



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
5 K

Battersea Park
7pm
May 14th, 2012

Dear Runners

Our first Monday night race saw 141 runners cross the finish line. After a cloudy and rainy day the sun came out. Huw Lobb won the Mens race pulling away from Rick Watson and Alexander Davy. Sandra Wilson was the clear winner in the Ladies race. Our next race is next Monday - another 5K on Monday 21st May. See you there. All race results are below.

MEDAL WINNERS

	NAME	SURNAME	CLUB	TIME		AGE
<u>MEN UNDER 50</u>						
1st	Huw	Lobb	Serpentine	15.35	M	35
2nd	Rick	Weston	Serpentine	15.46	M	25
3rd	Alexander	Davy	Leeds City AC	15.56	M	23
4th	Nick	Gold	Highate	16.13	M	39
5th	Jonathan	Laybourn	Highate Harriers	16.13	M	21
6th	Jonathan	Deane	Highate Harriers	16.19	M	27
7th	Stephen	Whiting	Highate Harriers	16.22	M	45
<u>WOMEN UNDER 50</u>						
1st	Sandra	Wilson	Serpentine RC	17.26	F	30
2nd	Claire	Lilley	Brunel Uni/Skipton AC	18.50	F	21
3rd	Katherine	Gundersen	Woodford Green AC with Essex L	18.54	F	36
4th	Rose	Temple	London Fronrunners	19.41	F	22
5th	Tina	Gray	Fulham RC	19.51	F	29
6th	Caro	Harper	Serpentine	20.26	F	32
7th	Alice	Ewen	Striders of Croydon	21.36	F	26

MEN VET 50

1st	David	Smith		19.20	M	53
2nd	Christopher	Abele	Serpentine	19.35	M	50
3rd	Hugh	Scorgie		19.40	M	52

WOMEN VET 50

1st	Andrea	Sanders-Reece	Mornington Chasers	21.25	F	56
2nd	Sarah	Newton	Serpentine	22.07	F	54
3rd	Annette	Helliwell	Collingwood AC	23.31	F	52

MEN VET 60

1st	Philip	Jackson	Ranelagh Harriers	21.11	M	62
2nd	Ian	Mursell	VAC	21.31	M	60

MEN VET 70

1st	Joe	Aspinall	VAC	25.20	M	74
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WOMEN U/16

1st	Laura	Stewart	Victoria Park Harriers	24.41	F	12
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MEN U/16

1st	Jackson	Spielmeier	Victoria Park Harriers	21.02	M	13
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Huw	Lobb	Serpentine	15.35	M	35	M U/50	1
2	Rick	Weston	Serpentine	15.46	M	25	M U/50	2
3	Alexander	Davy	Leeds City AC	15.56	M	23	M U/50	3
4	Nick	Gold	Highate	16.13	M	39	M U/50	4
5	Jonathan	Laybourn	Highate Harriers	16.13	M	21	M U/50	5
6	Jonathan	Deane	Highate Harriers	16.19	M	27	M U/50	6
7	Stephen	Whiting	Highate Harriers	16.22	M	45	M U/50	7
8	Philip	McCorquodale	Kenilworth Runners	16.38	M	20	M U/50	8
9	N	Monroig	Victoria Park & Tower Hamlets	16.39	M	27	M U/50	9
10	??	Gillanders	London Frontrunners	16.52	M	34	M U/50	10
11	Matthew	Sharp	Hercules Wimbledon	17.01	M	33	M U/50	11
12	James	Roche	Woodford Green AC with Essex L	17.01	M	39	M U/50	12
13	Christian	Nielsen		17.23	M	37	M U/50	13
14	Shane	Cullinan	London Frontrunners	17.25	M	38	M U/50	14
15	Sandra	Wilson	Serpentine RC	17.26	F	30	W U/50	1
16	Jonathan	Moscrop	London Frontrunners	17.35	M	38	M U/50	15
17	Steven	Artist	London Frontrunners	17.47	M	27	M U/50	16
18	Andrew	Spurr		18.07	M	23	M U/50	17
19	Andrew	Davies	Serpentine	18.07	M	38	M U/50	18
20	Jeremy	Oldaker	London Frontrunners	18.08	M	29	M U/50	19
21	Stuart	Eggleton		18.18	M	36	M U/50	20
22	Rupert	Jacobs	Serpentine	18.25	M	30	M U/50	21
23	Dustin	Sobie		18.26	M	26	M U/50	22
24	Jon	Kyte	Harrow AC	18.30	M	28	M U/50	23
25	Jonathan	Abel		18.40	M	29	M U/50	24
26	Stephane	Schneider	Serpentine	18.41	M	32	M U/50	25
27	TONI	MEROLA	beckenham	18.42	M	46	M U/50	26
28	Claire	Lilley	Brunel Uni/Skipton AC	18.50	F	21	W U/50	2

29	Paul	Johnson	Clapham Chasers	18.53	M	44	M U/50	27
30	Katherine	Gundersen	Woodford Green AC with Essex L	18.54	F	36	W U/50	3
31	Matty	Hassan		19.05	M	32	M U/50	28
32	Robert	Ferguson		19.13	M	30	M U/50	29
33	Steven	Martin	Knutsford Tri Club	19.18	M	36	M U/50	30
34	Scott	Hemmens	Dulwich Runners	19.19	M	33	M U/50	31
35	David	Smith		19.20	M	53	M O/50	1
36	Michael	Lea		19.20	M	32	M U/50	32
37	Paul	Rathborne		19.22	M	32	M U/50	33
38	Allan	Cox	Clapham Chasers	19.25	M	35	M U/50	34
39	sam	brittain		19.26	M	30	M U/50	35
40	James	Russell		19.30	M	30	M U/50	36
41	Christopher	Abele	Serpentine	19.35	M	50	M O/50	2
42	Hugh	Scorgie		19.40	M	52	M O/50	3
43	Brian	Dennehy	Heathside AC	19.41	M	27	M U/50	37
44	Rose	Temple	London Frontrunners	19.41	F	22	W U/50	4
45	Tina	Gray	Fulham RC	19.51	F	29	W U/50	5
46	Stephen	Campbell	Shaftesbury harriers	20.00	M	43	M U/50	38
47	Chris	Wood		20.01	M	32	M U/50	39
48	Stephen	Newport		20.02	M	46	M U/50	40
49	Steven	Nash		20.09	M	26	M U/50	41
50	Steve	Jones		20.10	M	32	M U/50	42
51	Richard	Harper		20.10	M	26	M U/50	43
52	Gary	Salmon	Clapham Chasers	20.11	M	27	M U/50	44
53	Joe	Kirwan		20.23	M	28	M U/50	45
54	Caro	Harper	Serpentine	20.26	F	32	W U/50	6
55	Jeff	Saul		20.28	M	34	M U/50	46
56	Leslie	Rugby		20.33	M	40	M U/50	47
57	Jose	Vitorino		20.40	M	55	M O/50	4
58	Kenneth	McCallum		20.44	M	41	M U/50	48
59	Peter	Hannam	London Frontrunners (England A	20.53	M	33	M U/50	49
60	Jackson	Spielmeier	Victoria Park Harriers	21.02	M	13	M U/16	1
61	Thompson	David	london frontrunners	21.03	M	50	M O/50	5
62	Ian	Cuerden	London Frontrunners	21.08	M	42	M U/50	50
63	Philip	Jackson	Ranelagh Harriers	21.11	M	62	M O/60	1
64	Simon	Clarkson	London Frontrunners	21.24	M	40	M U/50	51
65	Andrea	Sanders-Reece	Mornington Chasers	21.25	F	56	W O/50	1
66	Andy	Sly		21.29	M	48	M U/50	52
67	Conor	Devlin	London Frontrunners	21.31	M	40	M U/50	53
68	Ian	Mursell	VAC	21.31	M	60	M O/60	2
69	Jan	Cooper	London Frontrunners	21.35	M	38	M U/50	54
70	Alice	Ewen	Striders of Croydon	21.36	F	26	W U/50	7
71	Bob	Chart	Collingwood AC	21.47	M	47	M U/50	55
72	Daniel	Barrett		21.53	M	26	M U/50	56
73	Nayan	Mistry	Wimbledon Windmilers	22.02	M	33	M U/50	57
74	Mark	Bridge		22.06	M	25	M U/50	58
75	Sarah	Newton	Serpentine	22.07	F	54	W O/50	2
76	andy	coyne		22.15	M	41	M U/50	59
77	Stuart	Cole		22.21	M	39	M U/50	60
78	Hugh	French	Clapham Chasers	22.28	M	36	M U/50	61
79	Gavin	Parish	London Heathside AC	22.33	M	35	M U/50	62
80	Dan	Maskell	VAC	22.43	M	64	M O/60	3
81	Edward	Haynes		22.51	M	29	M U/50	63
82	James	Boyd		22.57	M	38	M U/50	64
83	John	Sharpe		22.59	M	45	M U/50	65

84	Tom	Ward		23.06	M	32	M U/50	66
85	Jacqui	Reid	CometsRRC/MPAA	23.07	F	45	W U/50	8
86	Kay	Obi		23.10	M	31	M U/50	67
87	Donna	Richards	Sutton Runners	23.11	F	46	W U/50	9
88	Ian	Hall	Serpentine	23.23	M	59	M O/50	6
89	Marc	Jones		23.24	M	25	M U/50	68
90	Annette	Helliwell	Collingwood AC	23.31	F	52	W O/50	3
91	Diane	Sutter		23.38	F	49	W U/50	10
92	Harry	Cambridge		23.43	M	15	M U/16	2
93	Victor	Abbey	Serpentine	23.48	M	27	M U/50	69
94	David	Deery	Stragglers	23.49	M	36	M U/50	70
95	Hay Sun	Blunt		23.50	F	30	W U/50	11
96	David	Tang	London Fronrunners	23.55	M	42	M U/50	71
97	Dennis	Williams	Hercules Wimbledon	23.55	M	66	M O/60	4
98	Michael	Goodwin	Stragglers	24.20	M	41	M U/50	72
99	Lina	Crossley		24.20	F	42	W U/50	12
100	William	Johnson		24.22	M	32	M U/50	73
101	Cuneyt	Emin		24.40	M	29	M U/50	74
102	Laura	Stewart	Victoria Park Harriers	24.41	F	12	W U/16	1
103	Harry	Cambridge		24.48	M	23	M U/50	75
104	Amanda	Preskett		24.56	F	39	W U/50	13
105	Beatrice	Schaer	Purple Patch Runners	24.59	F	40	W U/50	14
106	Amy	Philips		24.59	F	30	W U/50	15
107	Clare	Davey		25.01	F	25	W U/50	16
108	Greg	Neal	Watford Harriers	25.03	M	57	M O/50	7
109	Peter	Cambridge	VAC	25.12	M	53	M O/50	8
110	Joe	Aspinall	VAC	25.20	M	74	M O/70	1
111	Fred	Bell	Woking AC	25.26	M	68	M O/60	5
112	Alan	Fitzpatrick		25.50	M	32	M U/50	76
113	Elizabeth	Tapp	Serpentine	26.02	F	53	W O/50	4
114	Emil	Berleen	London Fronrunners	26.02	M	36	M U/50	77
115	Aine	Henley		26.13	F	24	W U/50	17
116	Michele	Williams		26.20	F	29	W U/50	18
117	Alessandra	McConville		26.22	F	41	W U/50	19
118	Victoria	Charlesworth	Serpentine	26.25	F	40	W U/50	20
119	Judith	Buchanan	Fulham	26.33	F	40	W U/50	21
120	Joanna	Steiner		26.44	F	29	W U/50	22
121	Jonathan M	Pegg	Sutton Runners	26.51	M	47	M U/50	78
122	Edwin	Bartlett	VAC	26.58	M	67	M O/60	6
123	Lissa	Gillott		27.09	F	31	W U/50	23
124	Thomas	Wilkie	Collingwood AC	27.14	M	59	M O/50	9
125	Christopher	Alexander		27.15	M	51	M O/50	10
126	Dave	Clarke	Stragglers	27.25	M	44	M U/50	79
127	Robert	Fortes	Serpentine	27.47	M	64	M O/60	7
128	Robert	Ravell	London Fronrunners	27.58	M	55	M O/50	11
129	Monika	Bohm		28.00	F	35	W U/50	24
130	Alice	Fortune		28.17	F	26	W U/50	25
131	Milly	Bowen		28.17	F	28	W U/50	26
132	Tom	Fortune		28.17	M	34	M U/50	80
133	Angela	Steiner		28.32	F	23	W U/50	27
134	Susannah	Oliver	Croydon Running Sisters	28.38	F	40	W U/50	28
135	Georgina	Jacobs		29.29	F	32	W U/50	29
136	Frankie	Canavan		30.11	M	46	M U/50	81
137	Jill	Fitzpatrick		30.35	F	33	W U/50	30
138	Jackie	Brown		30.35	F	29	W U/50	31

139	Malcolm	French	Serpentine	30.40	M	57	M O/50	12
140	Hayley	Stewart		31.35	F	31	W U/50	32
141	Kristy	Watson		31.50	F	27	W U/50	33