



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 8th

Our next race is a 10K on Saturday 13th July at 8am.

Our next Monday evening race is a 5K on Monday 15th July 7pm.

See you there!

All results and individual mile times below:

Winning Teams

1	Mornington Chasers Men	14.40	Alex Kitromilides	Will McNugh	Marc Henrion
2	London Frontrunners Mens 1	14.53	Jeremy Oldaker	Jonathan Moscrop	James Gillanders
3	London Heathside Glory Boys	14.57	Miron Woldemichael	James Wooldridge	Daniel Szajna

Winning All Ladies Team

1	Victoria Park Harriers AC	17.26	Mandy Dohren	Catherine McLughlin	Rachel Thomas
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Winning Over 50's Team

1	Stroud Green Runners	17.41	Doug Teesdale	Hugh Scorgie	Doud Teesdale
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Winning Over 60's Team

1	Over the Hills	19.53	Stuart Littlewood	Dan Maskell	Alan Davidson
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Winning Under 16's Team

1	London Heathside AC Youngers	16.22	Alex Chown Ahern	David Keto	Charlie Butler
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Fastest Man: Thomas Beedell 4.35 Ridgeway Runners

Fastest Woman: Kelly Thorneycroft 5.38 Mornington Chaser Ladies

Overall Results and Individual Times below:

No	Team	Time	Runner 1	Runner 2	Runner 3	Cat
1	Mornington Chasers Men	14.40	Alex Kitromilides	Will McNugh	Marc Henrion	
2	London Frontrunners Mens 1	14.53	Jeremy Oldaker	Jonathan Moscrop	James Gillanders	
3	London Heathside Glory Boys	14.57	Miron Woldemichael	James Wooldridge	Daniel Szajna	
4	Victoria Park Harriers A	15.15	Jose Bilbao	Ian Warren	Michael Sheppard	
5	Simon's Squad	15.37	Simon Carter	Chris Lydon	Simon Culver	
6	Rift Valley	15.40	Ian Gordon	Hugh Davies	Andrew Jones	
7	Ridgeway Runners	15.43	Hugh Beedell	Simon Beedell	Thomas Beedell	
8	London Frontrunners Mens 2	15.52	Edward Holland	Simon Gardner	Paul Boschen	
9	Victoria Park Harriers B	16.07	Victor Sarramain	Rob Pitkethly	Andrew Hutson	
10	London Heathside AC Youngers	16.22	Alex Chown Ahern	David Keto	Charlie Butler	U/16
11	London Frontrunners Mens 3	16.58	John Keenan	Andrew Hetherington	Dan Luong	
12	Fulham Flyers	17.24	Simon Clarkson	Richard Hallinan	Eoghan O'Neill	
13	Victoria Park Harriers AC	17.26	Mandy Dohren	Catherine McLughlin	Rachel Thomas	Ladies
14	Pioneers Team A	17.30	John Fung	Sam Kavanagh	David Stockdale	
15	Stroud Green Runners	17.41	Doug Teesdale	Hugh Scorgie	Doud Teesdale	O/50
16	Pelham St Pounders	17.42	David Nix	James Vallis	Alan Mundy	
17	London Frontrunners Mens 4	18.06	Peter Luckham	Jan Cooper	Charles Bouillon	
18	Fulham Flashers	18.13	Hilary Arrowsmith	Olivia Toye	Tina Gray	Ladies
19	Mornington Chasers Ladies	18.25	LucySterne	Hannah McQuarrie	Kelly Thorneycroft	Ladies
20	Victoria Park Harriers D	18.40	Rachel Morrison	Charlotte Maile	Laura Morgan	Ladies
21	Fulham	18.51	Charles Craven	Philip Hickson	Charles Craven	
22	Mornington Chasers W50	18.55	Avril Riddell	Jane Nodder	Andrea Sanders-Reece	O/50
23	The Plummers	19.00	Stephen Plummer	Tim Bavister	Lindsey Annable	
24	London Frontrunners Mens 6	19.13	Timothy Lum	John Brown	Ian C	
25	Helalinder	19.21	Helen Smith	Elaine Bateson	Derek Clark	
26	The Nomads	19.27	Duncan Hussey	Dave Clarke	Mike Goodwin	
27	The Lean Mean Running Machine	19.36	Chris Catt	Cassie Gleeson	James Marriott	
28	London Frontrunners Ladies 1	19.36	Susan Brannah	Rose Stamp	Helen Keeley	Ladies
29	VSO	19.45	N Oleforo	Greg Stylski	Dan McVeigh	
30	Over the Hills	19.53	Stuart Littlewood	Dan Maskell	Alan Davidson	O/60
31	Internationally Hindered	20.13	Ron Hagell	Stephan Rupp	Mark Burkett	
32	Datapoint	20.23	James Close	Kristina Szakacs	Camilo Perez Meyia	
33	London Frontrunners Ladies 2	20.42	Madeleine Cule	Sarah Ov	Jen Green	Ladies
34	Dobbin's Dancers	21.14	Poppy Lenton	Evelyn Mullin	Carre Doyle	Ladies
35	Fun Runners	21.51	Thomas Wilkie	Simon Wilson	Peter Torre	
36	Dobbin's Gals	21.59	Siobhan Reddy	Mary Clarke	Pam Cooper	Ladies
37	London Frontrunners Mens 5	22.33	Richard Cristinal	Richie Oliver	Jamil Muhayman	
38	Mornington Twilight	23.16	John Pratt	Steve Satchell	Bill Harvey	O/60
39	Vets AC	24.15	Dennis Williams	Ian Isherwood	Edwin Bartlett	O/60
40	Dobbin & Co	27.09	Patricia Moody	Katie Levy	Dobbin Carter	Ladies

Thomas Beedell	4.35	Ridgeway Runners
Jeremy Oldaker	4.51	London Frontrunners Mens 1
Will McNugh	4.52	Mornington Chasers Men
James Wooldridge	4.52	London Heathside Glory Boys
Marc Henrion	4.53	Mornington Chasers Men
Jose Bilbao	4.54	Victoria Park Harriers A
Alex Kitromilides	4.55	Mornington Chasers Men
Miron Woldemichael	4.55	London Heathside Glory Boys
Simon Wilson	4.56	Fun Runners
James Gillanders	4.57	London Frontrunners Mens 1
Ian Gordon	4.58	Rift Valley
Jonathan Moscrop	5.05	London Frontrunners Mens 1
Eoghan O'Neill	5.07	Fulham Flyers

Chris Lydon	5.08	Simon's Squad
Simon Beedell	5.08	Ridgeway Runners
Paul Boschen	5.09	London Fronrunners Mens 2
Daniel Szajna	5.10	London Heathside Glory Boys
Simon Culver	5.10	Simon's Squad
Ian Warren	5.11	Victoria Park Harriers A
Michael Sheppard	5.11	Victoria Park Harriers A
Rob Pitkethly	5.12	Victoria Park Harriers B
Edward Holland	5.15	London Fronrunners Mens 2
Alex Chown Ahern	5.15	London Heathside AC Youngers
Hugh Davies	5.17	Rift Valley
Duncan Hussey	5.18	The Nomads
Simon Carter	5.19	Simon's Squad
Charlie Butler	5.22	London Heathside AC Youngers
Victor SarraMAIN	5.23	Victoria Park Harriers B
Andrew Jones	5.25	Rift Valley
John Keenan	5.26	London Fronrunners Mens 3
Simon Gardner	5.28	London Fronrunners Mens 2
Chris Catt	5.31	The Lean Mean Running Machine
John Fung	5.32	Pioneers Team A
Andrew Hutson	5.32	Victoria Park Harriers B
David Nix	5.34	Pelham St Pounders
Mark Burkett	5.34	Internationally Hindered
Kelly Thorneycroft	5.38	Mornington Chasers Ladies
Andrew Hetherington	5.39	London Fronrunners Mens 3
Hugh Scorgie	5.40	Stroud Green Runners
Rachel Thomas	5.40	Victoria Park Harriers AC
Stephen Plummer	5.41	The Plummers
David Keto	5.45	London Heathside AC Youngers
Richard Hallinan	5.45	Fulham Flyers
Peter Luckham	5.46	London Fronrunners Mens 4
Doug Teesdale	5.48	Stroud Green Runners
Olivia Toye	5.49	Fulham Flashers
Catherine McLughlin	5.51	Victoria Park Harriers AC
Dan Luong	5.53	London Fronrunners Mens 3
David Stockdale	5.53	Pioneers Team A
Alan Mundy	5.54	Pelham St Pounders
Mandy Dohren	5.55	Victoria Park Harriers AC
Charles Bouillon	5.55	London Fronrunners Mens 4
Jen Green	5.55	London Fronrunners Ladies 2
Camilo Perez Meyia	5.56	Datapoint
Hugh Beedell	6.00	Ridgeway Runners
Laura Morgan	6.01	Victoria Park Harriers D
Sam Kavanagh	6.05	Pioneers Team A
Philip Hickson	6.05	Fulham
Tim Bavister	6.07	The Plummers
LucySterne	6.08	Mornington Chasers Ladies
Tina Gray	6.09	Fulham Flashers
Helen Smith	6.10	Helainder
Derek Clark	6.11	Helainder
Helen Keeley	6.12	London Fronrunners Ladies 1
Stephan Rupp	6.13	Internationally Hindered
Doud Teesdale	6.13	Stroud Green Runners
Ian C	6.13	London Fronrunners Mens 6
Dan McVeigh	6.13	VSO
Poppy Lenton	6.14	Dobbin's Dancers
James Vallis	6.14	Pelham St Pounders
Jane Nodder	6.14	Mornington Chasers W50

Hilary Arrowsmith	6.15	Fulham Flashers
Andrea Sanders-Reece	6.15	Mornington Chasers W50
Rose Stamp	6.16	London Frontrunners Ladies 1
Charles Craven	6.18	Fulham
Charlotte Maile	6.19	Victoria Park Harriers D
Rachel Morrison	6.20	Victoria Park Harriers D
John Brown	6.23	London Frontrunners Mens 6
Siobhan Reddy	6.25	Dobbin's Gals
Jan Cooper	6.25	London Frontrunners Mens 4
Avril Riddell	6.26	Mornington Chasers W50
Charles Craven	6.28	Fulham
Richard Cristinal	6.30	London Frontrunners Mens 5
Stuart Littlewood	6.31	Over the Hills
Simon Clarkson	6.32	Fulham Flyers
Timothy Lum	6.37	London Frontrunners Mens 6
Evelyn Mullin	6.37	Dobbin's Dancers
Hannah McQuarrie	6.39	Mornington Chasers Ladies
Dan Maskell	6.41	Over the Hills
Alan Davidson	6.41	Over the Hills
N Oleforo	6.43	VSO
Greg Stylski	6.49	VSO
Mike Goodwin	6.49	The Nomads
John Pratt	6.50	Mornington Twilight
James Marriott	6.50	The Lean Mean Running Machine
Patricia Moody	6.56	Dobbin & Co
Pam Cooper	6.57	Dobbin's Gals
Dobbin Carter	6.58	Dobbin & Co
Elaine Bateson	7.00	Helainder
Kristina Szakacs	7.04	Datapoint
Susan Brannah	7.08	London Frontrunners Ladies 1
Madeleine Cule	7.10	London Frontrunners Ladies 2
Lindsey Annable	7.12	The Plummers
Dennis Williams	7.14	Vets AC
Cassie Gleeson	7.15	The Lean Mean Running Machine
Katie Levy	7.15	Dobbin & Co
Dave Clarke	7.20	The Nomads
James Close	7.23	Datapoint
Sarah Ov	7.37	London Frontrunners Ladies 2
Thomas Wilkie	7.53	Fun Runners
Richie Oliver	7.54	London Frontrunners Mens 5
Jamil Muhayman	8.09	London Frontrunners Mens 5
Steve Satchell	8.10	Mornington Twilight
Edwin Bartlett	8.11	Vets AC
Bill Harvey	8.16	Mornington Twilight
Carre Doyle	8.23	Dobbin's Dancers
Ron Hagell	8.26	Internationally Hindered
Mary Clarke	8.37	Dobbin's Gals
Ian Isherwood	8.50	Vets AC
Peter Torre	9.02	Fun Runners