



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

5K

Battersea Park

7pm

May 9th, 2014

Dear Runners

A warm humid evening saw 189 runners complete the 5K race. Rain began to pour down with half the runners still out on the course. Rick Weston won the race in 15.32. Amy Aronson won the Ladies race in 18.38. Our next race is a 10K Race this coming Saturday 14th June at 8am followed by a 2 Mile Race next Monday, 16th June, 7pm. Medal winners and all results below.

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	M/F	Age
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MEN UNDER 50

1st	Rick	Weston	Serpentine	15.32	M	27
2nd	Will	Brewin		15.51	M	27
3rd	Alex	Davy	Leeds City AC	15.57	M	25
4th	Ben	Toomer	Hercules Wimbledon	16.01	M	25
5th	Gareth	Anderson	Kent AC	16.16	M	24
6th	Daniel	Bentley-Gouldstone	Beckenham Running Club	16.26	M	33
7th	Stuart	Beaney	Kent AC	16.28	M	40

WOMEN UNDER 50

1st	Amy	Aronson	Thames Hare & Hounds	18.38	F	29
2nd	Victoria	Carter	Thames Valley Harriers	18.56	F	42
3rd	Kelly	Thorneycroft	Mornington Chasers	19.08	F	24
4th	Victoria	Randall	Clapham Chasers	20.32	F	30
5th	Harriet	Hart	Serpentine	20.33	F	27

6th	Natalie	Ruffell	Clapham Chasers	20.45	F	23
7th	Sarah	Lewis	Barnes Runners	20.48	F	28

MEN VET 50

1st	Keith	Newton	Herne Hill Harriers	17.25	M	51
2nd	Gavin	Evans	London Heathside	18.25	M	54
3rd	John	O Shea	Highate Harriers	19.10	M	51

WOMEN VET 50

1st	Andrea	Sanders-Reece	Mornington Chasers	21.48	F	58
2nd	Julia	Hobart		21.52	F	53
3rd	Sarah	Newton	Serpentine	22.54	F	57

MEN VET 60

1st	Terry	Avey	brighton phoenix	20.27	M	63
2nd	Roger	Green	Woodford Green AC	21.05	M	66

WOMEN VET 60

1st	Serena	Dilnot	Clapham Runners	33.09	F	60
2nd	Lesley	Young	Dulwich Park Runners	40.44	F	62

MEN VET 70

1st	Peter	Torre	Mornington Chasers	31.13	M	72
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Rick	Weston	Serpentine	15.32	M	27	M U/50	1
2	Will	Brewin		15.51	M	27	M U/50	2
3	Alex	Davy	Leeds City AC	15.57	M	25	M U/50	3
4	Ben	Toomer	Hercules Wimbledon	16.01	M	25	M U/50	4
5	Gareth	Anderson	Kent AC	16.16	M	24	M U/50	5
6	Daniel	Bentley-Gouldstone	Beckenham Running Club	16.26	M	33	M U/50	6
7	Stuart	Beaney	Kent AC	16.28	M	40	M U/50	7
8	Robbie	Cox	Woodford Green	16.29	M	32	M U/50	8
9	Craig	Brown	Biggleswade AC	16.33	M	35	M U/50	9
10	Nathan	Smeaton	Clapham Chasers	16.34	M	27	M U/50	10
11	Jonny	Muir	Herne Hill Harriers	16.35	M	32	M U/50	11
12	Chris	Ore	Hercules Wimbledon	16.42	M	31	M U/50	12
13	Lee	Martin	Springfield Striders	16.45	M	42	M U/50	13
14	William	McNulty	Mornington Chasers	16.45	M	31	M U/50	14
15	Tal	Ramsay	Clapham Chasers	16.49	M	21	M U/50	15
16	Jamie	Hogg	Serpentine	16.50	M	40	M U/50	16
17	Steve	Wooley	West 4 Harriers	16.52	M	32	M U/50	17
18	Richard	Milner	Serpentine	16.55	M	28	M U/50	18
19	Paul	Davies	Biggleswade AC	16.58	M	44	M U/50	19
20	David	Evans	Serpentine	17.07	M	24	M U/50	20
21	Stuart	Macdougall	Bellahouston Harriers	17.11	M	30	M U/50	21
22	Tim	Barnes	Colchester	17.13	M	38	M U/50	22
23	John	Cox	Kent AC	17.14	M	44	M U/50	23
24	Peter	Holmes	Serpentine	17.17	M	36	M U/50	24
25	Ryan	McCrickerd	London Heathside	17.23	M	25	M U/50	25
26	Keith	Newton	Herne Hill Harriers	17.25	M	51	M O/50	1
27	Jon	Kyte	Harrow AC	17.28	M	30	M U/50	26

28	Tom	Boswell	Herne Hill Harriers	17.29	M	33	M U/50	27
29	Simon	Craddock	Serpentine	17.29	M	31	M U/50	28
30	Tom	Moseley	Beckenham RC	17.40	M	33	M U/50	29
31	Richard	Taylor	Serpentine	17.40	M	38	M U/50	30
32	Jarek	Olszourka	Serpentine	17.43	M	32	M U/50	31
33	Steven	Artist	London Frontrunners	17.44	M	29	M U/50	32
34	Lyndon	Meredith	south london harriers	17.46	M	36	M U/50	33
35	David	Williams	Sutton Runners	17.50	M	42	M U/50	34
36	Damien	Hersey	Sutton Runners	17.53	M	31	M U/50	35
37	John	Armstrong	Mornington Chasers	17.53	M	41	M U/50	36
38	Christian	Nielsen	Thames Valley Harriers	17.55	M	39	M U/50	37
39	Martin	Carmack	Serpentine	17.55	M	44	M U/50	38
40	Andrew	Taylor	Serpentine	17.58	M	30	M U/50	39
41	Lloyd	Worsley		18.00	M	22	M U/50	40
42	Ian	Stirling	Mornington Chasers	18.04	M	33	M U/50	41
43	Colin	Whiteley	Istead and Ifield Harriers	18.05	M	45	M U/50	42
44	Jonny	Earl		18.09	M	29	M U/50	43
45	Nick	Haworth	Biggleswade Athletics Club	18.13	M	37	M U/50	44
46	Tom	Webb	Kent AC	18.13	M	44	M U/50	45
47	Gavin	Evans	London Heathside	18.25	M	54	M O/50	2
48	Stephen	Campbell	Serpentine	18.34	M	45	M U/50	46
49	Bruce	Cairns	Serpentine	18.35	M	41	M U/50	47
50	Amy	Aronson	Thames Hare & Hounds	18.38	F	29	W U/50	1
51	Matthew	Timms		18.38	M	23	M U/50	48
52	Rupert	Jacobs	Serpentine	18.42	M	33	M U/50	49
53	Ian	Elliot		18.44	M	46	M U/50	50
54	Mark	Kell	Serpentine	18.45	M	33	M U/50	51
55	Simon	Bittlestone		18.51	M	26	M U/50	52
56	Victoria	Carter	Thames Valley Harriers	18.56	F	42	W U/50	2
57	James	Stenning	London Frontrunners	18.58	M	35	M U/50	53
58	Tom	Cheetham	Hercules Wimbledon	19.04	M	47	M U/50	54
59	Tristan	Buckley		19.08	M	25	M U/50	55
60	Kelly	Thorneycroft	Mornington Chasers	19.08	F	24	W U/50	3
61	John	O Shea	Highate Harriers	19.10	M	51	M O/50	3
62	Federico	Weis	Fulham RC	19.11	M	31	M U/50	56
63	Martin	Gillies	West 4 Harriers	19.17	M	26	M U/50	57
64	Daniel	Nichols		19.18	M	31	M U/50	58
65	Stephen	Hough		19.21	M	29	M U/50	59
66	Paul	Stanford	Striders of Croydon	19.27	M	46	M U/50	60
67	Chris	Wood		19.28	M	34	M U/50	61
68	Harry	Hutchin		19.36	M	19	M U/50	62
69	Edward	Smyth	Dulwich Runners	19.40	M	32	M U/50	63
70	Stuart	Byrne		19.41	M	27	M U/50	64
71	Matthew	Taylor		19.51	M	47	M U/50	65
72	Scott	Hemmens	Serpentine	19.54	M	35	M U/50	66
73	Ken	McCallum	Serpentine	19.59	M	43	M U/50	67
74	Ciaran	Weldon	Watford Harriers	20.09	M	44	M U/50	68
75	Brett	Rafferty	Harrow Metrus	20.11	M	28	M U/50	69
76	Peter	Bowles	Serpentine	20.20	M	45	M U/50	70
77	Terry	Avey	brighton phoenix	20.27	M	63	M O/60	1
78	Paul	Quitter	Fulham RC	20.30	M	26	M U/50	71
79	Victoria	Randall	Clapham Chasers	20.32	F	30	W U/50	4
80	Harriet	Hart	Serpentine	20.33	F	27	W U/50	5
81	Al	Gibson	VISA RC	20.44	M	46	M U/50	72
82	Natalie	Ruffell	Clapham Chasers	20.45	F	23	W U/50	6
83	Sarah	Lewis	Barnes Runners	20.48	F	28	W U/50	7
84	Jacob	Kane		20.54	M	28	M U/50	73
85	Philip	Hickson		20.54	M	39	M U/50	74

86	Susanne	Zibung	Serpentine	20.59	F	28	W U/50	8
87	Stephen	Plummer		21.05	M	51	M O/50	4
88	Roger	Green	Woodford Green AC	21.05	M	66	M O/60	2
89	Martin	Knapp	Invicta East Kent AC	21.06	M	61	M O/60	3
90	William	Johnson		21.07	M	34	M U/50	75
91	Hope	Sloly	Mornington Chasers	21.10	F	32	W U/50	9
92	Sarah	Woolerton		21.11	F	27	W U/50	10
93	Tom	Morris	Hercules Wimbledon	21.13	M	56	M O/50	5
94	Jenny	Cooney		21.13	F	38	W U/50	11
95	Kevin	Heritage		21.18	M	27	M U/50	76
96	David	Hawkins		21.19	M	27	M U/50	77
97	Chris	Watt		21.23	M	42	M U/50	78
98	Jasna	Skrole	Victoria Park & THAC	21.25	F	34	W U/50	12
99	Nicola	McGlennen	Serpentine	21.27	F	38	W U/50	13
100	Zoe	Robson		21.34	F	33	W U/50	14
101	Damian	Jones	GSK Hoad Hill Harriers	21.43	M	52	M O/50	6
102	Richard	Willcox	St Albans Striders	21.44	M	33	M U/50	79
103	David	Hallson	Road Runners Club	21.45	M	61	M O/60	4
104	Andrea	Sanders-Reece	Mornington Chasers	21.48	F	58	W O/50	1
105	Julia	Hobart		21.52	F	53	W O/50	2
106	Scott	Pringle		21.56	M	43	M U/50	80
107	Chris	Daniels		22.00	M	27	M U/50	81
108	Martijn	Snijde		22.04	M	39	M U/50	82
109	Jessica	Chamberlain		22.09	F	24	W U/50	15
110	Jean-Luc	Hoez	Serpentine	22.09	M	56	M O/50	7
111	Simon	Gould		22.10	M	66	M O/60	5
112	Helen	Smith		22.15	F	47	W U/50	16
113	Chris	Leadbeater		22.19	M	32	M U/50	83
114	John	Devey	Fulham RC	22.20	M	34	M U/50	84
115	Graeme	Dominuyk		22.23	M	35	M U/50	85
116	Philip	Wills		22.26	M	34	M U/50	86
117	Steve	Sutcliffe	Fulham RC	22.39	M	36	M U/50	87
118	Annika	Alexopoulou	Clapham Runners	22.40	F	38	W U/50	17
119	Sarah	Cooke		22.47	F	33	W U/50	18
120	Ian	Mursell	VAC	22.49	M	62	M O/60	6
121	Emma	Hayward	Mornington Chasers	22.51	F	27	W U/50	19
122	Stephanie	Walton		22.54	F	25	W U/50	20
123	Sarah	Newton	Serpentine	22.54	F	57	W O/50	3
124	Ian	Hall	Serpentine	23.05	M	61	M O/60	7
125	Adam	Neidle	Imperial College	23.06	M	24	M U/50	88
126	Hannah	McQuarrie	Mornington Chasers	23.07	F	28	W U/50	21
127	Linda	Ingram	South London Harriers	23.07	F	46	W U/50	22
128	Louise	Hansel		23.15	F	35	W U/50	23
129	Jamie	Price		23.15	M	37	M U/50	89
130	Elaine	Battson	VPH&THAC	23.19	F	48	W U/50	24
131	John	Sharpe		23.27	M	47	M U/50	90
132	Robert	Beavis		23.31	M	49	M U/50	91
133	Stuart	Cole		23.37	M	41	M U/50	92
134	Clare	Cole		23.37	F	38	W U/50	25
135	Richard	Faiz		23.44	M	33	M U/50	93
136	Marissa	Adams		23.44	F	29	W U/50	26
137	Martin	Spence	VAC	23.51	M	59	M O/50	8
138	David	Elvy		23.55	M	40	M U/50	94
139	Aija	Kettunen		23.58	F	54	W O/50	4
140	Heather	Binney	Clapham Pioneers	23.59	F	52	W O/50	5
141	Carl Perry	Hudson		24.20	M	43	M U/50	95
142	Sophie	Cappleman	Serpentine	24.21	F	26	W U/50	27
143	Malcolm	Lewis		24.24	M	61	M O/60	8

144	Mark	Reid		24.29	M	42	M U/50	96
145	Michael	Jones		24.33	M	29	M U/50	97
146	Alice	Sullivan	Mornington Chasers	24.44	F	40	W U/50	28
147	Kylie	Russell		24.47	F	32	W U/50	29
148	Glenn	Godfrey		24.52	M	59	M O/50	9
149	Antony	Streams	Reading Road Runners	24.52	M	53	M O/50	10
150	Amy	Philips		24.56	F	32	W U/50	30
151	Theodore	Chen	Serpentine	25.06	M	40	M U/50	98
152	Emma	Collins		25.13	F	30	W U/50	31
153	Tamara	Lopez	Serpentine RC	25.19	F	32	W U/50	32
154	Graham	Bleech		25.40	M	37	M U/50	99
155	Andrew	McNamara	GYDAC	25.43	M	31	M U/50	100
156	Gregory	Stylski		25.45	M	33	M U/50	101
157	Tom	Morley		25.51	M	35	M U/50	102
158	Beate	Vogt	Serpentine	26.21	F	55	W O/50	6
159	Jonathan Mark	Pegg	Sutton Runners	26.30	M	49	M U/50	103
160	Paul	Booth	Collingwood AC	26.37	M	60	M O/60	9
161	Blanche	Armstrong	Serpentine	27.09	F	33	W U/50	33
162	Dennis	Williams	Hercules Wimbledon	27.18	M	68	M O/60	10
163	Sarah	Schipper		27.22	F	33	W U/50	34
164	Camille	Gobet		27.24	F	30	W U/50	35
165	Chris	Brooke	Collingwood AC	27.49	M	64	M O/60	11
166	Susan	Virtanen		27.53	F	35	W U/50	36
167	Catherine	Ryan		27.56	F	28	W U/50	37
168	Dave	Clarke	Stragglers	28.01	M	46	M U/50	104
169	Zenda	Atgius		28.11	F	38	W U/50	38
170	Kasia	Gogdleu		28.20	F	31	W U/50	39
171	Jessica	Nielsen		28.34	F	34	W U/50	40
172	Scott	Rouse		28.36	M	30	M U/50	105
173	Vicky	Ireland		28.56	F	22	W U/50	41
174	Nisha	Harish	Serpentine Running Club	29.04	F	36	W U/50	42
175	Michael	Hughes		29.28	M	53	M O/50	11
176	Dale	Weeks		29.32	M	67	M O/60	12
177	Tony	McCrae		29.49	M	38	M U/50	106
178	Emma	Hinkson		30.02	F	26	W U/50	43
179	Edwin	Bartlett	VAC	30.09	M	69	M O/60	13
180	Alexandra	Curley		31.06	F	36	W U/50	44
181	Peter	Torre	Mornington Chasers	31.13	M	72	M O/70	1
182	Ciara	O'Shea		31.47	F	36	W U/50	45
183	Kat	Morley		31.58	F	32	W U/50	46
184	Serena	Dilnot	Clapham Runners	33.09	F	60	W O/60	1
185	Rosemary	Egbe		33.44	F	49	W U/50	47
186	Clare	Parsons		34.17	F	34	W U/50	48
187	Miza	Ghani		39.05	F	20	W U/50	49
188	Lesley	Young	Dulwich Park Runners	40.44	F	62	W O/60	2
189	Anis	Bakar		41.05	F	24	W U/50	50