



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 19th July, 7pm

Medal Winners

Men Under 50

1	Andrew	Reeves	Serpentine	16.19	M	40
2	Mohammed	Ismail	ESM AC	16.30	M	29
3	Jonathan	Deane	Highate Harriers	16.42	M	25
4	Toby	Hedgeland		16.49	M	29
5	Michael	Briggs	Benfleet RC	16.59	M	24
6	Tony	Tuohy	Dulwich Runners	17.11	M	48
7	Steve	Reenan	Northeast Runners	17.17	M	37

Women Under 50

1	Emily	Antcliffe	Defra	19.23	F	29
2	Melanie	Burdett	Beckenham RC	19.55	F	36
3	Anika	Jones	Beckenham RC	20.29	F	36
4	Sarah	Bell	Serpentine	20.34	F	25
5	Suzanne	Swaine	Herne Hill Harriers	21.03	F	27
6	Jacqui	Reid	MPAC	21.43	F	44
7	Liz	McDougall	Mornington Chasers	22.30	F	28

Men Over 50

1	Julian	Spencer-Wood	Kent AC	19.32	M	59
2	Keith	Hill	Westbury Harriers	19.49	M	50
3	Andy	Murray	Dulwich Runners	20.03	M	57

Women Over 50

1	Andrea	Sanders-Reece	Mornington Chasers	21.06	F	
2	Sarah	Newton	Serpentine	21.39	F	53
3	Lesley	Young	Dulwich Park Runners	35.05	F	59

Men Over 60

1	Mike	Mann	Dulwich Runners	19.19	M	62
2	Roger	Green	Woodford Green AC	20.48	M	62

Men Over 70

1	Thomas	Everitt	Eton Manor AC	24.39	M	75
---	--------	---------	---------------	--------------	---	----

Women U/16

1	Bethan	Turner	Victoria Park H	23.37	F	13
---	--------	--------	-----------------	--------------	---	----

Men U/16

1	Harvey	Cambridge		27.43	M	13
---	--------	-----------	--	--------------	---	----

Overall Results

POS	NAME	SURNAME	CLUB	TIME	M/F	AGE	CAT	CAT POS
1	Andrew	Reeves	Serpentine	16.19	M	40	M U/50	1
2	Mohammed	Ismail	ESM AC	16.30	M	29	M U/50	2
3	Jonathan	Deane	Highate Harriers	16.42	M	25	M U/50	3
4	Toby	Hedgeland		16.49	M	29	M U/50	4
5	Michael	Briggs	Benfleet RC	16.59	M	24	M U/50	5
6	Tony	Tuohy	Dulwich Runners	17.11	M	48	M U/50	6
7	Steve	Reenan	Northeast Runners	17.17	M	37	M U/50	7
8	Nicholas	Copas		17.27	M	40	M U/50	8
9	Philip	Nicholson	Newcastle Uni	17.38	M	22	M U/50	9
10	James	Fewtrell	Bedford & County	17.40	M	29	M U/50	10
11	Peter	Nicholls		17.47	M	43	M U/50	11
12	Stephen	Monaghan	London Heathside	17.54	M	40	M U/50	12
13	Robert	Hahn	LATV Plauen	18.03	M	31	M U/50	13
14	Brendan	Greene	Queens Park Harriers	18.10	M	38	M U/50	14
15	Grant	Gonzalez		18.13	M	27	M U/50	15
16	Richard	Lloyd	Mercia Fell Runners	18.19	M	42	M U/50	16
17	Tim	Ballarde		18.45	M	34	M U/50	17
18	Jaran	Finn	Croydon Harriers	18.48	M	37	M U/50	18
19	Oliver	Christy	Clapham Chasers	18.59	M	26	M U/50	19
20	Dave	Miles	serperntine	19.01	M	25	M U/50	20
21	Matt	Cops	Benfleet RC	19.09	M	28	M U/50	21
22	Mike	Mann	Dulwich Runners	19.19	M	62	M O/60	1
23	Christopher	Roach		19.19	M	38	M U/50	22
24	Anthony	Impey	u/a	19.21	M	37	M U/50	23
25	Emily	Antcliffe	Defra	19.23	F	29	W U/50	1
26	Julian	Spencer-Wood	Kent AC	19.32	M	59	M O/50	1
27	Adam	Shone		19.32	M	27	M U/50	24
28	Mick	Foreman		19.40	M	28	M U/50	25
29	Simon	Middleton		19.47	M	40	M U/50	26
30	Tomas	O'Loughlin	Tri London	19.47	M	32	M U/50	27
31	Keith	Hill	Westbury Harriers	19.49	M	50	M O/50	2
32	Melanie	Burdett	Beckenham RC	19.55	F	36	W U/50	2

33	Andy	Murray	Dulwich Runners	20.03	M	57	M O/50	3
34	Laurent	Wels		20.11	M	38	M U/50	28
35	Simon	Bittlestone		20.14	M	22	M U/50	29
36	Jean-Luc	Hoez	Serpentine	20.23	M	52	M O/50	4
37	Paul	Loustalan		20.25	M	30	M U/50	30
38	Chris	Notton	Serpentine	20.26	M	35	M U/50	31
39	Anika	Jones	Beckenham RC	20.29	F	36	W U/50	3
40	David	Tyrrall		20.31	M	54	M O/50	5
41	Graham	Reynolds	South West RR	20.32	M	47	M U/50	32
42	Tom	Morris	Hercules Wimbledon	20.32	M	52	M O/50	6
43	Sarah	Bell	Serpentine	20.34	F	25	W U/50	4
44	Paul	Browning	Beckenham Running Club	20.44	M	50	M O/50	7
45	Steve	Adams	Eton Manor AC	20.45	M	46	M U/50	33
46	Roger	Green	Woodford Green AC	20.48	M	62	M O/60	2
47	Clement	Berthet		20.59	M	27	M U/50	34
48	Kieran	Dignan	Serpentine	21.00	M	31	M U/50	35
49	Suzanne	Swaine	Herne Hill Harriers	21.03	F	27	W U/50	5
50	Sean	Leach		21.03	M	31	M U/50	36
51	David	Miller		21.04	M	28	M U/50	37
52	Adam	Coxhead		21.05	M	33	M U/50	38
53	Andrea	Sanders-Reece	Mornington Chasers	21.06	F		W O/50	1
54	Ian	Mursell	Vets AC	21.12	M	58	M O/50	8
55	Steve	Edwards	Serpentine	21.36	M	53	M O/50	9
56	Sarah	Newton	Serpentine	21.39	F	53	W O/50	2
57	Jacqui	Reid	MPAC	21.43	F	44	W U/50	6
58	Jason	Brown		21.54	M	27	M U/50	39
59	Alexandre	Brooks		22.13	M	26	M U/50	40
60	Stefano	Vernazza		22.15	M	35	M U/50	41
61	Peter	Woolley		22.28	M	30	M U/50	42
62	Liz	McDougall	Mornington Chasers	22.30	F	28	W U/50	7
63	Philip	Dickson	Fulham	22.35	M		M U/50	43
64	Danielle	Ballardie		22.46	F	30	W U/50	8
65	Dennis	Williams	Hercules Wimbledon	22.46	M	64	M O/60	3
66	Ronnie	Haydon	Kent AC	22.48	F	47	W U/50	9
67	Emma	Waterfall	Serpentine	22.51	F	29	W U/50	10
68	Kevin	Adams		22.54	M	30	M U/50	44
69	Greg	Neal	Watford Harriers	22.55	M	55	M O/50	10
70	Olle	Rydberg		22.56	M	23	M U/50	45
71	Fiona	McCallum		23.14	F	31	W U/50	11
72	Helen	Ralph		23.16	F	43	W U/50	12
73	J	Jarvis		23.16	M	29	M U/50	46
74	Thomas	Walsh		23.34	M	25	M U/50	47
75	Bethan	Turner	Victoria Park H	23.37	F	13	W U/16	1
76	Steve	Satchell		23.42	M	61	M O/60	4

77	Daniel	Gerlach		23.54	M	22	M U/50	48
78	Victoria	Philpott		24.01	F	25	W U/50	13
79	Steven	Lawrence		24.03	M	51	M O/50	11
80	James	Christy		24.05	M	32	M U/50	49
81	Georgina	Hibbert		24.07	F	33	W U/50	14
82	Dave	Larsen		24.13	M	52	M O/50	12
83	Nicholas	Martin		24.14	M	16	M U/50	50
84	John	Moore		24.14	M	29	M U/50	51
85	Peter	Cambridge	Vets AC	24.24	M	51	M O/50	13
86	Rafaele	Lamour	Mornington Chasers	24.27	F	39	W U/50	15
87	Paris	Walker	Victoria Park H	24.37	F	14	W U/16	2
88	Thomas	Everitt	Eton Manor AC	24.39	M	75	M O/70	1
89	Lucas	Kaempfer		24.59	M	25	M U/50	52
90	Ian	Fernandez	Dulwich Park R	25.10	M	40	M U/50	53
91	Neil	Davies	Serpentine	25.22	M	45	M U/50	54
92	Kate	Martin		25.37	F	13	W U/16	3
93	Peter	Martin		25.37	M	45	M U/50	55
94	Harry	Cambridge	Orpington RR	25.40	M	21	M U/50	56
95	Nina	Williams	Saints & Sinners	25.42	F	43	W U/50	16
96	lauren	totzke		25.45	F	25	W U/50	17
97	Melanie	Futcher		26.02	F	26	W U/50	18
98	Christina	Marino		26.17	F	24	W U/50	19
99	Ian	Isherwood	Hercules Wimbledon	26.28	M	57	M O/50	14
100	Thomas	Wilkie	Collingwood AC	26.28	M	57	M O/50	15
101	Gerald	McCarthy	Northeast Runners	26.34	M	49	M U/50	57
102	Kate	Burgoyne		26.48	F	23	W U/50	20
103	Samantha	Presuand		27.05	F		W U/50	21
104	Judith	Buchanan	Fulham	27.13	F	38	W U/50	22
105	Michelle	Kramer		27.18	F	37	W U/50	23
106	Alan	Kilcoyne	Queens Park Harriers	27.20	M	38	M U/50	58
107	Harvey	Cambridge		27.43	M	13	M U/16	1
108	Mark	Archer		27.47	M	43	M U/50	59
109	Pak Yin	Lai		29.17	M	38	M U/50	60
110	Edwin	Bartlett	Vets AC	29.49	M	65	M O/60	5
111	David	Clarke	Stragglers	29.58	M	42	M U/50	61
112	Ed	Pulis		29.59	M	28	M U/50	62
113	Sarah	Grant		31.26	F	28	W U/50	24
114	Mike	Browne	VAC	32.24	M	79	M O/70	
115	Sara	Olsson		33.08	F	30	W U/50	25
116	Gillian	Baker		33.57	F	38	W U/50	26
117	Lesley	Young	Dulwich Park Runners	35.05	F	59	W O/50	3
118	Kirsty	Ford		36.50	F	28	W U/50	27
119	Mark	Gardner		36.50	M	42	M U/50	63
120	Lisa	Eyers		37.12	F	29	W U/50	28

121	Laura	Bates		37.12	F	29	W U/50
-----	-------	-------	--	--------------	---	----	--------