



SRI CHINMOY marathon team
GREAT BRITAIN

*“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 10 Miles
Battersea Park, 4th July 2009
Held under permit from SEAA

A beautiful summer's morning greeted us all for the race and the early start ensured no-one got too hot during the race. Well done to Wally Garrod who improved the best time for a Vet 70 on our course by more than 10 minutes.

We found a Hilly waistpack with an inhale after the race, give us a call if it belongs to you, 0207 2221314

place	First Name	Surname	Club	Time	Catagory
1	James	Gillanders	London Front Runners	60.19	
2	Graeme	Buscke	Clamham Chasers	60.44	
3	Mohammed	Ismail	Serpentine	61.33	
4	Stephen	Philips	Barking RR	61.36	
5	Keiran	McGill	Benfleet	61.41	
6	Baard	Lyngnes	Highgate	62.43	
7	Tony	Cummings	Thurrock	63.01	
8	Alan	Latham		63.32	
9	Richard	Edmonds		64.45	
10	Jonathan	Moscrop	London Front Runners	65.17	
11	Joe	Croft		65.27	
12	Simon	Ambrosi	Striders of Croydon	66.08	
13	Peter	Mack	Crystal Palace Tri	67.10	
14	Lucie	Custance	Clapham Chasers	67.14	1. lady
15	Jonathan	Senker	Sutton Runners	67.20	
16	Derek	Clark	London Front Runners	67.21	
17	Alexander	Stolerman		67.46	
18	Alex	Elfernik	Serpentine	67.57	
19	Frank	Wood	Hercules Wimbledon	68.10	
20	Peter	Gornjak		68.21	
21	Stephen	Newport		68.28	
22	Bradley	Brown	Barking RR	68.32	
23	Craig	Perri		68.40	
24	Andrzej	Kowalczyk		69.04	
25	Bryan	Lewis		69.28	



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26	Dan	Lisi		69.38	
27	Chris	Watt		69.54	
28	Mike	Adams		70.36	
29	Graham	Bell	London Heathside	70.42	
30	Jacob	Halpin		70.43	
31	Paul	Oxley	UCL Athletics	71.31	
32	Chas	Rayner		71.35	1. vet 50
33	Phil	O'Connel		72.03	
34	Noah	Bold		72.29	
35	Mike	Baverstock		72.49	
36	Eamon	Mason		73.13	
37	Suzy	Yates	Striders of Croydon	73.15	2. lady
38	David	Pandit		73.46	
39	David	Cope		73.54	
40	Oliver	Barron		74.01	
41	Hannah	Arnold		74.12	3. lady
42	David	Hallson	Road Runners Club	74.15	2. vet 50
43	Jaquai	Reid	MPAC	74.25	4. lady
44	Benneth	Adkinson	Knoxville track club	74.26	
45	Katharine	Comisso	Raneleigh Harriers	74.38	5. lady
46	Charles	Rickey	Serpentine	75.42	
47	Jane	Walsh	Ranalagh	75.42	6.lady
48	Graham	Buckie		76.04	
49	Sarah	newton	Serpentine	76.20	1. vet 50 lady
50	Lewis	Aldrigde	Serpentine	76.24	
51	Paul	Gould		76.34	
52	Adrian	Cottrell		76.42	
53	Guy	Cox		76.44	
54	Maria	Rayner	West 4 H	76.55	2. vet 50 lady
55	Nick	Dent		77.15	
56	Frances	Crozier		77.19	9. lady
57	Alan	Hall		77.55	
58	Jason	Bethell		78.13	
59	Martin	Spence	Vets AC	78.17	3. vet 50
60	Phillip	Turley	Epsom+Ewell	78.28	1. vet 60
61	Julie	Thomas		79.00	10. lady
62	Michael	Holmes		80.14	



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63	Toby	Alderhoven		80.25	
64	Candile	Hainsworth		80.34	11. lady
65	Dimitri	Kokinos		80.34	
66	Michael	Peel	Clapham Runners	80.37	
67	Dexter	Brown		80.40	
68	Javier	Guitierrez		80.43	
69	Peter	Clegg	Watford Joggers	80.56	2. vet 60
70	Stephen	Hawthorne		81.20	
71	Vanessa	Mitchell		81.26	12. lady
72	Matt	Forder		81.38	
73	Glyn	Watkins	Elmbridge Raod R	81.45	
74	Gretchen	Fallson		81.48	13. lady
75	Akeel	Kazmi		82.04	
76	Matthew	Fell		82.06	
77	Steve	Hinemon		82.33	
78	Michael	Salisbury		83.07	
79	Ruth	Lythe	Serpentine	83.28	14. lady
80	Kristy	Collins		83.41	15. lady
81	Ross	Le Blanc		83.53	
82	Jennifer	Ranrin		84.59	16. lady
83	Anthony	Ferriroli	Road Runners Club	85.51	
84	Jocelyn	Blackwell		86.02	3. vet 50 lady
85	Ryan	Behrman	Serpentine	86.31	
86	Luke	O'Neill		87.05	
87	Nick	Sabba		87.06	
88	Jim	Collins		87.33	
89	Ms	Boyce		87.55	18. lady
90	Dan	Humphries		88.30	
91	Andrew	Perchtelp		88.32	
92	Mark	Oxenham		88.38	
93	Arthur	Rabatin		88.42	
94	Elin	Stuart		88.55	19. lady
95	Robert	Fortes	Serpentine	89.08	3. vet 60
96	Celeste	Collier		89.14	20. lady
97	Wally	Garrod	Ranalagh	89.18	1. vet 70
98	Anne-Marie	Deargan		89.36	21. lady
99	Liv	Birch		89.41	22. lady



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100	Rebecca	Hickley		89.55	23. lady
101	Alexandra	Galloway		89.57	24. lady
102	Hayley	Down		90.08	25. lady
103	Angela	Rickey	Serpentine	90.09	26. lady
104	Jane	Dempsey		90.17	27. lady
105	Phil	Rumbelow		90.24	
106	Grant	Hardy		90.37	
107	Lara	Hellis		90.46	28. lady
108	Nick	Tindale		90.46	
109	Steve	Clancey	South London Harriers	91.11	
110	Sophie	Reavenscroft		91.12	29. lady
111	Richard	Hale		91.19	
112	Alex	Cobbold		91.19	
113	Anna	Cheney		91.35	30. lady
114	Charlotte	Jones		91.45	31. lady
115	Sara	Scarll		91.59	32. lady
116	Tony	Merrrit	Burnham Joggers	92.13	4. vet 60
117	Kate	Outram		93.08	33. lady
118	Deborah	Malcolm		93.26	34. lady
119	Edwin	Bartlett	Vets AC	93.29	5. vet 60
120	Helen	Roberts		94.10	35. lady
121	Alex	Clayton		94.25	
122	Pauline	Adekoya		94.28	36. lady
123	Louisa	Peaver		94.53	37. lady
124	Michelle	Lamprecht		96.31	38. lady
125	Melanie	Blair		96.36	39. lady
126	Kate	Andrews		97.02	40. lady
127	Wantanee	Surapait		97.20	41. lady
128	Anthony	Alleyne		97.28	
129	Tamar	Ghosh		97.31	42. lady
130	Orla	Dunne		97.55	43. lady
131	Katy	Watts		98.18	44. lady
132	Tracy	Symington		99.09	45. lady
133	Sarah	Clayton		99.46	46. lady
134	Chris	Roche		99.50	
135	Joanne	Dearden		99.50	47. lady
136	Lisa	Hirst		105.05	48. lady