



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 K**  
Battersea Park  
8am  
March 24th, 2012

**Dear Runners**

On a stunningly beautiful March morning 178 runners completed the fast flat 10 km course in Battersea Park. Apologies to Heather Binney who did in fact come second in the Women over 50. Our Monday evening races start on May 14th with a 5K race. We hope to see you all there.

**MEDAL WINNERS**

NAME SURNAME CLUB TIME AGE

**MEN UNDER 50**

1st	Ben	Shearer	Cambridge Harriers	32.27	M	35
2nd	Dan	Madams	London Heathside	34.27	M	38
3rd	Warren	Kidgell	Walton Athletic Club	34.29	M	33
4th	Jim	Clark	West 4 H	34.34	M	35
5th	Paul	Cheetham	Barnes R	35.04	M	39
6th	Stuart	Fraser	Hercules Wimbledon	35.04	M	45
7th	Rob	Shearer	Cambridge H	35.32	M	33

**WOMEN UNDER 50**

1st	Una	English	Havering Mayesbrook	34.10	F	41
2nd	Helen	Taranowski	West 4 H	37.10	F	39
3rd	Suzy	Yates	Orpington Road Runner:	39.27	F	31
4th	Marca	Wosoba		41.43	F	33
5th	Catherine	Hart	u/a	45.12	F	28
6th	Alison	Nolan	Serpentine	47.17	F	43

7th Karen Wright u/a 47.32 F 28

### **MEN VET 50**

1st David Smith u/a 39.51 M 53  
2nd John Witton 42.08 M 58  
3rd Allan Dunnett 43.02 M 58

### **WOMEN VET 50**

1st Kay Bettis Serpentine 49.54 F 50  
2nd Heather Binney Pioneer RC Clapham 51.46 F 50  
3rd Janette Burnard 54.06 F 50

### **MEN VET 60**

1st Terry Avey phoenix athletic club 41.33 M 61  
2nd Ian Mursell Vets AC 44.39 M 60

### **MEN VET 70**

1st Tony Merritt Burnham Joggers 62.05 M 71

## **OVERALL RESULTS**

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Ben	Shearer	Cambridge Harriers	32.27	M	35	M U/50	1
2	Una	English	Havering Mayesbrook	34.10	F	41	W U/50	1
3	Dan	Madams	London Heathside	34.27	M	38	M U/50	2
4	Warren	Kidgell	Walton Athletic Club	34.29	M	33	M U/50	3
5	Jim	Clark	West 4 H	34.34	M	35	M U/50	4
6	Paul	Cheetham	Barnes R	35.04	M	39	M U/50	5
7	Stuart	Fraser	Hercules Wimbledon	35.04	M	45	M U/50	6
8	Rob	Shearer	Cambridge H	35.32	M	33	M U/50	7
9	David	Annetts	Royston Runners	35.36	M	47	M U/50	8
10	Pascal	Evans	Stragglers	36.03	M	42	M U/50	9
11	Christian	Nielsen	u/a	36.39	M	37	M U/50	10
12	Roger	Coyle	Serpentine	36.43	M	37	M U/50	11
13	John	Armstrong	Mornington Chasers	36.46	M	39	M U/50	12
14	Sean	O'Keeffe	u/a	36.49	M	34	M U/50	13
15	Derek	Green	Clapham PiONEERS	37.07	M	34	M U/50	14
16	Helen	Taranowski	West 4 H	37.10	F	39	W U/50	2
17	Simon	Ambrosi	Striders of Croydon	37.32	M	34	M U/50	15
18	Josh	Elderfield	Medway and Maidstone	37.43	M	20	M U/50	16
19	Alasdair	Wilson		37.54	M	22	M U/50	17
20	Rob	Ferguson		37.55	M	29	M U/50	18
21	Hamish	Cropper	Clapham Chasers	38.12	M	29	M U/50	19
22	Toby	Sullivan		38.22	M	39	M U/50	20
23	Frank	Wood	Hercules Wimbledon	38.31	M	47	M U/50	21
24	Tony	Merola	Beckenham	38.57	M	46	M U/50	22
25	Rupert	Nash	Dulwich R	39.00	M	29	M U/50	23
26	Rupert	Jacobs	Serpentine	39.05	M	30	M U/50	24
27	Dave	Pettitt		39.21	M	40	M U/50	25
28	Rory	O'Neill	Clapham Chasers RC	39.12	M	28	M U/50	26
29	Euan	Hosie	u/a	39.21	M	30	M U/50	27
30	Logan	Campbell	Serpentine	39.22	M	36	M U/50	28
31	James	Scallan	u/a	39.24	M	31	M U/50	29

32	Suzy	Yates	Orpington Road Runners	39.27	F	31	W U/50	3
33	Ben	Hallifax	Herne Hill H	39.29	M	39	M U/50	30
34	Anchit	Desai		39.45	M	22	M U/50	31
35	David	Smith	u/a	39.51	M	53	M O/50	1
36	Gary	Eaborn	SERPENTINE	39.55	M	43	M U/50	32
37	Stephen	Newport	u/a	39.55	M	46	M U/50	33
38	Mark	Stewart	Serpentine	40.21	M	34	M U/50	34
39	Patrick	Kiernan	u/a	40.31	M	49	M U/50	35
40	Marc	Thurgood		40.35	M	49	M U/50	36
41	neil	quinlan	serpentine	40.38	M	39	M U/50	37
42	Sam	peacock		40.49	M	29	M U/50	38
43	daniele	trevisan		40.58	M	32	M U/50	39
44	Mark	George	London Heathside	40.59	M	45	M U/50	40
45	Leonardo	Fumarola	u/a	41.00	M	27	M U/50	41
46	Philippe	Guittard		41.09	M	33	M U/50	42
47	Lorenzo	Cervo		41.11	M	33	M U/50	43
48	Christopher	Kay		41.24	M	28	M U/50	44
49	Alex	Hannaford	u/a	41.33	M	29	M O/60	1
50	Terry	Avey	phoenix athletic club	41.33	M	61	M U/50	45
51	Michael	McMillan		41.36	M	29	M U/50	46
52	Marca	Wosoba		41.43	F	33	W U/50	4
53	Christopher	Poole	u/a	41.48	M	28	M U/50	47
54	Dave	Shannon	u/a	41.58	M	28	M U/50	48
55	Thomas	Miller		42.05	M	38	M U/50	49
56	John	Witton		42.08	M	58	M O/50	2
57	Peter	Watts	Dragons	42.13	M	45	M U/50	50
58	John	English	u/a	42.21	M	49	M U/50	51
59	Alex	Ballard		43.00	M	34	M U/50	52
60	Allan	Dunnett		43.02	M	58	M O/50	3
61	Anthony	Chin	London Heathside	43.18	M	53	M O/50	4
62	David	Moscrop	Garden City R	43.39	M	53	M O/50	5
63	Edward	Levy		43.39	M	26	M U/50	53
64	William	Thomas		43.51	M	44	M U/50	54
65	Fred	Alcock	u/a	44.18	M	33	M U/50	55
66	Richard	Cox		44.20	M	38	M U/50	56
67	Greg	Haskins	Highgate H	44.20	M	31	M U/50	57
68	Michael	Oswald		44.21	M	30	M U/50	58
69	David	Carlisle		44.37	M	34	M U/50	59
70	Ian	Mursell	Vets AC	44.39	M	60	M O/60	2
71	James	Bryson	u/a	44.46	M	34	M U/50	60
72	Rowley	Higgs	u/a	45.07	M	31	M U/50	61
73	Tom	Hood		45.07	M	26	M U/50	62
74	Robert	Curtis	Ranelagh H	45.07	M	42	M U/50	63
75	Catherine	Hart	u/a	45.12	F	28	W U/50	5
76	Jan	Cooper	London Frontrunners	45.16	M	38	M U/50	64
77	James	Hill		45.24	M	36	M U/50	65
78	Peter	Newton		45.31	M	36	M U/50	66
79	Thomas	Fawcett	u/a	45.32	M	36	M U/50	67
80	Charles	Craven	Fulham RC	45.45	M	49	M U/50	68
81	Simon	Lewis	Herne Hill Harriers	45.51	M	40	M U/50	69
82	Simon	Jukes		45.56	M	42	M U/50	70
83	Marc	Beder		46.02	M	28	M U/50	71
84	Maurice	Sharp	Hercules Wimbledon	46.26	M	66	M O/60	3
85	Liam	Snelling	u/a	46.41	M	33	M U/50	72

86	Mark	Burns	u/a	46.49	M	37	M U/50	73
87	Petrus	De Jager	u/a	46.49	M	32	M U/50	74
88	Iain	Willatt		46.59	M	55	M O/50	6
89	Roy	Glew	u/a	47.01	M	61	M O/60	4
90	Paul-Adrien	Cormerais		47.16	M	25	M U/50	75
91	Finian	McCann		47.16	M	25	M U/50	76
92	Alison	Nolan	Serpentine	47.17	F	43	W U/50	6
93	Drew	Hyde	u/a	47.28	M	51	M O/50	7
94	Andrew	Dickens	Clapham Pioneers	47.30	M	41	M U/50	77
95	Karen	Wright	u/a	47.32	F	28	W U/50	7
96	Grant	Martin		47.42	M	30	M U/50	78
97	Kirk	Sherman	u/a	47.46	M	54	M O/50	8
98	Niki	Kai	u/a	47.46	F	29	W U/50	8
99	Marilena	De Luca	Hercules Wimbledon AC	48.04	F	37	W U/50	9
100	Alice	Sullivan	Mornington Chasers	48.36	F	38	W U/50	10
101	Annika	Alexopoulou	Clapham Runners	48.37	F	36	W U/50	11
102	Kate	Langley		48.38	F	34	W U/50	12
103	Derek	Roebuck		48.56	M	50	M O/50	9
104	Roger	Fretwell	Serpentine	48.58	M	52	M O/50	10
105	Leon	Bumpstead		49.04	M	36	M U/50	79
106	Bridget	Trollope		49.15	F	29	W U/50	13
107	Robert	Saunders		49.21	M	38	M U/50	80
108	Martin	Spence	Vets AC	49.23	M	57	M O/50	11
109	John	Sharpe	u/a	49.23	M	45	M U/50	81
110	Marissa	Adams		49.24	F	27	W U/50	14
111	Lydia	Turnbull		49.27	F	29	W U/50	15
112	Jon	Baud		49.36	M	39	M U/50	82
113	Doerte	Weber	Dulwich Runners	49.50	F	35	W U/50	16
114	Clare	Church		49.52	F	38	W U/50	17
115	Kay	Bettis	Serpentine	49.54	F	50	W O/50	1
116	Edric	Ip		50.05	M	19	M U/50	83
117	Sam Peter	Gibson		50.25	M	33	M U/50	84
118	Peter	Clegg		50.37	M	62	M O/60	5
119	Kathleen	Bryce		50.39	F	25	W U/50	18
120	Victoria	Fraser		50.42	F	32	W U/50	19
121	Trevor	Dorrell		51.11	M	37	M U/50	85
122	Ty	North		51.11	M	36	M U/50	86
123	Gareth	Briggs		51.25	M	30	M U/50	87
124	Sophia	Vanderpump	u/a	51.33	F	28	W U/50	20
125	Genevieve	Bourke	u/a	51.33	F	28	W U/50	21
126	Alice	Parish	London Heathside AC	51.39	F	36	W U/50	22
127	Hannah	Druckes		51.45	F	25	W U/50	23
128	Heather	Binney	Pioneer RC Clapham	51.46	F	50	W U/50	2
129	Mauro	Gabriele		51.53	M	48	M U/50	88
130	Ella	Braillard		52.13	F	26	W U/50	25
131	Joe	Binks		52.25	M	27	M U/50	89
132		Town	u/a	52.26	F	24	W U/50	26
133	Anthony	Alleyne		52.32	M	40	M U/50	90
134	Daniel	Cashen		52.37	M	36	M U/50	91
135	Kristy	Grant		52.47	F	39	W U/50	27
136	Brian	Timms		53.14	M	66	M O/60	6
137	Elizabeth	Lane		53.22	F	28	W U/50	28
138	Fiona	Maybin		53.45	F	38	W U/50	29
139	Michael	Tang		53.57	M	18	M U/50	92

140	Antoine	Verjat		54.02	M	28	M U/50	93
141	Janette	Burnard		54.06	F	50	W O/50	3
142	Rachel	Monks		54.34	F	31	W U/50	30
143	Jane	Dempsey	u/a	54.34	F	30	W U/50	31
144	Aneako	Eshemokhai	u/a	54.49	F	32	W U/50	32
145	Robyn	Hoedemaker		55.07	F	23	W U/50	33
146	Nicola	Cashen		55.12	F	41	W U/50	34
147	Melanie	Roberts		55.13	F	40	W U/50	35
148	Enoch	Cheung		55.31	M	17	M U/50	94
149	Jessica	Schmidt	u/a	55.37	F	25	W U/50	36
150	James	Beadle		56.05	M	33	M U/50	95
151	Tessa	Yates		56.11	F	24	W U/50	37
152	Brian	Kelly		56.22	M	33	M U/50	96
153	Helen	Kelly		56.22	F	32	W U/50	38
154	Suzanna	Reed		56.49	F	45	W U/50	39
155	John	Clements	u/a	57.15	M	27	M U/50	97
156	Edwin	Bartlett	Vets AC	57.28	M	67	M O/60	7
157	Nina	Schofield		57.33	F	45	W U/50	40
158	Debbie	kERFOOT		57.46	F	29	W U/50	41
159	Jo	McCormack		58.42	F	40	W U/50	42
160	Kimberly	Clarke		58.45	F	29	W U/50	43
161	David	Suter	u/a	59.53	M	27	M U/50	98
162	Maria	Sharoglazova		60.00	F	30	W U/50	44
163	Jackie	Daly		60.12	F	37	W U/50	45
164	aleksandra	jablonska		60.21	F	24	W U/50	46
165	Catlin	Weaver	u/a	61.46	F	29	W U/50	47
166	Tony	Merritt	Burnham Joggers	62.05	M	71	M O/70	1
167	Nigel	Mitchell	u/a	62.22	M	37	M U/50	99
168	Petra	Kubalcikova		64.33	F	33	W U/50	48
169	Katie	Ward		64.33	F	33	W U/50	49
170	Clara	Vaisse		65.02	F	26	W U/50	50
171	Anna	Dean		65.30	F	26	W U/50	51
172	Laura	Capel		66.51	F	19	W U/50	52
173	Katy	Clark		67.14	F	35	W U/50	53
174	Rene	Wright		67.14	F	35	W U/50	54
175	Jimmy	Anderson	Beckenham	69.50	M	76	M O/70	2
176	Jennifer	Swanston		72.11	F	25	W U/50	55
177	Nicole	Gale	u/a	72.22	F	27	W U/50	56
178	Jemma	Ralph		76.00	F	27	W U/50	57
DNF	David	Abery	Istead & Ifield H	DNF	M	53	M O/50	12
DNF	arthur	gibson		DNF	M	24	M U/50	100
DNF	Gavin	Parish	London Heathside AC	DNF	M	35	M U/50	101
DNF	ANDY	ROY		DNF	M	35	M U/50	102
DNF	Dace	Gleeson		DNF	F	33	W U/50	58
DNF	Amy	Cope	Serpentine	DNF	F	34	W U/50	59
DNF	Maddie	Gill		DNF	F	20	W U/50	60
DNF	Rebecca	Hall	Ranelagh H	DNF	F	29	W U/50	61
DNF	Aoibhin	O'Neill		DNF	F	25	W U/50	62