



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 5 Kilometre Race Battersea Park, 7pm, Monday 9th August, 2010

Our final Monday night race of 2010 was attended by just under 200 runners! Congratulations to Andrea Sanders Reece, Anthony Impey, Edwin Bartlett, Kate Martin and Sarah Newton who attended all 11 races. Three more Saturday races remain. Our next race is a 10 Mile at 8am on 11th September. Please note that our 5K on 30th October starts at 8.15am. See you in the autumn!

Medal Winners and Overall Results

Medal Winners

Men Under 50

1	Huw	Lobb	Serpentine	15.11	M	33
2	Eric	Battles		15.16	M	20
3	Jonathan	Hiley	Southampton A.C.	15.28	M	24
4	Nick	Shasha	TORQ FITNESS	15.57	M	36
5	Richard	Ward	Belgrave Harriers	16.05	M	28
6	Jim	Addison	Beckenham	16.27	M	
7	Harry	Harste		16.27	M	26

Women Under 50

1	Sarah	Bailey	Highate	19.16	F	40
2	Kathryn	Hadley	Serpentine	19.19	F	24
3	Tina	Gray		20.33	F	27
4	Jacqui	Reid	MPAC	21.25	F	44
5	Liz	McDougall	Mornington Chasers	21.32	F	28
6	Ella	Clausen	Team CMYK	21.56	F	33
7	Penelope	Fixter	Herne hill Harriers	22.16	F	34

Men Over 50

1	Keith	Hill	Westbury Harriers	19.46	M	51
2	Thomas	Morris	Hercules Wimbledon	20.25	M	52
3	David	Moscrop	Garden City Runners	21.08	M	52

Women Over 50

1	Andrea	Sanders-Reece	Mornington Chasers	20.55	F	
2	Sarah	Newton	Serpentine	22.11	F	53
3	Liz	Tapp	Serpentine	23.09	F	52

Men Over 60

1	John	Sheridan		19.21	M	64
2	Roger	Green	Woodford Green AC	21.22	M	62

Women Over 60

1	Sue	Lambert	Serpentine	24.35	F	69
2	Indrani	Mehta	Sri Chinmoy AC	34.01	F	63

Men Over 70

1	Pete	Warren	Ranelagh Harriers	23.41	M	70
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Women U/16

1	Kate	Martin		24.30	F	13
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Men U/16

1	Thomas	Martin		24.30	M	14
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Overall Results

PI	NAME	SURNAME	CLUB	Time	M/F	Age	CAT	CAT pos
1	Huw	Lobb	Serpentine	15.11	M	33	M U/50	1
2	Eric	Battles		15.16	M	20	M U/50	2
3	Jonathan	Hiley	Southampton A.C.	15.28	M	24	M U/50	3
4	Nick	Shasha	TORQ FITNESS	15.57	M	36	M U/50	4
5	Richard	Ward	Belgrave Harriers	16.05	M	28	M U/50	5
6	Jim	Addison	Beckenham	16.27	M		M U/50	6
7	Harry	Harste		16.27	M	26	M U/50	7
8	Mohammed	Ismail	ESM AC	16.31	M	29	M U/50	8
9	Toby	Hedgeland		16.31	M	29	M U/50	9
10	Chris	Cooke		16.45	M	36	M U/50	10
11	Simon	Phillips	HHH	16.49	M	28	M U/50	11
12	Matthew	Woodman		16.58	M	33	M U/50	12
13	Tony	Tuohy	Dulwich Runners	17.07	M	48	M U/50	13
14	Phil	Nicholson	Newcastle	17.12	M	22	M U/50	14
15	Robert	Hahn	LATV Plauen	17.13	M	31	M U/50	15

16	Jason	Cherriman	Orpington Road Runne	17.14	M	29	M U/50	16
17	Henry	Wilson	London Frontrunners	17.15	M	37	M U/50	17
18	Scott	Rice	Thurrock Harriers	17.19	M	39	M U/50	18
19	Steve	Monaghan	2735733	17.22	M	40	M U/50	19
20	Brendan	Greene	QPH	17.53	M	38	M U/50	20
21	Angus	Beaumont	Serpentine	18.02	M	36	M U/50	21
22	Richard	Lloyd	Mercia Fell Runners	18.21	M	42	M U/50	22
23	Dan	Lewington	Serpentine	18.32	M	24	M U/50	23
24	Ian	Aarons		18.46	M	34	M U/50	24
25	Chris	McCarthy		18.46	M	42	M U/50	25
26	Kyle	Barber	Harborough AC	18.48	M	26	M U/50	26
27	Edward	Gemades Olmo		18.50	M	32	M U/50	27
28	Paul	Moran	London Frontrunners	18.53	M	29	M U/50	28
29	Richard	Allewell		18.54	M	41	M U/50	29
30	roberto	bellone	GSD Brancaleone Asti	19.04	M	41	M U/50	30
31	Roberto	Tyley	Serpetnine	19.06	M	32	M U/50	31
32	Jonathan	Allsopp		19.10	M	41	M U/50	32
33	Stuart	Meiklejohn	Serpentine	19.10	M	30	M U/50	33
34	Leigh	Gatland	Clapham Pioneers	19.12	M	31	M U/50	34
35	Adam	Shone		19.12	M	27	M U/50	35
36	Dan	O'Sullivan		19.13	M	33	M U/50	36
37	Sarah	Bailey	Highate	19.16	F	40	W U/50	1
38	Henry	McCarthy		19.18	M	17	M U/50	37
39	Toni	Merola	Beckenham	19.18	M		M U/50	38
40	Kathryn	Hadley	Serpentine	19.19	F	24	W U/50	2
41	John	Sheridan		19.21	M	64	M O/60	1
42	Anthony	Impey	u/a	19.26	M	37	M U/50	39
43	Dave	McLaughlin	QPH	19.34	M	39	M U/50	40
44	Craig	Widner		19.37	M	45	M U/50	41
45	Simon	Bittlestone		19.40	M	22	M U/50	42
46	Keith	Hill	Westbury Harriers	19.46	M	51	M O/50	1
47	John	Parker		19.48	M	28	M U/50	43
48	Martin	Hill	QPH	19.50	M	43	M U/50	44
49	Joao	Diogo	QPH	19.57	M	39	M U/50	45
50	Paul	Loustalan		19.59	M	30	M U/50	46
51	Simon	Middleton		20.00	M	40	M U/50	47
52	Mark	Fitchett		20.05	M	39	M U/50	48
53	Peter	Woolley		20.09	M	30	M U/50	49
54	David	Goodman	Clapham Pioneers	20.12	M	35	M U/50	50
55	David	Pollock	Royal Navy	20.19	M	46	M U/50	51
56	Kieran	Dignan	Serpentine	20.22	M	31	M U/50	52
57	Tim	Bennett		20.24	M	30	M U/50	53
58	Thomas	Morris	Hercules Wimbledon	20.25	M	52	M O/50	2
59	Tina	Gray		20.33	F	27	W U/50	3

60	Sean	Leach		20.44	M	31	M U/50	54
61	Robert	Groves		20.46	M	37	M U/50	55
62	Steve	Adams	Eton Manor AC	20.47	M	46	M U/50	56
63	Edward	Rumble		20.48	M	38	M U/50	57
64	Joseph	Owen		20.50	M	23	M U/50	58
65	Andrea	Sanders-Reece	Mornington Chasers	20.55	F		W O/50	1
66	Richard	Sear		20.55	M	24	M U/50	59
67	Chris	Wood		20.57	M	31	M U/50	60
68	David	Miller		20.59	M	28	M U/50	61
69	Tim	Cady		21.06	M	32	M U/50	62
70	David	Moscrop	Garden City Runners	21.08	M	52	M O/50	3
71	Charlie	Letnel		21.08	M	29	M U/50	63
72	Jeff	Prestridge	Serpentine	21.10	M	51	M O/50	4
73	Nicholas	Martin		21.19	M	16	M U/50	64
74	Roger	Green	Woodford Green AC	21.22	M	62	M O/60	2
75	Jacqui	Reid	MPAC	21.25	F	44	W U/50	4
76	Nathan	Canfield		21.29	M	32	M U/50	65
77	Liz	McDougall	Mornington Chasers	21.32	F	28	W U/50	5
78	Philip	Willis		21.34	M	31	M U/50	66
79	Stefano	Vernazza		21.37	M	35	M U/50	67
80	Philip	Hickson	Fulham RC	21.49	M	36	M U/50	68
81	Andrew	Sciascia		21.51	M	44	M U/50	69
82	Soren	Tostesen		21.56	M	41	M U/50	70
83	Ella	Clausen	Team CMYK	21.56	F	33	W U/50	6
84	Steven	Nash		22.04	M	24	M U/50	71
85	Sarah	Newton	Serpentine	22.11	F	53	W O/50	2
86	Penelope	Fixter	Herne hill Harriers	22.16	F	34	W U/50	7
87	Tom	Crichton		22.17	M	32	M U/50	72
88	Brian	Pickles	Serpentine	22.23	M	52	M O/50	5
89	Robert	Spelman		22.24	M	31	M U/50	73
90	John	Moore		22.37	M	29	M U/50	74
91	Justine	Little		22.38	F	28	W U/50	8
92	John	Greene	Serpentine	22.39	M	44	M U/50	75
93	Richard	Erickson		22.39	M	22	M U/50	76
94	Jeffrey	Frank		22.42	M	25	M U/50	77
95	Chris	Styles		22.48	M	32	M U/50	78
96	Alison	Nolan	Serpentine	22.50	F	41	W U/50	9
97	Paul	Frost	Clapham Chasers	22.52	M	43	M U/50	79
98	Chris	D		22.52	M	30	M U/50	80
99	Chante	Batson	Run Britain	22.53	F	30	W U/50	10
100	Greg	Neal	Watford Harriers	22.53	M	56	M O/50	6
101	Emma	Waterfall	Serpentine	23.02	F	29	W U/50	11
102	Liz	Tapp	Serpentine	23.09	F	52	W O/50	3
103	Steve	Satchell	Mornington Chasers	23.15	M	61	M O/60	3

104	Louise	Faulkner	DPR	23.18	F	41	W U/50	12
105	Nadine	Schuerer		23.20	F	26	W U/50	13
106	Georgine	Hibbert		23.21	F	33	W U/50	14
107	Dennis	Williams	Hercules Wimbledon	23.22	M	64	M O/60	4
108	Helen	Ralph		23.26	F	43	W U/50	15
109	Jon	Jarvis		23.30	M	29	M U/50	81
110	Terry	Nicholson	Serpentine	23.31	M	56	M O/50	7
111	Ian	Hall	Serpentine	23.35	M	57	M O/50	8
112	Pete	Warren	Ranelagh Harriers	23.41	M	70	M O/70	1
113	Miguel	Herrero		23.47	M	42	M U/50	82
114	Will	Johnson		23.48	M	30	M U/50	83
115	Zahra	Sefiani		23.50	F	24	W U/50	16
116	Peter	Cambridge	Vets AC	23.50	M	51	M O/50	9
117	Jo	Winnick		23.55	F	37	W U/50	17
118	Tim	Slee	Clapham Pioneers	23.55	M	29	M U/50	84
119	Phil	Jew		24.19	M	46	M U/50	85
120	James	Christy		24.20	M	32	M U/50	86
121	Rod	Smith		24.27	M	47	M U/50	87
122	Peter	Martin		24.28	M	45	M U/50	88
123	Thomas	Martin		24.30	M	14	M U/16	1
124	Kate	Martin		24.30	F	13	W U/16	1
125	Sue	Lambert	Serpentine	24.35	F	69	W O/60	1
126	Jason	Brown		24.37	M	27	M U/50	89
127	Jeanette	Mueller	Serpentine	24.43	F	42	W U/50	18
128	John B	Garber	HHH	24.47	M	68	M O/60	5
129	Robert	Adair		24.48	M	27	M U/50	90
130	Danielle	Ballarde		24.54	F	30	W U/50	19
131	Beate	Vogt	Serpentine	24.54	F	51	W O/50	4
132	Cuneyt	Emin		25.08	M	27	M U/50	91
133	Anja	Eckervogt		25.21	F	26	W U/50	20
134	Ian	Fernandez	Dulwich Park R	25.22	M	40	M U/50	92
135	Nina	Williams	Saints and Sinners	25.22	F	43	W U/50	21
136	Rebecca	Addison		25.30	F	28	W U/50	22
137	Ofan	Pluess	Pioneers	25.33	M	35	M U/50	93
138	Julz	Smith		25.45	F	25	W U/50	23
139	Jolekha	Shasha		25.49	F	32	W U/50	24
140	Robert	Fortes	Serpentine	25.55	M	62	M O/60	6
141	Florence	Cambridge		26.00	F	15	W U/16	2
142	Amanda	Duplock		26.06	F	28	W U/50	25
143	Steph	Bell		26.13	F	29	W U/50	26
144	Fiona	Brooks		26.20	F	31	W U/50	27
145	Mike	Thompson		26.28	M	46	M U/50	94
146	J	Singer		26.29	M	31	M U/50	95
147	Lauren	Totzke		26.30	F	26	W U/50	28

148	Christina	Marino		26.31	F	24	W U/50	29
149	Amy	Phillips		26.42	F	28	W U/50	30
150	Thomas	Wilkie	Collingwood AC	27.09	M	57	M O/50	10
151	Jamie	Macdonald	Sri Chinmoy AC	27.10	M	43	M U/50	96
152	Monika	Bohm		27.12	F	33	W U/50	31
153	Edwin	Bartlett	Vets AC	27.12	M	65	M O/60	7
154	Harvey	Cambridge		27.33	M	13	M U/16	2
155	Chris	Greenwood		27.35	M	26	M U/50	97
156	Anna	Simpson		27.37	F	30	W U/50	32
157	David	Gironi	Serpentine	27.57	M	33	M U/50	98
158	Julie	Sapsford		28.01	F	26	W U/50	33
159	Rosa	Maestre	Mornington Chasers	28.09	F	46	W U/50	34
160	Jess	Thackray		28.26	F	32	W U/50	35
161	Aisling	Finch		28.43	F	32	W U/50	36
162	Dave	Clarke	Stragglers	28.51	M	42	M U/50	99
163	Kate	Burgoyne		28.52	F	23	W U/50	37
164	Claire	Rockett		29.22	F	30	W U/50	38
165	Tad	Lancucki	100 Marathon Club	29.24	M	60	M O/60	8
166	Shaun	Pendley		29.32	M	26	M U/50	100
167	Alex	Russell		29.33	F	26	W U/50	39
168	Peter	Torre	Vets AC	30.02	M	68	M O/60	9
169	Josephine	Galton		30.38	F	24	W U/50	40
170	Clementine	Vale		30.38	F	24	W U/50	41
171	Jeffrey	Wiseman	Highate Harriers	30.55	M	74	M O/70	2
172	Michael	Browne	VAC	31.40	M	79	M O/70	3
173	Peter	Graham	100 Marathon Club	31.54	M	45	M U/50	101
174	Molly	Garstad		32.08	F	36	W U/50	42
175	Sarah	Garstad		32.08	F	32	W U/50	43
176	Holly	Amos		33.05	F	24	W U/50	44
177	John	Lane	RRC	33.50	M	72	M O/70	4
178	Indrani	Mehta	Sri Chinmoy AC	34.01	F	63	W O/60	2
179	Justine	Wharton		35.04	F	25	W U/50	45
180	Raymond	Hoyle	Watford Harriers	35.35	M	67	M O/60	10
181	Vaijayantny	Venugopalan		38.03	F	27	W U/50	46