



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 July 12th, 2014

Dear Runners

On a cloudy, mild morning, 190 runners completed the 10K along Battersea's leafy park lanes. John Franklin ran out front alone finishing in 32.25. Alex Gounelas was way ahead of the Ladies field finishing in 37.13. We have a 2 Mile Race this Monday - 14th July at 7pm. Our next 10K race is on Saturday July 2nd August at 8am - 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	John	Franklin	Serpentine	32.35	M	28
2nd	Danny	Kendall	Cambridge Harriers	33.59	M	35
3rd	James	Gordon	Cambridge harriers	34.16	M	37
4th	Peter	James	Clapham Chasers	34.23	M	31
5th	Scott	Aiken	Trent Park	34.58	M	44
6th	Luke	Davis	Clapham Chasers	35.06	M	32
7th	Steve	Woolley	West 4 Harriers	35.12	M	32

WOMEN UNDER 50

1st	Alex	Gounelas	eton manor ac	37.13	F	33
2nd	Rachel	Baker	Clapham Chasers	40.04	F	25
3rd	Cara	Kayum	Striders of Croydon	40.19	F	25
4th	Meriel	Holden	wimbledon windmilers	40.32	F	44
5th	Hope	Sloly	Mornington Chasers	40.35	F	32

6th	Gabriela	De la Cerda	u/a	40.46	F	37
7th	Kelly	Thornycroft	Mornington Chasers	41.37	F	24

MEN VET 50

1st	Tony	Tuohy	Dulwich Runners	35.31	M	51
2nd	Knut	Hegvold	Belgrave Harriers	36.29	M	52
3rd	Gavin	McLaughlan	Wimbledon Windmilers	39.05	M	50

WOMEN VET 50

1st	Chiara	Samele	Wimbledon Windmillers	48.49	F	51
2nd	Sarah	Barnard	u/a	66.05	F	53

MEN VET 60

1st	John	Witton		41.39	M	60
2nd	Colin	McSeveny		42.49	M	61

MEN VET 70

1st	Michael	Lehmann	Serpentine	45.47	M	73
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Special Mention

	Saskia	Ward		61.18	F	15
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	John	Franklin	Serpentine	32.35	M	28	M U/50	1
2	Danny	Kendall	Cambridge Harriers	33.59	M	35	M U/50	2
3	James	Gordon	Cambridge harriers	34.16	M	37	M U/50	3
4	Peter	James	Clapham Chasers	34.23	M	31	M U/50	4
5	Scott	Aiken	Trent Park	34.58	M	44	M U/50	5
6	Luke	Davis	Clapham Chasers	35.06	M	32	M U/50	6
7	Steve	Woolley	West 4 Harriers	35.12	M	32	M U/50	7
8	Stephen	Philcox	Ilford AC	35.15	M	48	M U/50	8
9	Tony	Tuohy	Dulwich Runners	35.31	M	51	M O/50	1
10	Pete	Miles		35.31	M	31	M U/50	9
11	Thomas	Cursley	Trent Park	35.54	M	29	M U/50	10
12	Benjamin	Tolputt	Serpentine	36.09	M	24	M U/50	11
13	Johnny	Suttle		36.13	M	26	M U/50	12
14	Steve	Reenan		36.26	M	41	M U/50	13
15	Knut	Hegvold	Belgrave Harriers	36.29	M	52	M O/50	2
16	Michael	Leong	Clapham Chasers	36.36	M	33	M U/50	14
17	Jamie	Smalley	Serpentine	36.50	M	33	M U/50	15
18	Chris	Ore	Hercules Wimbeldon	36.52	M	31	M U/50	16
19	Stewart	McAndie		37.11	M	40	M U/50	17
20	Alex	Gounelas	eton manor ac	37.13	F	33	W U/50	1
21	Martin	Carmach	Serpentine	37.19	M	44	M U/50	18
22	Michael	Prior	Trent Park	37.21	M	47	M U/50	19
23	Juan Antonio	Roman-Alonso	Clapham Chasers	38.04	M	28	M U/50	20
24	Laurent	Le Mee	Serpentine	38.06	M	38	M U/50	21
25	Marcus	Fletcher		38.34	M	23	M U/50	22
26	Raymond	Ngai	Wimbledon Windmilers	38.39	M	33	M U/50	23
27	Alex	Jeffreys	Serpentine RC	38.42	M	40	M U/50	24
28	Tom	Cheetham	Hercules Wimbeldon	38.50	M	47	M U/50	25
29	Sebastian	Vons	Wimbledon Windmilers	38.59	M	34	M U/50	26
30	Gavin	McLaughlan	Wimbledon Windmilers	39.05	M	50	M O/50	3

31	Matt	Bullock	Clapham Pioneers	39.15	M	28	M U/50	27
32	Malcolm	Barbour		39.15	M	43	M U/50	28
33	David	Cato	eton manor ac	39.26	M	34	M U/50	29
34	Gerard	O'Sullivan		39.28	M	44	M U/50	30
35	James	Turner	Serpentine	39.36	M	36	M U/50	31
36	Xavi	Iborra		39.41	M	19	M U/50	32
37	Jonathan	Thomson	u/a	39.47	M	34	M U/50	33
38	paul	sterland	clapham chasers	39.47	M	42	M U/50	34
39	Rupert	Jacobs	Serpentine	39.51	M	33	M U/50	35
40	Manuel	Corriente	Vegetarian Cycling & AC	39.54	M	43	M U/50	36
41	Rachel	Baker	Clapham Chasers	40.04	F	25	W U/50	2
42	Cara	Kayum	Striders of Croydon	40.19	F	25	W U/50	3
43	Ross	McLeod	Clapham Chasers	40.23	M	36	M U/50	37
44	Simon	Donnaghly	Collingwood	40.26	M	49	M U/50	38
45	Meriel	Holden	wimbledon windmilers	40.32	F	44	W U/50	4
46	Hope	Sloly	Mornington Chasers	40.35	F	32	W U/50	5
47	Daniel	Neather	Clapham Pioneers	40.45	M	28	M U/50	39
48	Gabriela	De la Cerda	u/a	40.46	F	37	W U/50	6
49	Jack	Shotton		41.00	M	24	M U/50	40
50	Paul	Stanford	Striders of Croydon	41.03	M	46	M U/50	41
51	Alastair	Love	Clapham Chasers	41.20	M	29	M U/50	42
52	Conal	Stewart	Ballymena & Antrim AC	41.22	M	40	M U/50	43
53	Glynn	McDonald	London Fronrunners	41.30	M	51	M O/50	4
54	Kelly	Thornycroft	Mornington Chasers	41.37	F	24	W U/50	7
55	John	Witton		41.39	M	60	M O/60	1
56	Daniel	Cook		41.58	M	21	M U/50	44
57	John	Fung	Clapham Pioneers	42.07	M	27	M U/50	45
58	Georg	Isola	Mornington Chasers	42.28	M	37	M U/50	46
59	Ruth	gloster	clapham chasers	42.28	F	31	W U/50	8
60	Albert	Ballardini		42.44	M	34	M U/50	47
61	Stephen	Massey	Striders of Croydon	42.46	M	46	M U/50	48
62	John	McSeveny		42.49	M	28	M U/50	49
63	Colin	McSeveny		42.49	M	61	M O/60	2
64	Thomas	Miller		42.50	M	41	M U/50	50
65	Dave	Compton	Parkrun	42.54	M	51	M O/50	5
66	Michael	Yorke	Sheen Shufflers	43.09	M	34	M U/50	51
67	Dale	Galvin		43.17	M	44	M U/50	52
68	Sasha	Barton		43.34	F	37	W U/50	9
69	Finian	McCann		43.46	M	28	M U/50	53
70	Darren	Woods	Striders of Croydon	43.48	M	26	M U/50	54
71	Terry	Avey	brighton phoenix	43.48	M	63	M O/60	3
72	Andrew	McFarlane	Ealing Eagles	44.20	M	36	M U/50	55
73	Richard	James		44.28	M	41	M U/50	56
74	Daniel	Robertson		44.30	M	23	M U/50	57
75	Steve	Smith	Striders of Croydon	44.32	M	55	M O/50	6
76	Tony	Pinkham		44.34	M	38	M U/50	58
77	Jessica	Anstee	Wimbledon Windmillers	44.36	F	31	W U/50	10
78	Nicola	McGlennon	Serpentine	44.39	F	38	W U/50	11
79	Alexandra	McAndie		44.43	F	36	W U/50	12
80	Graham	Miller		44.43	M	35	M U/50	59
81	Stephen	Waters		44.46	M	39	M U/50	60
82	Jordi	Brull Costa		44.50	M	30	M U/50	61
83	Christian	Bergara		44.52	M	31	M U/50	62
84	Lounes	Bezouh		44.55	M	31	M U/50	63
85	Bernadette	Smith		44.55	F	38	W U/50	13
86	Paul	Lewis	Victoria Park Harriers	44.58	M	42	M U/50	64
87	Blair	McLean		44.59	M	29	M U/50	65
88	Ian	Mursell	VAC	45.08	M	62	M O/60	4

89	Rebecca	Evans	Clapham Pioneers	45.09	F	28	W U/50	14
90	tanya	usher		45.11	F	39	W U/50	15
91	Monika	Crouse	Hercules Wimbeldon	45.11	F	36	W U/50	16
92	David	Linberry		45.14	M	32	M U/50	66
93	Matthew	McDaniel		45.16	M	27	M U/50	67
94	Helen	Linberry		45.17	F	30	W U/50	17
95	Rebecca	Sommerville	Wimbledon Windmilers	45.41	F	25	W U/50	18
96	Ruth	Brentnall		45.41	F	33	W U/50	19
97	Kate	Perry		45.41	F	31	W U/50	20
98	Graham	Sutherland	Clapham Chasers	45.44	M	37	M U/50	68
99	Michael	Lehmann	Serpentine	45.47	M	73	M O/70	1
100	Joe	Yalley-Ogunro		45.47	M	36	M U/50	69
101	Helen	Cooper	Clapham Chasers	45.51	F	32	W U/50	21
102	David	Maeso		45.58	M	33	M U/50	70
103	KENICHI	FUKUHARA		46.13	M	54	M O/50	7
104	Michelle	Lennon	Dulwich Runners	46.39	F	47	W U/50	22
105	Adrian	McSwiggan		46.43	M	30	M U/50	71
106	Rache	Porter	Clapham Chasers	46.44	F	36	W U/50	23
107	Beth	Wilson		46.57	F	32	W U/50	24
108	Astrid	Naacke		46.59	F	34	W U/50	25
109	Jean-Luc	Hoez	Serpentine Running club	47.25	M	56	M O/50	8
110	Mark	Buckwell		47.26	M	33	M U/50	72
111	Henry	Overman		47.29	M	43	M U/50	73
112	Paul	Sawers		47.33	M	36	M U/50	74
113	Ben	Scales		47.39	M	40	M U/50	75
114	Sunjay	Bhogal	striders of croydon	47.40	M	44	M U/50	76
115	Richard	Curen		47.40	M	47	M U/50	77
116	Nicola	Meheran	u/a	47.42	F	28	W U/50	26
117	Sam	Lewis		47.55	M	24	M U/50	78
118	Dean	White		48.01	M	34	M U/50	79
119	Miles	Reichberger		48.12	M	43	M U/50	80
120	Ellie	Lucas	Clapham Chasers	48.30	F	28	W U/50	27
121	Caroline	James		48.38	F	37	W U/50	28
122	Rachel	Smith		48.41	F	26	W U/50	29
123	Tom	Stothert		48.41	M	26	M U/50	81
124	Alan	Llorente	Barnes Runners	48.45	M	41	M U/50	82
125	Chiara	Samele	Wimbledon Windmilers	48.49	F	51	W O/50	1
126	Jon	Sharpe		48.54	M	38	M U/50	83
127	Amanda	Odd		48.55	F	38	W U/50	30
128	Megan	Packer	Wimbledon Windmilers	48.58	F	33	W U/50	31
129	Martin	Spence	VAC	49.08	M	59	M O/50	9
130	Emma	Bisgrove	Wimbledon Windmilers	49.20	F	28	W U/50	32
131	Jessica	Jellicoe		49.25	F	19	W U/50	33
132	Christine	James	BRATS	49.56	F	33	W U/50	34
133	Steven	Papachristou		50.00	M	31	M U/50	84
134	DESMOND	EDWARDS	DULWICH RUNNERS	50.18	M	34	M U/50	85
135	Marzena	Murawska	Not applicable	50.27	F	31	W U/50	35
136	Maura	O'brien		50.50	F	38	W U/50	36
137	Scott Robert	Fowler	Serpentine	50.54	M	48	M U/50	86
138	Rebecca	Sleath	u/a	51.26	F	33	W U/50	37
139	Paul	Raben-christensen		51.43	M	42	M U/50	87
140	Daniel	Cashen		51.46	M	38	M U/50	88
141	Caro	Doran	u/a	51.54	F	39	W U/50	38
142	Martin	Richardson		52.05	M	30	M U/50	89
143	Stephanie	Hughes		52.09	F	34	W U/50	39
144	Sara-Therese	Lorentsen		52.23	F	26	W U/50	40
145	Claudia	Spallarossa		52.27	F	26	W U/50	41
146	Emma	McKie		52.36	F	43	W U/50	42

147	Natasha	Brooks	Sutton Runners	52.36	F	36	W U/50	43
148	David	Brooks	veterans ac	52.52	M	72	M O/70	2
149	Mike	Rundle	Wimbledon Windmilers	53.02	M	68	M O/60	5
150	Hannah	Lacey	Clapham Chasers	53.25	F	25	W U/50	44
151	Anthony	Alleyne		54.22	M	43	M U/50	90
152	kim	wilson		54.24	F	40	W U/50	45
153	Emma	Hayes		54.33	F	36	W U/50	46
154	Siddarth	Reddy		55.19	F	26	W U/50	47
155	Phil	Spencer		55.41	M	43	M U/50	91
156	Andrew	Wise		56.47	M	31	M U/50	92
157	Kate	Baker		57.24	F	29	W U/50	48
158	Clare	Hope		57.37	F	27	W U/50	49
159	Joanna	Greening		58.39	F	32	W U/50	50
160	Alan	Larkin		58.43	M	51	M O/50	10
161	jake	usher		60.09	M	17	M U/50	93
162	kevin	usher		60.09	M	66	M O/60	6
163	Adrian	Collister		60.36	M	34	M U/50	94
164	Paul	Ward		60.59	M	47	M U/50	95
165	Saskia	Ward	u/a	61.18	F	15	W U/50	51
166	Caz	Smith		62.03	F	35	W U/50	52
167	Mirabai	Ruskin		62.19	F	32	W U/50	53
168	Sitaram	Ruskin		62.25	F	27	W U/50	54
169	Hetal	Patel		62.40	M	33	M U/50	96
170	Felicity	Cross		63.28	F	29	W U/50	55
171	Claire	Eadington		64.10	F	28	W U/50	56
172	Cigdem	Okutgen		64.34	F	28	W U/50	57
173	Sharmila	Kar		64.42	F	46	W U/50	58
174	Sarah	Barnard	u/a	66.05	F	53	W O/50	2
175	Ankit	Reddy		66.20	M	26	M U/50	97
176	Cheryl	McDaniel		66.23	F	28	W U/50	59
177	Anne	Nilsson		66.25	F	35	W U/50	60
178	Tina	Reddy		66.36	F	26	W U/50	61
179	Camellia D	Hannaford		67.05	F	45	W U/50	62
180	Rosanne	Gray		67.15	F	34	W U/50	63
181	Lydia	McMunn		67.52	F	24	W U/50	64
182	Peter	McMunn		67.52	M	62	M O/60	7
183	Arielle	Isaacs		68.13	F	16	W U/50	65
184	G	Isacs		68.13	M	58	M O/50	11
185	Carlos	De Vries		68.23	M	39	M U/50	98
186	Amy	Loveng		69.37	F	32	W U/50	66
187	Hayley	Lawson-wood		69.37	F	32	W U/50	67
188	Cliona	Lawson-Wood	Comets	73.43	F	32	W U/50	68
189	Dana	Leeson		78.26	F	36	W U/50	69
190	Jenna	Stone		79.47	F	47	W U/50	70

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

