



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 10K

Battersea Park

8am

June 14th, 2014

Dear Runners

On a wonderful summer's morning after a fresh early morning rain 190 runners gathered in Battersea Park for the June Self Transcendence 10K. Andy Greenleaf led from the start finishing in a very impressive 31.25. Alex Gounelas won the Ladies race in 37.07. We have a 2 Mile Race on Monday 16th June at 7pm. Our next 10K race is on Saturday July 12th at 8am - we look forward to seeing you all soon.

Medal winners and all results below.

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	M/F	Age
------	---------	------	------	-----	-----

MEN UNDER 50

1st	Andy	Greenleaf	Serpentine	31.25	M	31
2nd	John	Franklin		32.38	M	28
3rd	Wil	Green	Serpentine	32.40	M	39
4th	Alex	Bellew	Bedford&County	33.57	M	23
5th	Simon	Barrett	Serpentine RC	34.01	M	39
6th	Robbie	Cox	Woodford Green	34.11	M	32
7th	Dan	Madams	London Heathside	35.20	M	40

WOMEN UNDER 50

1st	Alex	Gounelas	eton manor ac	37.07	F	33
2nd	Cara	Kayum	Striders of Croydon	39.58	W	25
3rd	Cath	Stibbs	Kent AC	40.20	F	39
4th	Catherine	Wilding	Serpentine	40.47	W	43
5th	Kate	Carter	Wimbledon Windmilers	41.07	F	37

6th	Chloe	Aitken		41.55	W	37
7th	Kristy	Harnett	clapham chasers	42.39	F	30

MEN VET 50

1st	Knut	Hegvold	Belgrave H	35.23	M	52
2nd	Gary	Ironmonger	Herne Hill H	35.50	M	52
3rd	Gavin	Evans	London Heathside	37.46	M	54

WOMEN VET 50

1st	Kay	Bettis	Serpentine	54.29	W	53
2nd	Sarah	Barnard		63.58	W	53

MEN VET 60

1st	Dave	Cox	Woodford Green	36.20	M	60
2nd	John	Witton	Unaffiliated	42.35	M	60

WOMEN VET 60

1st	Maggie	Hindley		72.50	F	64
-----	--------	---------	--	-------	---	----

MEN VET 70

1st	Michael	Lehmann	Serpentine	47.22	M	72
-----	---------	---------	------------	-------	---	----

OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Andy	Greenleaf	Serpentine	31.25	M	31	M U/50	1
2	John	Franklin		32.38	M	28	M U/50	2
3	Wil	Green	Serpentine	32.40	M	39	M U/50	3
4	Alex	Bellew	Bedford&County	33.57	M	23	M U/50	4
5	Simon	Barrett	Serpentine RC	34.01	M	39	M U/50	5
6	Robbie	Cox	Woodford Green	34.11	M	32	M U/50	6
7	Dan	Madams	London Heathside	35.20	M	40	M U/50	7
8	Philip	Glynn	Hercules Wimbledon	35.22	M	35	M U/50	8
9	Knut	Hegvold	Belgrave H	35.23	M	52	M O/50	1
10	Martin	O'Connell	Serpentine	35.24	M	28	M U/50	9
11	Gary	Ironmonger	Herne Hill H	35.50	M	52	M O/50	2
12	Peter	Holmes	Serpentine	35.57	M	36	M U/50	10
13	Ryan	McCrickerd	London Heathside	36.04	M	25	M U/50	11
14	Dave	Cox	Woodford Green	36.20	M	60	M O/60	1
15	Richard	Milner	Serpentine Running Club	36.29	M	28	M U/50	12
16	Neil	Guthrie	Wimbledon Windmillers	36.37	M	42	M U/50	13
17	Jonathan	Moscrop	London Fronrunners	36.57	M	40	M U/50	14
18	Mark	Rabbetts	Wimbledon windmilers	37.02	M	47	M U/50	15
19	Adam	Al-Attar		37.05	M	26	M U/50	16
20	Alex	Gounelas	eton manor ac	37.07	F	33	W U/50	1
21	Stewart	McAndie		37.11	M	40	M U/50	17
22	Simon	Phillips	Ravens City of London	37.22	M	49	M U/50	18
23	Gavin	Evans	London Heathside	37.46	M	54	M O/50	3
24	Robert	Peacock	Serpentine	37.51	M	36	M U/50	19
25	Martin	Carmack	Serpentine	37.57	M	44	M U/50	20
26	Sebastian	Vons	Wimbledon Windmilers	38.38	M	34	M U/50	21
27	Nicholas	Manderson		38.52	M	23	M U/50	22
28	Phil	Price	N/A	38.57	M	32	M U/50	23
29	Ronan	Hoare		39.01	M	29	M U/50	24
30	John	McSeveny	Mornington Chasers	39.05	M	28	M U/50	25
31	Paul	Woolley	Datchet Dashers	39.05	M	41	M U/50	26

32	Jonathan	Thomson		39.25	M	34	M U/50	27
33	Gerard	O'Sullivan		39.26	M	43	M U/50	28
34	Giles	Lever		39.29	M	46	M U/50	29
35	Simon	Pannell	Striders of Croydon	39.30	M	53	M O/50	4
36	James	Stenning	London Frontrunners	39.31	M	35	M U/50	30
37	Gary	Salmon	Clapham Chasers RC	39.32	M	29	M U/50	31
38	Malcolm	Barbour		39.34	M	42	M U/50	32
39	Alan	Niblock	Petts Wood R	39.35	M	43	M U/50	33
40	Tom	Parker	nil	39.42	M	28	M U/50	34
41	Alex	Malzer	Serpentine	39.49	M	44	M U/50	35
42	Alex	Murphy		39.57	M	25	M U/50	36
43	Cara	Kayum	Striders of Croydon	39.58	W	25	W U/50	2
44	Rupert	Jacobs	Serpentine	40.02	M	33	M U/50	37
45	James	Turner	Serpentine	40.04	M	36	M U/50	38
46	Marc	Thurgood		40.07	M	51	M O/50	5
47	Evan	Artro-Morris		40.11	M	51	M O/50	6
48	Cath	Stibbs	Kent AC	40.20	F	39	W U/50	3
49	Antoine	Dufresne		40.24	M	30	M U/50	39
50	Jim	Whitworth	wimbledon windmilers	40.26	M	40	M U/50	40
51	Simon	Thornhill	Sutton Runners	40.37	M	31	M U/50	41
52	Catherine	Wilding	Serpentine	40.47	W	43	W U/50	4
53	Aidan	Roberts		40.51	M	28	M U/50	42
54	Nick	O'Connor		40.55	M	26	M U/50	43
55	Tim	McIntyre	Sutton Runners	40.59	M	55	M O/50	7
56	Andrew	Milne	Clapham Chasers	41.05	M	31	M U/50	44
57	Kate	Carter	Wimbledon Windmilers	41.07	F	37	W U/50	5
58	Tom	Poynton	Serpentine	41.23	M	41	M U/50	45
59	Jason	Bethell		41.36	M	44	M U/50	46
60	Louis	McLennan		41.37	M	31	M U/50	47
61	Brendan	McGill	Kent AC	41.46	M	41	M U/50	48
62	Chloe	Aitken		41.55	W	37	W U/50	6
63	Paul	Stanford	Striders of Croydon	42.01	M	45	M U/50	49
64	Darryl	Coulter	Kent AC	42.03	M	43	M U/50	50
65	Ross	McLeod	Clapham Chasers	42.14	M	36	M U/50	51
66	John	Witton	Unaffiliated	42.35	M	60	M O/60	2
67	Kristy	Harnett	clapham chasers	42.39	F	30	W U/50	7
68	David	Dickson		42.53	M	57	M O/50	8
69	Monika	Crouse	Hercules Wimbledon	42.56	W	36	W U/50	8
70	Chris	Watts		42.59	M	42	M U/50	52
71	Ryan	Wagner		43.03	M	37	M U/50	53
72	Chris	Smith	None	43.04	M	54	M O/50	9
73	Adrian	Deverell		43.04	M	42	M U/50	54
74	Benjamin	Rahs		43.11	M	26	M U/50	55
75	Terry	Avey	brighton phoenix	43.12	M	63	M O/60	3
76	Tom	Griffiths	London Heathside AC	43.27	M	17	M U/50	56
77	Albert	Ballardini		43.28	M	34	M U/50	57
78	William	Griffiths	London Heathside AC	43.29	M	15	M U/16	1
79	Sophie	Bennett	Dulwich Runners AC	43.42	F	28	W U/50	9
80	Tanner	Hassan-Hicks	Wimbledon Windmilers	43.49	M	27	M U/50	58
81	Philip	Bowker		44.06	M	27	M U/50	59
82	Chris	Johnson	Three Rivers Roadrunning Club	44.09	M	38	M U/50	60
83	Tom	Langdon		44.30	M	27	M U/50	61
84	Gabriela	Rendekova		44.39	W	31	W U/50	10
85	Nicki	Scott	Comets RRC	44.46	F	32	W U/50	11
86	David	Yu		44.47	M	36	M U/50	62
87	Lucy	Harrys	Fulham RC	44.59	W	43	W U/50	12
88	Steven	Lamont	Kilbarchan AC	45.08	M	28	M U/50	63
89	KEVIN	Murphy	Dulwich Runners	45.10	M	48	M U/50	64

90	Niall	Alexander		45.11	M	31	M U/50	65
91	Lauren	Knowler	Wimbledon Windmilers	45.16	F	26	W U/50	13
92	Helen	Clifford	Hercules Wimbledon	45.20	W	26	W U/50	14
93	Joy	Wright		45.27	F	38	W U/50	15
94	Jesper	Lycke	London Heathside	45.30	M	42	M U/50	66
95	Len	McDonnell		45.30	M	45	M U/50	67
96	Pamela	Drury		45.31	F	29	W U/50	16
97	Maurice	Sharp	Hercules Wimbledon	45.46	M	69	M O/60	4
98	Jean-Luc	Hoez	Serpentine running club	46.10	M	56	M O/50	10
99	Paul	Walsh		46.14	M	32	M U/50	68
100	Tobias	Hand		46.28	M	29	M U/50	69
101	Ken	McCracken		46.28	M	35	M U/50	70
102	Ruth	Brentnall		46.36	F	33	W U/50	17
103	Alexandra	McAndie		46.42	F	36	W U/50	18
104	Howard	Summers		46.44	M	35	M U/50	71
105	Vern	Swart		46.50	M	33	M U/50	72
106	Dan	Schuster-Woldan		46.59	M	36	M U/50	73
107	Philip	Diamond	Clapham Chasers	47.01	M	33	M U/50	74
108	Pedro	Campos		47.02	M	29	M U/50	75
109	Annika	Alexopoulou	Clapham Runners	47.03	F	38	W U/50	19
110	Rache	Porter	Clapham Chasers	47.08	W	36	W U/50	20
111	Paul	Lewis	Victoria Pk&Tower H	47.13	M	42	M U/50	76
112	Alastair	Pyatt		47.15	M	31	M U/50	77
113	Toby	Scott	Comets RRC	47.17	M	31	M U/50	78
114	Michael	Lehmann	Serpentine	47.22	M	72	M O/70	1
115	Marleine	Younan		47.30	F	36	W U/50	21
116	Andrew	Roles		48.20	M	45	M U/50	79
117	Martin	Spence	Vets AC	48.49	M	59	M O/50	11
118	Rob	Crane	Wimbledon Windmilers	48.50	M	39	M U/50	80
119	Geoffrey	Russo	No	49.02	M	23	M U/50	81
120	Mark	Buckward	Running Seminars	49.22	M	33	M U/50	82
121	Perry	Mercer		49.59	M	50	M O/50	12
122	Richard	Curen	Running Seminars	50.13	M	48	M U/50	83
123	Line Fossen	Haarstad		50.19	F	31	W U/50	22
124	Roger	Fretwell	Serpentine	50.23	M	54	M O/50	13
125	Ishaan	Malhi		50.36	M	24	M U/50	84
126	Miles	Reichberger	Running Seminars	50.45	M	43	M U/50	85
127	Saverio	Accardi		51.00	M	36	M U/50	86
128	Emilie	selwood	Wimbledon Windmilers	51.06	F	44	W U/50	23
129	Derek	Woolley		51.15	M	63	M O/60	5
130	John	Van Steenberghe		51.26	M	36	M U/50	87
131	Steve	Butcher	None	51.30	M	56	M O/50	14
132	Paul	Raben-christensen		52.01	M	42	M U/50	88
133	Elizabeth	Denyer		52.21	F	38	W U/50	24
134	Perraud	Perraud		52.39	M	37	M U/50	89
135	Ellie	May		52.57	F	26	W U/50	25
136	David	Brooks	veterans ac	53.02	M	72	M O/70	2
137	Theodore	Chen	Serpentine	53.05	M	40	M U/50	90
138	Mats	Lofgren		53.26	M	40	M U/50	91
139	Diana	Kreica	Clapham Chasers	53.47	F	28	W U/50	26
140	Hannah	Lacey	Clapham Chasers	54.00	W	24	W U/50	27
141	Sarah	Jackson		54.04	F	35	W U/50	28
142	Katie	Banks		54.06	F	36	W U/50	29
143	Dale	Rogers		54.09	M	23	M U/50	92
144	Megan	Larrinaga		54.17	F	32	W U/50	30
145	Anthony	Alleyne		54.26	M	43	M U/50	93
146	Kay	Bettis	Serpentine	54.29	W	53	W O/50	1
147	Daniel	Cashen		54.33	M	38	M U/50	94

148	marilise	jonsson		54.35	F	32	W U/50	31
149	Roger	Pennington		54.48	M	32	M U/50	95
150	Caroline	Glynn	Hercules Wimbledon	55.06	F	35	W U/50	32
151	tony	buckland	Windrush Triathlon	55.08	M	44	M U/50	96
152	Martin	Barnewell		55.39	M	32	M U/50	97
153	Ryan	Johnson		55.45	M	30	M U/50	98
154	Paul	White		55.59	M	37	M U/50	99
155	Claire	Thorpe		56.03	F	35	W U/50	33
156	Ian	Carrick		56.13	M	48	M U/50	100
157	Abigayle	Ashman		56.18	F	28	W U/50	34
158	Simon	Carswell		56.19	M	56	M O/50	15
159	Helena	Langdon		56.20	F	29	W U/50	35
160	Sally	Mant	Chelsea RC	56.33	W	36	W U/50	36
161	Susan	Virtanen		57.25	F	36	W U/50	37
162	Elissa	Chamberlain-webb		57.31	F	24	W U/50	38
163	Melanie	Eustace		58.06	F	25	W U/50	39
164	Hayley	Sheath		58.16	F	27	W U/50	40
165	Emma	O'Reilly		58.17	F	25	W U/50	41
166	Gareth	Briggs		58.22	M	32	M U/50	101
167	Jackie	Groves	Windle Valley Runners	58.33	F	49	W U/50	42
168	Scott	Rouse		58.57	M	30	M U/50	102
169	Georgina	Jacobs		59.23	W	34	W U/50	43
170	Eran	Eisenberg		59.52	M	44	M U/50	103
171	Emma	May		60.25	F	24	W U/50	44
172	Elizabeth	Cooper		60.54	F	43	W U/50	45
173	Thomas	Farquhar		61.18	M	23	M U/50	104
174	Katie	Langdon		63.00	W	33	W U/50	46
175	Aoife	Kelly		63.14	F	33	W U/50	47
176	Emma	Coles		63.48	F	25	W U/50	48
177	Sarah	Barnard		63.58	W	53	W O/50	2
178	Tony	Merritt	Burnham Joggers	64.03	M	74	M O/70	3
179	Dan	Sellers		65.06	M	23	M U/50	105
180	Emily	Hall		65.21	F	29	W U/50	49
181	Katherine	Alexander-Williams	nil	65.21	F	26	W U/50	50
182	Leo	King		66.21	M	49	M U/50	106
183	Sarasa	Kayama		66.21	F	24	W U/50	51
184	Helen	Chantry		67.59	W	46	W U/50	52
185	Tak	Lo		69.15	M	34	M U/50	107
186	Hilary	Natoff		70.44	W	40	W U/50	53
187	Evelyn	McDermott		71.02	M	64	M O/60	6
188	Maggie	Hindley		72.50	F	64	W O/60	1
189	Xavier	Goddon		73.01	M	29	M U/50	108
190	Annie	Tudryn		73.01	F	31	W U/50	54

Congratulations on completing the race. Ours is a runbritain-licensed event and therefore your time is included in calculating your free runbritain handicap score. More than 40,000 runners of all standards have now claimed their runbritain handicap score. As well as giving you a current score, between scratch and 36, your free personalised running biog page includes your current national ranking, your position on the national ladder, your progress graph, your strongest distance, a head-to-head comparison with other runners and downloadable training schedules to improve your score next time you race. Your handicap score also updates automatically every time you complete a licensed event. To claim your score now, click on

<http://www.runbritainrankings.com/user/claimhandicap.aspx>

Should you have any queries then please contact Gavin Lightwood glightwood@uka.org.uk