



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 3x1 Mile Relay,
Battersea Park, 22nd June 2009
Held under permit from SEAA

Corrected version (apologies to the runners who spotted the mistakes before)

Thanks to all the runners who took part in our second 3x1 Relay, it was great to see double the number of teams from last year, and watching everyone encourage their team mates was good fun. Congratulations to Nick Shasha for improving on his winning time and team time from last year, whilst in the U18 category Louis Marriot (age11) put in a superb 6.04 ahead of an U18s field that included team mate Joe Gilbert and our regulars the Martin family. Well done to Tayyab Rahman and his 5 teams who warmed up by playing football.

place	Team Name	Time	Leg 1	Split	Leg 2	Split	Leg 3	Split
1	Boys in Blue	14.42	Clinton Thomas	5.01	Matt Ponting	5.02	Nick Shasha	4.39
2	Striders of Croydon	14.59	Matt Morgan	4.48	Alex Aronberg	5.25	Duncan Lancashire	4.46
3	London Frontrunners Men's 'A'	15.05	Stephen Artist	4.57	Shane Cullinan	5.08	James Gillanders	5.00
4	Chasers 'A'	15.21	Alex Kitromilides	5.02	Mark Henrion	5.15	Alex Patton	5.04
5	Chiefs	15.27	Simon Thompson	5.21	Ian Thornton	5.11	Marshall Moir	4.55
6	Dulwich 'A'	15.36	Tony Tuohy	4.56	Ed Smyth	5.16	Russell Daner	5.24
7	Fulham RC 1	16.07	Daniel Andrews	5.15	Tom Pullan	5.33	Alain Favre	5.19
8	London Frontrunners Men's 'B'	16.10	Jonathan Moscrop	5.18	Toby Keynes	5.21	Julian Williams	5.31
9	World Harmony Run	16.19	Artur Janzak	5.15	Sadanan McGee	5.23	Pierre Lantaus Montouca	5.41
10	The Baton Bunglers	16.39	Steve Ladhams	5.22	Tim Cavallero	5.26	Edward Fry	5.51
11	Chariots	17.06	John Sandhu	5.20	Mark Burkett	5.23	Tim Aldridge	6.23
12	The Last Minuters	17.10	James Freer	5.15	Andrea Sanders Reece	6.23	Anthony Impey	5.32



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13	London Frontrunners Men's 'C'	17.15	Ricahrd Ho	5.42	Andrew Wood	5.57	Stephen Wides	5.36
14	Team Marlonicus	17.25	Bertrand Carrara	5.48	Marlon Huber-Smith	6.09	Steven Diffey	5.28
15	Dulwich 'B'	17.38	Mike Mann	5.28	Teresa Gaillard de Laubenque	5.45	Louisa Pritchard	6.25
16	Two Young Too Old	17.49	Joe Gilbert	6.15	David Gilbert	5.30	Louis Marriot	6.04
17	LBD	17.52	Ben Newley	6.16	David Song	6.02	Adam Tidball	5.34
18	Steel Springs	17.53	Jake Smith-Bosanquet	5.43	Lorna Pelly	6.31	John Tighe	5.39
19	Chasers 'B'	18.01	Andrew Jex	6.06	Abdul Salam	6.05	Armon Jr Silbernael	5.50
20	no name	18.26	Andrew Finnerty	5.55	Rod Smith	6.19	Michael Winkler	6.12
21	no name	18.30	Charlotte Wilton	5.57	Josephine Perry	6.37	Annie Emerson	5.56
22	no name	18.33	Sean Leach	5.52	Victoria Philpot	6.33	Paul Lautalan	6.08
23	London Frontrunners Ladies 'A'	18.43	Miriam Valencia	6.02	Jen Kerrison	6.49	Helen Smethurst	5.52
24	Fulham Fantastic	18.52	Peter Borchers	6.01	Rick Burne	7.01	Jonathan Chambers	5.50
25	SFO	19.00	Matthew Ball	6.26	Tim Jackman	7.04	Phil O'Connell	5.30
26	Coq d'Argent	19.08	Cyril Parry	6.47	Jeremy Trehout	6.15	Cyril Parry	6.47
27	Slow and Steady	19.08	Phil Nash	5.58	Greg Neal	6.21	Ian Fernandez	6.49
28	Serpie Speedster Vets	19.23	Steve Edwards	6.02	Sarah Newton	6.28	Ian Hall	6.53
29	Tiny Teen Team	19.29	Thomas Martin	6.26	Kate Martin	6.53	Nicholas Martin	6.10
30	Zebras	19.44	Phil Hickson	6.13	Judith Buchanan	7.30	Charles Craven	6.01
31	no name	20.09	Robbie Adair	6.38	Helen Ralph	6.44	Georgina Hibbert	6.47
32	Whooooooooooooosh	20.57	Daniel Northcote Smith	6.43	Nicola Andrews	7.30	David de ala Pena	6.44
33	Melbourne	21.45	Kirsten McKinley	7.18	Emma Norman	8.53	Sam Butcher	5.34
34	The Flibberty Gibbets	21.54	Sally South	7.41	Donna Clinker	7.39	Kevin McLellan	6.34
35	Team with No Name	22.17	Tom Wilkie	7.33	Edwin Bartlett	7.44	Neil Davies	7.00
36	The 3 Musketeers	24.08	Sital Shiani	9.56	Fabian Fernandez	7.20	Tayyab Rahman	6.52
37	3 Little Pigs	24.24	Jyoti Varsani	9.04	Rikin Mehta	7.52	Chirag Chauhan	7.28
38	Snap Crackle and Pop	24.29	Heena Gorasia	9.48	Aaron Smith	7.26	Bhavnit Patel	7.15
39	Charlies Angels	24.40	Sunny Bhanawi	8.27	Dharmesh Patel	8.31	Dipesh Halai	7.42
40	Monkey Club	25.13	Sarah Ions	9.11	Emily Tye	7.38	Ally Trevett	8.24
41	The Good The Bad and The Ugly	27.43	Rukshmi Gami	12.17	Farhen Wahab	7.57	Ankush Gami	7.29



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Individual Results

1	Nick Shasha	4.39	Walthamstow
2	Duncan Lancashire	4.46	Striders of Croydon
3	Matt Morgan	4.48	Striders of Croydon
4	Marshall Moir	4.55	
5	Tony Tuohy	4.56	Dulwich R
6	Stephen Artist	4.57	London Frontrunners
7	James Gillanders	5.00	London Frontrunners
8	Clinton Thomas	5.01	u/a
9	Alex Kitromilides	5.02	Mornington Chasers
10	Matt Ponting	5.02	TVH
11	Alex Patton	5.04	Mornington Chasers
12	Shane Cullinan	5.08	London Frontrunners
13	Ian Thornton	5.11	
14	Daniel Andrews	5.15	Fulham
15	Artur Janzak	5.15	Sri Chinmoy AC
16	James Freer	5.15	Fulham
17	Mark Henrion	5.15	Mornington Chasers
18	Ed Smyth	5.16	Dulwich R
19	Jonathan Moscrop	5.18	London Frontrunners
20	Alain Favre	5.19	u/a
21	John Sandhu	5.20	
22	Simon Thompson	5.21	
23	Toby Keynes	5.21	London Frontrunners
24	Steve Ladhams	5.22	u/a
25	Sadanan McGee	5.23	Sri Chinmoy AC
26	Mark Burkett	5.23	
27	Russell Daner	5.24	Dulwich R
28	Alex Aronberg	5.25	Striders of Croydon



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29	Tim Cavallero	5.26	u/a	
30	Mike Mann	5.28	Dulwich R	1st Vet 60
31	Steven Diffey	5.28		
32	David Gilbert	5.30		
33	Phil O'Connell	5.30		
34	Julian Williams	5.31	London Frontrunners	
35	Anthony Impey	5.32	u/a	
36	Tom Pullan	5.33	u/a	
37	Sam Butcher	5.34	u/a	
38	Adam Tidball	5.34		
39	Stephen Wides	5.36	London Frontrunners	
40	John Tighe	5.39	u/a	
41	Pierre Lantau Montouca	5.41	Sri Chinmoy AC	
42	Ricahrd Ho	5.42	London Frontrunners	
43	Jake Smith-Bosanquet	5.43	u/a	
44	Teresa Gaillard de Laubenque	5.45	Dulwich R	1st Lady
45	Bertrand Carrara	5.48		
46	Armon Jr Silbernael	5.50	Mornington Chasers	
47	Jonathan Chambers	5.50	Fulham	1st Vet 50
48	Edward Fry	5.51	u/a	
49	Sean Leach	5.52	u/a	
50	Helen Smethurst	5.52	London Frontrunners	2nd Lady
51	Andrew Finnerty	5.55	Kingston Stragglers	
52	Annie Emerson	5.56	u/a	3rd Lady
53	Charlotte Wilton	5.57	u/a	4th Lady
54	Andrew Wood	5.57	London Frontrunners	
55	Phil Nash	5.58		
56	Peter Borchers	6.01		
57	Charles Craven	6.01	Fulham	



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58	David Song	6.02		
59	Miriam Valencia	6.02	London Frontrunners	5th Lady
60	Steve Edwards	6.02	Serpentine	2nd Vet 50
61	Louis Marriot	6.04	u/a	age 11
62	Abdul Salam	6.05	Mornington Chasers	
63	Andrew Jex	6.06	Mornington Chasers	
64	Jean Luc Hoes	6.06	Serpentine	3rd Vet 50
65	Paul Lautalan	6.08		
66	Marlon Huber-Smith	6.09		
67	Nicholas Martin	6.10	u/a	age 15
68	Michael Winkler	6.12	u/a	4th Vet 50
69	Phil Hickson	6.13	Fulham	
70	Joe Gilbert	6.15		age 12
71	Jeremy Trehout	6.15		
72	Ben Newley	6.16		
73	Rod Smith	6.19		
74	Greg Neal	6.21	Watford H	5th Vet 50
75	Andrea Sanders Reece	6.23		1st Lady Vet 50
76	Tim Aldridge	6.23		
77	Louisa Pritchard	6.25	Dulwich R	7th Lady
78	Matthew Ball	6.26		
79	Thomas Martin	6.26		age 13
80	Sarah Newton	6.28	Serpentine	2nd Lady Vet 50
81	Lorna Pelly	6.31		9thLady
82	Victoria Philpot	6.33		10th Lady
83	Kevin McLellan	6.34	Serpentine	
84	Josephine Perry	6.37		11th Lady
85	Robbie Adair	6.38		
86	Daniel Northcote Smith	6.43		



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87	Helen Ralph	6.44		12th Lady
88	David de ala Pena	6.44		
89	Cyril Parry	6.47		
90	Georgina Hibbert	6.47		13th Lady
91	Jen Kerrison	6.49	London Frontrunners	14th Lady
92	Ian Fernandez	6.49	Dulwich R	
93	Tayyab Rahman	6.52		
94	Kate Martin	6.53		age 12/15th Lady
95	Ian Hall	6.53	Serpentine	6th vet 50
96	Neil Davies	7.00	Serpentine	
97	Rick Burne	7.01		7th vet 50
98	Tim Jackman	7.04		
99	Bhavnit Patel	7.15		
100	Kirsten McKinley	7.18		16th Lady
101	Fabian Fernandez	7.20		
102	Aaron Smith	7.26		
103	Chirag Chauhan	7.28		
104	Ankush Gami	7.29		
105	Judith Buchanan	7.30	Fulham	17th Lady
106	Nicola Andrews	7.30	u/a	18th Lady
107	Tom Wilkie	7.33	Collingwood	8th Vet 50
108	Emily Tye	7.38		19th Lady
109	Donna Clinker	7.39	Serpentine	20th Lady
110	Sally South	7.41	Edmonton	3rd Lady Vet 50
111	Dipesh Halai	7.42		
112	Edwin Bartlett	7.44	Vets AC	2nd Vet 60
113	Rikin Mehta	7.52		
114	Farhen Wahab	7.57		
115	Ally Trevett	8.24		22nd Lady



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116	Sunny Bhanawi	8.27	
117	Dharmesh Patel	8.31	
118	Emma Norman	8.53	23rd Lady
119	Jyoti Varsani	9.04	24th Lady
120	Sarah Ions	9.11	25th Lady
121	Heena Gorasia	9.48	26th Lady
122	Sital Shiani	9.56	27th Lady
123	Rukshmi Gami	12.17	28th Lady