



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 10 Miles Battersea Park 8am March 3rd 2012

Dear Runners

Congratulations to everyone who participated in our first race of the season!

On a beautiful cool morning 233 runners assembled on the start line. Jason Cherriman ran out front on his own for the whole race finishing in 52.58. Catherine Ansell of Imperial College ran a very impressive 58.29. We look forward to seeing you all throughout the season. Our next race is the Self Transcendence 10K on Saturday 24th March.

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	AGE
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MEN UNDER 50

1st	Jason	Cherriman	Orpington Road Runners	52.58	M	31
2nd	James	Savage	Kent AC	54.56	M	29
3rd	Steve	McGory	Active Life	55.13	M	
4th	Mohammed	Ismail	HHH/Serpentine	55.43	M	31
5th	Stuart	Beaney	Kent AC	55.49	M	38
6th	Keith	Newton	HHH	56.05	M	48
7th	Pat	Wright	Tadworth AC	56.07	M	27

WOMEN UNDER 50

1st	Catherine	Ansell	Imperial College	58.29	F	24
2nd	Victoria	Carter	Serpentine	66.58	F	40
3rd	Sarah	Dudgeon	Serpentine	69.04	F	35
4th	Catherine	Ferguson		69.14	F	26
5th	Rachel	Davies		71.03	F	27
6th	Tanya	Shaw	Serpentine Running Club	72.38	F	35
7th	Laura	Dalbey		73.10	F	30

MEN OVER 50

1st	Keith	Ewing	Blackheath & Bromley	57.58	M	51
2nd	Doug	Teesdale		64.13	M	50
3rd	Glen	Morgan	Veterans AC	64.30	M	50

WOMEN OVER 50

1st	Lynn	Hickey	Sutton Runners	88.03	F	55
2nd	Sarah	Cahill		104.05	F	53

MEN OVER 60

1st	Roy	Glew		81.07	M	61
2nd	Edwin	Bartlett	Vets AC	94.55	M	67

OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos
1	Jason	Cherriman	Orpington Road Runners	52.58	M	31	M U/50	1
2	James	Savage	Kent AC	54.56	M	29	M U/50	2
3	Steve	McGory	Active Life	55.13	M		M U/50	3
4	Mohammed	Ismail	HHH/Serpentine	55.43	M	31	M U/50	4
5	Stuart	Beaney	Kent AC	55.49	M	38	M U/50	5
6	Keith	Newton	HHH	56.05	M	48	M U/50	6
7	Pat	Wright	Tadworth AC	56.07	M	27	M U/50	7
8	Matthew	Sharp	Hercules Wimbledon	56.10	M	32	M U/50	8
9	Darren	Tanner	Clapham Chasers	56.17	M	35	M U/50	9
10	Philip	Glynn	Hercules Wimbledon	56.34	M	32	M U/50	10
11	Paul	Bell	kent	56.46	M	39	M U/50	11
12	Adrian	Savery	Clapham Chasers	57.10	M	25	M U/50	12
13	Keith	Ewing	Blackheath & Bromley	57.58	M	51	M O/50	1
14	James	Gillanders	London Frontrunners	58.18	M	33	M U/50	14
15	Graham	Bell	Wimbledon Windmilers	58.21	M	24	M U/50	15
16	Catherine	Ansell	Imperial College	58.29	F	24	W U/50	1
17	Paul	Cheetham	Barnes	58.33	M	39	M U/50	16
18	Eric	Phillips	Serpentine	58.38	M	34	M U/50	17
19	Steve	Fell		59.16	M		M U/50	13
20	David	Annetts	Royston Runners	59.36	M	47	M U/50	18
21	Pascal	Evans	Stragglers	59.41	M	42	M U/50	19
22	Jim	Addison	Beckenham	60.30	M	40	M U/50	20
23	sean	crummy	Hercules Wimbledon	61.32	M	22	M U/50	21
24	Jonathan	Moscrop	London Frontrunners	61.37	M	38	M U/50	22
25	Simon	Ambrosi	Striders of Croydon	63.13	M	34	M U/50	23
26	Dj	Betts		63.39	M	28	M U/50	24
27	Ali	Halil		64.08	M	23	M U/50	25
28	Doug	Teesdale		64.13	M	50	M O/50	2
29	Glen	Morgan	Veterans AC	64.30	M	50	M O/50	3
30	Jonathan	Abel		64.41	M	29	M U/50	26
31	Frank	Wood	Hercules Wimbledon	64.48	M	47	M U/50	27
32	Peter	Lukacs	Serpentine	65.27	M	43	M U/50	28
33	Chris	Morton	Striders of Croydon	65.29	M	47	M U/50	29
34	Dan	O'Sullivan		65.29	M	35	M U/50	30
35	Tim	Charters	Runners World	65.30	M		M U/50	31
36	Alan	Drummond	Clapham	66.04	M	34	M U/50	32
37	Rupert	Jacobs	Serpentine	66.25	M	30	M U/50	33
38	Ed	Bellamy		66.36	M	40	M U/50	34
39	Victoria	Carter	Serpentine	66.58	F	40	W U/50	2

40	James	Scallan		67.21	M	31	M U/50	35
41	John-Paul	Burke		67.42	M	33	M U/50	36
42	Patrick	Doyle	London Frontrunners	67.47	M	44	M U/50	37
43	Adam	Keenan		68.09	M	29	M U/50	38
44	Graham	Miller	Sutton Runners	68.25	M	50	M O/50	4
45	Sarah	Dudgeon	Serpentine	69.04	F	35	W U/50	3
46	Gary	Robinson	West 4 Harriers	69.10	M	37	M U/50	39
47	Catherine	Ferguson		69.14	F	26	W U/50	4
48	colin	day	East Grinstead AC	69.27	M	33	M U/50	40
49	Mark	Constantinou		69.58	M	47	M U/50	41
50	Daniel	Prince		70.20	M	23	M U/50	42
51	stuart	williamson		70.41	M	41	M U/50	43
52	Glynn	McDonald	London Frontrunners	70.58	M	48	M U/50	44
53	Rachel	Davies		71.03	F	27	W U/50	5
54	Christian	Walter		71.42	M	33	M U/50	45
55	Richard	Woodruff		71.45	M	41	M U/50	46
56	Jacob	Bustelnar		71.56	M	30	M U/50	47
57	James	Pither		71.59	M	27	M U/50	48
58	John	English		72.11	M	49	M U/50	49
59	Henry	May		72.14	M	25	M U/50	50
60	Ernout	Van Koten		72.26	M	40	M U/50	51
61	Simon	Kelly		72.30	M	30	M U/50	52
62	Hemant	Aneja	Fulham Running Club	72.34	M	34	M U/50	53
63	Patrick	Kiernan		72.34	M	49	M U/50	54
64	Tanya	Shaw	Serpentine Running Club	72.38	F	35	W U/50	6
65	yanko	valchev		72.38	M	26	M U/50	55
66	David	Moscrop	Garden City Runners	72.42	M	53	M O/50	5
67	Grant	Fisher		73.07	M	34	M U/50	56
68	Laura	Dalbey		73.10	F	30	W U/50	7
69	Neil	Willey		73.18	M	35	M U/50	57
70	Tom	Jackson		73.32	M	34	M U/50	58
71	Piers	Woolston	Ealing Eagles	73.36	M	51	M O/50	6
72	Paul	Carter	Serpentine	73.43	M	31	M U/50	59
73	James	Wright		73.54	M	41	M U/50	60
74	Kate	Comisso	Ranelagh Harriers	73.55	F	33	W U/50	8
75	Glen	Shaw		74.04	M	28	M U/50	61
76	Darren	Forsythe		74.04	M	26	M U/50	62
77	Berne	Smith		74.10	F	35	W U/50	9
78	Nick	Smith		74.18	M	34	M U/50	63
79	Rachael	Bell		74.28	F	31	W U/50	10
80	Ben	Chaytow		74.31	M	35	M U/50	64
81	Steven	Nash	Serpentine	74.42	M	26	M U/50	65
82	Luis	Casanova		75.04	M	29	M U/50	66
83	Thom	Dixon		75.06	M	30	M U/50	67
84	Philip	Hickson	Fulham RC	75.08	M	37	M U/50	68
85	Kate	Webb		75.22	F	27	W U/50	11
86	Stephen	Richards	Clapham Runners	75.25	M	47	M U/50	69
87	Louisa	Parker Bowles		75.33	F	28	W U/50	12
88	Andrew	Bell	St Albans Striders	75.44	M	26	M U/50	70
89	Victor	Ezimogho		75.49	M	33	M U/50	71
90	David	Pollock	Royal Navy	75.51	M	48	M U/50	72
91	Babs	Odeneye		76.00	M	33	M U/50	73
92	Alison	Purnell	Hercules Wimbledon	76.01	F	49	W U/50	13
93	Tara	O'Rourke		76.10	F	27	W U/50	14
94	matthew	williams		76.39	M	31	M U/50	74
95	Richard	Snook		76.45	M	29	M U/50	75
96	Carl	Dowling		76.45	M	40	M U/50	76
97	James	Hardy		76.49	M	27	M U/50	77

98	Kirk	Robertson		77.15	M	29	M U/50	78
99	Ross	Milburn		77.29	M	45	M U/50	79
100	Roger	Harding		77.32	M	30	M U/50	80
101	James	Broadley		77.38	M	27	M U/50	81
102	Roland	Oliver		77.42	M	43	M U/50	82
103	Caroline	ballivy		77.47	F	39	W U/50	15
104	Brian	Parish	Havering 90 Joggers	77.57	M	38	M U/50	83
105	James	Bowman		78.19	M	28	M U/50	84
106	H	Van Wielligh		78.21	M	34	M U/50	85
107	Michael	Lunn		78.28	M	30	M U/50	86
108	nick	farrell		78.43	M	46	M U/50	87
109	Charles	Page		78.43	M	27	M U/50	88
110	Julie	Thomas	Wimbeldon windmilers	79.01	F	45	W U/50	16
111	Simon	Jukes		79.11	M	42	M U/50	89
112	Mark	Asten	Sutton Runners	79.23	M	40	M U/50	90
113	Andy	Hodges		79.53	M	32	M U/50	91
114	Chris	Handley-Greaves		80.13	M	33	M U/50	92
115	Eddie	Jackson		80.25	M	28	M U/50	93
116	arwen	nicholson		80.30	F	31	W U/50	17
117	Stephen	Jones		80.39	M	28	M U/50	94
118	Michael	Dry		80.41	M	26	M U/50	95
119	Ian	Ribbons		80.50	M	43	M U/50	96
120	Michal	Strzeciwilk		80.56	M	26	M U/50	97
121	Catrin	Cassidy		81.03	F	26	W U/50	18
122	Roy	Glew		81.07	M	61	M O/60	1
123	Neil	Dickinson	Fulham Running Club	81.32	M	37	M U/50	98
124	James	Helme		81.45	M	35	M U/50	99
125	Piers	de Winton		81.45	M	36	M U/50	100
126	Martin	Clark		81.50	M	23	M U/50	101
127	Sam	Eastwell		82.08	M	29	M U/50	102
128	Frances	Adigwe		82.27	F	30	W U/50	19
129	Patrick	Halliday	Reigate	83.03	M	51	M O/50	7
130	Steve	Hilliard		83.06	M	41	M U/50	103
131	Peter	Williams		83.08	M	43	M U/50	104
132	Annika	Alexopoulou	Clapham Runners	83.08	F	36	W U/50	20
133	Liam	Quinn		83.13	M	32	M U/50	105
134	Melissa	Wright		83.18	F	37	W U/50	21
135	Catherine	Forsyth		83.29	F	33	W U/50	22
136	Bonnie	Whang		83.42	F	29	W U/50	23
137	Richard	Murphy		83.49	M	30	M U/50	106
138	Jo	Meenen		83.52	F	34	W U/50	24
139	Becky	Power		83.53	F	32	W U/50	25
140	kate	pine		84.02	F	39	W U/50	26
141	Lisa	Chan		84.06	F	31	W U/50	27
142	Tom	Helme		84.20	M	36	M U/50	107
143	Clare	Edwards	Sutton Runners	84.23	F	39	W U/50	28
144	Lucy	Morrison		84.41	F	40	W U/50	29
145	Jacqui	Medley	Sutton Runners	84.51	F	41	W U/50	30
146	Marissa	Adams		85.03	F	27	W U/50	31
147	David	Denton	Striders of Croydon	85.17	M	50	M O/50	8
148	Kumudith	Guruge		85.41	M	55	M O/50	9
149	Ian	Carrick		85.42	M	46	M U/50	108
150	Howard	Monk		85.51	M	40	M U/50	109
151	Sophie	Rees	Stragglers	86.14	F	40	W U/50	32
152	Hayley	Cripps		86.29	F	27	W U/50	33
153	John	Sharpe		86.35	M	45	M U/50	110
154	Ebony	John		86.36	F	32	W U/50	34
155	Ronan	Doyle		86.41	M	46	M U/50	111

156	alice	reid		86.51	F	26	W U/50	35
157	Nick	Atkinson		87.42	M	55	M O/50	10
158	Steven	Howes		87.59	M	22	M U/50	112
159	David	Ridley	Maidenhead AC	88.01	M	56	M O/50	11
160	Lynn	Hickey	Sutton Runners	88.03	F	55	W O/50	1
161	Austen	Slattery		88.10	M	49	M U/50	113
162	Philip	King		88.36	M	46	M U/50	114
163	Cristina	Tazza	mornington chasers	88.44	F	25	W U/50	36
164	Eimear	Turley		88.45	F	31	W U/50	37
165	Stephen	Oliphant		89.01	M	31	M U/50	115
166	Katie	Leach		89.18	F	29	W U/50	38
167	Richard	Pearce		89.29	M	26	M U/50	116
168	Heather	Shepherd		89.36	F	25	W U/50	39
169	Victoria	Williams		89.40	F	31	W U/50	40
170	Matt	Bangsund		89.43	M	28	M U/50	117
171	Paolo	Lenotti		89.43	M	29	M U/50	118
172	Catherine	McMillan		89.43	F	23	W U/50	41
173	Ini	Ekwo		90.15	M	44	M U/50	119
174	John	Brennan		90.47	M	32	M U/50	120
175	Emily	Sumner		91.01	F	40	W U/50	42
176	ian	carmichael		91.18	M	38	M U/50	121
177	Emma	Gilmartin		91.24	F	33	W U/50	43
178	Helen	Ralph		91.58	F	45	W U/50	44
179	Wendy	McCarry		92.18	F	30	W U/50	45
180	Cuneyt	Emin		92.33	M	29	M U/50	122
181	Katy	Fulker		92.47	F	33	W U/50	46
182	jodie	lloyd		92.47	F	34	W U/50	47
183	JUlkie	Hinge		93.34	F	33	W U/50	48
184	Elaine	Battson	Victoria Park Harriers & THAC	94.16	F	45	W U/50	49
185	Anthony	Alleyne		94.34	M	40	M U/50	123
186	Charlotte	Wheeler		94.35	F	32	W U/50	50
187	Yasmine	Chinwala		94.40	F	35	W U/50	51
188	Edwin	Bartlett	Vets AC	94.55	M	67	M O/60	2
189	Jenny	Womersley		95.08	F	27	W U/50	52
190	Tana	Walker		95.08	F	25	W U/50	53
191	valentina	valcheva		95.26	F	30	W U/50	54
192	richard	wadhams	bromley	95.39	M	44	M U/50	124
193	Jonny	Calvert		95.48	M	30	M U/50	125
194	Irene	Plancheria		96.07	F	26	W U/50	55
195	Julio	D'Escrivan		96.09	M	51	M O/50	12
196	Isabel	D'escrivan-nott		96.09	F	22	W U/50	56
197	Alison	Harbottle		98.00	F	29	W U/50	57
198	Ciara	Morrin		98.06	F	35	W U/50	58
199	Stacey	Watson		98.13	F	31	W U/50	59
200	Georgina	Richards		98.13	F	33	W U/50	60
201	Diana	Edelmann		99.19	F	26	W U/50	61
202	Gary	Doyle		99.35	M	30	M U/50	126
203	Rebecca	Beaumont		99.42	F	28	W U/50	62
204	alex	jazayeri		101.45	M	36	M U/50	127
205	Zed	Sevcikova		101.46	F	33	W U/50	63
206	James	Thornton		101.48	M	40	M U/50	128
207	Kerry	Collins		102.04	F	32	W U/50	64
208	Catherine	Craven	Fulham RC	102.18	F	47	W U/50	65
209	Meanie	Roberts		102.59	F	40	W U/50	66
210	Sarah	Cahill		104.05	F	53	W O/50	2
211	Rachel	Duke		104.17	F	37	W U/50	67
212	Rhianne	Humble		105.16	F	23	W U/50	68
213	Evgenia	Plotkina		106.29	F	29	W U/50	69

214	Carla	Martinez		106.39	F	28	W U/50	70
215	Andres	Jimenez Zorilla		106.39	M	29	M U/50	129
216	Beatriz	Corona		108.30	F	30	W U/50	71
217	Nisha	Shah		108.43	F	30	W U/50	72
218	Gareth	White		108.50	M	43	M U/50	130
219	Lynne	McCarthy		108.50	F	36	W U/50	73
220	Zena	Ni Dhuinn-Bhig		109.31	F	25	W U/50	74
221	Sofia	Diaz Barriga Ochoa		110.25	F	28	W U/50	75
222	Gustav	Ader		112.57	M	38	M U/50	131
223	Suhani	Lachkani		114.06	F	26	W U/50	76
224	Ashantel	Lachkani		114.07	F	27	W U/50	77
225	Esther	Slattery		116.11	F	48	W U/50	78
226	Beatriz	Lopez Pena		117.22	F	40	W U/50	79
227	Faye	Kennard		121.06	F	32	W U/50	80
228	Stephanie	Kennard		121.06	F	33	W U/50	81
229	Narinda	Purewal		135.35	F	36	W U/50	82
DNF	Samuel	Day		DNF	M	31	M U/50	DNF
DNF	Steve	Fell	Datchet Dashers	DNF	M	35	M U/50	DNF
DNF	Thiago	Kiwi		DNF	M	24	M U/50	DNF
DNF	Petr	Maslov		DNF	M	26	M U/50	DNF