

Self-Transcendence 3x1 Mile Relay

Organised by Sri Chinmoy AC

Battersea Park, London

Monday 10th August 2015



WINNERS									
	Time	Team	1st Runner	Time	2nd Runner	Time	3rd Runner	Time	Cat
1	14.25	Lancaster & Morecambe AC	Mark Gardner	4.41	David Brown	4.58	Isaac Scott	4.46	Reg
2	14.35	West 4 Harriers 1	Steve Woolley	4.50	Rich Berry	4.54	Paul Piper	4.51	Reg
3	14.45	London Frontrunners A	James Gillanders	4.52	Jonathan Moscrop	5.04	Steven Artist	4.49	Reg
All Ladies									
1	16.18	Highate Harriers	Yasmin Goater	5.20	Sophie Sheldrake	5.23	Emma Burgess	5.35	All Ladies
Over 50									
1	22.14	Simply The Rest	Sarah Newton	6.56	Beate Vogt	7.41	Ian Hall	7.37	O/50
Over 60									
1	26.40	Final Countdown	Ian Isherwood	9.20	Steve Webb	9.10	Ann Bath	8.10	O/60

ALL RESULTS BELOW

(Below are the team ranks and times. Individual times are further down)

RESULTS

	Time	Team	1st Runner	Time	2nd Runner	Time	3rd Runner	Time	Cat	CAT POS
1	14.25	Lancaster & Morecambe AC	Mark Gardner	4.41	David Brown	4.58	Isaac Scott	4.46	Reg	1
2	14.35	West 4 Harriers 1	Steve Woolley	4.50	Rich Berry	4.54	Paul Piper	4.51	Reg	2
3	14.45	London Fronrunners A	James Gillanders	4.52	Jonathan Moscrop	5.04	Steven Artist	4.49	Reg	3
4	14.53	West 4 Harriers 2	Adrian Smith	5.10	Chris Pollock	4.53	Ciaran Gavin	4.50	Reg	4
5	14.57	Fulham Fallons	Thomas Daley	4.50	John Devoy	5.07	Eoghan O'Neill	5.00	Reg	5
6	15.07	The Dreamers	Duncan Lawrence	4.49	David Morcher	5.08	Mark Worrall	5.10	Reg	6
7	15.09	Ridgeway Runners	Thomas Beedell	4.32	Hugh Beedell	5.48	Simon Beedell	4.49	Reg	7
8	15.09	Mornington Chasers A	Johnny Miesner	4.47	William McNulty	4.59	Ian Girling	5.23	Reg	8
9	15.11	Herne Hill Harriers Red	Ismail Mohammed	4.39	Robin Sanderson	5.11	Tom Levitt	5.21	Reg	9
10	15.20	London Fronrunners B	Kirit Patel	4.53	Edward Holland	5.03	Karl Hayer	5.24	Reg	10
11	15.26	West 4 Harriers 3	Paul Caulfield	5.08	Paul Dunne	5.15	Tommy Gold	5.03	Reg	11
12	15.30	Three Amigos	Philip Hogg	5.32	Martin Ballantyne	5.10	Alex Galloway	4.48	Reg	12
13	15.31	Mornington Chasers 8	Jonathan Thompson	5.23	David Glencross	5.08	Neil Kirkham	5.00	Reg	13
14	15.37	Herne Hill Harriers Black	Matthew Munro	5.08	Simon Thompson	4.56	Dan Hallam	5.33	Reg	14
15	15.50	London Fronrunners C	John Keenan	5.20	Sean McEntee	5.08	George O'Neill	5.22	Reg	15
16	15.53	Highate Men	Andrew Collins	5.14	Brendan Donnelly	5.14	Andrew Collins	5.25	Reg	16
17	15.56	Fulham Fanatics	Max Randall	5.36	Max Zollenarchy	5.11	Harry Rattray	5.09	Reg	17
18	16.18	Highate Harriers	Yasmin Goater	5.20	Sophie Sheldrake	5.23	Emma Burgess	5.35	All Ladies	1
19	16.34	Fulham Fantastic	Niall Boylan	5.41	Phil Reynolds	5.23	Alex Zimmermann	5.30	Reg	18
20	16.55	London Fronrunners D	Will Parry	5.31	Gareth Fletcher	5.43	Damian Griffiths	5.41	Reg	19
21	17.02	Team Sky	Daniel Day	5.56	Shaun Holder	5.37	Matthew Roberts	5.29	Reg	20
22	17.04	London Fronrunners E	Jan Gruter	5.35	Andy Atkins	5.55	Emmanuel Lumineau	5.34	Reg	21
23	17.06	Ealing Eagles Men	Martin White	5.56	Ben Cale	5.54	Tom Irving	5.16	Reg	22
24	17.11	Fulham Force	Stephanie Tollemache	5.36	Amy Capper	5.52	Lowre Doherty	5.43	All Ladies	2

25	17.23	London Fronrunners G	Jeremy Agnew	5.17	Jamie Keenan	5.26	Neil Colquhoun	5.40	Reg	23
26	17.31	Kwiz Akabusi	Mat Barber	6.06	James Screen	5.41	Joe Garrod	5.44	Reg	24
27	17.34	London Fronrunners Ladies	Nadia Wilkinson	5.47	Alex Baird	5.51	Jen Green	5.56	All Ladies	3
28	17.49	Wing It	Paul Hunt	5.23	Lorraine Smyth	6.02	Andrea Sanders-Reece	6.24	Reg	25
29	18.17	The Motley Crew	Christine Munden	7.55	Jaque Calf	5.22	Simon Irvine-Fortescu	5.00	Reg	26
30	18.24	Try Hards	Patricia Kearsey	6.48	Nick Kearsey	5.44	Hugo Kearsey	5.52	Reg	27
31	18.28	Dimo Hunters	Pete Spencer	6.07	Jason Dimopoulos	5.58	Philip Hunter	6.23	Reg	28
32	18.30	London Fronrunners F	Simon Mac	6.12	Alex Rendall	6.16	Cristian Duran	6.02	Reg	29
33	18.37	Serpie Oldies	Tom Poynton	5.42	Sarah Knox	6.23	Brian Pickles	6.32	Reg	30
34	18.51	Fulham Funsters	Simon Clarkson	6.59	Jon Chambers	6.08	Chris Cooper	5.44	Reg	31
35	18.53	Fulham Slowcoaches	Justin Bateman	6.00	Eric Aldmeyer	7.24	Jonathan Campbell	5.29	Reg	32
36	19.01	Serpie Youngsters	Peter Mackintosh	5.53	Grainne Devery	6.35	Simon Watts	6.33	Reg	33
37	19.01	Power Sambleton	Jack Hambleton	4.55	Ben Power	5.47	Karen Samuel	8.19	Reg	34
38	20.20	Fulham Gazelles	Myriam Tiec	7.04	Lindsay Collett	7.25	Andrew Han	5.51	Reg	35
39	21.25	Ealing Eagles	Lisa Emerson	7.31	Olivia Catherine Parker-Scott	7.15	Naomi White	6.39	All Ladies	4
40	21.53	London Fronrunners H	Freddie McKee	6.12	Robert Gill	7.17	Robert Ravelli	8.24	Reg	36
41	22.14	Simply The Rest	Sarah Newton	6.56	Beate Vogt	7.41	Ian Hall	7.37	O/50	1
42	22.15	Monday's Team	Mark Archer	7.26	Alan Mundy	6.07	Edwin Bartlett	8.42	Reg	37
43	23.06	Fulham Flowers	Carolyn England	6.55	Judith Clarkson	8.10	Jane Memmler	8.01	Reg	38
44	26.40	Final Countdown	Ian Isherwood	9.20	Steve Webb	9.10	Ann Bath	8.10	O/60	1

INDIVIDUAL TIMES

M/F	Time	Runner	Team
M	4.32	Thomas Beedell	Ridgeway Runners
M	4.39	Ismail Mohammed	Herne Hill Harriers Red
M	4.41	Mark Gardner	Lancaster & Morecambe AC
M	4.46	Isaac Scott	Lancaster & Morecambe AC
M	4.47	Johnny Miesner	Mornington Chasers A

M	4.48	Alex Galloway	Three Amigos
M	4.49	Duncan Lawrence	The Dreamers
M	4.49	Steven Artist	London Fronrunners A
M	4.49	Simon Beedell	Ridgeway Runners
M	4.50	Steve Woolley	West 4 Harriers 1
M	4.50	Thomas Daley	Fulham Fallons
M	4.50	Ciaran Gavin	West 4 Harriers 2
M	4.51	Paul Piper	West 4 Harriers 1
M	4.52	James Gillanders	London Fronrunners A
M	4.53	Kirit Patel	London Fronrunners B
M	4.53	Chris Pollock	West 4 Harriers 2
M	4.54	Rich Berry	West 4 Harriers 1
M	4.55	Jack Hambleton	Power Sambleton
M	4.56	Simon Thompson	Herne Hill Harriers Black
M	4.58	David Brown	Lancaster & Morecambe AC
M	4.59	William McNulty	Mornington Chasers A
M	5.00	Eoghan O'Neill	Fulham Fallons
M	5.00	Neil Kirkham	Mornington Chasers 8
M	5.00	Simon Irvine-Fortescue	The Motley Crew
M	5.03	Edward Holland	London Fronrunners B
M	5.03	Tommy Gold	West 4 Harriers 3
M	5.04	Jonathan Moscrop	London Fronrunners A
M	5.07	John Devoy	Fulham Fallons
M	5.08	Paul Caulfield	West 4 Harriers 3
M	5.08	Matthew Munro	Herne Hill Harriers Black
M	5.08	David Morcher	The Dreamers
M	5.08	David Glencross	Mornington Chasers 8
M	5.08	Sean McEntee	London Fronrunners C
M	5.09	Harry Rattray	Fulham Fanatics
M	5.10	Adrian Smith	West 4 Harriers 2

M	5.10	Martin Ballantyne	Three Amigos
M	5.10	Mark Worrall	The Dreamers
M	5.11	Robin Sanderson	Herne Hill Harriers Red
M	5.11	Max Zollenarchy	Fulham Fanatics
M	5.14	Andrew Collins	Highate Men
M	5.14	Brendan Donnelly	Highate Men
M	5.15	Paul Dunne	West 4 Harriers 3
M	5.16	Tom Irving	Ealing Eagles Men
M	5.17	Jeremy Agnew	London Fronrunners G
M	5.20	John Keenan	London Fronrunners C
F	5.20	Yasmin Goater	Highate Harriers
M	5.21	Tom Levitt	Herne Hill Harriers Red
M	5.22	Jaquie Calf	The Motley Crew
M	5.22	George O'Neill	London Fronrunners C
M	5.23	Jonathan Thompson	Mornington Chasers 8
M	5.23	Paul Hunt	Wing It
F	5.23	Sophie Sheldrake	Highate Harriers
M	5.23	Phil Reynolds	Fulham Fantastic
M	5.23	Ian Girling	Mornington Chasers A
M	5.24	Karl Hayer	London Fronrunners B
M	5.25	Andrew Collins	Highate Men
M	5.26	Jamie Keenan	London Fronrunners G
M	5.29	Matthew Roberts	Team Sky
M	5.29	Jonathan Campbell	Fulham Slowcoaches
M	5.30	Alex Zimmermann	Fulham Fantastic
M	5.31	Will Parry	London Fronrunners D
M	5.32	Philip Hogg	Three Amigos
M	5.33	Dan Hallam	Herne Hill Harriers Black
M	5.34	Emmanuel Lumineau	London Fronrunners E
M	5.35	Jan Gruter	London Fronrunners E

Fastest Lady

Second Fastest Lady

F	5.35	Emma Burgess	Highate Harriers
M	5.36	Max Randall	Fulham Fanatics
F	5.36	Stephanie Tollemache	Fulham Force
M	5.37	Shaun Holder	Team Sky
M	5.40	Neil Colquhoun	London Fronrunners G
M	5.41	Niall Boylan	Fulham Fantastic
M	5.41	James Screen	Kwiz Akabusi
M	5.41	Damian Griffiths	London Fronrunners D
M	5.42	Tom Poynton	Serpie Oldies
M	5.43	Gareth Fletcher	London Fronrunners D
F	5.43	Lowre Doherty	Fulham Force
M	5.44	Nick Kearsey	Try Hards
M	5.44	Joe Garrod	Kwiz Akabusi
M	5.44	Chris Cooper	Fulham Funsters
F	5.47	Nadia Wilkinson	London Fronrunners Ladies
M	5.47	Ben Power	Power Sambleton
M	5.48	Hugh Beedell	Ridgeway Runners
F	5.51	Alex Baird	London Fronrunners Ladies
M	5.51	Andrew Han	Fulham Gazelles
F	5.52	Amy Capper	Fulham Force
M	5.52	Hugo Kearsey	Try Hards
M	5.53	Peter Mackintosh	Serpie Youngsters
M	5.54	Ben Cale	Ealing Eagles Men
M	5.55	Andy Atkins	London Fronrunners E
M	5.56	Daniel Day	Team Sky
M	5.56	Martin White	Ealing Eagles Men
F	5.56	Jen Green	London Fronrunners Ladies
M	5.58	Jason Dimopoulos	Dimo Hunters
M	6.00	Justin Bateman	Fulham Slowcoaches
F	6.02	Lorraine Smyth	Wing It

Third Fastest Lady

M	6.02	Cristian Duran	London Frontrunners F
M	6.06	Mat Barber	Kwiz Akabusi
M	6.07	Pete Spencer	Dimo Hunters
M	6.07	Alan Mundy	Monday's Team
M	6.08	Jon Chambers	Fulham Funsters
M	6.12	Simon Mac	London Frontrunners F
M	6.12	Freddie McKee	London Frontrunners H
M	6.16	Alex Rendall	London Frontrunners F
F	6.23	Sarah Knox	Serpie Oldies
M	6.23	Philip Hunter	Dimo Hunters
F	6.24	Andrea Sanders-Reece	Wing It
M	6.32	Brian Pickles	Serpie Oldies
M	6.33	Simon Watts	Serpie Youngsters
F	6.35	Grainne Devery	Serpie Youngsters
F	6.39	Naomi White	Ealing Eagles
F	6.48	Patricia Kearsy	Try Hards
F	6.55	Carolyn England	Fulham Flowers
F	6.56	Sarah Newton	Simply The Rest
M	6.59	Simon Clarkson	Fulham Funsters
F	7.04	Myriam Tiec	Fulham Gazelles
F	7.15	Olivia Catherine Parker-Scott	Ealing Eagles
M	7.17	Robert Gill	London Frontrunners H
M	7.24	Eric Aldmeyer	Fulham Slowcoaches
F	7.25	Lindsay Collett	Fulham Gazelles
M	7.26	Mark Archer	Monday's Team
F	7.31	Lisa Emerson	Ealing Eagles
M	7.37	Ian Hall	Simply The Rest
F	7.41	Beate Vogt	Simply The Rest
F	7.55	Christine Munden	The Motley Crew
F	8.01	Jane Memmler	Fulham Flowers

F	8.10	Judith Clarkson	Fulham Flowers
F	8.10	Ann Bath	Final Countdown
F	8.19	Karen Samuel	Power Sambleton
M	8.24	Robert Ravelli	London Fronrunners H
M	8.42	Edwin Bartlett	Monday's Team
M	9.10	Steve Webb	Final Countdown
M	9.20	Ian Isherwood	Final Countdown