



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

3 x 1 mile RELAY

Battersea Park

7pm

June 20th

Dear Runners

CORRECTION !!!!

Fastest Man: Nick Wojek 4.47

Fastest Woman Georgie Bruinvels 5.20

There was a tremendous atmosphere at tonight's first relay of the season. 32 teams turned up in the rain to face the challenge of the 1 mile dash. London Frontrunners A team won the competition and the Serpentine Thunderbolts won the All Ladies team competition. The Under 16 team of James Hurrex, Joe Gilbert (5.29) and Louis Marriot completed the relay in an astonishing 17.00 !!!

Winning Teams

1	London Frontrunners A	15.00	James Gillanders	Shane Cullinan	Jeremy Oldaker
2	Wet, Wet, Wet	15.42	Rupert Jacobs	Kit Kyte	Jon Kyte
3	Mornington Chasers 'B'	15.46	Ian Gordon	John Armstrong	Tom Craggs

Winning All Ladies Team

1	Serpentine Thunderbolts	18.30	Victoria Carter	Alison Nolan	Siobhan Reddy
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Winning Over 50's Team

1	Serpentine Old Boys	19.22	Jean-Luc Hoez	Brian Pickles	Ian Hall
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Winning Over 60's Team

1	Satchell & Bartlett	22.38	Steve Satchell	Edwin Bartlett	Steve Satchell
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Winning Under 16 Team

9	Twyford Valley Harriers	17.00	James Hurrex	Joe Gilbert	Louis Marriot
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Fastest Man Nick Wojek 4.47

Fastest Woman Georgie Bruinvels 5.20

Overall Results

1	London Frontrunners A	15.00	James Gillanders	Shane Cullinan	Jeremy Oldaker	
2	Wet, Wet, Wet	15.42	Rupert Jacobs	Kit Kyte	Jon Kyte	
3	Mornington Chasers 'B'	15.46	Ian Gordon	John Armstrong	Tom Craggs	
4	The Magnificent Three	16.01	Kyle Barber	George Bruinvels	Nick Wojeck	
5	London Frontrunners B	16.16	Jon Moscrop	Joel Northcott	Garry Parsons	
6	Fulham Running Club	16.18	Jackson Cregan	Tina Gray	Roy Walker	
7	London Frontrunners C	16.27	Joseph Lowe	Ed Holland	Rob Pitkethly	
8	London Frontrunners D	16.55	Julian Williams	Ian Cuerdon	David Maguire	
9	Twyford Valley Harriers	17.00	James Hurrex	Joe Gilbert	Louis Marriot	Under 16
10	Massive Lads	17.32	Rob Sutcliffe	Stephen McGuinn	Rob Henderson	
11	Clapham Runners 1	17.44	Niall Bourke	Melissa Raudnask	Martin Smith	
12	Didn't Mean It	17.45	Michael Winkler	Alastair Ford	Adam Stringer	
13	London Frontrunners E	17.47	Steve Ramsay	Simon Quinn	Tim Charters	
14	London Frontrunners F	17.54	Chris Gibbons	Steve Simpson	Stephen Wicks	
15	London Frontrunners G	18.16	Glynn McDonald	Lee Kirby	Jan Cooper	
16	Left Overs	18.25	Chris Notton	Dan Maskell	Anthony Impey	
17	Serpentine Thunderbolts	18.30	Victoria Carter	Alison Nolan	Siobhan Reddy	All Ladies
18	Heroes & Villains	18.33	Huw Keene	Neil Davies	Duncan Hussey	
19	Fierce Hamsters	18.53	Matt O'Connell	David Taylor	Peter Wooley	
20	The Cockspur Cats	18.56	Patrick Hartley	Jenny Green	Lisa Grant	
21	The Tamers	19.02	Bethan Turner	Paris Walker	Jackson Speil-Meyer	Under 16
22	Vauxhall Coarse Hares	19.07	Joel Henderson	Kate Burgoyne	Michael Murphy	
23	The Intellectuals	19.09	Chris Argyle	Hannah McLean	Joe Marshall	
24	Team Nick	19.09	Nicholas Martin	Kate Martin	Thomas Martin	
25	Serpentine Old Boys	19.22	Jean-Luc Hoz	Brian Pickles	Ian Hall	Over 50
26	Brent House Harriers	20.03	Claran Weldon	Derrick Boyce	Rita Scollan	
27	London Frontrunners H	20.13	Matt Ware	Bob Ravelli	Paul Suazo	
28	Fast Friends	20.26	Sarah Newton	Beate Vogt	Andrea Sanders-Reece	All Ladies
29	Fulham Duffers	20.41	Paul O'Donau	Ted Townsend	Charles Craven	
30	Slow Coaches	20.43	Alan Mundy	Thomas Wilkie	Greg Neal	
31	Clapham Reunners 2	21.51	Kaysia Smith	Hannah Going	Melissa R	All Ladies
32	Satchell & Bartlett	22.38	Steve Satchell	Edwin Bartlett	Steve Satchell	Over 60

Individual times:

Nick Wojeck	4.47	The Magnificent Three
Jackson Cregan	4.53	Fulham Running Club
Jeremy Oldaker	4.53	London Frontrunners A
James Gillanders	4.59	London Frontrunners A
Jon Kyte	5.03	Wet, Wet, Wet
Shane Cullinan	5.08	London Frontrunners A
Ian Gordon	5.10	Mornington Chasers 'B'
Tom Craggs	5.10	Mornington Chasers 'B'
Rupert Jacobs	5.14	Wet, Wet, Wet
Duncan Hussey	5.16	Heroes & Villains
Georgie Bruinvels	5.20	The Magnificent Three
Roy Walker	5.20	Fulham Running Club
Jon Moscrop	5.23	London Frontrunners B
Julian Williams	5.24	London Frontrunners D
Kit Kyte	5.25	Wet, Wet, Wet
John Armstrong	5.26	Mornington Chasers 'B'
Ed Holland	5.26	London Frontrunners C
Garry Parsons	5.26	London Frontrunners B
Joel Northcott	5.27	London Frontrunners B
Joseph Lowe	5.28	London Frontrunners C
Joe Gilbert	5.29	Twyford Valley Harriers
Stephen McGuinn	5.30	Massive Lads
Chris Gibbons	5.33	London Frontrunners F

<i>Rob Pitkethly</i>	5.33	London Frontrunners C
<i>Niall Bourke</i>	5.34	Clapham Chasers 1
<i>Steve Ramsay</i>	5.34	London Frontrunners E
<i>Patrick Hartley</i>	5.36	The Cockspur Cats
<i>Martin Smith</i>	5.37	Clapham Chasers 1
<i>Glynn McDonald</i>	5.38	London Frontrunners G
<i>Louis Marriot</i>	5.39	Twyford Valley Harriers
<i>Peter Wooley</i>	5.41	Fierce Hamsters
<i>Anthony Impey</i>	5.42	Left Overs
<i>Victoria Carter</i>	5.43	Serpentine Thunderbolts
<i>Adam Stringer</i>	5.43	Didn't Mean It
<i>Jackson Speil-Meyer</i>	5.44	The Tamers
<i>Ian Cuerdon</i>	5.45	London Frontrunners D
<i>David Maguire</i>	5.46	London Frontrunners D
<i>James Hurrex</i>	5.52	Twyford Valley Harriers
<i>Matt Ware</i>	5.52	London Frontrunners H
<i>Alastair Ford</i>	5.53	Didn't Mean It
<i>Paul Suazo</i>	5.53	London Frontrunners H
<i>Kyle Barber</i>	5.54	The Magnificent Three
<i>Rob Henderson</i>	5.55	Massive Lads
<i>Michael Murphy</i>	5.55	Vauxhall Coarse Hares
<i>Jean-Luc Hoz</i>	5.56	Serpentine Old Boys
<i>Derrick Boyce</i>	5.57	Brent House Harriers
<i>Chris Notton</i>	6.03	Left Overs
<i>Joe Marshall</i>	6.04	The Intellectuals
<i>Thomas Martin</i>	6.04	Team Nick
<i>Tina Gray</i>	6.05	Fulham Running Club
<i>Tim Charters</i>	6.05	London Frontrunners E
<i>Rob Sutcliffe</i>	6.07	Massive Lads
<i>Simon Quinn</i>	6.08	London Frontrunners E
<i>Steve Simpson</i>	6.08	London Frontrunners F
<i>Michael Winkler</i>	6.09	Didn't Mean It
<i>Matt O'Connell</i>	6.09	Fierce Hamsters
<i>Alan Mundy</i>	6.09	Slow Coaches
<i>Joel Henderson</i>	6.10	Vauxhall Coarse Hares
<i>Paul O'Donau</i>	6.11	Fulham Duffers
<i>Siobhan Reddy</i>	6.12	Serpentine Thunderbolts
<i>Huw Keene</i>	6.13	Heroes & Villains
<i>Stephen Wicks</i>	6.13	London Frontrunners F
<i>Lee Kirby</i>	6.15	London Frontrunners G
<i>Andrea Sanders-Reece</i>	6.16	Fast Friends
<i>Jan Cooper</i>	6.23	London Frontrunners G
<i>Brian Pickles</i>	6.26	Serpentine Old Boys
<i>Jenny Green</i>	6.28	The Cockspur Cats
<i>Charles Craven</i>	6.28	Fulham Duffers
<i>Chris Argyle</i>	6.30	The Intellectuals
<i>Nicholas Martin</i>	6.31	Team Nick
<i>Claran Weldon</i>	6.31	Brent House Harriers
<i>Mdisiz Randnask</i>	6.33	Clapham Chasers 1
<i>Melissa R</i>	6.33	Clapham Reunners 2
<i>Kate Martin</i>	6.34	Team Nick
<i>Bethan Turner</i>	6.35	The Tamers
<i>Sarah Newton</i>	6.35	Fast Friends
<i>Alison Nolan</i>	6.35	Serpentine Thunderbolts
<i>Hannah McLean</i>	6.35	The Intellectuals
<i>Dan Maskell</i>	6.40	Left Overs
<i>Paris Walker</i>	6.43	The Tamers
<i>Lisa Grant</i>	6.52	The Cockspur Cats

<i>Ian Hall</i>	7.00	Serpentine Old Boys
<i>Kate Burgoyne</i>	7.02	Vauxhall Coarse Hares
<i>David Taylor</i>	7.03	Fierce Hamsters
<i>Neil Davies</i>	7.04	Heroes & Villains
<i>Greg Neal</i>	7.05	Slow Coaches
<i>Steve Satchell</i>	7.17	Satchell & Bartlett
<i>Steve Satchell</i>	7.18	Satchell & Bartlett
<i>Thomas Wilkie</i>	7.29	Slow Coaches
<i>Kaysia Smith</i>	7.32	Clapham Reunners 2
<i>Beate Vogt</i>	7.35	Fast Friends
<i>Rita Scollan</i>	7.35	Brent House Harriers
<i>Hannah Going</i>	7.46	Clapham Reunners 2
<i>Ted Townsend</i>	8.02	Fulham Duffers
<i>Edwin Bartlett</i>	8.03	Satchell & Bartlett
<i>Bob Ravelli</i>	8.28	London Frontrunners H