

# Self-Transcendence 10K Race

Organised by Sri Chinmoy AC

Battersea Park, London

2nd May 2015



## WINNERS

RANK	FIRST NAME	SURNAME	CLUB	M   F	TIME	AGE
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### Men U/50

1	Daniel	Bentley-Gouldstone	Beckenham Running Club	M	33.13	34
2	Nick	Weyman	Serpentine	M	33.19	34
3	Charlie	Elliott	Ful on Tri	M	34.25	34
4	John	Courell	Ballina AC	M	34.42	28
5	Jonny	Earl		M	34.46	30
6	Ben	Darlow	Guildford & Godalming	M	35.31	23
7	Stuart	McDougall	Bellahouston H	M	35.44	31

### Women U/50

1	Sarah	Pemberton	Serpentine	F	37.06	29
2	Anna	Sykes-Brown	Optima Racing Team	F	39.18	30
3	April	James-Welch		F	40.06	37
4	Rebecca	Pease	Gateshead H	F	40.48	19
5	Emma	Payne	Clapham Chasers	F	40.49	25
6	Jenna	Mullett	Clapham Chasers	F	42.27	30
7	Alexandra	McAndie		F	42.33	37

### Men Vet 50

1	Tony	Tuohy	Dulwich R	M	35.26	54
2	David	Annetts	North Herts RR	M	35.36	50
3	Gavin	McLaughlan	Wimbledon Windmilers	M	36.54	51

### Women Vet 50

1	Kate	Ledin	Buxton & District	F	48.01	55
2	Lesley	McSeveny		F	54.24	57
3	Sarah	Barnard		F	64.30	53

### Men Vet 60

1	Ian	Mursell	Vets AC	M	46.19	63
2	John	Grigg	Fulham RC	M	53.37	61

### Men Vet 70

1	John	Garber	Herne Hill H	M	50.28	73
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## RESULTS

RANK	FIRST NAME	SURNAME	CLUB	M   F	TIME	AGE	CATEGORY CAT.	POS.
1	Daniel	Bentley-Gouldstone	Beckenham Running Club	M	33.13	34	M U/50	1
2	Nick	Weyman	Serpentine RC	M	33.19	34	M U/50	2
3	Charlie	Elliott	Ful on Tri	M	34.25	34	M U/50	3
4	John	Courell	Ballina AC	M	34.42	28	M U/50	4
5	Jonny	Earl		M	34.46	30	M U/50	5

6	Tony	Tuohy	Dulwich R	M	35.26	54	M V50	1
7	Ben	Darlow	Guildford & Godalming AC	M	35.31	23	M U/50	6
8	David	Annetts	North Herts RR	M	35.36	50	M V50	2
9	Stuart	Macdougall	Bellahouston Harriers	M	35.44	31	M U/50	7
10	Edward	Green		M	35.47	33	M U/50	8
11	Thomas	Cursley	Trent Park RC	M	35.56	30	M U/50	9
12	Stewart	McAndie		M	36.36	41	M U/50	10
13	Paul	Burton	Black Line London	M	36.47	33	M U/50	11
14	James	Rogers	Clapham Chasers	M	36.51	29	M U/50	12
15	Gavin	McLaughlan	Wimbledon W	M	36.54	51	M V50	3
16	Sarah	Pemberton	Serpentine	F	37.06	29	W U/50	1
17	Joel	Wiles	Epsom Oddballs	M	37.12	33	M U/50	13
18	Martin	Carmack	Serpentine	M	37.12	45	M U/50	14
19	Matt	Blawat		M	37.23	35	M U/50	15
20	Mark	Speed		M	37.32	40	M U/50	16
21	Rupert	Jacobs	Serpentine	M	37.40	33	M U/50	17
22	Alexander	Mavek	Belgrave H	M	38.00	32	M U/50	18
23	Matt	Roberts		M	38.09	37	M U/50	19
24	James	Kelly		M	38.22	25	M U/50	20
25	Mark	Rose		M	38.24	36	M U/50	21
26	Stephen	Hough		M	38.26	30	M U/50	22
27	Philip	Bowken		M	38.36	28	M U/50	23
28	Dave	Johnson	Sri Chinmoy	M	38.42	37	M U/50	24
29	Nick	O'Connor		M	39.05	27	M U/50	25
30	Alex	Zimmermann	Fulham Running Club	M	39.13	30	M U/50	26
31	Raoul	Mansukhani	Serpentine	M	39.18	44	M U/50	27
32	Anna	Sykes-Brown	Optima Racing Team	F	39.18	30	W U/50	2
33	John	Querstret	Runnymede R	M	39.19	39	M U/50	28
34	Kevin	Smith	Clapham Chasers	M	39.21	30	M U/50	29
35	Darryl	Coulter	Kent AC	M	39.24	44	M U/50	30
36	Tom	Cheetham	Hercules Wimbledon	M	39.27	48	M U/50	31
37	James	Butler		M	39.31	33	M U/50	32
38	Manuel	Corriente	Vegetarian Cycling & AC	M	39.42	44	M U/50	33
39	Mark	Parrett		M	39.45	33	M U/50	34
40	Michael	Wiggins		M	39.49	37	M U/50	35
41	Chris	Pidgeon		M	40.06	34	M U/50	36
42	April	James-Welsh		F	40.06	37	W U/50	3
43	Andrew	Breese	Petts Wood R	M	40.24	41	M U/50	37
44	Sebastien	Le Digabel	Evrotas RC	M	40.28	33	M U/50	38
45	Doug	Monro		M	40.29	40	M U/50	39
46	Oliver	johnson		M	40.30	21	M U/50	40
47	Phil	Reynolds	Fulham RC	M	40.37	35	M U/50	41
48	Frank	Wood	Hercules Wimbledon	M	40.41	50	M V50	4
49	Sean	Parry		M	40.47	39	M U/50	42
50	Rebecca	Pease	Gateshead Harriers & AC	F	40.48	19	W U/50	4
51	Andrew	Han	Fulham RC	M	40.49	35	M U/50	43
52	Emma	Payne	Clapham Chasers	F	40.49	25	W U/50	5
53	Norman	Urquia	Wimbledon Windmilers	M	40.54	48	M U/50	44
54	Gary	Sullivan	Dulwich Runners	M	41.21	57	M V50	5
55	Greg	Haskins	Highgate H	M	41.22	34	M U/50	45
56	Richard	James		M	41.22	42	M U/50	46

57	matthew	o'brien		M	41.35	44	M U/50	47
58	Adam	Zagajewski		M	41.53	25	M U/50	48
59	Will	Poole		M	41.56	27	M U/50	49
60	Rob	Ferguson	Thames Valley Harriers	M	42.08	33	M U/50	50
61	Ken	McCallum	Serpentine	M	42.10	44	M U/50	51
62	Peter	Martin		M	42.18	40	M U/50	52
63	Jose	Simancas		M	42.27	36	M U/50	53
64	Jenna	Mullett	Clapham Chasers	F	42.27	30	W U/50	6
65	Ian	Tidder	Wimbledon Windmilers	M	42.31	50	M V50	6
66	Alexandra	McAndie		F	42.33	37	W U/50	7
67	Aled	Basey		M	43.19	26	M U/50	54
68	Niels	Rock		M	43.37	39	M U/50	55
69	Matt	Hinton		M	43.48	27	M U/50	56
70	PATRICK	GILMORE	Mornington Chasers	M	43.59	41	M U/50	57
71	Douglas	Josham	Collingwood AC	M	44.05	35	M U/50	58
72	Tony	Pinkham		M	44.35	39	M U/50	59
73	Richard	Morris	Fulham RC	M	45.00	40	M U/50	60
74	Stephen	Dunn	Eton Manor AC	M	45.01	42	M U/50	61
75	TOM	CRICHTON		M	45.17	37	M U/50	62
76	Mark	Dingwall		M	45.27	36	M U/50	63
77	Rachel	Smith		F	45.32	27	W U/50	8
78	Oliver	Gaunt		M	45.33	33	M U/50	64
79	Andrew	Debnam		M	45.48	36	M U/50	65
80	Jamie	Souter	none	M	45.55	36	M U/50	66
81	Ian	Lavelle		M	46.05	32	M U/50	67
82	Sophia	De Rivaz	Serpentine	F	46.07	30	W U/50	9
83	Jenny	Barraclough		F	46.10	35	W U/50	10
84	Ruth	Brentnall		F	46.15	34	W U/50	11
85	Ian	Mursell	Vets AC	M	46.19	63	M V60	1
86	Nicola	McGlennon	Serpentine	F	47.11	39	W U/50	12
87	Colin	Purchase		M	47.13	41	M U/50	68
88	Anthony	Ferrioli	RRC	M	47.21	47	M U/50	69
89	Cathy	Basiel		F	47.24	43	W U/50	13
90	Nathalie	MArtine		F	47.49	25	W U/50	14
91	Tom	Rees		M	47.54	30	M U/50	70
92	Kate	Ledin	Buxton & District AC	F	48.01	55	W V50	1
93	Tom	Masters		M	48.49	30	M U/50	71
94	Laura	Ellis	Bearcat Running Club	F	49.05	31	W U/50	15
95	Sophie	Cappleman	Serpentine	F	49.23	27	W U/50	16
96	Richard	Bush		M	49.24	31	M U/50	72
97	Clara	Raimundo	Pernas de Gafanhoto	F	49.34	38	W U/50	17
98	Simon	Green		M	50.04	18	M U/50	73
99	John	Garber	Herne Hill H	M	50.28	73	M V70	1
100	Alina Gabriella	Manta		F	50.33	24	W U/50	18
101	Denis	Delsol		M	51.00	26	M U/50	74
102	Arabella	St John Parker	Clapham R	F	51.00	48	W U/50	19
103	Tara	Psaila		F	51.33	42	W U/50	20
104	Chris	Dodds	Run Dem Crew	F	51.37	36	W U/50	21
105	Hannah	Moran-Ellis		F	51.41	31	W U/50	22
106	Pete	Warren	Ranelagh Harriers	M	51.46	75	M V70	2
107	Matthew	Panteli		M	52.05	25	M U/50	75

108	Ashling	Creedon		F	53.07	26	W U/50	23
109	ANGHARAD	GILMORE	Mornington Chasers	F	53.23	31	W U/50	24
110	John	Grigg	Fulham Running Club	M	53.37	61	M V60	2
111	Joe	Aspinall	Vets AC	M	54.17	76	M V70	3
112	Lesley	McSeveny		F	54.24	57	W V50	2
113	Colin	McSeveny		M	54.28	61	M V60	3
114	Mark	Agnew		M	54.35	30	M U/50	76
115	Matthew	Agnew		M	54.35	27	M U/50	77
116	Naomi	Hinton		F	55.58	28	W U/50	25
117	Bethan	Lukey		F	56.16	24	W U/50	26
118	Erin	McDonald		F	57.26	27	W U/50	27
119	Sophie	Boyle	None	F	57.40	26	W U/50	28
120	Zara	Sless		F	57.46	27	W U/50	29
121	Paul	Lacey	Clapham Chasers	M	58.37	30	M U/50	78
122	Hannah	Lacey	Clapham Chasers	F	58.37	25	W U/50	30
123	Bella	Efithimou		F	59.25	23	W U/50	31
124	Oliver	Rowlands		M	59.39	51	M V50	7
125	Saranyah	Suunmaran		F	60.39	24	W U/50	32
126	Brian	Lloyd		M	60.56	38	M U/50	79
127	Lucy	Kemish		F	60.56	22	W U/50	33
128	Alice	Robinson		F	64.24	31	W U/50	34
129	Sarah	Barnard		F	64.30	53	W V50	3
130	Anne	Lawless		F	65.18	47	W U/50	35

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Should you have any queries then please contact Gavin Lightwood [glightwood@uka.org.uk](mailto:glightwood@uka.org.uk)