



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**  
**10 K**  
Battersea Park  
8am  
August 4th, 2012

**Dear Runners**

257 runners completed the course on a fine day which turned out to be the greatest day in British Athletics with gold medals for Jessica Ennis and several others at the London 2012 Olympic Games. Our gold medalists were Chris Greenwood for the men and Alex Gounelas for the ladies. See you all soon .....

See race photos at:

<http://gallery.srichinmoyraces.org/great-britain/LondonRaces/10k-04-08-12/>  
Trophy winners and all results below.

**MEDAL WINNERS**

NAME	SURNAME	CLUB	TIME	AGE
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**MEN UNDER 50**

1st	Chris	Greenwood	Kent AC	32.35	M	38
2nd	Justin	McIntyre		33.31	M	22
3rd	James	Ellis	Clapham Chasers	33.33	M	32
4th	Chris	Minns	Beckenham RC	33.51	M	38
5th	Basil	Wallace	HHH	33.59	M	38
6th	Matthew	Sharp		34.02	M	33
7th	Neil	Aitken	Clapham Chasers	34.11	M	38

**WOMEN UNDER 50**

1st	Alex	Gounelas	Eton Manor AC	36.46	F	31
2nd	Hannah	Wylie		39.52	F	29
3rd	Tina	Gray	Fulham RC	40.17	F	29

4th	Suzy	Yates	Orpington RR	40.26	F	31
5th	ALICE	Squires		40.47	F	40
6th	Cara	Kayum	Striders of Croydon	40.53	F	23
7th	Sarah	Cole		40.59	F	33

### **MEN VET 50**

1st	Larry	Reehtin		39.07	M	51
2nd	John	Foster	Striders of Croydon	39.13	M	53
3rd	Gary	Ironmonger		39.37	M	50

### **WOMEN VET 50**

1st	Kay	Bettis	Serpentine Running Club	52.08	F	51
2nd	Angela	Kikugawa	Hercules Wimbledon	53.07	F	50

### **MEN VET 60**

1st	Terry	Eakin	NORTH DOWN AC	40.36	M	62
2nd	Terry	Avey	brighton phoenix ac	41.15	M	61

### **MEN VET 70**

1st	Philip	Turley	Epsom & Ewell	49.46	M	71
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### **OVERALL RESULTS**

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Chris	Greenwood	Kent AC	32.35	M	38	M U/50	1
2	Justin	McIntyre		33.31	M	22	M U/50	2
3	James	Ellis	Clapham Chasers	33.33	M	32	M U/50	3
4	Chris	Minns	Beckenham RC	33.51	M	38	M U/50	4
5	Basil	Wallace	HHH	33.59	M	38	M U/50	5
6	Matthew	Sharp		34.02	M	33	M U/50	6
7	Neil	Aitken	Clapham Chasers	34.11	M	38	M U/50	7
8	Dan	Madams	London Heathside	34.15	M	39	M U/50	8
9	Darren	Tanner	Clapham Chasers	34.17	M	31	M U/50	9
10	Juan	Ferrer		35.02	M	34	M U/50	11
11	Robert	Tuer	Clapham Chasers	35.05	M	26	M U/50	12
12	James	Gillanders	London Frontrunners	35.22	M	34	M U/50	13
13	Graham	Bell	Wimbledon Windmilers	35.22	M	25	M U/50	14
14	simon	Lee cresswell	Serpentine running club	35.31	M	29	M U/50	15
15	james	cooper		35.44	M	30	M U/50	16
16	Rick	Weston	Serpentine	35.54	M	25	M U/50	17
17	Oli	Murphy		36.00	M	23	M U/50	18
18	Hamish	Cropper	Clapham Chasers	36.17	M	29	M U/50	19
19	Jonathan	Moscrop	London Frontrunners	36.32	M	38	M U/50	20
20	David	Grima	Hercules Wimbledon	36.33	M	33	M U/50	21
21	Keith	MacIntosh	Wimbledon Windmilers	36.37	M	38	M U/50	22
22	Alex	Gounelas	Eton Manor AC	36.46	F	31	W U/50	1

23	ryan	woods		36.48	M	24	M U/50	23
24	Andrew	Bell	St Albans Sriders	36.52	M	27	M U/50	24
25	Alex	Urban	Hercules Wimbledon	36.58	M	26	M U/50	25
26	Patrick	Tweedale		37.05	M	33	M U/50	26
27	Richard	Taylor	Serpentine	37.12	M	36	M U/50	27
28	Edgar	Sequeira	Beckenham Running Club	37.32	M	38	M U/50	28
29	Adam	Lawrence		37.43	M	37	M U/50	29
30	Gunther	Zechmann		37.48	M	29	M U/50	30
31	Jon	Kyte	Harrow AC	37.54	M	28	M U/50	31
32	Mark	Speed		37.58	M	38	M U/50	32
33	MARTIN	CARMACK	SERPENTINE RC	38.04	M	42	M U/50	33
34	Danny	White	Southampton AC	38.12	M	28	M U/50	34
35	Alastair	Locke	Serpentine	38.20	M	30	M U/50	35
36	Simon	Ambrosi	Striders of Croydon	38.22	M	34	M U/50	36
37	Ben	Smith	Rochdale	38.34	M	33	M U/50	37
38	Rick	Jenner		38.36	M	35	M U/50	38
39	Peter	Holmes	Serpentine	38.54	M	34	M U/50	39
40	Mark	Lee	Serpentines Running Club	38.54	M	29	M U/50	40
41	Paul	Karlsen	Synergy Running Club	38.59	M	34	M U/50	41
42	Kevin	James	Mid Sussex Tri Club	39.01	M	37	M U/50	42
43	Larry	Reehtin		39.07	M	51	M O/50	1
44	John	Foster	Striders of Croydon	39.13	M	53	M O/50	2
45	gerard	andrews	Synergy Running Club	39.13	M	33	M U/50	43
46	Massimo	Passamonti		39.15	M	33	M U/50	44
47	Terrence	Tsui		39.26	M	26	M U/50	45
48	Alex	West	Serpentine Running Club	39.28	M	27	M U/50	46
49	Steve	Campbell		39.34	M	44	M U/50	47
50	Michael	Leong	Clapham Chasers	39.35	M	31	M U/50	48
51	Gary	Ironmonger	u/a	39.37	M	50	M O/50	3
52	Scott	Hemmens	Dulwich Runners	39.39	M	33	M U/50	49
53	Stephen	Massey	Striders of Croydon	39.43	M	44	M U/50	50
54	Marc	Thurgood		39.47	M	49	M U/50	51
55	richard	hooley	Thames Valley Harriers	39.51	M	50	M O/50	4
56	Michael	Marth		39.51	M	31	M U/50	52
57	Hannah	Wylie	u/a	39.52	F	29	W U/50	2
58	Tim	Copler		39.53	M	35	M U/50	53
59	Tom	Cheetham	Hercules Wimbledon	39.59	M	45	M U/50	54
60	Bob	Groves	Synergy	39.59	M	50	M O/50	5
61	Eberhard	Prill	Dulwich R	40.09	M	50	M O/50	6
62	Joe	Long	Synergy Running Club	40.13	M	29	M U/50	55
63	Pawel	Goraj		40.14	M	29	M U/50	56
64	Tina	Gray	Fulham RC	40.17	F	29	W U/50	3
65	Ben	Cope	Serpentine	40.22	M	30	M U/50	57
66	Paul	Devine	Dulwich Runners	40.25	M	34	M U/50	58
67	Suzy	Yates	Orpington RR	40.26	F	31	W U/50	4
68	Steve	Starvis	Striders of Croydon	40.28	M	40	M U/50	59
69	Terry	Eakin	NORTH DOWN AC	40.36	M	62	M O/60	1

70	Chris	Morton	Striders of Croydon	40.40	M	47	M U/50	60
71	ALICE	Squires		40.47	F	40	W U/50	5
72	Mark	Stewart	Serpentine	40.50	M	35	M U/50	61
73	Cara	Kayum	Striders of Croydon	40.53	F	23	W U/50	6
74	Michael	Lea		40.54	M	32	M U/50	62
75	Sarah	Cole	u/a	40.59	F	33	W U/50	7
76	Michael	McMillan		41.04	M	29	M U/50	63
77	Jamie	Russell	Dartford Road Runners	41.05	M	32	M U/50	64
78	Cath	Stibbs	Kent AC	41.05	F	38	W U/50	8
79	Marta	Bagnati	Serpentine	41.11	F	27	W U/50	9
80	terry	Avey	brighton phoenix ac	41.15	M	61	M O/60	2
81	Stephen	Harris	Striders of Croydon	41.16	M	42	M U/50	65
82	Timothy	Hodgetts		41.18	M	34	M U/50	66
83	Sheila	Regan	Letterkenny AC	41.18	F	42	W U/50	10
84	David	MacDonald		41.21	M	38	M U/50	67
85	Andrew	Doughty		41.42	M	36	M U/50	68
86	Oliver	Benham		41.43	M	30	M U/50	69
87	karl	thompson		41.45	M	39	M U/50	70
88	Max	Livingstone-Lo	Serpentine	41.49	M	34	M U/50	71
89	Serena	Tracey	Striders of Croydon	41.49	F	37	W U/50	11
90	James	Scallan		41.55	M	31	M U/50	72
91	Andy	Dixon	Runner's World	41.57	M	40	M U/50	73
92	Derek	Fowler		42.00	M	36	M U/50	74
93	Stuart	Rhodes		42.03	M	31	M U/50	75
94	Josh	Kitts		42.11	M	15	M U/50	76
95	Frank	Wood	Hercules Wimbledon	42.15	M	47	M U/50	77
96	shingo	kodama		42.27	M	25	M U/50	78
97	Anthony	Chin	London Heathside	42.33	M	54	M O/50	7
98	Alister	Smith		42.41	M	28	M U/50	79
99	James	Norman	Synergy Running Club	42.45	M	32	M U/50	80
100	Edward	Tansey		43.06	M	23	M U/50	81
101	Robert	Tansey		43.06	M	40	M U/50	82
102	Allan	Dunnett		43.06	M	59	M O/50	8
103	Andy	Botting		43.10	M	30	M U/50	83
104	Andrew	Bright		43.15	M	28	M U/50	84
105	Curt	Clausen	New York Athletic Club	43.17	M	44	M U/50	85
106	Patrick	Browne		43.18	M	30	M U/50	86
107	marco	di tullio		43.28	M	43	M U/50	87
108	Jerome	Timbrell	Quantock harriers	43.29	M	40	M U/50	88
109	Ian	Galbraith		43.29	M	32	M U/50	89
110	Sarah	Dudgeon	Serpentine	43.36	F	35	W U/50	12
111	Dominic	Lawrence		43.40	M	27	M U/50	90
112	Grazka	Kazmierska	u/a	43.51	F	31	W U/50	13
113	Ben	Parsons		43.59	M	36	M U/50	91
114	Cheryl	Appleby		44.00	F	28	W U/50	14
115	ANDY	ROY		44.03	M	35	M U/50	92
116	Dan	Lisi		44.17	M	33	M U/50	93

117	Jean Luc	Hoez		44.30	M	54	M O/50	9
118	Daniel	Marrion		44.33	M	36	M U/50	94
119	Alan	Purchase	Striders of Croydon	44.38	M	53	M O/50	10
120	Kenneth	McCallum		44.38	M	41	M U/50	95
121	Robert	Sandes		44.39	M	27	M U/50	96
122	Maurice	Sharp	Hercules Wimbledon	44.42	M	65	M O/60	3
123	Chloe	Hawkins	Hercules Wimbledon	44.43	F	31	W U/50	15
124	Hugh	Sheilds	Thames Hare & Hounds	44.47	M	47	M U/50	97
125	Katie	Hill		44.50	F	29	W U/50	16
126	Terry	Robertson		44.51	M	30	M U/50	98
127	Matthew	Ovenden		44.53	M	31	M U/50	99
128	Ian	Mursell	Vets AC	44.57	M	60	M O/60	4
129	Christine	Clark	NYC harriers	45.03	F	42	W U/50	17
130	David	Hyden	u/a	45.04	M	51	M O/50	11
131	Laura	D'Albey	Belgrave	45.06	F	30	W U/50	18
132	Stephen	Berry	Serpentine	45.13	M	46	M U/50	100
133	Liam	McGinty	Finn Valley	45.34	M	45	M U/50	101
134	Ieva	Lobaciute		45.36	F	26	W U/50	19
135	Neil	Edwards		45.41	M	29	M U/50	102
136	W	Gateshill		45.46	M		M U/50	103
137	Robert	Curtis	Ranelagh Harriers	45.59	M	42	M U/50	104
138	Fiona	Watts	Synergy Running Club	46.11	F	35	W U/50	20
139	Neil	Adlington		46.32	M	30	M U/50	105
140	Angus	Searcy	Serpentine	46.43	M	46	M U/50	106
141	Stephen	McMillan		46.50	M	31	M U/50	107
142	Eleanor	Hall	u/a	47.03	F	28	W U/50	21
143	Gavin	Gillibrand		47.08	M	38	M U/50	108
144	Nicholas	Heidenreich		47.22	M	45	M U/50	109
145	Bart	Edgar		47.37	M	28	M U/50	110
146	James	Merrett		47.41	M	34	M U/50	111
147	Adam	McConville		47.42	M	32	M U/50	112
148	lucy	fry		47.42	F	30	W U/50	22
149	Andrew	fassnidge	Mornington Chasers	47.44	M	33	M U/50	113
150	Andrew	Dickens	Clapham Pioneers	47.50	M	41	M U/50	114
151	Eleanor	Stringer	Herne Hill H	47.52	F	28	W U/50	23
152	Sarah	Cosford		47.54	F	24	W U/50	24
153	John	Carter	Wimbledon Windmilers	47.58	M	68	M O/60	5
154	Andreas	Ebert		48.13	M	48	M U/50	115
155	Ini	Ekwo		48.14	M	44	M U/50	116
156	Kumudith	Guruge	NEJ	48.17	M	53	M O/50	12
157	Martin	Spence	VAC	48.20	M	57	M O/50	13
158	Simon	Whitrod	Wseh	48.25	M	31	M U/50	117
159	Vicky	Kitson		48.25	F	31	W U/50	25
160	Max	Goodwin		48.36	M	16	M U/50	118
161	Antoine	Kass-Iliyya		48.47	M	30	M U/50	119
162	Mark	Pacitti		48.48	M	24	M U/50	120
163	Anke	Bronius		48.53	F	33	W U/50	26

164	Ross	Ferguson		49.02	M	30	M U/50	121
165	Victor	Abbey	Serpentine	49.07	M	27	M U/50	122
166	Peter	Mansell-Jones	Hovie's Harriers	49.16	M	31	M U/50	123
167	David	Shortridge	Victoria Park Harriers	49.25	M	42	M U/50	124
168	Tim	Beaver		49.39	M	26	M U/50	125
169	Philip	Turley	Epsom & Ewell	49.46	M	71	M O/70	1
170	Alison	Whitlock		49.48	F	32	W U/50	27
171	Alastair	Stewart		49.52	M	28	M U/50	126
172	Tim	Spillane		49.55	M	36	M U/50	127
173	Clare	Fisher	u/a	49.58	F	27	W U/50	28
174	Steve	Bancroft		49.59	M	31	M U/50	128
175	David	Williams		50.20	M	41	M U/50	129
176	Paul	Crouch		50.31	M	31	M U/50	130
177	Elyna	CHEAM		50.52	F	28	W U/50	29
178	Mark	Stevenson		51.17	M	27	M U/50	131
179	Oriane	Auzanneau		51.18	F	28	W U/50	30
180	Roger	Fretwell	Serpentine Running Club	51.24	M	52	M O/50	14
181	Katie	Driver		51.26	F	43	W U/50	31
182	Louise	Toms		51.32	F	23	W U/50	32
183	Louise	Deveney	Stragglers	51.34	F	33	W U/50	33
184	Thomas	Whitney		51.39	M	35	M U/50	132
185	Vicky	Lam	Sepintine	52.02	F	31	W U/50	34
186	Kay	Bettis	Serpentine Running Club	52.08	F	51	W O/50	1
187	Catherine	Costley	u/a	52.09	F	30	W U/50	35
188	Phoenicia	Lewis		52.11	F	28	W U/50	36
189	Elly	Martin	u/a	52.18	F	30	W U/50	37
190	Andreas	Kater		52.29	M	25	M U/50	133
191	Peter	Thum-Bonanno		52.48	M	24	M U/50	134
192	Tomo	Kikugawa		52.55	M	56	M O/50	15
193	Caroline	Doran	u/a	52.57	F	37	W U/50	38
194	Fred	Ashworth		52.58	M	25	M U/50	135
195	John	Wilson	Serpentine	52.59	M	44	M U/50	136
196	Andrew	Rosdahl		53.02	M	31	M U/50	137
197	Angela	Kikugawa	Hercules Wimbledon	53.07	F	50	W O/50	2
198	Matthew	Parr		53.07	M	40	M U/50	138
199	Louisa	Gilpin	u/a	53.12	F	32	W U/50	39
200	Graeme	Nicoll		53.31	M	30	M U/50	139
201	Mia	Skelly	u/a	53.31	F	27	W U/50	40
202	Gerard	Larkin		53.40	M	27	M U/50	140
203	Jennifer	Owen		53.49	F	34	W U/50	41
204	Merryn	Horneman		53.57	F	33	W U/50	42
205	Clare	Ledger		54.03	F	38	W U/50	43
206	Paul	Tibbs	Wimbledon Windmillers	54.17	M	55	M O/50	16
207	GWYNETH	Woodford		54.32	F	33	W U/50	44
208	Charles	Clayton		54.50	M	37	M U/50	141
209	Bill	Smith		54.50	M	36	M U/50	142
210	Laura	Bender		54.51	F	32	W U/50	45

211	Jacqui	Byrne		54.55	F	39	W U/50	46
212	ANNA	ROBERTO	synergy Running Club	55.12	F	38	W U/50	47
213	Stephen	Doran		55.28	M	31	M U/50	143
214	Scott	Anderson		55.32	M	38	M U/50	144
215	Dominic	Mansi		55.52	M	49	M U/50	145
216	Canan	Mounir		56.12	F	28	W U/50	48
217	ian	fitzpatrick		56.15	M	29	M U/50	146
218	James	Keen		56.25	M	29	M U/50	147
219	Simon	Wood		56.36	M	25	M U/50	148
220	Kirsty	Telford		56.38	F	34	W U/50	49
221	Ann	Farragher		56.48	F	33	W U/50	50
222	Melanie	Roberts	u/a	56.58	F	40	W U/50	51
223	Emma	Edgar		57.36	F	27	W U/50	52
224	Melissa	Anderson		57.50	F	33	W U/50	53
225	Josephine	Hart		57.58	F	28	W U/50	54
226	Yianna	Papanikolaou		58.12	F	35	W U/50	55
227	Tony	Merritt	Burnham J	58.27	M	72	M O/70	2
228	fernando	gioia		58.50	M	38	M U/50	149
229	Lea	Schollmeyer		58.59	F	28	W U/50	56
230	Kayre	Hylton		59.13	F	29	W U/50	57
231	Mark	Bicknell		59.17	M	38	M U/50	150
232	Lucy	Seager		59.22	F	26	W U/50	58
233	Hazel	Fallon		59.30	F	28	W U/50	59
234	Hannah	Parsons	u/a	59.36	F	27	W U/50	60
235	Edwin	Bartlett	Vets AC	59.41	M	68	M O/60	6
236	Joanne	Robertson		59.50	F	30	W U/50	61
237	Camille	Roegiers		60.10	F	24	W U/50	62
238	Joanna	Raskin		60.20	F	44	W U/50	63
239	Brian	Tims	Southern Vets	60.38	M	67	M O/60	7
240	Virginia	Ramsden		60.44	F	40	W U/50	64
241	Sandra	Lake	Ricky running sisters	61.20	F	46	W U/50	65
242	Hannah	Williams		61.23	F	30	W U/50	66
243	siobhan	Greene		61.27	F	42	W U/50	67
244	NNEKA	EGBUNIKE		61.29	F	41	W U/50	68
245	becky	groves		61.29	F	39	W U/50	69
246	Steve	Cryer	u/a	61.36	M	67	M O/60	8
247	Chris	Baron		62.14	M	29	M U/50	151
248	Marko	Kautto		62.37	M	37	M U/50	152
249	Henry Phu-	Lam		63.44	M	33	M U/50	153
250	Dave	Phillips		63.50	M	38	M U/50	154
251	Susie	Cameron		64.52	F	39	W U/50	70
252	Danae	White		66.09	F	33	W U/50	71
253	Catherine	Blake		67.03	F	29	W U/50	72
254	Simon	Price	Ealing Eagles Running Club	68.56	M	41	M U/50	155
255	Lynn	Kirkwood-Price	Ealing Eagles Running Club	68.56	F	33	W U/50	73
256	Harriet	Harold		71.10	F	34	W U/50	74
257	Mike	Browne	Vets AC	75.00	M	81	M O/70	3