



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  
5 K

Battersea Park  
7pm  
July 2nd, 2012

Dear Runners

Despite the rain we had a very healthy turnout tonight with 161 runners completing the course. James Ellis of Clapham Chasers won the mens race in a well fought 16.03. Caroline Walsh won the Ladies race in 18.26 for Met Police AC. See you next week for our Saturday 10K (JULY 7th - 8am start). Medal winners and full results below.

MEDAL WINNERS

NAME SURNAME CLUB Time AGE

MEN UNDER 50

1st	James	Ellis	Clapham Chasers	16.03	M	32
2nd	Martin	Shore	Thames Hare & Hounds	16.07	M	36
3rd	Andrew	Lawrence	Morpeth Harriers & AC	16.14	M	26
4th	Matthew	Sharp	Hercules Wimbledon	16.16	M	33
5th	Stephen	Whiting	Highgate Harriers	16.17	M	45
6th	Paul	Bell	Kent athletic club	16.19	M	39
7th	James	Parker	Highgate	16.42	M	26

WOMEN UNDER 50

1st	Caroline	Walsh	Metropolitan Police AC	18.26	F	32
2nd	Tina	Gray	Fulham Running Club	19.28	F	29
3rd	Ruth	Asmon	Mornington Chasers	19.38	F	30
4th	Elin Berstad	Mortensen	Ranelagh Harriers	20.12	F	26
5th	April	James-Welsh		20.25	F	34
6th	Alex	Slotwinski	Durham Uni AC	20.53	F	19
7th	Gemma	Cory	Ranelagh Harriers	21.11	F	30

MEN VET 50

1st	Michael	Bridgeland	Chelmsford AC	17.19	M	54
2nd	Robert	Ewen	Striders of Croydon	19.59	M	57
3rd	Andy	Murray	Dulwich Runners	20.16	M	59

WOMEN VET 50

1st	Andrea	Sanders-Reece	Mornington Chasers	20.54	F	56
2nd	Sarah	Newton	Serpentine	22.22	F	54
3rd	Beate	Vogt	Serpentine	25.42	F	53

MEN VET 60

1st	Philip	Jackson	Ranelagh Harriers	20.25	M	62
2nd	Roger	Green	Woodford Green AC	20.53	M	64

WOMEN VET 60

1st	Lesley	Young	Dulwich Park Runners	37.30	F	60
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MEN VET 70

1st	Joe	Aspinall	Vets AC	24.53	M	74
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WOMEN U/16

1st	Laura	Stewart	Victoria Park Harriers	24.09	F	13
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MEN U/16

1st	Jackson	Spielmeier	Victoria Park Harriers	22.20	M	14
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	James	Ellis	Clapham Chasers	16.03	M	32	M U/50	1
2	Martin	Shore	Thames Hare & Hounds	16.07	M	36	M U/50	2
3	Andrew	Lawrence	Morpeth Harriers & AC	16.14	M	26	M U/50	3
4	Matthew	Sharp	Hercules Wimbledon	16.16	M	33	M U/50	4
5	Stephen	Whiting	Highgate Harriers	16.17	M	45	M U/50	5
6	paul	bell	kent athletic club	16.19	M	39	M U/50	6
7	James	Parker	Highgate	16.42	M	26	M U/50	7
8	David	Annetts	Royston Runners	16.54	M	47	M U/50	8
9	Simon	Loach	Kent AC	16.57	M	42	M U/50	9
10	Robert	Tuer	Clapham Chasers	17.01	M	26	M U/50	10
11	Tony	Tuohy	Dulwich Runners	17.02	M	49	M U/50	11
12	Paul	Boschen	London Frontrunners	17.03	M	34	M U/50	12
13	James	Gillanders	London Frontrunners	17.17	M	34	M U/50	13
14	Adam	Parkes	Mornington Chasers	17.18	M	31	M U/50	14
15	Michael	Bridgeland	Chelmsford AC	17.19	M	54	M O/50	1
16	Jonathan	Moscrop	London Frontrunners	17.31	M	38	M U/50	15
17	Ian	Gordon	Mornington Chasers	17.32	M	26	M U/50	16
18	Richard	Macaulay	London Heathside	17.32	M	26	M U/50	17
19	Andrew	Davies	Serpentine	18.00	M	38	M U/50	18
20	Crossley	Eccles	Serpentine RC	18.06	M	31	M U/50	19
21	Ian	Girling	Mornington Chasers	18.24	M	31	M U/50	20
22	Caroline	Walah	Metropolitan Police AC	18.26	F	32	W U/50	1
23	Joseph	Lowe	Frontrunners	18.39	M	42	M U/50	21
24	Ed	Holland	London Frontrunners	18.44	M	29	M U/50	22
25	Chris	Duffy	Serpentine	18.56	M	28	M U/50	23
26	Simon	Phillips	Ravens City of London	18.58	M	47	M U/50	24
27	Mike	Dean		19.14	M	31	M U/50	25

28	Michael	Marth		19.18	M	31	M U/50	26
29	Tina	Gray	Fulham Running Club	19.28	F	29	W U/50	2
30	Scott	Hemmens	Dulwich Runners	19.35	M	33	M U/50	27
31	Ruth	Ashton	Mornington Chasers	19.38	F	30	W U/50	3
32	Simon	Bittlestone		19.42	M	24	M U/50	28
33	Allan	Cox	Clapham Chasers	19.45	M	35	M U/50	29
34	Dan	Brooks	Serpentine	19.51	M	38	M U/50	30
35	Robert	Ewen	Striders of Croydon	19.59	M	57	M O/50	2
36	Mark	Brown		20.08	M	42	M U/50	31
37	Stephen	Newport		20.10	M	46	M U/50	32
38	Elin Berstad	Mortensen	Ranelagh Harriers	20.12	F	26	W U/50	4
39	Andy	Murray	Dulwich Runners	20.16	M	59	M O/50	3
40	Philip	Jackson	Ranelagh Harriers	20.25	M	62	M O/60	1
41	April	James-Welsh		20.25	F	34	W U/50	5
42	Thomas	Houston	NHS	20.32	M	33	M U/50	33
43	Morten	Pettersen		20.46	M	41	M U/50	34
44	Jason	Smith	Collingwood AC	20.52	M	42	M U/50	35
45	Roger	Green	Woodford Green AC	20.53	M	64	M O/60	2
46	Alex	Slotwinski	Durham Uni AC	20.53	F	19	W U/50	6
47	Andrea	Sanders-Reece	Mornington Chasers	20.54	F	56	W O/50	1
48	Jasper	Van Der Blik	Mornington Chasers	21.01	M	34	M U/50	36
49	Charles	Bouillon	London Frontrunners	21.04	M	33	M U/50	37
50	Gemma	Cory	Ranelagh Harriers	21.11	F	30	W U/50	7
51	Jean Luc	Hoez	Serpentine RC	21.15	M	54	M O/50	4
52	Tom	Morris	Hercules Wimbledon	21.19	M	54	M O/50	5
53	Tony	Hood		21.26	M	47	M U/50	38
54	Naomi	Prasad	Serpentine	21.33	F	31	W U/50	8
55	Edit	Walsh		21.36	F	37	W U/50	9
56	Anders	Kvist		21.38	M	36	M U/50	39
57	Steve	Archer	NHS	21.39	M	31	M U/50	40
58	Laura	Dalbey	Belgrave	21.40	F	30	W U/50	10
59	Alice	Ewan	Striders of Croydon	21.41	F	26	W U/50	11
60	Dominic	Jackman		21.45	M	29	M U/50	41
61	Jonathan	Chambers	Fulham Running Club	22.09	M	55	M O/50	6
62	Dan	Maskell	VAC	22.20	M	64	M O/60	3
63	Jackson	Spielmeyer	Victoria Park Harriers	22.20	M	14	M U/16	1
64	Sarah	Newton	Serpentine	22.22	F	54	W O/50	2
65	Hay Sun	Blunt		22.23	F	30	W U/50	12
66	Dean	Askew	NHS	22.32	M	28	M U/50	42
67	Emma	Waterfall		22.34	F	31	W U/50	13
68	Matthew	Phelan	NHS	22.37	M	29	M U/50	43
69	Brian	Pickles	Serpentine	22.39	M	54	M O/50	7
70	Tony	Gallagher	Sutton Runners	22.40	M	56	M O/50	8
71	Keith	Aldridge	NHS	22.45	M	51	M O/50	9
72	Luke	Zakrzewski	NHS	22.46	M	27	M U/50	44
73	Catherine	Gaskell	Collingwood AC	22.46	F	31	W U/50	14
74	Steve	Satchell	Mornington Chasers	22.47	M	63	M O/60	4
75	Donna	Richards	Sutton Runners	22.47	F	46	W U/50	15
76	Harvey	Cambridge		23.03	M	15	M U/16	2
77	Ian	Hall	Serpentine	23.10	M	59	M O/50	10
78	Chris	Daniels		23.11	M	25	M U/50	45
79	Slafon	Owen	Fulham Running Club	23.15	F	27	W U/50	16
80	Marcus	Hall	Victoria Park Harriers	23.16	M	25	M U/50	46
81	Alan	Davidson	Ranelagh Harriers	23.18	M	65	M O/60	5
82	John	Brown	London Frontrunners	23.29	M	44	M U/50	47
83	Mark	Reid		23.29	M	41	M U/50	48
84	Chris	Walker		23.38	M	18	M U/50	49
85	Rebecca	McGuire		23.40	F	35	W U/50	17

86	Lize	Theron		23.41	F	31	W U/50	18
87	David	Deery	Stragglers	23.53	M	36	M U/50	50
88	Neil	Davies	Serpentine	23.54	M	47	M U/50	51
89	Nick	Cambridge	Vets AC	24.00	M	63	M O/60	6
90	William	Johnson		24.01	M	32	M U/50	52
91	Laura	Stewart	Victoria Park Harriers	24.09	F	13	W U/16	1
92	Lisa	Johnson		24.19	F	32	W U/50	19
93	Michael	Wiggins		24.19	M	35	M U/50	53
94	Dennis	Williams	Hercules Wimbledon	24.23	M	66	M O/60	7
95	Peter	Cambridge	VAC	24.25	M	53	M O/50	11
96	Jason	Hill		24.35	M	39	M U/50	54
97	Rhiannon	Wallace		24.51	F	22	W U/50	20
98	Joe	Aspinall	Vets AC	24.53	M	74	M O/70	1
99	Miriam	Bremer		24.54	F	37	W U/50	21
100	John	Walsh		24.55	M	50	M O/50	12
101	Ian	Madelin		25.14	M	41	M U/50	55
102	Greg	Neal	Watford Harriers	25.16	M	57	M O/50	13
103	Michael	Goodwin	Stragglers	25.18	M	41	M U/50	56
104	John	Wilson	Serpentine	25.21	M	44	M U/50	57
105	Philippa	Mannion		25.25	F	23	W U/50	22
106	Jonathan	Pegg	Sutton Runners	25.30	M	47	M U/50	58
107	Claire	Steiner		25.33	F	22	W U/50	23
108	Stephen	Doran		25.36	M	31	M U/50	59
109	Emma	Houston	NHS	25.36	F	30	W U/50	24
110	Beate	Vogt	Serpentine	25.42	F	53	W O/50	3
111	Emil	Derleen	London Frontrunners	25.49	M	36	M U/50	60
112	Melanie	Lintott		25.51	F	30	W U/50	25
113	Caroline	Doran		25.53	F	37	W U/50	26
114	Stefanie	Robert		26.04	F	37	W U/50	27
115	Stephen	Geldart		26.04	M	29	M U/50	61
116	BRIAN	WIGGINS		26.09	M	64	M O/60	8
117	Ken	Camac	Hastings AC	26.32	M	69	M O/60	9
118	Dave	Clarke	Stragglers	26.37	M	44	M U/50	62
119	Lesley	Kenny		26.38	F	29	W U/50	28
120	Robert	Rovelli	London Frontrunners	26.42	M	55	M O/50	14
121	Julia	Laycock		26.47	F	35	W U/50	29
122	Aneel	Pattni	NHS	27.00	M	38	M U/50	63
123	Vicky	Jacob		27.05	F	34	W U/50	30
124	Sandya	Drew	Collingwood AC	27.07	F	46	W U/50	31
125	Haroon	Akber		27.28	M	18	M U/50	64
126	Helle	Pettersen		27.50	F	44	W U/50	32
127	Edwin	Bartlett		27.55	M	67	M O/60	10
128	Ilse	Mogensen	NHS	28.15	F	37	W U/50	33
129	Marko	Kautto		28.24	M	37	M U/50	65
130	Peter	Gudge	NHS	28.28	M	53	M O/50	15
131	Monika	Bohm		28.42	F	35	W U/50	34
132	Jenny	Teale	NHS	28.43	F	24	W U/50	35
133	Rebecca	Daykin	NHS	28.45	F	38	W U/50	36
134	David	Florijn		29.01	M	29	M U/50	66
135	Joanna	Steiner		29.01	F	29	W U/50	37
136	Jackie	Harris	NHS	29.04	F	46	W U/50	38
137	Paul	O'Brien		29.16	M	32	M U/50	67
138	Angela	Steiner		29.19	F	24	W U/50	39
139	Shauna	Sweeney	NHS	29.23	F	36	W U/50	40
140	Niamh	Wilson	NHS	29.38	F	42	W U/50	41
141	Laura	Emson	NHS	29.44	F	33	W U/50	42
142	Rosie	Agnew		30.00	F	28	W U/50	43
143	Smita	Patel	NHS	30.39	F	26	W U/50	44

144	Zhao	Liu		30.48	F	23	W U/50	45
145	Hannah	Cashin	NHS	31.00	F	24	W U/50	46
146	Victoria	Dobos		31.06	F	37	W U/50	47
147	Natalie	Chamberlain		31.08	F	18	W U/50	48
148	Charlotte	Davies		31.39	F	31	W U/50	49
149	Kayleigh	Macdonald		31.52	F	26	W U/50	50
150	Kelvina	Champ	NHS	33.11	F	34	W U/50	51
151	Karen	Bateman		33.29	F	43	W U/50	52
152	Henry	Campbell-Ricketts	NHS	33.57	M	40	M U/50	68
153	Eliose	Barnes	NHS	34.06	F	34	W U/50	53
154	Mike	Browne	Vets AC	34.21	M	81	M O/70	2
155	Georgina	Jacobs		36.46	F	32	W U/50	54
156	Hayley	Stewart		36.46	F	31	W U/50	55
157	Lesley	Young	Dulwich Park Runners	37.30	F	60	W O/60	1
158	Tarik	Habte		39.13	F	25	W U/50	56
159	Sue	Mifsud	NHS	42.14	F	52	W O/50	4
160	Harriet	Pauly		42.40	F	24	W U/50	57
161	Sophia	Kirschbaum Stobbs		42.44	F	29	W U/50	58