

# Self-Transcendence 5K Race

Organised by Sri Chinmoy AC

Battersea Park, London

25th May 2015



WINNERS						
RANK	NAME	SURNAME	CLUB	TIME	M/F	AGE
Men U/50						
1	Tom	Heslop	Victoria Park Harriers & Tow	15.49	M	25
2	Samuel	Barnes	Serpentine RC	15.57	M	29
3	Nathan	Smeaton	Clapham Chasers	16.10	M	28
4	Richard	Macaulay	London Heathside	16.46	M	29
5	Mark	Anderson	London Heathside	16.56	M	36
6	James	Gordon	Cambridge Harriers	16.57	M	38
7	Ian	Gutteridge	Sandhurst Joggers	16.59	M	33
Women U/50						
1	Lisa	Rooney	Collingwood AC	18.59	F	35
2	Annaka	Charters	Mornington Chasers	19.20	F	31
3	Sara	Baccino		19.34	F	36
4	Kelly	Thorncroft	Mornington Chasers	19.58	F	25
5	Bernadette	Van Wijk	Serpentine RC	20.10	F	29
6	Cheryl	Evans	Les Croupiers	21.17	F	27
7	Larissa	Tichon	Herne Hill Harriers	21.19	F	25
Men Vet 50						
1	Keith	Newton	Herne Hill Harriers	16.51	M	52
2	Neil	Reissland	South London Harriers	17.05	M	50
3	Lorenzo	Meciani	Passo dopo Passo	18.18	M	50
Women Vet 50						
1	Jane	Nodder	Serpentine RC	20.59	F	56
2	Andrea	Sanders-Reec	Mornington Chasers	21.59	F	59
3	Kate	Evan-Jones	Cambridge Harriers	22.10	F	55
Men Vet 60						
1	Andrew	Roberts	Serpentine RC	19.29	M	62
2	David	Hallson	Road Runners Club	22.07	M	62
Men Vet 70						
1	Edwin	Bartlett	Vets AC	31.03	M	70
Men Under 16						
1						
Women Under 16						
1						

ALL RESULTS BELOW

RESULTS								
RANK	NAME	SURNAME	CLUB	TIME	M/F	AGE	CATEGORY	CAT POS
1	Tom	Heslop	Victoria Park Harriers & Tow	15.49	M	25	M U/50	1
2	Samuel	Barnes	Serpentine RC	15.57	M	29	M U/50	2
3	Nathan	Smeaton	Clapham Chasers	16.10	M	28	M U/50	3
4	Richard	Macaulay	London Heathside	16.46	M	29	M U/50	4
5	Keith	Newton	Herne Hill Harriers	16.51	M	52	M O/50	1
6	Mark	Anderson	London Heathside	16.56	M	36	M U/50	5
7	James	Gordon	Cambridge Harriers	16.57	M	38	M U/50	6
8	Ian	Gutteridge	Sandhurst Joggers	16.59	M	33	M U/50	7
9	Dan	Afshar	West 4 Harriers	17.01	M	42	M U/50	8
10	Edward	Green		17.03	M	33	M U/50	9
11	Neil	Reissland	South London Harriers	17.05	M	50	M O/50	2
12	Matt	Collins	London Heathside Runners	17.17	M	39	M U/50	10
13	David	Evans	Serpentine RC	17.25	M	25	M U/50	11
14	Stewart	Stanton	Sutton Runners	17.27	M	23	M U/50	12
15	Mark	Penny	Cambridge Harriers	17.32	M	34	M U/50	13
16	Olly	Collis	Collingwood AC	17.36	M	25	M U/50	14
17	Christian	Nielsen	Thames Valley Harriers	17.39	M	40	M U/50	15
18	Robert	Wilcox		17.43	M	23	M U/50	16
19	Thomas	Daley	Fulham RR	17.43	M	40	M U/50	17
20	Johan	Ghillebert	Highgate Harriers	17.54	M	30	M U/50	18
21	Mark	Rose		18.10	M	36	M U/50	19
22	Lorenzo	Meciani	Passo dopo Passo	18.18	M	50	M O/50	3
23	Frank	Spensley	West 4 Harriers	18.19	M	30	M U/50	20
24	Laurence	Duffy	The Stragglers	18.23	M	54	M O/50	4
25	John	O'Shea	Highgate Harriers	18.28	M	52	M O/50	5
26	Ben	Hieatt-Smith	South London Harriers	18.31	M	35	M U/50	21
27	Joseph	McKeown	London Heathside	18.32	M	31	M U/50	22
28	Bertie	Harrington	Blackheath & Bromley	18.37	M	17	M U/50	23
29	Martin	Gillies	West 4 Harriers	18.39	M	27	M U/50	24
30	Robert	Whitmarsh	Serpentine RC	18.41	M	33	M U/50	25
31	Doug	Rendle	London Heathside Runners	18.41	M	36	M U/50	26
32	John	Keenan	London Frontrunners	18.42	M	42	M U/50	27
33	Lisa	Rooney	Collingwood AC	18.59	F	35	W U/50	1
34	Christopher	Curtis	Collingwood AC	19.08	M	49	M U/50	28
35	Tom	Cheetham	Hercules Wimbledon AC	19.10	M	48	M U/50	29
36	David	Miller		19.20	M	32	M U/50	30
37	Annaka	Charters	Mornington Chasers	19.20	F	31	W U/50	2
38	Emmanuel	Lumineau	London Frontrunners	19.25	M	40	M U/50	31
39	Brendan	Cole	Victoria Park	19.26	M	42	M U/50	32

40	Andrew	Roberts	Serpentine RC	19.29	M	62	M O/60	1
41	Martin	Lloyd	Collingwood AC	19.32	M	55	M O/50	6
42	Sara	Baccino		19.34	F	36	W U/50	3
43	Niall	Boylan	Fulham Running Club	19.35	M	39	M U/50	33
44	Manuel	Corriente	Vegetarian Cycling & AC	19.40	M	44	M U/50	34
45	Adrian	Dracup	Kent AC	19.44	M	34	M U/50	35
46	Kenny	McCallum	Serpentine RC	19.53	M	44	M U/50	36
47	Toni	Reid	Collingwood AC	19.57	M	52	M O/50	7
48	Kelly	Thorncroft	Mornington Chasers	19.58	F	25	W U/50	4
49	Robert	Ferguson	Thames Valley Harriers	20.07	M	33	M U/50	37
50	Bernadette	Van Wijk	Serpentine RC	20.10	F	29	W U/50	5
51	Mark	George	London Heathside	20.22	M	48	M U/50	38
52	Rod	Harrington	Croydon Harriers	20.25	M	48	M U/50	39
53	Edward	Smythe		20.35	M	33	M U/50	40
54	Alan	Wilkinson		20.38	M	55	M O/50	8
55	Niall	O'Dea		20.50	M	30	M U/50	41
56	Mark	Rodgers		20.54	M	46	M U/50	42
57	Bob	Chart	Collingwood AC	20.55	M	50	M O/50	9
58	Jane	Nodder	Serpentine RC	20.59	F	56	W O/50	1
59	Patrick	Gilmore	Mornington Chasers	21.04	M	41	M U/50	43
60	Cheryl	Evans	Les Croupiers	21.17	F	27	W U/50	6
61	Mark	Isham		21.18	M	30	M U/50	44
62	Larissa	Tichon	Herne Hill Harriers	21.19	F	25	W U/50	7
63	Graham	Laylee	Dulwich Runners	21.25	M	58	M O/50	10
64	Jason	Sewards	Thames Valley Harriers	21.26	M	47	M U/50	45
65	Seb	Somers		21.26	M	28	M U/50	46
66	Bradley	Brown	Ilford AC	21.31	M	42	M U/50	47
67	Emma	Hayward	Mornington Chasers	21.39	F	28	W U/50	8
68	Lisa	Pettit	Serpentine RC	21.42	F	47	W U/50	9
69	Peter	Mackintosh	Serpentine RC	21.47	M	28	M U/50	48
70	Henry	O'Brien		21.48	M	26	M U/50	49
71	Jonathan	Windsor	Staffordshire Moorlands AC	21.56	M	29	M U/50	50
72	Ben	Chance		21.58	M	30	M U/50	51
73	Jean-Luc	Hoez	Serpentine RC	21.59	M	57	M O/50	11
74	Andrea	Sanders-Reed	Mornington Chasers	21.59	F	59	W O/50	2
75	David	Hallson	Road Runners Club	22.07	M	62	M O/60	2
76	Kate	Evan-Jones	Cambridge Harriers	22.10	F	55	W O/50	3
77	David	Gavin		22.14	M	31	M U/50	52
78	Kathryn	Beale	Fulham	22.16	F	36	W U/50	10
79	David	Shortridge	Victoria Park & Tower Hamlets	22.23	M	45	M U/50	53
80	David	Maeso		22.23	M	34	M U/50	54
81	Elaine	Reid	Collingwood AC	22.27	F	45	W U/50	11
82	Hugh	French	Dulwich Runners	22.37	M	39	M U/50	55
83	Tin Sing	Koh	London Frontrunners	22.45	M	47	M U/50	56
84	Michael	Winkler		22.55	M	57	M O/50	12
85	Annette	Helliwell	Collingwood AC	22.59	F	59	W O/50	4

86	Georgina	Selway	Beckenham Running Club	23.06	F	50	W O/50	5
87	Lewis	Aldridge	Serpentine RC	23.30	M	39	M U/50	57
88	Tom	Downes	The Stragglers	23.31	M	35	M U/50	58
89	Paulo	Correia		23.53	M	31	M U/50	59
90	John	Nodder	Serpentine RC	24.00	M	58	M O/50	13
91	Patricia	Thomas	Ealing, Southall & Mddx	24.10	F	50	W O/50	6
92	alan	davidson	Ranelagh Harriers	24.14	M	68	M O/60	3
93	Helen	Clarke	Collingwood AC	24.52	F	49	W U/50	12
94	Alan	Collis		24.53	M	60	M O/60	4
95	Tim	Groy	Collingwood AC	24.54	M	46	M U/50	60
96	John	Grigg	Fulham Running Club	25.12	M	61	M O/60	5
97	Heather	Binney	Clapham Pioneers	25.17	F	53	W O/50	7
98	Karen	Chart	Collingwood AC	25.18	F	41	W U/50	13
99	Neil	Davies	Serpentine RC	25.32	M	50	M O/50	14
100	Dennis	Williams	Hercules Wimbledon AC	25.38	M	69	M O/60	6
101	nicholas	borsing	London Fronrunners	25.41	M	57	M O/50	15
102	Adam	Durrani		25.57	M	47	M U/50	61
103	Sarah	Murray		25.59	F	25	W U/50	14
104	Anne	Molyneux		26.02	F	53	W O/50	8
105	Fatima	Waskar		26.19	F	31	W U/50	15
106	Blanche	Armstrong	Serpentine RC	26.35	F	34	W U/50	16
107	Sarah	Haram		26.49	F	45	W U/50	17
108	David	Laird		27.01	M	28	M U/50	62
109	Chris	Brooke	Collingwood AC	27.05	M	65	M O/60	7
110	Mariana	Scarpino		27.08	F	51	W O/50	9
111	Elodie	Huet		27.26	F	25	W U/50	18
112	Alex	Helliwell	Collingwood AC	27.29	M	26	M U/50	63
113	Amanda	Curtis	Collingwood AC	27.52	F	46	W U/50	19
114	Emma	Nielsen		28.45	F	26	W U/50	20
115	Paul	Booth	Collingwood AC	28.56	M	61	M O/60	8
116	Joana	Sousa		29.57	F	29	W U/50	21
117	michael	higgins	u/a	30.18	M	53	M O/50	16
118	Edwin	Bartlett	Vets AC	31.03	M	70	M O/70	1
119	Yolanda	Khemiani		31.28	F	36	W U/50	22
120	Joanne	Zmiro		31.28	F	38	W U/50	23
121	Sarah	Hornshaw	Team Keane Rowing Club	31.53	F	38	W U/50	24
122	Thomas	Wilkie	Collingwood AC	33.11	M	62	M O/60	9

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Should you have any queries then please contact Gavin Lightwood  
[glightwood@uka.org.uk](mailto:glightwood@uka.org.uk)