



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
September 29th, 2012

Dear Runners

146 runners completed the 10K course today. It was a beautiful sunny autumn day. Russell Bentley of Kent AC won the race in 31.37 and Alex Gounelas won the ladies race in 36.36. Tony Merritt was awarded a special engraved trophy for his completion of 100 Sri Chinmoy races between 1989 and 2012.

See you all soon

Trophy winners and all results below.

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	AGE
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MEN UNDER 50

1st	Russell	Bentley	Kent AC	31.37	M	31
2nd	Jason	Cherriman	Orpington Road Runners	32.41	M	31
3rd	Stuart	Beaney	Kent AC	34.02	M	39
4th	Paul	Bell	Kent AC	34.03	M	39
5th	Rich	Berry	West 4 Harriers	35.22	M	38
6th	James	Gillanders	London Fronrunners	35.30	M	34
7th	Jamie	Smalley	Serpentine	35.37	M	31

WOMEN UNDER 50

1st	Alex	Gounelas	Eton Manor	36.36	F	31
2nd	Carole	Penlington		39.40	F	37
3rd	Amy Lynne	Aronson	Hercules W	39.43	F	28

4th	Lydia	Esler	Clapham Pioneers	39.51	F	21
5th	Sarah	Cole	u/a	39.58	F	33
6th	Cara	Kayum	Striders of Croydon	39.59	F	23
7th	Tina	Gray	Fulham RC	40.08	F	29

MEN VET 50

1st	Tony	Tuohy	Dulwich R	35.04	M	50
2nd	John	Foster	Striders of Croydon	37.27	M	53
3rd	Gary	Ironmonger	u/a	37.52	M	50

WOMEN VET 50

1st	Beate	Vogt	Serpentine	52.02	F	53
2nd	Geraldine	McBride	u/a	60.48	F	58

MEN VET 60

1st	Terry	Avey	brighton phoenix ac	41.47	M	61
2nd	Ian	Mursell	Vets AC	44.13	M	61

MEN VET 70

1st	Michael	Lehmann	Serpentine	44.00	M	71
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Russell	Bentley	Kent AC	31.37	M	31	M U/50	1
2	Jason	Cherriman	Orpington Road Runners	32.41	M	31	M U/50	2
3	Stuart	Beaney	Kent AC	34.02	M	39	M U/50	3
4	paul	bell	Kent AC	34.03	M	39	M U/50	4
5	Tony	Tuohy	Dulwich R	35.04	M	50	M O/50	1
6	Rich	Berry	West 4 Harriers	35.22	M	38	M U/50	5
7	James	Gillanders	London Frontrunners	35.30	M	34	M U/50	6
8	Jamie	Smalley	Serpentine	35.37	M	31	M U/50	7
9	Jamie	Bannister	Road Runners	35.40	M	25	M U/50	8
10	Peter	Lee	Hercules Wimbledon	35.57	M	46	M U/50	9
11	Simon	Loach	Kent AC	36.10	M	42	M U/50	10
12	Ryan	Woods	u/a	36.11	M	24	M U/50	11
13	Jonathan	Moscrop	London Frontrunners	36.19	M	38	M U/50	12
14	Alex	Gounelas	Eton Manor	36.36	F	31	W U/50	1
15	Ron	Taylor	Kent AC	36.59	M	25	M U/50	13
16	Jim	Davies		37.22	M	31	M U/50	14
17	John	Foster	Striders of Croydon	37.27	M	53	M O/50	2
18	Norberto	Rodriguez		37.39	M	36	M U/50	15
19	Leonard	Richardson	Maidenhead AC	37.42	M	43	M U/50	16
20	Gary	Ironmonger	u/a	37.52	M	50	M O/50	3
21	Raoul	Mansukhani	Serpentine	37.55	M	41	M U/50	17
22	Jon	Raggett	u/a	38.12	M	35	M U/50	18

23	Roy	Walker	Fulham RC	38.21	M	29	M U/50	19
24	Lee	Harding	Serpentine	38.53	M	33	M U/50	20
25	Daniel	Youds	Serpentine	39.07	M	33	M U/50	21
26	richard	hooley	TVH	39.28	M	50	M O/50	4
27	Ian	Kibble	u/a	39.29	M	25	M U/50	22
28	Andrew	Ormesher	clapham chasers	39.37	M	47	M U/50	23
29	Carole	Penlington		39.40	F	37	W U/50	2
30	Amy Lynne	Aronson	Hercules W	39.43	F	28	W U/50	3
31	Paul	Lee	Wimbledon Windmilers	39.46	M	43	M U/50	24
32	Lydia	Esler	Clapham Pioneers	39.51	F	21	W U/50	4
33	Shahab	Uddin	LFTC	39.55	M	34	M U/50	25
34	Sarah	Cole	u/a	39.58	F	33	W U/50	5
35	Cara	Kayum	Striders of Croydon	39.59	F	23	W U/50	6
36	Dan	Fitzgerald		40.05	M	26	M U/50	26
37	Tina	Gray	Fulham RC	40.08	F	29	W U/50	7
38	david	Staton	serpentine running club	40.24	M	41	M U/50	27
39	Stephen	Harris	Striders of Croydon	40.29	M	42	M U/50	28
40	karl	thompson		40.36	M	39	M U/50	29
41	Jeremy	Milne	Serpentine	40.48	M	43	M U/50	30
42	Bruno	Castola		40.50	M	48	M U/50	31
43	Victoria	Carter	Serpentine	40.53	F	41	W U/50	8
44	Stuart	Rhodes		41.21	M	32	M U/50	32
45	Elekwa	Onwuchekwa	Herne Hill Harriers	41.27	M	39	M U/50	33
46	Melanie	Edwards	Dulwich Runners AC	41.33	F	30	W U/50	9
47	matthew	taylor		41.40	M	51	M O/50	5
48	Terry	Avey	brighton phoenix ac	41.47	M	61	M O/60	1
49	Graham	Smith		41.59	M	29	M U/50	34
50	Andy	Welsh	u/a	42.03	M	40	M U/50	35
51	Anthony	Tocco		42.13	M	26	M U/50	36
52	Dave	Compton		42.25	M	49	M U/50	37
53	Stefan	Chojnicki		42.26	M	29	M U/50	38
54	Jennifer	Bradley	Serpentine	42.27	F	33	W U/50	10
55	Hannah	Cunningham	Serpentine	42.28	F	30	W U/50	11
56	Monika	Crouse	Hercules Wimbledon	43.01	F	35	W U/50	12
57	William	Cashmore		43.09	M	51	M O/50	6
58	Jochen	Glasbrenner	Cado Motus Merc Team	43.11	M	38	M U/50	39
59	Allan	Dunnett		43.12	M	59	M O/50	7
60	Neil	Adlington		43.20	M	30	M U/50	40
61	Martin	Henry	u/a	43.29	M	49	M U/50	41
62	Steve	Phillips	Wimbledon Windmillers	43.36	M	44	M U/50	42
63	Colin	MacLeod		43.37	M	31	M U/50	43
64	peter	marshall		43.46	M	41	M U/50	44
65	Michael	Lehmann	Serpentine	44.00	M	71	M O/70	1
66	Mattew	Porte		44.06	M	38	M U/50	45
67	Klaus	Thorup		44.06	M	36	M U/50	46
68	James	Lovell	u/a	44.11	M	34	M U/50	47
69	Ian	Mursell	Vets AC	44.13	M	61	M O/60	2

70	Chris	Brooking		44.27	M	31	M U/50	48
71	Bruce	Davidson	Hillingdon Tri	44.38	M	57	M O/50	8
72	Patrick	O'Connor	u/a	45.01	M	35	M U/50	49
73	Daniel	Webb		45.07	M	37	M U/50	50
74	james	stonard	Tunbridge Wells Harriers	45.14	M	50	M O/50	9
75	James	Fogarty		45.19	M	28	M U/50	51
76	Robert	Lewis	u/a	45.20	M	52	M O/50	10
77	Ross	Jex		45.22	M	29	M U/50	52
78	James	McCoy		45.35	M	43	M U/50	53
79	Ed	Palmer	HM Treasury Running Club	45.36	M	29	M U/50	54
80	Mike	Lunn		45.58	M	30	M U/50	55
81	Mary	Gatehouse	London Heathside	46.05	F	38	W U/50	13
82		Haskins	Highgate H	46.13	M	31	M U/50	56
83	Sarah	Thompson		46.29	F	25	W U/50	14
84	Joanne	Shelton	Dulwich R	46.30	F	38	W U/50	15
85	Matt	Beer		46.39	M	34	M U/50	57
86	Matthew	Whiting	u/a	46.42	M	38	M U/50	58
87	Joan	Sharpe	u/a	47.18	M	46	M U/50	59
88	Ross	Eva		47.24	M	28	M U/50	60
89	Barry	Macdonald		47.34	M	36	M U/50	61
90	Julian	Anstes		47.51	M	39	M U/50	62
91	Michael	Frucht	u/a	48.01	M	43	M U/50	63
92	Anne Marie	Bendy	KCL Tri	48.07	F	22	W U/50	16
93	Martin	Spence	Vets AC	48.11	M	57	M O/50	11
94	Franco	Capaldo		48.17	M	28	M U/50	64
95	Nina	Othen	u/a	48.20	F	31	W U/50	17
96	Philip	Turley	Epsom & Ewell	48.28	M	72	M O/70	2
97	Laura	D'Albey	Belgrave	48.52	F	30	W U/50	18
98	james	gillborn		48.56	M	41	M U/50	65
99	Zena	Swanson		49.08	F	27	W U/50	19
100	Stephen	Walker	u/a	49.10	M	40	M U/50	66
101	Roy	Glew	u/a	49.32	M	61	M O/60	3
102	John	Schoen	u/a	50.08	M	43	M U/50	67
103	Richard	Trigle	u/a	50.15	M	54	M O/50	12
104	Celine	Moyse		50.45	F	29	W U/50	20
105	Nader	Al-Qazzaz		51.01	M	51	M O/50	13
106	Arnaud	de Montille		51.19	M	36	M U/50	68
107	Andrew	Charlesworth-May		51.46	M	45	M U/50	69
108	Xi	Zon	u/a	51.50	F	32	W U/50	21
109	Laurence	Distefiano	u/a	51.55	F	42	W U/50	22
110	Beate	Vogt	Serpentine	52.02	F	53	W O/50	1
111	William	Abraham	u/a	53.03	M	31	M U/50	70
112	Anthony	Ferrioli	RRC	53.29	M	44	M U/50	71
113	Jenny	Cunnane		53.33	F	31	W U/50	23
114	Annie	Cooke		53.33	F	36	W U/50	24
115	Rebecca	Maxwell		53.40	F	30	W U/50	25
116	Danny	Hudson	u/a	55.01	M	25	M U/50	72

117	Adam	Ashton		55.01	M	26	M U/50	73
118	Johan	Roets		55.10	M	33	M U/50	74
119	Gareth	White		55.33	M	43	M U/50	75
120	Robert	Welton	u/a	55.38	M	21	M U/50	76
121	Marion	Minghetti	u/a	56.11	F	21	W U/50	26
122	Edouard	Doutriaux		57.09	M	38	M U/50	77
123	Sam	Welton	u/a	57.40	M	26	M U/50	78
124	Rory	Cable		58.19	M	29	M U/50	79
125	Ian	Spence	Vets AC	58.19	M	67	M O/60	4
126	Lidia	Oosthuizen		58.32	F	32	W U/50	27
127	Clodagh	Huggard		58.45	F	29	W U/50	28
128	Donna	O'Shea		59.03	F	33	W U/50	29
129	chloe	hand		59.21	F	30	W U/50	30
130	Edwin	Bartlett	Vets AC	59.27	M	68	M O/60	5
131	Nicola	Vandermeer		59.39	F	29	W U/50	31
132	Tony	Merritt	Burnham Joggers	59.55	M	72	M O/70	3
133	Geraldine	McBride	u/a	60.48	F	58	W O/50	2
134	Terhi	Hakli		61.24	F	28	W U/50	32
135	Steve	Cryer	u/a	61.51	M	67	M U/50	80
136	Christophe	Archer	FVS	62.19	M	46	M U/50	81
137	Joanna	Blackford		64.21	F	32	W U/50	33
138	Sadiq	Akbar-Basha		64.25	M	37	M U/50	82
139	Magdalena	Banasiak		65.22	F	41	W U/50	34
140	Lynne	McCarthy		67.08	F	37	W U/50	35
141	Camilla	Browne	u/a	67.38	F	44	W U/50	36
142	Mike	Browne	Vets AC	67.38	M	81	M O/70	4
143	Amelia	Al-Qazzaz		67.55	F	21	W U/50	37
144	Jaya	Indira		74.28	F	46	W U/50	38
145	Stacey	CLOUGH		74.28	F	26	W U/50	39
146	Ravi	Asirvatham Gjorup	claus thorup	75.36	M	29	M U/50	83