

# Self-Transcendence 10K Race

Organised by Sri Chinmoy AC

Battersea Park, London

4th April 2015



WINNERS						
RANK	NAME	SURNAME	CLUB	TIME	M/F	AGE
Men U/50						
1	Miles	Unterreiner	Oxford Uni AC	31.36	M	25
2	Ryan	Evans	South London H	32.27	M	30
3	Samuel	Barnes	Serpentine	32.56	M	28
4	James	Bowler	Bromsgrove & Redditch	32.57	M	35
5	Daniel	Bentley-Goulds	Beckenham Running Cl	33.42	M	34
6	Max	Lovell	Clapham Chasers	34.02	M	32
7	Patrick	Canavan	South London Harriers	34.15	M	28
Women U/50						
1	Emma	Burgess	Highgate Harriers	38.44	F	28
2	Victoria	Buck	Kent AC	40.09	F	40
3	April	James-Welsh		40.25	F	37
4	Bernadette	Van Wijk	Serpentine RC	42.12	F	29
5	Ruth	Gloster	Clapham Chasers	42.30	F	32
6	Miranda	Johnson		42.41	F	23
7	Monika	Crouse	Clapham Chasers	43.09	F	29
Men Vet 50						
1	Gavin	Mclaughlan	Wimbledon Windmilers	37.04	M	50
2	Martin	Halvey	Ranelagh H	39.08	M	56
3	Charles	Craven	Fulham RC	42.03	M	52
Women Vet 50						
1	Kate	Ledin	Buxton & District AC	47.48	F	55
2	Boo	Smith	Hillingdon Triathletes	50.18	F	53
3	Lesley	McSeveny		58.01	F	57
Men Vet 60						
1	Maurice	Sharp	Hercules W	47.12	M	69
2	Hans	Hovenberg		49.05	M	60

**ALL RESULTS BELOW**

## RESULTS

RANK	NAME	SURNAME	CLUB	TIME	M/F	AGE	CATEGORY	CAT POS
1	Miles	Unterreiner	Oxford Uni AC	31.36	M	25	M U/50	1
2	Ryan	Evans	South London H	32.27	M	30	M U/50	2
3	Samuel	Barnes	Serpentine	32.56	M	28	M U/50	3
4	James	Bowler	Bromsgrove & Redditch	32.57	M	35	M U/50	4
5	Daniel	Bentley-Goulds	Beckenham Running Clu	33.42	M	34	M U/50	5
6	Max	Lovell	Clapham Chasers	34.02	M	32	M U/50	6
7	Patrick	Canavan	South London Harriers	34.15	M	28	M U/50	7
8	Fintan	Parkinson	Blackheath & Bromley	34.21	M	36	M U/50	8
9	Jim	Addison	Beckenham	34.36	M	43	M U/50	9
10	Lawrence	Avery	Kent AC	34.48	M	34	M U/50	10
11	Nick	Weyman	Serpentine RC	34.57	M	34	M U/50	11
12	Dan	Madams	London Heathside	35.10	M	41	M U/50	12
13	Ryan	McCrickerd		35.11	M	26	M U/50	13
14	Gareth	Williams		35.13	M	27	M U/50	14
15	Russell	Pearson	Clapham Chasers	35.14	M	34	M U/50	15
16	Jose maria	Resano		35.19	M	31	M U/50	16
17	John	McSeveny	Victoria Park Harriers an	35.22	M	29	M U/50	17
18	Dan	Holmes	Clapham Chasers	35.31	M	36	M U/50	18
19	Nick	Wood	Wimbledon Windmilers	36.52	M	39	M U/50	19
20	Gavin	Mclaughlan	Wimbledon Windmilers	37.04	M	50	M O/50	1
21	Olivier	Guiavarch		37.06	M	37	M U/50	20
22	James	Rogers	Clapham Chasers	37.07	M	28	M U/50	21
23	Jonathan	Thomson	Mornington Chasers	37.21	M	34	M U/50	22
24	Martin	Carmack	Serpentine	37.54	M	45	M U/50	23
25	Alexander	Marell	Belgrave H	37.59	M	32	M U/50	24
26	Alastair	Love	Clapham Chasers	38.03	M	30	M U/50	25
27	Kentaro	Sejiri		38.04	M	42	M U/50	26
28	Emma	Burgess	Highgate Harriers	38.44	F	28	W U/50	1
29	Ross	McLeod	Clapham Chasers	38.47	M	36	M U/50	27
30	Peter	Mack	Crystal Palace Tri	38.55	M	43	M U/50	28
31	Rupert	Jacobs	Serpentine	39.06	M	33	M U/50	29
32	Martin	Halvey	Ranelagh H	39.08	M	56	M O/50	2
33	Kieran	Santry	Ealing Eagles	39.09	M	37	M U/50	30
34	Matty	Hassan		39.11	M	35	M U/50	31
35	Alex	Tylor	Clapham Chasers	39.18	M	29	M U/50	32
36	tom	Cheetham	Hercules W	39.28	M	48	M U/50	33
37	Leo	Barran		39.32	M	41	M U/50	34
38	Paul	Sterland	Clapham Chasers	39.41	M	43	M U/50	35
39	Christian	Moxon	Clapham Chasers	39.44	M	35	M U/50	36
40	Yasufumi	Osajima		39.48	M	40	M U/50	37
41	Daniel	Barber		39.54	M	26	M U/50	38

42	Victoria	Buck		40.09	F	40	W U/50	2
43	April	James-Welsh		40.25	F	37	W U/50	3
44	Philip	Bowker		40.32	M	28	M U/50	39
45	Niall	Alexander	Clapham Chasers	40.44	M	32	M U/50	40
46	Matt	Dellar	Farnham Runners	40.46	M	42	M U/50	41
47	Simon	Webster	Striders of Croydon	40.47	M	36	M U/50	42
48	Rob	Gilchrist	Farnham R	40.48	M	41	M U/50	43
49	Andrew	Breese	Petts Wood R	40.51	M	41	M U/50	44
50	Suswara	Payne	Sri Chinmoy AC	40.57	M	44	M U/50	45
51	Will	Spencer		40.58	M	35	M U/50	46
52	Ben	Sekhon		41.04	M	35	M U/50	47
53	Alex	Paxton		41.32	M	32	M U/50	48
54	Kevin	Smith	Clapham Chasers	41.50	M	30	M U/50	49
55	Charles	Craven	Fulham RC	42.03	M	52	M O/50	3
56	Tim	Ledeboer		42.04	M	39	M U/50	50
57	Fred	Pripp		42.05	M	25	M U/50	51
58	Oliver	Mountstephens		42.08	M	26	M U/50	52
59	Bernadette	Van Wijk	Serpentine RC	42.12	F	29	W U/50	4
60	Ruth	Gloster	Clapham Chasers	42.30	F	32	W U/50	5
61	Rob	Ferguson	Thames Valley Harriers	42.34	M	32	M U/50	53
62	Miranda	Johnson		42.41	F	23	W U/50	6
63	Ian	Jarvis		42.45	M	33	M U/50	54
64	Richard	James		42.46	M	42	M U/50	55
65	Mat	Hakl-Law		42.54	M	43	M U/50	56
66	Michael	Salisbury	Serpentine	42.56	M	34	M U/50	57
67	Andrew	McFarlane	Ealing Eagles	42.56	M	37	M U/50	58
68	Monika	Crouse		43.09	F		W U/50	7
69	Gabriella	Rendekova		43.36	F	32	W U/50	8
70	William	Sharman		43.41	M	17	M U/50	59
71	Darren	Woods	Striders of Croydon	43.47	M	27	M U/50	60
72	Rache	Porter	Clapham Chasers	43.53	F	37	W U/50	9
73	David	Ruegg		44.41	M	44	M U/50	61
74	Katherine	Rogers		45.35	F	22	W U/50	10
75	Matthew	Taylor	Clapham Pioneers	45.55	M	54	M O/50	4
76	Peter	Marshall	Serpentine	46.27	M	43	M U/50	62
77	Louise	Malane	Clapham Chasers	46.46	F	35	W U/50	11
78	Maurice	Sharp	Hercules W	47.12	M	69	M O/60	1
79	Nicola	McGlennon	Serpentine	47.16	F	39	W U/50	12
80	Gemma	Brierley	Clapham Chasers	47.25	F	28	W U/50	13
81	Steve	Collard	Striders of Croydon	47.44	M	58	M O/50	5
82	Caroline	Ringrow	Serpentine RC	47.45	F	34	W U/50	14
83	Paul	Quinlan		47.46	M	35	M U/50	63
84	Kate	Ledin	Buxton & District AC	47.48	F	55	W O/50	1
85	Grant	Fisher		47.56	M	37	M U/50	64
86	Rob	Millard		47.58	M	36	M U/50	65
87	John	Levison	Hillingdon Triathletes	48.26	M	43	M U/50	66

88	Philip	Logoreci	Clapham Chasers	48.39	M	58	M O/50	6
89	Robert	Harrison	Clapham Chasers	48.40	M	55	M O/50	7
90	Matthew	Poysden		48.56	M	25	M U/50	67
91	James	Harris		49.00	M	38	M U/50	68
92	Hans	Hovenberg		49.05	M	60	M O/60	2
93	Amy	Mountstephens		49.43	F	24	W U/50	15
94	Lior	Ravid		50.09	M	39	M U/50	69
95	Boo	Smith	Hillingdon Triathletes	50.18	F	53	W O/50	2
96	Chris	Dodds		50.21	F	36	W U/50	16
97	Neil	Yeoman		50.21	M	33	M U/50	70
98	Barry	Smith	Dartford Road Runners	50.27	M	63	M O/60	3
99	Linda	Ingram	South London H	50.27	F	47	W U/50	17
100	Maura	O'Brien		51.21	F	38	W U/50	18
101	Alan	Davidson	Ranelagh H	51.54	M	67	M O/60	4
102	Alexandra	Nemeth		52.19	F	30	W U/50	19
103	William	Wright		52.29	M	42	M U/50	71
104	Hayley	Williams		52.44	F	25	W U/50	20
105	Sunanda	Sarker-Bell		55.19	F	49	W U/50	21
106	Susan	Virtanen	Clapham Runners	55.32	F	36	W U/50	22
107	Nausheen	Hussain		55.44	F	28	W U/50	23
108	Scott Robert	Fowler	Serpentine	55.56	M	49	M U/50	72
109	Agnieszka	Mackojc		56.00	M	35	M U/50	73
110	Anna Louise	Smith	Unaffiliated	56.07	F	31	W U/50	24
111	Laura	Dawson	Clapham Chasers	56.39	F	28	W U/50	25
112	Yasmine	Chinwala		57.43	F	38	W U/50	26
113	Lesley	McSeveny		58.01	F	57	W O/50	3
114	Caroline	Law	Clapham Chasers	58.38	F	39	W U/50	27
115	Sophie	Barrowman		58.44	F	28	W U/50	28
116	Andy	Keeley		58.45	M	35	M U/50	74
117	Katya	Zubareva	Wimbledon Windmilers	59.21	F	34	W U/50	29
118	Jeff	Brooks		59.33	M	55	M O/50	8
119	Oliver	Rowlands		60.37	M	51	M O/50	9
120	Andrew	Dolecki		67.18	M	35	M U/50	75
121	Sanghoon	Lee		68.05	M	38	M U/50	76
122	Sarah	Barnard	u/a	74.39	F	52	W O/50	4
123	Beth	Cole		75.27	F	16	W U/50	30
124	Eileen	Edgeway		75.29	F	16	W U/50	31

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