

Self-Transcendence 5K Race

Organised by Sri Chinmoy AC

Battersea Park, London

Monday 6th July 2015



WINNERS						
RANK	NAME	SURNAME	CLUB	TIME	M/F	AGE
Men U/50						
1	John	Gilbert	Kent AC	15.27	M	34
2	James	Bowler	Bromsgrove + Redditch	15.30	M	35
3	Karl	Spielmann	Midhurst Milers	15.45	M	44
4	Jonathan	Johnson	Harrogate Harriers & AC	15.51	M	25
5	Thomas	Beedell	Woodford Green AC	16.03	M	28
6	Simon	Beedell	Woodford Green AC	16.26	M	33
7	James	Gordon	Cambridge Harriers	16.37	M	38
Women U/50						
1	Megan	De Silva	Ranelagh H	18.33	F	32
2	Emma	Claire Burgess	Highgate H	18.41	F	29
3	Tina	Gray	Fulham RC	19.25	F	32
4	Annaka	Charters	Mornington Chasers	19.38	F	31
5	Rosalind	Lee	Serpentine	20.27	F	31
6	Catherine	Ferguson	Serpentine	20.44	F	30
7	Sophie	Wiles	Epsom Oddballs	20.49	F	33
Men Vet 50						
1	Michael	Ussher	Highgate Harriers	17.25	M	52
2	Peter	Clarke	Hercules Wimbledon	17.43	M	53
3	Peter	Ranyard	BBC Running Club	19.18	M	50
Women Vet 50						
1	Marie	Synnott-Wells	Ranelagh H	19.56	F	50
2	Caroline	Helder	Wimbledon W	21.38	F	53
3	Annette	Helliwell	Collingwood AC	22.43	F	56
Men Vet 60						
1	Andrew	Roberts	Serpentine	19.49	M	62
2	Philip	Hunter		21.17	M	61
Women Vet 60						
1	Ria	Trundley	Collingwood AC	32.45	F	67
2	Lesley	Young	Dulwich Park R	41.24	F	63
Men Vet 70						
1	Joe	Aspinall	Vets AC	25.39	M	77

ALL RESULTS BELOW

RESULTS

RANK	NAME	SURNAME	CLUB	TIME	M/F	AGE	CATEGORY	CAT POS
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1	John	Gilbert	Kent AC	15.27	M	34	M U/50	1
2	James	Bowler	Bromsgrove + Redditch	15.30	M	35	M U/50	2
3	Karl	Spielmann	Midhurst Milers	15.45	M	44	M U/50	3
4	Jonathan	Johnson	Harrogate Harriers & AC	15.51	M	25	M U/50	4
5	Thomas	Beedell	Woodford Green AC	16.03	M	28	M U/50	5
6	Simon	Beedell	Woodford Green AC	16.26	M	33	M U/50	6
7	James	Gordon	Cambridge Harriers	16.37	M	38	M U/50	7
8	Stuart	Beaney	Kent AC	16.38	M	41	M U/50	8
9	Robert	Tuer	Hercules Wimbledon	16.39	M	29	M U/50	9
10	Simon	Craddock	Serpentine	16.46	M	32	M U/50	10
11	Stuart	Macdougall	Bellahouston Harriers	17.00	M	31	M U/50	11
12	Olly	Collis	Collingwood AC	17.08	M	25	M U/50	12
13	Peter	Holmes	Serpentine	17.09	M	37	M U/50	13
14	Simon	Thompson	Herne hill Harriers	17.14	M	35	M U/50	14
15	Darren	McNeely	Elmbridge RRC	17.17	M	39	M U/50	15
16	Michael	Ussher	Highgate Harriers	17.25	M	52	M O/50	1
17	Jarek	Olszowka	Serpentine RC	17.26	M	33	M U/50	16
18	A	Orr	Serpentine	17.26	M	37	M U/50	17
19	Andrew	Peters		17.28	M	40	M U/50	18
20	David	Williams	Sutton Runners	17.41	M	43	M U/50	19
21	Peter	Clarke	Hercules Wimbledon	17.43	M	53	M O/50	2
22	David	Williamson	Tamworth AC	17.44	M	47	M U/50	20
23	Eoghan	O'Neill	Fulham RC	17.46	M	33	M U/50	21
24	Jon	Kyte	Harrow AC	17.47	M	31	M U/50	22
25	William	Sweet	Serpentine	17.48	M	31	M U/50	23
26	Danny	White	Lordshill Road Runners	17.49	M	31	M U/50	24
27	Dave	Roberts	Fell Runners Association	17.50	M	47	M U/50	25
28	Tom	Irving	Ealing Eagles	17.51	M	30	M U/50	26
29	Gavin	Megaw	Guildford & Godalming AC	17.51	M	38	M U/50	27
30	Steven	Artist	London Frontrunners	17.53	M	30	M U/50	28
31	Andrew	Davies	Serpentine	17.54	M	41	M U/50	29
32	Ben	Needham		18.01	M	27	M U/50	30
33	Lyndon	Meredith	South London H	18.05	M	37	M U/50	31
34	Martin	Carmack	Serpentine	18.08	M	45	M U/50	32
35	Matt	Roberts		18.08	M	37	M U/50	33
36	Nick	Haworth	Biggleswade AC	18.12	M	38	M U/50	34
37	Stephane	Schneider	Serpentine	18.21	M	36	M U/50	35
38	Tom	Burkinshaw		18.29	M	26	M U/50	36
39	Megan	De Silva	Ranelagh H	18.33	F	32	W U/50	1
40	James	Stenning	London Frontrunners	18.36	M	36	M U/50	37
41	Emma	Claire Burgess	Highgate H	18.41	F	29	W U/50	2

42	Will	Parry	London Frontrunners	18.44	M	47	M U/50	38
43	Brendan	O'Boyle	Larne AC	18.51	M	27	M U/50	39
44	John	Keenan	London Frontrunners	18.52	M	43	M U/50	40
45	Tom	Cheetham	Hercules Wimbledon	18.58	M	48	M U/50	41
46	Mark	Kell	Serpentine	18.59	M	34	M U/50	42
47	Tristan	Buckley		19.07	M	26	M U/50	43
48	Peter	Ranyard	BBC Running Club	19.18	M	50	M O/50	3
49	James	Nichols	East London Runners	19.20	M	31	M U/50	44
50	Jay	MacDonald	Watford Harriers	19.21	M	36	M U/50	45
51	David	Miller		19.23	M	32	M U/50	46
52	Neil	Quinlan	Serpentine	19.25	M	43	M U/50	47
53	Tina	Gray	Fulham RC	19.25	F	32	W U/50	3
54	Hubert	Brandts		19.27	M	47	M U/50	48
55	Andrew	Dole	East Essex Tri Club	19.29	M	41	M U/50	49
56	Damian	Ings	Clapham Runners	19.37	M	41	M U/50	50
57	Annaka	Charters	Mornington Chasers	19.38	F	31	W U/50	4
58	Tom	Poynton	Serpentine RC	19.39	M	42	M U/50	51
59	Andrew	Roberts	Serpentine	19.49	M	62	M O/60	1
60	Richard	Morris	Fulham RC	19.53	M	40	M U/50	52
61	Marie	Synnott-Wells	Ranelagh H	19.56	F	50	W O/50	1
62	Michael	Abrahams	London Heathside Runners	19.58	M	59	M O/50	4
63	Emmanuel	Lumineau	London Frontrunners	20.02	M	40	M U/50	53
64	Martin	Lloyd	Collingwood AC	20.04	M	55	M O/50	5
65	Marco	Giacomelli		20.16	M	47	M U/50	54
66	Peter	Brown		20.23	M	45	M U/50	55
67	Rosalind	Lee	Serpentine	20.27	F	31	W U/50	5
68	Kevin	Heritage		20.30	M	28	M U/50	56
69	Catherine	Ferguson	Serpentine	20.44	F	30	W U/50	6
70	Sophie	Wiles	Epsom Oddballs	20.49	F	33	W U/50	7
71	Kenny	McCallum	Serpentine	20.53	M	44	M U/50	57
72	Richard	Setters		20.56	M	30	M U/50	58
73	Edward	Smyth	Dulwich Runners	21.01	M		M U/50	59
74	Jonathan	Chambers	Fulham RC	21.06	M	58	M O/50	6
75	Stephen	Cooney	Collingwood AC	21.08	M	45	M U/50	60
76	Chris	Daniels		21.11	M	28	M U/50	61
77	Peter	Stevenson		21.11	M	51	M O/50	7
78	Jamie	Kirkwood		21.15	M	41	M U/50	62
79	Owen	Webster	Serpentine RC	21.16	M	32	M U/50	63
80	Ken	McCracken	Full Potential	21.16	M	36	M U/50	64
81	Philip	Hunter		21.17	M	61	M O/60	2
82	Paul	Henderson		21.28	M	35	M U/50	65
83	Richard	Clark	Hercules Wimbledon	21.29	M	57	M O/50	8
84	David	North	Hercules Wimbledon	21.29	M	52	M O/50	9
85	Jason	Sewards	TVH	21.32	M	47	M U/50	66
86	Tom	Morris	Hercules Wimbledon	21.34	M	57	M O/50	10
87	Georg	Isola	Mornington Chasers	21.38	M	38	M U/50	67

88	Caroline	Helder	Wimbledon W	21.38	F	53	W O/50	2
89	William	Johnson		21.40	M	35	M U/50	68
90	David	Hallson	Road Runners Club	21.42	M	62	M O/60	3
91	Thomas	Curtis	Collingwood AC	21.47	M	16	M U/50	69
92	Guy	Duder		22.01	M	36	M U/50	70
93	Lisa	Pettit	Serpentine	22.06	F	47	W U/50	8
94	Emily	Meredith	South London H	22.08	F	36	W U/50	9
95	Nick	Liddle		22.11	M	39	M U/50	71
96	Alex	Williamson	Tamworth AC	22.33	M	21	M U/50	72
97	Monika	Drogosz		22.35	F	34	W U/50	10
98	Jean-Luc	Hoez	Serpentine	22.36	M	57	M O/50	11
99	Michael	Winkler		22.37	M	57	M O/50	12
100	Simon	Watts	Serpentine RC	22.38	M	43	M U/50	73
101	Annette	Helliwell	Collingwood AC	22.43	F	56	W O/50	3
102	David	Maesc		22.47	M	34	M U/50	74
103	Rachel	Revett	Ranelagh H	22.55	F	38	W U/50	11
104	Matthew	Pococh		23.03	M	30	M U/50	75
105	Stuart	Cole		23.09	M	42	M U/50	76
106	Garth	Duder	none	23.10	M	39	M U/50	77
107	Clare	Cole		23.13	F	39	W U/50	12
108	Jill	Hearne		23.23	F	33	W U/50	13
109	Tony	Austin	Hercules Wimbledon	23.25	M	60	M O/60	4
110	Santosh	Sharma		23.27	M	39	M U/50	78
111	Linda	Ingram	South London H	23.43	F	47	W U/50	14
112	Sarah	Newton	Serpentine	23.44	F	58	W O/50	4
113	David	Eaton		23.50	M	41	M U/50	79
114	Dennis	Williams	Hercules Wimbledon	23.54	M	69	M O/60	5
115	Joanne	Dennehy	London Heathside	23.56	F	31	W U/50	15
116	Brian	Pickles	Serpentine	24.07	M	57	M O/50	13
117	Tony	Streams	Reading Road Runners	24.07	M	54	M O/50	14
118	Lucia	Minto	Turning Point Trotters	24.19	F	27	W U/50	16
119	Laura	Ellis	Bearcat RC	24.24	F	31	W U/50	17
120	alan	davidson	Ranelagh Harriers	24.27	M	68	M O/60	6
121	Georgina	Lever		24.29	F	28	W U/50	18
122	Joe	Riley		24.38	M	36	M U/50	80
123	John	D'Souza	Serpentine	24.44	M	49	M U/50	81
124	Richard	Gorman		24.53	M	43	M U/50	82
125	Pauline	Plunkett		24.54	F	33	W U/50	19
126	Ana	Horta Osorio		24.57	F	51	W O/50	5
127	Karen	Chart	Collingwood AC	25.05	F	41	W U/50	20
128	Joe	Aspinall	Vets AC	25.39	M	77	M O/70	1
129	Ian	Oldfield		25.48	M	27	M U/50	83
130	Mark	Otterway		25.50	M	39	M U/50	84
131	Clara	Burton	Ealing Eagles	25.52	F	31	W U/50	21
132	Neil	Davies	Serpentine	25.56	M	50	M O/50	15
133	Beate	Vogt	Serpentine	26.07	F	56	W O/50	6

134	Carole	Wisdom	Serpentine	26.09	F	57	W O/50	7
135	Melvin	Trundley	Collingwood AC	26.16	M	70	M O/70	2
136	Christina	Hopes		26.39	F	23	W U/50	22
137	Naomi	Amor		26.43	F	35	W U/50	23
138	Helen	Child	Sanbach Striders	26.49	F	44	W U/50	24
139	Dan	Cohen Costa		26.55	M	28	M U/50	85
140	Elizabeth	Francis		26.57	F	31	W U/50	25
141	Laura	Grigg	Fulham Running Club	26.59	F	26	W U/50	26
142	John	Grigg	Fulham Running Club	26.59	M	61	M O/60	7
143	Peter	Torre	Mornington Chasers	27.51	M	73	M O/70	3
144	Deepa	Sharma	Ranelagh H	27.59	F	36	W U/50	27
145	Ellie	Lawley	Ranelagh H	28.04	F	34	W U/50	28
146	Elizabeth	Moore	Clapham Chasers	28.18	F	57	W O/50	8
147	Robert	Ravelli	London Frontrunners	28.19	M	58	M O/50	16
148	Georgina	Keenan	Turning Point Trotters	28.45	F	46	W U/50	29
149	Andy	James		29.03	M	51	M O/50	17
150	Richard	Wisdom	Serpentine	30.26	M	66	M O/60	8
151	Jenny	Cooney	Collingwood AC	30.49	F	39	W U/50	30
152	Jonny	Hopes		30.50	M	21	M U/50	86
153	Edwin	Bartlett	Vets AC	31.19	M	70	M O/70	4
154	Corinne	Foley		31.24	F	44	W U/50	31
155	Ria	Trundley	Collingwood AC	32.45	F	67	W O/60	1
156	Sarah	Hornshaw	Team Keane Rowing Club	33.22	F	38	W U/50	32
157	Hannah	Connor		34.15	F	26	W U/50	33
158	Suzanne	Morris		36.06	F	36	W U/50	34
159	Lesley	Young	Dulwich Park R	41.24	F	63	W O/60	2
DNF	Caroline	Ramscar		DNF	F	37	W U/50	DNF

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Should you have any queries then please contact Gavin Lightwood
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