>Martin</i>	<i>Shore</i>	<i>Thames Hare & Hounds</i>	<i>15.58</i>	<i>M</i>	<i>35</i>
2nd	<i>Basil</i>	<i>Wallace</i>	<i>Herne Hill Harriers</i>	<i>16.07</i>	<i>M</i>	<i>37</i>
3rd	<i>Jacob</i>	<i>Wiebel</i>		<i>16.08</i>	<i>M</i>	<i>26</i>
4th	<i>Anthony</i>	<i>Bourne</i>	<i>Serpentine</i>	<i>16.12</i>	<i>M</i>	<i>28</i>
5th	<i>Nick</i>	<i>Gold</i>	<i>highgate</i>	<i>16.27</i>	<i>M</i>	<i>38</i>
6th	<i>Jonathan</i>	<i>Deane</i>	<i>Highgate Harriers</i>	<i>16.33</i>	<i>M</i>	<i>26</i>
7th	<i>Lee</i>	<i>Martin</i>		<i>16.59</i>	<i>M</i>	<i>22</i>

WOMEN UNDER 50

1st	<i>Helen</i>	<i>Winsor</i>	<i>Serpentine</i>	<i>19.28</i>	<i>F</i>	<i>32</i>
2nd	<i>Tina</i>	<i>Gray</i>	<i>Fulham</i>	<i>20.24</i>	<i>F</i>	<i>23</i>
3rd	<i>Sam</i>	<i>Ludlow</i>	<i>Serpentine</i>	<i>20.26</i>	<i>F</i>	<i>28</i>
4th	<i>Rosie</i>	<i>Richards</i>	<i>Dulwich Runners</i>	<i>20.38</i>	<i>F</i>	<i>23</i>
5th	<i>Emi</i>	<i>Murata</i>		<i>22.23</i>	<i>F</i>	<i>30</i>
6th	<i>Siobhan</i>	<i>Reddy</i>	<i>Serpentine</i>	<i>22.42</i>	<i>F</i>	<i>39</i>
7th	<i>Penelope</i>	<i>Fixter</i>	<i>Herne Hill Harriers</i>	<i>23.16</i>	<i>F</i>	<i>35</i>

MEN OVER 50

1st	Gary	Hester		16.50	M	50
2nd	Douglas	Buckeridge	Ealing Southall Middlesex	19.36	M	54
3rd	Simon	Wilson	Belgrave	20.09	M	50

WOMEN OVER 50

1st	Andrea	Sanders-Reece	Mornington Chasers	20.56	F	55
2nd	Sarah	Newton	Serpentine	22.12	F	53
3rd	Elizabeth	Tapp	Serpentine	24.19	F	53

MEN OVER 60

1st	Steve	Satchell	Mornington Chasers	22.19	M	62
2nd	Dennis	Williams	Hercules Wimbledon	22.31	M	65

MEN OVER 70

1st	Joe	Aspinall	Vets AC	24.01	M	70
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WOMEN UNDER 16

1st	Paris	Walker	VPH	24.00	F	15
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MEN UNDER 16

1st	Harvey	Cambridge		24.14	M	14
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos
1	Martin	Shore	Thames Hare & Hounds	15.58	M	35	M U/50	1
2	Basil	Wallace	Herne Hill Harriers	16.07	M	37	M U/50	2
3	Jacob	Wiebel		16.08	M	26	M U/50	3
4	Anthony	Bourne	Serpentine	16.12	M	28	M U/50	4
5	Nick	Gold	highgate	16.27	M	38	M U/50	5
6	Jonathan	Deane	Highgate Harriers	16.33	M	26	M U/50	6
7	Gary	Hester		16.50	M	50	M O/50	1
8	Lee	Martin	Springfield Striders	16.56	M	39	M U/50	7
9	Trevor	Antao		16.57	M	31	M U/50	8
10	Lee	Martin		16.59	M	22	M U/50	9
11	Andrew	Tappin	Dulwich Park Runners	17.11	M	35	M U/50	10
12	Andrew	Taylor	Serpentine	17.13	M		M U/50	11
13	Mark	Ford	Canterbury Harriers	17.17	M	21	M U/50	12
14	Stuart	Fraser	Hercules Wimbledon	17.26	M	45	M U/50	13
15	Nicholas	Copas	Serpentine	17.26	M	41	M U/50	14
16	James	Godber	Dulwich Runners	17.33	M	32	M U/50	15
17	Robbie	Cox	Woodford Green AC	17.35	M	29	M U/50	16
18	Charles	Lescott	Serpentine	17.37	M	34	M U/50	17
19	David	Comb		17.38	M	31	M U/50	18
20	Niall	O'Brian	Highgate	18.01	M	24	M U/50	19
21	Brendan	Greene	QPH	18.05	M	39	M U/50	20
22	Alex	Elferink	Serpentine	18.07	M	38	M U/50	21
23	Jon	Kyte	Harrow AC	18.15	M	27	M U/50	22
24	Henry	McCarthy		18.37	M	17	M U/50	23
25	Martin	Newton	Sutton Runners	18.40	M	49	M U/50	24
26	Julian	Merschen	Highgate Harriers	18.42	M	29	M U/50	25
27	David	Young	Serpentine	18.48	M	24	M U/50	26
28	Anthony	Impey		18.51	M	39	M U/50	27
29	David	Brewer		18.59	M	47	M U/50	28
30	Damian	Hersey	Sutton Runners	19.03	M	28	M U/50	29

31	Barry	Biondi	Met Police	19.13	M	27	M U/50	30
32	Frank	wood	Hercules Wimbledon	19.19	M	46	M U/50	31
33	Gabriel	Salinger	Serpentine	19.21	M	30	M U/50	32
34	Mark	Stewart	Serpentine	19.22	M	33	M U/50	33
35	Philip	Wyard	Canterbury harriers	19.23	M	48	M U/50	34
36	Rupert	Mainwaring	Herne Hill Harriers	19.24	M	35	M U/50	35
37	Shaun	Webster		19.26	M	27	M U/50	36
38	Mark	Burkett		19.27	M	47	M U/50	37
39	Helen	Winsor	Serpentine	19.28	F	32	W U/50	1
40	Glynn	McDonald	London Frontrunners	19.28	M	48	M U/50	38
41	Antoine	Guyot	Mornington Chasers	19.35	M	21	M U/50	39
42	Douglas	Buckeridge	Ealing Southall Middlesex	19.36	M	54	M O/50	2
43	Ian	Stirling	Mornington Chasers	19.48	M	30	M U/50	40
44	David	Long		19.53	M	28	M U/50	41
45	Derek	Clark	London Frontrunners	19.58	M	42	M U/50	42
46	Simon	Wilson	Belgrave	20.09	M	50	M O/50	3
47	Kevin	Danishi		20.10	M	27	M U/50	43
48	Graham	Dooling		20.13	M	31	M U/50	44
49	David	McGaughey		20.17	M	32	M U/50	45
50	James	Coyle		20.19	M	27	M U/50	46
51	Peter	Stephenson	PAAA	20.20	M	47	M U/50	47
52	Tina	Gray	Fulham	20.24	F	23	W U/50	2
53	Sam	Ludlow	Serpentine	20.26	F	28	W U/50	3
54	Jean Luc	Hoez	Serpentine	20.28	M	53	M O/50	4
55	Rosie	Richards	Dulwich Runners	20.38	F	23	W U/50	4
56	Steve	Mayfield	Fairlands Valley Spartans	20.38	M	45	M U/50	48
57	Witold	Wozniak		20.43	M	34	M U/50	49
58	Owen	Barder	Serpentine	20.46	M	44	M U/50	50
59	Philip	Hickson	Fulham	20.53	M	37	M U/50	51
60	David	Miller		20.56	M	28	M U/50	52
61	Andrea	Sanders-Reece	Mornington Chasers	20.56	F	55	W O/50	1
62	Ian	Mursell	Vets AC	21.13	M	59	M O/50	5
63	Neil	O'Keeffe		21.25	M	28	M U/50	53
64	Jonathan	Chambers	Fulham	21.40	M	54	M O/50	6
65	Nick	Slade	Watford Joggers	21.57	M	43	M U/50	54
66	Jose	Espiritasanto		22.06	M	42	M U/50	55
67	Chris	Notton	Serpentine	22.09	M	36	M U/50	56
68	Sarah	Newton	Serpentine	22.12	F	53	W O/50	2
69	Neil	Myland Osman		22.13	M	37	M U/50	57
70	Steve	Satchell	Mornington Chasers	22.19	M	62	M O/60	1
71	Patrick	Halliday	Reigate Priory	22.20	M	51	M O/50	7
72	Emi	Murata		22.23	F	30	W U/50	5
73	Brian	Pickles	Serpentine	22.25	M	53	M O/50	8
74	Dennis	Williams	Hercules Wimbledon	22.31	M	65	M O/60	2
75	John	Pratt	Ranelagh Harriers	22.34	M	66	M O/60	3
76	Alex	Frino		22.37	M	42	M U/50	58
77	Richard	Wyeth		22.42	M	31	M U/50	59
78	Siobhan	Reddy	Serpentine	22.42	F	39	W U/50	6
79	Ciaran	Weldon	Watford Joggers	22.43	M	41	M U/50	60
80	neil	graham		22.50	M	42	M U/50	61
81	Sean	Leach		22.54	M	32	M U/50	62
82	Ian	Hall	Serpentine	23.00	M	58	M O/50	9
83	Stephen	Vey	Clapham Chasers	23.02	M	50	M O/50	10
84	John B	Garbir	Herne Hill Harriers	23.06	M	69	M O/60	4
85	Penelope	Fixter	Herne Hill Harriers	23.16	F	35	W U/50	7
86	Stephen	Walker		23.17	M	39	M U/50	63
87	Greg	Neal	Watford Harriers	23.17	M	56	M O/50	11
88	David	McDonnell		23.20	M	39	M U/50	64

89	Joanna	Beak	Serpentine	23.20	F	28	W U/50	8
90	Peter	Cambridge	Vets AC	23.39	M	52	M O/50	12
91	William	Johnson		23.49	M	31	M U/50	65
92	Victoria	Philpot		23.51	F	20	W U/50	9
93	Harry	Cambridge		23.54	M	22	M U/50	66
94	Glenn	Ford		23.58	M	53	M O/50	13
95	Paris	Walker	VPH	24.00	F	15	W U/16	1
96	Joe	Aspinall	Vets AC	24.01	M	70	M O/70	1
97	Michael	Goodwin	Stragglers	24.04	M	40	M U/50	67
98	Steven	Tiucker	Road Runners Club	24.05	M	44	M U/50	68
99	Harvey	Cambridge		24.14	M	14	M U/16	1
100	Aidan	Daly		24.15	M	27	M U/50	69
101	Elizabeth	Tapp	Serpentine	24.19	F	53	W O/50	3
102	Carole	Wilson	Serpentine	24.42	F	53	W O/50	4
103	Claire	Lacey		24.45	F	29	W U/50	10
104	Beate	Vogt	Serpentine	24.55	F	52	W O/50	5
105	Neil	Davies	Serpentine	25.25	M	46	M U/50	70
106	Vikrant	Gupta		25.27	M	36	M U/50	71
107	luke	cundick		26.07	M	21	M U/50	72
108	Nicholas	Martin		26.22	M	17	M U/50	73
109	Grethe	Petersen	Serpentine	26.22	F	44	W U/50	11
110	Christopher	Blattman		26.22	M	36	M U/50	74
111	Kate	Martin		26.22	F	14	W U/16	2
112	Nina	Williams	Saints and Sinners	26.24	F	44	W U/50	12
113	Rita	Scollan	Sudbury Court Running Club	27.07	F	30	W U/50	13
114	Florence	Cambridge		27.39	F	16	W U/50	14
115	Chris	Vernon	Dulwich Runners	27.42	M	67	M O/60	5
116	Dave	Clarke	Stragglers	27.42	M	43	M U/50	75
117	Ros	Williams		28.03	F	36	W U/50	15
118	Mark	Archer	Vets AC	28.13	M	44	M U/50	76
119	Lucia	Montesinos	Striders of Croydon	28.49	F	27	W U/50	16
120	Dave	Gironi	Serpentine	28.50	M	33	M U/50	77
121	Harris	Salapasidis		29.06	M	42	M U/50	78
122	Edwin	Bartlett	Vets AC	29.17	M	66	M O/60	6
123	Lacky	Ahmed		29.28	F	32	W U/50	17
124	Ted	Townsend	Fulham	29.59	M	50	M O/50	13
125	Sally	Helme		30.13	F	36	W U/50	18
126	Naomi	Carlisle		30.31	F		W U/50	19
127	Hannah	Bailey		31.17	F	31	W U/50	20
128	Sarah-Leigh	Goodman		32.51	F	28	W U/50	21
129	Clare	Whitworth		33.34	F	34	W U/50	22
130	Colin	Savage		33.36	M	47	M U/50	79
131	Ushma	Samani		36.59	F	26	W U/50	23
132	Emma	Chapman		36.59	F	28	W U/50	24
133	Rachel	Cowe		39.56	F	23	W U/50	25
134	Clare	Parsons		39.56	F	31	W U/50	26
135	Simon	Quinn		39.56	M	27	M U/50	80
136	Iffath Fatima	Syeda		40.11	F	31	W U/50	27
137	Adam	Long		45.22	M	31	M U/50	81