



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

2 Miles

Battersea Park

7pm

July 9th, 2012

Dear Runners

Nick Shasha won today's 2 mile race in 10.01 and Lauren Tolmie was the fastest lady winning in 11.32. Our next race is a 10K at 8am on Saturday 4th August and then comes our relay on Monday 6th August at 7pm - start preparing your team. Medal winners and all results are below. See you soon

MEDAL WINNERS

NAME SURNAME CLUB Time AGE

MEN UNDER 50

1st	Nick	Shasha	Orion Harriers/Torq Fitness	10.01	M	38
2nd	Martin	Shore	Thames Hare & Hounds	10.07	M	36
3rd	Paul	Boschen	London Frontrunners	10.28	M	34
4th	Bryan	Maillardet	New Eltham Joggers	10.33	M	29
5th	Tim	Bollard		10.36	M	36
6th	Richard	Taylor	Serpentine	11.10	M	36
7th	Edward	Holland	London Frontrunners	11.25	M	29

WOMEN UNDER 50

1st	Lauren	Tolmie	Newham & Essex Beagles	11.32	F	23
2nd	Sarah	Knox	Serpentine	12.03	F	42
3rd	Tina	Gray	Fulham Running Club	12.16	F	29
4th	Elin Berstad	Mortensen	Ranelagh Harriers	12.47	F	26
5th	Caro	Harper	Serpentine	13.10	F	32
6th	Alice	Ewan	Striders of Croydon	13.28	F	26
7th	Emma	Waterfall		13.40	F	31

MEN VET 50

1st	Jean-Luc	Hoez	Serpentine	13.01	M	54
2nd	David	Thompson	London Frontrunners	13.29	M	50
3rd	Jonathan	Chambers	Fulham RC	13.40	M	55

WOMEN VET 50

1st	Andrea	Sanders-Reece	Mornington Chasers	13.07	F	56
2nd	Sarah	Newton	Serpentine	13.47	F	55
3rd	Annette	Helliwell	Collingwood AC	14.46	F	52

MEN VET 60

1st	Bill	Fraser	Hailsham Harriers	12.21	M	60
2nd	Roger	Green	Woodford Green AC	12.55	M	64

WOMEN VET 60

1st	Carmelina	Hancock	Hercules Wimbledon	20.58	F	61
2nd	Lesley	Young	Dulwich Park Runners	23.14	F	60

MEN VET 70

1st	Joe	Aspinall	VAC	15.47	M	74
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WOMEN U/16

1st	Bethen	Turner	Victoria Park Harriers	15.26	F	15
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MEN U/16

1st	George	Tomlinson		13.23	M	13
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Nick	Shasha	Orion Harriers/Torq Fitness	10.01	M	38	M U/50	1
2	Martin	Shore	Thames Hare & Hounds	10.07	M	36	M U/50	2
3	Paul	Boschen	London Frontrunners	10.28	M	34	M U/50	3
4	Bryan	Maillardet	New Eltham Joggers	10.33	M	29	M U/50	4
5	Tim	Bollard		10.36	M	36	M U/50	5
6	Richard	Taylor	Serpentine	11.10	M	36	M U/50	6
7	Edward	Holland	London Frontrunners	11.25	M	29	M U/50	7
8	Lauren	Tolmie	Newham & Essex Beagles	11.32	F	23	W U/50	1
9	Mark	Burkett		11.36	M	48	M U/50	8
10	Michael	Lea		11.42	M	32	M U/50	9
11	Loic	Blondel	London Frontrunners	11.50	M	30	M U/50	10
12	Matt	Collins		11.53	M	36	M U/50	11
13	Sarah	Knox	Serpentine	12.03	F	42	W U/50	2
14	Chris	McCarthy	Serpentine	12.10	M	26	M U/50	12
15	Mark	Kell	Serpentine	12.12	M	31	M U/50	13
16	Tina	Gray	Fulham Running Club	12.16	F	29	W U/50	3
17	Bill	Fraser	Hailsham Harriers	12.21	M	60	M O/60	1
18	David	Miller		12.22	M	29	M U/50	14
19	Dave	Robinson		12.25	M	30	M U/50	15
20	Chris	Notton	Serpentine	12.28	M	37	M U/50	16
21	Paul	Tunkinson		12.30	M	42	M U/50	17
22	Tony	Wain	Serpentine	12.36	M	47	M U/50	18
23	Elin Berstad	Mortensen	Ranelagh Harriers	12.47	F	26	W U/50	4
24	Jason	Smith	Collingwood AC	12.54	M	42	M U/50	19
25	Roger	Green	Woodford Green AC	12.55	M	64	M O/60	2
26	Jean-Luc	Hoez	Serpentine	13.01	M	54	M O/50	1

27	Andrea	Sanders-Reece	Mornington Chasers	13.07	F	56	W O/50	1
28	Caro	Harper	Serpentine	13.10	F	32	W U/50	5
29	Philip	Hickson	Fulham RC	13.16	M	38	M U/50	20
30	George	Tomlinson		13.23	M	13	M U/16	1
31	Simon	Caton		13.25	M	35	M U/50	21
32	Alice	Ewan	Striders of Croydon	13.28	F	26	W U/50	6
33	David	Thompson	London Frontrunners	13.29	M	50	M O/50	2
34	Ian	Mursell	VAC	13.31	M	60	M O/60	3
35	Jonathan	Chambers	Fulham RC	13.40	M	55	M O/50	3
36	Emma	Waterfall		13.40	F	31	W U/50	7
37	Sarah	Newton	Serpentine	13.47	F	55	W O/50	2
38	Brian	Maillardet	New Eltham	13.49	M	64	M O/60	4
39	Dan	Maskell	VAC	13.51	M	64	M O/60	5
40	Slafon	Owen	Fulham RC	13.54	F	27	W U/50	8
41	Marcus	Hall	Victoria Park Harriers	13.55	M	25	M U/50	22
42	Anastasia	Hancock	Hercules Wimbledon	13.59	F	29	W U/50	9
43	John	Sharpe		14.09	M	46	M U/50	23
44	Donna	Richards	Sutton Runners	14.14	F	46	W U/50	10
45	Mark	Reid		14.14	M	41	M U/50	24
46	Eleanor	Hall		14.15	F	28	W U/50	11
47	Will	Johnson		14.18	M	32	M U/50	25
48	Louisa	Pritchard	Dulwich Runners	14.21	F	40	W U/50	12
49	Michael	Goodwin	Stragglers	14.23	M	41	M U/50	26
50	Steve	Satchell	Mornington Chasers	14.27	M	60	M O/60	6
51	James	Pavitt		14.28	M	45	M U/50	27
52	Elaine	Battson	VPH + THAC	14.35	F	46	W U/50	13
53	Dennis	Williams	Hercules Wimbledon	14.41	M	66	M O/60	7
54	Miriam	Bremer		14.45	F	37	W U/50	14
55	Annette	Helliwell	Collingwood AC	14.46	F	52	W O/50	3
56	John	Wilson	Serpentine	14.47	M	44	M U/50	28
57	Greg	Neal	Watford Harriers	15.00	M	57	M O/50	4
58	Bethen	Turner	Victoria Park Harriers	15.26	F	15	W U/16	1
59	Jonathan	Pegg	Sutton Runners	15.38	M	47	M U/50	29
60	Lesley	Kenny		15.39	F	29	W U/50	15
61	Joe	Aspinall	VAC	15.47	M	74	M O/70	1
62	Bill	Harvey	Ranelagh	16.16	M	70	M O/70	2
63	Dave	Clarke	Stragglers	16.29	M	44	M U/50	30
64	Edwin	Bartlett	VAC	17.21	M	67	M O/60	8
65	JULIO	MANZANARES		17.29	M	47	M U/50	31
66	Evelyn	McDermott		18.37	M	62	M O/60	9
67	Steve	Webb	Hercules Wimbledon	18.39	M	60	M O/60	10
68	Harriet	Webb	Hercules Wimbledon	19.55	F	24	W U/50	16
69	Emma	Pitts	Hercules Wimbledon	19.55	F	24	W U/50	17
70	Mike	Browne	VAC	20.48	M	81	M O/70	3
71	Carmelina	Hancock	Hercules Wimbledon	20.58	F	61	W O/60	1
72	Katy	Ballantyne		23.09	F	23	W U/50	18
73	Lesley	Young	Dulwich Park Runners	23.14	F	60	W O/60	2