



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 10 mile Battersea Park 8am July 16th

Dear Runners

A sudden turn in the splendid English summer did not deter more than 150 runners from turning up at 8am this morning. The lead changed four times but in an incredible injection of speed towards the end of the race Martin Kennard moved into pole position and won the race in 57.26. Second place was taken by David Child who also won the first Over 50 trophy. Lauren Stewart won the ladies race with a 7 minute margin. Philip Turley won the Over 70 trophy completing the course in 82.15. Despite the slightly wet conditions several runners commented on how much they liked the course which is fast and flat. Well done everybody - see you again soon!

MEDAL WINNERS

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

MEN UNDER 50

| | | | | | |
|-----|---------------|------------------|--------------|----------|-----------|
| 1st | <i>Martin</i> | <i>Kennard</i> | <i>57.26</i> | <i>M</i> | <i>39</i> |
| 2nd | <i>Buzz</i> | <i>Shephard</i> | <i>59.18</i> | <i>M</i> | <i>35</i> |
| 3rd | <i>David</i> | <i>Williams</i> | <i>59.58</i> | <i>M</i> | <i>40</i> |
| 4th | <i>Simon</i> | <i>Loach</i> | <i>60.20</i> | <i>M</i> | <i>41</i> |
| 5th | <i>Paul</i> | <i>Bell</i> | <i>60.23</i> | <i>M</i> | <i>38</i> |
| 6th | <i>Roger</i> | <i>Coyle</i> | <i>60.34</i> | <i>M</i> | <i>37</i> |
| 7th | <i>Joel</i> | <i>Northcott</i> | <i>60.42</i> | <i>M</i> | <i>30</i> |

WOMEN UNDER 50

| | | | | | |
|-----|----------------|-----------------|--------------|----------|-----------|
| 1st | <i>Lauren</i> | <i>Stewart</i> | <i>62.28</i> | <i>F</i> | <i>29</i> |
| 2nd | <i>Julia</i> | <i>Belyavin</i> | <i>69.43</i> | <i>F</i> | <i>32</i> |
| 3rd | <i>Jane</i> | <i>Walsh</i> | <i>71.53</i> | <i>F</i> | <i>31</i> |
| 4th | <i>Cara</i> | <i>Kayum</i> | <i>72.21</i> | <i>F</i> | <i>22</i> |
| 5th | <i>Andrea</i> | <i>Mann</i> | <i>72.45</i> | <i>F</i> | <i>39</i> |
| 6th | <i>Naomi</i> | <i>Prasad</i> | <i>74.42</i> | <i>F</i> | <i>30</i> |
| 7th | <i>Camilla</i> | <i>Hall</i> | <i>77.54</i> | <i>F</i> | <i>31</i> |

MEN OVER 50

| | | | | | | |
|-----|-------|----------|----------------|-------|---|----|
| 1st | David | Child | Kent AC | 58.50 | M | 51 |
| 2nd | Tim | McIntyre | Sutton Runners | 64.48 | M | 52 |
| 3rd | Kevin | Murray | Serpentine | 65.45 | M | 52 |

WOMEN OVER 50

| | | | | | | |
|-----|-------|-----------|-----------------|-------|---|----|
| 1st | Sarah | Newton | Serpentine | 77.47 | F | 54 |
| 2nd | Kay | Bettis | Serpentine | 84.38 | F | 50 |
| 3rd | Janet | Willerton | Watford Joggers | 84.57 | F | 55 |

MEN OVER 60

| | | | | | | |
|-----|---------|--------|--------------------|-------|---|----|
| 1st | Maurice | Sharp | Hercules Wimbledon | 73.39 | M | 66 |
| 2nd | Chas | Rayner | West 4 Harriers | 74.26 | M | 60 |

WOMEN OVER 60

| | | | | | | |
|-----|--------|----------|----------------------|--------|---|----|
| 1st | Marion | Rayner | West 4 Harriers | 78.25 | F | 61 |
| 2nd | Anne | de Silva | Wimbledon Windmilers | 107.37 | F | 60 |

MEN OVER 70

| | | | | | | |
|-----|--------|--------|------------------------|-------|---|----|
| 1st | Philip | Turley | Epsom & Ewell Harriers | 82.15 | M | 70 |
|-----|--------|--------|------------------------|-------|---|----|

OVERALL RESULTS

| Pos | Name | Surname | Club | Time | M/F | Age | Cat | Cat Pos |
|-----|---------|------------|----------------------|-------|-----|-----|--------|---------|
| 1 | Martin | Kennard | | 57.26 | M | 39 | M U/50 | 1 |
| 2 | David | Child | Kent AC | 58.50 | M | 51 | M O/50 | 1 |
| 3 | Buzz | Shephard | Dulwich Runners | 59.18 | M | 35 | M U/50 | 2 |
| 4 | David | Williams | Les Croupiers RC | 59.58 | M | 40 | M U/50 | 3 |
| 5 | Simon | Loach | Kent AC | 60.20 | M | 41 | M U/50 | 4 |
| 6 | Paul | Bell | Kent AC | 60.23 | M | 38 | M U/50 | 5 |
| 7 | Roger | Coyle | Serpentine | 60.34 | M | 37 | M U/50 | 6 |
| 8 | Joel | Northcott | London Frontrunners | 60.42 | M | 30 | M U/50 | 7 |
| 9 | Rick | Weston | Ipswich Jaffa | 60.46 | M | 24 | M U/50 | 8 |
| 10 | Steve | Darby | | 61.53 | M | 45 | M U/50 | 9 |
| 11 | Trent | Stallard | | 62.06 | M | 27 | M U/50 | 10 |
| 12 | Steve | Gray | Arbroath Footers | 62.24 | M | 30 | M U/50 | 11 |
| 13 | Lauren | Stewart | | 62.28 | F | 29 | W U/50 | 1 |
| 14 | Brendan | Greene | Queens Park Harriers | 62.49 | M | 39 | M U/50 | 12 |
| 15 | Daniel | Harris | Les Croupiers RC | 63.19 | M | 28 | M U/50 | 13 |
| 16 | Alex | E | Serpentine | 63.43 | M | 38 | M U/50 | 14 |
| 17 | Jon | Kyte | Harrow | 64.09 | M | 27 | M U/50 | 15 |
| 18 | Rowan | O'Driscoll | Serpentine | 64.31 | M | 29 | M U/50 | 16 |
| 19 | Tim | McIntyre | Sutton Runners | 64.48 | M | 52 | M O/50 | 2 |
| 20 | Charles | Lescott | Serpentine | 64.51 | M | 34 | M U/50 | 17 |
| 21 | Alan | Latham | | 65.01 | M | 42 | M U/50 | 18 |
| 22 | Michael | Wiggins | | 65.32 | M | 34 | M U/50 | 19 |
| 23 | Tom | Cochrane | | 65.37 | M | 28 | M U/50 | 20 |
| 24 | Rupert | Jacobs | | 65.40 | M | 30 | M U/50 | 21 |
| 25 | Kevin | Murray | Serpentine | 65.45 | M | 52 | M O/50 | 3 |
| 26 | Kevin | Walsh | Tri London | 66.02 | M | 30 | M U/50 | 22 |
| 27 | Philip | Wynd | Canterbury harriers | 66.05 | M | 49 | M U/50 | 23 |
| 28 | Peter | Mack | Crystal Palace Tri | 66.26 | M | 39 | M U/50 | 24 |
| 29 | Peter | Lukacs | Serpentine | 66.40 | M | 43 | M U/50 | 25 |
| 30 | Dave | McLaughlin | Queens Park Harriers | 67.08 | M | 40 | M U/50 | 26 |
| 31 | Jackie | Tan | | 67.17 | M | 21 | M U/50 | 27 |
| 32 | Glynn | McDonald | London Frontrunners | 67.24 | M | 48 | M U/50 | 28 |

| | | | | | | | | |
|----|-----------|------------|-----------------------------|-------|---|----|--------|----|
| 33 | Tiarnan | OCleirigh | Dulwich Runners AC | 67.57 | M | 50 | M O/50 | 4 |
| 34 | Manuel | Corriente | Vegetarian Cycling & AC | 68.01 | M | 40 | M U/50 | 29 |
| 35 | Tim | Charters | | 68.13 | M | 33 | M U/50 | 30 |
| 36 | Frank | Wood | Hercules Wimbledon | 68.17 | M | 46 | M U/50 | 31 |
| 37 | Dan | O'Sullivan | | 68.29 | M | 34 | M U/50 | 32 |
| 38 | Matthew | Crighton | | 68.40 | M | 33 | M U/50 | 33 |
| 39 | Mark | Studdart | Watford Joggers | 69.07 | M | 43 | M U/50 | 34 |
| 40 | Thom | Dixon | | 69.31 | M | 29 | M U/50 | 35 |
| 41 | Joseph | Merlini | u/a | 69.35 | M | 44 | M U/50 | 36 |
| 42 | Julia | Belyavin | Bristol & West | 69.43 | F | 32 | W U/50 | 2 |
| 43 | Matthew | Chorlton | | 69.58 | M | 40 | M U/50 | 37 |
| 44 | Steve | Bourke | Sydney Striders | 70.22 | M | 48 | M U/50 | 38 |
| 45 | marc | thurgood | | 71.12 | M | 48 | M U/50 | 39 |
| 46 | Tony | Cummings | Thurrock Harriers | 71.22 | M | 50 | M O/50 | 5 |
| 47 | Paul | Coudrier | | 71.24 | M | 34 | M U/50 | 40 |
| 48 | Matthew | Hurlock | | 71.41 | M | 45 | M U/50 | 41 |
| 49 | Jane | Walsh | Serpentine | 71.53 | F | 31 | W U/50 | 3 |
| 50 | Piers | Woolston | Ealing Eagles | 72.18 | M | 50 | M O/50 | 6 |
| 51 | Cara | Kayum | Striders of Croydon | 72.21 | F | 22 | W U/50 | 4 |
| 52 | James | Oram | u/a | 72.25 | M | 36 | M U/50 | 42 |
| 53 | Stephen | Newport | | 72.33 | M | 45 | M U/50 | 43 |
| 54 | Andrea | Mann | Garden City Runners | 72.45 | F | 39 | W U/50 | 5 |
| 55 | jonathan | giles | | 73.19 | M | 34 | M U/50 | 44 |
| 56 | David | Moscrop | | 73.32 | M | 52 | M O/50 | 7 |
| 57 | Maurice | Sharp | Hercules Wimbledon | 73.39 | M | 66 | M O/60 | 1 |
| 58 | Jonathan | Byrne | | 73.59 | M | 31 | M U/50 | 45 |
| 59 | Jason | Bethell | | 74.04 | M | 41 | M U/50 | 46 |
| 60 | Chas | Rayner | West 4 Harriers | 74.26 | M | 60 | M O/60 | 2 |
| 61 | Jacob | Buitelear | | 74.26 | M | 29 | M U/50 | 47 |
| 62 | Naomi | Prasad | 100 Marathon Club | 74.42 | F | 30 | W U/50 | 6 |
| 63 | Phil | Avery | | 74.42 | M | 34 | M U/50 | 48 |
| 64 | Jean Luc | Hoez | Serpentine | 74.54 | M | 53 | M O/50 | 8 |
| 65 | Dave | Compton | | 74.55 | M | 50 | M O/50 | 9 |
| 66 | Duncan | Blake | | 75.55 | M | 45 | M U/50 | 49 |
| 67 | Shaun | Webster | | 77.04 | M | 28 | M U/50 | 50 |
| 68 | Robert | Curtis | Fetch Everyone Running Club | 77.07 | M | 41 | M U/50 | 51 |
| 69 | Simon | Clemson | | 77.13 | M | 33 | M U/50 | 52 |
| 70 | Sarah | Newton | Serpentine | 77.47 | F | 54 | W O/50 | 1 |
| 71 | Camilla | Hall | | 77.54 | F | 31 | W U/50 | 7 |
| 72 | Katherine | Vinnicombe | London Heathside | 77.54 | F | 27 | W U/50 | 8 |
| 73 | Claire | de Wit | | 77.57 | F | 25 | W U/50 | 9 |
| 74 | amber | short | | 78.08 | F | 28 | W U/50 | 10 |
| 75 | Marion | Rayner | West 4 Harriers | 78.25 | F | 61 | W O/60 | 1 |
| 76 | nick | Farrell | | 78.29 | M | 45 | M U/50 | 53 |
| 77 | Mary | Burns | | 78.43 | F | 31 | W U/50 | 11 |
| 78 | Caolfionn | Murphy | | 79.00 | F | 32 | W U/50 | 12 |
| 79 | Oliver | Ashby | | 79.37 | M | 26 | M U/50 | 54 |
| 80 | Remi | Osborne | | 79.50 | M | 31 | M U/50 | 55 |
| 81 | mirko | monti | | 79.55 | M | 34 | M U/50 | 56 |
| 82 | Matthew | Georgiou | | 79.59 | M | 35 | M U/50 | 57 |
| 83 | Alastair | Atkinson | | 80.00 | M | 41 | M U/50 | 58 |
| 84 | Elspeth | Storrar | | 80.00 | F | 25 | W U/50 | 13 |
| 85 | Belinda | Moffett | Serpentine Running Club | 80.11 | F | 32 | W U/50 | 14 |
| 86 | Julie | Thomas | Windmilers | 80.16 | F | 44 | W U/50 | 15 |
| 87 | Patrick | Halliday | Reigate Priory | 81.17 | M | 51 | M O/50 | 10 |
| 88 | Stephanie | Langbridge | | 81.38 | F | 25 | W U/50 | 16 |
| 89 | Georgina | Russell | | 81.38 | F | 34 | W U/50 | 17 |
| 90 | Joanna | Beak | Serpentine | 81.51 | F | 28 | W U/50 | 18 |

| | | | | | | | | |
|-----|-----------|---------------|---------------------------------|--------|---|----|--------|----|
| 91 | Philip | Turley | Epsom & Ewell Harriers | 82.15 | M | 70 | M O/70 | 1 |
| 92 | Victoria | Wells | | 82.26 | F | 30 | W U/50 | 19 |
| 93 | Deborah | Boocock | | 82.51 | F | 33 | W U/50 | 20 |
| 94 | Andy | Willerton | Watford Joggers | 82.58 | M | 47 | M U/50 | 59 |
| 95 | Anne | Roberts | | 83.01 | F | 42 | W U/50 | 21 |
| 96 | Alison | Nolan | Serpentine | 83.12 | F | 42 | W U/50 | 22 |
| 97 | Raphael | Jonenne | Ealing Eagles | 83.15 | M | 39 | M U/50 | 60 |
| 98 | Ian | Bleasdale | u/a | 83.20 | M | 45 | M U/50 | 61 |
| 99 | Vincent | Nottidge | ukNetrunner | 83.29 | M | 49 | M U/50 | 62 |
| 100 | Helen | Chan | Serpentine | 83.36 | F | 31 | W U/50 | 23 |
| 101 | Marcus | Allchorn | | 83.43 | M | 43 | M U/50 | 63 |
| 102 | yiannis | zachariades | | 83.59 | M | 40 | M U/50 | 64 |
| 103 | Sarah | Illingworth | London Heathside | 84.10 | F | 40 | W U/50 | 24 |
| 104 | Kay | Bettis | Serpentine | 84.38 | F | 50 | W O/50 | 2 |
| 105 | Joan | Wright | | 84.52 | F | 33 | W U/50 | 25 |
| 106 | Irena | Tzekina | | 84.52 | F | 24 | W U/50 | 26 |
| 107 | Dan | Walker Smith | | 84.56 | M | 31 | M U/50 | 65 |
| 108 | Janet | Willerton | Watford Joggers | 84.57 | F | 55 | W O/50 | 3 |
| 109 | Ian | Ribbons | | 85.12 | M | 43 | M U/50 | 66 |
| 110 | peter | comerford | | 85.15 | M | 49 | M U/50 | 67 |
| 111 | Sion Wyn | Jones | | 85.41 | M | 28 | M U/50 | 68 |
| 112 | Matthew | Ottaway | Ealing Eagles | 85.52 | M | 45 | M U/50 | 69 |
| 113 | Hannah | Sola | | 86.09 | F | 29 | W U/50 | 27 |
| 114 | Tereza | Grafnetterova | | 86.30 | F | 20 | W U/50 | 28 |
| 115 | Joseph | Hossack | | 86.32 | M | 26 | M U/50 | 70 |
| 116 | Ross | Mair | | 86.32 | M | 28 | M U/50 | 71 |
| 117 | Kim | de Leijer | | 86.52 | F | 25 | W U/50 | 29 |
| 118 | Niall | McBride | | 87.21 | M | 32 | M U/50 | 72 |
| 119 | Alexandra | Galloway | | 87.49 | F | 33 | W U/50 | 30 |
| 120 | Anne | Georgiou | | 88.44 | F | 31 | W U/50 | 31 |
| 121 | Phil | Rumbelow | | 89.29 | M | 50 | M O/50 | 11 |
| 122 | paul | biswell | Watford Joggers | 90.46 | M | 45 | M U/50 | 73 |
| 123 | seamus | byrne | | 91.32 | M | 48 | M U/50 | 74 |
| 124 | James | Radford | | 92.18 | M | 30 | M U/50 | 75 |
| 125 | Carrie | Angell | | 92.19 | F | 29 | W U/50 | 32 |
| 126 | ian | carmichael | | 92.21 | M | 37 | M U/50 | 76 |
| 127 | David | Shortridge | Victoria Park Harriers & THAC | 94.09 | M | 41 | M U/50 | 77 |
| 128 | Rey | Ramirez | | 94.23 | M | 36 | M U/50 | 78 |
| 129 | andrew | Hogan | | 95.05 | M | 40 | M U/50 | 79 |
| 130 | katia | pietosanti | | 95.12 | F | 32 | W U/50 | 33 |
| 131 | Emma | Fearn | Crystal Palace Fun Runners Club | 96.55 | F | 41 | W U/50 | 34 |
| 132 | Neelam | Sharma | Crystal Palace | 97.07 | F | 38 | W U/50 | 35 |
| 133 | Edwin | Bartlett | Vets Ac | 97.32 | M | 66 | M O/60 | 3 |
| 134 | trevor | Mires | | 99.02 | M | 34 | M U/50 | 80 |
| 135 | Richard | Powell | | 99.09 | M | 42 | M U/50 | 81 |
| 136 | Donna | Richards | Sutton Runners | 99.09 | F | 45 | W U/50 | 36 |
| 137 | Cassandra | Hancock | | 99.20 | F | 24 | W U/50 | 37 |
| 138 | Georgina | Jacobs | | 99.57 | F | 32 | W U/50 | 38 |
| 139 | Alison | Joyce | | 100.05 | F | 26 | W U/50 | 39 |
| 140 | Jackie | Comerford | | 102.15 | F | 42 | W U/50 | 40 |
| 141 | James | Anderson | South Shields Harriers | 102.41 | M | 75 | M O/70 | 2 |
| 142 | Carina | Eastwood | | 103.18 | F | 27 | W U/50 | 41 |
| 143 | Wendy | W | | 104.40 | F | 39 | W U/50 | 42 |
| 144 | Marcus | Marr | | 104.49 | M | 40 | M U/50 | 82 |
| 145 | Channari | Penh | | 106.13 | F | 30 | W U/50 | 43 |
| 146 | Anne | de Silva | Wimbledon Windmilers | 107.37 | F | 60 | W O/60 | 2 |
| 147 | Trevor | de Silva | Wimbledon Windmilers | 107.44 | M | 69 | M O/60 | 4 |
| 148 | Amanda | Mackenzie | | 113.16 | F | 39 | W U/50 | 44 |

| | | | | | | | | |
|-----|-----------------|---------------------|----------------------|---------------|----------|-----------|---------------|-----------|
| 149 | <i>Anthonia</i> | <i>Williams</i> | | <i>115.00</i> | <i>F</i> | <i>40</i> | <i>W U/50</i> | <i>45</i> |
| 150 | <i>Roger</i> | <i>Fretwell</i> | <i>Serpentine</i> | <i>DNF</i> | <i>M</i> | <i>51</i> | <i>M O/50</i> | |
| 150 | <i>Dave</i> | <i>Compton</i> | | <i>DNF</i> | <i>M</i> | <i>50</i> | <i>M O/50</i> | |
| 150 | <i>Quintin</i> | <i>Wright</i> | <i>serpentine RC</i> | <i>DNF</i> | <i>M</i> | <i>50</i> | <i>M O/50</i> | |
| 150 | <i>Ernout</i> | <i>van Koten</i> | | <i>DNF</i> | <i>M</i> | <i>39</i> | <i>M U/50</i> | |
| 150 | <i>Darren</i> | <i>McNeely</i> | <i>Serpentine</i> | <i>DNF</i> | <i>M</i> | <i>35</i> | <i>M U/50</i> | |
| 150 | <i>Michelle</i> | <i>Dixon</i> | | <i>DNF</i> | <i>F</i> | <i>45</i> | <i>W U/50</i> | |
| 150 | <i>Mariah</i> | <i>McConnaughey</i> | <i>Serpentine</i> | <i>DNF</i> | <i>F</i> | <i>30</i> | <i>W U/50</i> | |