



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

5K

Battersea Park

7pm

July 21st, 2014

Dear Runners

On a warm and humid evening, 196 runners completed the 5K race. Nick Earl was the winner in 15.20 and Cathy Ansell stormed through to win the Ladies race in 17.35. Medal winners and all results below.

MEDAL WINNERS

	NAME	SURNAME	CLUB	TIME	M/F	Age
<u>MEN UNDER 50</u>						
1st	Nick	Earl	City of Norwich	15.20	M	29
2nd	Ryan	Evans	South London Harriers	15.28	M	29
3rd	Rocky	Harrison	Yeovil Olympiads	15.35	M	20
4th	Mark	Worringham	Reading Roadrunners	15.42	M	36
5th	Adam	Kirk-Smith	London Heathside	15.46	M	23
6th	Simon	Barrett	Serpentine	15.50	M	39
7th	Andrew	Lawrence	Morpeth Harriers	15.53	M	28
<u>WOMEN UNDER 50</u>						
1st	Cathy	Ansell	Herne Hill Harriers	17.35	F	27
2nd	Vicky	Frew	Edinburgh AC	19.02	F	36
3rd	Beth	Anderson	Shaftesbury Barnet	19.12	F	35
4th	Emma	Burgess	Highgate Harriers	19.48	F	28
5th	Rosalind	Lee	Serpentine	20.33	F	30
6th	Sophie	Sheldrake	Highgate Harriers	20.41	F	27
7th	Bernadette	Van Wijk	Serpentine	20.45	F	29

MEN VET 50

1st	Nicholas	Martyn	Highgate Harriers	16.55	M	50
2nd	Mike	Boyle	Herne Hill Harriers	17.08	M	53
3rd	Gary	Hester		17.11	M	53

WOMEN VET 50

1st	Caroline	Heldyer	Wimbledon Windmilers	22.09	F	52
2nd	Sarah	Newton	Serpentine	23.17	F	57
3rd	Ana	Horta-Osorio		25.09	F	50

MEN VET 60

1st	Terry	Avey	brighton phoenix	20.48	M	63
2nd	Ian	Mursell	VAC	22.11	M	62

WOMEN VET 60

1st	Trish	Coombs	Collingwood	28.44	F	69
-----	-------	--------	-------------	-------	---	----

MEN VET 70

1st	Joe	Aspinall	VAC	25.47	M	76
-----	-----	----------	-----	-------	---	----

WOMEN U/16

1st	Yasmin	Marghini	Belgrave Harriers	20.14	F	13
-----	--------	----------	-------------------	-------	---	----

OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Nick	Earl	City of Norwich	15.20	M	29	M U/50	1
2	Ryan	Evans	South London Harriers	15.28	M	29	M U/50	2
3	Rocky	Harrison	Yeovil Olympiads	15.35	M	20	M U/50	3
4	Mark	Worringham	Reading Roadrunners	15.42	M	36	M U/50	4
5	Adam	Kirk-Smith	London Heathside	15.46	M	23	M U/50	5
6	Simon	Barrett	Serpentine	15.50	M	39	M U/50	6
7	Andrew	Lawrence	Morpeth Harriers	15.53	M	28	M U/50	7
8	Will	Brewin		15.59	M	27	M U/50	8
9	Robbie	Cox	Woodford Green	16.04	M	32	M U/50	9
10	James	Gordon	Cambridge Harriers	16.21	M	38	M U/50	10
11	Stuart	Beaney	Kent AC	16.22	M	40	M U/50	11
12	Robert	Tuer	Hercules Wimbledon	16.36	M	28	M U/50	12
13	Calum	Fraser	Kent AC	16.38	M	23	M U/50	13
14	Andy	Inglis	Cambridge Harriers	16.49	M	37	M U/50	14
15	James	Bowler	Bromsgrove Redditch	16.53	M	34	M U/50	15
16	Nicholas	Martyn	Highgate Harriers	16.55	M	50	M O/50	1
17	Peter	Holmes	Serpentine	17.05	M	36	M U/50	16
18	Jonathan	Ormerod	The Stragglers	17.06	M	35	M U/50	17
19	Mike	Boyle	Herne Hill Harriers	17.08	M	53	M O/50	2
20	Gary	Hester		17.11	M	53	M O/50	3
21	Simon	Craddock	Serpentine	17.18	M	32	M U/50	18
22	Tal	Ramsay	Clapham Chasers	17.23	M	21	M U/50	19
23	Wayne	Lashley	Dulwich Runners	17.26	M	33	M U/50	20
24	Ryan	Mccrickerd	London Heathside Runners AC	17.26	M	25	M U/50	21
25	Michael	Bridgeland	Chelmsford	17.30	M	56	M O/50	4
26	Ron	Taylor	Kent AC	17.32	M	27	M U/50	22
27	Tom	Lucas	Beckenham RC	17.34	M	28	M U/50	23
28	Simon	Thompson	Herne Hill Harriers	17.34	M	35	M U/50	24

29	Cathy	Ansell	Herne Hill Harriers	17.35	F	27	W U/50	1
30	Damien	Hersey	Sutton Runners	17.39	M	31	M U/50	25
31	Chris	Ogle		17.40	M	34	M U/50	26
32	Craig	Brown	Biggleswade AC	17.45	M	35	M U/50	27
33	Chris	Miles	Tri-Anglia	17.53	M	36	M U/50	28
34	Tim	Alexander	Kent AC	17.57	M	34	M U/50	29
35	Jonny	Earl		17.58	M	29	M U/50	30
36	Colin	Whiteley	I&I Harriers	18.10	M	45	M U/50	31
37	Bartosz	Porzuczeu	Serpentine	18.17	M	31	M U/50	32
38	Richard	Harrison	Royston Runners	18.26	M	45	M U/50	33
39	Paolo	Buscaglia	Serpentine	18.30	M	32	M U/50	34
40	Roger	Coyle	Serpentine	18.33	M	40	M U/50	35
41	Saningo	Martyn	Highgate Harriers	18.37	M	26	M U/50	36
42	Simon	Martyn	Highgate Harriers	18.37	M	18	M U/50	37
43	Daniel	Nichols		18.44	M	31	M U/50	38
44	Matthew	Roberts	Serpentine	18.45	M	36	M U/50	39
45	Robert	Iden	Phoenix Tri	18.47	M	40	M U/50	40
46	Tom	Cheetham	Hercules Wimbledon	18.54	M	47	M U/50	41
47	David	Miller		18.56	M	32	M U/50	42
48	Daniel	Barber		18.57	M	26	M U/50	43
49	Simon	Moore		18.58	M	46	M U/50	44
50	Vicky	Frew	Edinburgh AC	19.02	F	36	W U/50	2
51	Simon	Gardner		19.02	M	37	M U/50	45
52	Darren	Keane	Hercules Wimbledon	19.02	M	29	M U/50	46
53	Martin	Bright	Highgate Harriers	19.10	M	48	M U/50	47
54	RUBEN	SENA GARCES		19.12	M	28	M U/50	48
55	Beth	Anderson	Shaftesbury Barnet	19.12	F	35	W U/50	3
56	Stephen	Hough		19.17	M	29	M U/50	49
57	Phil	Solarski		19.19	M	36	M U/50	50
58	Simon	Donaghy	Collingwood	19.21	M	49	M U/50	51
59	Harry	Hutchon		19.27	M	19	M U/50	52
60	Manuel	Corriente	Vegetarian Cycling & AC	19.28	M	43	M U/50	53
61	Sean	Shields		19.30	M	27	M U/50	54
62	David	Griffiths		19.31	M	31	M U/50	55
63	Mark	Blee	Herne Hill Harriers	19.31	M	34	M U/50	56
64	Scott	Hemmens	Serpentine	19.33	M	35	M U/50	57
65	Paul	Stanford	Striders of Croydon	19.34	M	46	M U/50	58
66	Richard	Bartlett	Serpentine RC	19.36	M	50	M O/50	5
67	Massimo	Antonelli	Serpentine	19.41	M	35	M U/50	59
68	Frank	Wood	Hercules Wimbledon	19.43	M	49	M U/50	60
69	Adam	Williams		19.45	M	43	M U/50	61
70	Emma	Burgess	Highgate Harriers	19.48	F	28	W U/50	4
71	James	Butler		19.54	M	32	M U/50	62
72	Stephen	Massey	Striders of Croydon	19.58	M	46	M U/50	63
73	Mark	Kell	Serpentine	20.02	M	33	M U/50	64
74	Laurence	Heads		20.03	M	24	M U/50	65
75	Toni	Reid		20.06	M	52	M O/50	6
76	Richard	Coates		20.14	M	42	M U/50	66
77	Yasmin	Marghini	Belgrave Harriers	20.14	F	13	W U/16	1
78	Chris	Watt		20.28	M	42	M U/50	67
79	Alex	Paxton		20.31	M	31	M U/50	68
80	Matthew	Snelling	JP Morgan	20.33	M	37	M U/50	69
81	Rosalind	Lee	Serpentine	20.33	F	30	W U/50	5
82	Karl	Matchett		20.35	M	31	M U/50	70
83	Sophie	Sheldrake	Highgate Harriers	20.41	F	27	W U/50	6
84	Bernadette	Van Wijk	Serpentine	20.45	F	29	W U/50	7
85	Terry	Avey	brighton phoenix	20.48	M	63	M O/60	1
86	Darryl	Coulter	Kent AC	20.53	M	43	M U/50	71

87	Gabriela	Rendekova		20.58	F	31	W U/50	8
88	Isaac	Griffiths		20.59	M	27	M U/50	72
89	Jenny	Cooney	Collingwood	21.00	F	38	W U/50	9
90	Christopher	Davies		21.10	M	28	M U/50	73
91	Aidan	Daly		21.11	M	30	M U/50	74
92	Curt	Gutoske		21.13	M	51	M O/50	7
93	Jeff	Sharpe	n/a	21.17	M	34	M U/50	75
94	Ashley	London		21.19	M	46	M U/50	76
95	Tom	Morris	Hercules Wimbledon	21.20	M	56	M O/50	8
96	Henry	Mizel		21.21	M	28	M U/50	77
97	Paul	Lewis	Victoria Park Harriers	21.23	M	42	M U/50	78
98	Richard	Clark	Hercules Wimbledon	21.28	M	56	M O/50	9
99	Oliver	Armitstead		21.28	M	29	M U/50	79
100	Hugh	French	Dulwich Runners	21.28	M	38	M U/50	80
101	Stephen	Cooney	Collingwood AC	21.36	M	44	M U/50	81
102	Richard	Dilworth	None	21.38	M	43	M U/50	82
103	Nicole	McGlennon	Serpentine	21.46	F	38	W U/50	10
104	Stephen	Payne		21.51	M	40	M U/50	83
105	Roger	Cue		21.52	M	45	M U/50	84
106	Sarah	Dand	I&I Harriers	21.53	F	34	W U/50	11
107	Steve	Lawton		21.58	M	31	M U/50	85
108	William	Johnson		21.59	M	34	M U/50	86
109	Louis	Fautre		22.01	M	23	M U/50	87
110	Caroline	Heldyer	Wimbledon Windmilers	22.09	F	52	W O/50	1
111	Ian	Mursell	VAC	22.11	M	62	M O/60	2
112	Jamie	Young		22.13	M	26	M U/50	88
113	April	James-Welsh		22.14	F	36	W U/50	12
114	Jean-Luc	Hoez	Serpentine	22.27	M	56	M O/50	10
115	Gary	Floate	Ilford	22.31	M	47	M U/50	89
116	Patrick	Coole		22.33	M	27	M U/50	90
117	Ramses	Philippart		22.41	M	44	M U/50	91
118	Steven	Carroll		22.41	M	30	M U/50	92
119	Stuart	Cole		22.47	M	41	M U/50	93
120	Nicolas	Norvez	Serpentine	22.57	M	34	M U/50	94
121	Clare	Cole		22.58	F	38	W U/50	13
122	Eifion	Lewis	Carmarthen & District H	23.05	M	45	M U/50	95
123	Alan	Davidson	Ranelagh Harriers	23.15	M	67	M O/60	3
124	Stuart	Ogier	St Albans Striders	23.15	M	40	M U/50	96
125	Sarah	Newton	Serpentine	23.17	F	57	W O/50	2
126	Ed	Hall		23.18	M	36	M U/50	97
127	Rebecca	Evans	Clapham Pioneers	23.19	F	28	W U/50	14
128	Thomas	Ansell		23.24	M	25	M U/50	98
129	Ian	Hall	Serpentine	23.25	M	61	M O/60	4
130	Chris	McNicholas	Wimbledon Windmilers	23.25	M	49	M U/50	99
131	Jamie	Price		23.27	M	37	M U/50	100
132	Isla	Fletcher	Serpentine	23.28	F	24	W U/50	15
133	Zuzana	Ushaziova		23.30	F	35	W U/50	16
134	Elaine	Reid	Collingwood	23.36	F	44	W U/50	17
135	Stephen	Walker		23.37	M	42	M U/50	101
136	Phil	Slater		23.37	M	34	M U/50	102
137	Antony	Streams	Reading Roadrunners	23.38	M	53	M O/50	11
138	Gary	Lucas		23.43	M	33	M U/50	103
139	Francesca	Minucci		23.46	F	29	W U/50	18
140	Allie	Gardner		23.50	F	33	W U/50	19
141	Theodore	Chen	Serpentine	23.52	M	40	M U/50	104
142	Martin	Spence	VAC	23.57	M	59	M O/50	12
143	Dennis	Williams	Hercules Wimbledon	24.11	M	68	M O/60	5
144	Rebecca	Larkin		24.12	F	29	W U/50	20

145	Brian	Molloy		24.24	M	36	M U/50	105
146	Grainne	Devery	Serpentine	24.26	F	30	W U/50	21
147	Lars	Menken	Serpentine	24.33	M	39	M U/50	106
148	Alan	Moore	East Grinstead	24.45	M	69	M O/60	6
149	Paul	Tibbs	Windmilers	24.45	M	57	M O/50	13
150	Mark	Hughes	Trent Park RC	24.56	M	32	M U/50	107
151	Kylie	Russell		24.59	F	32	W U/50	22
152	Jacqueline Louise	Wilson		25.07	F	34	W U/50	23
153	Ana	Horta-Osorio		25.09	F	50	W O/50	3
154	Andrew	McNamara	GYDAC	25.41	M	31	M U/50	108
155	Joe	Aspinall	VAC	25.47	M	76	M O/70	1
156	John	Grigg	Fulham RC	25.51	M	60	M O/60	7
157	Lee	Andrews		25.54	M	46	M U/50	109
158	Michael	Redpath		26.01	M	40	M U/50	110
159	Philomena	Skeffington	Serpentine	26.17	F	51	W O/50	4
160	Neil	Davies	Serpentine	26.28	M	49	M U/50	111
161	Barbara	Schaefer		26.30	F	29	W U/50	24
162	Georgina	Lever		26.50	F	27	W U/50	25
163	Thomas	Wilkie	Collingwood	27.09	M	61	M O/60	8
164	Karen	Chart	Collingwood AC	27.14	F	40	W U/50	26
165	Ivor	Lobo	N/A	27.20	M	29	M U/50	112
166	Louisa	Blair		27.23	F	27	W U/50	27
167	Chris	Brooke	Collingwood	27.31	M	64	M O/60	9
168	Robert	Ravelli	London Fronrunners	27.31	M	57	M O/50	14
169	Dave	Clarke	Stragglers	27.34	M	46	M U/50	113
170	Paul	Booth	Collingwood	27.38	M	60	M O/60	10
171	Emily	Wilson		27.51	F	31	W U/50	28
172	Daniel	Waller		28.43	M	47	M U/50	114
173	Vicky	Ireland		28.59	F	22	W U/50	29
174	Marianne	Ellis		29.18	F	24	W U/50	30
175	Jeff	Brooks	u/a	30.13	M	55	M O/50	15
176	Liesl	Chappell		30.19	F	29	W U/50	31
177	Edwin	Bartlett	VAC	30.56	M	69	M O/60	11
178	Mike	Gazdar		31.08	M	38	M U/50	115
179	Adam	Chud		32.05	M	32	M U/50	116
180	Laura	Garton		32.30	F	31	W U/50	32
181	Karen	Slater		32.48	F	35	W U/50	33
182	John	Brady		33.28	M	29	M U/50	117
183	Ciara	Clarke		33.28	F	31	W U/50	34
184	David	Quickenden	Collingwood	34.13	M	67	M O/60	12
185	Ivana	Vilcekova		36.12	F	29	W U/50	35
186	Evelyn	Healey-Cathcart		37.55	F	32	W U/50	36
187	Chris	Brooksbank		38.41	M	47	M U/50	118
188	Emma	Walker		38.48	F	48	W U/50	37
189	Annabell	Brunner		38.49	F	44	W U/50	38
190	Kristen	Avis	Full Potential	39.33	F	30	W U/50	39
191	Nkeiru	Nzeka		39.46	F	34	W U/50	40
192	Laura	Garrco	Full Potential	39.46	F	27	W U/50	41
193	Elizabeth	Brooksbank		41.00	F	32	W U/50	42
194	Caroline	De Luc		49.19	F	39	W U/50	43
195	Tamara	Drew		49.20	F	41	W U/50	44
196	Naomi	Segal		49.20	F	34	W U/50	45