



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

5 K

Battersea Park

7pm

May 21st, 2012

Dear Runners

146 runners crossed the finish line on another fine summer's evening. Jacob Wiebel (Southampton) won the Mens race in 15.33 followed by Dave Morgan in 15.55 (Serpentine) closely chased by 2 Clapham Chasers - James Ellis and Darren Tanner. The Ladies Race was won in a very impressive 18.29 by Charlotte Peppiatt (Benfleet RC). A special congratulations to all super heroes who competed! All results are below - see you next Monday 28th May for our 2 mile race. Also coming up is our first relay of the season on Monday 25th June - so start preparing a team of 3 runners! Because it is Run and Become's 30th anniversary, some celebrity runners will compete in the Relay including 'Barefoot' Ted and Ashrita Furman (Guinness record holder for the most Guinness Records).

MEDAL WINNERS

NAME	SURNAME	CLUB	Time	AGE
------	---------	------	------	-----

MEN UNDER 50

1st	Jacob	Wiebel	Southampton	15.33	M	26
2nd	Dave	Morgan	Serpentine RC	15.55	M	28
3rd	James	Ellis	Clapham Chasers	16.00	M	32
4th	Darren	Tanner	Clapham Chasers	16.01	M	35
5th	Martin	Shore	Thames Hare & Hounds	16.07	M	36
6th	Rick	Weston	Serpentine	16.11	M	25
7th	Thomas	Grimes	East London Runners	16.33	M	32

WOMEN UNDER 50

1st	Charlotte	Peppiatt	Benfleet RC	18.29	F	30
2nd	Emily	Hargreaves	Lytham st annes road runners	19.56	F	34
3rd	Tina	Gray	Fulham Running Club	20.04	F	29
4th	Claire	van Polanen	Serpentine	20.08	F	25

5th	Caro	Harper	Serpentine	20.35	F	32
6th	April	James-Welsh		21.10	F	34
7th	Alice	Ewan	Striders of Croydon	21.14	F	26

MEN VET 50

1st	Michael	Bridgeland	Chelmsford AC	17.06	M	54
2nd	Robert	Lewis		21.41	M	52
3rd	Jonathan	Chambers	Fulham/Headington RR	22.55	M	54

WOMEN VET 50

1st	Sarah	Newton	Serpentine	22.10	F	54
2nd	Beate	Vogt	Serpentine	25.34	F	53

MEN VET 60

1st	Dan	Maskell	VAC	22.31	M	64
2nd	Philip	Jackson	Ranelagh Harriers	20.59	M	62

MEN VET 70

1st	Edmond	Simpson	Overton Harriers	23.38	M	74
-----	--------	---------	------------------	-------	---	----

MEN U/16

1st	Harry	Cambridge		23.26	M	15
-----	-------	-----------	--	-------	---	----

OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Jacob	Wiebel	Southampton	15.33	M	26	M U/50	1
2	Dave	Morgan	Serpentine RC	15.55	M	28	M U/50	2
3	James	Ellis	Clapham Chasers	16.00	M	32	M U/50	3
4	Darren	Tanner	Clapham Chasers	16.01	M	35	M U/50	4
5	Martin	Shore	Thames Hare & Hounds	16.07	M	36	M U/50	5
6	Rick	Weston	Serpentine	16.11	M	25	M U/50	6
7	Thomas	Grimes	East London Runners	16.33	M	32	M U/50	7
8	Philip	Glynn		16.37	M	30	M U/50	8
9	Tony	Tuohy	Dulwich Runners	16.49	M	49	M U/50	9
10	Neil	Reissland	Collingwood AC	16.56	M	47	M U/50	10
11	Edmund	Kelleher		17.05	M	25	M U/50	11
12	Michael	Bridgeland	Chelmsford AC	17.06	M	54	M O/50	1
13	Christian	Nielsen		17.14	M	37	M U/50	12
14	Robert	Tuer	Clapham Chasers	17.14	M	26	M U/50	13
15	Matthew	Sharp	Hercules Wimbledon	17.19	M	33	M U/50	14
16	Michael	Duffy	Mornington Chasers	17.36	M	25	M U/50	15
17	Thomas	Craggs	Mornington Chasers	17.43	M	29	M U/50	16
18	John	Armstrong	Mornington Chasers	17.53	M	31	M U/50	17
19	Jon	Kyte	Harrow AC	18.03	M	28	M U/50	18
20	Rupert	Jacobs	Serpentine	18.06	M	30	M U/50	19
21	Jeremy	Oldaker	London Frontrunners	18.08	M	29	M U/50	20
22	Andrew	Davies	Serpentine RC	18.08	M	38	M U/50	21
23	Damien	Hersey	Sutton Runners	18.08	M	29	M U/50	22
24	Charlotte	Peppiatt	Benfleet RC	18.29	F	30	W U/50	1
25	Duncan	Hussey	Dulwich Runners	18.34	M	46	M U/50	23
26	Harry	Hutchon		18.40	M	17	M U/50	24
27	Simon	Harris	Beckenham	18.57	M	38	M U/50	25
28	Robert	Ferguson		18.58	M	29	M U/50	26
29	Gabriel	Salinger	Serpentine	19.07	M	31	M U/50	27
30	Tim	Delves		19.08	M	35	M U/50	28
31	Edgar	Sequeira	Beckenham Running Club	19.13	M	38	M U/50	29

32	Andy	Randall	Collingwood AC	19.15	M	37	M U/50	30
33	Paul	Rathbourne		19.21	M	32	M U/50	31
34	Stephen	Campbell		19.25	M	47	M U/50	32
35	James	Collyer		19.27	M	28	M U/50	33
36	James	Russell		19.27	M	30	M U/50	34
37	Scott	Hemmens	Dulwich Runners	19.31	M	33	M U/50	35
38	Steve	Jones		19.42	M	32	M U/50	36
39	Michael	Lea		19.44	M	32	M U/50	37
40	??	Robinson		19.55	M	29	M U/50	38
41	emily	hargreaves	lytham st annes road runners	19.56	F	34	W U/50	2
42	Simon	Leslie		19.57	M	40	M U/50	39
43	Richard	Harper		19.59	M	26	M U/50	40
44	Stephen	Newport		20.00	M	46	M U/50	41
45	Tina	Gray	Fulham Running Club	20.04	F	29	W U/50	3
46	Claire	van Polanen	Serpentine	20.08	F	25	W U/50	4
47	Chris	Notton	Serpentine	20.16	M	37	M U/50	42
48	Peter	Hannam	London Frontrunners (England A)	20.18	M	33	M U/50	43
49	Gary	Salmon	Clapham Chasers	20.19	M	27	M U/50	44
50	Chris	Wood		20.26	M	32	M U/50	45
51	Caro	Harper	Serpentine	20.35	F	32	W U/50	5
52	Ed	Felix		20.50	M	32	M U/50	46
53	Witold	Wozniak		20.51	M	35	M U/50	47
54	Philip	Jackson	Ranelagh Harriers	20.59	M	62	M O/60	2
55	Simon	Middleton		20.59	M	41	M U/50	48
56	Ian	Mursell	VAC	21.10	M	60	M O/60	3
57	April	James-Welsh		21.10	F	34	W U/50	6
58	Alice	Ewan	Striders of Croydon	21.14	F	26	W U/50	7
59	Andy	Sly		21.23	M	48	M U/50	49
60	Emi	Murata	Herne Hill Harriers	21.24	F	31	W U/50	8
61	Alastair	Mewha		21.27	M	25	M U/50	50
62	Nigel	Bramley	Epsom Oddballs	21.27	M	45	M U/50	51
63	Stuart	Cole		21.31	M	39	M U/50	52
64	Peter	Creane		21.31	M	47	M U/50	53
65	Ilona	Bagi	Serpentine	21.32	F	31	W U/50	9
66	Roger	Green	Woodford Green AC	21.33	M	64	M O/60	4
67	Simon	Lewis	Herne Hill Harriers	21.34	M	40	M U/50	54
68	Haydn	Kirnon		21.36	M	46	M U/50	55
69	Sean	Doherty		21.40	M	25	M U/50	56
70	Robert	Lewis		21.41	M	52	M O/50	2
71	Elin Berstad	Mortensen	Ranelagh Harriers	21.43	21	26	W U/50	10
72	Simon	Clarkson	London Heathside AC	21.48	M	40	M U/50	57
73	Phillip	Mursell		22.05	M	24	M U/50	58
74	Alan	Davidson	Ranelagh Harriers	22.08	M	65	M O/60	5
75	Nayan	Mistry	Wimbledon Windmilers	22.09	M	33	M U/50	59
76	Sarah	Newton	Serpentine	22.10	F	54	W O/50	1
77	Phil	Hickson	Fulham	22.16	M	37	M U/50	60
78	Hugh	French	Clapham Chasers	22.21	M	36	M U/50	61
79	Tori	Gibson		22.29	F	26	W U/50	11
80	Dan	Maskell	VAC	22.31	M	64	M O/60	1
81	John	Sharpe		22.50	M	45	M U/50	62
82	Doerte	Weber	Dulwich Runners	22.52	F	35	W U/50	12
83	Kathy	Beale		22.53	F	33	W U/50	13
84	Phill	Heath		22.54	M	35	M U/50	63
85	Jonathan	Chambers	Fulham/Headington RR	22.55	M	54	M O/50	3
86	Hay Sun	Blunt		23.02	F	30	W U/50	14
87	Donna	Richards	Sutton Runners	23.03	F	46	W U/50	15
88	Elaine	Bateson	VPH+THAC	23.08	F	46	W U/50	16
89	Chris	Leadbeater		23.13	M	30	M U/50	64

90	Jiro	Kanamori		23.17	M	26	M U/50	65
91	Harry	Cambridge		23.26	M	15	M U/16	1
92	David	Deery	Stragglers	23.27	M	36	M U/50	66
93	Kevin	Mc Lellan	Serpentine RC	23.34	M	59	M O/50	4
94	Edmond	Simpson	Overton Harriers	23.38	M	74	M O/70	1
95	Mark	Reid		23.45	M	40	M U/50	67
96	John	Brown	London Frontrunners	23.48	M	44	M U/50	68
97	Michael	Goodwin	Stragglers	23.56	M	41	M U/50	69
98	Dennis	Williams	Hercules Wimbledon	23.57	M	66	M O/60	6
99	John	Schoen		23.59	M	43	M U/50	70
100	Greg	Neal	Watford Harriers	24.10	M	57	M O/50	5
101	Iona	Harries		24.11	F	30	W U/50	17
102	Jed	Donnelly		24.15	M	26	M U/50	71
103	M	Dennis		24.16	M	28	M U/50	72
104	Heather	Shepherd		24.28	F	25	W U/50	18
105	Peter	Cambridge	VAC	24.29	M	53	M O/50	6
106	Nicholas	Borsing	London frontrunners	24.56	M	54	M O/50	7
107	Ahgharad	Forbes	Mornington Chasers	24.56	F	28	W U/50	19
108	Helen	Ralph		25.11	F	45	W U/50	20
109	Joanne	Doyle	Highate AC	25.17	F	27	W U/50	21
110	Brian	Dennehy	Heathside AC	25.17	M	27	M U/50	73
111	Heidi	Rasmussen		25.23	F	40	W U/50	22
112	Jonathan	Pegg	Sutton Runners	25.26	M	47	M U/50	74
113	Beate	Vogt	Serpentine	25.34	F	53	W O/50	2
114	Gavin	Finlay		25.46	M	35	M U/50	75
115	Nina	williams	Saints + Sinners	25.46	F	45	W U/50	23
116	Emin	Berleen	London Frontrunners	26.23	M	36	M U/50	76
117	Claire	Butler		26.26	F	30	W U/50	24
118	Mike	Jeffery	Bracknell Forest Runners	26.41	M	66	M O/60	7
119	Bianca	Galvin		26.49	F	29	W U/50	25
120	Judith	Buchanan	Fulham	26.50	F	40	W U/50	26
121	Robert	Ravelli	London Frontrunners	26.59	M	55	M O/50	8
122	Katie	Smith		27.20	F	37	W U/50	27
123	BA	v Munchausen		27.35	M	32	M U/50	77
124	Judy	Witcherley		27.36	F	31	W U/50	28
125	Dave	Clarke	Stragglers	27.52	M	44	M U/50	78
126	Sophie	French		28.00	F	36	W U/50	29
127	Emmanuel	Kra		28.08	M	35	M U/50	79
128	Susannah	Oliver	Croydon Running Sisters	28.12	F	40	W U/50	30
129	Lucia	Montesinos	Sutton Runners	28.36	F	29	W U/50	31
130	Edwin	Bartlett	VAC	28.37	M	67	M O/60	8
131	Sana	Amin		28.47	F	25	W U/50	32
132	Preeti	Kulkarni		28.56	F	22	W U/50	33
133	Kirsty	Robinson		29.33	F	35	W U/50	34
134	Peter	Whiting		30.45	M	24	M U/50	80
135	Malcolm	French	Serpentine RC	30.58	M	57	M O/50	9
136	Georgina	Jacobs		33.02	F	32	W U/50	35
137	Hayley	Stewart		33.03	F	31	W U/50	36
138	Karen	Bateman		34.59	F	43	W U/50	37
139	Iain	Fenton		45.04	M	33	M U/50	81
140	Phillipa	Cummine		45.23	F	43	W U/50	38
141	Venish	Bansal		45.23	F	32	W U/50	39
142	Stuart	Tomkinson		45.23	M	32	M U/50	82
143	Sheryar	Chida		45.23	M	35	M U/50	83
144	Ludwig	May		48.37	M	35	M U/50	84
145	Catherine	Chang		48.37	F	27	W U/50	40
146	NILI	SHAH		48.37	F	33	W U/50	41