



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
10 K
Battersea Park
8am
November 10th, 2012

Dear Runners

Over 200 runners completed our last race of 2012. Medal winners and all results are below. Have a great winter season - we look forward to seeing you all in 2013.

MEDAL WINNERS

	NAME	SURNAME	CLUB	TIME		AGE
<u>MEN UNDER 50</u>						
1st	Ben	Shearer	Cambridge Harriers	32.56	M	36
2nd	Juan	Ferrer	Serpentine	34.52	M	34
3rd	Stephen	Thackeray	Beckenham Running Club	34.56	M	34
4th	James	Broderick		35.11	M	39
5th	Marcus	Cookham	Bedford Harriers AC	35.15	M	40
6th	Darren	McNeely	Serpentine	35.20	M	36
7th	Gwyn	Davies		35.27	M	26
<u>WOMEN UNDER 50</u>						
1st	Sarah	Dudgeon	Serpentine	40.01	F	35
2nd	Victoria	Carter	Serpentine	40.20	F	41
3rd	Cara	Kayum	u/a	40.40	F	23

4th	Tina	Gray	Fulham Running Club	40.47	F	29
5th	Meghan	Kobza		41.43	F	24
6th	Elizabeth	Ryan		42.02	F	27
7th	Rebecca	Marsham		42.10	F	43

MEN VET 50

1st	Michael	Stainton	Serpentine Running clubp	38.08	M	51
2nd	Jonathan	Poirrette	Serpentine	39.35	M	50
3rd	John	Witton		39.52	M	59

WOMEN VET 50

1st	Angela	Kikugawa		50.51	F	50
2nd	Jill	Dolphin	Herne Hill Harriers	56.35	F	50

MEN VET 60

1st	Terry	Avey	Brighton Phoenix AC	41.05	M	61
2nd	Maurice	Sharp		44.53	M	67

MEN VET 70

1st	Michael	Lehmann	Serpentine	44.40	M	71
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Ben	Shearer	Cambridge Harriers	32.56	M	36	M U/50	1
2	Juan	Ferrer	Serpentine	34.52	M	34	M U/50	2
3	stephen	thackeray	Beckenham Running Club	34.56	M	34	M U/50	3
4	James	Broderick		35.11	M	39	M U/50	4
5	Marcus	Cookham	Bedford Harriers AC	35.15	M	40	M U/50	5
6	Darren	McNeely	Serpentine	35.20	M	36	M U/50	6
7	Gwyn	Davies		35.27	M	26	M U/50	7
8	Julian	Hazeldine	East End Road Runners	35.30	M	30	M U/50	8
9	Richard	Edmonds	Serpentine	35.46	M	42	M U/50	9
10	Alex	Riches		35.58	M	30	M U/50	10
11	Keith	Sanders	Cambridge Harriers	36.07	M	32	M U/50	11
12	Fintan	Parkinson	Blackheath and Bromely Harriers	36.30	M	34	M U/50	12
13	Jean-Louis	Benavides	Serpentine	36.34	M	33	M U/50	13
14	Jonathan	Moscrop	london frontrunners	36.44	M	38	M U/50	14
15	Rob	Shearer	Cambridge Harriers	36.44	M	34	M U/50	15
16	Martin	Carmack	SERPENTINE RC	37.17	M	42	M U/50	16
17	Guillaume	Derrien		37.18	M	24	M U/50	17
18	Mitchell	Dann		37.22	M	37	M U/50	18
19	Mike	Prior	Trent Park RC	37.27	M	45	M U/50	19
20	Max	Livingstone-Learn	Serpentine	37.44	M	35	M U/50	20
21	Eric	Dol	Herne Hill Harriers	37.51	M	23	M U/50	21
22	Phil	Cope		38.01	M	24	M U/50	22

23	Michael	Stainton	Serpentine Running clubp	38.08	M	51	M O/50	1
24	dave	oxland	Road Runner's club	38.09	M	33	M U/50	23
25	Johnny	Amos		38.13	M	27	M U/50	24
26	Joe	O'Brien		38.13	M	22	M U/50	25
27	Floris	Kneefel	Serpentine RC	38.24	M	41	M U/50	26
28	Roger	Lawrence		38.24	M	32	M U/50	27
29	Russell	Pearson	Clapham Chasers	38.28	M	32	M U/50	28
30	Roy	Walker	Fulham Running Club	38.34	M	29	M U/50	29
31	Ajay	Plunket		38.37	M	27	M U/50	30
32	Jarred	Finn	Serpentine	38.38	M		M U/50	31
33	Matty	Hassan		39.05	M	33	M U/50	32
34	Matt	Boyce	Fulham Running Club	39.21	M	32	M U/50	33
35	Tom	Cheetham	Hercules Wimbledon	39.24	M	46	M U/50	34
36	Sam	Paice		39.26	M	25	M U/50	35
37	Joseph	Merlini		39.30	M	45	M U/50	36
38	Jonathan	Poirrette	Serpentine	39.35	M	50	M O/50	2
39	Tom	Levitt		39.38	M	31	M U/50	37
40	simon	holden		39.40	M	43	M U/50	38
41	TOM	WEBB		39.42	M	42	M U/50	39
42	Matthew	Roberts	Serpentine	39.44	M	34	M U/50	40
43	Liam	Snelling		39.48	M	34	M U/50	41
44	John	Witton		39.52	M	59	M O/50	3
45	David	Smith		39.54	M	54	M O/50	4
46	David	Price-Stephens		39.55	M	38	M U/50	42
47	Asher	Simons		39.55	M	24	M U/50	43
48	Sarah	Dudgeon	Serpentine	40.01	F	35	W U/50	1
49	Victoria	Carter	Serpentine	40.20	F	41	W U/50	2
50	Dan	Hallam		40.24	M	35	M U/50	44
51	Rob	Cope	Dulwich Runners AC	40.29	M	39	M U/50	45
52	Mark	Stewart	Serpentine	40.37	M	35	M U/50	46
53	Stephen	Harris	Striders of Croydon	40.38	M	42	M U/50	47
54	Cara	Kayum	u/a	40.40	F	23	W U/50	3
55	Dan	Roach		40.43	M	34	M U/50	48
56	Tina	Gray	Fulham Running Club	40.47	F	29	W U/50	4
57	karl	thompson		40.51	M	39	M U/50	49
58	Stuart	Franklin		40.54	M	47	M U/50	50
59	Daniel	Hudson		40.55	M	33	M U/50	51
60	Stuart	Rhodes		40.56	M	32	M U/50	52
61	Matthew	Reeve		40.57	M	29	M U/50	53
62	terry	avey	brighton phoenix ac	41.05	M	61	M O/60	1
63	Edward	Devenport	Serpentine Running Club	41.33	M	27	M U/50	54
64	Etienne	AMIC		41.36	M	42	M U/50	55
65	Adhir	Ramdarshan		41.39	M	32	M U/50	56
66	Emmanuel	Bresson		41.42	M	44	M U/50	57
67	Tom	Gilbert	KPMG RC	41.43	M	29	M U/50	58
68	Ian	Grant		41.43	M	33	M U/50	59
69	Meghan	Kobza		41.43	F	24	W U/50	5

70	Duncan	Blake		41.44	M	46	M U/50	60
71	Michael	Mayes		41.49	M	34	M U/50	61
72	Elizabeth	Ryan		42.02	F	27	W U/50	6
73	Rebecca	Marsham		42.10	F	43	W U/50	7
74	richard	hooley	tvh	42.14	M	50	M O/50	5
75	Craig	Chivers		42.31	M	31	M U/50	62
76	Gavin	Cranley		42.31	M	33	M U/50	63
77	Jamie	Parkins		42.38	M	36	M U/50	64
78	AMY	LAM	Sydney Striders	42.39	F	31	W U/50	8
79	Christopher	Abele	Serpentine	42.57	M	51	M O/50	6
80	Dean	Rome		42.57	M	34	M U/50	65
81	Neil	Rogers		43.07	M	27	M U/50	66
82	Andrew	Roy		43.09	M	35	M U/50	67
83	Nicholas	Walker	Reigate Priory	43.12	M	34	M U/50	68
84	David	Drury	serpentine	43.15	M	40	M U/50	69
85	Allan	Dunnett		43.23	M		M O/50	7
86	Will	Mehew		43.27	M	33	M U/50	70
87	Hayley	Cook	Herne Hill Harriers	43.27	F	34	W U/50	9
88	Chloe	Hawkins	Hercules Wimbledon	43.28	F	31	W U/50	10
89	Daniel	Jakes		43.35	M	28	M U/50	71
90	PHILIP	HOWARD		43.44	M	46	M U/50	72
91	Miguel	Ortiz		43.44	M	34	M U/50	73
92	Andrew	Wallace		43.55	M	40	M U/50	74
93	James	Bryson		44.00	M	35	M U/50	75
94	Alistair	Hutchinson		44.17	M	36	M U/50	76
95	William	Rayner		44.31	M	40	M U/50	77
96	Peter	Marshall	Serpentine Running clubp	44.34	M	41	M U/50	78
97	Michael	Lehmann	Serpentine	44.40	M	71	M O/70	1
98	Anton	de Klerk		44.43	M	29	M U/50	79
99	Leonardo	Fumarola		44.51	M	28	M U/50	80
100	Maurice	Sharp		44.53	M	67	M O/60	2
101	Nick	Mazitelli		44.54	M	30	M U/50	81
102	James	Clarke		45.15	M	28	M U/50	82
103	alex	podbury		45.15	M	26	M U/50	83
104	Edward	Noel		45.50	M	22	M U/50	84
105	Tobias Seba	Blattner		45.53	M	33	M U/50	85
106	Emily	Gibbs	Clapham Chasers	46.03	F	27	W U/50	11
107	Michael	McFall		46.04	M	45	M U/50	86
108	Enzo	Orsi		46.17	M	57	M O/50	8
109	jamie	fowler		46.24	M	26	M U/50	87
110	Karl	Murphy		46.32	M	34	M U/50	88
111	David	Cross		46.36	M	33	M U/50	89
112	Terry	Cook	Serpentine RC	46.59	M	58	M O/50	9
113	Garry	Brown		47.01	M	41	M U/50	90
114	Angus	Searcy	Serpentine	47.02	M	47	M U/50	91
115	Kirsty	Lynall		47.05	F	20	W U/50	12
116	Tomas	Lally		47.11	M	25	M U/50	92

117	Mark	Kiely		47.13	M	28	M U/50	93
118	Mike	White		47.13	M	26	M U/50	94
119	Annie	Foulds	Serpentine Running clubp	47.13	F	43	W U/50	13
120	Nicola	Orr		47.15	F	32	W U/50	14
121	Katy	Humphrey		47.21	F	28	W U/50	15
122	Joe	Hallam		47.54	M	32	M U/50	95
123	Ashley	London		47.58	M	45	M U/50	96
124	Inga	Bellahn	Herne Hill Harriers	47.58	F	39	W U/50	16
125	Richard	Morris	Fulham Running Club	47.59	M	38	M U/50	97
126	Poppy	Meadows		47.59	F	25	W U/50	17
127	John	Sharpe		48.19	M	46	M U/50	98
128	Steven	Coventry		48.32	M	35	M U/50	99
129	Claudia	Firpi		48.43	F	38	W U/50	18
130	Philip	Turley	Epson & Ewell	48.50	M	72	M O/70	2
131	Simon	Healey		48.53	M	38	M U/50	100
132	Chloe Louise	Flint		49.01	F	21	W U/50	19
133	Tamsyn	Elder		49.11	F	29	W U/50	20
134	Tim	Spillane		49.14	M	36	M U/50	101
135	Laura	Mundy		49.15	F	25	W U/50	21
136	Katie	Williams		49.16	F	32	W U/50	22
137	Paul	Breaden		49.17	M	31	M U/50	102
138	John	Wilson	Serpentine	49.22	M	45	M U/50	103
139	David	Wilson		49.28	M	37	M U/50	104
140	Richard	Holloway		49.33	M	28	M U/50	105
141	nicholas	borsing	london frontrunners	49.35	M	55	M O/50	10
142	Trevor	Sinclair		49.35	M	34	M U/50	106
143	James	Myhill		49.43	M	31	M U/50	107
144	John	Garber	Herne Hill Harriers	49.51	M	71	M O/70	3
145	Clare	Hannaford		49.58	F	30	W U/50	23
146	Roberto	Carlini		50.24	M	39	M U/50	108
147	Alexandra	Lodge		50.26	F	27	W U/50	24
148	Anna	Osborne		50.26	F	26	W U/50	25
149	Angela	Kikugawa		50.51	F	50	W O/50	1
150	Joanna	Levannes		50.55	F	35	W U/50	26
151	Cormac	Ward		50.56	M	25	M U/50	109
152	Joscelin	Conrad		51.00	F	38	W U/50	27
153	Adam	Smith		51.04	M	34	M U/50	110
154	Stephen	Spence		51.20	M	21	M U/50	111
155	Andrew	Wallis		51.26	M	31	M U/50	112
156	Kathryn	Leigh		51.41	F	26	W U/50	28
157	Isabel	Widdonson		51.43	F	28	W U/50	29
158	Annie	Cooke		51.48	F	36	W U/50	30
159	Miriam	Bremer		52.06	F	38	W U/50	31
160	Maria	Sharoglavova		52.27	F	31	W U/50	32
161	Oliver	Humphrey		52.45	M	29	M U/50	113
162	peter	foot		52.59	M	42	M U/50	114
163	Priyank	Nandan		53.07	M	30	M U/50	115

164	Andrew	Dowell		53.17	M	28	M U/50	116
165	Jasmine	Voos		53.48	F	28	W U/50	33
166	severine	trinh		54.20	F	42	W U/50	34
167	Iris	Foster		54.24	F	43	W U/50	35
168	Kathin	Meyrick		55.25	F	48	W U/50	36
169	Robyn	Daniell		55.27	F	27	W U/50	37
170	Steph	Hannaford		55.40	F	19	W U/50	38
171	Emma	Raynes		55.53	F	26	W U/50	39
172	Kerry	Ray		55.56	F	25	W U/50	40
173	Roisin	Colleran		56.14	F	29	W U/50	41
174	Sarah	Noah		56.19	F	37	W U/50	42
175	Tanith	Goodwin		56.28	F	36	W U/50	43
176	Edwin	Bartlett	Vets AC	56.34	M	68	M O/60	3
177	Jill	Dolphin	Herne Hill Harriers	56.35	F	50	W O/50	2
178	Ian	Spence		56.37	M	67	M O/60	4
179	Melissa	Ferris		56.40	F	30	W U/50	44
180	Ewelina	Kudla		56.46	F	33	W U/50	45
181	Rebecca	Johnston		58.05	F	24	W U/50	46
182	Ed	Chow		58.07	M	51	M O/50	11
183	Martha	Swift		58.07	F	43	W U/50	47
184	Paul	Brand		58.09	M	50	M O/50	12
185	Kyla	Annear		58.39	F	34	W U/50	48
186	Victoria	Hyndman		58.40	F	41	W U/50	49
187	Michael	Loughrey		58.59	M	25	M U/50	117
188	Katie	Kelleher		59.06	F	27	W U/50	50
189	Mercedes	Garcia		59.10	F	41	W U/50	51
190	Zuzana	Adamjakova		59.32	F	31	W U/50	52
191	Nick	Horrocks		59.57	M	30	M U/50	118
192	Irshad	Rahman		60.37	M	31	M U/50	119
193	Rachel	Dampare		60.54	F	26	W U/50	53
194	Steve	Cryer		61.12	M	67	M O/60	5
195	Tessa	Brooks		62.36	F	31	W U/50	54
196	CHAR	DAVIES		62.40	F	31	W U/50	55
197	Isobel	Turner		62.54	F	22	W U/50	56
198	alicia	rudolph		63.08	F	30	W U/50	57
199	Xavier	Louis		66.22	M	35	M U/50	120
200	Sasha	Fuller		68.16	F	29	W U/50	58
201	Hirren	Dhimar		69.02	M	27	M U/50	121
202	Lisa	Meinert		70.05	F	28	W U/50	59
203	Lynda	Butler		72.45	F	29	W U/50	60
204	Paolo	Lattuca		91.23	M	40	M U/50	122
205	Neil	Spice		93.24	M	38	M U/50	123
DNF	Matthew	Taylor		DNF	M	51	M O/50	DNF
DNF	Robert	Harrison	Thames Hare & Hounds	DNF	M	53	M O/50	DNF
DNF	Tomo	Kikugawa		DNF	M	56	M O/50	DNF
DNF	Mike	Shine		DNF	M	66	M O/60	DNF
DNF	Jeremy	Conrad		DNF	M	33	M U/50	DNF

DNF	Oliver	Dean		DNF	M	32	M U/50	DNF
DNF	Osaretin	Omorogbe	Shaftesbury Barnet	DNF	M	43	M U/50	DNF
DNF	Paul	Stewart		DNF	M	28	M U/50	DNF
DNF	di	gardiner	london heathside	DNF	F	37	W U/50	DNF
DNF	Allison	Cuthbert		DNF	F	38	W U/50	DNF
DNF	Naomi	Prasad	Serpentine	DNF	F	31	W U/50	DNF