



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  
April 5th, 2014

**Dear Runners**

Fortunately, the Saharan Smog has moved on and it was yet another fine morning in Battersea Park with a hint of summer in the air. 147 runners completed the Self Transcendence 10K, with a tremendous battle for first place. Ben Barwick emerged from the leading pack to win the race and Sue Rust was the first woman across the line. Dave Cox won the Vet 60 race in 36.45 well ahead of all the men vet 50. Our next race is a 10K on Saturday May 3rd - we look forward to seeing you all then.

Medal winners and all results below.

**MEDAL WINNERS**

**NAME SURNAME CLUB TIME M/F Age**

**MEN UNDER 50**

1st	Ben	Barwick	Winchester and District AC	34.17	M	26
2nd	Stephen	Whiting	Highate H	34.23	M	47
3rd	Robbie	Cox	Woodford Green	34.33	M	31
4th	Gwyn	Davies		34.53	M	27
5th	Darren	Tanner	Clapham Chasers	35.16	M	37
6th	Lee	Martin	Springfield Striders	35.22	M	42
7th	Jonathan	Pim		35.25	M	30

**WOMEN UNDER 50**

1st	Sue	Rust	London Heathside	38.41	W	35
2nd	Rachel	Baker	Clapham Chasers	40.03	W	24
3rd	Megan	De Silva	Ranelagh Harriers	40.15	W	31
4th	Lily	Trinh		40.44	W	30
5th	Clare	Coley	Clapham chasers	40.50	W	25

6th	Gabriela	De La Cerda		40.57	W	37
7th	Amy	Lam	Sydney Striders	42.23	W	32

### MEN VET 50

1st	Peter	Kennedy	Serpentine RC	49.54	M	52
2nd	David	Denton	Striders of Croydon	49.59	M	52
3rd	Arthur	Lee		52.43	M	50

### WOMEN VET 50

1st	Tarja	Antell	Porvoon Urheilijat	43.58	W	50
2nd	Sue	Chambers	Running seminars	56.16	W	52
3rd	Sarah	Barnard		68.05	W	51

### MEN VET 60

1st	Dave	Cox	Woodford Green	36.45	M	60
2nd	Colin	McSeveny		42.02	M	60

## OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Ben	Barwick	Winchester and District AC	34.17	M	26	M U/50	1
2	Stephen	Whiting	Highate H	34.23	M	47	M U/50	2
3	Robbie	Cox	Woodford Green	34.33	M	31	M U/50	3
4	Gwyn	Davies		34.53	M	27	M U/50	4
5	Darren	Tanner	Clapham Chasers	35.16	M	37	M U/50	5
6	Lee	Martin	Springfield Striders	35.22	M	42	M U/50	6
7	Jonathan	Pim		35.25	M	30	M U/50	7
8	Paul	Davies	Biggleswade AC	35.28	M	44	M U/50	8
9	Brian	O'Keeffe	Serpentine Club	35.49	M	33	M U/50	9
10	Richard	Taylor	Serpentine	35.55	M	38	M U/50	10
11	Victor	Lio	Serpentine	36.13	M	25	M U/50	11
12	Philip	Bentley	London Heathside Runners AC	36.28	M	28	M U/50	12
13	Pascal	Evans	Stragglers	36.34	M	44	M U/50	13
14	James	Bowler	Bromsgrove&Redditch	36.41	M	34	M U/50	14
15	Dave	Cox	Woodford Green	36.45	M	60	M O/60	1
16	Jon	Kyte	Harrow AC	36.50	M	30	M U/50	15
17	Richard	Bull	Clapham Chasers	36.56	M	26	M U/50	16
18	Dylan	Grimes	Barnes R	37.09	M	46	M U/50	17
19	James	Steel	Ealing, Southall and Middlesex	37.10	M	45	M U/50	18
20	Paul	O'Neill	Clapham Chasers	37.12	M	35	M U/50	19
21	Nick	Gold	highgate	37.30	M	41	M U/50	20
22	Christian	Hill		37.33	M	29	M U/50	21
23	Simon	Roberts		38.20	M	35	M U/50	22
24	Samuel	Jide-Banwo		38.34	M	29	M U/50	23
25	Ben	Smithers		38.40	M	30	M U/50	24
26	Sue	Rust	London Heathside	38.41	W	35	W U/50	1
27	Alex	Luce	Belgrave H	38.47	M	49	M U/50	25
28	Richard	Cherrett		38.57	M	36	M U/50	26
29	Dmitri	Lihhatsov		39.08	M	25	M U/50	27
30	Frank	Wood	Hercules Wimbledon	39.20	M	49	M U/50	28
31	Simon	Thornhill	Sutton R	39.40	M	31	M U/50	29
32	Rachel	Baker	Clapham Chasers	40.03	W	24	W U/50	2
33	Darryl	Coulter	Kent AC	40.04	M	43	M U/50	30
34	Chris	Wilson	Active Buddies	40.10	M	34	M U/50	31

35	Megan	De Silva	Ranelagh Harriers	40.15	W	31	W U/50	3
36	Neil	Barnes		40.23	M	38	M U/50	32
37	David	Lees		40.28	M	46	M U/50	33
38	Andrew	Simms	Herne Hill Harriers	40.37	M	48	M U/50	34
39	Lily	Trinh		40.44	W	30	W U/50	4
40	Michael	Wiggins		40.50	M	36	M U/50	35
41	Clare	Coley	Clapham chasers	40.50	W	25	W U/50	5
42	Gabriela	De La Cerda		40.57	W	37	W U/50	6
43	Matthew	O'brien		40.58	M	43	M U/50	36
44	Niall	Alexander		41.03	M	31	M U/50	37
45	Giles	Hawthorne		41.16	M	39	M U/50	38
46	Ugo	Messina		41.21	M	36	M U/50	39
47	Max	Prien		41.22	M	28	M U/50	40
48	Peter	drew	EALING, SOUTHALL,MIDDLESEX	41.25	M	49	M U/50	41
49	Adhir	Ramadarshan		41.30	M	33	M U/50	42
50	Andy	Bartlett		41.31	M	33	M U/50	43
51	Antoine	Dufresne		41.56	M	29	M U/50	44
52	Colin	McSeveny		42.02	M	60	M O/60	2
53	Simon	Middleton		42.12	M	43	M U/50	45
54	Forrest	Long		42.17	M	16	M U/50	46
55	Amy	Lam	Sydney Striders	42.23	W	32	W U/50	7
56	Stephen	Richards	Clapham Chasers	42.24	M	49	M U/50	47
57	Simon	Bailey		42.26	M	38	M U/50	48
58	Marie	Synnott-Wells	Ranelagh Harriers	42.33	W	49	W U/50	8
59	Jonathan	Whittaker		42.50	M	34	M U/50	49
60	Matthew	Searle		43.07	M	34	M U/50	50
61	Alan	Thornton		43.15	M	32	M U/50	51
62	Brendan	McGill		43.19	M	41	M U/50	52
63	Ben	Bryant		43.26	M	42	M U/50	53
64	Patrick	O'Donnell		43.31	M	27	M U/50	54
65	Alan	Dunnett		43.54	M	60	M O/60	3
66	Tarja	Antell	Porvoon Urheilijat	43.58	W	50	W O/50	1
67	Mark	Short	Tri-Force	44.36	M	25	M U/50	55
68	Gillian	Hurford		44.37	W	29	W U/50	9
69	Carlos	Elices Abad		44.43	M	25	M U/50	56
70	Richard	Martinez		44.43	M	30	M U/50	57
71	Javier	Pons		44.45	M	36	M U/50	58
72	Monika	Crouse	Hercules Wimbledon	44.45	W	36	W U/50	10
73	Maurice	Sharp	Hercules Wimbledon	44.51	M	68	M O/60	4
74	Sean	Hickey		45.06	M	25	M U/50	59
75	Jake	Lees		45.38	M	18	M U/50	60
76	Matt	King		45.41	M	24	M U/50	61
77	John	Wilson	Serpentine	45.51	M	46	M U/50	62
78	Mathieu	Fradette		45.55	M	27	M U/50	63
79	James	Ravenhill		46.11	M	32	M U/50	64
80	Simon	Gould		46.22	M	66	M O/60	5
81	Annika	Alexopoulou	Clapham Runners	46.32	W	38	W U/50	11
82	Matthew	Braddock		46.35	M	34	M U/50	65
83	Paul	Wyatt	Clapham Chasers	46.46	M	34	M U/50	66
84	Cheryl	Evans	Les Croupiers	47.21	W	26	W U/50	12
85	Stephanie	Davies		47.21	W	24	W U/50	13
86	Emma	Connolly		47.35	W	24	W U/50	14
87	Leanne	Meredith		47.44	W	26	W U/50	15
88	Michael	White		47.49	M	27	M U/50	67
89	CLARE	MALSEED	Serpentine	47.54	W	25	W U/50	16
90	Oliver	Khondoker		48.35	M	38	M U/50	68
91	Esther	Varga		49.12	W	31	W U/50	17
92	John	Sharpe		49.12	M	47	M U/50	69

93	Brendan	McDonald		49.27	M	24	M U/50	70
94	Kate	Hodgkinson		49.29	W	33	W U/50	18
95	Pedro	Anjos		49.39	M	22	M U/50	71
96	Mr	Alvarez		49.39	M	30	M U/50	72
97	James	Waterhouse		49.53	M	26	M U/50	73
98	Peter	Kennedy	Serpentine RC	49.54	M	52	M O/50	1
99	David	Denton	Striders of Croydon	49.59	M	52	M O/50	2
100	Becky	Power		50.22	W	34	W U/50	19
101	Giles	Munro Faure		50.28	M	26	M U/50	74
102	Barnabas	Sudy		50.44	M	33	M U/50	75
103	Lindsay	Farey		51.07	W	24	W U/50	20
104	Melissa	Preston		51.07	W	24	W U/50	21
105	Eamonn	O'Mahony	Clapham Chasers	52.01	M	27	M U/50	76
106	Barbara	Sudy		52.01	W	26	W U/50	22
107	Chris	Dodds		52.38	W	35	W U/50	23
108	Tanya	Colwell		52.43	W	41	W U/50	24
109	Arthur	Lee		52.43	M	50	M O/50	3
110	John	Dolan		53.32	M	65	M O/60	6
111	Nadia	Moreno		53.36	W	28	W U/50	25
112	Richard	Tredgett		53.36	M	35	M U/50	77
113	Felicity	Bates		53.36	W	21	W U/50	26
114	Moira	Smith		53.41	W	48	W U/50	27
115	Catherine	Grum		53.46	W	33	W U/50	28
116	David	Allen		53.52	M	45	M U/50	78
117	Sophie	Spells		54.02	W	28	W U/50	29
118	Rebeccah	Clarkson		54.02	W	26	W U/50	30
119	Desmond	Edwards	Dulwich R	54.18	M	33	M U/50	79
120	Miles	Reichberger	Running Seminars	54.19	M	43	M U/50	80
121	John	Whitaker		54.32	M	26	M U/50	81
122	Katherine	Dubaniewicz		54.35	W	27	W U/50	31
123	Sarah	Hughes		54.35	W	28	W U/50	32
124	Stephane	Prestice		55.31	W	23	W U/50	33
125	Thomas	Chambers	Running Seminars	55.35	M	53	M O/50	4
126	Cecilia	Milanesi		55.45	W	41	W U/50	34
127	Roseanna	Burns		56.10	W	23	W U/50	35
128	Mo	O'Brien		56.12	W	41	W U/50	36
129	Sue	Chambers	Running seminars	56.16	W	52	W O/50	2
130	Susan	Virtanen		56.42	W	35	W U/50	37
131	Laurence	Distefano		56.47	W	44	W U/50	38
132	Oliver	Rowlands		57.54	M	50	M O/50	5
133	Rachel	Williams		58.29	W	28	W U/50	39
134	Joanna	Greening		58.30	W	32	W U/50	40
135	Stephen	Gilkes		59.31	M	57	M O/50	6
136	Tamsin	White		59.32	W		W U/50	41
137	Marta	Yago		60.29	W	36	W U/50	42
138	Karen	Long		61.12	W	45	W U/50	43
139	Sally	Booth		62.41	W	48	W U/50	44
140	Maritza	Figy		65.05	W	25	W U/50	45
141	Tim	Yabsley		67.51	M	47	M U/50	82
142	Michelle	Henry		67.51	W	41	W U/50	46
143	Sarah	Barnard		68.05	W	51	W O/50	3
144	Adrien	pigache		68.39	M	32	M U/50	83
145	Juliette	Dekeyser		68.39	W	24	W U/50	47
146	Gerard	Hammond		74.07	M	33	M U/50	84
147	Aoife	Higginbotham		74.34	W	31	W U/50	48

Congratulations on completing the race. Ours is a runbritain-licensed event and therefore your time is included in calculating your free runbritain handicap score. More than 40,000 runners of all standards have now claimed their runbritain handicap score. As well as giving you a current score, between scratch and 36, your free personalised running biog page includes your current national ranking, your position on the national ladder, your progress graph, your strongest distance, a head-to-head comparison with other runners and downloadable training schedules to improve your score next time you race. Your handicap score also updates automatically every time you complete a licensed event. To claim your score now, click on

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