



# 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

June 18th, 2012

#### Dear Runners

200 runners crossed the finish line in a competitive 5K won by Huw Lobb in 15.39! Catherine Ansell, Shona McIntosh and Alex Gounelas all ran under 18 minutes in the Ladies race. There was an impressive amount of Men Over 60 and a special mention goes to Mike Browne - 81 years old! All results are below - see you next Monday 25th June for our first relay of the season -start preparing a team of 3 runners! If you cannot put a team together just turn up on the night and we will find you a team. Because it is Run and Become's 30th anniversary, some celebrity runners will compete in the Relay including 'Barefoot' Ted, Ron Hill and Ashrita Furman (Guinness record holder for the most Guinness Records).

#### MEDAL WINNERS

NAME	SURNAME	CLUB	Time	AGE
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#### MEN UNDER 50

1st	Huw	Lobb	Serpentine	15.39	M	35
2nd	Henry	Dodwell	Highate Harriers	16.01	M	36
3rd	Nick	Wojek		16.12	M	29
4th	Andrew	Lawrence	Morpeth	16.17	M	26
5th	Basil	Wallace	Herne Hill Harriers	16.20	M	38
6th	Stephen	Whiting	Highate Harriers	16.22	M	45
7th	Stephen	Thackeray	beckenham running club	16.25	M	33

#### WOMEN UNDER 50

1st	Catherine	Ansell	Herne Hill Harriers	17.06	F	25
2nd	Shona	McIntosh	Dulwich Runners	17.34	F	29
3rd	Alex	Gounelas	Eton Manor	17.36	F	31
4th	Victoria	Mallinson	Standard Chartered RC	19.48	F	29
5th	Amy	Cope	Serpentine	19.51	F	34

6th Tina Gray Fulham RC 19.54 F 29  
 7th Isabel Clark 20.04 F 26

MEN VET 50

1st Jean-Luc Hoez Serpentine 20.52 M 54  
 2nd Phil Hernon Orion Harriers 21.10 M 53  
 3rd Stuart Littlewood Hercules Wimbledon 22.32 M 59

WOMEN VET 50

1st Andrea Sanders-Reece Mornington Chasers 21.00 F 56  
 2nd Sarah Newton Serpentine 22.03 F 54  
 3rd Annette Helliwell Collingwood AC 23.45 F 53

MEN VET 60

1st Philip Jackson Ranelagh Harriers 20.37 M 62  
 2nd Ian Mursell VAC 20.58 M 60

WOMEN VET 60

1st Lesley Young Dulwich Park Runners 36.43 F 60

MEN VET 70

1st Robin Wilson Collingwood AC 31.26 M 78

WOMEN VET 70

1st Sue Lambert Serpentine 25.13 F 71

OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Huw	Lobb	Serpentine	15.39	M	35	M U/50	1
2	Henry	Dodwell	Highate Harriers	16.01	M	36	M U/50	2
3	Nick	Wojek		16.12	M	29	M U/50	3
4	Andrew	Lawrence	Morpeth	16.17	M	26	M U/50	4
5	Basil	Wallace	Herne Hill Harriers	16.20	M	38	M U/50	5
6	Stephen	Whiting	Highate Harriers	16.22	M	45	M U/50	6
7	Stephen	Thackeray	beckenham running club	16.25	M	33	M U/50	7
8	Alexander	Davy	Leeds City AC	16.26	M	23	M U/50	8
9	Tony	Tuohy	Dulwich Runners	16.44	M	49	M U/50	9
10	Mark	Penny	Cambridge Harriers	16.49	M	31	M U/50	10
11	James	Gillanders	London Frontrunners	17.03	M	34	M U/50	11
12	Catherine	Ansell	Herne Hill Harriers	17.06	F	25	W U/50	1
13	Alex	Galloway	London Heathside AC	17.10	M	28	M U/50	12
14	Peter	Lee	Hercules Wimbledon	17.13	M	46	M U/50	13
15	James	Parker	Highate Harriers	17.19	M	25	M U/50	14
16	Jonathan	Moscrop	London Frontrunners	17.25	M	38	M U/50	15
17	Michael	Duffy	Mornington Chasers	17.26	M	25	M U/50	16
18	Jeremy	Dunnet		17.33	M	25	M U/50	17
19	Shona	McIntosh	Dulwich Runners	17.34	F	29	W U/50	2
20	Andre	DuBuisson		17.34	M	35	M U/50	18
21	Ian	Gordon	Mornington Chasers	17.34	M	26	M U/50	19
22	Alex	Gounelas	Eton Manor	17.36	F	31	W U/50	3
23	John	Matthews	26.2 RRC	17.37	M	39	M U/50	20
24	Mark	Ford	Canterbury Harriers	17.40	M	22	M U/50	21
25	Dan	Lewington	Serpentine	17.46	M	26	M U/50	22
26	Mick	Barrow	Tunbridge AC	17.47	M	46	M U/50	23
27	Jon	Kyte	Harrow AC	17.48	M	28	M U/50	24
28	Roger	Coyle	Serpentine	17.49	M	38	M U/50	25

29	Damien	Hersey	Sutton Runners	17.50	M	29	M U/50	26
30	Andrew	Davies	Serpentine	17.51	M	38	M U/50	27
31	Richard	Harrison	Royston Runners	17.52	M	43	M U/50	28
32	Richard	Taylor	Serpentine	17.58	M	36	M U/50	29
33	Mark	Thomas		18.01	M	36	M U/50	30
34	Peter	Sibbett	North Herts RR	18.08	M	49	M U/50	31
35	Jeremy	Oldaker	London Fronrunners	18.09	M	29	M U/50	32
36	Andrew	Peters		18.13	M	37	M U/50	33
37	Stephane	Schneider	Serpentine	18.17	M	32	M U/50	34
38	Michael	Wiggins		18.26	M	35	M U/50	35
39	Ed	Holland	London Fronrunners	18.30	M	29	M U/50	36
40	Jonathan	Abel		18.33	M	29	M U/50	37
41	Stephen	Campbell	Shaftesbury Harriers	18.38	M	43	M U/50	38
42	Michael	Lea		18.40	M	32	M U/50	39
43	Giles	Humphreys-Evans		18.47	M	40	M U/50	40
44	Mark	Burkett		18.49	M	48	M U/50	41
45	Paul	Devine	Dulwich Runners	18.50	M	34	M U/50	42
46	Shahab	Uddin	LFTC	18.52	M	34	M U/50	43
47	Chris	Duffy	Serpentine	18.54	M	28	M U/50	44
48	Matty	Hassan		18.55	M	32	M U/50	45
49	Harry	Hutchoin		19.08	M	17	M U/50	46
50	Glynn	McDonald	London Fronrunners	19.13	M	49	M U/50	47
51	Robert	Ferguson		19.18	M	29	M U/50	48
52	Mark	Conway		19.19	M	26	M U/50	49
53	Matt	Collins		19.25	M	36	M U/50	50
54	Jermaine	Hamilton		19.34	M	33	M U/50	51
55	Bruno	Ferrari		19.34	M	21	M U/50	52
56	Gary	Salmon	Clapham Chasers	19.37	M	27	M U/50	53
57	Peter	Brown		19.41	M	42	M U/50	54
58	Mark	Kell	Serpentine	19.41	M	31	M U/50	55
59	Ashley	Peacock		19.44	M	33	M U/50	56
60	Aleksander	Kloda		19.45	M	23	M U/50	57
61	Victoria	Mallinson	Standard Chartered RC	19.48	F	29	W U/50	4
62	Timothy	Hall		19.50	M	20	M U/50	58
63	Colin	MacLeod	Standard Chartered RC	19.51	M	31	M U/50	59
64	Stephen	Newport		19.51	M	46	M U/50	60
65	Amy	Cope	Serpentine	19.51	F	34	W U/50	5
66	Neil	Morgan		19.52	M	44	M U/50	61
67	Tina	Gray	Fulham RC	19.54	F	29	W U/50	6
68	David	Lees		19.56	M	44	M U/50	62
69	Chris	Notton	Serpentine	19.59	M	37	M U/50	63
70	Isabel	Clark		20.04	F	26	W U/50	7
71	Rob	Meredith		20.05	M	30	M U/50	64
72	Jonathan	Coleman	Herne Hill Harriers	20.07	M	24	M U/50	65
73	Seth	Atkin	Fronrunners	20.21	M	45	M U/50	66
74	Roger	Cue		20.23	M	43	M U/50	67
75	wojciech	wojnicki		20.23	M	28	M U/50	68
76	Elin Berstad	Mortensen	Ranelagh Harriers	20.24	F	26	W U/50	8
77	David	Miller		20.26	M	29	M U/50	69
78	Peter	Hannam	London Fronrunners (England A)	20.28	M	33	M U/50	70
79	Zoe	Holgate		20.32	F	39	W U/50	9
80	Andrew	Murray		20.34	M	27	M U/50	71
81	Philip	Jackson	Ranelagh Harriers	20.37	M	62	M O/60	1
82	April	James-Welsh		20.42	F	34	W U/50	10
83	Simon	Middleton		20.44	M	42	M U/50	72
84	Jean-Luc	Hoez	Serpentine	20.52	M	54	M O/50	1
85	Charles	Bouillon	London Fronrunners	20.56	M	33	M U/50	73
86	Ann Kristin	Dyrkolbotn	SK Vidar (Norway)	20.56	F	39	W U/50	11

87	Ian	Mursell	VAC	20.58	M	60	M O/60	2
88	Andrea	Sanders-Reece	Mornington Chasers	21.00	F	56	W O/50	1
89	Darren	Vord	Hawaii	21.06	M	47	M U/50	74
90	Phil	Heron	Orion Harriers	21.10	M	53	M O/50	2
91	Dawson	Vord	Hawaii	21.11	M	22	M U/50	75
92	Sean	Doherty		21.14	M	24	M U/50	76
93	Stuart	Cole		21.15	M	39	M U/50	77
94	Ken	McCallum		21.23	M	41	M U/50	78
95	Philip	Hickson	Fulham RC	21.24	M	37	M U/50	79
96	oleg	vaynzikher		21.26	M	17	M U/50	80
97	James	Dolan		21.28	M	31	M U/50	81
98	Roger	Green	Woodford Green AC	21.38	M	64	M O/60	3
99	Edit	Walsh		21.39	F	37	W U/50	12
100	Lara	Smith		22.02	F	25	W U/50	13
101	Sarah	Newton	Serpentine	22.03	F	54	W O/50	2
102	Alice	Ewan	Striders of Croydon	22.07	F	26	W U/50	14
103	Dan	Maskell	VAC	22.13	M	64	M O/60	4
104	Theodore	Chen	Serpentine	22.14	M	38	M U/50	82
105	Daisy	Christodoulou		22.15	F	27	W U/50	15
106	David	Cameron		22.25	M	27	M U/50	83
107	Hugh	French	Clapham Chasers	22.26	M	36	M U/50	84
108	Clement	Berthet		22.30	M	29	M U/50	85
109	Stuart	Littlewood	Hercules Wimbledon	22.32	M	59	M O/50	3
110	David	Emor		22.33	M	30	M U/50	86
111	Conor	Devlin	London Frontrunners	22.33	M	40	M U/50	87
112	Jenny	Hersey	Sutton Runners	22.35	F	28	W U/50	16
113	Alan	Davidson	Ranelagh Harriers	22.36	M	65	M O/60	5
114	Jiro	Kanamori		22.42	M	26	M U/50	88
115	Stephen	Satchell	Mornington Chasers	22.42	M	63	M O/60	6
116	John	Brown	London Frontrunners	22.42	M	44	M U/50	89
117	John	Pratt	Ranelagh	22.46	M	67	M O/60	7
118	James	Randall		22.53	M	34	M U/50	90
119	Dominik	Nagly		22.54	M	24	M U/50	91
120	Jess	Thorpe		22.55	F	27	W U/50	17
121	Rebecca	McGuire		22.55	F	35	W U/50	18
122	Ian	Hall	Serpentine	22.57	M	59	M O/50	4
123	Julia	Schiantarelli		23.01	F	16	W U/50	19
124	Caro	Harper	Serpentine	23.02	F	32	W U/50	20
125	Alison	Nolan	Serpentine	23.09	F	43	W U/50	21
126	Clare	Cole		23.11	F	36	W U/50	22
127	Cheryl	Evans		23.12	F	24	W U/50	23
128	Diane	Suter	Dulwich Park Runners	23.29	F	49	W U/50	24
129	Chris	Leadbeater		23.33	M	30	M U/50	92
130	Greg	Neal	Watford Harriers	23.35	M	57	M O/50	5
131	Donna	Richards	Sutton Runners	23.38	F	46	W U/50	25
132	Annette	Helliwell	Collingwood AC	23.45	F	53	W O/50	3
133	Elaine	Battson	VPH + THAC	23.55	F	46	W U/50	26
134	Dennis	Williams	Hercules Wimbledon	24.00	M	66	M O/60	8
135	Michael	Bassi	Cheetah	24.00	M	25	M U/50	93
136	Charles	Watkinson		24.03	M	22	M U/50	94
137	Tonje	Kvamme	Deathly Hallows	24.05	F	23	W U/50	27
138	Michael	Goodwin	Stragglers	24.07	M	41	M U/50	95
139	Fabio	Schiantarelli		24.10	M	62	M O/60	9
140	James	Flack		24.12	M	28	M U/50	96
141	Neil	Davies	Serpentine	24.14	M	47	M U/50	97
142	Mauro	Gabriele		24.32	M	48	M U/50	98
143	Steven	Prentice		24.32	M	32	M U/50	99
144	Anthony	Alleyne		24.37	M	41	M U/50	100



145	Tiago	Felix	Fulham RC	24.44	M	40	M U/50	101
146	Stefano	Vernazza	Stragglers	24.52	M	37	M U/50	102
147	Peter	Cambridge	Vets AC	24.57	M	53	M O/50	6
148	Juliane	Richter	Standard Chartered RC	24.57	F	33	W U/50	28
149	Petros	Hahladakis	Standard Chartered RC	25.00	M	37	M U/50	103
150	Roger	Marshall		25.11	M	40	M U/50	104
151	Dearbhla	Mac Fadden		25.12	F	27	W U/50	29
152	Sue	Lambert	Serpentine	25.13	F	71	W O/70	1
153	John	Walsh		25.14	M	50	M O/50	7
154	Zhaohui	Wang		25.15	M	22	M U/50	105
155	Harry	Cambridge		25.18	M	23	M U/50	106
156	Heather	Shepherd		25.22	F	25	W U/50	30
157	Andrew	Clifford		25.22	M	27	M U/50	107
158	Elizabeth	Tapp	Serpentine	25.24	F	53	W O/50	4
159	Stephen	Geldart		25.28	M	28	M U/50	108
160	Chantal	Thomas		25.34	F	29	W U/50	31
161	Carolin	Hart		25.36	F	24	W U/50	32
162	Theuns	Kotze		25.39	M	39	M U/50	109
163	Lisa	Johnson		25.48	F	32	W U/50	33
164	Sarah	Safaei		25.56	F	27	W U/50	34
165	Eimear	Lindsay	Cheetah	26.08	F	25	W U/50	35
166	Caroline	Doran		26.19	F	37	W U/50	36
167	Jonathan	Pegg	Sutton Runners	26.27	M	47	M U/50	110
168	Christine	Reynolds		26.41	F	30	W U/50	37
169	Neha	Chopra	RAM	26.41	F	27	W U/50	38
170	Amy	Philips		26.41	F	30	W U/50	39
171	Thomas	Wilkie	Collingwood AC	26.50	M	59	M O/50	7
172	Karen	Samuel	Bromley Vets	26.55	F	51	W O/50	5
173	Dave	Clarke	Stragglers	26.59	M	44	M U/50	111
174	Nina	Williams	Saints & Sinners	27.02	F	45	W U/50	40
175	Lindsay	Pulford	Standard Chartered RC	27.23	F	40	W U/50	41
176	Monika	Bohm		27.38	F	35	W U/50	42
177	Peter	Mok		27.46	M	31	M U/50	112
178	Sana	Amin		27.54	F	25	W U/50	43
179	Claire	Penney		28.22	F	22	W U/50	44
180	Edwin	Bartlett	Vets AC	28.23	M	67	M O/60	10
181	Kristin	Durinick		28.25	F	23	W U/50	45
182	Will	Buchan		28.40	M	36	M U/50	113
183	Ciara	Howard		29.02	F	24	W U/50	46
184	Elle	Bristow		29.26	F	32	W U/50	47
185	Michelle	McVey		29.50	F	34	W U/50	48
186	Kathryn	Emerson		30.37	F	23	W U/50	49
187	Jen Ping	Pang		30.43	F	21	W U/50	50
188	Anastasia	Onwudiwe		30.53	F	26	W U/50	51
189	Sarah	Gatehouse		31.15	F	30	W U/50	52
190	Robin	Wilson	Collingwood AC	31.26	M	78	M O/70	1
191	Karen	Conneely		32.01	F	36	W U/50	53
192	Michelle	Kotze		32.19	F	30	W U/50	54
193	Kayleigh	Macdonald		32.38	F	26	W U/50	55
194	Marion	Withers		32.59	F	58	W O/50	6
195	Michael	Browne		34.12	M	81	M O/70	2
196	Karen	Bateman		34.15	F	43	W U/50	56
197	Ted	Townsend	Fulham RC	35.06	M	51	M O/50	9
198	Scott	Bennett		36.20	M	37	M U/50	114
199	Lesley	Young	Dulwich Park Runners	36.43	F	60	W O/60	1
200	Debbie	Jothan	RAM	46.05	F	42	W U/50	57