



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
August 6th

Dear Runners

With the Olympic buzz in the air, 51 teams competed in the Self Transcendence Relay. That completes our Monday evening races for 2012 but we have 4 more Saturday morning races:

10 Miles - 8th September
10K - 29th September
10 Miles - 20th October
10K - 10th November

Winning Teams

1	The Randoms	14.21	Jeremy Meredith	Lee Bailey	Nick Shasha
2	Horwill's Harriers	14.37	Huw Lobb	Cathy Ansell	Tim Ballard
3	Netherlands 1	14.45	Ard Vlooswijk	Siem Uittenhout	Laurens Van Kouwenhove

Winning All Ladies Team

1	Serpies B Team	16.53	Marta Bagnati	Ilona Bagi	Genevieve Bourke
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Winning Over 50's Team

1	Fast Friends	18.59	Sarah Newton	Jane Nodder	Andrea Sanders-Reece
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Winning Over 60's Team

1	Mornington Chasers VET	21.45	John Bratt	Steve Satchell	William Harvey
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Fastest Man: Nick Shasha 4.37 The Randoms

Fastest Woman: Cathy Ansell 5.03 Horwill's Harriers

Overall Results and Individual Times below:

No	Team	Time	Runner 1	Runner 2	Runner 3	Cat
1	The Randoms	14.21	Jeremy Meredith	Lee Bailey	Nick Shasha	
2	Horwill's Harriers	14.37	Huw Lobb	Cathy Ansell	Tim Ballard	
3	Netherlands 1	14.45	Ard Vlooswijk	Siem Uittenhout	Laurens Van Kouwenhove	
4	Mornington Chasers Orange	14.54	Ian Gordon	Alex Kitromilides	Marc Henrion	
5	Team MG	14.55	Phil Sanders	Simon Loughran	Stuart Milne	
6	London Frontrunners A	14.58	James Gillanders	Jon Moscrop	Paul Boschen	
7	T & Elms	15.12	Tony Tuohy	Clare Elms	Tony Tuohy	
8	The Three Amigos	15.40	Isaac Reguera	Jan Nyeki	Hector Reguera	
9	Serpentine	16.04	Richard Taylor	Michael Stainton	Alex Malzer	
10	Holland 1	16.37	Tjerk Zult	Ann Schoot U	Jan Vlooswijk	
11	London Frontrunners B	16.46	Matt Ware	Oren Gertner	Stuart Kollmorgen	
12	Rift Valley	16.52	Sang Chough	Jonny Brough	Andrew Jones	
13	Serpies B Team	16.53	Marta Bagnati	Ilona Bagi	Genevieve Bourke	All Ladies
14	Serpentine HW Team	16.56	Helen Winsor	Helen Ward	Holly Wilkinson	All Ladies
15	Serpentine 'C' Team	16.56	Victoria Crawford	Amy Cope	Victoria Carter	All Ladies
16	Fulham Zebras	17.02	Roy Walker	Gwen Blecon	Philip Hickson	
17	Serpentine 'A' Team	17.03	Sarah K	Marina Johnson	Catherine W	All Ladies
18	Bros	17.06	Hanne Hodson	Marty Campbell	Matt Hodson	
19	Serpie Tri-ers	17.11	David Staton	Oscar Satchel	Peter Marshall	
20	Fulham Flashers	17.17	Rory Temple	Tina Gray	Adriana Zalucka	All Ladies
21	Chariots for Fire	17.35	Cameron Judson	Caro Harper	Mike Lea	
22	Steel Springs	17.40	Jake Smith-Bosanquet	John Tighe	Jake Smith-Bosanquet	
23	IT'S THE TAKING PART THAT COUNTS	18.11	Tom Ward	Hay Sun Blunt	David Robinson	
24	Mornington Chasers Red	18.13	John Armstrong	Alice Sullivan	David Renton	
25	HarRich	18.17	Lisa Harris	Donna Richards	Richard Powell	
26	London Frontrunners C	18.33	Brian Newman	David Tang	David Maher	
27	Fast Friends	18.59	Sarah Newton	Jane Nodder	Andrea Sanders-Reece	Over 50
28	Fulham Skunks	19.05	Jon Chambers	Nick Dickinson	Sam Burne James	
29	Serpentine Old Boys	19.34	Ian Hall	Jean Luc Hoez	Richard Long	Over 50
30	Frontrunners 50 Plus	20.04	David Thompson	Nicholas Borsing	Robert Gill	
31	London Frontrunners Mixe	20.06	Hannah Gibson	Rachel Wickham	Antonio Fiorino	
32	Fulham Duffers	20.21	Ted Townsend	Kathryn Beale	Charles Craven	
33	Sutton Runners	20.38	Jonathan Pegg	Greg Neal	Hugh Culverhouse	
34	VSO VETS	20.44	Mike Goodwin	Dave Clarke	David Deery	
35	Helinette	20.59	Annette helliwell	Elaine Battson	Helen Smith	All Ladies
36	House PR Team E	21.16	Katie Silver	Sarah Jones	Tanya Binks	All Ladies
37	Mornington Chasers VET	21.45	John Bratt	Steve Satchell	William Harvey	Over 60
38	Team AC	21.57	Mark Burkett	Lisa Rump	Tom Wraith	
39	Battersea Power Houses	22.01	Maria Jackson	Anastasia Hancock	Jen Velu	All Ladies
40	H N & S	23.13	Alex Slotwinski	Michele Harvey	Alison Nolan	All Ladies
41	HW Big Tums	24.10	Dennis Williams	Ian Isherwood	Steve Webb	Over 60
42	House PR Team G	24.58	Ffion Williams	Charlotte Brooks	Emily Young	All Ladies
43	The Insane Bolts	25.31	Naomi Cross	Emily Cross	Raj Nijjar	All Ladies
44	House PR Team H	25.39	PJ Van Vuren	Shannon Peter	Charleigh Skinner	
45	House PR Team D	25.50	Leila Labban	Jessie Goodwyn	Melissa Bradley	All Ladies
46	Flying Foxes	26.15	Rebecca Jones	Nicole Baldock	Christine Hagan	All Ladies
47	House PR Team A	26.22	Krissy Knights	Sophie Hickman	Ellan Durrant	All Ladies
48	House PR Team B	26.52	Sam Oxley	Catherine Webb	Kate Arrowsmith	All Ladies
49	House PR Team F	28.46	Ginny Paton	Claire Ruddock	Rich Turner	
50	House PR Team C	30.08	Liana Mellotte	Ross Knights	Tracey Peters	
51	RIO 2016 Hopefuls	30.30	Mike Browne	Edwin Bartlett	Peter Torre	Over 60

Individual times:

Nick Shasha 4.37 The Randoms
Huw Lobb 4.40 Horwill's Harriers

<i>Lee Bailey</i>	4.45	The Randoms
<i>Ard Vlooswijk</i>	4.49	Netherlands 1
<i>Phil Sanders</i>	4.52	Team MG
<i>Ian Gordon</i>	4.53	Mornington Chasers Orange
<i>James Gillanders</i>	4.53	London Frontrunners A
<i>Tim Ballard</i>	4.54	Horwill's Harriers
<i>Tony Tuohy</i>	4.56	T & Elms
<i>Simon Loughran</i>	4.57	Team MG
<i>Laurens Van Kouwenhove</i>	4.57	Netherlands 1
<i>Paul Boschen</i>	4.58	London Frontrunners A
<i>Jeremy Meredith</i>	4.59	The Randoms
<i>Siem Uittenhout</i>	4.59	Netherlands 1
<i>Marc Henrion</i>	5.00	Mornington Chasers Orange
<i>Alex Kitromilides</i>	5.01	Mornington Chasers Orange
<i>Cathy Ansell</i>	5.03	Horwill's Harriers
<i>Clare Elms</i>	5.04	T & Elms
<i>Jan Nyeki</i>	5.06	The Three Amigos
<i>Stuart Milne</i>	5.06	Team MG
<i>Jon Moscrop</i>	5.07	London Frontrunners A
<i>Hector Reguera</i>	5.07	The Three Amigos
<i>Richard Taylor</i>	5.08	Serpentine
<i>Jan Vlooswijk</i>	5.08	Holland 1
<i>Tony Tuohy</i>	5.12	T & Elms
<i>Jonny Brough</i>	5.13	Rift Valley
<i>John Armstrong</i>	5.14	Mornington Chasers Red
<i>Stuart Kollmorgen</i>	5.18	London Frontrunners B
<i>Genevieve Bourke</i>	5.18	Serpies B Team
<i>Matt Hodson</i>	5.18	Bros
<i>Oscar Satchel</i>	5.20	Serpie Tri-ers
<i>Roy Walker</i>	5.21	Fulham Zebras
<i>Mark Burkett</i>	5.24	Team AC
<i>Andrew Jones</i>	5.25	Rift Valley
<i>Michael Stainton</i>	5.26	Serpentine
<i>Isaac Reguera</i>	5.27	The Three Amigos
<i>Brian Newman</i>	5.27	London Frontrunners C
<i>Holly Wilkinson</i>	5.28	Serpentine HW Team
<i>Victoria Crawford</i>	5.29	Serpentine 'C' Team
<i>Marina Johnson</i>	5.30	Serpentine 'A' Team
<i>Alex Malzer</i>	5.30	Serpentine
<i>Mike Lea</i>	5.31	Chariots for Fire
<i>Oren Gertner</i>	5.32	London Frontrunners B
<i>Marty Campbell</i>	5.32	Bros
<i>Helen Winsor</i>	5.33	Serpentine HW Team
<i>Tjerk Zult</i>	5.34	Holland 1
<i>David Robinson</i>	5.34	IT'STHETAKINGPARTTHATCOUNTS
<i>David Staton</i>	5.38	Serpie Tri-ers
<i>Sarah K</i>	5.39	Serpentine 'A' Team
<i>Cameron Judson</i>	5.39	Chariots for Fire
<i>Gwen Blecon</i>	5.39	Fulham Zebras
<i>Marta Bagnati</i>	5.40	Serpies B Team
<i>Adriana Zalucka</i>	5.41	Fulham Flashers
<i>Victoria Carter</i>	5.43	Serpentine 'C' Team
<i>Rory Temple</i>	5.44	Fulham Flashers
<i>Amy Cope</i>	5.44	Serpentine 'C' Team
<i>Lisa Harris</i>	5.49	HarRich
<i>Ilona Bagi</i>	5.51	Serpies B Team
<i>Helen Ward</i>	5.51	Serpentine HW Team
<i>Richard Powell</i>	5.51	HarRich

<i>Tina Gray</i>	5.52	Fulham Flashers
<i>John Tighe</i>	5.52	Steel Springs
<i>David Renton</i>	5.52	Mornington Chasers Red
<i>Jake Smith-Bosanquet</i>	5.53	Steel Springs
<i>Catherine W</i>	5.54	Serpentine 'A' Team
<i>Ann Schoot U</i>	5.55	Holland 1
<i>Jake Smith-Bosanquet</i>	5.55	Steel Springs
<i>Matt Ware</i>	5.56	London Frontrunners B
<i>Antonio Fiorino</i>	6.01	London Frontrunners Mixed
<i>Philip Hickson</i>	6.02	Fulham Zebras
<i>Sam Burne James</i>	6.10	Fulham Skunks
<i>Andrea Sanders-Reece</i>	6.11	Fast Friends
<i>Jean Luc Hoz</i>	6.12	Serpentine Old Boys
<i>Peter Marshall</i>	6.13	Serpie Tri-ers
<i>Sang Chough</i>	6.14	Rift Valley
<i>Hay Sun Blunt</i>	6.14	IT'STHETAKINGPARTTHATCOUNTS
<i>Hanne Hodson</i>	6.16	Bros
<i>Jon Chambers</i>	6.16	Fulham Skunks
<i>David Thompson</i>	6.17	Frontrunners 50 Plus
<i>Alex Slotwinski</i>	6.21	H N & S
<i>Jane Nodder</i>	6.21	Fast Friends
<i>Tom Ward</i>	6.23	IT'STHETAKINGPARTTHATCOUNTS
<i>Helen Smith</i>	6.24	Helinette
<i>Mike Goodwin</i>	6.25	VSO VETS
<i>Caro Harper</i>	6.25	Chariots for Fire
<i>Alison Nolan</i>	6.25	H N & S
<i>Sarah Newton</i>	6.27	Fast Friends
<i>David Maher</i>	6.31	London Frontrunners C
<i>Anastasia Hancock</i>	6.32	Battersea Power Houses
<i>Kathryn Beale</i>	6.33	Fulham Duffers
<i>David Tang</i>	6.35	London Frontrunners C
<i>Hugh Culverhouse</i>	6.36	Sutton Runners
<i>Donna Richards</i>	6.37	HarRich
<i>Charles Craven</i>	6.38	Fulham Duffers
<i>Nick Dickinson</i>	6.39	Fulham Skunks
<i>Richard Long</i>	6.39	Serpentine Old Boys
<i>Sarah Jones</i>	6.42	House PR Team E
<i>Ian Hall</i>	6.43	Serpentine Old Boys
<i>Nicholas Borsing</i>	6.43	Frontrunners 50 Plus
<i>David Deery</i>	6.49	VSO VETS
<i>John Bratt</i>	6.50	Mornington Chasers VET
<i>Jonathan Pegg</i>	6.53	Sutton Runners
<i>Tom Wraith</i>	6.53	Team AC
<i>Hannah Gibson</i>	6.59	London Frontrunners Mixed
<i>Steve Satchell</i>	7.00	Mornington Chasers VET
<i>Robert Gill</i>	7.04	Frontrunners 50 Plus
<i>Rachel Wickham</i>	7.06	London Frontrunners Mixed
<i>Maria Jackson</i>	7.07	Battersea Power Houses
<i>Alice Sullivan</i>	7.07	Mornington Chasers Red
<i>Greg Neal</i>	7.09	Sutton Runners
<i>Ted Townsend</i>	7.10	Fulham Duffers
<i>Dennis Williams</i>	7.13	HW Big Tums
<i>Tanya Binks</i>	7.14	House PR Team E
<i>Annette helliwell</i>	7.17	Helinette
<i>Elaine Battson</i>	7.18	Helinette
<i>Katie Silver</i>	7.20	House PR Team E
<i>Ellan Durrant</i>	7.21	House PR Team A
<i>Rich Turner</i>	7.24	House PR Team F

<i>Leila Labban</i>	7.27	House PR Team D
<i>Raj Nijjar</i>	7.27	The Insane Bolts
<i>Ross Knights</i>	7.29	House PR Team C
<i>Dave Clarke</i>	7.30	VSO VETS
<i>Emily Young</i>	7.37	House PR Team G
<i>Nicole Baldock</i>	7.53	Flying Foxes
<i>William Harvey</i>	7.55	Mornington Chasers VET
<i>PJ Van Vuren</i>	7.58	House PR Team H
<i>Ffion Williams</i>	8.05	House PR Team G
<i>Edwin Bartlett</i>	8.05	RIO 2016 Hopefuls
<i>Catherine Webb</i>	8.19	House PR Team B
<i>Liana Mellotte</i>	8.21	House PR Team C
<i>Jen Velu</i>	8.22	Battersea Power Houses
<i>Steve Webb</i>	8.28	HW Big Tums
<i>Ian Isherwood</i>	8.29	HW Big Tums
<i>Shannon Peter</i>	8.34	House PR Team H
<i>Kate Arrowsmith</i>	8.34	House PR Team B
<i>Emily Cross</i>	8.41	The Insane Bolts
<i>Christine Hagan</i>	8.58	Flying Foxes
<i>Melissa Bradley</i>	8.59	House PR Team D
<i>Sophie Hickman</i>	9.02	House PR Team A
<i>Charleigh Skinner</i>	9.07	House PR Team H
<i>Jessie Goodwyn</i>	9.14	House PR Team D
<i>Charlotte Brooks</i>	9.16	House PR Team G
<i>Naomi Cross</i>	9.23	The Insane Bolts
<i>Rebecca Jones</i>	9.24	Flying Foxes
<i>Lisa Rump</i>	9.40	Team AC
<i>Mike Browne</i>	9.43	RIO 2016 Hopefuls
<i>Krissy Knights</i>	9.59	House PR Team A
<i>Sam Oxley</i>	9.59	House PR Team B
<i>Ginny Paton</i>	9.59	House PR Team F
<i>Michele Harvey</i>	10.27	H N & S
<i>Peter Torre</i>	11.20	RIO 2016 Hopefuls
<i>Claire Ruddock</i>	11.23	House PR Team F
<i>Tracey Peters</i>	14.40	House PR Team C