

Self-Transcendence 10K Race

Organised by Sri Chinmoy AC

Battersea Park, London

Saturday 8th August 2015



WINNERS						
RANK	NAME	SURNAME	CLUB	TIME	M/F	AGE
Men U/50						
1	Jonathan	Poole	Serpentine	31.47	M	32
2	Nicholas	Handley	JP Morgan RC	33.08	M	34
3	Laurence	Avery	Kent AC	33.08	M	34
4	Dan	Steel	Woodford Green AC with	33.40	M	30
5	Martin	O'Connell	Serpentine RC	33.59	M	29
6	Matt	Taylor	Belgrave Harriers	34.18	M	34
7	Matthew	Nutt	Wimbledon Windmilers	34.32	M	29
Women U/50						
1	Alex	Gounelas	Eton Manor AC	37.30	F	34
2	Susannah	Evans	Herclues Wimbledon	37.40	F	33
3	Melanie	Edwards	Dulwich Runners AC	38.22	F	33
4	Marta	Bagnati	Serpentine RC	38.23	F	30
5	Sophie	tomaszczyk		39.59	F	26
6	Rebecca	Goodson	Wimbledon Windmilers	40.18	F	23
7	Sune	Du Toit	Wimbledon Windmilers	40.31	F	39
Men Vet 50						
1	Gavin	McLaughlan	Wimbledon Windmilers	36.06	M	51
2	Craig	Williamson	Beckenham Running Cl	38.54	M	51
3	Frank	Wood	Herclues Wimbledon	39.08	M	50
Women Vet 50						
1	Kate	Ledin	Buxton & District AC	48.14	F	55
2	Angela	Morgan	Wimbledon Windmilers	49.40	F	56
3	Eve	Gallop-Evans	Les Croupiers	56.11	F	51
Men Vet 60						
1	John	Witton		41.55	M	61
2	David	Hallson	RRC	45.40	M	62
Women Vet 60						
1	Claire	Steward	Dulwich R	49.08	F	63
Men Vet 70						
1	David	Brooks	Veterans AC	53.08	M	73

ALL RESULTS BELOW

RESULTS

RANK	NAME	SURNAME	CLUB	TIME	M/F	AGE	CATEGORY	CAT POS
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1	Jonathan	Poole	Serpentine	31.47	M	32	M U/50	1
2	Nicholas	Handley	JP Morgan RC	33.08	M	34	M U/50	2
3	Laurence	Avery	Kent AC	33.08	M	34	M U/50	3
4	Dan	Steel	Woodford Green AC with Es	33.40	M	30	M U/50	4
5	Martin	O'Connell	Serpentine RC	33.59	M	29	M U/50	5
6	Matt	Taylor	Belgrave Harriers	34.18	M	34	M U/50	6
7	Matthew	Nutt	Wimbledon Windmilers	34.32	M	29	M U/50	7
8	Craig	Brown	Biggleswade AC	34.32	M	36	M U/50	8
9	Stephen	Hurley	Wimbledon Windmilers	34.35	M	35	M U/50	9
10	Andrew	Mitchell	Thames Valley Harriers	34.38	M	46	M U/50	10
11	Stuart	Macdougall	Bellahouston Harriers	35.08	M	32	M U/50	11
12	Richard	Berry	West 4 H	35.21	M	40	M U/50	12
13	Ryan	McCrickerd	London Heathside	35.42	M	26	M U/50	13
14	Peter	Holmes	Serpentine RC	35.59	M	37	M U/50	14
15	Gavin	McLaughlan	Wimbledon Windmilers	36.06	M	51	M O/50	1
16	Sergio	Gonzalez-Manz	Serpentine	36.07	M	37	M U/50	15
17	Iain	Macara	Serpentine	36.12	M	35	M U/50	16
18	Andrew	Orr	Serpentine	36.16	M	37	M U/50	17
19	Nathan	Andrews	Wimbledon Windmilers	36.20	M	39	M U/50	18
20	Dave	Roberts	Fell Runners Ass.	37.06	M	47	M U/50	19
21	Martin	Carmack	Serpentine	37.16	M	45	M U/50	20
22	Rob	Shulman	London Heathside Runners	37.18	M	49	M U/50	21
23	Nicholas	Manderson	Serpentine RC	37.28	M	24	M U/50	22
24	Alex	Gounelas	Eton Manor AC	37.30	F	34	W U/50	1
25	Patrick	Conaghan	Herne Hill H	37.30	M	28	M U/50	23
26	Robin	Savage		37.34	M	42	M U/50	24
27	Alexandre	Bernigaud	Serpentine	37.37	M	41	M U/50	25
28	Susannah	Evans	Herclues Wimbledon	37.40	F	33	W U/50	2
29	david	cato	Eton Manor AC	37.49	M	35	M U/50	26
30	Ed	Perry		37.51	M	31	M U/50	27
31	Tom	Irving	Ealing Eagles Running Club	37.51	M	30	M U/50	28
32	Paul	Caulfield	West 4 Harriers	38.01	M	23	M U/50	29
33	David	Comb		38.10	M	36	M U/50	30
34	Hamish	Magoffin		38.18	M	31	M U/50	31
35	Volker	Vogler	Wimbledon Windmilers	38.21	M	49	M U/50	32
36	Melanie	Edwards	Dulwich Runners AC	38.22	F	33	W U/50	3
37	Marta	Bagnati	Serpentine RC	38.23	F	30	W U/50	4
38	Christopher	Burke	London Heathside	38.29	M	31	M U/50	33
39	Tom	Cheetham	Herclues Wimbledon	38.32	M	48	M U/50	34
40	Edward	Green	Thames Hare & Hounds	38.44	M	33	M U/50	35
41	James	Turner	Serpentine RC	38.52	M	37	M U/50	36

42	Craig	Williamson	Beckenham Running Club	38.54	M	51	M O/50	2
43	Gregory	Banks		39.03	M	39	M U/50	37
44	Mark	Cahill	Hercules Wimbledon AC	39.04	M	43	M U/50	38
45	Andy	Yiannouzis		39.07	M	37	M U/50	39
46	Frank	Wood	Herclues Wimbledon	39.08	M	50	M O/50	3
47	Ash	Holmes	Chiltern Harriers	39.08	M	25	M U/50	40
48	Claudio	Santos		39.09	M	37	M U/50	41
49	Liam	Griffiths		39.21	M	31	M U/50	42
50	Chris	Pidgeon	Evrotas	39.24	M	34	M U/50	43
51	Jonathan	Moore		39.35	M	46	M U/50	44
52	Paul	Hunt	Clapham Chasers	39.40	M	34	M U/50	45
53	Tadeusz	Sekretarczyk		39.46	M	52	M O/50	4
54	Richard	Cohen	Wimbledon Windmilers	39.47	M	29	M U/50	46
55	Simon	Woodley	Herclues Wimbledon	39.49	M	39	M U/50	47
56	Lewis	George		39.52	M	26	M U/50	48
57	Sophie	tomaszczyk		39.59	F	26	W U/50	5
58	Rebecca	Goodson	Wimbledon Windmilers	40.18	F	23	W U/50	6
59	Mark	Kell	Serpentine	40.20	M	34	M U/50	49
60	Andrew	Han	Fulham RC	40.27	M	35	M U/50	50
61	Tom	Poynton	Serpentine RC	40.27	M	42	M U/50	51
62	Sune	Du Toit	Wimbledon Windmilers	40.31	F	39	W U/50	7
63	George	Nemilostivijs	Serpentine	40.34	M	23	M U/50	52
64	Darryl	Coulter	Kent AC	40.44	M	44	M U/50	53
65	James	Anglesea		41.02	M	35	M U/50	54
66	Rachel	Badham	West 4 H	41.03	F	43	W U/50	8
67	Gill	Bland	BBC Running Club	41.06	F	33	W U/50	9
68	Hugh	Scorgie		41.14	M	55	M O/50	5
69	Roger	Corbett	Serpentine RC	41.17	M	52	M O/50	6
70	Guy	Surtees	Wimbledon Windmilers	41.29	M	50	M O/50	7
71	Gerard	O'Sullivan		41.31	M	45	M U/50	55
72	Ian	Clark		41.36	M	38	M U/50	56
73	Adam	May	Hercules Wimbledon	41.37	M	34	M U/50	57
74	Rosalind	Lee	Serpentine	41.49	F	31	W U/50	10
75	Chris	Cooper		41.51	M	24	M U/50	58
76	John	Witton		41.55	M	61	M O/60	1
77	Adam	Yardley	Clapham Pioneers	42.28	M	37	M U/50	59
78	Mark	Agnew		42.38	M	31	M U/50	60
79	Sam	Allpass	Barnes R	42.49	M	49	M U/50	61
80	Jamaine	Thompson		42.49	M	34	M U/50	62
81	graham	hollowell	Wootton Road Runners	42.57	M	49	M U/50	63
82	Andreu	Aulina		43.04	M	36	M U/50	64
83	Lorraine	Smyth	Clapham Chasers	43.12	F	33	W U/50	11
84	Andrew	Wigson		43.33	M	39	M U/50	65
85	matthew	o'brien		43.37	M	44	M U/50	66
86	James	Hamilton	Wimbledon Windmilers	43.42	M	41	M U/50	67
87	Nick	Udal		43.59	M	41	M U/50	68

88	Monika	Crouse	Herclues Wimbledon	43.59	F	37	W U/50	12
89	David	Carlisle	Clapham Chasers	44.10	M	38	M U/50	69
90	Guy	Anderson		44.28	M	35	M U/50	70
91	David	Ruegg		44.34	M	45	M U/50	71
92	Lavinia	Singer	Serpentine	44.34	F	27	W U/50	13
93	Joe	Brown		45.08	M	35	M U/50	72
94	Martin	Kelsen		45.13	M	53	M O/50	8
95	Sophia	Derivaz	Serpentine	45.26	F	30	W U/50	14
96	David	Hallson	RRC	45.40	M	62	M O/60	2
97	Bernadette	Van Wijk	Serpentine	45.46	F	30	W U/50	15
98	Emily	Gibbs	Clapham Chasers	45.47	F	30	W U/50	16
99	Michelle	Lennon	Dulwich R	45.47	F	48	W U/50	17
100	Josh	Spacy	Running Seminars	45.48	M	57	M O/50	9
101	Nick	Smith		46.00	M	37	M U/50	73
102	Simon	Henley		46.19	M	33	M U/50	74
103	Joanna	Patrick	Wimbledon Windmilers	46.25	F	33	W U/50	18
104	Harriet	Betteridge	Ealing Eagles Running Club	46.28	F	28	W U/50	19
105	Shane	O'Prey		47.02	M	40	M U/50	75
106	Sebastian	Pearce		47.06	M	50	M O/50	10
107	Benjamin	Lamping		47.41	M	37	M U/50	76
108	Daniel	Cashen		47.53	M	39	M U/50	77
109	Kate	Ledin	Buxton & District AC	48.14	F	55	W O/50	1
110	Artur	Wojciechowski		48.29	M	47	M U/50	78
111	Simon	Healey		48.35	M	41	M U/50	79
112	Anthony	Ferriroli	RRC	48.38	M	47	M U/50	80
113	Martin	Spence	Vets AC	48.59	M	60	M O/60	3
114	Christine	James	Birmingham Running Athleti	49.01	F	34	W U/50	20
115	Geoffrey	Russo		49.01	M	25	M U/50	81
116	Stephanie	Cunningham		49.11	F	27	W U/50	21
117	Linda	Ingram	South London H	49.19	F	47	W U/50	22
118	Elisa	Santi		49.21	F	29	W U/50	23
119	Sophia	Harrington		49.28	F	28	W U/50	24
120	Angela	Morgan	Wimbledon Windmilers	49.40	F	56	W O/50	2
121	Igor	Nepomnyashch	Clapham Chasers	50.10	M	34	M U/50	82
122	Jonathan	Stirling	West 4 Harriers	50.16	M	52	M O/50	11
123	Ini	Ekwo		50.20	M	47	M U/50	83
124	Dominic	Taylor		50.32	M	27	M U/50	84
125	Chris	Page	#chapspad	50.32	M	27	M U/50	85
126	Jeremie	Jacquier		50.41	M	25	M U/50	86
127	Emilie	Selwood	Windmilers	50.45	F	45	W U/50	25
128	Will	Ogilvie-Graham		51.17	M	23	M U/50	87
129	sarah	papadimitriou		51.30	F	22	W U/50	26
130	Sarah	McGivern		51.41	F	29	W U/50	27
131	Aoibhin	O'Neill	Clapham Chasers	52.15	F	28	W U/50	28
132	Adela	Bardova	Running Seminars	52.16	F	24	W U/50	29
133	Steve	Butcher		52.44	M	58	M O/50	12

134	Eva	Stronsha	Running Seminars	53.04	F	30	W U/50	30
135	David	Brooks	Veterans AC	53.08	M	73	M O/70	1
136	Ifor	Davies		53.21	M	49	M U/50	88
137	Nicola	De Lahunty		53.23	F	48	W U/50	31
138	Kathy	Huggett	none	53.38	F	33	W U/50	32
139	Emma	Gibson	Mornington Chasers	54.12	F	38	W U/50	33
140	Edwina	Hayward		54.27	F	27	W U/50	34
141	Hannah	Miller		54.44	F	20	W U/50	35
142	Robert	Fortes	Serpentine	55.31	M	67	M O/60	4
143	Michael	Holmes		55.46	M	33	M U/50	89
144	Manpreet	Kundan		56.01	F	31	W U/50	36
145	Eve	Gallop-Evans	Les Croupiers	56.11	F	51	W O/50	3
146	Catriona	Riddell	Windle Valley Runners	57.42	F	27	W U/50	37
147	Gemma	Anglesea		58.20	F	31	W U/50	38
148	Ray	Lindsay		61.50	M	62	M O/60	5
149	Debbie	Knipe		63.46	F	31	W U/50	39
150	Terrie	Cowley		65.55	F	42	W U/50	40
151	AnneMarie	MacCarron		68.41	F	24	W U/50	41
152	Maria	Ellis		69.40	F	55	W O/50	4

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Should you have any queries then please contact Gavin Lightwood
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