



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
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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
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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	Wyard	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		M U/50	49
66	Duncan	Blake		75.55	M	45	M U/50	50
67	Shaun	Webster		77.04	M	28	M U/50	51
68	Robert	Curtis	Fetch Everyone Running Club	77.07	M	41	M U/50	52
69	Simon	Clemson		77.13	M	33	M U/50	53
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	54
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	55
80	Remi	Osborne		79.50	M	31	M U/50	56
81	mirko	monti		79.55	M	34	M U/50	57
82	Matthew	Georgiou		79.59	M	35	M U/50	58
83	Alastair	Atkinson		80.00	M	41	M U/50	59
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	9
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	60
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	61
98	Ian	Bleasdale	u/a	83.20	M	45	M U/50	62
99	Vincent	Nottidge	ukNetrunner	83.29	M	49	M U/50	63
100	Helen	Chan	Serpentine	83.36	F	31	W U/50	23
101	Marcus	Allchorn		83.43	M	43	M U/50	64
102	yiannis	zachariades		83.59	M	40	M U/50	65
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	66
108	Janet	Willerton	Watford Joggers	84.57	F	55	W O/50	3
109	Ian	Ribbons		85.12	M	43	M U/50	67
110	peter	comerford		85.15	M	49	M U/50	68
111	Sion Wyn	Jones		85.41	M	28	M U/50	69
112	Matthew	Ottaway	Ealing Eagles	85.52	M	45	M U/50	70
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	71
116	Ross	Mair		86.32	M	28	M U/50	72
117	Kim	de Leijer		86.52	F	25	W U/50	29
118	Niall	McBride		87.21	M	32	M U/50	73
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	10
122	paul	biswell	Watford Joggers	90.46	M	45	M U/50	74
123	seamus	byrne		91.32	M	48	M U/50	75
124	James	Radford		92.18	M	30	M U/50	76
125	Carrie	Angell		92.19	F	29	W U/50	32
126	ian	carmichael		92.21	M	37	M U/50	77
127	David	Shortridge	Victoria Park Harriers & THAC	94.09	M	41	M U/50	78
128	Rey	Ramirez		94.23	M	36	M U/50	79
129	andrew	Hogan		95.05	M	40	M U/50	80
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	81
135	Richard	Powell		99.09	M	42	M U/50	82
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	83
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>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>	