



*“Run and Become. Become and Run.
Run to succeed in the outer world.
Become to proceed in the inner world”*

Sri Chinmoy

Self Transcendence 2 Mile Race, Battersea Park, 7pm Monday 12th July

A speedy 2 mile race on yet another summer's evening. Ros Tabor set a course record for the Women Over 60! See you on Saturday morning for our 10K - start at 8am!

Medal Winners and Overall Results

Medal Winners

Pos.	Name	Surname	Club	Time	M/F	Age
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Men Under 50

1	Huw	Lobb	Serpentine	9.38	M	33
2	Toby	Hedgeland		10.34	M	29
3	Jolyon	Attwooll	Serpentine	10.39	M	35
4	Philippe	Cosentino		10.59	M	36
5	Robert	Hahn	LATV Plauen	11.03	M	31
6	Tim	Ballarde		11.06	M	34
7	Andrew	Davies	Serpentine	11.08	M	36

Women Under 50

1	Teresa	Gaillard De Laubenque	Serpentine	11.54	F	37
2	Kathryn	Hadley	Serpentine	12.36	F	24
3	Jacqueline	Reid	MPAC	13.47	F	44
4	Victoria	Philpott		14.23	F	26

5	Katia	Hadaschik	Dulwich Park Runners	14.50	F	38
6	Kiera	Davidson	Serpentine	14.54	F	33
7	Amy	Phillips		16.20	F	28

Men Over 50

1	Jean Luc	Hoez	Serpentine	12.49	M	52
2	Tom	Morris	Hercules Wimbledon	12.58	M	52
3	Ian	Mursell	Vets AC	13.25	M	58

Women Over 50

1	Andrea	Sanders-Reece	Mornington Chasers	13.02	F	
2	Sarah	Newton	Serpentine	13.33	F	53
3	Beate	Vogt	Serpentine	15.56	F	51

Men Over 60

1	Dennis	Williams	Hercules Wimbledon	14.59	M	64
2	Peter	Torre	Vets AC	17.25	M	68

Women Over 60

1	Ros	Tabor	Dulwich Park Runners	13.32	F	60
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Men Over 70

1	Mike	Browne	Vets AC	19.49	M	79
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Men Under 16

1	Stephen	Rupp	Serpentine	14.07	M	15
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Women Under 16

1	Bethan	Turner	Victoria Park H	14.19	F	13
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Overall Results

Pos.	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos
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1	Huw	Lobb	Serpentine	9.38	M	33	M U/50	1
2	Toby	Hedgeland		10.34	M	29	M U/50	2
3	Jolyon	Attwooll	Serpentine	10.39	M	35	M U/50	3
4	Philippe	Cosentino		10.59	M	36	M U/50	4
5	Robert	Hahn	LATV Plauen	11.03	M	31	M U/50	5
6	Tim	Ballarde		11.06	M	34	M U/50	6
7	Andrew	Davies	Serpentine	11.08	M	36	M U/50	7
8	Richard	Lloyd	Mercia Fell Runners	11.13	M	42	M U/50	8
9	Duncan	Hussey	Dulwich	11.27	M	44	M U/50	9
10	Stephane	Schneider	Serpentine	11.36	M	31	M U/50	10
11	Anthony	Impey	u/a	11.48	M	37	M U/50	11
12	Teresa	Gaillard De Laubenque	Serpentine	11.54	F	37	W U/50	1
13	Christopher	Roach		11.58	M	38	M U/50	12
14	Roberto	Tyley	Serpetnine	12.14	M	32	M U/50	13
15	Chris	Notton	Serpentine	12.19	M	35	M U/50	14
16	Paul	Loustalan		12.33	M	30	M U/50	15
17	Kathryn	Hadley	Serpentine	12.36	F	24	W U/50	2
18	Jean Luc	Hoez	Serpentine	12.49	M	52	M O/50	1
19	David	Pollock	Royal Navy	12.52	M	46	M U/50	16
20	David	Miller		12.53	M	27	M U/50	17
21	Sean	Leach		12.57	M	31	M U/50	18
22	Phil	Nash		12.58	M	47	M U/50	19
23	Tom	Morris	Hercules Wimbledon	12.58	M	52	M O/50	2
24	Andrea	Sanders-Reece	Mornington Chasers	13.02	F		W O/50	1
25	Joseph	Rupp	Serpentine	13.12	M	18	M U/50	20
26	Hugo	Kaempfer		13.18	M	25	M U/50	21
27	Ian	Mursell	Vets AC	13.25	M	58	M O/50	3
28	Ros	Tabor	Dulwich Park Runners	13.32	F	60	W O/60	1
29	Sarah	Newton	Serpentine	13.33	F	53	W O/50	2
30	Shawn	Drill		13.41	M	46	M U/50	22
31	Stefano	Vernazza		13.41	M	35	M U/50	23
32	Jacqueline	Reid	MPAC	13.47	F	44	W U/50	3
33	Steve	Platt	Trail Running Asoc	13.52	M	55	M O/50	4
34	Stephen	Rupp	Serpentine	14.07	M	15	M U/16	1
34	Nicholas	Martin		14.13	M	16	M U/50	24
35	Greg	Neal	Watford Harriers	14.18	M	55	M O/50	5
36	Bethan	Turner	Victoria Park H	14.19	F	13	W U/16	1
37	Victoria	Philpott		14.23	F	26	W U/50	4
38	Daniel	Gerlach		14.28	M	22	M U/50	25
39	Athena	Kugblenu		13.43	M	28	M U/50	26
40	John	Moore		14.48	M	29	M U/50	27
41	Katia	Hadaschik	Dulwich Park Runners	14.50	F	38	W U/50	5
42	Rod	Smith		14.52	M	47	M U/50	28
43	Kiera	Davidson	Serpentine	14.54	F	33	W U/50	6
45	Kate	Martin		14.55	F	13	W U/16	2
46	Ian	Fernandez	Dulwich Park R	14.56	M	40	M U/50	29

47	Dennis	Williams	Hercules Wimbledon	14.59	M	64	M O/60	1
48	Paris	Walker	Victoria Park H	15.13	F	14	W U/16	3
49	Neil	Davies	Serpentine	15.36	M	45	M U/50	30
50	Malcolm	Lewis		15.38	M	57	M O/50	6
51	Beate	Vogt	Serpentine	15.56	F	51	W O/50	3
52	Amy	Phillips		16.20	F	28	W U/50	7
53	Amamda	Ellis		16.21	F	42	W U/50	8
54	David	Gironi	Serpentine	16.46	M	33	M U/50	31
55	Thomas	Wilkie	Collingwood AC	16.57	M	57	M O/50	7
56	Marie	Hertling		17.05	F	17	W U/50	9
57	Peter	Torre	Vets AC	17.25	M	68	M O/60	2
58	Edwin	Bartlett	Vets AC	17.47	M	65	M O/60	3
59	Lee	Thompson		18.50	M	47	M U/50	32
60	Kathy	Osborne		19.10	F	44	W U/50	10
61	Evelyn	McDermott		19.16	M	60	M O/60	4
62	Mike	Brown	VAC	19.49	M	79	M O/70	1
63	Francisca	Pena		20.55	F	25	W U/50	11
64	Samantha	Cotton		20.55	F	22	W U/50	12
65	Lesley	Young	Dulwich Park Runners	21.05	F	58	W O/50	4
66	Barbara	Aubert	Serpentine	25.35	F	37	W U/50	13