



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 25th

Dear Runners

To celebrate Run and Become's 30th anniversary we were joined by 2 celebrities tonight - 'Barefoot Ted' Ted McDonald and Ashrita Furman - the Guinness World Record holder of the most Guinness records (149). 48 teams completed the race and once again there was a tremendous atmosphere as everyone cheered on their team mates. The race was won by CLAPHAM STEEL - with James Ellis running the fastest mile in 4.39. The FULHAM FLASHERS won the All Ladies team first place, with Adriana Zalucka recording a time of 5.37 just ahead of Helen Winsor who ran her leg in 5.38. Our next race is a 5K on Monday 2nd July. Start preparing your teams for our next relay on Monday 6th August during the Olympics!!!

Winning Teams

| | | | | | |
|---|------------------------|-------|------------------|----------------|------------------|
| 1 | Clapham - Steel | 14.19 | James Ellis | Darren Tanner | Dave Palmer |
| 2 | L. Frontrunners Mens 1 | 14.50 | James Gillanders | Shane Cullinan | Jeremy Oldaker |
| 3 | L. Frontrunners Mens 2 | 14.54 | Steven Artist | Paul Boschen | Jonathan Moscrop |

Winning All Ladies Team

| | | | | | |
|---|-----------------|-------|-----------|-------------|-----------------|
| 1 | Fulham Flashers | 17.18 | Tina Gray | Rosy Temple | Adriana Zalucka |
|---|-----------------|-------|-----------|-------------|-----------------|

Winning Over 50's Team

| | | | | | |
|---|---------------------|-------|---------------|----------|--------------|
| 1 | Serpentine Old Boys | 19.35 | Jean Luc Hoes | Ian Hall | Richard Long |
|---|---------------------|-------|---------------|----------|--------------|

Winning Over 60's Team

| | | | | | |
|---|------------------|-------|----------------|------------|-----------------|
| 1 | Swinging Sixties | 20.42 | Steve Satchell | John Pratt | Dennis Williams |
|---|------------------|-------|----------------|------------|-----------------|

Fastest Man: James Ellis 4.39 Clapham - Steel

Fastest Woman: Adriana Zalucka 5.37 Fulham Flashers

Overall Results and Individual Times below:

| No | Team | Time | Runner 1 | Runner 2 | Runner 3 | Cat |
|----|---------------------------|-------|--------------------|---------------------|------------------------|------------|
| 1 | Clapham - Steel | 14.19 | James Ellis | Darren Tanner | Dave Palmer | |
| 2 | L. Frontrunners Mens 1 | 14.50 | James Gillanders | Shane Cullinan | Jeremy Oldaker | |
| 3 | L. Frontrunners Mens 2 | 14.54 | Steven Artist | Paul Boschen | Jonathan Moscrop | |
| 4 | Mornington Chasers Red | 15.04 | Ian Gordon | Adam Parkes | Marc Henrion | |
| 5 | Waltham Striders | 15.17 | Tony Tuohy | Harry Hutchon | Tony Tuohy | |
| 6 | Clapham Pioneers A | 15.21 | Derek Green | Alistair McClelland | Henry Wilson | |
| 7 | London Heathside | 15.30 | Daniel Szajna | Miron Woldemichae | James Woldridge | |
| 8 | Mornington Chasers Purple | 15.37 | Alex Kitromilides | John Armstrong | Timothy Nicholson | |
| 9 | HHH | 16.12 | Jeremy Meredith | Rupert Mainwaring | Winston Parkinson | |
| 10 | London Frontrunners 4 | 16.14 | Peter Hannan | Glynn McDonald | Edward Holland | |
| 11 | Serpentine RC | 16.28 | Helen Winsor | Ilona Bagi | Mohammed Ismail | |
| 12 | Random Runners | 16.41 | Ashley Peacock | Duncan Hussey | Alan Mundy | |
| 13 | Clapham Pioneers C | 16.42 | Matthew Goodlad | Ian Boyd | Adem Gaygusz | |
| 14 | Clapham Pioneers B | 16.48 | Martin Winnick | Jonathan Fung | Paul Moran | |
| 15 | Mathys Marauders | 16.52 | Andrew Spurr | David Miller | Ted McDonald | |
| 16 | London Frontrunners 3 | 17.03 | Tim Charters | Patrick Doyle | Simon Garner | |
| 17 | Cosaveli Sin Veli | 17.16 | David staton | Niels Bryan-Low | Chris Milner | |
| 18 | Fulham Flashers | 17.18 | Tina Gray | Rosy Temple | Adriana Zalucka | All Ladies |
| 19 | The Running Jokes | 17.20 | Andrew Boggs | Will Hammond | Gareth Morgan | |
| 20 | L. Frontrunners Mens 5 | 17.30 | Loic Blondel | Jan Cooper | Ian Cuerden | |
| 21 | Chariots For Hire | 17.30 | Cameron Judson | Caro Harper | Mike Lea | |
| 22 | Running Total | 17.42 | Tom Wraith | John Sandhu | Mark Burkett | |
| 23 | Chaser Women - One | 17.48 | Charlotte Knee | Ruth Ashton | Mairead O'Rourke | All Ladies |
| 24 | The Crockfords | 17.55 | Phoebe Crockford | Pete Crockford | Jasper Crockford | |
| 25 | London 2012 B Team | 17.59 | Tom Ward | Hay-Sun Blunt | David Robinson | |
| 26 | Run DMC | 18.05 | Marc Jones | Chris Cross | Dave Nash | |
| 27 | Ranelagh Harriers | 18.24 | Philip Jackson | Gemma Cory | Elin Berstad Mortensen | |
| 28 | Team Nelson | 18.30 | Calvin Cheng | Camilla Graham | Matthew Nelson | |
| 29 | Clapham Pioneers Ladies | 18.40 | Lucy Fraser-Macnan | Jo Winnick | Lydia esler | All Ladies |
| 30 | Serpentine Old Boys | 19.35 | Jean Luc Hoetz | Ian Hall | Richard Long | Over 50 |
| 31 | Fulham RC | 19.39 | Ted Townsend | Charles Craven | Anita Hemant | |
| 32 | Sutton Runners | 19.41 | Roger Cadet | Donna Richards | Jonathan Pegg | |
| 33 | Steam Puffers | 19.47 | Stuart Littlewood | Dan Maskell | Alan Davidson | |
| 34 | Fast Friends | 19.53 | Sarah Newton | Elizabeth Tapp | Andrea Sanders-Reece | All Ladies |
| 35 | Fulham Zebras | 19.56 | Simon Clarkson | Judith Buchanan | Roy Walker | |
| 36 | Fulham Freestylers | 19.57 | Siafon Owen | Ash Burke | Kathryn Beale | All Ladies |
| 37 | Three Milers | 20.20 | Chris Notton | Thomas Wilkie | Greg Neal | |
| 38 | L Frontrunners Ladies A | 20.25 | Miranda Cook | Georgina Stavri | Emmanuelle Chardon | |
| 39 | Swinging Sixties | 20.42 | Steve Satchell | John Pratt | Dennis Williams | Over 60 |
| 40 | London FR | 20.43 | Nurari Merry | Sophie Tapp | Ian G | |
| 41 | VSO Vets | 20.43 | David Deery | Dave Clarke | Michael Goodwin | |
| 42 | Helainette | 20.54 | Annette Helliwell | Helen Smith | Elaine Battson | All Ladies |
| 43 | London Frontrunners 6 | 21.03 | Gordon Whitton | Richard Cristina | Jamil Muhayman | |
| 44 | Fulham RC | 21.34 | Hilary Arrowsmith | Hazez Sharron | Jenny Courtney | |
| 45 | RAC | 21.52 | John R | Joana Parkin | Chris Abele | |
| 46 | Frontrunners Ladies B | 22.46 | Nikki McKnight | Natalie Alger | Anna Finn | All Ladies |
| 47 | Leg Heads | 25.23 | Jo Atwoll | Louisa Beeby | Naomi Drinkwater | |
| 48 | Serpentine | 25.31 | Michael Browne | Carole Wisdom | Edwin Bartlett | Over 50 |

Individual times:

| | | |
|------------------|------|------------------------|
| James Ellis | 4.39 | Clapham - Steel |
| Darren Tanner | 4.41 | Clapham - Steel |
| Jeremy Oldaker | 4.48 | L. Frontrunners Mens 1 |
| Steven Artist | 4.49 | L. Frontrunners Mens 2 |
| Mohammed Ismail | 4.50 | Serpentine RC |
| James Gillanders | 4.55 | L. Frontrunners Mens 1 |

| | | |
|----------------------------|-------------|----------------------------------|
| <i>Tony Tuohy</i> | <i>4.56</i> | <i>Waltham Striders</i> |
| <i>Paul Boschen</i> | <i>4.57</i> | <i>L. Frontrunners Mens 2</i> |
| <i>Dave Palmer</i> | <i>4.57</i> | <i>Clapham - Steel</i> |
| <i>Ian Gordon</i> | <i>4.59</i> | <i>Mornington Chasers Red</i> |
| <i>Alistair McClelland</i> | <i>4.59</i> | <i>Clapham Pioneers A</i> |
| <i>Alex Kitromilides</i> | <i>5.00</i> | <i>Mornington Chasers Purple</i> |
| <i>Henry Wilson</i> | <i>5.00</i> | <i>Clapham Pioneers A</i> |
| <i>Adam Parkes</i> | <i>5.01</i> | <i>Mornington Chasers Red</i> |
| <i>James Woldridge</i> | <i>5.02</i> | <i>London Heathside</i> |
| <i>Marc Henrion</i> | <i>5.04</i> | <i>Mornington Chasers Red</i> |
| <i>Jeremy Meredith</i> | <i>5.06</i> | <i>HHH</i> |
| <i>Shane Cullinan</i> | <i>5.07</i> | <i>L. Frontrunners Mens 1</i> |
| <i>Jonathan Moscrop</i> | <i>5.08</i> | <i>L. Frontrunners Mens 2</i> |
| <i>Andrew Spurr</i> | <i>5.10</i> | <i>Mathys Marauders</i> |
| <i>Tony Tuohy</i> | <i>5.10</i> | <i>Waltham Striders</i> |
| <i>Harry Hutchon</i> | <i>5.11</i> | <i>Waltham Striders</i> |
| <i>Gareth Morgan</i> | <i>5.13</i> | <i>The Running Jokes</i> |
| <i>Daniel Szajna</i> | <i>5.14</i> | <i>London Heathside</i> |
| <i>Miron Woldemichael</i> | <i>5.14</i> | <i>London Heathside</i> |
| <i>John Armstrong</i> | <i>5.16</i> | <i>Mornington Chasers Purple</i> |
| <i>Duncan Hussey</i> | <i>5.17</i> | <i>Random Runners</i> |
| <i>Edward Holland</i> | <i>5.17</i> | <i>London Frontrunners 4</i> |
| <i>Winston Parkinson</i> | <i>5.19</i> | <i>HHH</i> |
| <i>Ashley Peacock</i> | <i>5.20</i> | <i>Random Runners</i> |
| <i>Timothy Nicholson</i> | <i>5.21</i> | <i>Mornington Chasers Purple</i> |
| <i>Derek Green</i> | <i>5.22</i> | <i>Clapham Pioneers A</i> |
| <i>David Robinson</i> | <i>5.23</i> | <i>London 2012 B Team</i> |
| <i>Peter Hannan</i> | <i>5.25</i> | <i>London Frontrunners 4</i> |
| <i>Mike Lea</i> | <i>5.26</i> | <i>Chariots For Hire</i> |
| <i>Mark Burkett</i> | <i>5.26</i> | <i>Running Total</i> |
| <i>John Sandhu</i> | <i>5.28</i> | <i>Running Total</i> |
| <i>Adem Gaygusz</i> | <i>5.28</i> | <i>Clapham Pioneers C</i> |
| <i>Pete Crockford</i> | <i>5.29</i> | <i>The Crockfords</i> |
| <i>Simon Garner</i> | <i>5.29</i> | <i>London Frontrunners 3</i> |
| <i>Ian G</i> | <i>5.29</i> | <i>London FR</i> |
| <i>David staton</i> | <i>5.30</i> | <i>Cosaveli Sin Veli</i> |
| <i>Matthew Goodlad</i> | <i>5.31</i> | <i>Clapham Pioneers C</i> |
| <i>Paul Moran</i> | <i>5.31</i> | <i>Clapham Pioneers B</i> |
| <i>Glynn McDonald</i> | <i>5.32</i> | <i>London Frontrunners 4</i> |
| <i>Jonathan Fung</i> | <i>5.35</i> | <i>Clapham Pioneers B</i> |
| <i>David Miller</i> | <i>5.35</i> | <i>Mathys Marauders</i> |
| <i>Loic Blondel</i> | <i>5.36</i> | <i>L. Frontrunners Mens 5</i> |
| <i>Adriana Zalucka</i> | <i>5.37</i> | <i>Fulham Flashers</i> |
| <i>Helen Winsor</i> | <i>5.38</i> | <i>Serpentine RC</i> |
| <i>Will Hammond</i> | <i>5.38</i> | <i>The Running Jokes</i> |
| <i>Anita Hemant</i> | <i>5.39</i> | <i>Fulham RC</i> |
| <i>Dave Nash</i> | <i>5.40</i> | <i>Run DMC</i> |
| <i>Lydia esler</i> | <i>5.40</i> | <i>Clapham Pioneers Ladies</i> |
| <i>Chris Notton</i> | <i>5.41</i> | <i>Three Milers</i> |
| <i>Martin Winnick</i> | <i>5.42</i> | <i>Clapham Pioneers B</i> |
| <i>Niels Bryan-Low</i> | <i>5.42</i> | <i>Cosaveli Sin Veli</i> |
| <i>Rosy Temple</i> | <i>5.42</i> | <i>Fulham Flashers</i> |
| <i>Mairead O'Rourke</i> | <i>5.42</i> | <i>Chaser Women - One</i> |
| <i>Ian Boyd</i> | <i>5.43</i> | <i>Clapham Pioneers C</i> |
| <i>Tim Charters</i> | <i>5.44</i> | <i>London Frontrunners 3</i> |
| <i>Roger Cadet</i> | <i>5.45</i> | <i>Sutton Runners</i> |
| <i>Cameron Judson</i> | <i>5.47</i> | <i>Chariots For Hire</i> |
| <i>Rupert Mainwaring</i> | <i>5.47</i> | <i>HHH</i> |

| | | |
|-------------------------------|-------------|--------------------------------|
| <i>Matthew Nelson</i> | <i>5.49</i> | <i>Team Nelson</i> |
| <i>Patrick Doyle</i> | <i>5.50</i> | <i>London Frontrunners 3</i> |
| <i>Ian Cuerden</i> | <i>5.50</i> | <i>L. Frontrunners Mens 5</i> |
| <i>Chris Abele</i> | <i>5.52</i> | <i>RAC</i> |
| <i>Calvin Cheng</i> | <i>5.55</i> | <i>Team Nelson</i> |
| <i>Tina Gray</i> | <i>5.59</i> | <i>Fulham Flashers</i> |
| <i>Ruth Ashton</i> | <i>5.59</i> | <i>Chaser Women - One</i> |
| <i>Jasper Crockford</i> | <i>5.59</i> | <i>The Crockfords</i> |
| <i>Ilona Bagi</i> | <i>6.00</i> | <i>Serpentine RC</i> |
| <i>Elin Berstad Mortensen</i> | <i>6.02</i> | <i>Ranelagh Harriers</i> |
| <i>Jan Cooper</i> | <i>6.04</i> | <i>L. Frontrunners Mens 5</i> |
| <i>Alan Mundy</i> | <i>6.04</i> | <i>Random Runners</i> |
| <i>Chris Milner</i> | <i>6.04</i> | <i>Cosaveli Sin Veli</i> |
| <i>Jean Luc Hoes</i> | <i>6.06</i> | <i>Serpentine Old Boys</i> |
| <i>Chris Cross</i> | <i>6.06</i> | <i>Run DMC</i> |
| <i>Ted McDonald</i> | <i>6.07</i> | <i>Mathys Marauders</i> |
| <i>Philip Jackson</i> | <i>6.08</i> | <i>Ranelagh Harriers</i> |
| <i>Charlotte Knee</i> | <i>6.09</i> | <i>Chaser Women - One</i> |
| <i>Andrea Sanders-Reece</i> | <i>6.12</i> | <i>Fast Friends</i> |
| <i>Tom Ward</i> | <i>6.14</i> | <i>London 2012 B Team</i> |
| <i>Gemma Cory</i> | <i>6.14</i> | <i>Ranelagh Harriers</i> |
| <i>Hilary Arrowsmith</i> | <i>6.15</i> | <i>Fulham RC</i> |
| <i>Caro Harper</i> | <i>6.17</i> | <i>Chariots For Hire</i> |
| <i>Michael Goodwin</i> | <i>6.17</i> | <i>VSO Vets</i> |
| <i>Marc Jones</i> | <i>6.19</i> | <i>Run DMC</i> |
| <i>Emmanuelle Chardon</i> | <i>6.19</i> | <i>L Frontrunners Ladies A</i> |
| <i>Hay-Sun Blunt</i> | <i>6.22</i> | <i>London 2012 B Team</i> |
| <i>Simon Clarkson</i> | <i>6.24</i> | <i>Fulham Zebras</i> |
| <i>Sarah Newton</i> | <i>6.25</i> | <i>Fast Friends</i> |
| <i>Phoebe Crockford</i> | <i>6.27</i> | <i>The Crockfords</i> |
| <i>Gordon Whitton</i> | <i>6.27</i> | <i>London Frontrunners 6</i> |
| <i>Andrew Boggs</i> | <i>6.29</i> | <i>The Running Jokes</i> |
| <i>Jo Winnick</i> | <i>6.29</i> | <i>Clapham Pioneers Ladies</i> |
| <i>Charles Craven</i> | <i>6.29</i> | <i>Fulham RC</i> |
| <i>Richard Cristina</i> | <i>6.29</i> | <i>London Frontrunners 6</i> |
| <i>Roy Walker</i> | <i>6.30</i> | <i>Fulham Zebras</i> |
| <i>Lucy Fraser-Macnam</i> | <i>6.31</i> | <i>Clapham Pioneers Ladies</i> |
| <i>Stuart Littlewood</i> | <i>6.31</i> | <i>Steam Puffers</i> |
| <i>Nurari Merry</i> | <i>6.32</i> | <i>London FR</i> |
| <i>Siafon Owen</i> | <i>6.35</i> | <i>Fulham Freestylers</i> |
| <i>David Deery</i> | <i>6.37</i> | <i>VSO Vets</i> |
| <i>Dan Maskell</i> | <i>6.38</i> | <i>Steam Puffers</i> |
| <i>Ash Burke</i> | <i>6.38</i> | <i>Fulham Freestylers</i> |
| <i>Alan Davidson</i> | <i>6.38</i> | <i>Steam Puffers</i> |
| <i>Donna Richards</i> | <i>6.39</i> | <i>Sutton Runners</i> |
| <i>Jenny Courtney</i> | <i>6.41</i> | <i>Fulham RC</i> |
| <i>Richard Long</i> | <i>6.42</i> | <i>Serpentine Old Boys</i> |
| <i>Kathryn Beale</i> | <i>6.44</i> | <i>Fulham Freestylers</i> |
| <i>John Pratt</i> | <i>6.45</i> | <i>Swinging Sixties</i> |
| <i>Camilla Graham</i> | <i>6.46</i> | <i>Team Nelson</i> |
| <i>Elaine Battson</i> | <i>6.46</i> | <i>Helainette</i> |
| <i>Ian Hall</i> | <i>6.47</i> | <i>Serpentine Old Boys</i> |
| <i>Tom Wraith</i> | <i>6.48</i> | <i>Running Total</i> |
| <i>Steve Satchell</i> | <i>6.54</i> | <i>Swinging Sixties</i> |
| <i>Annette Helliwell</i> | <i>6.56</i> | <i>Helainette</i> |
| <i>Miranda Cook</i> | <i>7.01</i> | <i>L Frontrunners Ladies A</i> |
| <i>Judith Buchanan</i> | <i>7.02</i> | <i>Fulham Zebras</i> |
| <i>Dennis Williams</i> | <i>7.03</i> | <i>Swinging Sixties</i> |

| | | |
|-------------------------|-------------|--------------------------------|
| <i>Nikki McKnight</i> | <i>7.05</i> | <i>Frontrunners Ladies B</i> |
| <i>Georgina Stavri</i> | <i>7.05</i> | <i>L Frontrunners Ladies A</i> |
| <i>Helen Smith</i> | <i>7.12</i> | <i>Helainette</i> |
| <i>Greg Neal</i> | <i>7.14</i> | <i>Three Milers</i> |
| <i>Elizabeth Tapp</i> | <i>7.16</i> | <i>Fast Friends</i> |
| <i>Jonathan Pegg</i> | <i>7.17</i> | <i>Sutton Runners</i> |
| <i>Carole Wisdom</i> | <i>7.28</i> | <i>Serpentine</i> |
| <i>Natalie Alger</i> | <i>7.29</i> | <i>Frontrunners Ladies B</i> |
| <i>Thomas Wilkie</i> | <i>7.35</i> | <i>Three Milers</i> |
| <i>Ted Townsend</i> | <i>7.41</i> | <i>Fulham RC</i> |
| <i>John R</i> | <i>7.46</i> | <i>RAC</i> |
| <i>Dave Clarke</i> | <i>7.49</i> | <i>VSO Vets</i> |
| <i>Edwin Bartlett</i> | <i>8.04</i> | <i>Serpentine</i> |
| <i>Jamil Muhayman</i> | <i>8.07</i> | <i>London Frontrunners 6</i> |
| <i>Jo Atwill</i> | <i>8.08</i> | <i>Leg Heads</i> |
| <i>Anna Finn</i> | <i>8.12</i> | <i>Frontrunners Ladies B</i> |
| <i>Joana Parkin</i> | <i>8.14</i> | <i>RAC</i> |
| <i>Naomi Drinkwater</i> | <i>8.22</i> | <i>Leg Heads</i> |
| <i>Hazez Sharron</i> | <i>8.38</i> | <i>Fulham RC</i> |
| <i>Sophie Tapp</i> | <i>8.42</i> | <i>London FR</i> |
| <i>Louisa Beeby</i> | <i>8.53</i> | <i>Leg Heads</i> |
| <i>Michael Browne</i> | <i>9.59</i> | <i>Serpentine</i> |