



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

July 25th

Dear Runners

Our second relay of the calendar was extremely competitive with London Fronrunners A managing to hold off the challenge from Torq Fitness to win in 14.30. Nick Shasha recorded the fastest individual mile in 4.36 and Georgie Bruinvels maintained her place as fastest woman in 5.43. All the team times from the June Relay were smashed - a good sign that the season is improving fitness levels. The London Fronrunners A team managed to record the 3rd 4th and 5th fastest individual times (Shaun Whelan 4.48, Jeremy Oldaker and Steve Westlake 4.51). The Serpentine Ladies took over half a minute off their previous time with Helen Winsor producing a scorching 5.45. The Serpentine Old Boys took exactly half a minute off their previous time. In the over 60's Steve Satchell, John Pratt and William Harvey smashed the previous Over 60 time by a minute and a half. The Under 16 team finished in 16.13 - 47 seconds faster than the previous Under 16 winning team.

Our 10K is this coming Saturday morning at 8am in Battersea Park - we hope to see you all there. CONGRATULATIONS to all the participants! All the results including individual times are below.

Winning Teams

1	London Fronrunners A	14.30	Jeremy Oldaker	Steve Westlake	Shaun Whelan
2	Torq Fitness	14.33	Sam Bell	Chris Pani	Nick Shasha
3	Kelley's Heroes	14.50	Mohammed Ismail	Jaran Finn	Mohammed Ismail

Winning All Ladies Team

1	Serpentine Ladies	17.57	T G De Laubenque	Siobhan Reddy	Helen Winsor
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Winning Over 50's Team

1	Serpentine Old Boys	18.53	William Simpson	Jean Luc Hoez	Ian Hall
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Winning Over 60's Team

1	Mornington 60+	21.05	Steve Satchell	John Pratt	William Harvey
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Winning Under 16 Team

1	London Heathside AC	16.13	James Wooldridge	Johnny Naylor	Max Heap
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Fastest Man Nick Shasha 4.36

Fastest Woman Georgie Bruinvels 5.43

Overall Results

1	London Frontrunners A	14.30	Jeremy Oldaker	Steve Westlake	Shaun Whelan	
2	Torq Fitness	14.33	Sam Bell	Chris Pani	Nick Shasha	
3	Kelley's Heroes	14.50	Mohammed Ismail	Jaran Finn	Mohammed Ismail	
4	London Frontrunners B	15.38	Shane Cullinan	Pal Suren	James Gillanders	
5	Serpentine RC	15.56	Charles Lescott	Mark Stewart	Andrew Davies	
6	Sutton Runners	16.07	Steven Barber	Damien Hersey	Chris Catt	
7	London Heathside AC	16.13	James Wooldridge	Johnny Naylor	Max Heap	Under 16
8	London Frontrunners C	16.18	Jonathan Moscrop	Rob Pittkethly	Joseph Lowe	
9	The Outsiders	16.28	Gabriel Salinger	Stephan Rupp	Tony Tuohy	
10	London Frontrunners D	16.46	Julian Williams	Helen Smethurst	Ed Holland	
11	Ashnaaf Melayesin	17.06	Magdy Saleh	Andrew Shanowdy	Ibrahim Abed	Under 16
12	London Frontrunners F	17.12	Ian Cuerden	Matt Ware	Glynn McDonald	
13	The Magnificent 3	17.17	Kyle Barber	George Bruinvels	Nick Wojcek	
14	Massive Lads	17.21	Rob Sutcliffe	Stephen McGuinn	Rob Henderson	
15	London Frontrunners E	17.47	Stephen Wilks	Paul Suazo	Steve Ramsay	
16	Serpentine Ladiez	17.57	T G De Laubenque	Siobhan Reddy	Helen Winsor	Ladies
17	London Frontrunners G	18.23	Jan Cooper	David Tang	Graham Vincent	
18	Varegg II	18.26	Joits Gjesdial	W Gjesdial	Joits Gjesdial	
19	Alf Tupper AC	18.31	Jonathan Pegg	Terry O'Neill	Oscar Satchell-Baeza	
20	Anyone For Tennis?	18.47	James Mc Givern	Ian Bailey	David Falkenstern	
21	Serpentine Old Boys	18.53	William Simpson	Jean Luc Hoez	Ian Hall	Over 50
22	The Cockspur Cats	18.53	Patrick Hartley	Jenny Green	Lisa Grant	
23	Press Gang	19.24	Lisa Bailey	Jo Hindley	Idil Oyman	Ladies
24	London Heathside	19.47	Liam Proudlock	Tom Proudlock	Billy Proudlock	
25	Alpha Team Wolf Squad	19.48	Kate Martin	Nicholas Martin	Thomas Martin	
26	Fast Friends	19.58	Sarah Newton	Liz Tapp	Andrea Sanders-Reece	Over 50
27	The Thoroughbreds	20.07	Peter Sheerin	David Gardiner	Kevin Smyth	
28	Fulham Running Club	20.20	Philip Hickson	Ted Townsend	Tina Gray	
29	The Intellectuals	20.26	Hannah McLean	Richard Redman	Turia Tellwright	
30	The Bros	20.46	Urban Bettag	Neil Davies	Huw Keene	
31	Hancock's Sub-Half Hour	20.54	Anastasia Hancock	Dennis Williams	Ian Isherwood	
32	Ladies Who Lunch	21.03	Amie Ryalls	Torie Gallagher	Paul Robinson	
33	Mornington 60+	21.05	Steve Satchell	John Pratt	William Harvey	Over 60
34	Team In A Dream	21.07	Alan Mundy	Edwin Bartlett	Alan Davidson	Over 50
35	Serpentine 2	21.25	Beate Vogt	Sue Lambert	Anthony Impey	
36	Not Fast, But Furious	21.52	Karen King	Rosie Swift	Claire Tinker	Ladies

Individual times:

Blue = 1st Runner, Green = 2nd Runner, Red = 3rd Runner in Team

Nick Shasha	4.36	Torq Fitness
Mohammed Ismail	4.42	Kelley's Heroes
Shaun Whelan	4.48	London Frontrunners A
Jeremy Oldaker	4.51	London Frontrunners A
Steve Westlake	4.51	London Frontrunners A
Chris Pani	4.53	Torq Fitness
Jaran Finn	4.54	Kelley's Heroes
Tony Tuohy	4.58	The Outsiders
Shane Cullinan	4.59	London Frontrunners B
Sam Bell	5.04	Torq Fitness
Charles Lescott	5.07	Serpentine RC
Liam Proudlock	5.10	London Heathside
James Wooldridge	5.13	London Heathside AC
James Gillanders	5.13	London Frontrunners B
Joits Gjesdial	5.14	Varegg II

<i>Mohammed Ismail</i>	5.14	Kelley's Heroes
<i>Ibrahim Abed</i>	5.19	Ashnaaf Melayesin
<i>Damien Hersey</i>	5.22	Sutton Runners
<i>Chris Catt</i>	5.22	Sutton Runners
<i>Ed Holland</i>	5.22	London Frontrunners D
<i>Steven Barber</i>	5.23	Sutton Runners
<i>Joits Gjesdial</i>	5.23	Varegg Il
<i>Andrew Davies</i>	5.24	Serpentine RC
<i>Max Heap</i>	5.24	London Heathside AC
<i>Jonathan Moscrop</i>	5.25	London Frontrunners C
<i>Terry O'Neill</i>	5.25	Alf Tupper AC
<i>Mark Stewart</i>	5.25	Serpentine RC
<i>Pal Suren</i>	5.26	London Frontrunners B
<i>Joseph Lowe</i>	5.26	London Frontrunners C
<i>Rob Pittkethly</i>	5.27	London Frontrunners C
<i>Oscar Satchell-Baeza</i>	5.30	Alf Tupper AC
<i>Magdy Saleh</i>	5.31	Ashnaaf Melayesin
<i>Julian Williams</i>	5.32	London Frontrunners D
<i>Stephen McGuinn</i>	5.35	Massive Lads
<i>Johnny Naylor</i>	5.36	London Heathside AC
<i>Patrick Hartley</i>	5.37	The Cockspur Cats
<i>Glynn McDonald</i>	5.37	London Frontrunners F
<i>Gabriel Salinger</i>	5.38	The Outsiders
<i>Kyle Barber</i>	5.39	The Magnificent 3
<i>Ian Cuerden</i>	5.41	London Frontrunners F
<i>George Bruinvels</i>	5.43	The Magnificent 3
<i>Steve Ramsay</i>	5.43	London Frontrunners E
<i>Rob Henderson</i>	5.43	Massive Lads
<i>Helen Winsor</i>	5.45	Serpentine Ladiez
<i>James Mc Givern</i>	5.46	Anyone For Tennis?
<i>Graham Vincent</i>	5.46	London Frontrunners G
<i>Anthony Impey</i>	5.46	Serpentine 2
<i>Lisa Bailey</i>	5.47	Press Gang
<i>Helen Smethurst</i>	5.52	London Frontrunners D
<i>Stephan Rupp</i>	5.52	The Outsiders
<i>Nicholas Martin</i>	5.52	Alpha Team Wolf Squadron
<i>Matt Ware</i>	5.54	London Frontrunners F
<i>David Falkenstern</i>	5.54	Anyone For Tennis?
<i>Nick Wojack</i>	5.55	The Magnificent 3
<i>Philip Hickson</i>	5.56	Fulham Running Club
<i>T G De Laubenque</i>	5.56	Serpentine Ladiez
<i>Stephen Wilks</i>	5.59	London Frontrunners E
<i>Jean Luc Hoez</i>	5.59	Serpentine Old Boys
<i>Claire Tinker</i>	5.59	Not Fast, But Furious
<i>Jan Cooper</i>	6.00	London Frontrunners G
<i>Rob Sutcliffe</i>	6.03	Massive Lads
<i>William Simpson</i>	6.04	Serpentine Old Boys
<i>Tina Gray</i>	6.04	Fulham Running Club
<i>Paul Suazo</i>	6.05	London Frontrunners E
<i>Alan Mundy</i>	6.07	Team In A Dream
<i>Huw Keene</i>	6.09	The Bros
<i>Andrea Sanders-Reece</i>	6.11	Fast Friends
<i>Siobhan Reddy</i>	6.16	Serpentine Ladiez
<i>Andrew Shanowdy</i>	6.16	Ashnaaf Melayesin
<i>Anastasia Hancock</i>	6.19	Hancock's Sub-Half Hour
<i>David Gardiner</i>	6.22	The Thoroughbreds
<i>Paul Robinson</i>	6.24	Ladies Who Lunch
<i>Peter Sheerin</i>	6.27	The Thoroughbreds

<i>Hannah McLean</i>	6.30	The Intellectuals
<i>Jo Hindley</i>	6.30	Press Gang
<i>Billy Proudlock</i>	6.35	London Heathside
<i>David Tang</i>	6.37	London Frontrunners G
<i>Jenny Green</i>	6.38	The Cockspur Cats
<i>Lisa Grant</i>	6.38	The Cockspur Cats
<i>Sarah Newton</i>	6.42	Fast Friends
<i>Alan Davidson</i>	6.43	Team In A Dream
<i>John Pratt</i>	6.44	Mornington 60+
<i>Kate Martin</i>	6.46	Alpha Team Wolf Squadron
<i>Steve Satchell</i>	6.47	Mornington 60+
<i>Amie Ryalls</i>	6.47	Ladies Who Lunch
<i>Dennis Williams</i>	6.48	Hancock's Sub-Half Hour
<i>Karen King</i>	6.50	Not Fast, But Furious
<i>Ian Hall</i>	6.50	Serpentine Old Boys
<i>Turia Tellwright</i>	6.52	The Intellectuals
<i>Richard Redman</i>	7.04	The Intellectuals
<i>Liz Tapp</i>	7.05	Fast Friends
<i>Neil Davies</i>	7.07	The Bros
<i>Ian Bailey</i>	7.07	Anyone For Tennis?
<i>Idil Oyman</i>	7.07	Press Gang
<i>Thomas Martin</i>	7.10	Alpha Team Wolf Squadron
<i>Kevin Smyth</i>	7.18	The Thoroughbreds
<i>Urban Bettag</i>	7.30	The Bros
<i>William Harvey</i>	7.34	Mornington 60+
<i>Jonathan Pegg</i>	7.36	Alf Tupper AC
<i>Beate Vogt</i>	7.47	Serpentine 2
<i>Ian Isherwood</i>	7.47	Hancock's Sub-Half Hour
<i>W Gjesdial</i>	7.49	Varegg II
<i>Sue Lambert</i>	7.52	Serpentine 2
<i>Torie Gallagher</i>	7.52	Ladies Who Lunch
<i>Tom Proudlock</i>	8.02	London Heathside
<i>Edwin Bartlett</i>	8.17	Team In A Dream
<i>Ted Townsend</i>	8.20	Fulham Running Club
<i>Rosie Swift</i>	9.03	Not Fast, But Furious