

Self-Transcendence 10K Race

Organised by Sri Chinmoy AC

Battersea Park, London

Saturday 24th October 2015



WINNERS						
RANK	NAME	SURNAME	CLUB	TIME	M/F	AGE
Men U/50						
1	Mark	Hobbs	Bournville Harriers / FK Studenterna	34.04	M	38
2	Michel-Pierre	Flipo		34.28	M	35
3	Nathan	Smeaton	Clapham Chasers	34.43	M	28
4	Dan	Madams	London Heathside	34.59	M	42
5	James	Gilanders	Serpentine	34.59	M	37
6	Nicolas	Besson	Serpentine	35.01	M	34
7	Richard	Macaulay	London Heathside Runners	35.12	M	30
Women U/50						
1	Meriel	Holden	Wimbledon Windmillers	39.39	F	45
2	Gabriella	De la Cerda		41.24	F	38
3	Kate	Carter	Wimbledon Windmillers	41.54	F	39
4	Rebecca	Evans	Clapham Pioneers	42.45	F	29
5	Katel	Jeffroy		43.05	F	35
6	Clare	Hartley-Marjoram		43.21	F	24
7	Helen	Cooper	Clapham Chasers	43.51	F	34
Men Vet 50						
1	Laurence	Duffy	Stragglers	37.27	M	55
2	Frank	Wood	Hercules Wimbledon	39.53	M	51
3	Hugh	Scorgie		40.14	M	55
Women Vet 50						
1	Caroline	Helder	Wimbledon Windmillers	45.14	F	54
2	Heather	Binney	Clapham Pioneers	53.17	F	54
3	Sunanda	Sarker-Bell		55.09	F	50
Men Vet 60						
1	Dave	Cox	Woodford Green	36.52	M	62
2	Andrew	Roberts	Serpentine	40.29	M	63
Men Vet 70						
1	Maurice	Sharp	Hercules Wimbledon	45.50	M	73

ALL RESULTS BELOW

RESULTS

RANK	NAME	SURNAME	CLUB	TIME	M/F	AGE	CATEGORY	CAT POS
------	------	---------	------	------	-----	-----	----------	---------

1	Mark	Hobbs	Bournville Harriers / FK Studenterna	34.04	M	38	M U/50	1
2	Michel-Pierre	Flipo		34.28	M	35	M U/50	2
3	Nathan	Smeaton	Clapham Chasers	34.43	M	28	M U/50	3
4	Dan	Madams	London Heathside	34.59	M	42	M U/50	4
5	James	Gilanders	Serpentine	34.59	M	37	M U/50	5
6	Nicolas	Besson	Serpentine	35.01	M	34	M U/50	6
7	Richard	Macaulay	London Heathside Runners	35.12	M	30	M U/50	7
8	charlie	elliott	ful on tri	35.16	M	35	M U/50	8
9	Darryl	Carter	Defra AC	35.30	M	42	M U/50	9
10	Rob	Wakefield	Aldershot Farnham & distric	35.32	M	33	M U/50	10
11	Jonathan	Moscrop	Serpentine RC	35.40	M	41	M U/50	11
12	Peter	Holmes	Serpentine RC	35.45	M	37	M U/50	12
13	Tim	Hermann		36.19	M	41	M U/50	13
14	Ben	Nicholson Hughes	Clapham Chasers	36.50	M	32	M U/50	14
15	Dave	Cox	Woodford Green	36.52	M	62	M O/60	1
16	Benjamin	Carr	University of Bristol athletics	37.02	M	21	M U/50	15
17	Mikel	Berdud	Clapham Chasers	37.05	M	37	M U/50	16
18	Eoghan	O'Neill	Fulham	37.10	M	34	M U/50	17
19	Laurence	Duffy	Stragglers	37.27	M	55	M O/50	1
20	Lloyd	Collier	Dulwich R	37.52	M	43	M U/50	18
21	Gordon	Berry	Wimbledon Windmillers	37.57	M	39	M U/50	19
22	Kevin	Chadwick	Dulwich R	38.00	M	35	M U/50	20
23	Claudio	Santos		38.24	M	37	M U/50	21
24	David	Mason	Petts Wood R	38.29	M	42	M U/50	22
25	Richard	Cohen	Wimbledon Windmillers	39.04	M	29	M U/50	23
26	Daniel	Neather	Clapham Pioneers	39.12	M	29	M U/50	24
27	Terence	Tsui		39.20	M	30	M U/50	25
28	Felix	Allen	Hercules Wimbledon AC	39.36	M	43	M U/50	26
29	Meriel	Holden	Wimbledon Windmillers	39.39	F	45	W U/50	1
30	Frank	Wood	Hercules Wimbledon	39.53	M	51	M O/50	2
31	Andy	Welsh		40.01	M	43	M U/50	27
32	Alex	MacKeith		40.03	M	23	M U/50	28
33	Hugh	Scorgie		40.14	M	55	M O/50	3
34	Nick	Beavitt		40.26	M	30	M U/50	29
35	Andrew	Roberts	Serpentine	40.29	M	63	M O/60	2
36	Mark	Rhynes	Hunter Bog Trotters	40.39	M	34	M U/50	30
37	Tadeusz	Sekretarczyk		40.47	M	52	M O/50	4
38	Craig	Fordham		40.52	M	41	M U/50	31
39	Tom	Blanshard		40.55	M	26	M U/50	32
40	David	Cornock	Barnes Runners	41.01	M	52	M O/50	5
41	Christopher	Bond		41.15	M	38	M U/50	33

42	Gabriella	De la Cerda		41.24	F	38	W U/50	2
43	Andrew	Breese	Petts Wood R	41.25	M	41	M U/50	34
44	Daniel	White		41.45	M	36	M U/50	35
45	Adrian	Dracup	Kent AC	41.51	M	34	M U/50	36
46	Kate	Carter	Wimbledon Windmilers	41.54	F	39	W U/50	3
47	Doug	Teesdale		42.07	M	54	M O/50	6
48	chris	scott		42.32	M	41	M U/50	37
49	Rebecca	Evans	Clapham Pioneers	42.45	F	29	W U/50	4
50	Richard	Morris	Fulham	42.50	M	40	M U/50	38
51	Daniel	Riley		42.55	M	35	M U/50	39
52	Katel	Jeffroy		43.05	F	35	W U/50	5
53	Colin	McSeveny		43.10	M	62	M O/60	3
54	Clare	Hartley-Marjoram		43.21	F	24	W U/50	6
55	Frank	Ducombe		43.27	M	42	M U/50	40
56	Brynjar	Agnarsson	Wimbledon Windmilers	43.39	M	42	M U/50	41
57	Grzegorz	Hotala		43.50	M	32	M U/50	42
58	Helen	Cooper	Clapham Chasers	43.51	F	34	W U/50	7
59	Monika	Crouse	Hercules Wimbledon AC	43.58	F	38	W U/50	8
60	Duncan	Wilson	Dulwich Runners	43.59	M	53	M O/50	7
61	Kim	Tyler	Clapham Chasers	44.20	F	33	W U/50	9
62	Bruno	Bernier		44.25	M	48	M U/50	43
63	Marc	Tuckmantel		44.25	M	39	M U/50	44
64	Daniel	Court		44.36	M	32	M U/50	45
65	Sophia	De Rivaz	Serpentine	44.38	F	31	W U/50	10
66	Gregory	Lemaire-Smith	Sheen Shufflers	44.47	M	30	M U/50	46
67	Teresa	Ruiz Pavon		44.53	F	21	W U/50	11
68	David	Collings		44.53	M	30	M U/50	47
69	Sue	Cooper	Dulwich Runners AC	45.05	F	33	W U/50	12
70	Noelle	O'Regan	London Heathside Runners	45.06	F	28	W U/50	13
71	Graeme	Armstrong		45.11	M	37	M U/50	48
72	Caroline	Helder	Wimbledon Windmilers	45.14	F	54	W O/50	1
73	Nigel	Wilson		45.17	M	57	M O/50	8
74	Philip	Hickson	Fulham	45.22	M	41	M U/50	49
75	Aidan	ODonnell		45.35	M	34	M U/50	50
76	Mark	Isham		45.40	M	30	M U/50	51
77	Maurice	Sharp	Hercules Wimbledon	45.50	M	70	M O/70	1
78	Yvette	Dore	Dulwich R	45.58	F	43	W U/50	14
79	Ian	Mursell	Vets AC	46.00	M	63	M O/60	4
80	Katherine	Elmore-Jones		46.08	F	38	W U/50	15
81	Alexander	Pace	Turtle Joggers	46.14	M	31	M U/50	52
82	Emma	Bisgrove	Wimbledon Windmilers	46.57	F	30	W U/50	16
83	Paul	O'Connor	Wimbledon Windmilers	47.01	M	59	M O/50	9
84	Charlotte	Beavitt		47.28	F	29	W U/50	17
85	Raleigh	Gilbert		47.33	M	32	M U/50	53
86	Emily	Martyn	Pitsea RC	47.54	F	25	W U/50	18
87	Peter	Veitch		47.58	M	44	M U/50	54

88	Martin	Spence	Vets AC	48.24	M	60	M O/60	5
89	Brian	Kabatznick		48.45	M	58	M O/50	10
90	Catherine	Tierney		48.49	F	26	W U/50	19
91	Emma	Hughes		49.06	F	26	W U/50	20
92	Steve	Platt	Trail Running Association	49.14	M	61	M O/60	6
93	Ausia	Garrigas Morant	NASduo	50.15	M	27	M U/50	55
94	Laura	Grigg	Fulham Running Club	50.28	F	27	W U/50	21
95	Tony	Macpherson		50.38	M	52	M O/50	11
96	radhika	gajraj		50.47	F	30	W U/50	22
97	Mark	Everitt		50.49	M	31	M U/50	56
98	Suzanne	Mount		52.43	F	30	W U/50	23
99	Lucinda	Lawrence		53.01	F	28	W U/50	24
100	Heather	Binney	Clapham Pioneers	53.17	F	54	W O/50	2
101	Veronica	Locatelli		53.48	F	32	W U/50	25
102	John	Grigg	Fulham Running Club	54.18	M	61	M O/60	7
103	Lorenzo	Bean		54.27	M	31	M U/50	57
104	Tara	Flynn	Ealing Eagles Running Club	54.38	F	42	W U/50	26
105	Sophie	Miller		55.06	F	26	W U/50	27
106	Sunanda	Sarker-Bell		55.09	F	50	W O/50	3
107	Pamlea	Taylor	Serpentine	55.15	F	39	W U/50	28
108	Tamara	Lopez	Serpentine RC	55.15	F	34	W U/50	29
109	Lara	Campana	jog scotland	55.55	F	31	W U/50	30
110	I	Novalija		56.02	F	40	W U/50	31
111	George	Meressa		56.26	M	27	M U/50	58
112	Helena	Parkhill		56.41	F	40	W U/50	32
113	Tom	Woodford		57.18	M	26	M U/50	59
114	Nicola	Costigan		57.18	F	25	W U/50	33
115	Katherine	Cziurlikowski		58.14	F	34	W U/50	34
116	Elaine	Shanks		58.42	F	33	W U/50	35
117	Sonja	Lardeau		59.50	F	39	W U/50	36
118	Ami	Bartrip		59.56	F	28	W U/50	37
119	Ilya	Bourtman		60.15	M	31	M U/50	60
120	Celine	Choukroun		60.15	F	27	W U/50	38
121	Rosie	Robbins	Good Gym	60.17	F	35	W U/50	39
122	Florence	Bergin		60.48	F	33	W U/50	40
123	Hannah	Brada		60.51	F	27	W U/50	41
124	Marie	Chambers		60.57	F	36	W U/50	42
125	Vicky	Emmett		60.57	F	29	W U/50	43
126	Jonathan	Bose		61.03	M	32	M U/50	61
127	Rachel	Tiley		61.07	F	31	W U/50	44
128	Clara	Gold		61.11	F	26	W U/50	45
129	Katie	platts		61.11	F	26	W U/50	46
130	Majd	Soudi		61.24	F	30	W U/50	47
131	Ray	Lindsay		61.55	M	62	M O/60	8
132	Helen	Pace	Turtle Joggers	63.55	F	31	W U/50	48
133	Georgia	Trapp		64.11	F	23	W U/50	49

134	Megan	Hoskin		64.42	F	31	W U/50	50
135	Lauren	Pelham		65.15	F	27	W U/50	51
136	James	Wilson		65.17	M	30	M U/50	62
137	Nick	Grindle		70.40	M	41	M U/50	63
138	Andrew	Bishop		70.40	M	31	M U/50	64
139	Sarah	Barnard		71.53	F	56	W O/50	4
140	Gerhard	Reinecke		72.05	M	54	M O/50	12
141	Alexis C	W		72.31	F	33	W U/50	52
142	Manish	Jethwani		77.18	M	28	M U/50	65
143	Lindsay	Irvine		79.53	F	37	W U/50	53
144	Mayauk	Agrawal		84.32	M	27	M U/50	66

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