

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
	MEN UND	ER 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 U	NDER 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
	<b>MEN VET</b>	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 V	ET 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
	<b>MEN VET</b>	<u>60</u>				
1st	Terry	Avey	brighton phoenix	20.27	M	63
2nd	Roger	Green	Woodford Green AC	21.05	M	66
	WOMEN V	ET 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

## **OVERALL RESULTS**

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

28	Tom	Boswell	Herne Hill Harriers	17.29	М	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	17.40	M	32	M U/50	31
33	Steven	Artist	<u>'</u>	17.43	M	29	M U/50	32
34		Meredith	London Frontrunners		M	36	M U/50	33
	Lyndon David		south london harriers	17.46		42		
35		Williams	Sutton Runners	17.50	M		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	lan	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	М	33	M U/50	49
53	lan	Elliot		18.44	Μ	46	M U/50	50
54	Mark	Kell	Serpentine	18.45	М	33	M U/50	51
55	Simon	Bittlestone		18.51	М	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	М	35	M U/50	53
58	Tom	Cheetham	Hercules Wimbledon	19.04	М	47	M U/50	54
59	Tristan	Buckley		19.08	М	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	М	51	M O/50	3
62	Federico	Weis	Fulham RC	19.11	М	31	M U/50	56
63	Martin	Gillies	West 4 Harriers	19.17	М	26	M U/50	57
64	Daniel	Nichols		19.18	М	31	M U/50	58
65	Stephen	Hough		19.21	М	29	M U/50	59
66	Paul	Stanford	Striders of Croydon	19.27	М	46	M U/50	60
67	Chris	Wood		19.28	М	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	20.09	M	28	M U/50	69
76	Peter	Bowles	Serpentine	20.11	M	45	M U/50	70
77	Terry	Avey	brighton phoenix	20.20	M	63	M O/60	1
78	Paul	Quitter	Fulham RC	20.27	M	26	M U/50	71
					F	30		
79	Victoria	Randall	Clapham Chasers	20.32			W U/50	4 5
80	Harriet	Hart	Serpentine	20.33	F	27	W U/50	
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	М	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	М	61	M O/60	3
90	William	Johnson	inviola East Neint/No	21.07	M	34	M U/50	75
91	Hope	Sloly	Mornington Chasers	21.10	F	32	W U/50	9
92	Sarah	Woolerton	Mornington Chacero	21.11	F	27	W U/50	10
93	Tom	Morris	Hercules Wimbledon	21.13	M	56	M O/50	5
94	Jenny	Cooney	Tiercules Willibledon	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	Corportano	21.34	F	33	W U/50	14
101	Damian	Jones	GSK Hoad Hill Harriers	21.43	M	52	M O/50	6
	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	Mornington Onasers	21.52	F	53	W O/50	2
	Scott	Pringle		21.56	M	43	M U/50	80
107	Chris	Daniels		22.00	M	27	M U/50	81
	Martijn	Snijde		22.04	M	39	M U/50	82
	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	Serpentine	22.10	M	66	M O/60	5
112	Helen	Smith		22.10	F	47	W U/50	16
113	Chris	Leadbeater		22.19	M	32	M U/50	83
	John		Fullhors DC	22.19	M	34	M U/50	84
115		Devey	Fulham RC	22.23	M	35	M U/50	85
116	Graeme Philip	Dominuyk Wills		22.23	M	34	M U/50	86
117	Steve	Sutcliffe	Edham DO	22.20	M	36	M U/50	87
118	Annika		Fulham RC	22.40	F	38	W U/50	17
119	Sarah	Alexopoulou Cooke	Clapham Runners	22.40	F	33	W U/50	18
			\\A_C	+		62		6
	lan	Mursell	VAC	22.49	M F		M O/60	19
	Emma	Hayward	Mornington Chasers	22.51		27	W U/50	
122	Stephanie	Walton		22.54	F	25	W U/50	20
123	Sarah	Newton	Serpentine	22.54	F	57	W O/50	3 7
124	lan	Hall	Serpentine	23.05	M	61	M O/60	
	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
-	Jamie	Price	VELLOTILO	23.15	M	37	M U/50	89
	Elaine	Battson	VPH&THAC	23.19	F	48	W U/50	24
	John	Sharpe		23.27	M	47	M U/50	90
	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
	Richard	Faiz		23.44	M	33	M U/50	93
	Marissa	Adams		23.44	F	29	W U/50	26
	Martin	Spence	VAC	23.51	M	59	M O/50	8
138	David	Elvy	-	23.55	M	40	M U/50	94
	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
	Sophie	Cappleman	Serpentine	24.21	F	26	W U/50	27
143	Malcolm	Lewis	1	24.24	M	61	M O/60	8

Michael   Jones	144	Mark	Reid		24.29	М	42	M U/50	96
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 0/50   9     149   Antony   Streams   Reading Road Runners   24.52   M   53   M 0/50   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   31     154   Graham   Bleech   25.40   M   37   M U/50   99     155   Andrew   McNamara   GYDAC   25.40   M   37   M U/50   99     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 0/50   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 0/60   9     161   Blanche   Armstrong   Serpentine   27.09   F   33   W U/50   33     162   Dennis   Williams   Hercules Wimbledon   27.18   M   68   M 0/60   10     163   Sarah   Schipper   27.22   F   33   W U/50   35     165   Chris   Brooke   Collingwood AC   27.49   M   64   M 0/60   11     166   Susan   Virtanen   27.56   F   28   W U/50   37     167   Catherine   Ryan   27.56   F   28   W U/50   37     168   Dave   Clarke   Stragglers   28.30   M   30   W U/50   39     171   Jessica   Nielsen   28.36   F   34   W U/50   40     173   Vicky   Ireland   4   M 0/60   12     174   Nisha   Harish   Serpentine Running Club   28.56   F   22   W U/50   41     175   Tomy   McCrae   29.49   M   38   W U/50   43     170   Solution   Rounders   31.30   F   60   W U/50   45     178   Clarre   O'Shea   31.47   F   36   W U/50   47     188   Clare   Parsons   54   W U/50   47     188   Clare									
147   148   Glenn   Godfrey   Glenn   Glen				Mornington Chasers					
148   Glenn   Godfrey   Reading Road Runners   24.52   M   59   M 0/50   9     149   Antony   Streams   Reading Road Runners   24.56   F   32   W 0/50   30     150   Theodore   Chen   Serpentine   25.06   M   40   M 0/50   98     151   Theodore   Chen   Serpentine   25.06   M   40   M 0/50   98     152   Emma   Collins   25.13   F   30   W 0/50   31     153   Tamara   Lopez   Serpentine RC   25.19   F   32   W 0/50   32     154   Graham   Bleech   25.40   M   37   M 0/50   99     155   Andrew   McMamara   GyDAC   25.43   M   31   M 0/50   99     156   Gregory   Stylski   25.45   M   33   M 0/50   101     157   Tom   Mortey   25.51   M   35   M 0/50   101     158   Beate   Vogt   Serpentine   26.21   F   55     Jonathan Mark   Pegg   Sutton Runners   26.30   M   49   M 0/50   103     160   Paul   Booth   Collingwood AC   26.37   M   60   M 0/60   9     161   Blanche   Armstrong   Serpentine   27.09   F   33   W 0/50   34     162   Dennis   Williams   Hercules Wimbledon   27.18   M   68   M 0/60   10     163   Sarah   Schipper   27.22   F   33   W 0/50   35     165   Chris   Brooke   Collingwood AC   27.49   M   64   M 0/60   11     166   Sussan   Virtanen   Ryan   27.56   F   28   W 0/50   36     167   Catherine   Ryan   27.56   F   28   W 0/50   37     168   Dave   Clarke   Stragglers   28.20   F   31   W 0/50   38     170   Kasia   Gogdleu   28.20   F   31   W 0/50   39     171   Jossica   Nielsen   Algius   28.11   F   38   W 0/50   42     172   Scott   Rouse   Serpentine Running Club   29.94   F   36   W 0/50   42     173   Vicky   Ireland   Hersh   Serpentine Running Club   29.94   F   36   W 0/50   43     170   McCrae   29.32   M   67   M 0/60   11     173   Vicky   Ireland   Hersh   Serpentine Running Club   29.94   F   36   W 0/50   43     179   Edwin   Bartlett   VAC   30.09   M   69   M 0/60   13     180   Alexandra   Curley   M 0/60   14     181   Peter   Torre   Mornington Chasers   31.13   M   72   M 0/50   41     186   Clare   Parsons   44   48   W 0/50   47     186   Clare   Parsons   33.44   F				Wormington Chasers					
Antony									
150				Panding Pond Punners					
Theodore				Reading Road Runners					
152   Emma   Collins		_		Corportino					
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   GVDAC   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   Sution 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   39     170   Kasia   Gogdleu   28.20   F   31   W U/50   38     170   Kasia   Gogdleu   28.20   F   31   W U/50   39     171   Jessica   Nielsen   28.34   F   38   W U/50   39     172   Scott   Rouse   Serpentine Running Club   29.04   F   36   W U/50   41     174   Nisha   Harish   Serpentine Running Club   29.28   M   53   M O/60   12     177   Tony   McCrae   29.49   M   38   M U/50   106     178   Emma   Hinkson   40   M O/60   1     180   Alexandra   Curley   Mornington Chasers   31.13   M   72   M O/60   1     181   Remma   Hinkson   13.14   F   36   W U/50   44     181   Peter   Torre   Mornington Chasers   31.13   M   72   M O/60   1     186   Clare   Parsons   34.17   F   34   W U/50   48				Serpentine					
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 5.5   W 0/50   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 0/60   9     161   Blanche   Armstrong   Serpentine   27.09   F 33   W U/50   33     162   Dennis   Williams   Hercules Wimbledon   27.18   M 68   M 0/60   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 0/60   11     166   Susan   Virtanen   27.56   F 28   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   38     170   Kasia   Gogdleu   28.20   F 31   W U/50   38     171   Jessica   Nielsen   28.34   F 34   W U/50   40     172   Scott   Rouse   28.36   M 30   M U/50   41     174   Nisha   Harish   Serpentine Running Club   29.28   M 53   M U/50   42     175   Michael   Hughes   29.28   M 53   M U/50   43     180   Alexandra   Curley   M Armstrang   29.32   M 67   M O/60   12     177   Tony   McCrae   29.34   M 69   M O/60   1     181   Peter   Torre   Mernington Chasers   31.13   M 72   M O/70   1     186   Clare   Parsons   33.09   F 60   W U/50   44     181   Peter   Torre   Mernington Chasers   33.09   F 60   W U/50   44     186   Clare   Parsons   33.41   F 34   W U/50   47     186   Clare   Parsons   34.417   F 34   W U/50   48				Corporting BC					
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   39     170   Kasia   Gogdleu   28.20   F   31   W U/50   39     171   Jessica   Nielsen   Algius   28.34   F   34   W U/50   40     172   Scott   Rouse   28.36   M   30   M U/50   42     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     177   Tony   McCrae   29.49   M   38   M U/50   43     179   Edwin   Bartlett   VAC   30.09   M   69   M O/60   1     180   Clare   Parsons   33.41   F   34   W U/50   48     180   Clare   Parsons   33.41   F   34   W U/50   48     181   Peter   Torre   Mornington Chasers   31.13   M   72   M O/70   1     186   Clare   Parsons   34.17   F   34   W U/50   48				Serpentine RC					
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   30     170   Kasia   Gogdleu   28.20   F 31   W U/50   38     171   Jessica   Nielsen   28.34   F 34   W U/50   39     171   Jessica   Nielsen   28.36   M 30   M U/50   40     172   Scott   Rouse   28.36   M 30   M U/50   40     173   Vicky   Ireland   174   Nisha   Harish   Serpentine Running Club   29.94   M 38   M U/50   42     175   Michael   Hughes   29.28   M 53   M O/60   13     170   Kama   Harish   Serpentine Running Club   29.94   M 38   M U/50   42     175   Michael   Hughes   29.28   M 53   M O/60   13     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   Ciare   Parsons   33.04   F 34   W U/50   48     184   Serena   Dilnot   Clapham Runners   33.09   F 60   W U/50   47     186   Clare   Parsons   34.17   F 34   W U/50   48				CVDAC					
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         35           163         Sarah         Schipper         27.24         F         30         W U/50         35           165         Chris         Brooke         Collingwood AC         27.49         M         64         M O/60         11           166         Susan         Virlanen         27.53				GYDAC					
158   Beate   Vogt   Serpentine   26.21   F   55   W 0/50   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 0/60   9     161   Blanche   Armstrong   Serpentine   27.09   F   33   W U/50   33     162   Dennis   Williams   Hercules Wimbledon   27.18   M   68   M 0/60   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 0/60   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   41     174   Nisha   Harish   Serpentine Running Club   29.04   F   36   W U/50   42     175   Michael   Hughes   29.28   M   53   M 0/50   11     176   Dale   Weeks   29.32   M   67   M 0/60   13     179   Edwin   Bartlett   VAC   30.09   M   69   M 0/60   13     180   Alexandra   Curley   31.58   F   32   W U/50   45     181   Reter   Torre   Mornington Chasers   31.13   M   72   M 0/50   45     185   Rosemary   Egbe   33.447   F   34   W U/50   48     186   Clare   Parsons   34.17   F   34   W U/50   48			•						
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   9   161   Blanche   Armstrong   Serpentine   27.09   F   33   W U/50   33   33   33   33   34   34   35   34   35   35			•						
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   37     168   Dave   Clarke   Stragglers   28.01   M   46   M 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   40     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   43     179   Edwin   Bartlett   VAC   30.09   M   69   M O/60   13     180   Alexandra   Curley   31.58   F   32   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   47     186   Clare   Parsons   34.17   F   34   W U/50   48									
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   37     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   39     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     180   Alexandra   Curley   Mornington Chasers   31.13   M   72   M O/70   1     182   Ciara   O'Shea   Ciapham 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									
162   Dennis   Williams   Hercules Wimbledon   27.18   M   68   M   0/60   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   0/60   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   39     172   Scott   Rouse   28.36   M   30   M   U/50   40     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   43     179   Edwin   Bartlett   VAC   30.09   M   69   M   O/60   13     180   Alexandra   Curley   Alexandra   Curley   Sarah   31.13   M   72   M   O/70   1     185   Rosemary   Egbe   33.44   F   49   W   U/50   47     186   Clare   Parsons   34.17   F   34   W   U/50   48									
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         38           171         Jessica         Nielsen         28.20         F         31         W U/50         39           171         Jessica         Nielsen         28.34         F         34         W U/50         40           172 <t< td=""><td></td><td></td><td></td><td>† - ·</td><td></td><td></td><td></td><td></td><td></td></t<>				† - ·					
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         28.11         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         38           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 <td></td> <td></td> <td></td> <td>Hercules Wimbledon</td> <td></td> <td><math>\overline{}</math></td> <td></td> <td></td> <td></td>				Hercules Wimbledon		$\overline{}$			
165									
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         42           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									
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         40           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         <				Collingwood AC					
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         40           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         43           178									
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			_						
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         Ale				Stragglers					
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									
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									
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         31.58         F         32         W U/50         45									
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									
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       48		_							
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         48           18				Serpentine Running Club					
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         48           186         Clare         Parsons         34.17         F 34         W U/50         48	175								
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									
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	177	Tony			29.49	M	38	M U/50	106
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	178	Emma	Hinkson		30.02	F	26	W U/50	43
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	179	Edwin	Bartlett	VAC	30.09	М	69	M O/60	13
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	180	Alexandra	Curley		31.06	F	36	W U/50	44
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	181	Peter	Torre	Mornington Chasers	31.13	М	72	M O/70	1
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	182	Ciara	O'Shea		31.47	LL.	36	W U/50	45
185         Rosemary         Egbe         33.44         F         49         W U/50         47           186         Clare         Parsons         34.17         F         34         W U/50         48	183	Kat	Morley		31.58	F	32	W U/50	46
186 Clare Parsons 34.17 F 34 W U/50 48	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
, 107     1911-20   1911-1911   1911-20   1911	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	188	Lesley		Dulwich Park Runners	40.44	F	62	W O/60	2
189 Anis Bakar 41.05 F 24 W U/50 50	189	Anis			41.05	F	24	W U/50	50