



*“Run and Become. Become and Run.
Run to succeed in the outer world.
Become to proceed in the inner world”*

Sri Chinmoy

Self Transcendence 1 Mile Race, Battersea Park, 7pm Monday 5th July

Another beautiful summer's evening in Battersea Park as 70 runners participated in the 1 Mile dash. Twin brothers Kiralyfi came 1st and 3rd. Next week on 12th July there is a 2 mile race - same time, same place. See you there!

Medal Winners and Overall Results

Medal Winners

Pos.	Name	Surname	Club	Time	M/F	Age
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Men Under 50

1	Max	Kiralyfi	Belgrave	4.36	M	19
2	Toby	Hedgeland		4.53	M	29
3	Gui	Kiralyfi		4.59	M	19
4	Victor	Maughn	Herne Hill	5.02	M	48
5	Tim	Ballard		5.07	M	34
6	Simon	Loach	Kent AC	5.08	M	40
7	Robin	James		5.09	M	27

Women Under 50

1	Kate	Webb		6.16	F	26
2	Andrea	Mann	Garden City Runners	6.18	F	38

3	Jacqui	Reid	MPAC	6.28	F	44
4	Kate	Martin		6.55	F	13
5	Katia	Hadaschik	Dulwich Park R	7.13	F	38
6	Amanda	Ellis		7.53	F	42
7	Vinnette	Powell		9.20	F	35

Men Over 50

1	Jean-Luc	Hoez	Serpentine RC	5.53	M	52
2	Tom	Gibson		6.01	M	
3	Thomas	Morris	Hercules Wimbledon	6.05	M	52

Women Over 50

1	Andrea	Sanders-Reece	Mornington Chasers	6.20	F	
2	Sarah	Newton	Serpentine RC	6.28	F	53
3	Liz	Tapp	Serpentine RC	6.56	F	52

Men Over 60

1	Dee	Patel		5.58	M	60
2	Dennis	Williams	Hercules Wimbledon	6.46	M	64

Women Over 60

1	Sue	Lambert	Serpentine RC	7.21	F	69
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Men Over 70

1	Mike	Browne	Vets AC	9.37	M	79
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Men Under 16

1	Patrick	Gibson		5.49	M	14
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Women Under 16

1	Kate	Martin		6.55	F	13
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Overall Results

Pos.	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos
1	Max	Kiralyfi	Belgrave	4.36	M	19	M U/50	1
2	Toby	Hedgeland		4.53	M	29	M U/50	2
3	Gui	Kiralyfi		4.59	M	19	M U/50	3
4	Victor	Maughn	Herne Hill	5.02	M	48	M U/50	4
5	Tim	Ballard		5.07	M	34	M U/50	5
6	Simon	Loach	Kent AC	5.08	M	40	M U/50	6
7	Robin	James		5.09	M	27	M U/50	7
8	andrew	lyne	Barnet & District AC	5.15	M	37	M U/50	8
9	Nicholas	Copas	Serpentine RC	5.16	M	40	M U/50	9
10	Richard	Lloyd	Mercia Fell Runners	5.17	M	42	M U/50	10
11	Sam	Butcher		5.19	M	30	M U/50	11
12	John	O'Shea	Highate Harriers	5.27	M	47	M U/50	12
13	Philip	O'Connell		5.30	M	34	M U/50	13
14	Laurent	Wels		5.33	M	38	M U/50	14
15	David	Drury	Serpentine RC	5.33	M	37	M U/50	15
16	Anthony	Impey		5.36	M	37	M U/50	16
17	Number	340		5.38	M		M U/50	17
18	Chris	Notton	Serpentine RC	5.39	M	35	M U/50	18
19	Christopher	Roach		5.41	M	38	M U/50	19
20	Chris	Eadie		5.43	M	41	M U/50	20
21	Ramses	Philippart		5.44	M	40	M U/50	21
22	Tom	Cosgrove		5.45	M	43	M U/50	22
23	Patrick	Gibson		5.49	M	14	M U/16	1
24	Jean-Luc	Hoez	Serpentine RC	5.53	M	52	M O/50	1
25	Michael	Stainton	Serpentine RC	5.53	M	49	M U/50	23
26	Dee	Patel		5.58	M	60	M O/60	1
27	Mark	Kell	Serpentine RC	6.00	M	29	M U/50	24
28	Tom	Gibson		6.01	M		M O/50	2
29	Phil	Nash		6.03	M	47	M U/50	25
30	Thomas	Morris	Hercules Wimbledon	6.05	M	52	M O/50	3
31	Nicholas	Martin		6.08	M	16	M U/50	26
32	Steve	Smith	Striders of Croydon	6.09	M	51	M O/50	4
33	Philip	Wills		6.10	M		M U/50	27
34	Hugo	Kaempfer		6.12	M	25	M U/50	28

34	John	D'Souza	Serpentine RC	6.13	M	44	M U/50	29
35	Franco	Della Mura		6.15	M	44	M U/50	30
36	Kate	Webb		6.16	F	26	W U/50	1
37	Andrea	Mann	Garden City Runners	6.18	F	38	W U/50	2
38	David	Moscrop	Garden City Runners	6.19	M	51	M O/50	5
39	Andrew	McFarlane		6.20	M	32	M U/50	31
40	Andrea	Sanders-Reece	Mornington Chasers	6.20	F		W O/50	1
41	Jeff	Preston	Serpentine RC	6.23	M	50	M O/50	6
42	Jacqui	Reid	MPAC	6.28	F	44	W U/50	3
43	Sarah	Newton	Serpentine RC	6.28	F	53	W O/50	2
45	Steve	Platt	Trail Runners Assoc.	6.30	M	55	M O/50	7
46	Lucas	Kaempfer		6.35	M	25	M U/50	32
47	Tom	Martin		6.37	M	14	M U/16	2
48	Mark	Archer		6.45	M	43	M U/50	33
49	Dennis	Williams	Hercules Wimbledon	6.46	M	64	M O/60	2
50	Peter	Martin		6.52	M	45	M U/50	34
51	Daniel	Gerlach		6.52	M	22	M U/50	35
52	Kate	Martin		6.55	F	13	W U/16	1
53	Liz	Tapp	Serpentine RC	6.56	F	52	W O/50	3
54	Ian	Fernandez	Dulwich Park R	7.02	M	40	M U/50	36
55	Malcolm	Lewis		7.11	M	57	M O/50	8
56	Fred	Aidroos		7.13	M	40	M U/50	37
57	Katia	Hadaschik	Dulwich Park R	7.13	F	38	W U/50	4
58	Neil	Davies	Serpentine	7.20	M	45	M U/50	38
59	Thomas	Wilkie	100 Marathon Club	7.21	M	57	M O/50	9
60	Sue	Lambert	Serpentine RC	7.21	F	69	W O/60	1
61	Jan	Farmer	Serpentine RC	7.34	F	59	W O/50	4
62	Ian	Isherwood	Hercules Wimbledon	7.39	M	57	M O/50	10
63	Joe	Connolly	Run In England	7.42	M	31	M U/50	39
64	Amanda	Ellis		7.53	F	42	W U/50	5
65	Beate	Vogt	Serpentine RC	7.58	F		W O/50	5
66	Peter	Torre	Vets AC	8.09	M	68	M O/60	3
67	Edwin	Bartlett	Vets AC	8.22	M	65	M O/60	4
68	Vinnette	Powell		9.20	F	35	W U/50	6
69	Mike	Browne	Vets AC	9.37	M	79	M O/70	1
70	Lesley	Young	Dulwich Park R	10.04	F	58	W O/50	6