

Self-Transcendence 5K Race

Organised by Sri Chinmoy AC

Battersea Park, London

11th May 2015



WINNERS						
RANK	NAME	SURNAME	CLUB	TIME	M/F	AGE
Men U/50						
1	Tom	Martyn	HBT	15.06	M	25
2	James	Bowler	Bromsgrove & Redditch	15.40	M	35
3	Damian	Nevins	Harrow AC	15.54	M	34
4	Daniel	Gaffney	Epsom & Ewell Harriers	15.58	M	32
5	Martin	Shore	THH	15.59	M	39
6	Jonathan	Bradford	Serpentine	15.59	M	23
7	Rick	Weston	Serpentine	16.05	M	28
Women U/50						
1	Georgie	Tindly	THH	18.13	F	22
2	April	James-Welsh		19.31	F	37
3	Nina	Atherton	Barnet & District	20.33	F	25
4	Sophie	Wiles	Epsom Oddballs	20.44	F	33
5	Jessica	Chamberlain	Clapham Chasers	21.04	F	25
6	Cheryl	Evans	Les Croupiers	21.49	F	27
7	Kerry	Pearce	Clapham Chasers	22.48	F	29
Men Vet 50						
1	Andrew	Ridley	Poole AC	16.42	M	50
2	Michael	Bridgewood	Chelmsford AC	17.26	M	57
3	Chris	Lydon	Beckenham Running Club	18.31	M	53
Women Vet 50						
1	Kate	Ledin	Buxton & District AC	22.45	F	55
2	Sarah	Newton	Serpentine	23.39	F	57
3	Beate	Vogt	Serpentine	26.22	F	56
Men Vet 60						
1	David	Hallson	Road runners Club	22.29	M	62
2	Ian	Mursell	Vets AC	22.30	M	63
Men Vet 70						
1	Joe	Aspinall	Vets AC	26.28	M	77
Men Under 16						
1	Cosmo	Craven	Fulham	19.32	M	15
Women Under 16						
1	Maria	Mosier		26.18	F	13

ALL RESULTS BELOW

RESULTS								
RANK	NAME	SURNAME	CLUB	TIME	M/F	AGE	CATEGORY	CAT POS
1	Tom	Martyn	HBT	15.06	M	25	M U/50	1
2	James	Bowler	Bromsgrove & Redditch	15.40	M	35	M U/50	2
3	Damian	Nevins	Harrow AC	15.54	M	34	M U/50	3
4	Daniel	Gaffney	Epsom & Ewell Harriers	15.58	M	32	M U/50	4
5	Martin	Shore	THH	15.59	M	39	M U/50	5
6	Jonathan	Bradford	Serpentine	15.59	M	23	M U/50	6
7	Rick	Weston	Serpentine	16.05	M	28	M U/50	7
8	Max	Lovell	Clapham Chasers	16.12	M	33	M U/50	8
9	Alex	Davy	Leeds City	16.18	M	25	M U/50	9
10	Jonny	Earl		16.29	M	30	M U/50	10
11	Sian	Wurr	THH	16.31	M	38	M U/50	11
12	Simon	Molden	Thames Hare & Hounds	16.34	M	38	M U/50	12
13	Jonny	Miesner	Mornington Chasers	16.37	M	23	M U/50	13
14	Andrew	Ridley	Poole AC	16.42	M	50	M O/50	1
15	steve	woolley	West 4 Harriers	16.46	M	33	M U/50	14
16	Ron	Taylor	Kent AC	16.48	M	28	M U/50	15
17	Lee	Martin	Springfield Striders	16.51	M	43	M U/50	16
18	James	Gordon	Cambridge Harriers	16.52	M	38	M U/50	17
19	Richard	Macaulay	London Heathside	16.55	M	29	M U/50	18
20	Stuart	Macdougall	Bellahouston Harriers	17.04	M	31	M U/50	19
21	Ben	Darlow	Guildford & Godalming AC	17.19	M	23	M U/50	20
22	Jon	Kyte	Harrow AC	17.22	M	31	M U/50	21
23	Michael	Bridgewood	Chelmsford AC	17.26	M	57	M O/50	2
24	Peter	Holmes	Serpentine	17.31	M	37	M U/50	22
25	James	Rosenvinge	Cheltenham and County Ha	17.32	M	30	M U/50	23
26	Gary	Salmon	Clapham Chasers	17.33	M	30	M U/50	24
27	Jonathan	Moscrop	London Fronrunners	17.36	M	41	M U/50	25
28	Eoghan	O'Neill	Fulham RC	17.37	M	33	M U/50	26
29	Thomas	Daley	Fulham RC	17.38	M	40	M U/50	27
30	Stewart	Stanton	Sutton Runners	17.41	M	23	M U/50	28
31	Ben	Wolfe	London Heathside Runners	17.46	M	28	M U/50	29
32	Rupert	Jacobs	Serpentine	17.48	M	33	M U/50	30
33	Matt	Paleman		17.51	M	39	M U/50	31
34	Peter	Lee	Hercules Wimbledon AC	17.52	M	49	M U/50	32
35	Andrew	Grigg	Herne Hill Harriers	17.53	M	28	M U/50	33
36	Alex	Bellew	Bedford & County	17.54	M	24	M U/50	34
37	Stephen	Hough		18.01	M	30	M U/50	35
38	Ian	Girling	Mornington Chasers	18.03	M	33	M U/50	36
39	Tom	Levitt	Herne Hill Harriers	18.03	M	34	M U/50	37

40	Andrew	Davies	Serpentine	18.10	M	41	M U/50	38
41	Georgie	Tindly	THH	18.13	F	22	W U/50	1
42	Nick	Haworth	Biggleswade AC	18.13	M	38	M U/50	39
43	Mark	Griffiths		18.15	M	30	M U/50	40
44	Graham	Collett		18.18	M	40	M U/50	41
45	Ben	Pickford	Mount Sinai Striders	18.22	M	35	M U/50	42
46	Shane	Cullinan	London Fronrunners	18.29	M	41	M U/50	43
47	Nick	Tuite		18.30	M	35	M U/50	44
48	Chris	Lydon	Beckenham Running Club	18.31	M	53	M O/50	3
49	Philip	Bowker		18.35	M	28	M U/50	45
50	Raoul	Mansukhani	Serpentine	18.36	M	44	M U/50	46
51	Mark	Kell	Serpentine	18.40	M	34	M U/50	47
52	Pete	Crockford	London Heathside	18.44	M	57	M O/50	4
53	Andy	Perks	Striders Of Croydon	18.44	M	45	M U/50	48
54	Alexander	Marks	Herne Hill Harriers	18.47	M	27	M U/50	49
55	Paul	Sterland	Clapham Chasers	18.48	M	43	M U/50	50
56	Simon	Bittlestone		18.55	M	27	M U/50	51
57	Stephen	Massey	Striders of Croydon	19.01	M	22	M U/50	52
58	Neil	Quinan	Serpentine	19.05	M	43	M U/50	53
59	Kevin	Lally	Serpentine	19.09	M	46	M U/50	54
60	Charles	Craven	Fulham	19.11	M	52	M O/50	5
61	Brendan	Cole	Victoria Park Harriers	19.17	M	42	M U/50	55
62	Tom	Cheetham	Hercules Wimbledon AC	19.18	M	48	M U/50	56
63	Daniel	Neather	Clapham Pioneers	19.18	M	29	M U/50	57
64	Thomas	Martini	Ealing Eagles	19.19	M	40	M U/50	58
65	Chris	Wood		19.20	M	35	M U/50	59
66	Niall	Boylan	Fulham	19.22	M	39	M U/50	60
67	Tony	Wain	Serpentine	19.24	M	50	M O/50	6
68	Richard	Willcox	St Albans Striders	19.30	M	34	M U/50	61
69	April	James-Welsh		19.31	F	37	W U/50	2
70	Cosmo	Craven	Fulham	19.32	M	15	M U/16	1
71	Stephen	Haughton	Hercules Wimbledon AC	19.35	M	51	M O/50	7
72	David	Miller		19.36	M	32	M U/50	62
73	Frank	Wood	Hercules Wimbledon AC	19.52	M	50	M O/50	8
74	Simon	Caton	Epsom Oddballs	19.57	M	37	M U/50	63
75	Simon	Thompson	Herne Hill Harriers	20.00	M	35	M U/50	64
76	Damien	Wilson	Herne Hill Harriers	20.02	M	38	M U/50	65
77	Victor	Ray	Hercules Wimbledon AC	20.05	M	38	M U/50	66
78	Daniel	Vessey	Serpentine	20.13	M	30	M U/50	67
79	David	Oyston		20.17	M	37	M U/50	68
80	Paul	Stanford	Striders Of Croydon	20.21	M	46	M U/50	69
81	Sol	Ibrahim	Barnet & District	20.32	M	43	M U/50	70
82	Ian	Tidder	Wimbledon Windmilers	20.32	M	50	M O/50	9
83	Nina	Atherton	Barnet & District	20.33	F	25	W U/50	3
84	Geoff	Clarke	South London Harriers	20.43	M	48	M U/50	71
85	Sophie	Wiles	Epsom Oddballs	20.44	F	33	W U/50	4

86	Chris	Daniels		20.57	M	27	M U/50	72
87	Rob	Seymour		20.58	M	25	M U/50	73
88	Jessica	Chamberlain	Clapham Chasers	21.04	F	25	W U/50	5
89	Will	Johnson		21.06	M	35	M U/50	74
90	Patrick	Gilmore	Mornington Chasers	21.18	M	41	M U/50	75
91	Peter	Stevenson		21.27	M	51	M O/50	10
92	Richard	Morris	Fulham	21.28	M	40	M U/50	76
93	Richard	Clark	Hercules Wimbledon AC	21.31	M	57	M O/50	11
94	Tom	Morris	Hercules Wimbledon AC	21.33	M	56	M O/50	12
95	Cheryl	Evans	Les Croupiers	21.49	F	27	W U/50	6
96	Jean-Luc	Hoez	Serpentine	22.20	M	57	M O/50	13
97	Davide	Bertone		22.21	M	15	M U/50	77
98	David	Hallson	Road runners Club	22.29	M	62	M O/60	1
99	Ian	Mursell	Vets AC	22.30	M	63	M O/60	2
100	Bradley	Brown	Ilford AC	22.37	M	42	M U/50	78
101	Kate	Ledin	Buxton & District AC	22.45	F	55	W O/50	1
102	Peter	Longworth	Crawley AC	22.47	M	39	M U/50	79
103	Michael	Winkler		22.48	M	57	M O/50	14
104	Kerry	Pearce	Clapham Chasers	22.48	F	29	W U/50	7
105	Garth	Duder	none	22.56	M	39	M U/50	80
106	Nick	Liddle		22.56	M	38	M U/50	81
107	Emma	Prentis	Clapham Chasers	22.57	F	24	W U/50	8
108	Edward	Horley		23.00	M	25	M U/50	82
109	John	O'Sullivan	Herne Hill Harriers	23.05	M	59	M O/50	15
110	Elaine	Reid	Collingwood AC	23.15	F	45	W U/50	9
111	Sophie	Cappleman	Serpentine	23.20	F	27	W U/50	10
112	Linda	Ingram	South London Harriers	23.29	F	47	W U/50	11
113	Grainne	Devery	Serpentine	23.30	F	30	W U/50	12
114	Dennis	Williams	Hercules Wimbledon AC	23.35	M	69	M O/60	3
115	Jay	Emin		23.38	M	32	M U/50	83
116	Sarah	Newton	Serpentine	23.39	F	57	W O/50	2
117	Sharon	Davidson	Purple Patch Runners	23.41	F	37	W U/50	13
118	Emily	Griffiths	Clapham Chasers	23.51	F	29	W U/50	14
119	Jamie	Sircom	Halesowen	23.53	M	41	M U/50	84
120	Rachel	Revett	Ranelagh Harriers	24.06	F	38	W U/50	15
121	Alan	Davidson	Ranelagh Harriers	24.09	M	67	M O/60	4
122	Ruth	Cottam	Collingwood AC	24.19	F	49	W U/50	16
123	Stephen	Walker		24.23	M	43	M U/50	85
124	Nicola	Meheran		24.30	F	29	W U/50	17
125	Lewis	Aldridge	Serpentine	24.47	M	39	M U/50	86
126	Gary	Lucas		24.58	M	34	M U/50	87
127	Tom	Downes		24.58	M	35	M U/50	88
128	Roser	Preuss		25.05	F	27	W U/50	18
129	Teresa	Forgione		25.05	F	40	W U/50	19
130	Pauline	Plunkett		25.17	F	32	W U/50	20
131	Tobias	Hirst		25.32	M	28	M U/50	89

132	John	Grigg	Fulham RC	25.36	M	61	M O/60	5
133	Karen	Chart	Collingwood AC	25.43	F	41	W U/50	21
134	Giacomo	Di Gongi		26.04	M	27	M U/50	90
135	Evie	Odej	Collingwood AC	26.12	F	32	W U/50	22
136	Cathy	Holman	Ranelagh Harriers	26.14	F	33	W U/50	23
137	Maria	Mosier		26.18	F	13	W U/16	1
138	Beate	Vogt	Serpentine	26.22	F	56	W O/50	3
139	George	Keal		26.27	M	20	M U/50	91
140	Claudia	Camurri		26.27	F	27	W U/50	24
141	Joe	Aspinall	Vets AC	26.28	M	77	M O/70	1
142	Amy	Phillips		26.33	F	33	W U/50	25
143	Emma	Joseph		27.06	F	30	W U/50	26
144	Elizabeth	Francis		27.07	F	31	W U/50	27
145	Scott	Rouse		27.25	M	31	M U/50	92
146	Melissa	Wilkins		27.34	F	28	W U/50	28
147	Chris	Brooke	Collingwood AC	27.39	M	65	M O/60	6
148	Ellie	Lawley	Ranelagh Harriers	27.44	F	34	W U/50	29
149	Ritesh	Patel		27.50	M	40	M U/50	93
150	Claire	Mitchell		27.54	F	32	W U/50	30
151	Emma	Hutchings		27.54	F	33	W U/50	31
152	Blanche	Armstrong	Serpentine RC	28.03	F	34	W U/50	32
153	Nina	Williams	Saints & Sinners	28.03	F	48	W U/50	33
154	Paul	Booth	Collingwood AC	28.15	M	61	M O/60	7
155	Elizabeth	Moore	Clapham Pioneers	28.19	F	57	W O/50	4
156	Georgina	Jacobs	Serpentine	28.21	F	35	W U/50	34
157	Deepa	Sharma	Ranelagh Harriers	28.41	F	36	W U/50	35
158	Amanda	Duplock		28.50	F	33	W U/50	36
159	Jessica	Arell		28.50	F	33	W U/50	37
160	Sagar	Pandya		28.52	M	43	M U/50	94
161	Sarah	Mosier		28.52	F	41	W U/50	38
162	Mariana	Scarpino		29.31	F	51	W O/50	5
163	Jule-Alisa	Roessler		29.35	F	21	W U/50	39
164	Olivia	Ipkandance		29.52	F	13	W U/16	2
165	Vasudha	Deming	Sri Chinmoy AC	29.59	F	49	W U/50	40
166	Caroline	Ramscar		30.05	F	37	W U/50	41
167	Ian	Isherwood	Hercules Wimbledon AC	31.14	M	62	M O/60	8
168	Carolina	Dutruit		31.47	F	36	W U/50	42
169	Bettina	Bermuth		31.52	F	31	W U/50	43
170	Oliver	Burton		31.52	M	38	M U/50	95
171	Edwin	Bartlett	Vets AC	31.56	M	70	M O/70	2
172	Sarah	Hornshaw		33.02	F	38	W U/50	44
173	Thomas	Wilkie	Collingwood AC	33.27	M	62	M O/60	9
174	Andrew	McNamara	Great Yarmouth & District A	37.34	M	32	M U/50	96
175	Emma	Sharp		37.34	F	26	W U/50	45

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Should you have any queries then please contact Gavin Lightwood
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