

Self-Transcendence 10K Race

Organised by Sri Chinmoy AC

Battersea Park, London

Saturday 21st November 2015



WINNERS						
RANK	NAME	SURNAME	CLUB	TIME	M/F	AGE
Men U/50						
1	Matt	Gunby	Woodford Green AC with Es	31.26	M	27
2	Kevin	Quinn	South London	31.34	M	36
3	Andrew	Greenleaf		31.49	M	33
4	Hugh	Torry	Serpentine RC	33.21	M	36
5	Alex	Davy	Leeds City Athletic Club	33.24	M	26
6	Kieran	White	Hercules Wimbledon	33.45	M	39
7	Nathan	Smeaton	Clapham Chasers	33.54	M	29
Women U/50						
1	Helen	Palmer	Serpentine RC	36.28	F	27
2	Sarah	Pemberton	Serpentine RC	37.54	F	29
3	Sophie	Sheldrake	Highgate Harriers	38.11	F	29
4	Rose	Harvey	Clapham Chasers	38.18	F	23
5	Emma	Burgess	Highgate Harriers	38.41	F	29
6	Victoria	Crawford	Serpentine RC	38.43	F	29
7	Meriel	Holden	Wimbledon Windmilers	39.05	F	45
Men Vet 50						
1	Richard	Hooley	Thames Valley Harriers	39.49	M	53
2	Frank	Wood	Hercules Wimbledon	40.05	M	51
3	Renato	Paternollo		41.15	M	52
Women Vet 50						
1	Kay	Bettis	Serpentine RC	54.12	F	54
2	Jenny	King	Bedford Harriers AC	55.35	F	58
3	Danica	Kirka		57.55	F	53
Men Vet 60						
1	Jerry	Lockspeiser	Serpentine RC	44.41	M	62
2	Colin	McSeveny		45.41	M	62
Women Vet 60						
1	Jane	Rowden	West4Harriers	48.41	F	62
Men Vet 70						
1	John	Garder	Herne Hill Harriers	51.31	M	74

ALL RESULTS BELOW

RESULTS

RANK	NAME	SURNAME	CLUB	TIME	M/F	AGE	CATEGORY	CAT POS
1	Matt	Gunby	Woodford Green AC with Es	31.26	M	27	M U/50	1
2	Kevin	Quinn	South London	31.34	M	36	M U/50	2
3	Andrew	Greenleaf		31.49	M	33	M U/50	3
4	Hugh	Torry	Serpentine RC	33.21	M	36	M U/50	4
5	Alex	Davy	Leeds City Athletic Club	33.24	M	26	M U/50	5
6	Kieran	White	Hercules Wimbledon	33.45	M	39	M U/50	6
7	Nathan	Smeaton	Clapham Chasers	33.54	M	29	M U/50	7
8	Richard	Berry	West 4 Harriers	34.34	M	41	M U/50	8
9	Ryan	McCrickerd	London Heathside Runners	34.40	M	27	M U/50	9
10	Michel-Pierre	Flipo		35.03	M	35	M U/50	10
11	Philip	Mackie	Epsom & Ewell Harriers	35.07	M	34	M U/50	11
12	Daniel	De Palol	Serpentine RC	35.22	M	41	M U/50	12
13	Peter	Holmes	Serpentine RC	35.36	M	37	M U/50	13
14	Kimon	Doulis	London Heathside Runners	35.48	M	29	M U/50	14
15	James	Gillanders	Serpentine RC	35.49	M	37	M U/50	15
16	Jarek	Olszowka	Serpentine RC	35.51	M	33	M U/50	16
17	Max	Harrison-Tosatt	Serpentine RC	35.54	M	24	M U/50	17
18	Jonny	Earl	Hercules Wimbledon	35.57	M	31	M U/50	18
19	Rob	Shearer	Cambridge Harriers	35.59	M	37	M U/50	19
20	Richard	Purdy	Serpentine RC	36.07	M	34	M U/50	20
21	Andrew	Fargus	Thames Hare & Hounds	36.15	M	37	M U/50	21
22	Mike	Lesniak	SWRR/ABOVE 2000	36.16	M	27	M U/50	22
23	Jonathan	Moscrop	Serpentine RC	36.19	M	41	M U/50	23
24	huw	Riley		36.23	M	31	M U/50	24
25	John	McSeveny	Victoria Park Harriers and T	36.24	M	30	M U/50	25
26	Helen	Palmer	Serpentine RC	36.28	F	27	W U/50	1
27	Robert	Peacock	Clapham Chasers	36.38	M	37	M U/50	26
28	Aritz	Jauregui		37.01	M	36	M U/50	27
29	Mikel	Berdud	Clapham Chasers	37.07	M	37	M U/50	28
30	Peter	Taylor		37.11	M	31	M U/50	29
31	Henry	Keighley-Elstub	Wimbledon Windmilers	37.16	M	44	M U/50	30
32	Martin	Carmack	Serpentine RC	37.24	M	45	M U/50	31
33	David	Williams	Sutton Runners	37.31	M	44	M U/50	32
34	Sarah	Pemberton	Serpentine RC	37.54	F	29	W U/50	2
35	Frank	Womelsdorf	Serpentine RC	37.58	M	35	M U/50	33
36	Paulo	Bascaglia	Serpentine RC	38.07	M	35	M U/50	34
37	Sophie	Sheldrake	Highgate Harriers	38.11	F	29	W U/50	3
38	Rose	Harvey	Clapham Chasers	38.18	F	23	W U/50	4
39	Mitchell	Dann	Cambridge Harriers	38.35	M	40	M U/50	35
40	Massimo	Antonelli	Serpentine RC	38.39	M	36	M U/50	36
41	Brendan	Donnelly	Highgate Harriers	38.41	M	28	M U/50	37

42	Emma	Burgess	Highgate Harriers	38.41	F	29	W U/50	5
43	Victoria	Crawford	Serpentine RC	38.43	F	29	W U/50	6
44	Mohsin	Harhara	Croydon Harriers	39.04	M	49	M U/50	38
45	Meriel	Holden	Wimbledon Windmilers	39.05	F	45	W U/50	7
46	Rupert	Jacobs	Serpentine RC	39.10	M	34	M U/50	39
47	Isobel	Rea	West 4 Harriers	39.11	F	39	W U/50	8
48	Chris	Elliott	Serpentine RC	39.13	M	32	M U/50	40
49	Mathew	Gutch		39.14	M	36	M U/50	41
50	Matthew	Hassan		39.28	M	36	M U/50	42
51	Matthew	Walker		39.30	M	38	M U/50	43
52	Jonathan	Furuya	Ful-on-Tri	39.33	M	42	M U/50	44
53	James	Spooner		39.34	M	31	M U/50	45
54	Ross	McLeod	Clapham Chasers	39.42	M	37	M U/50	46
55	Richard	Hooley	Thames Valley Harriers	39.49	M	53	M O/50	1
56	Benjamin	Edwards		39.59	M	25	M U/50	47
57	Frank	Wood	Hercules Wimbledon	40.05	M	51	M O/50	2
58	Hubert	Brandts		40.20	M	48	M U/50	48
59	Rebecca	Stearn	Wimbledon Windmilers	40.28	F	26	W U/50	9
60	Tom	Cheetham	Hercules Wimbledon	40.36	M	49	M U/50	49
61	Kate	Carter	Wimbledon Windmilers	40.39	F	39	W U/50	10
62	Lydia	O'Donoghue	Ealing Eagles Running Club	40.46	F	25	W U/50	11
63	Liam	Feetham	Medway Tri	40.53	M	33	M U/50	50
64	Rosalind	Lee	Serpentine RC	41.00	F	31	W U/50	12
65	Stephen	Campbell	Serpentine RC	41.01	M	47	M U/50	51
66	Lyndall	Alston	Clapham Chasers	41.12	F	33	W U/50	13
67	Ted	Broadbent		41.13	M	30	M U/50	52
68	Renato	Paternollo		41.15	M	52	M O/50	3
69	Jonathon	Lines		41.18	M	30	M U/50	53
70	Gabriela	De La Cerda		41.23	F	38	W U/50	14
71	Jason	Drake	West 4 Harriers	41.29	M	51	M O/50	4
72	Simon	Watson		41.39	M	25	M U/50	54
73	Emmanuel	Lumineau	London Fronrunners	41.43	M	40	M U/50	55
74	John	Potter	Ocean Lake Tri	41.46	M	37	M U/50	56
75	Mirosław	Nowak		41.47	M	39	M U/50	57
76	John	Morison	London City Athletics	41.59	M	35	M U/50	58
77	Alexey	Erekhinsky		42.03	M	31	M U/50	59
78	Nigel	CARroll		42.10	M	29	M U/50	60
79	David	Jones	Portslade Hedgehoppers	42.17	M	46	M U/50	61
80	Grzegorz	Hotala		42.19	M	32	M U/50	62
81	Richard	Guest	Portslade Hedgehoppers	42.19	M	49	M U/50	63
82	Jemma	Day		42.22	F	30	W U/50	15
83	Lisa	Fowler		42.22	F	29	W U/50	16
84	Matthew	Gardner		42.36	M	24	M U/50	64
85	Johnny	Amos		42.36	M	30	M U/50	65
86	Edmunds	Riters		42.38	M	30	M U/50	66
87	Bruno	Bernier		42.44	M	48	M U/50	67

88	Kate	O Brien		42.47	F	24	W U/50	17
89	Gen	Huss	Serpentine RC	42.55	F	22	W U/50	18
90	Chris	Scott		42.56	M	41	M U/50	68
91	Chris	Rogers		43.08	M	33	M U/50	69
92	Daniel	Riley		43.21	M	35	M U/50	70
93	Alexandra	McAndie		43.40	F	37	W U/50	19
94	Jenna	Mullett	Clapham Chasers	43.51	F	30	W U/50	20
95	Simon	Thursby	sweat shop	43.57	M	35	M U/50	71
96	Chris	Burton		44.12	M	21	M U/50	72
97	Martha	Keith-Barnett	Vegan Runners UK	44.13	F	36	W U/50	21
98	Anton	?		44.20	M	34	M U/50	73
99	Mark	Booth		44.38	M	52	M O/50	5
100	Jerry	Lockspeiser	Serpentine RC	44.41	M	62	M O/60	1
101	Mazin	Shawish	West 4 Harriers	44.47	M	35	M U/50	74
102	Delphine	Voeltzel		44.51	F	31	W U/50	22
103	Tom	Ludlam		44.53	M	28	M U/50	75
104	Charlotte	Hewett	DORSET DODDLERS RC	45.10	F	25	W U/50	23
105	Martin	Kelsen		45.19	M	54	M O/50	6
106	Georg	Isola	Mornington Chasers	45.22	M	39	M U/50	76
107	Jamie	Giles	Serpentine RC	45.35	M	32	M U/50	77
108	Richard	Clark	Hercules Wimbledon	45.36	M	58	M O/50	7
109	Matt	Hinton		45.38	M	29	M U/50	78
110	Alex	Ward		45.39	M	28	M U/50	79
111	Colin	McSeveny		45.41	M	62	M O/60	2
112	Niels	Rock		45.42	M	39	M U/50	80
113	Nick	Fenwick		45.52	M	28	M U/50	81
114	Nicola	McGlennon	Serpentine RC	46.16	F	39	W U/50	24
115	Martin	Jimack	Wimbledon Windmilers	46.23	M	51	M O/50	8
116	Stutz	Urs		46.37	M	35	M U/50	82
117	Jonathan	Stirling	West 4 Harriers	46.43	M	52	M O/50	9
118	Paul Alexis	Kebabtchieff		46.53	M	31	M U/50	83
119	Eleanor	Andrews	Clapham Chasers	47.02	F	22	W U/50	25
120	Vikki	Hinton		47.24	F	28	W U/50	26
121	Kate	Bullock		47.45	F	22	W U/50	27
122	Benjamin	Graham		47.47	M	27	M U/50	84
123	Daisy	Gladstone	Serpentine RC	48.16	F	29	W U/50	28
124	Nick	Mazitelli		48.20	M	33	M U/50	85
125	Barnaby	Beadon		48.24	M	30	M U/50	86
126	Sonia	Mendonca		48.31	F	35	W U/50	29
127	nick	ashby		48.40	M	28	M U/50	87
128	Jane	Rowden	West4Harriers	48.41	F	62	W O/60	1
129	Dee	Hendry		48.49	F	38	W U/50	30
130	Simon	King	Bedford Harriers AC	48.52	M	58	M O/50	10
131	Matthew	Venner		49.03	M	32	M U/50	88
132	Juliann	Canty	Clapham Chasers	49.10	F	33	W U/50	31
133	Rebecca	Sweet	London Heathside Runners	49.14	F	32	W U/50	32

134	Nick	Newton	Clapham Chasers	49.39	M	38	M U/50	89
135	Philip	Logoreci	Clapham Chasers	49.54	M	59	M O/50	11
136	Laura	Grigg	Fulham Running Club	49.55	F	27	W U/50	33
137	Daniel	Hendry		49.58	M	37	M U/50	90
138	Kar-Ming	Man		50.04	M	25	M U/50	91
139	Claire	Fyfe		50.12	F	29	W U/50	34
140	Naomi	Hartopp	Clapham Chasers	50.19	F	22	W U/50	35
141	Kate	Allan		50.24	F	30	W U/50	36
142	Simone	Stoppa		50.26	M	27	M U/50	92
143	Peter	Wozniak		50.34	M	26	M U/50	93
144	Ann	Hunter		50.46	F	36	W U/50	37
145	Roger	Fretwell	Serpentine RC	50.57	M	56	M O/50	12
146	Paul	Lehmann		51.07	M	41	M U/50	94
147	Sue	Woodhead	Dulwich Park Runners	51.14	F	48	W U/50	38
148	Bernard	Simmons	Dulwich Park Runners	51.14	M	68	M O/60	3
149	Sebastian	Finnegan		51.15	M	29	M U/50	95
150	Chris	McCarthy	Clapham Chasers	51.16	M	29	M U/50	96
151	John	Garder	Herne Hill Harriers	51.31	M	74	M O/70	1
152	Kevin	O Reilly		51.54	M	37	M U/50	97
153	Clarke	Dodd		52.06	M	24	M U/50	98
154	Carlos	Mendonca		52.08	M	55	M O/50	13
155	Daniel Adrian	Riesgo		52.18	M	51	M O/50	14
156	Beatriz	Areias Freitas		52.19	F	35	W U/50	39
157	Edit Aniko	Paulik		52.22	F	31	W U/50	40
158	Matthew	Wylie		52.30	M	23	M U/50	99
159	Chris	Frost		52.38	M	42	M U/50	100
160	?	Huggett		52.39	M	57	M O/50	15
161	Roseanne	Blake		52.54	F	24	W U/50	41
162	Franca	Bernatavicius		53.23	F	28	W U/50	42
163	Katrina	Nimmo		53.48	F	30	W U/50	43
164	Diana	Kreica	Clapham Chasers	54.01	F	29	W U/50	44
165	Kate	Holmes		54.01	F	30	W U/50	45
166	Kay	Bettis	Serpentine RC	54.12	F	54	W O/50	1
167	Manuel	PUERTAS		54.37	M	34	M U/50	101
168	Dora	Bakos		54.51	F	26	W U/50	46
169	Komal	Mistry		55.06	F	29	W U/50	47
170	Irina	Novalija		55.24	F	40	W U/50	48
171	Jenny	King	Bedford Harriers AC	55.35	F	58	W O/50	2
172	Olivia	Edwards		55.40	F	22	W U/50	49
173	Peter	Edwards		55.41	M	58	M O/50	16
174	Holly	Clarke		55.42	F	24	W U/50	50
175	Dan	Thornton		56.04	M	30	M U/50	102
176	Charly	Stephens		56.07	M	35	M U/50	103
177	Emily	Hastie-Smith		56.08	F	27	W U/50	51
178	Tegan	Jones		56.10	F	33	W U/50	52
179	Martha	Taylor		56.30	F	19	W U/50	53

180	chris	worsfold		56.30	M	20	M U/50	104
181	Jess	Ryan		56.38	F	27	W U/50	54
182	Ben	Thapa		57.02	M	33	M U/50	105
183	Amy	Wood		57.07	F	31	W U/50	55
184	Jessica	Gillingwater		57.07	F	30	W U/50	56
185	Tara	Psaila		57.35	F	42	W U/50	57
186	Danica	Kirka		57.55	F	53	W O/50	3
187	Kevin	Townsend		58.03	M	59	M O/50	17
188	Jana	Rackova		58.03	F	26	W U/50	58
189	Hannah	Gerrard		58.39	F	31	W U/50	59
190	Ali	Kemp		59.44	F	40	W U/50	60
191	Ray	Lindsay		59.48	M	62	M O/60	4
192	Jennifer	McArthy		59.52	F	30	W U/50	61
193	Elaine	Shanus		60.06	F	33	W U/50	62
194	Steve	Dagg		60.07	M	31	M U/50	106
195	Paul	Bosworth		60.08	M	27	M U/50	107
196	David	Ridley	Maidenhead AC	60.09	M	60	M O/60	5
197	Jo	Finch		60.19	F	30	W U/50	63
198	Sheryl	Kantrowitz		60.57	F	38	W U/50	64
199	Val	Milton		63.13	F	30	W U/50	65
200	Louise	Lee		63.18	F	32	W U/50	66
201	Alison	Williams		65.16	F	45	W U/50	67
202	Josie	Standbrook		65.50	F	32	W U/50	68
203	Marian	Moylan		65.50	F	28	W U/50	69
204	Jo	Secker		67.13	F	37	W U/50	70
205	Emily	Foy	Clapham Chasers	67.13	F	33	W U/50	71
206	Jenny	Foster		67.28	F	31	W U/50	72
207	Ali	Hogan		70.54	F	27	W U/50	73
208	Adrian	Joseph	Clapham Chasers	70.54	M	31	M U/50	108
209	Mary	Frampton		71.10	F	30	W U/50	74
210	Geraldine	Finucane		75.32	F	32	W U/50	75

Congratulations on completing the race. Ours is a runbritain-licensed event and therefore your time is included in calculating your free runbritain handicap score. More than 40,000 runners of all standards have now claimed their runbritain handicap score. As well as giving you a current score, between scratch and 36, your free personalised running biog page includes your current national ranking, your position on the national ladder, your progress graph, your strongest distance, a head-to-head comparison with other runners and downloadable training schedules to improve your score next time you race. Your handicap score also updates automatically every time you complete a licensed event. To claim your score now, click on

<http://www.runbritainrankings.com/user/claimhandicap.aspx>

Should you have any queries then please contact Gavin Lightwood
glightwood@uka.org.uk

