



SRI CHINMOY marathon team
GREAT BRITAIN

*“Run and Become. Become and Run.
Run to succeed in the outer world.
Become to proceed in the inner world”*

Sri Chinmoy

Results for Self-Transcendence 5K
Battersea Park, 29th June 2009
Held under permit from SEAA

place	First Name	Surname	Club	Time	Catagory
1	James	Savage	Stourbridge	16.09	
2	Simon	Leach	Dulwich	16.46	
3	Jim	Addison	Beckenham	16.55	
4	Nolan	Wilkins	Beckenham	17.01	
5	Charles	Lound	Dulwich	17.13	
6	Alastair	Bayliss	Dulwich	17.17	
7	Ismail	Mohammed	Serpentine	17.19	
8	Toby	Hedgeland	u/a	17.2	
9	Tony	Tuohy	Dulwich	17.21	
10	Matt	Ponting	TVH	17.3	
11	Matthew	Martin	u/a	17.35	
12	Ian	Sharman	Serpentine	17.36	
13	Nicholas	Copas	Serpentine	17.47	
14	Clare	Elms	Dulwich	17.5	1st Lady
15	Nick	Barberis-Neegra	Serpentine	17.57	
16	Clinton	Thomas	u/a	18.05	
17	Andrew	Taylor	Serpentine	18.06	
18	Duncan	Hussey	Dulwich	18.08	
19	Kenneth	Heney	London Heathside	18.16	
20	Colin	Bailey-Wood	Dulwich	18.17	
21	Stephen	Johnson	Dulwich	18.23	
22	Martin	Newton	Sutton Runners	18.32	
23	Edward	Smyth	Dulwich	18.38	
24	Sam	Butcher	u/a	18.47	
25	Steve	Williams	Dulwich	18.48	1st vet 50
26	Peter	Mack	Crystal Palace Tri	18.51	
27	Sam	Allpass	Serpentine	18.53	
28	Jose	Barretta	Dulwich	19.08	
29	Amy Lynne	Aronson	Woodford Green	19.14	2nd Lady
30	Dean	M	Serpentine	19.17	
31	Cathernie	Lee	Dulwich	19.19	3rd Lady
32	Hugh	Scorgie	u/a	19.23	
33	Sian	Thomas	Chiltern H	19.28	4th Lady



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34	Teresa	Gaillard de Laubenque	Dulwich	19.3	5th Lady
35	Stephane	Schneider	Serpentine	19.3	
36	Frank	Wood	Hercules Wimbledon	19.31	
37	Omar	Abdullah	Victoria Park H	19.44	age 13
38	Olivier	Montfort	Dulwich	19.48	
39	Phil	O'Connell	u/a	19.5	
40	Stephen	Massey	Striders of Croydon	19.52	
41	Rebecca	Cronshow	Kendal AC	19.52	6th Lady
42	Anthony	Impey	u/a	19.52	
43	Duncan	Wilson	Dulwich	19.52	
44	Alun	Vincent	u/a	19.57	
45	Ola	Balme	Dulwich	19.58	7th Lady
46	Steve	Edwards	Dulwich	22.04	2nd Vet 50
47	Andy	Murray	Dulwich	22.08	3rd Vet 50
48	Richard	Quartermane	u/a	20.13	
49	Roberto	Tyler	u/a	20.15	
50	Peter	Bowles	Serpentine	20.27	
51	Harriet	Carr	Serpentine	20.3	8th Lady
52	Victoria	Carter	Serpentine	20.33	9th Lady
53	Charlotte	Wilton	Wimbledon W	20.36	10th Lady
54	Mark	Glading	Fairlands Valley Spartans	20.4	
55	Siobhan	Reddy	Serpentine	20.42	11th Lady
56	Mark	Fitchett	u/a	20.51	
57	Sean	Leach	u/a	20.52	
58	Adam	Robinson	London Heathside	20.55	
59	Dan	O'Sullivan	u/a	21	
60	Claire	Tinker	Dulwich	21.02	12th Lady
61	Riku	Paakkonen	u/a	21.06	
62	Richard	Kleiner	u/a	21.09	
63	Hugh	Balfour	Dulwich	21.1	
64	Chris	Notton	Serpentine	21.11	
65	Clare	McCoubrey	u/a	21.14	13th Lady
66	Tom	Morris	Hercules Wimbledon	21.21	4th vet 50
67	Phil	Nash	u/a	21.28	
68	Ian	Mursell	Vets AC	21.3	5th vet 50
69	Peter	Gibbons	Dulwich	21.32	6th vet 50
70	Graham	Humphries	Collingwood	21.36	
71	Graham	Laylee	Dulwich	21.37	7th Vet 50
72	Susan	Cooper	Dulwich	21.4	14th Lady
73	Jonathan	Chambers	Fulham RC	21.43	8th Vet 50
74	Duncan	Rimmer	u/a	21.45	
75	Matthew	Taylor	Serpentine	21.47	



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76	Andrew	Jex	Mornington Chasers	21.48	
77	Anton	Seater	Dulwich	21.48	
78	Jacqui	Reid	MPAC	22.01	15th Lady
79	Michael	Winkler	u/a	22.05	9th Vet 50
80	David	Miller	u/a	22.07	
81	Melissa	Milner	Serpentine	22.15	16th Lady
82	Michael	Eder	Dulwich	22.18	
83	Andrew	Murison	u/a	22.22	
84	Christine	Dawson	Dulwich	22.26	17th Lady
85	Peter	Borchers	u/a	22.32	
86	Lewis	Aldridge	Serpentine	22.33	
87	Pam	Rutherford	Serpentine	22.36	18th Lady
88	Alison	Nolan	Serpentine	22.42	19th Lady
89	Angela	Clough	u/a	22.42	
90	Michael	Ward	Dulwich	22.45	10th Vet 50
91	Greg	Neal	Watford H	22.45	11th Vet 50
92	James	Newton	u/a	22.46	
93	Helen	Ralph	u/a	22.55	20th Lady
94	Clare	Wyangard	Dulwich	23.05	21st Lady
95	Marcus	Dos Santos	Dulwich	23.08	
96	Stuart	Fisher	u/a	23.16	
97	Melissa	Adlam	Wimbledon W	23.16	22nd Lady
98	Ben	Tomson	Clapham Chasers	23.17	
99	Ava	Lau	Serpentine	23.19	23rd Lady
100	Paul	Loustalan	u/a	23.19	
101	Victoira	Philpot	u/a	23.25	24th Lady
102	Sean	Fitzsimons	u/a	23.25	
103	Ian	Hall	Serpentine	23.29	12th Vet 50
104	Richard	Burne	Fulham RC	23.3	13th Vet 50
105	Robbie	Adair	u/a	23.33	
106	Georgina	Hibbert	u/a	23.36	25th Lady
107	Barrie	Nicholls	Dulwich	23.37	14th Vet 50
108	Andrew	Finnerty	Kingston Stragglers	23.44	
109	Marek	Lenaztowicz	u/a	23.5	
110	Nathanael	Pinder	u/a	23.52	
111	Iain	Willatt	u/a	23.54	
112	Annable	Lindsey	Dulwich	23.59	26th Lady
113	Gordon	McLellan	u/a	24	
114	Jane	Thomson	u/a	24.01	27th Lady
115	Ruki	Sidhwa	Dulwich	24.06	28th Lady
116	Rod	Smith	u/a	24.15	
117	Karen	Samuel	ORR	24.19	29th Lady
118	Kiera	Davidson	Serpentine	24.2	30th Lady



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119	Patrick	Fitzsimons	u/a	24.24	
120	Lula	Rosso	Serpentine	24.33	31st Lady
121	David	McEwen	u/a	24.36	
122	Becky	Slaymaker	u/a	24.39	32nd Lady
123	Jo	Gilsheman	u/a	24.44	33rd Lady
124	Thomas	Martin	u/a	24.46	age 13
125	Nick	Wilkins	Serpentine	24.46	15th Vet 50
126	Ian	Fernandez	Dulwich Park	24.51	
127	Thomas	Wilkie	Collingwood	25.06	16th Vet 50
128	Phil	Kelvin	Serpentine	25.08	1st Lady Vet 50
129	Angus	Searcy	Serpentine	25.12	
130	Ian	Isherwood	Hercules Wimbledon	25.16	17th Vet 50
131	Matthew	Ball	u/a	25.2	
132	Hannah	Fyffe	u/a	25.32	34th Lady
133	Sue	Rowlands	Dulwich	25.35	35th Lady
134	Michelle	Vernon	Dulwich	25.5	36th Lady
135	Beate	Vogt	Serpentine	25.53	2nd Lady Vet 50
136	Kim	Ford	Striders of Croydon	25.58	38th Lady
137	Yasmin	Anderson	Striders of Croydon	25.58	39th Lady
138	Robert	Fortes	Serpentine	25.59	1st Vet 60
139	Paris	Walker	Victoria Park H	26.22	age 13
140	Dean	Ashton	u/a	26.24	
141	Leanne	Lynch	u/a	26.28	41st Lady
142	Carolyn	Hewett	Team Wiggle	26.28	42nd Lady
143	Edwin	Bartlett	Vets AC	26.3	2nd Vet 60
144	Abigail	Challenor	u/a	26.35	43rd Lady
145	Catherine	Apthorpe	u/a	26.35	44th Lady
146	Katherine	Luke	u/a	26.37	45th Lady
147	Stephanie	Taylor	u/a	26.47	46th Lady
148	Neil	Davies	Serpentine	26.5	
149	Sarah	Payne	u/a	27.11	47th Lady
150	Daniel	Starkey	u/a	27.11	
151	Chris	Vernon	Dulwich	27.12	3rd Vet 60
152	Jolekha	Shasha	u/a	27.19	48th Lady
153	Judith	Buchanan	Fulham RC	27.3	49th Lady
154	Ben	Spedding	u/a	27.42	
155	Susan	Mounsey	u/a	27.42	50th Lady
156	Steph	Bell	u/a	27.52	51st Lady
157	Hazel	Stokes	u/a	27.53	1st Lady Vet 60
158	Ondres	Gandel	u/a	28.03	
159	Sophie	Mayes	u/a	28.26	53rd Lady
160	Paul	Webster	u/a	28.57	
161	David	Gironi	Serpentine	28.57	



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162	Jeffrey	Wiseman	Highgate Harriers	30.3	1st Vet 70
163	Marie	Sjoedin	u/a	30.58	54th Lady
164	Maree	Early	u/a	31.27	55th Lady
165	Derek	Smith	Mornington Chasers	31.52	2nd Vet 70
166	Deborah	Knapp	u/a	32.42	3rd Lady Vet 50
167	Michelle	Gallant	u/a	32.48	57th Lady
168	Charlotte	Ainsworth	u/a	32.51	58th Lady
169	Joanna	Maruro	u/a	34.34	59th Lady
170	Sarah	Harrison	u/a	39.1	60th Lady
171	Rosie	Howell	u/a	39.27	61st Lady