

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

Sri Chinmoy

Results for Self-Transcendence 5K. Race,
Battersea Park, 3rd August 2009
Held under permit from SEAA

1	Nick	Shasha	Walthamstow	15.56	
2	Toby	Hedgeland	u/a	16.23	
3	Grant	Ramsay	Barnet and District	16.28	
4	Stephen	Whiting	Highgate	16.30	
5	Abdul	Rashid Abdi	Serpentine	16.45	
6	Will	Withecumbe	Backenham	16.47	
7	Tom	Perchard	u/a	16.51	
8	Marshall	Moir	u/a	16.54	
9	Ian	Sharman	Serpentine	16.55	
10	Harry	Johnston	u/a	16.59	
11	Ian	Gordon	Mornington Chasers	17.01	
12	Hesham	Dahman	u/a	17.04	
13	Mark	Chopra	u/a	17.06	
14	Henry	Wilson	London Frontrunners	17.10	
15	Paul	White	Wimbledon W	17.17	
16	Michael	Briggs	Benfleet RC	17.20	
17	Alastair	Bayliss	Dulwich R	17.22	
18	Andrew	Davies	Serpentine	17.27	
19	Andrew	Taylor	Serpentine	17.34	
20	Rajdave	Singh	HHH	17.42	
21	Nicholas	Copas	Serpentine	17.44	
22	Alexander	Thomas	u/a	17.57	
23	Mark	Smith	Serpentine	18.02	
24	Colin	Bailey Wood	Dulwich R	18.07	
25	Alastair	McColl	Serpentine	18.12	
26	James	Freer	Fulham	18.14	
27	Adrian	Greer	Dulwich R	18.22	1st Vet 50
28	Robin	Jones	u/a	18.25	
29	Adam	Stringer	u/a	18.46	
30	Jordan	Tompkins	London Heathside	18.48	age 14
31	Miron	Michael	London Heathside	18.48	age 14
32	Jonathan	Senker	Sutton R	18.50	
33	Dean	Marley	Serpentine	18.51	
34	Anthony	Impey	u/a	18.53	
35	Jose	Barretta	Dulwich R	18.55	
36	Paul	Shiel	HHH	18.55	
37	Pablo Enrique	Puerto Pastor	u/a	18.59	
38	Tony	Cummings	Thurrock H	19.00	
39	Samuel	Smith	Stamford Striders	19.01	

40	Estelle	Damant	Dulwich R	19.03	1st Lady
41	Richard	Lloyd	Mercia Fell	19.06	
42	Teresa	Gaillard de Laubenque	Dulwich R	19.08	2nd Lady
43	Amy	Aronson	WGEL	19.09	3rd Lady
44	Nick	Bartlett	u/a	19.11	
45	Matthew	Chiles	Serpentine	19.15	
46	Costos	Zacharides	London Heathside	19.26	
47	Daniel	Lewington	u/a	19.27	
48	Frank	Wood	Hercules W	19.27	
49	Stephen	Brown	Serpentine	19.28	
50	Sophie	Proffitt	Shaftesbury Barnet	19.34	4th Lady
51	Roberto	Tyley	u/a	19.35	
52	Jason	Crabtree	u/a	19.39	
53	Peter	Franklin	u/a	19.4	
54	Paul	Tucker	Harrow	19.43	
55	Andrew	Fearne	u/a	19.45	
56	James	Gough	u/a	19.48	
57	Simon	Thompson	u/a	19.53	
58	Daniel	Meere	u/a	20.00	
59	Richard	Sidlin	Fairlands Valley Spartans	20.02	
60	Helen	Sharp	HHH	20.03	5th Lady
61	Charlie	Wood	Dulwich R	20.04	6th Lady
62	Jeff	Prestridge	Serpentine	20.11	2nd Vet 50
63	Adam	Robinson	London Heathside	20.13	
64	Jill	Goodwin	u/a	20.19	7th Lady
65	Clare	McCoubrey	u/a	20.19	8th Lady
66	Louise	Walker	u/a	20.20	9th Lady
67	Melanie	Burdett	Beckenham RC	20.22	10th Lady
68	Dominic	Streeter	Clapham Chasers	20.24	
69	Betony	Garner	Wimbledon W	20.25	11th Lady
70	Charlotte	Wilton	Wimbledon W	20.25	12th Lady
71	Mark	Fitchett	u/a	20.26	
72	Ricky	Bergin	u/a	20.29	age 15
73	Duncan	Rimmer	u/a	20.30	
74	Paul	Stevens	u/a	20.39	
75	Tom	Morris	Hercules W	20.41	3rd Vet 50
76	Sean	Leach	u/a	20.45	
77	Mark	Glading	Fairlands Valley Spartans	20.47	
78	Andrew	Preston	Clapham Chasers	20.50	
79	Jamie	Coombs	East London R	20.53	
80	Oliver	Excell	u/a	20.55	
81	James	Tattley	u/a	20.57	
82	Laurent	Wels	u/a	21.02	
83	Andrea	Sanders Reece	Mornington Chasers	21.10	1st Lady Vet 50
84	Jake	Smith-Bosanquet	u/a	21.20	
85	Jose	Espiritusanto	Serpentine	21.22	
86	Jon	Chambers	Fulham	21.22	4th Vet 50
87	Ross	Bailey	u/a	21.26	
88	Angela	Mouton	u/a	21.29	14th Lady

89	Michael	Winkler	u/a	21.30	5th Vet 50
90	Alison	Nolan	Serpentine	21.38	15th Lady
91	Robert	Groves	u/a	21.40	
92	Paul	Kent	u/a	21.43	
93	Suzanne	Swaine	HHH	21.43	16th Lady
94	James	Turnbulc	u/a	21.47	
95	Andrew	Finnerty	u/a	21.47	
96	Peter	Martin	u/a	21.53	
97	Kate	Marchant	Beckenham RC	21.55	17th Lady
98	Dan	Humphries	u/a	21.56	
99	Melanie	Eyre	u/a	21.56	18th Lady
100	David	Miller	u/a	21.56	
101	Maris	Flinders	u/a	21.57	
102	Tessa	Loyd	Serpentine	21.57	19th Lady
103	Philip	Hickson	Fulham	21.57	
104	Fahad	Ladha	Serpentine	21.57	
105	Kelly	Page	Serpentine	21.59	20th Lady
106	Paul	Loustalan	u/a	22.05	
107	Stephanie	McCarthy	Woodford Green	22.09	2nd Lady Vet 50
108	Stephen	Ackroyd	u/a	22.11	
109	Vicki	Grant	Hart RR	22.11	22nd Lady
110	Lily	Canvin	u/a	22.17	23rd Lady
111	Victoria	Brown	Serpentine	22.19	24th Lady
112	Stephen	Eyre	u/a	22.20	
113	Steve	Brooks	u/a	22.31	
114	John	Cronin	u/a	22.32	
115	Marek	Lenartowicz	u/a	22.34	
116	Nikolai	Lawrence	u/a	22.36	
117	John	Fulford	u/a	22.38	6th Vet 50
118	John	Coughlan	u/a	22.46	
119	Matt	Spencer	u/a	22.48	
120	Stefano	Vernazza	u/a	22.49	
121	Tim	Blaquiere	u/a	22.59	
122	Oliver	Adams	u/a	23.02	
123	Johnny	Wyld	u/a	23.05	
124	Ian	Hall	Serpentine	23.14	7th Vet 50
125	Joe	Aspinall	Vets AC	23.22	1st Vet 70
126	Jeremy	Arras	u/a	23.25	age 16
127	Laura	Boyd	Crystal Palace Tri	23.26	25th Lady
128	Roger	Byrne	u/a	23.31	
129	Richard	Burne	Fulham	23.44	8th Vet 50
130	Piers	Sanders	u/a	23.47	
131	Peter	Cadwallader	u/a	23.51	
132	Nick	Cambridge	u/a	23.52	1st Vet 60
133	Peter	Cambridge	u/a	23.52	9th Vet 50
134	Thomas	Martin	u/a	23.55	age 13
135	Dean	Ashton	u/a	23.57	
136	Ann	Bath	26.2 RRC	24.14	1st Lady Vet 60
137	Neil	Davies	Serpentine	24.30	

138	Andy	Wilson	u/a	24.38	
139	Jonathan	Leedham	u/a	24.39	
140	Asesh	Sarkar	u/a	24.44	
141	Dave	Berridge	u/a	24.46	
142	Karl	Catterall	u/a	24.49	2nd Vet 60
143	Wally	Garrod	Ranelagh	24.52	2nd Vet 70
144	Thomas	Wilkie	Collingwood	24.59	10th Vet 50
145	Suzanne	Newman	u/a	25.00	27th Lady
146	Tim	Trott	u/a	25.05	
147	Shannon	Horneck	u/a	25.05	28th Lady
148	Akber	Haroon	u/a	25.06	age 15
149	Abby	Trott	u/a	25.07	29h Lady
150	Jan	Farmer	Serpentine	25.11	3rd Lady Vet 50
151	Stephanie	Vaatz	Serpentine	25.14	31st Lady
152	Victoria	Gwilliam	u/a	25.14	32nd Lady
153	Ian	Isherwood	Hercules W	25.24	11th Vet 50
154	Kirsty	Richings	u/a	25.37	33th Lady
155	Harry	Cambridge	u/a	25.35	
156	Malcolm	Lewis	u/a	25.38	12th Vet 50
157	Catherine	Apthorpe	u/a	25.43	34th Lady
158	Heidi	Rasmussen	u/a	25.53	35th Lady
159	Ian	Fernandez	Dulwich Park	25.59	
160	Jason	Hennessey	u/a	26.02	
161	John	Nunn	u/a	26.03	
162	Alison	Hartley	u/a	26.08	36th Lady
163	David	Biggin	u/a	26.11	
164	Shauna	Sweeney	u/a	26.15	37th Lady
165	Jane	Fricke	u/a	26.15	38th Lady
166	Judith	Buchanan	Fulham	26.32	39th Lady
167	David	Gironi	Serpentine	26.33	
168	Philip	Lee	u/a	26.36	
169	Hazel	Stokes	u/a	26.46	2nd Lady Vet 60
170	Edwin	Bartlett	Vets AC	26.48	3rd Vet 60
171	Sophie	Smith-Bosanquet	u/a	26.54	41st Lady
172	Paris	Walker	Victoria Park H	27.29	42nd Ladyage13
173	Valerie	Martin	u/a	27.24	43rd Lady
174	Tannas	Popovski	u/a	27.41	
175	Sarah	Clayton	u/a	28.02	44th Lady
176	Tad	Lancucki	100 Mile Club	28.50	12th Vet 50
177	Ron	Geraghty	u/a	29.15	13th Vet 50
178	Gareth	Francis	u/a	29.20	
179	Kate	Shallcross	u/a	29.20	45th Lady
180	Maree	Early	u/a	29.21	46th Lady
181	Philippa	Peto	u/a	29.25	47th Lady
182	Paul	Heaviside	u/a	29.26	
183	Richard	Kiric	u/a	29.26	
184	Paul	Bridby	u/a	30.12	
185	Toni	Brisby	Stafford	30.12	3rd Lady Vet 60
186	Graham	Lloyd	u/a	30.15	14th Vet 50

187	Alice	Parry	u/a	30.16	49th Lady
188	Catherine	England	u/a	30.16	50th Lady
189	Michael	Job	u/a	30.36	4th Vet 60
190	Derek	Smith	Vets AC	31.19	3rd Vet 70
191	Guilemette	Feryn	u/a	31.22	51st Lady
192	Juliette	Valencia	u/a	31.22	52nd Lady
193	Marlize	Swanepoel	u/a	31.38	53rd Lady
194	Deborah	Knapp	u/a	32.09	4th Lady Vet 50
195	Sarah	Newton	Serpentine	32.09	5th Lady Vet 50
196	Raymond	Hoyle	Watford H	36.26	5th Vet 60
197	Laura	Stannard	u/a	37.39	56th Lady
198	Andrew	Blissett	u/a	38.58	

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