



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 10K Battersea Park 8am August 2nd, 2014

Dear Runners

As the Commonwealth Games are drawing to an end in Glasgow, 207 intrepid athletes completed the Self Transcendence 10K in Battersea Park. Kyle Marks of Belgrave Harriers won the race in 32.47. Una English of Havering AC won the Ladies Race in 39.04. Our final Monday evening race is this coming Monday 4th August. It is the relay (3 x 1 mile), so prepare your teams. We look forward to seeing you all soon.
Medal winners and all results below.

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	M/F	Age
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MEN UNDER 50

1st	Kyle	Marks	Belgrave Harriers	32.47	M	24
2nd	Oliver	Kean	Highgate Harriers	34.14	M	27
3rd	James	Gordon	Cambridge Harriers	34.16	M	38
4th	Keith	MacIntosh	Wimbledon Windmilers	34.20	M	40
5th	Jim	Addison	Beckenham	34.57	M	42
6th	Steve	Woolley	West 4 Harriers	35.17	M	32
7th	Peter	Holmer	Serpentine	35.19	M	36

WOMEN UNDER 50

1st	Una	English	Havering AC	39.04	F	42
2nd	Kate	Carter	Wimbledon Windmilers	39.49	F	37
3rd	Meriel	Holden	Wimbledon Windmilers	39.55	F	44
4th	Samantha	Pickford	Wimbledon Windmilers	40.06	F	34
5th	Sarah	Winter	The Stragglers RC	40.26	F	40

6th	Cath	Stibbs	Kent AC	40.30	F	40
7th	Rosalind	Lee	Serpentine	42.26	F	30

MEN VET 50

1st	Tony	Tuohy	Dulwich Runners AC	35.59	M	52
2nd	Gavin	McLaughlin	Wimbledon Windmilers	38.27	M	50
3rd	Simon	Pannell	Striders of Croydon	39.49	M	53

WOMEN VET 50

1st	Caroline	Helder	Wimbledon Windmilers	46.35	F	52
2nd	Kim	Kellas	Clapham Pioneers	60.10	F	55
3rd	Sarah	Barnard		63.12	F	51

MEN VET 60

1st	Terry	Avey	brighton phoenix	43.10	M	63
2nd	Alan	Dunnett		43.21	M	60

WOMEN VET 60

1st	Serena	Dilnot	Clapham Runners	66.40	F	61
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MEN VET 70

1st	David	Brooks	Vets AC	52.44	M	72
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Kyle	Marks	Belgrave Harriers	32.47	M	24	M U/50	1
2	Oliver	Kean	Highgate Harriers	34.14	M	27	M U/50	2
3	James	Gordon	Cambridge Harriers	34.16	M	38	M U/50	3
4	Keith	MacIntosh	Wimbledon Windmilers	34.20	M	40	M U/50	4
5	Jim	Addison	Beckenham	34.57	M	42	M U/50	5
6	Steve	Woolley	West 4 Harriers	35.17	M	32	M U/50	6
7	Peter	Holmer	Serpentine	35.19	M	36	M U/50	7
8	Edwin	McCormack	Dulwich Runners AC	35.27	M	26	M U/50	8
9	Matthew	Nutt	Wimbledon Windmilers	35.33	M	28	M U/50	9
10	Ryan	McCrickerd	London Heathside	35.44	M	25	M U/50	10
11	Simon	Craddock	Serpentine	35.51	M	32	M U/50	11
12	Neil	Guthrie	Wimbledon Windmilers	35.57	M	42	M U/50	12
13	Tony	Tuohy	Dulwich Runners AC	35.59	M	52	M O/50	1
14	Thomas	Craggs	Mornington Chasers	36.20	M	32	M U/50	13
15	Max	Lovell		36.30	M	32	M U/50	14
16	Petros	Giannaros	Cambridge University Hare & Hounds	36.42	M	23	M U/50	15
17	Jonathan	Moscrop	London Fronrunners	37.05	M	40	M U/50	16
18	Will	Forbes	Serpentine	37.25	M	35	M U/50	17
19	Martin	Carmack	Serpentine	37.30	M	44	M U/50	18
20	Dieter	Moens		37.58	M	26	M U/50	19
21	James	Young	Wimbledon Windmilers	38.18	M	39	M U/50	20
22	Chris	Redmond		38.21	M	33	M U/50	21
23	Benjamin	Ngondo-Cooke		38.22	M	17	M U/50	22
24	Raymond	Ngai	Wimbledon Windmilers	38.25	M	33	M U/50	23
25	Gavin	McLaughlin	Wimbledon Windmilers	38.27	M	50	M O/50	2
26	Matthew	Roberts	Oxted	38.28	M	36	M U/50	24
27	Simon	Thompson	Herne Hill Harriers	38.30	M	35	M U/50	25
28	Tim	Liken		38.44	M	37	M U/50	26

29	Tom	Cheetham	Hercules Wimbledon	38.46	M	47	M U/50	27
30	Travis	Inlow		38.51	M	33	M U/50	28
31	Una	English	Havering AC	39.04	F	42	W U/50	1
32	Sebastian	Vons	Wimbledon Windmilers	39.13	M	34	M U/50	29
33	Tinso	Gomez Guerra		39.15	M	33	M U/50	30
34	Ben	Barwick	Winchester & District	39.16	M	26	M U/50	31
35	Stewart	Bond	Hercules Wimbledon	39.18	M	45	M U/50	32
36	Scott	Hemmens	Serpentine	39.19	M	35	M U/50	33
37	Rob	Smith		39.21	M	35	M U/50	34
38	Rupert	Jacobs	Serpentine	39.32	M	33	M U/50	35
39	DANIEL	BARBER		39.34	M	26	M U/50	36
40	Simon	Donaghy	Collingwood	39.39	M	49	M U/50	37
41	Kate	Carter	Wimbledon Windmilers	39.49	F	37	W U/50	2
42	Simon	Pannell	Striders of Croydon	39.49	M	53	M O/50	3
43	Meriel	Holden	Wimbledon Windmilers	39.55	F	44	W U/50	3
44	Mathew	Gutch	Ealing Eagles	39.57	M	34	M U/50	38
45	Samantha	Pickford	Wimbledon Windmilers	40.06	F	34	W U/50	4
46	Ben	Sillitoe		40.10	M	31	M U/50	39
47	Conal	Stewart	Ballymena & Antrim AC	40.20	M	40	M U/50	40
48	Sarah	Winter	The Stragglers RC	40.26	F	40	W U/50	5
49	Luca	Festa		40.28	M	30	M U/50	41
50	Cath	Stibbs	Kent AC	40.30	F	40	W U/50	6
51	Gerard	O'Sullivan		40.35	M	44	M U/50	42
52	Tom	Froggett		40.43	M	22	M U/50	43
53	Chris	York		40.43	M	30	M U/50	44
54	Pawel	Bal	South London H	40.45	M	31	M U/50	45
55	Mike	Hanlon		40.46	M	55	M O/50	4
56	Alexander	Hibbert		40.55	M	28	M U/50	46
57	Paul	Hunt		40.57	M	33	M U/50	47
58	Glynn	McDonald	London Frontrunners	41.00	M	51	M O/50	5
59	Greg	Chapman		41.11	M	32	M U/50	48
60	Paul	Stanford	Striders of Croydon	41.16	M	46	M U/50	49
61	Stephen	Massey	Striders of Croydon	41.23	M	46	M U/50	50
62	Roger	Corbett	Serpentine	41.28	M	51	M O/50	6
63	Jeremy	Todd		41.32	M	27	M U/50	51
64	Peter	Metcalf		41.37	M	45	M U/50	52
65	Charlie	DeGale	Serpentine	41.39	M	49	M U/50	53
66	Marco	Mion		41.50	M	31	M U/50	54
67	Albert	Ballardini		42.11	M	34	M U/50	55
68	Matthew	O'brien		42.13	M	43	M U/50	56
69	Tim	Baker		42.24	M	28	M U/50	57
70	Rosalind	Lee	Serpentine	42.26	F	30	W U/50	7
71	Pamela	Morris	Wimbledon Windmilers	42.34	F	24	W U/50	8
72	Richard	Sanders		42.40	M	42	M U/50	58
73	Miguel	Ortiz		43.01	M	35	M U/50	59
74	Peter	Dreww	Ealing Southall & Middx	43.02	M	49	M U/50	60
75	Philip	Coales		43.04	M	22	M U/50	61
76	Jason	Drake	West 4 H	43.08	M	50	M O/50	7
77	Terry	Avey	brighton phoenix	43.10	M	63	M O/60	1
78	Alan	Dunnett		43.21	M	60	M O/60	2
79	Colin	McSeveny		43.25	M	61	M O/60	3
80	Andy	Macdonald		43.45	M	33	M U/50	62
81	Tony	burgarolas		43.47	M	47	M U/50	63
82	Kristien	?		43.47	M	33	M U/50	64
83	Adrian	Gritter	Imperial College XC	43.51	M	22	M U/50	65
84	Mike	Mahon		43.59	M	27	M U/50	66
85	Jacquelyn	Wright		44.00	F	47	W U/50	9
86	Richard	Powell		44.04	M	45	M U/50	67

87	Jessica	Anstee	Wimbledon Windmills	44.05	F	31	W U/50	10
88	Lauren	Knowler	Wimbledon Windmills	44.08	F	27	W U/50	11
89	Chris	Dempsey		44.10	M	29	M U/50	68
90	Kevin	Cronin		44.10	M	30	M U/50	69
91	Martin	Double	Dulwich Runners AC	44.18	M	38	M U/50	70
92	Nicola	McGlennon	Serpentine	44.26	F	38	W U/50	12
93	Michael	Greenwood		44.30	M	26	M U/50	71
94	Helen	Antinov		44.46	F	33	W U/50	13
95	Rachid	El-Ahmadi		45.32	M	44	M U/50	72
96	Alex	Latsepov		45.45	M	26	M U/50	73
97	Michelle	Lennon	Dulwich Runners	45.47	F	47	W U/50	14
98	Jonathon	Stanton		45.47	M	23	M U/50	74
99	KENICHI	FUKUHARA		46.12	M	54	M O/50	8
100	Henrik	Bonebjar		46.18	M	39	M U/50	75
101	Caroline	Helder	Wimbledon Windmills	46.35	F	52	W O/50	1
102	Becky	Laurence	Striders of Croydon	46.37	F	35	W U/50	15
103	Graham	Sutherland	Clapham Chasers	46.40	M	38	M U/50	76
104	Ellie	Lucas	Clapham Chasers	46.40	F	28	W U/50	16
105	LISA	Gaul	How we run	46.54	F	29	W U/50	17
106	Tom	Clowes		47.00	M	36	M U/50	77
107	Luiz	Custodio		47.08	M	33	M U/50	78
108	Peter	Laurence	Striders of Croydon	47.12	M	38	M U/50	79
109	Ninke	Meynen		47.16	F	20	W U/50	18
110	Katey	Ross	How We Run Club	47.30	F	43	W U/50	19
111	Katherine	Ellis	Clapham Chasers	47.33	F	34	W U/50	20
112	Joe	Finnegan		47.35	M	30	M U/50	80
113	Lorna	Cservenka		47.47	F	42	W U/50	21
114	Elaine	Reid	Collingwood AC	48.02	F	44	W U/50	22
115	Richard	Mills		48.05	M	34	M U/50	81
116	Shun-Lai	Chan	Collingwood	48.12	F	44	W U/50	23
117	Emma	Bisgrove	Wimbledon Windmills	48.29	F	28	W U/50	24
118	Jekaterina	Gritsinina		48.38	F	19	W U/50	25
119	Kay	Thoburn		48.48	F	39	W U/50	26
120	Matthew	Tucker		48.50	M	30	M U/50	82
121	Min Hae	Park		48.51	F	28	W U/50	27
122	Ben	Chilton		48.53	M	38	M U/50	83
123	Perry	Mercer		48.57	M	50	M O/50	9
124	Johanna	Schadler		49.02	F	26	W U/50	28
125	Rebecca	Sleath		49.22	F	33	W U/50	29
126	Ian	Stirling		49.35	M	34	M U/50	84
127	Sophie	Kay		49.39	F	26	W U/50	30
128	Christine	James	BRATs	49.40	F	33	W U/50	31
129	Linda	Ingram	South London H	49.47	F	46	W U/50	32
130	Ruth	Cottam	Collingwood	49.48	F	49	W U/50	33
131	Raul	Molina		49.52	M	33	M U/50	85
132	Martin	Richardson		49.53	M	30	M U/50	86
133	Mark	Dunner		49.56	M	51	M O/50	10
134	Michel	Glendinning		49.56	F	42	W U/50	34
135	David	Askew		50.06	M	31	M U/50	87
136	Line	Haarstad		50.15	F	31	W U/50	35
137	Duncan	Mirams		50.16	M	24	M U/50	88
138	Kirsty	Alexander		50.23	F	24	W U/50	36
139	Mahmood	Alansari	Bahrain road runner	50.28	M	29	M U/50	89
140	Paul	Holmes	London Frontrunners	50.42	M	37	M U/50	90
141	Tamas	Kosa		50.49	M	31	M U/50	91
142	Anna	Singleton		50.51	F	35	W U/50	37
143	Briana	Whitlock		50.52	F	28	W U/50	38
144	Nadia	Carpenter	Kent AC	50.56	F	33	W U/50	39

145	DESMOND	EDWARDS	DULWICH RUNNERS	51.22	M	34	M U/50	92
146	Veronica	Locatelli		51.39	F	31	W U/50	40
147	Diana	Kreica	Clapham Chasers	51.49	F	28	W U/50	41
148	Tanya	Das		52.08	F	28	W U/50	42
149	Mike	Rundle	Wimbledon Windmilers	52.28	M	69	M O/60	4
150	Catherine	Stage		52.42	F	40	W U/50	43
151	David	Brooks	Vets AC	52.44	M	72	M O/70	1
152	Susanna	Tabor		52.47	F	21	W U/50	44
153	Hannah	Lacey	Clapham chasers	52.53	F	25	W U/50	45
154	Paul	Lacey	Lordshill RR	52.53	M	29	M U/50	93
155	Siafon	Owen		53.01	F	29	W U/50	46
156	Jenny	Bamforth	Ealing Eagles	53.01	F	29	W U/50	47
157	Susan	Currie		53.15	F	30	W U/50	48
158	Katherine	Howells		53.31	F	23	W U/50	49
159	Deb	Ellis	Clapham Chasers	53.33	F	38	W U/50	50
160	Nicola	Lacey		53.38	F	37	W U/50	51
161	Jeeshan	Ahmed	None	53.40	M	28	M U/50	94
162	Subhan	Ali		53.52	M	25	M U/50	95
163	Kathy	Nothstine		53.57	F	33	W U/50	52
164	Prachar	Stegemann	Sri Chinmoy AC	53.58	M	53	M O/50	11
165	Jersino	Jean-Mary		54.07	M	36	M U/50	96
166	Dave	Gironi	Serpentine	54.49	M	37	M U/50	97
167	Jamie	Allsopp		55.04	M	36	M U/50	98
168	Nina	Kearns		55.07	F	41	W U/50	53
169	Andrea	Chapman	How we run	55.09	F	49	W U/50	54
170	Nick	Mayer		55.22	M	34	M U/50	99
171	MARAZ	AHMED	SOUTH LONDON RUNNING	55.28	M	37	M U/50	100
172	Roberto	Alvarez		56.08	M	40	M U/50	101
173	Jeni	England		56.15	F	25	W U/50	55
174	Michalina	Dzikowska		56.23	F	30	W U/50	56
175	Marcin	Dzikowski		56.42	M	37	M U/50	102
176	Louise	Jennings		57.02	F	43	W U/50	57
177	Darran	Romain		57.28	M	47	M U/50	103
178	Sunanda	Sarker-Bell		57.35	F	48	W U/50	58
179	Tamsin	Cherry		57.37	F	33	W U/50	59
180	Scott	Fowler	Serpentine	57.44	M	48	M U/50	104
181	Helen	McTaggart		57.47	F	29	W U/50	60
182	Kareen	Dove	How we run	58.01	F	33	W U/50	61
183	James	Edgar		58.32	M	21	M U/50	105
184	Georgina	Jacobs		58.40	F	35	W U/50	62
185	Lynne	Lennon		59.16	F	45	W U/50	63
186	Lily	Parker		59.41	F	24	W U/50	64
187	Kerry	Evans		59.43	F	42	W U/50	65
188	Rachel	Warren		59.44	F	41	W U/50	66
189	Kim	Kellas	Clapham Pioneers	60.10	F	55	W O/50	2
190	Cathy	Taylor		60.27	F	48	W U/50	67
191	Lucrezia	Cavadini		60.41	F	24	W U/50	68
192	Jason	mitra		61.16	M	40	M U/50	106
193	Olivia	Topham	Imperial College	62.36	F	21	W U/50	69
194	Edwin	Bartlett	Vets AC	62.44	M	70	M O/70	2
195	Sarah	Barnard		63.12	F	51	W O/50	3
196	Jennifer	Coffey		63.33	F	32	W U/50	70
197	Katie	Nicolaou	How we run	64.36	F	46	W U/50	71
198	Luis	Sevilla		64.59	M	44	M U/50	107
199	Helen	Jackson		65.45	F	51	W O/50	4
200	Elzbieta	Horczyk		65.59	F	32	W U/50	72
201	Serena	Dilnot	Clapham Runners	66.40	F	61	W O/60	1
202	Rachel	Tuckett		68.22	F	21	W U/50	73

203	Izabela	Gackowska		68.47	F	33	W U/50	74
204	Sophie	Stanton		70.41	F	21	W U/50	75
205	Sabrina	Bals		71.33	F	23	W U/50	76
206	Steve	Cryer		75.01	M	69	M O/60	5
207	Penny	Owston		76.00	F	57	W O/50	5

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Should you have any queries then please contact Gavin Lightwood glightwood@uka.org.uk