



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
3 x 1 mile RELAY

Battersea Park

7pm

July 7th 2014

After a weekend which featured the Tour de France in England, The British Grand Prix and the Wimbledon Men's Final, 141 runners turned out to the first of our summer relays. Alex Davy, Alex Bellen and Fred Slemeck came in first. Mairead O'Rourke, Hope Sloly and Kelly Thorneycroft were the first All Ladies team home.

Our next race is a 10K this coming Saturday morning at 8am. Our next Monday evening race is a 2 Mile race. We look forward to seeing you all soon!

All results and individual mile times below:

Winning Teams

1	BPR Mandem	14.06	Alex Davy	Alex Bellen	Fred Slemeck
2	Clapham Chasers #1	14.33	Mike Leong	Luke Davis	Andy Maud
3	Team Oresome	14.36	Jon Kyte	Chris Ore	George Longworth

Winning All Ladies Team

1	Mornington Chasers Ladies	16.40	Mairead O'Rourke	Hope Sloly	Kelly Thorneycroft
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Winning Over 50's Team

1	London Heathside M50	15.34	Tony Killilea	Gavin Evans	Christopher Hartley
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Winning Over 60's Team

1	Dulwich MV60	18.10	Mike Mann	Hugh Balfour	Andrew Murray
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Winning Under 16's Team

1	Lorcan's Amazing	17.35	Lorcan Barnett	Ennis Barnett	Aurel Sinko Uribe
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Fastest Man: Andy Maud 4.25 Clapham Chasers #1

Fastest Woman: Mairead O'Rourke 5.22 Mornington Chasers Ladies

Overall Results and Individual Times below:

No	Team	Time	Runner 1	Runner 2	Runner 3	Cat
1	BPR Mandem	14.06	Alex Davy	Alex Bellen	Fred Slemeck	Reg
2	Clapham Chasers #1	14.33	Mike Leong	Luke Davis	Andy Maud	Reg
3	Team Oresome	14.36	Jon Kyte	Chris Ore	George Longworth	Reg
4	Clapham Chasers 2	14.42	Pete James	Matt Carlisle	Ed Rees	Reg
5	London Heathside Glory Boyz	14.53	Andrew Brooker	Miron Woldemichael	Daniel Szajna	Reg
6	LFR Mens A	15.17	Jonathan Moscrop	James Gillanders	Shane Cullinan	Reg
7	London Heathside	15.29	Myles Calderazzo	Jacob Phillips	Andrew Brooker	Reg
8	The Tom Tom Club	15.33	Thomas Lucas	Chris Lydon	Tom Cochrane	Reg
9	London Heathside M50	15.34	Tony Killilea	Gavin Evans	Christopher Hartley	O/50
10	Pioneers Team 3	15.35	Marcus Fletcher	Henry Wilson	Cassian MacLean	Reg
11	DNS	15.45	Nick Tuite	Nicolas Schmitz	Matthieu Prevot	Reg
12	Dulwich MV50	16.04	Tony Tuohy	Neville Webb	Ebe Prill	O/50
13	Waltham Striders	16.16	Harry Hutcheon	Stephen Massey	Tony Tuohy	Reg
14	Pioneers Team 9	16.29	Derek Green	Alan Moss	Ben Roost	Reg
15	LFR Mens D	16.37	John Keenan	Minesh Patel	James Stenmal	Reg
16	Mornington Chasers Ladies	16.40	Mairead O'Rourke	Hope Sloly	Kelly Thorneycroft	All Ladies
17	Pioneers Team 6	16.49	Dan Neather	Paul Moran	John Fung	Reg
18	Pioneers Team 5	16.55	Becky Evan	Matt Bullock	Ian Girling	Reg
19	Pioneers Team 2	16.59	Adem Gaygusuz	Richard Smith	Robbie Higgins	Reg
20	House of Toons	17.04	Fraser Hagell	Andrew Hales	Ian Lilley	Reg
21	Team Lovely	17.18	Tal Ramsey	Gemma Brierley	Martin Rutter	Reg
22	LFR Mens B	17.20	Gareth Fletcher	Pete Hannar	Will Parry	Reg
23	Dulwich Senior Women	17.23	Tereza Francova	Ola Balme	Nicola Richmond	All Ladies
24	LFR Mixed A	17.26	Manue Chardon	Edward Holland	Helen Keeley	Reg
25	Lorcan's Amazing	17.35	Lorcan Barnett	Ennis Barnett	Aurel Sinko Uribe	U/16
26	Reggie's Lions	17.37	Emma Walker	Anne-Marie Benoy	David Irelan	Reg
27	Single Snappers	17.47	Jane Glynn	Maria Halley	Jackie Todd	All Ladies
28	Harrow AC (Old + New Boys)	17.48	Tom Morris	Christopher Morris	Laurance Edwards	Reg
29	Fulham 50	17.58	Paul Dolaw	John Chambers	Charlie Craven	O/50
30	Somerset House Striders	18.01	Dan Long	Victoria Clarkson	Martin Bright	Reg
31	Robel	18.05	Abel Sinko Uribe	Ana Sinko Uribe	Gabriel Barnett	U/16
32	Dulwich MV60	18.10	Mike Mann	Hugh Balfour	Andrew Murray	O/60
33	Fulham Duffers	18.14	Tom Daley	Jenna Mullett	Ted Townsend	Reg
34	Pioneers Team 4	18.24	Catherine Fuller	Lucy Fraser McNamara	Lydia Esler	All Ladies
35	Release the McCracken	18.40	Emily Clarke	Ken McCracken	Paul Quilter	Reg
36	Jailbreaker Ladies	19.18	Josie Perry	Tina Gray	Carolyn England	All Ladies
37	50+ FRIENDS	19.36	Andrea Sanders-Reece	Avril Riddell	Jane Nodder	O/50
38	Barnko	19.55	Eric Sinko	Zsombor Zakarias	Philip Barnett	Reg
39	Serpentine On The Run	19.58	Scott Robert Fowler	Brian Pickles	Jean-Luc Hoez	Reg
40	LFR Mens C	19.58	David Thompson	Michael Long	Bob Ravelli	Reg
41	Scene Better Daze	20.05	Stuart Littlewood	Alan Davidson	Dan Maskell	O/60
42	Pioneers Team 8	20.52	Elise Dowell	Anna Pringle	Eimear Hale	All Ladies
43	Heroes & Villains	21.18	Huw Keene	Neil Davies	Ian Hall	Reg
44	The Gerontophiles	23.04	S.E. Satchell	D Williams	W Harvey	O/60
45	Funlovers	23.36	Peter Torre	German Rojas	Edwin Bartley	O/50
46	Roman I	27.03	Carlos Roman	Diego Roman	Gaby Roman	Reg
47	Roman II	31.25	Paulina Roman	Cindy Roman	Marisol Roman	All Ladies

Individual mile times below

Andy Maud	4.25	Clapham Chasers #1
Alex Davy	4.35	BPR Mandem
Fred Slemeck	4.40	BPR Mandem
Matt Carlisle	4.43	Clapham Chasers 2

Andrew Brooker	4.44	London Heathside Glory Boyz
Chris Ore	4.50	Team Oresome
Tal Ramsey	4.51	Team Lovely
Alex Bellen	4.51	BPR Mandem
George Longworth	4.51	Team Oresome
Jon Kyte	4.55	Team Oresome
Ed Rees	4.55	Clapham Chasers 2
Tony Tuohy	4.56	Dulwich MV50
David Irelan	4.57	Reggie's Lions
James Gillanders	5.00	LFR Mens A
Tony Killilea	5.01	London Heathside M50
Aurel Sinko Uribe	5.01	Lorcan's Amazing
Luke Davis	5.02	Clapham Chasers #1
Marcus Fletcher	5.02	Pioneers Team 3
Tom Daley	5.03	Fulham Duffers
Mathieu Prevot	5.03	DNS
Andrew Brooker	5.03	London Heathside
Pete James	5.04	Clapham Chasers 2
Miron Woldemichael	5.04	London Heathside Glory Boyz
Martin Rutter	5.04	Team Lovely
Thomas Lucas	5.05	The Tom Tom Club
Daniel Szajna	5.05	London Heathside Glory Boyz
Christopher Hartley	5.05	London Heathside M50
Mike Leong	5.06	Clapham Chasers #1
Myles Calderazzo	5.07	London Heathside
Jonathan Moscrop	5.07	LFR Mens A
Nick Tuite	5.08	DNS
Derek Green	5.09	Pioneers Team 9
Shane Cullinan	5.10	LFR Mens A
Chris Lydon	5.12	The Tom Tom Club
Ian Lilley	5.12	House of Toons
Henry Wilson	5.13	Pioneers Team 3
Harry Hutchon	5.16	Waltham Striders
Alan Moss	5.16	Pioneers Team 9
Tom Cochrane	5.16	The Tom Tom Club
Ebe Prill	5.16	Dulwich MV50
Edward Holland	5.17	LFR Mixed A
Tony Tuohy	5.18	Waltham Striders
Jacob Phillips	5.19	London Heathside
Matt Bullock	5.19	Pioneers Team 5
Cassian MacLean	5.20	Pioneers Team 3
Mairead O'Rourke	5.22	Mornington Chasers Ladies
Laurance Edwards	5.23	Harrow AC (Old + New Boys)
John Keenan	5.24	LFR Mens D
Abel Sinko Uribe	5.24	Robel
Dan Long	5.25	Somerset House Striders
Ian Girling	5.25	Pioneers Team 5
James Stenmal	5.27	LFR Mens D
Gavin Evans	5.28	London Heathside M50
John Fung	5.29	Pioneers Team 6
Charlie Craven	5.31	Fulham 50
Dan Neather	5.32	Pioneers Team 6
Michael Long	5.32	LFR Mens C
Adem Gaygusuz	5.33	Pioneers Team 2
Nicolas Schmitz	5.34	DNS
Lydia Esler	5.34	Pioneers Team 4
Gareth Fletcher	5.35	LFR Mens B
Richard Smith	5.35	Pioneers Team 2

Gabriel Barnett	5.36	Robel
Hope Sloly	5.38	Mornington Chasers Ladies
Will Parry	5.39	LFR Mens B
Kelly Thorneycroft	5.40	Mornington Chasers Ladies
Nicola Richmond	5.41	Dulwich Senior Women
Martin Bright	5.41	Somerset House Striders
Stephen Massey	5.42	Waltham Striders
Tereza Francova	5.43	Dulwich Senior Women
Maria Halley	5.43	Single Snappers
Minesh Patel	5.46	LFR Mens D
Fraser Hagell	5.48	House of Toons
Paul Moran	5.48	Pioneers Team 6
Robbie Higgins	5.51	Pioneers Team 2
Neville Webb	5.52	Dulwich MV50
German Rojas	5.52	Funlovers
Tina Gray	5.54	Jailbreaker Ladies
Ola Balme	5.59	Dulwich Senior Women
Ken McCracken	6.00	Release the McCracken
Jackie Todd	6.00	Single Snappers
Hugh Balfour	6.01	Dulwich MV60
Helen Keeley	6.01	LFR Mixed A
Mike Mann	6.02	Dulwich MV60
John Chambers	6.02	Fulham 50
Jane Glynn	6.04	Single Snappers
Catherine Fuller	6.04	Pioneers Team 4
Andrew Hales	6.04	House of Toons
Ben Roost	6.04	Pioneers Team 9
Jenna Mullett	6.05	Fulham Duffers
Eric Sinko	6.06	Barnko
Pete Hannar	6.06	LFR Mens B
Andrew Murray	6.07	Dulwich MV60
Manue Chardon	6.08	LFR Mixed A
Paul Quilter	6.09	Release the McCracken
Christopher Morris	6.10	Harrow AC (Old + New Boys)
Becky Evan	6.11	Pioneers Team 5
Lorcan Barnett	6.11	Lorcan's Amazing
Emma Walker	6.13	Reggie's Lions
Tom Morris	6.15	Harrow AC (Old + New Boys)
Elise Dowell	6.19	Pioneers Team 8
Jean-Luc Hoes	6.21	Serpentine On The Run
David Thompson	6.23	LFR Mens C
Ennis Barnett	6.23	Lorcan's Amazing
Paul Dolaw	6.25	Fulham 50
Andrea Sanders-Reece	6.26	50+ FRIENDS
Stuart Littlewood	6.26	Scene Better Daze
Anne-Marie Benoy	6.27	Reggie's Lions
Huw Keene	6.30	Heroes & Villains
Jane Nodder	6.30	50+ FRIENDS
Emily Clarke	6.31	Release the McCracken
Carolyn England	6.32	Jailbreaker Ladies
Philip Barnett	6.35	Barnko
Brian Pickles	6.40	Serpentine On The Run
Avril Riddell	6.40	50+ FRIENDS
Lucy Fraser McNamara	6.44	Pioneers Team 4
Alan Davidson	6.49	Scene Better Daze
Dan Maskell	6.50	Scene Better Daze
Josie Perry	6.52	Jailbreaker Ladies
Victoria Clarkson	6.55	Somerset House Striders

Scott Robert Fowler	6.57	Serpentine On The Run
Anna Pringle	7.02	Pioneers Team 8
Ana Sinko Uribe	7.05	Robel
Ted Townsend	7.06	Fulham Duffers
Zsombor Zakarias	7.14	Barnko
Neil Davies	7.14	Heroes & Villains
Gaby Roman	7.14	Roman I
Gemma Brierley	7.23	Team Lovely
D Williams	7.27	The Gerontophiles
Eimear Hale	7.31	Pioneers Team 8
Ian Hall	7.34	Heroes & Villains
W Harvey	7.47	The Gerontophiles
S.E. Satchell	7.50	The Gerontophiles
Bob Ravelli	8.03	LFR Mens C
Diego Roman	8.09	Roman I
Edwin Bartley	8.34	Funlovers
Peter Torre	9.10	Funlovers
Marisol Roman	9.35	Roman II
Cindy Roman	10.10	Roman II
Paulina Roman	11.40	Roman II
Carlos Roman	11.40	Roman I