



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

Results for Self-Transcendence 10K Race,
Battersea Park, 9th October 2010
Held under permit from EA

Congratulations to everyone who completed the race.

Place	Name	Club	Age	Time
1	Russell	Bentley	Blackheath	29 33.20
2	Gavin	Kitchingham	Orpington RR	43 35.43
3	Ivan	Pawljuk	Worcester AC	47 35.52
4	Toby	Hedgeland	u/a	29 37.07
5	Jon	Raggett	u/a	33 37.12
6	Wilfred	Sully	u/a	53 38.07
7	John	Fletcher	Dulwich R	32 38.33
8	Damien	Fleming	Serpentine	30 38.45
9	Matthew	Green	Benfleet RC	31 38.53
10	Stuart	Pearce	u/a	35 38.57
11	Simon	Thompson	u/a	31 39.07
		Penny Lane		
12	Tim	Fletcher	Striders	30 39.19
		Striders of		
13	Simon	Ambrosi	Croydon	32 39.29
14	Tom	Henderson	u/a	33 39.37
15	Doug	Teesdale	u/a	49 39.5
16	Mike	Girling	u/a	27 39.52
17	Alex	Malzer	Serpentine	40 39.59
18	Colin	Scott	u/a	25 40.14
19	Patrick	Kiernan	u/a	48 40.16
20	Tim	McIntyre	Sutton Runners	51 40.24
21	Hugh	Sheilds	TH&H	45 40.35
22	Raoul	Mansokhawi	Serpentine	39 40.45
23	Craig	Widner	u/a	45 41.06
24	Russell	Webb	u/a	31 41.2
25	Alistair	Bogle	u/a	30 41.23

26	Neil	Morris	u/a	31	41.26
27	Charlie	Evans	u/a	32	41.3
28	Bertie	Miller	QPH	47	41.53
29	Peter	Sturton	Sutton Runners	57	41.59
30	John	Flaherty	Wimbledon W	41	42.16
31	Stefano	Vernazza	u/a	36	42.25
32	Edward	Rumble	u/a	38	42.29
33	Ray	Clarabut	Edmonton	61	42.56
34	David	Pollock	Royal Navy	47	43.13
35	James	Scallan	u/a	29	43.16
36	Dan	Mullins	u/a		43.16
37	Ben	Standbury	u/a	31	43.19
38	Alan	Dunnett	u/a	56	43.33
39	Jean Luc	Hoez	Serpentine	52	43.35
40	Franco	Abdoni	u/a	50	43.46
41	Andrew	Wood	u/a	30	43.52
42	Liam	Snelling	u/a	32	43.56
43	Michael	Pabst	u/a	41	44.02
44	Jonathan	Stokes	u/a	35	44.06
45	Laurent	Wels	u/a	38	44.14
46	Peter	Watson	Ryde H	59	44.18
47	Rachel	Kerr	u/a	28	44.32
48	Freddie	Alcock	u/a	31	44.34
49	Matthew	Hurlock	u/a	44	44.44
50	Neil	O'Keefe	u/a	28	44.46
51	John	Webb	u/a	42	44.51
52	Alan	Hennessey	u/a	60	44.56
53	Michael	Butler	u/a	42	44.57
54	Simon	Gould	u/a	62	45.32
55	John	Pritchard	u/a	30	45.51
56	Simon	Addyman	u/a	42	46.07
57	Mark	Robson	u/a	52	46.22
58	Martin	Spence	Vets AC	55	46.25
59	Alison	Nolan	Serpentine	41	46.28
60	Jonathan	Tuffs	u/a	39	46.32
61	Mark	Burrs	u/a	36	46.35
62	Petrus	De Jager	u/a	30	46.35
63	Natasha	Calvert	u/a	34	46.38
64	Tom	Mitchell	u/a	28	46.39
65	Alex	Cobbold	u/a	44	46.42
66	Steve	Platt	Trail Runners Ass	56	46.44
67	Nathan	Myooran	u/a	32	46.46
68	Richard	Hale	u/a	44	46.5
69	Philip	Turley	Epsom & Ewell	70	46.59
70	William	Cashmore	u/a	49	47.05
71	Drew	Hyde	u/a	49	47.34

72	Siu Lan	Choi	u/a	33	47.36
73	Patrick	Kerr	u/a	30	47.48
74	Robert	Joxon	u/a	38	48.03
75	Pradeep	Agrawal	u/a	32	48.14
76	Stephen	Malon	u/a	27	48.22
77	Laura	Gush	u/a	22	48.25
78	Elizabeth	Tapp	Serpentine	52	48.37
79	Bruce	Chessell	Wimbledon W	42	48.4
80	Charlotte	Bancroft	u/a	30	48.47
81	Mark	Wrafter	u/a	37	49.05
82	Elizabeth	Fulton	u/a	29	49.09
83	Anthony	Somers	u/a	42	49.19
84	Jane	O'Rourke	u/a	27	49.22
85	Helen	Cook	u/a	31	49.22
86	Matthew	Bachelor	u/a	48	49.23
87	Nick	Black	u/a	28	49.44
88	Joan	Wales	u/a	51	50.01
89	Roberta	Nicoletti	u/a	45	50.11
90	Hannah	Oliver	u/a	32	50.38
91	Georgine	Hibbert	u/a	33	50.39
92	Roy	Glen	u/a	59	50.41
93	Marie	Evans	u/a	26	50.41
94	Glen	Arrach	u/a	32	50.51
95	Lucie	Noble	u/a	29	50.59
96	Luke	Browdie	u/a	26	51.11
97	Owen	Morton	u/a	39	51.18
98	Judy	Brown	Ryde H	55	51.22
99	Nicole	Oh	Serpentine	33	52.05
100	Stephen	Noble	u/a	31	52.2
101	Toby	Holder	u/a	35	52.25
102	Michael	Brown	u/a	35	52.32
103	Cinthia	Hernandez	u/a	33	52.33
104	Christopher	Rolf	u/a	30	52.35
105	Sam	Davey	u/a	23	52.37
106	Hannah	Musgrave	u/a	24	52.38
107	Joseph	Williams	u/a	29	52.37
108	Elizabeth	Beswetherick	u/a	22	52.39
109	Philip	McCartney	u/a	35	52.47
110	Wolfgang	Stueckle	u/a	29	52.47
111	Alex	Roberts	u/a	37	52.57
112	Chantal	Henderson	u/a	34	53.1
113	Casper	Stylsvig	u/a	37	53.23
114	Brian	Tims	Southern Vets	65	53.25
115	Hubert	Johnson	u/a	45	53.34
116	Steven	Knaggs	u/a	29	53.45
117	Andrea	Corsini	u/a	45	53.52

118	Angelo	Di Paolo	u/a	42	53.52
119	Aride	Boschi	u/a	54	53.52
120	Stefano	Mirabello	u/a	48	54.06
121	Ed	Woolgar	u/a	31	54.3
122	Alison	Williams	u/a	47	55.09
123	Catriona	Mowbray	u/a	27	55.19
124	Tony	Merritt	Burnham Joggers	70	55.23
125	Rachel	Harris	u/a	25	55.41
126	Rebecca	Nolan	u/a	26	55.46
127	Joanne	Le Vannais	u/a	31	55.58
128	David	Gironi	Serpentine	33	56.02
129	Simon	Chan	u/a	34	56.2
130	Hazel	Wigginton	Trent Park R	27	56.21
131	Oliver	Stott	u/a	26	56.44
132	Kate	Sutton	u/a	25	56.44
133	Olivia	Gourlay	u/a	28	56.49
134	Edwin	Bartlett	Vets AC	66	57.22
135	Holly	Swannack	u/a	25	57.49
136	Laura	Bellamy	u/a	31	57.58
137	Kerri	Reid	u/a	31	58.28
138	Maria	Kenny	u/a		58.41
139	John	Dudley	u/a	51	58.42
140	Siobhan	Carty	u/a	27	59.03
141	Mark	Askew	u/a	26	59.03
142	Malin	Eek	u/a	29	59.11
143	Ellie	Hughes	u/a	25	59.11
144	Gill	Askenasi	u/a	24	59.11
145	Isabella	Gordon	u/a	42	60.08
146	Sam	Village	u/a	23	60.09
147	Elizabeth	Shelton	u/a	42	60.09
148	Alexandra	Crampton	u/a	26	60.14
149	Laura	Puddefoot	u/a	28	60.24
150	Gillian	Tunstall	u/a	46	60.25
151	Carole	Lawrence	u/a	49	60.25
152	Maurizio	Stella	u/a	48	61.05
153	Geraldine	McBride	u/a	57	63.12
154	Mary	Russell	u/a	56	63.51
155	Jon	Waters	u/a	25	64.4
156	Lucy	Gutteridge	u/a	30	66.09
157	Sarah	Oken	u/a	33	67.04
158	Laura	Waldon	u/a	33	67.04
159	Mike	Browne	Vets AC	79	69.14
160	Konrad	Sass	u/a	28	73.28
161	David	Akan	u/a	26	74.57
162	Kirstin	Brown	u/a	24	74.57
163	Mutsa	Marau	u/a	26	75.38

