



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

### 2 Miles

Battersea Park

7pm

June 16th, 2014

### Dear Runners

Fred Slemeck won today's 2 Mile race in 9.51. The first Lady home was Clare Elms in 11.10 - a course record for the Ladies Vet 50, CONGRATULATIONS! Tony Tuohy, another Dulwich Runner, equalled the Mens Vet 50 course record, finishing in 10.21. Our next race is a 5K Race next Monday evening, 23rd June. On Monday 7th July we have the first of our summer relays, 3 x 1 mile, so start preparing your team. Medal winners and all results below.

### MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	M/F	Age
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#### MEN UNDER 50

1st	Fred	Slemeck	Hercules Wimbledon	9.51	M	24
2nd	Martin	Shore	Thames Hare & Hounds	10.07	M	38
3rd	Edward	Hill	Dulwich Runners	10.08	M	36
4th	Thomas	Grimes	East London Runners	10.11	M	34
5th	Edwin	McCormack	Dulwich Runners	10.17	M	26
6th	Chris	Ore	Hercules Wimbledon	10.18	M	31
7th	Paul	Devine	Dulwich Runners	10.19	M	36

#### WOMEN UNDER 50

1st	Melanie	Edwards	Dulwich Runners	11.50	F	32
2nd	Nicola	Richmond	Dulwich Runners	12.12	F	43
3rd	Ola	Balme	Dulwich Runners	12.21	F	47
4th	Tina	Gray	Fulham RC	12.34	F	31
5th	Catherine	Coley	Serpentine RC	13.00	F	45

6th	Katie	Crowe	Dulwich Runners	13.08	F	38
7th	Andrea	Allocu	Tri London	13.18	F	36

### MEN VET 50

1st	Tony	Tuohy	Dulwich Runners	10.21	M	51
2nd	Victor	Maughn	Herne Hill Harriers	10.53	M	52
3rd	Eberhard	Prill	Dulwich Runners	11.17	M	52

### WOMEN VET 50

1st	Clare	Elms	Dulwich Runners	11.10	F	50
2nd	Andrea	Sanders-Reece	Mornington Chasers	13.39	F	58
3rd	Sarah	Newton	Serpentine	14.18	F	57

### MEN VET 60

1st	Mike	Mann	Dulwich Runners	12.38	M	65
2nd	Hugh	Balfour	Dulwich Runners	12.49	M	60

### WOMEN VET 60

1st	Ros	Tabor	Dulwich Runners	13.30	F	64
2nd	Ann	Bath	26.2 RRC	17.02	F	65

### MEN U/16

1st	Lewis	Laylee	Dulwich Runners	11.09	M	15
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## OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Fred	Slemeck	Hercules Wimbledon	9.51	M	24	M U/50	1
2	Martin	Shore	Thames Hare & Hounds	10.07	M	38	M U/50	2
3	Edward	Hill	Dulwich Runners AC	10.08	M	36	M U/50	3
4	Thomas	Grimes	East London Runners	10.11	M	34	M U/50	4
5	Edwin	McCormack	Dulwich Runners	10.17	M	26	M U/50	5
6	Chris	Ore	Hercules Wimbledon	10.18	M	31	M U/50	6
7	Paul	Devine	Dulwich Runners	10.19	M	36	M U/50	7
8	Tony	Tuohy	Dulwich Runners	10.21	M	51	M O/50	1
9	Simon	Beedell	Chiltern Harriers	10.21	M	32	M U/50	8
10	Tal	Ramsay	Clapham Chasers	10.24	M	21	M U/50	9
11	Wayne	Lashley	Dulwich Runners	10.28	M	33	M U/50	10
12	David	Evans	Serpentine	10.34	M	24	M U/50	11
13	Ryan	McCrickerd	London Heathside	10.38	M	25	M U/50	12
14	Steven	Artist	London Frontrunners	10.40	M	29	M U/50	13
15	Jon	Kyte	Harrow AC	10.40	M	30	M U/50	14
16	Charles	Lound	Dulwich Runners AC	10.41	M	47	M U/50	15
17	Philip	Freeman Bentley	London Heathside	10.44	M	28	M U/50	16
18	Eoghan	O Neill	Fulham RC	10.47	M	32	M U/50	17
19	Nicholas	Hinde	Serpentine Runners	10.50	M	30	M U/50	18
20	Benjamin	Tolputt	Serpentine	10.50	M	23	M U/50	19
21	Victor	Maughn	Herne Hill Harriers	10.53	M	52	M O/50	2
22	Danny	White	Lordshill Road Runners	10.54	M	30	M U/50	20
23	Jonathan	Abel	West 4 Harriers	10.55	M	31	M U/50	21
24	Richard	Taylor	Serpentine	10.57	M	38	M U/50	22
25	Ian	Lilley	Dulwich Runners AC	10.58	M	42	M U/50	23
26	Andrew	Davies	Serpentine	11.07	M	40	M U/50	24
27	Lewis	Laylee	Dulwich Runners	11.09	M	15	M U/16	1

28	Clare	elms	dulwich runners	11.10	F	50	W O/50	1
29	Christian	Nielsen	Thames Valley Harriers	11.14	M	39	M U/50	25
30	Rob	Cope	Dulwich Runners	11.15	M	41	M U/50	26
31	Eberhard	Prill	Dulwich Runners	11.17	M	52	M O/50	3
32	Andrew	Taylor	Serpentine	11.25	M	30	M U/50	27
33	Max	Prier		11.31	M	28	M U/50	28
34	Oscar	Hussey	Dulwich Runners	11.40	M	14	M U/16	2
35	Charles	Craven	Fulham RC	11.42	M	51	M O/50	4
36	John	O'Shea	Highate Harriers	11.42	M	51	M O/50	5
37	James	Stenning	London Frontrunners	11.42	M	35	M U/50	29
38	Gordon	Berry	Wimbledon Windmilers	11.44	M	38	M U/50	30
39	Harry	Hutcheon		11.44	M	19	M U/50	31
40	Melanie	Edwards	Dulwich Runners AC	11.50	F	32	W U/50	1
41	John	Keenan	London Frontrunners	11.52	M	42	M U/50	32
42	Duncan	Hussey	Dulwich Runners	11.52	M	48	M U/50	33
43	Edward	Smyth	Dulwich Runners	11.58	M	32	M U/50	34
44	Bradley	Brown	Ilford AC	11.59	M	41	M U/50	35
45	David	Miller		11.59	M	31	M U/50	36
46	Mark	Foster	Dulwich runners	12.00	M	48	M U/50	37
47	Martin	Bright	Highate Harriers	12.02	M	48	M U/50	38
48	David	Cull		12.07	M	32	M U/50	39
49	Gary	Sullivan	Dulwich Runners	12.09	M	56	M O/50	6
50	Darryl	Coulter	Kent AC	12.10	M	43	M U/50	40
51	Nicola	Richmond	Dulwich Runners	12.12	F	43	W U/50	2
52	Ola	Balme	Dulwich Runners	12.21	F	47	W U/50	3
53	Tony	Wain	Serpentine	12.32	M	49	M U/50	41
54	Andra	Dahlkamp		12.33	M	41	M U/50	42
55	Tina	Gray	Fulham RC	12.34	F	31	W U/50	4
56	Paul	Hodge	Dulwich Runners AC	12.36	M	48	M U/50	43
57	Mike	Mann	Dulwich Runners	12.38	M	65	M O/60	1
58	Alex	Haylett	Dulwich Runners	12.42	M	34	M U/50	44
59	Martin	Double	Dulwich Runners AC	12.43	M	37	M U/50	45
60	Hugh	Balfour	Dulwich Runners	12.49	M	60	M O/60	2
61	Kevin	Heritage		12.57	M	27	M U/50	46
62	Catherine	Coley	Serpentine RC	13.00	F	45	W U/50	5
63	ANDY	MURRAY	Dulwich Runners	13.03	M	61	M O/60	3
64	Katie	Crowe	Dulwich Runners	13.08	F	38	W U/50	6
65	Joseph	Brady	Dulwich Park Runers	13.13	M	48	M U/50	47
66	Roger	Green	Woodford green AC	13.15	M	66	M O/60	4
67	Nayan	Mistry	Wimbledon Windmilers	13.18	M	35	M U/50	48
68	Andrea	Allocu	Tri London	13.18	F	36	W U/50	7
69	Paul	Lewis	Victoria Park Harriers	13.20	M	42	M U/50	49
70	Enda	Kiernan	West Muskerry AC	13.21	M	44	M U/50	50
71	Sarah	Knox	Serpentine	13.21	F	44	W U/50	8
72	Graham	Laylee	Dulwich Runners	13.24	M	57	M O/50	7
73	Steve	Sutcliffe	Fulham	13.28	M	36	M U/50	51
74	ROS	TABOR	dulwich runners	13.30	F	64	W O/60	1
75	Huw	Keene	Serpentine	13.30	M	42	M U/50	52
76	Jon	Chambers	Fulham RC	13.30	M	57	M O/50	8
77	Charlotte	Boden	Dulwich Runners	13.38	F	38	W U/50	9
78	Andrea	Sanders-Reece	Mornington Chasers	13.39	F	58	W O/50	2
79	Michelle	Lennon	Dulwich Runners	13.42	F	47	W U/50	10
80	Philip	Jackson	Ranelagh Harriers	13.44	M	64	M O/60	5
81	Annika	Alexopoulou	Clapham Runners	13.50	F	38	W U/50	11
82	Jessica	Anstee	Windmilers	13.53	F	31	W U/50	12
83	Liam	Palmer		13.59	M	21	M U/50	53
84	Stuart	Littlewood	Hercules Wimbledon	14.00	M	61	M O/60	6
85	Ian	Mursell	VAC	14.03	M	62	M O/60	7

86	Stuart	Cole		14.13	M	41	M U/50	54
87	Per	Hedberg	Dulwich Runners	14.15	M	52	M O/50	9
88	Barrie John	Nicholls	Dulwich Runners	14.18	M	60	M O/60	8
89	Sarah	Newton	Serpentine	14.18	F	57	W O/50	3
90	Andrew	McNamara	GYDAC	14.19	M	31	M U/50	55
91	Laura	Vincent	Dulwich Runners	14.22	F	31	W U/50	13
92	Sophie	Cappleman	Serpentine	14.23	F	26	W U/50	14
93	Clare	Cole		14.29	F	38	W U/50	15
94	Mark	Reid		14.30	M	42	M U/50	56
95	Rob	Crane	Wimbledon Windmilers	14.33	M	39	M U/50	57
96	Dan	Maskell	Vets AC	14.34	M	66	M O/60	9
97	Linda	Ingram	South London Harriers	14.35	F	46	W U/50	16
98	Brian	Pickles	Serpentine	14.37	M	56	M O/50	10
99	Alan	Davidson	Ranelagh Harriers	14.39	M	67	M O/60	10
100	Ian	Hall	Serpentine	14.45	M	61	M O/60	11
101	Amy	Phillips		14.47	F	32	W U/50	17
102	Lindsey	Annable	Dulwich Runners	14.48	F	46	W U/50	18
103	Paul	Hilton	Dulwich Runners	15.03	M	48	M U/50	58
104	Jacqueline	Reid	Comets RRC	15.13	F	47	W U/50	19
105	Gregory	Stylski		15.20	M	33	M U/50	59
106	Dennis	Williams	Hercules Wimbledon	15.33	M	68	M O/60	12
107	Kylie	Russell		15.37	F	32	W U/50	20
108	Neil	Davies	Serpentine	15.50	M	49	M U/50	60
109	Heather	Binney	Clapham Pioneers	15.55	F	52	W O/50	4
110	Jonathan Mark	Pegg	Sutton Runners	16.20	M	49	M U/50	61
111	Dave	Clarke	Stragglers	16.28	M	46	M U/50	62
112	Ann	Bath	26.2 RRC	17.02	F	65	W O/60	2
113	Clinton	Leeks		17.08	M	60	M O/60	13
114	Ann-Marie	Millington	Clapham Chasers	17.59	F	41	W U/50	21
115	Thomas	Wilkie	Collingwood AC	18.25	M	61	M O/60	14
116	Edwin	Bartlett	Vets AC	18.28	M	69	M O/60	15
117	Syed	Alam		18.37	M	35	M U/50	63
118	Ian	Isherwood	Hercules Wimbledon AC	19.27	M	61	M O/60	16
119	Christine	Kern		19.39	F	30	W U/50	22
120	Tom	Hughes	Trent Park RC	20.12	M	27	M U/50	64
121	Lesley	Young	Dulwich Park Runers	24.39	F	62	W O/60	3