



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

Self Transcendence 5K, Battersea Park, Monday 28th June 2010

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	AGE
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MEN UNDER 50

1	Huw	Lobb	Serpentine RC	15.59	33
2	Ben	Shearer	Cambridge Harriers	16.22	34
3	Victor	Maughn	Herne Hill Harriers	16.54	48
4	Toby	Hedgeland		17.03	29
5	Filippo	Pagavino		17.07	29
6	Tony	Tuohy	Dulwich Runners	17.14	47
7	Andrew	Taylor	Serpentine RC	17.25	

WOMEN UNDER 50

1	Jenny	Lundgren	Thameside Runners	17.56	
2	Susanna	Rust	London Heathside	18.35	31
3	Teresa G De	Laubenque	Serpentine RC	18.55	37
4	Sian	Thomas	Chiltern Harriers AC	19.33	26
5	Catherine	Higgs	Serpentine RC	19.49	
6	Tina	Whitehouse		20.00	39
7	Suzanne	Swaine	Herne Hill Harriers	21.11	27

MEN OVER 50

1	Jean-Luc	Hoez	Serpentine RC	20.11	52
2	Tom	Morris	Hercules Wimbledon	20.55	52
3	Ian	Mursell	VAC	21.03	58

WOMEN OVER 50

1	Andrea	Sanders-Reece	Mornington Chasers	21.02	
2	Sarah	Newton	Serpentine RC	22.15	53
3	Liz	Tapp	Serpentine RC	24.01	52

MEN OVER 60

1	Mike	Mann	Dulwich Runners	18.49	61
2	Roger	Green	Woodford Green AC	20.53	62

MEN OVER 70

1	Jeffrey	Wiseman	Highate Harriers	31.21	74
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UNDER 16

1	Bethan	Turner	Victoria Park H	23.17	13
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OVERALL RESULTS

	NAME	SURNAME	CLUB	TIME	M/F	AGE	CAT	CAT/POS.
1	Huw	Lobb	Serpentine RC	15.59	M	33	M U/50	1
2	Ben	Shearer	Cambridge Harriers	16.22	M	34	M U/50	2
3	Victor	Maughn	Herne Hill Harriers	16.54	M	48	M U/50	3
4	Toby	Hedgeland		17.03	M	29	M U/50	4
5	Filippo	Pagavino		17.07	M	29	M U/50	5
6	Tony	Tuohy	Dulwich Runners	17.14	M	47	M U/50	6
7	Andrew	Taylor	Serpentine RC	17.25	M		M U/50	7
8	Steffan	Cohen	Benfleet running club	17.43	M	38	M U/50	8
9	Robert	Hahn	CATV Plauen	17.49	M	31	M U/50	9
10	Jenny	Lundgren	Thameside Runners	17.56	F		W U/50	1
11	Robin	Jones		18.04	M	37	M U/50	10
12	Mike	Railton		18.11	M	16	M U/50	11
13	Martin	Newton	Sutton Runners	18.12	M	48	M U/50	12
14	Andrew	Davies	Serpentine RC	18.24	M	36	M U/50	13
15	Paul	Chapman	Belgrave	18.29	M	33	M U/50	14
16	Marcel B	McKinley		18.34	M	27	M U/50	15
17	Susanna	Rust	London Heathside	18.35	F	31	W U/50	2
18	Stephane	Schneider	Serpentine RC	18.36	M	30	M U/50	16
19	Matthew	Galvin	Dulwich Runners	18.39	M	37	M U/50	17
20	Richard	Lloyd	Mercia Fell Runners	18.47	M	42	M U/50	18
21	Mike	Mann	Dulwich Runners	18.49	M	61	M O/60	1
22	Alain	Andrieux	Thames Side	18.49	M	35	M U/50	19
23	C	Belotti	Serpentine RC	18.52	M	36	M U/50	20
24	Teresa G De	Laubenque	Serpentine RC	18.55	F	37	W U/50	3
25	Andrew	Galligan	QPH	19.02	M	37	M U/50	21
26	Raoul	Mansukhani	Serpentine RC	19.12	M	39	M U/50	22
27	Anthony	Impey		19.18	M	37	M U/50	23
28	Roberto	Tyley	Serpentine RC	19.25	M	32	M U/50	24
29	Martyn	Annetts	North Herts RR	19.31	M	45	M U/50	25
30	Sian	Thomas	Chiltern Harriers AC	19.33	F	26	W U/50	4
31	Paul	Devine		19.34	M	32	M U/50	26
32	Frank	Wood	Hercules Wimbledon	19.34	M	45	M U/50	27
33	Christopher	Roach		19.40	M	38	M U/50	28

34	Catherine	Higgs	Serpentine RC	19.49	F		W U/50	5
35	James	Coyle		19.58	M	26	M U/50	29
36	Laurent	Wels		19.59	M	38	M U/50	30
37	Tina	Whitehouse		20.00	F	39	W U/50	6
38	Patrick	Kiernan		20.02	M	47	M U/50	31
39	Chris	Eadie		20.07	M	41	M U/50	32
40	Tristram	Heald		20.08	M	33	M U/50	33
41	Jean-Luc	Hoez	Serpentine RC	20.11	M	52	M O/50	1
42	Kevin	Darvishi		20.27	M	26	M U/50	34
43	Mark	Fitchett		20.37	M	39	M U/50	35
44	Martin	White	Serpentine RC	20.38	M	32	M U/50	36
45	Danny	Byrne		20.47	M	31	M U/50	37
46	Paul	Loustalan		20.51	M	30	M U/50	38
47	Roger	Green	Woodford Green AC	20.53	M	62	M O/60	2
48	Matt	Sparrow		20.54	M	41	M U/50	39
49	Tom	Morris	Hercules Wimbledon	20.55	M	52	M O/50	2
50	Andrea	Sanders-Reece	Mornington Chasers	21.02	F		W O/50	1
51	Ian	Mursell	VAC	21.03	M	58	M O/50	3
52	Suzanne	Swaine	Herne Hill Harriers	21.11	F	27	W U/50	7
53	Chris	Notton	Serpentine RC	21.13	M	35	M U/50	40
54	Richard	Kleiner		21.17	M	51	M O/50	4
55	Sean	Leach		21.21	M	31	M U/50	41
56	Scott	Williams		21.22	M	33	M U/50	42
57	Philip	Wills		21.23	M	30	M U/50	43
58	David	Tyrrall		21.28	M	56	M O/50	5
59	David	Moscrop		21.31	M	51	M O/50	6
60	Nick	Philpott	Thameside Runners	21.36	M	28	M U/50	44
61	Jeff	Prestridge	Serpentine RC	21.37	M	51	M O/50	7
62	Brian	Pickles	Serpentine RC	22.11	M	52	M O/50	8
63	Sarah	Newton	Serpentine RC	22.15	F	53	W O/50	2
64	Ashley	Wakeman		22.26	M	30	M U/50	45
65	Tim	Noy	Thameside Runners	22.30	M	31	M U/50	46
66	Stefano	Vernazza		22.39	M	35	M U/50	47
67	Jennifer	Cornish		22.54	F	30	W U/50	8
68	Penelope	Fixter	Herne Hill Harriers	23.08	F	34	W U/50	9
69	Bethan	Turner	Victoria Park H	23.17	F	13	W U/16	1
70	Dennis	Williams	Hercules Wimbledon	23.38	M	64	M O/60	3
71	Oliver	Adams		23.44	M	22	M U/50	48
72	Liz	Tapp	Serpentine RC	24.01	F	52	W O/50	3
73	Gillian	Carell	Dulwich Park Runners	24.02	F	52	W O/50	4
74	Kevin	Adams		24.23	M	30	M U/50	49
75	Kate	Martin		24.23	F	13	W U/16	2
76	Peter	Martin		24.24	M	45	M U/50	50
77	Sarah	Reynolds		24.29	F	30	W U/50	10
78	Caroline	Glynn	Hercules Wimbledon	24.56	F	31	W U/50	11
79	Malcolm	Lewis		25.02	M	57	M O/50	9

80	Ian	Fernandez	Dulwich Park R	25.28	M	40	M U/50	51
81	Abby	Trott		25.34	F	31	W U/50	12
82	Neil	Davies	Serpentine	25.47	M	45	M U/50	52
83	Eva	Polykandrioti	Thameside Runners	25.48	F	30	W U/50	13
84	Boon Chye	Chua	Thameside Runners	26.06	M	36	M U/50	53
85	Jirina	Vidersperkova		26.13	F	28	W U/50	14
86	Simon	Underwood		26.15	M	46	M U/50	54
87	Nina	Williams	Saints & Sinners	26.17	F	43	W U/50	15
88	Lula	Rosso	Serpentine RC	26.20	F	38	W U/50	16
89	Michael	Goodwin	Stragglers	26.33	M	39	M U/50	55
90	Paris	Walker	Victoria Park H	26.45	F	14	W U/16	3
91	Anthony	Alleyne		26.57	M	39	M U/50	56
92	Chazz	Adnitt		27.12	M	21	M U/50	57
93	Tim	Trott		27.37	M	29	M U/50	58
94	Amy	Philips		27.41	F	28	W U/50	17
95	Victoria	Philpott		27.41	F	25	W U/50	18
96	Emily	Hanson		27.41	F	25	W U/50	19
97	Thomas	Wilkie	Collingwood AC	28.06	M	57	M O/50	10
98	Lydia	Davis	Fulham RC	28.13	F	28	W U/50	20
99	Victoria	Charlesworth	Serpentine	28.26	F	38	W U/50	21
100	Andy	Simpson		29.11	M	29	M U/50	59
101	Peter	Graham	100 Marathon Club	29.27	M	44	M U/50	60
102	Edwin	Bartlett	Vets AC	29.55	M	65	M O/60	4
103	Tad	Lancucki		30.22	M	60	M O/60	5
104	Pak Yin	Lai		31.11	M	38	M U/50	61
105	Jeffrey	Wiseman	Highate Harriers	31.21	M	74	M O/70	1
106	Anita	Kelly		31.27	F	34	W U/50	22
107	Ed	Pulis		31.30	M	28	M U/50	62
108	Amy	Hixon		32.23	F	28	W U/50	23
109	Mike	Browne	VAC	33.06	M	79	M O/70	2
110	Job	Mic		33.28	M	65	M O/60	6
111	Ruth	Suter		33.38	F	35	W U/50	24
112	Lesley	Young	Dulwich Park Runners	35.06	F	58	W O/50	5
113	Amman	Sarang	VPH	35.54	F	43	W U/50	25
114	Amy	Norman		36.16	F	31	W U/50	26
115	Laura	Valentine		36.16	F	31	W U/50	27
116	Debbie	Vince		36.30	F	51	W O/50	6
117	Deborah	Nkundlande		36.30	F	41	W U/50	28
118	Raymond	Hoyle	Watford Harriers	40.15	M	67	M O/60	7
119	Vanessa	Fleming		43.15	F	36	W U/50	29
120	Anita	Kaczmarczyk		44.50	F	24	W U/50	30
121	Kate	Broom		51.58	F	30	W U/50	31
122	Sarah	Beevers		51.58	F	40	W U/50	32
123	Morina	Bastien		52.17	F	43	W U/50	33