

Self-Transcendence 10K Race

Organised by Sri Chinmoy AC

Battersea Park, London

4th October 2014



WINNERS

RANK	FIRST NAME	SURNAME	CLUB	M F	TIME	AGE
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Men U/50

1	Daniel	Gaffney	Epsom & Ewell Harriers	M	33.30	31
2	Keith	MacIntosh	Wimbledon Windmilers	M	34.07	40
3	Jim	Addison	Beckenham Running Club	M	34.28	42
4	Daniel	Bentley-Gouldstone	Beckenham Running Club	M	34.37	34
5	Stephen	Hodges	Cambridge H	M	34.44	33
6	Andrew	Mitchell	Thames Valley Harriers	M	34.48	45
7	Ian	Benge	Serpentine	M	35.21	34

Women U/50

1	Una	English	Havering	F	38.48	44
2	Isobel	Rea	West 4 Harriers	F	39.09	38
3	Samantha	Pickford	Wimbledon Windmilers	F	40.02	34
4	Gabriela	De la Cerda		F	41.23	37
5	Chloe	Aitken	Wimbledon Windmilers	F	41.25	37
6	Pamela	Morris	Wimbledon Windmilers	F	42.11	24
7	April	James-Welch		F	42.24	37

Men Vet 50

1	Tony	Tuohy	Dulwich R	M	35.17	52
2	Gavin	McLaughlan	Wimbledon Windmilers	M	39.13	50
3	Richard	Hooley	Thames Valley Harriers	M	39.35	52

Women Vet 50

1	Caroline	Helder	Wimbledon Windmilers	F	46.23	53
2	Heather	Binney	Clapham Pioneers	F	48.22	53
3	Ana	Osorio		F	52.54	50

Men Vet 60

1	Alan	Dunnett	u/a	M	44.31	61
2	Maurice	Sharp	Hercules Wimbledon	M	45.46	69

Women Vet 60

1	Serena	Dilnot	Clapham Chasers	F	64.44	61
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Men Vet 70

1	John	Garder	Herne Hill H	M	52.19	72
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RESULTS

RANK	FIRST NAME	SURNAME	CLUB	M F	TIME	AGE	CATEGORY	CAT. POS.
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1	Daniel	Gaffney	Epsom & Ewell Harriers	M	33.30	31	M U/50	1
2	Keith	MacIntosh	Wimbledon Windmilers	M	34.07	40	M U/50	2
3	Jim	Addison	Beckenham Running Club	M	34.28	42	M U/50	3

4	Daniel	Bentley-Gouldstone	Beckenham Running Club	M	34.37	34	M U/50	4
5	Stephen	Hodges	Cambridge H	M	34.44	33	M U/50	5
6	Andrew	Mitchell	Thames Valley Harriers	M	34.48	45	M U/50	6
7	Tony	Tuohy	Dulwich R	M	35.17	52	M V/50	1
8	Ian	Benge	Serpentine	M	35.21	34	M U/50	7
9	Craig	Brown	Biggleswade AC	M	35.25	35	M U/50	8
10	Paul	Davies	Biggleswade AC	M	35.25	45	M U/50	9
11	Michael	Leong	Clapham Chasers	M	35.26	34	M U/50	10
12	Chris	Ore	Hercules Wimbledon	M	35.41	31	M U/50	11
13	Simon	Craddock	Serpentine	M	35.45	32	M U/50	12
14	Andy	Hamilton	u/a	M	35.52	32	M U/50	13
15	Stephen	Hurley	Wimbledon Windmillers	M	35.58	34	M U/50	14
16	ernie	hann	Striders of Croydon	M	35.59	26	M U/50	15
17	Patrick	Tweedale	u/a	M	36.00	35	M U/50	16
18	Alastair	Locke	Dulwich R	M	36.05	32	M U/50	17
19	Daniel	de Patol	Serpentine	M	36.11	40	M U/50	18
20	Michael	Wiggins		M	37.08	37	M U/50	19
21	Steven	Groom	Cambridge H	M	37.17	34	M U/50	20
22	Ian	Lilley	Dulwich R	M	37.23	42	M U/50	21
23	Simon	Ambrosi	Striders of Croydon	M	37.47	36	M U/50	22
24	Alexander	Winfield	u/a	M	37.48	30	M U/50	23
25	Raoul	Mansukhani	Serpentine	M	37.52	43	M U/50	24
26	Henry	Keighley-Elstub	Wimbledon Windmilers	M	37.55	42	M U/50	25
27	Roger	Coyle	Serpentine	M	37.56	40	M U/50	26
28	David	Williams	Sutton Runners	M	38.20	42	M U/50	27
29	Raymond	Ngai	Wimbledon Windmilers	M	38.33	33	M U/50	28
30	Rupert	Jacobs	Serpentine	M	38.36	33	M U/50	29
31	Nicholas	Manderson	u/a	M	38.39	24	M U/50	30
32	James	Williams JNR	u/a	M	38.39	27	M U/50	31
33	Una	English	Havering	F	38.48	44	W U/50	1
34	Martin	Carmack	Serpentine	M	38.54	44	M U/50	32
35	Sebastian	Vons	Wimbledon Windmilers	M	39.06	34	M U/50	33
36	Isobel	Rea	West 4 Harriers	F	39.09	38	W U/50	2
37	Gavin	McLaughlan	Wimbledon Windmillers	M	39.13	50	M V/50	2
38	Danny	Isaacs	u/a	M	39.20	27	M U/50	34
39	Tom	Cheetham	Hercules Wimbledon	M	39.22	48	M U/50	35
40	Peter	Mack	Crystal Palace Triathletes	M	39.24	43	M U/50	36
41	Bruce	Horne	u/a	M	39.31	30	M U/50	37
42	Richard	Hooley	Thames Valley Harriers	M	39.35	52	M V/50	3
43	Chris	Smith	West 4 Harriers	M	39.36	43	M U/50	38
44	Chris	Lydon	Beckenham RC	M	39.40	52	M V/50	4
45	Richard	Lilley	u/a	M	39.52	26	M U/50	39
46	Philip	Coales	u/a	M	39.59	22	M U/50	40
47	Shaun	Mills	Clapham Chasers	M	40.02	26	M U/50	41
48	Samantha	Pickford	Wimbledon Windmilers	F	40.02	34	W U/50	3
49	Peter	Metcalfe	Wimbledon Windmilers	M	40.03	45	M U/50	42
50	Giles	Hawthorne	Biggleswade AC	M	40.10	40	M U/50	43
51	Frank	Wood	Hercules Wimbledon	M	40.11	50	M V/50	5
52	Matt	Edwards		M	40.18	35	M U/50	44
53	Simon	Pannell	Striders of Croydon	M	40.20	54	M V/50	6
54	Tony	Casey	Runnymede R	M	40.25	58	M V/50	7

55	Mark	Cahill	Hercules Wimbledon	M	40.29	42	M U/50	45
56	Colin	Hann	Striders of Croydon	M	40.34	28	M U/50	46
57	Jeff	Saul	u/a	M	40.35	37	M U/50	47
58	Jeremy	LoCurto	u/a	M	40.40	29	M U/50	48
59	Stephen	Massey	STRIDERS OF CROYDON	M	40.56	47	M U/50	49
60	Kieran	Santry	Ealing Eagles	M	41.04	37	M U/50	50
61	David	Cornock	Barnes Runners	M	41.12	50	M V/50	8
62	Norman	Urquia	WimbledonWindmilers	M	41.22	48	M U/50	51
63	Adam	Fenton	Hercules Wimbledon	M	41.23	53	M V/50	9
64	Gabriela	De la Cerda		F	41.23	37	W U/50	4
65	David	Mitchell		M	41.24	45	M U/50	52
66	Chloe	Aitken	Wimbledon Windmillers	F	41.25	37	W U/50	5
67	John	Passmore		M	41.32	45	M U/50	53
68	Andy	Welsh		M	41.38	41	M U/50	54
69	Malcolm	Reid	u/a	M	41.44	38	M U/50	55
70	Doug	Teesdale		M	41.56	53	M V/50	10
71	Pamela	Morris	Wimbledon Windmilers	F	42.11	24	W U/50	6
72	Charles	Craven	Fulham	M	42.12	51	M V/50	11
73	April	James-Welch		F	42.24	37	W U/50	7
74	Maurice	Petignat	u/a	M	42.50	25	M U/50	56
75	Darren	Woods	Striders Of Croydon AC	M	42.52	27	M U/50	57
76	Toni	Reid		M	43.17	52	M V/50	12
77	Stephen	Cox	Wimbledon Windmilers	M	43.21	45	M U/50	58
78	Andy	Randall	Collingwood AC	M	43.32	40	M U/50	59
79	Wayne	Palmer	u/a	M	43.39	48	M U/50	60
80	Conor	Garland		M	43.47	31	M U/50	61
81	Isabel	Ruthven	u/a	F	44.06	24	W U/50	8
82	RAMIRO	FERNANDEZ	u/a	M	44.10	41	M U/50	62
83	David	Rose	u/a	M	44.26	35	M U/50	63
84	Christian	Bergara	Full on Tri	M	44.30	31	M U/50	64
85	Alan	Dunnett	u/a	M	44.31	61	M V/60	1
86	Hugh	Scorgie		M	44.38	54	M V/50	13
87	Philip	Morton	u/a	M	44.54	27	M U/50	65
88	Stan	Mcleod	u/a	M	45.01	29	M U/50	66
89	Enda	Kelly		M	45.03	34	M U/50	67
90	Cosmo	Craven	Hercules Wimbledon	M	45.04	15	M U/50	68
91	Kate	Goddard		F	45.04	25	W U/50	9
92	Andreas	Wiele		M	45.09	52	M V/50	14
93	Michelle	Lennon	Dulwich runners	F	45.09	47	W U/50	10
94	Tom	Baker	u/a	M	45.15	25	M U/50	69
95	Eamonn	Cooke		M	45.42	30	M U/50	70
96	Aileen	Hooper	Clapham Chasers	F	45.43	31	W U/50	11
97	Maurice	Sharp	Hercules Wimbledon	M	45.46	69	M V/60	2
98	Anne	Arran	Serpentine	F	45.52	46	W U/50	12
99	Richard	James	u/a	M	46.04	41	M U/50	71
100	Aaron	Bird	Clapham Chasers	M	46.07	28	M U/50	72
101	Eleanor	Lucas	Clapham Chasers	F	46.07	28	W U/50	13
102	Caroline	Helder	Wimbledon Windmilers	F	46.23	53	W V/50	1
103	TOM	CRICHTON	u/a	M	46.25	36	M U/50	73
104	Andre	Severi	u/a	M	46.25	47	M U/50	74
105	Dan	Golding	u/a	M	46.39	26	M U/50	75

106	Mark	Agnew		M	46.48	30	M U/50	76
107	David	Burger		M	46.48	30	M U/50	77
108	James	Beat	u/a	M	46.56	33	M U/50	78
109	Clare	Malseed	Serpentine	F	46.58	25	W U/50	14
110	Sophie	Jones	Clapham Chasers	F	46.59	31	W U/50	15
111	Kim	Tyler	Clapham Chasers	F	47.05	32	W U/50	16
112	Jon	McDermott	u/a	M	47.42	35	M U/50	79
113	Adam	Gorman		M	47.52	31	M U/50	80
114	Kristian	Tapaninsho		M	47.52	33	M U/50	81
115	David	Hare	u/a	M	47.54	33	M U/50	82
116	Elaine	Reid	Collingwood AC	F	47.56	44	W U/50	17
117	Jon	Frank		M	48.03	22	M U/50	83
118	David	Maeso	u/a	M	48.07	33	M U/50	84
119	Jeremy	Belbin		M	48.09	24	M U/50	85
120	Shun-Lai	Chan	Collingwood AC	F	48.14	45	W U/50	18
121	Nedko	Kyuchukov	u/a	M	48.16	29	M U/50	86
122	Ben	Howarth	u/a	M	48.19	30	M U/50	87
123	Heather	Binney	Clapham Pioneers	F	48.22	53	W V/50	2
124	Ben	Mercer	u/a	M	48.27	29	M U/50	88
125	Robert	Levetsky		M	48.34	29	M U/50	89
126	Christine	James	Serpentine	F	48.38	33	W U/50	19
127	Jim	Brown	u/a	M	48.42	38	M U/50	90
128	David	Gavin	u/a	M	48.45	30	M U/50	91
129	Hannah	Bennett	u/a	F	48.45	28	W U/50	20
130	Irena	Kyuchukova		F	48.45	28	W U/50	21
131	Daniel	Cashen	u/a	M	49.08	38	M U/50	92
132	Terry	Avey	brighton phoenix	M	49.23	63	M V/60	3
133	Linda	Ingram	South London Harriers	F	49.30	47	W U/50	22
134	Elaine	Pigott		F	49.35	25	W U/50	23
135	Matt	Cotton	u/a	M	49.41	23	M U/50	93
136	Susie	Pajares	u/a	F	50.50	44	W U/50	24
137	Eefie	Vandermaat		F	50.53	27	W U/50	25
138	Hannah	Carr		F	50.57	22	W U/50	26
139	Maura	O'brien	u/a	F	51.04	38	W U/50	27
140	Stella	Kamba	Serpentine Running Club	F	51.06	37	W U/50	28
141	Thomas	Pratelli		M	51.19	26	M U/50	94
142	Jeremy	Friedlander		M	51.19	59	M V/50	15
143	Albert	Prat	u/a	M	51.31	18	M U/50	95
144	Paul	Lehmann	u/a	M	51.44	40	M U/50	96
145	Daniel	Thomas	u/a	M	51.52	26	M U/50	97
146	Juan	Cano	u/a	M	52.14	45	M U/50	98
147	John	Garder	Herne Hill H	M	52.19	72	M V/70	1
148	Sophie	Cappleman	Serpentine	F	52.38	27	W U/50	29
149	Sergio	Herranz	u/a	M	52.41	48	M U/50	99
150	Ana	Osorio		F	52.54	50	W V/50	3
151	Anthony	Alleyne	u/a	M	52.57	43	M U/50	100
152	Lucy	Morgan	u/a	F	52.57	43	W U/50	30
153	Veronique	Berens		F	52.59	27	W U/50	31
154	Zsofia	Bartha	u/a	F	53.16	29	W U/50	32
155	Steve	Dagg	u/a	M	53.20	30	M U/50	101
156	Elena	Petrova	reebok Crossfit Thames	F	53.26	31	W U/50	33

157	Tracey	Cooper	u/a	F	53.29	35	W U/50	34
158	Amy	Gaunt	u/a	F	53.35	34	W U/50	35
159	Hester	Rauwenhoff		F	53.55	29	W U/50	36
160	Scott	Fowler	Serpentine	M	54.12	48	M U/50	102
161	Alison	Hope	u/a	F	54.15	39	W U/50	37
162	Luke	Fairless		M	54.17	34	M U/50	103
163	Chris	Argyle	u/a	M	54.28	34	M U/50	104
164	Tara	Psaila		F	54.40	41	W U/50	38
165	Rebecca	Hession	u/a	F	54.53	28	W U/50	39
166	Lucy	Smith		F	54.55	23	W U/50	40
167	Paul	Bosworth	u/a	M	55.07	26	M U/50	105
168	Roland	Burton	SLH	M	55.13	37	M U/50	106
169	Tarek	Sirgani	u/a	M	55.13	38	M U/50	107
170	Vicki	Scheele	u/a	F	55.20	36	W U/50	41
171	Alexandra	Philippona	u/a	F	55.23	23	W U/50	42
172	Radana	Lancman	u/a	F	55.30	37	M U/50	108
173	Emma	Phillips		F	55.53	31	W U/50	43
174	Jacquie	Kelly	u/a	F	55.56	29	W U/50	44
175	Penelope	Sheen	u/a	F	55.56	29	W U/50	45
176	Sunanda	Sarker-Bell		F	56.04	49	W U/50	46
177	Chris	GRIFFIN	u/a	M	56.07	50	M V/50	16
178	Shalini	McCarrick	u/a	F	56.16	33	W U/50	47
179	Stuart	Collier	u/a	M	56.17	33	M U/50	109
180	Philip	Horsham	u/a	M	56.25	39	M U/50	110
181	Laura	Esteban	u/a	F	56.36	19	W U/50	48
182	Jessica	Jellicoe	Chelmsford AC	F	56.43	19	W U/50	49
183	Hannah	Martin	u/a	F	56.52	23	W U/50	50
184	Mary-Jo	Sutton		F	56.54	40	W U/50	51
185	Victoria	Milnes		F	56.58	31	W U/50	52
186	Danielle	Bidos	u/a	F	57.04	26	W U/50	53
187	Laura	Hutchings	u/a	F	57.04	26	W U/50	54
188	Joe	Marsden	u/a	M	57.11	31	M U/50	111
189	Alicia	Sheppard	u/a	F	57.13	23	W U/50	55
190	Tilly	Scandrett	u/a	F	57.18	29	W U/50	56
191	Matthias	Schulthess	u/a	M	57.22	27	M U/50	112
192	Richard	Lake	u/a	M	57.45	31	M U/50	113
193	Caz	Smith	u/a	F	58.59	35	W U/50	57
194	Katya	Zubareva	Wimbledon Windmilers	F	59.05	33	W U/50	58
195	Trish	Wadley	u/a	F	59.09	52	W V/50	4
196	Daniel	Roy	u/a	M	59.12	37	M U/50	114
197	Tori	Leatherland	u/a	F	59.13	29	W U/50	59
198	Charley	Lowe	u/a	F	59.13	27	W U/50	60
199	Danielle	Farrow	u/a	F	59.18	28	W U/50	61
200	Amanda	Spencer	u/a	F	59.18	27	W U/50	62
201	Tracy	Hunsley	u/a	F	59.21	35	W U/50	63
202	Marion	Paupert	u/a	F	59.21	32	W U/50	64
203	Anoushka	Der Sarkissian	Serpentine Running Club	F	59.42	48	W U/50	65
204	Gigi	Mair		F	59.45	52	W V/50	5
205	Anke	Boehme	u/a	F	59.53	30	W U/50	66
206	Sarah	Kay	u/a	F	60.35	49	W U/50	67
207	Joanne	Parsons	Collingwood AC	F	60.35	44	W U/50	68

208	Monica	Cardenas	u/a	F	62.04	32	W U/50	69
209	Tessa	Kaarsgaren		F	62.22	26	W U/50	70
210	Charlotte	White	u/a	F	62.28	27	W U/50	71
211	Suzanne	Taylor		F	62.33	29	W U/50	72
212	Evanna	Leavy	u/a	F	62.34	27	W U/50	73
213	Anne	Bolger		F	63.06	29	W U/50	74
214		Bourens		F	63.59	27	W U/50	75
215	Anouschka	Fyans	u/a	F	64.18	42	W U/50	76
216	Victoria	Williams		F	64.39	29	W U/50	77
217	Serena	Dilnot	Clapham Chasers	F	64.44	61	W V/60	1
218	Lisa	Douglas	u/a	F	64.50	35	W U/50	78
219	Edwin	Barlett	Vets AC	M	64.52	70	M V/70	2
220	Mercedes	Ortiz	u/a	F	65.09	46	W U/50	79
221	Caroline	Usher		F	67.53	29	W U/50	80
222	Harvey	Martin	u/a	M	68.02	27	M U/50	115
223	Asif	Khetani	Charlotteville	M	69.10	37	M U/50	116
224	Heidi	Khetani	u/a	F	69.10	38	W U/50	81
225	Berta	Navarro	u/a	F	69.38	19	W U/50	82
226	Evelyn	McDermott		M	71.18	64	M V/60	4
227	Henna	Khetani	u/a	F	72.42	32	W U/50	83
228	Vincent	Van der Lugt		M	77.47	30	M U/50	117
229	Matt	Cotton*		M	87.13	23	M U/50	118

* Started late

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Should you have any queries then please contact Gavin Lightwood glightwood@uka.org.uk