



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
July 28th, 2014

Dear Runners

In perfect race conditions 210 runners came, saw and conquered the Battersea Park 5K Self Transcendence course. Alex Milne stormed in to win the race in 15.06 with Amy Aronson winning the Ladies race in 18.24. There was an excellent turn out in the Vet categories and a very big congratulations goes to Edwin Bartlett who turned 70 on the day of the race. Edwin has attended all our races as far back as we can remember!

Our celebrity prize-giver this week was Prachar Stegemann - who has come all the way from Canberra, Australia. As well as being an accomplished athlete himself, he is also the Director of the Sri Chinmoy Marathon Team in Australia, who have also been putting on a plethora of races for over 3 decades. A big thank you, Prachar!

There is a 10K this coming Saturday 2nd August at 8am. Next week we have our final Monday night race of the season - the relay (Monday 4th August 7pm). We hope to see you all there. Medal winners and all results below.

MEDAL WINNERS

NAME	SURNAME	CLUB	TIME	M/F	Age
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MEN UNDER 50

1st	Alex	Milne	Enfield & Haringey AC	15.06	M	24
2nd	Elliot	Robinson	Aldershot Farnham and district	15.20	M	41
3rd	Andrew	Laurence	Thames Hare & Hounds	15.47	M	28
4th	Alex	Bellew	Bedford & County	15.50	M	23
5th	Gareth	Anderson	Kent	15.51	M	24
6th	Rick	Weston	Serpentine	15.56	M	27
7th	Ben	Toomer	Hercules Wimbledon	15.58	M	24

WOMEN UNDER 50

1st	Amy	Aronson	Thames Hare & Hounds	18.24	F	29
2nd	Bethany	Thompson		19.27	F	34
3rd	Bernadette	Van Wijk	Serpentine	20.18	F	29
4th	Rosalind	Lee	Serpentine	20.19	F	30
5th	Alex	Slotwinska	Durham City Harriers	20.25	F	21
6th	Catherine	Ferguson	Serpentine	20.30	F	29
7th	Andrea	Allocuw	Tri London	20.41	F	36

MEN VET 50

1st	Gary	Hester		17.08	M	53
2nd	Antony	Constantinou	Collingwood AC	18.40	M	50
3rd	Simon	Pannell	Striders of Croydon	19.19	M	53

WOMEN VET 50

1st	Andrea	Sanders-Reece	Mornington Chasers	22.05	F	58
2nd	Sarah	Newton	Serpentine	22.40	F	57
3rd	Ana	Osorio		24.40	F	50

MEN VET 60

1st	Mike	Mann		19.34	M	66
2nd	Andrew	Roberts	Serpentine	20.03	M	61

WOMEN VET 60

1st	Ann	Bath	26.2RRC	26.09	F	65
	Serena	Dilnot	Clapham Runners	31.36	F	60

MEN VET 70

1st	Joe	Aspinall	VAC	25.46	M	76
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MEN U/16

1st	James	Lilley	Pickering	21.50	M	15
2nd	Tamir	Grauss		28.28	M	13

OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Alex	Milne	Enfield & Haringey AC	15.06	M	24	M U/50	1
2	Elliot	Robinson	Aldershot Farnham and district	15.20	M	41	M U/50	2
3	Andrew	Laurence	Thames Hare & Hounds	15.47	M	28	M U/50	3
4	Alex	Bellew	Bedford & County	15.50	M	23	M U/50	4
5	Gareth	Anderson	Kent	15.51	M	24	M U/50	5
6	Rick	Weston	Serpentine	15.56	M	27	M U/50	6
7	Ben	Toomer	Hercules Wimbledon	15.58	M	24	M U/50	7
8	Jamie	Hogg	Serpentine	16.05	M	40	M U/50	8
9	Matthew	Woodman	Stafford Harriers	16.08	M	36	M U/50	9
10	Mohammed	Ismail	HHH	16.08	M	33	M U/50	10
11	John	Kettle	Herne Hill Harriers	16.10	M	38	M U/50	11
12	Edward	Raymond		16.12	M	41	M U/50	12
13	Jonathan	Bradford	Serpentine	16.13	M	22	M U/50	13
14	Peter	Crisp	Newbury AC	16.23	M	27	M U/50	14
15	James	Gordon	Cambrosge harriers	16.26	M	38	M U/50	15
16	Nick	Wojek		16.29	M	31	M U/50	16
17	Robert	Tuer	Hercules Wimbledon	16.37	M	28	M U/50	17

18	Scott	O'Connor	Serpentine	16.43	M	30	M U/50	18
19	Daniel	Gillett	South London Harriers	16.47	M	44	M U/50	19
20	Ryan	McCrickerd	London Heathside	16.55	M	25	M U/50	20
21	Stephen	Philcox	Ilford AC	16.56	M	48	M U/50	21
22	Wayne	Lashley	Dulwich Runners	16.57	M	33	M U/50	22
23	Peter	Holmes	Serpentine	16.59	M	36	M U/50	23
24	Philip	Freeman Bentley	London Heathside Runners AC	17.04	M	28	M U/50	24
25	Jonathan	Ormerod	The Stragglers	17.04	M	35	M U/50	25
26	Gary	Hester		17.08	M	53	M O/50	1
27	Philip	Mackie		17.09	M	32	M U/50	26
28	Jonathan	Moscrop	London Frontrunners	17.18	M	40	M U/50	27
29	Stephen	Whitehead	Ranelagh Harriers	17.22	M	42	M U/50	28
30	Ron	Taylor	Kent AC	17.25	M	27	M U/50	29
31	Robert	Lloyd Smith		17.32	M	41	M U/50	30
32	Richard	Taylor	Serpentine	17.35	M	38	M U/50	31
33	Jonathan	Abel	West 4 Harriers	17.39	M	31	M U/50	32
34	Dan	Jacobs	Serpentine	17.41	M	31	M U/50	33
35	Tom	Lucas	Beckenham RC	17.42	M	28	M U/50	34
36	Simon	Thompson	Herne Hill Harriers	17.44	M	35	M U/50	35
37	Benjamin	James		17.45	M	39	M U/50	36
38	Abdulkadir	Kusch	Brunel University AC	17.46	M	26	M U/50	37
39	David	Williams	Sutton Runners	17.46	M	42	M U/50	38
40	Joe	McKevitt	Cambridge Harriers	17.47	M	35	M U/50	39
41	Joe	Egan	Victoria Park Harriers	17.48	M	29	M U/50	40
42	Thomas	Daley	Fulham RC	17.49	M	39	M U/50	41
43	Bruce	Cairns	Serpentine	17.53	M	41	M U/50	42
44	David	Griffiths		17.55	M	31	M U/50	43
45	Alex	Hobley	Herne Hill Harriers	17.55	M	28	M U/50	44
46	Gideon	Reid	Serpentine RC	17.58	M	36	M U/50	45
47	Nick	Haworth	Biggleswade	18.04	M	37	M U/50	46
48	Martin	Carmack	Serpentine	18.07	M	44	M U/50	47
49	Colin	Whiteley	Istead and Ifield Harriers	18.07	M	45	M U/50	48
50	Asa	Cusack	London Heathside	18.12	M	34	M U/50	49
51	Damien	Lane	Highgate Harriers	18.15	M	46	M U/50	50
52	Ian	Lilley	Dulwich Runners	18.17	M	42	M U/50	51
53	Ian	Elliott		18.21	M	47	M U/50	52
54	Amy	Aronson	Thames Hare & Hounds	18.24	F	29	W U/50	1
55	Ben	Egan		18.28	M	24	M U/50	53
56	Daniel	Nichols		18.29	M	31	M U/50	54
57	Josua	Gill		18.30	M	28	M U/50	55
58	Rupert	Jacobs	Serpentine	18.32	M	33	M U/50	56
59	Tim	Marshall	London Heathside	18.34	M	27	M U/50	57
60	Gregory	Milne	University of Bath AC	18.34	M	19	M U/50	58
61	Laurent	Le Mee	Serpentine	18.38	M	38	M U/50	59
62	Antony	Constantinou	Collingwood AC	18.40	M	50	M O/50	2
63	David	Miller		18.41	M	32	M U/50	60
64	Scott	Hemmens	Serpentine	18.55	M	35	M U/50	61
65	James	Stenning	London Frontrunners	19.02	M	35	M U/50	62
66	Paul	Stanford	Striders of Croydon	19.03	M	46	M U/50	63
67	Tom	Cheetham	Hercules Wimbledon	19.05	M	47	M U/50	64
68	Andy	Welsh		19.06	M	42	M U/50	65
69	Jonathon	Lines		19.14	M	29	M U/50	66
70	Simon	Pannell	Striders of Croydon	19.19	M	53	M O/50	3
71	Stephen	Massey	Striders of Croydon	19.24	M	46	M U/50	67
72	Bethany	Thompson		19.27	F	34	W U/50	2
73	Duncan	Lillie		19.29	M	35	M U/50	68
74	David	Gibson	Kent AC	19.30	M	42	M U/50	69
75	Mark	Kell	Serpentine	19.31	M	33	M U/50	70

76	Chris	Watt		19.32	M	42	M U/50	71
77	Andrew	Wallace		19.34	M	42	M U/50	72
78	Mike	Mann		19.34	M	66	M O/60	1
79	Frank	Wood	Hercules Wimbledon	19.36	M	49	M U/50	73
80	Andy	Randall	Collingwood AC	19.37	M	40	M U/50	74
81	Huw	Edwards		19.37	M	30	M U/50	75
82	Victor	Ray	Hercules Wimbledon	19.37	M	37	M U/50	76
83	Stephen	Haughton	Hercules Wimbledon	19.41	M	51	M O/50	4
84	Andre	Dahlkamp		19.42	M	42	M U/50	77
85	Darryl	Coulter	Kent AC	19.44	M	43	M U/50	78
86	Tony	Wain	Serpentine Running Club	19.53	M	50	M O/50	5
87	?	Mitchell		19.54	M	45	M U/50	79
88	Toni	Reid		20.00	M	52	M O/50	6
89	Tomas	Ferrer		20.03	M	30	M U/50	80
90	Andrew	Roberts	Serpentine	20.03	M	61	M O/60	2
91	Neil	Barnes		20.16	M	38	M U/50	81
92	Bernadette	Van Wijk	Serpentine	20.18	F	29	W U/50	3
93	Rosalind	Lee	Serpentine	20.19	F	30	W U/50	4
94	Mark	Kelly	Striders of Croydon	20.19	M	48	M U/50	82
95	Alex	Slotwinska	Durham City Harriers	20.25	F	21	W U/50	5
96	Louis	Barnes	Chiltern Harriers	20.28	M	28	M U/50	83
97	Catherine	Ferguson	Serpentine	20.30	F	29	W U/50	6
98	Johnny	Amos		20.33	M	29	M U/50	84
99	Andrea	Allocuw	Tri London	20.41	F	36	W U/50	7
100	Joe	Marshall		20.42	M	36	M U/50	85
101	Catherine	Gaskell	Collingwood AC	20.46	F	33	W U/50	8
102	Terry	Avey	brighton phoenix	20.46	M	63	M O/60	3
103	Greg	Pounder		20.48	M	28	M U/50	86
104	Danny	McLaughlin	Orpington Road Runners	20.49	M	50	M O/50	7
105	Andrew	McFarlane	Ealing Eagles RC	20.52	M	36	M U/50	87
106	Jenny	Cooney	Collingwood AC	20.56	F	38	W U/50	9
107	Tarik	Abdelmoula		21.04	M	27	M U/50	88
108	Aidan	Daly		21.06	M	30	M U/50	89
109	Oliver	Armitstead		21.10	M	29	M U/50	90
110	Philip	Hickson	Fulham RC	21.11	M	40	M U/50	91
111	Kevin	Heritage		21.11	M	27	M U/50	92
112	Jason	Seward	Thames Valley	21.18	M	46	M U/50	93
113	April	Welsh		21.25	F	36	W U/50	10
114	Andrew	Hales		21.30	M	26	M U/50	94
115	Matthew	Ladds	Dulwich Runners	21.32	M	26	M U/50	95
116	Alan	Mercer	Orpington Road Runners	21.34	M	49	M U/50	96
117	David	Hallson	Road Runners Club	21.34	M	61	M O/60	4
118	Purna-Samarpa	Queichammer	Sri Chinmoy Marathon Team	21.36	M	37	M U/50	97
119	Steve	Smith	Striders of Croydon	21.37	M	55	M O/50	8
120	Stuart	Cole		21.39	M	41	M U/50	98
121	Stephen	Kelly	Striders of croydon	21.41	M	21	M U/50	99
122	Rachid	El-Ahmadi	How we Run Club	21.44	M	44	M U/50	100
123	James	Lilley	Pickering	21.50	M	15	M U/16	1
124	Ian	McCarthy	Beckenham RC	21.58	M	58	M O/50	9
125	Andrea	Sanders-Reece	Mornington Chasers	22.05	F	58	W O/50	1
126	Gary	Thompson	Collingwood AC	22.13	M	45	M U/50	101
127	Daria	Uniatowska		22.18	F	27	W U/50	11
128	Jamie	Price		22.24	M	37	M U/50	102
129	Philip	Longster	Fetch Everyone	22.27	M	43	M U/50	103
130	Clare	Cole		22.32	F	38	W U/50	12
131	Jean-Luc	Hoez	Serpentine	22.34	M	56	M O/50	10
132	Stephanie	Walton		22.36	F	25	W U/50	13
133	Lisa	Kerr		22.39	F	32	W U/50	14

134	Zuzana	Ujhaziova		22.39	F	35	W U/50	15
135	Sarah	Newton	Serpentine	22.40	F	57	W O/50	2
136	Gary	Lucas		22.41	M	33	M U/50	104
137	Phil	Slater		22.42	M	33	M U/50	105
138	Fiona	Gee		22.47	F	34	W U/50	16
139	Steven	Carroll		22.47	M	30	M U/50	106
140	Adam	Neidle	Imperial Old Boys Club	22.52	M	24	M U/50	107
141	Barrie	Nicholls	Dulwich Runners	22.53	M	60	M O/60	5
142	Stephen	White		22.54	M	27	M U/50	108
143	Elaine	Reid	Collingwood AC	22.57	F	44	W U/50	17
144	Katey	Ross		22.59	F	43	W U/50	18
145	Stephen	Plummer		23.07	M		M O/50	11
146	Dan	Maskell	Vets AC	23.10	M	66	M O/60	6
147	Donald	McLellan		23.11	M	49	M U/50	109
148	Kayleigh	Spenser-Dawson		23.17	F	31	W U/50	19
149	Alan	Davidson	Ranelagh Harriers	23.20	M	67	M O/60	7
150	Victoria	Walvis		23.29	F	26	W U/50	20
151	Linda	Ingram	South London Harriers	23.31	F	46	W U/50	21
152	Richard	Willis		23.37	M	25	M U/50	110
153	Briana	Whitlock		23.38	F	28	W U/50	22
154	Mark	Hughes	Trent Park	23.46	M	32	M U/50	111
155	Ian	Hall	Serpentine	23.51	M	61	M O/60	8
156	Sol	Ibrahim	Haringey Joggers	23.51	M	42	M U/50	112
157	Lindsey	Annable	Dulwich Runners	23.52	F	46	W U/50	23
158	Ruth	Cottam	Collingwood AC	24.09	F	49	W U/50	24
159	Grainne	Devery	Serpentine	24.10	F	30	W U/50	25
160	Dennis	Williams	Hercules Wimbledon	24.16	M	68	M O/60	9
161	Douglas	Josham	Collingwood AC	24.23	M	34	M U/50	113
162	scott	whittlesea		24.25	M	37	M U/50	114
163	Sophie	Cappleman	Serpentine	24.28	F	26	W U/50	26
164	Claire	Lacey		24.28	F	32	W U/50	27
165	Harriet	Glen		24.29	F	24	W U/50	28
166	Antony	Streams	Reading Road Runners	24.35	M	53	M O/50	12
167	Ana	Osorio		24.40	F	50	W O/50	3
168	Lesley	Kenny	Alton Runners	24.46	F	31	W U/50	29
169	Ian	Mursell	VAC	24.57	M	62	M O/60	10
170	Kylie	Russel		25.05	F	32	W U/50	30
171	Anthony	Eastaway	Wimbledon Windmilers	25.11	M	44	M U/50	115
172	Tony	Gallagher	Sutton Runners	25.11	M	58	M O/50	13
173	Joe	Aspinall	VAC	25.46	M	76	M O/70	1
174	Paul	Booth	Collingwood AC	25.46	M	60	M O/60	11
175	Neil	Davies	Serpentine	25.52	M	49	M U/50	116
176	Sally	Mant	Chelsea	25.54	F	36	W U/50	31
177	Carol	Muir	Ilford AC	26.01	F	42	W U/50	32
178	Ann	Bath	26.2RRC	26.09	F	65	W O/60	1
179	Thomas	Wilkie	Collingwood AC	26.18	M	61	M O/60	12
180	Barbara	Schaefer		26.35	F	29	W U/50	33
181	Carole	Wisdom	Serpentine	26.47	F	56	W O/50	4
182	Nina	Williams	Saints & Sinners	26.47	F	47	W U/50	34
183	Robert	Ravelli	London Frontrunners	26.54	M	57	M O/50	14
184	Robin	Dickson	Thames Hare & Hounds	27.04	M	71	M O/70	2
185	John	Free		27.16	M	28	M U/50	117
186	Petya	Ivanova		27.34	F	27	W U/50	35
187	Karen	Samuel	Orpington Road Runners	27.39	F	53	W O/50	5
188	Sara	Lyons	Imperial Old Boys Club	27.53	F	26	W U/50	36
189	Sharan	Kaur		27.53	F	33	W U/50	37
190	Aravind	Arumugam		28.08	M	31	M U/50	118
191	Evie	Odej	Collingwood AC	28.17	F	32	W U/50	38

192	James	Knight	Collingwood AC	28.19	M	58	M O/50	15
193	Tamir	Grauss		28.28	M	13	M U/16	2
194	Georgina	Jacobs		28.35	F	35	W U/50	39
195	Askin	Gungor	How we Run Club	28.40	M	41	M U/50	119
196	Rachel	Pounder		28.42	F	27	W U/50	40
197	Laura	Garton		29.20	F	31	W U/50	41
198	Peter	Torre	Mornington Chasers	29.43	M	72	M O/70	3
199	Ronit	Neudorf		29.52	F	41	W U/50	42
200	Jeff	Brooks		29.52	M	59	M O/50	16
201	Edwin	Bartlett	VAC	29.57	M	70	M O/70	4
202	Serena	Dilnot	Clapham Runners	31.36	F	60	W O/60	2
203	Joy	Williams		32.10	F	55	W O/50	6
204	Ailish	Lilley	Pickering RC	33.29	F	51	W O/50	7
205	Rosemary	Egbe	Collingwood AC	34.23	F	49	W U/50	43
206	Nina	Martin		34.44	F	39	W U/50	44
207	Sandra	Lynch	none	37.04	F	44	W U/50	45
208	Rob	Lynch	none	37.04	M	39	M U/50	120
209	Lesley	Young	Dulwich Park Runners	41.30	F	63	W O/60	3
210	Kate	Knight	Collingwood AC	46.16	F	54	W O/50	8