



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 4th 2014

The last Monday Evening Race and the last race of the summer season was the ever exciting Relay which was won by VPH Team 1 - David Jones, Michael Channing and Tom Heslop in a combined time of 14.06. Congratulations to the Gunners Runners from Hong Kong - the first Youth team home.

All results and individual mile times below:

Winning Teams

1	VPH Team 1	14.06	David Jones	Michael Channing	Tom Heslop
2	The Greenleaves	14.16	Edward Raymond	Andy Greenleaf	Chris Nicholls
3	Not the BPR Mandem	14.16	Alex Bellew	Hugh Torry	Steven Hough

Winning All Ladies Team

1	Serpie Ladies 1	17.19	Victoria Crawford	Lisa Petit	Ilona Bagi
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Winning Over 50's Team

1	Nifty Fifty Plus	19.38	Andrea Sanders-Reece	Sarah Newton	Jane Nodder
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Winning Over 60's Team

1	Swinging Sixties	20.39	Dan Maskell	Alan Davidson	Dennis Williams
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Winning Youth Team

1	Gunners (runners)	22.44	Patrick McGillivray	Teresa McGillivray	Nancy McGillivray
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Fastest Man: Andy Maud 4.23 Marauding

Fastest Woman: Abbey McGhee 4.46 Sky

Overall Results and Individual Times below:

Pos	Team	Time	Runner 1	Runner 2	Runner 3	Cat
1	VPH Team 1	14.06	David Jones	Michael Channing	Tom Heslop	Reg
2	The Greenleaves	14.16	Edward Raymond	Andy Greenleaf	Chris Nicholls	Reg
3	Not the BPR Mandem	14.16	Alex Bellew	Hugh Torry	Steven Hough	Reg
4	Clapham Chasers/Team Scotland	14.43	Jamie Bannister	Nathan Smeaton	Tal Ramsay	Reg
5	PLD	14.51	Peter James	Luke Davis	Dan Holmes	Reg
6	Sky	14.51	Robert Tansey	Abbey McGhee	Matt Carlisle	Reg
7	Clapham Chasers (Old Gits)	14.54	Keith Scofield	Darren Tanner	James Ellis	Reg
8	London Frontrunners A	14.58	Steven Artist	Jonathan Moscrop	James Gillanders	Reg
9	VPH Team 2	15.19	Mark Sciberras	Joe Egan	Steve Hobbs	Reg
10	The Marshall's Men	15.22	Tim Marshall	Phil Freeman-Bentley	Ryan McCrickerd	Reg
11	Fulham Flyers	15.28	Tom Daley	Eoghan O'Neill	John Devoy	Reg
12	Ridgeway runners	15.28	Hugh Beedell	Simon Beedell	Thomas Beedell	Reg
13	DNF	15.30	Nick Tuite	Nicolas Schmitz	Matthieu Prevot	Reg
14	VPH Team 3	15.36	Simeon Bennett	Ian Warren	James Bewley	Reg
15	The Cull	15.59	Paul Boschen	Ed Holland	Shane Cullinan	Reg
16	Chromorgan	16.08	Tom Lucas	Chris Lydon	Morgan Williams	Reg
17	VPH THAC Team 4	16.19	Rupert Rowling	Julian Keenan	Sam Duggan	Reg
18	London Frontrunners C	16.22	John Keenan	James Brooks	James Stenning	Reg
19	Marauding	16.30	Andy Maud	Elise Dowels	Ben Roost	Reg
20	Pelham St Pounders	16.45	Alan Mundy	David Nix	Harry Hutchon	Reg
21	AD & G	17.06	Andrew Wood	David Thompson	Gareth Fletcher	Reg
22	RoMoCross	17.10	Adrian Morrell	Adrian Morrell	Will Crossley	Reg
23	Peckham Trotters	17.15	Darryl Coulter	Jeremy Wyatt	Matthew Buckley	Reg
24	BAML	17.18	CJ Shepherd	Fiona Gee	Nick Eldred	Reg
25	Serpie Ladies 1	17.19	Victoria Crawford	Lisa Petit	Ilona Bagi	Ladies
26	Front Runners E	17.25	Graham Wilding	Thomas Corbett	Pete Hannah	Reg
27	Last Minute	17.40	Alan Moss	Rebecca Evans	Richard Morris	Reg
28	Jail Breakers	17.50	Philip Hickson	Tina Gray	Andrew Han	Reg
29	Chaser Chicas	17.54	Natalie Ruffell	Ruth Gibson	Melissa Galea-Holmes	Ladies
30	The Creative Society	18.01	Simon Bunney	Becky Birtwistle	Martin Bright	Reg
31	Release the McCracken	18.05	Paul Quitter	James Lee	Ken McCracken	Reg
32	Serpie 4	18.06	N McGlennon	Tanja Wigley	Megan Roberts	Ladies
33	Serpentine 3	18.11	Rosalind Lee	Jenny Rix-Trott	Sharon K	Ladies
34	Serpie Ladies 2	18.14	Katie Williams	Martha McKenzie-Minifie	Natasha Sheel	Ladies
35	Chasers Mismash	18.42	Graham Sutherland	Philip Logoreci	Sophie Jones	Reg
36	VPH Ladies	19.12	Jasna Skroce	Susan Leese	Sophie Donges	Ladies
37	London Frontrunners Ladies A	19.22	Jen Kerrison	Jen Green	Helen Keeley	Ladies
38	Wise Men	19.32	Steven Wynne	Jonny Nelson	Ali Halil	Reg
39	Nifty Fifty Plus	19.38	Andrea Sanders-Reece	Sarah Newton	Jane Nodder	O/50
40	Beate's Team	19.44	Francis Markey	Beate Vogt	Sarah Dudgeon	Reg
41	Heroes & Villains	20.14	Huw Keene	Neil Davies	Ian Hall	Reg
42	Swinging Sixties	20.39	Dan Maskell	Alan Davidson	Dennis Williams	O/60
43	Thrown Together	20.46	Ann Bath	Mark Archer	Adam Williams	Reg
44	Team Kilburn	21.20	Jason Swards	Joe Aspinall	Christine Munden	Reg
45	The Snails	21.37	Jacqui Wilson	Gregory Stylski	Dave Clarke	Reg
46	Team America	21.42	Michele Marvin	Paul Marvin	Amelia Marvin	Reg
47	Gunners (runners)	22.44	Patrick McGillivray	Teresa McGillivray	Nancy McGillivray	Youth
48	The Gerontophiled	22.47	Bill Harvey	Steve Satchell	John Pratt	O/60
49	Edwinners	26.13	Edwin Bartlett	Peter Torre	Edwin Bartlett	O/60

Andy Maud	4.23	Marauding
Thomas Beedell	4.26	Ridgeway runners
Tom Heslop	4.28	VPH Team 1
Edward Raymond	4.40	The Greenleaves

Hugh Torry	4.41	Not the BPR Mandem
David Jones	4.42	VPH Team 1
Alex Bellew	4.43	Not the BPR Mandem
Steven Artist	4.43	London Frontrunners A
Abbey McGhee	4.46	Sky
Chris Nicholls	4.47	The Greenleaves
Tal Ramsay	4.47	Clapham Chasers/Team Scotland
Andy Greenleaf	4.49	The Greenleaves
Ryan McCrickerd	4.50	The Marshall's Men
James Ellis	4.50	Clapham Chasers (Old Gits)
Steven Hough	4.52	Not the BPR Mandem
Steve Hobbs	4.52	VPH Team 2
Eoghan O'Neill	4.53	Fulham Flyers
Luke Davis	4.53	PLD
Simon Beedell	4.54	Ridgeway runners
Robert Tansey	4.54	Sky
Tom Daley	4.55	Fulham Flyers
Peter James	4.56	PLD
Michael Channing	4.56	VPH Team 1
Nathan Smeaton	4.57	Clapham Chasers/Team Scotland
CJ Shepherd	4.58	BAML
Jamie Bannister	4.59	Clapham Chasers/Team Scotland
Darren Tanner	5.01	Clapham Chasers (Old Gits)
James Gillanders	5.01	London Frontrunners A
Dan Holmes	5.02	PLD
Nick Tuite	5.03	DNF
Keith Scofield	5.03	Clapham Chasers (Old Gits)
Phil Freeman-Bentley	5.04	The Marshall's Men
Matthieu Prevot	5.05	DNF
Simeon Bennett	5.07	VPH Team 3
Tom Lucas	5.08	Chromorgan
Matt Carlisle	5.11	Sky
Chris Lydon	5.11	Chromorgan
James Bewley	5.11	VPH Team 3
Joe Egan	5.13	VPH Team 2
Rupert Rowling	5.14	VPH THAC Team 4
Jonathan Moscrop	5.14	London Frontrunners A
Shane Cullinan	5.14	The Cull
Mark Sciberras	5.14	VPH Team 2
Harry Hutchon	5.15	Pelham St Pounders
Sam Duggan	5.17	VPH THAC Team 4
Alan Moss	5.18	Last Minute
Ian Warren	5.18	VPH Team 3
Victoria Crawford	5.19	Serpie Ladies 1
Graham Sutherland	5.19	Chasers Mismash
James Brooks	5.19	London Frontrunners C
Paul Boschen	5.21	The Cull
Andrew Wood	5.21	AD & G
Nicolas Schmitz	5.22	DNF
Graham Wilding	5.23	Front Runners E
Ed Holland	5.24	The Cull
Adam Williams	5.26	Thrown Together
James Stenning	5.27	London Frontrunners C
Tim Marshall	5.28	The Marshall's Men
Martin Bright	5.29	The Creative Society
Gareth Fletcher	5.30	AD & G
Susan Leese	5.33	VPH Ladies
Thomas Corbett	5.35	Front Runners E

Adrian Morrell	5.36	RoMoCross
John Keenan	5.36	London Fronrunners C
Darryl Coulter	5.37	Peckham Trotters
John Devoy	5.40	Fulham Flyers
Adrian Morrell	5.40	RoMoCross
Katie Williams	5.41	Serpie Ladies 2
Natalie Ruffell	5.43	Chaser Chicas
Ilona Bagi	5.43	Serpie Ladies 1
Jeremy Wyatt	5.43	Peckham Trotters
David Nix	5.44	Pelham St Pounders
Megan Roberts	5.45	Serpie 4
Francis Markey	5.46	Beate's Team
Nick Eldred	5.46	BAML
Alan Mundy	5.46	Pelham St Pounders
Tina Gray	5.47	Jail Breakers
Sharon K	5.47	Serpentine 3
Julian Keenan	5.48	VPH THAC Team 4
Morgan Williams	5.49	Chromorgan
Ben Roost	5.52	Marauding
Jason Swards	5.52	Team Kilburn
Jasna Skroce	5.53	VPH Ladies
Melissa Galea-Holmes	5.54	Chaser Chicas
Philip Hickson	5.54	Jail Breakers
Will Crossley	5.54	RoMoCross
Matthew Buckley	5.55	Peckham Trotters
Jen Green	5.58	London Fronrunners Ladies A
Paul Quitter	5.58	Release the McCracken
Rosalind Lee	5.59	Serpentine 3
James Lee	6.00	Release the McCracken
Helen Keeley	6.04	London Fronrunners Ladies A
Steven Wynne	6.05	Wise Men
Sarah Dudgeon	6.06	Beate's Team
Simon Bunney	6.06	The Creative Society
Ken McCracken	6.07	Release the McCracken
Rebecca Evans	6.08	Last Minute
Hugh Beedell	6.08	Ridgeway runners
Andrew Han	6.09	Jail Breakers
Tanja Wigley	6.10	Serpie 4
N McGlennon	6.11	Serpie 4
Natasha Sheel	6.12	Serpie Ladies 2
Huw Keene	6.13	Heroes & Villains
Richard Morris	6.14	Last Minute
Elise Dowels	6.15	Marauding
David Thompson	6.15	AD & G
Ruth Gibson	6.17	Chaser Chicas
Lisa Petit	6.17	Serpie Ladies 1
Patrick McGillivray	6.20	Gunners (runners)
Martha McKenzie-Minifie	6.21	Serpie Ladies 2
Andrea Sanders-Reece	6.22	Nifty Fifty Plus
Jenny Rix-Trott	6.25	Serpentine 3
Becky Birtwistle	6.26	The Creative Society
Pete Hannah	6.27	Front Runners E
Jane Nodder	6.29	Nifty Fifty Plus
Paul Marvin	6.31	Team America
Sophie Jones	6.32	Chasers Mismash
Fiona Gee	6.34	BAML
Ali Halil	6.38	Wise Men
Sarah Newton	6.47	Nifty Fifty Plus

Alan Davidson	6.49	Swinging Sixties
Jonny Nelson	6.49	Wise Men
Ian Hall	6.49	Heroes & Villains
Dan Maskell	6.51	Swinging Sixties
Philip Logoreci	6.51	Chasers Mismash
Jacqui Wilson	6.51	The Snails
Dennis Williams	6.59	Swinging Sixties
Michele Marvin	7.00	Team America
John Pratt	7.09	The Gerontophiled
Gregory Stylski	7.10	The Snails
Neil Davies	7.12	Heroes & Villains
Jen Kerrison	7.20	London Fronrunners Ladies A
Mark Archer	7.23	Thrown Together
Joe Aspinall	7.34	Team Kilburn
Dave Clarke	7.36	The Snails
Nancy McGillivray	7.43	Gunners (runners)
Bill Harvey	7.45	The Gerontophiled
Sophie Donges	7.46	VPH Ladies
Beate Vogt	7.52	Beate's Team
Steve Satchell	7.53	The Gerontophiled
Christine Munden	7.54	Team Kilburn
Ann Bath	7.57	Thrown Together
Amelia Marvin	8.11	Team America
Teresa McGillivray	8.41	Gunners (runners)
Edwin Bartlett	8.42	Edwinners
Edwin Bartlett	8.43	Edwinners
Peter Torre	8.48	Edwinners