

Self Transcendence Race Records

Winners in 2012, Annual Bests, Course Records

Monday Evening Races

2 MILES

DATE	M U/50	TIME	DATE	M O/50	TIME
02/08/2004	David Gitan, Nth York Moors	9.38			
12/06/2006	Nick Shasha, Walthamstow	9.49	31/07/2006	Michael Mann, Dulwich R	11.11
04/06/2007	Tom Kingsnorth, TH+H	9.46	04/06/2007	Ray Marriott, SLH	10.52
02/06/2008	Martin Reid, City of Sheffield	9.50	02/06/2008	Ray Marriott, SLH	10.21
15/06/2009	Chris Peach HHH	9.59	08/06/2009	Ian Smith, Serpentine	12.04
14/06/2010	Kevin Quinn, AFD	9.34	02/08/2010	Hugh Scorgie	12.02
06/06/2011	Thomas Beedell, Kingston	9.39	01/08/2011	Terry O'Neill, Belgrave	11.27
11/07/2011	Huw Lobb, Serpentine	9.39			
28/05/2012	Huw Lobb, Serpentine	9.53	28/05/2012	Jean Luc Hoez, Serpentine	13.19
09/07/2012			09/07/2012		

DATE	W U/50	TIME	DATE	W O/50	TIME
07/07/2003	Meredith Pannett, Dulwich R	10.37			
19/06/2006	Fiona Kennedy, Ealing Sth+Midx	11.59	10/07/2006	Ros Tabor, Dulwich R	13.09
23/07/2007	Justina Heslop, Clapham Chaser	11.18	04/06/2007	Jane Laws, Barnet & District	11.14
14/07/2008	Rasa Kavaliaskaite	11.24	11/08/2008	Sarah Newton, Serpentine	13.07
15/06/2009	Sian Thomas, Chiltern H	12.25	13/07/2009	Andrea Sanders-Reece, M.Chasers	13.23
02/08/2010	Clare Elms, Dulwich R	10.56	12/07/2010	Andrea Sanders-Reece, M.Chasers	13.02
01/08/2011	Helen Taranowski, West 4H	11.47	11/07/2011	Andrea Sanders-Reece, M.Chasers	12.58
28/05/2012	Vicky Frew, Edinburgh City	12.07	28/05/2012	Andrea Sanders-Reece, M.Chasers	13.20
09/07/2012			09/07/2012		

5K

DATE	M U/50	TIME	DATE	M O/50	TIME
14/05/2007	Tom Kingsworth, THH	16.00	02/07/2007	Mike Mann, Dulwich	18.14
04/08/2008	Henry Dodwell, Highgate H.	15.50	04/08/2008	Nigel Busnell, Vets AC	18.42
03/08/2009	Nick Shasha, Walthamstow	15.56	03/08/2009	Adrian Greer, Dulwich R	18.22
09/08/2010	Huw Lobb, Serpentine	15.11	30/10/2010	Robert Jacobs, HHH	18.1
23/05/2011	Huw Lobb, Serpentine	15.27	18/07/2011	Michael Bridgeland, Chelmsford AC	16.44
14/05/2012	Huw Lobb, Serpentine	15.35	14/05/2012	David Smith	19.2
21/05/2012	Jacob Wiebel, Southampton	15.33	21/05/2012	Michael Bridgeland, Chelmsford AC	17.06

18/06/2012	Huw Lobb, Serpentine	15.39
02/07/2012	James Ellis, Clapham Chasers	16.03
DATE	W U/50	TIME
14/05/2007	Vicky Clarke, Belgrave	18.14
30/06/2008	Lucilla Andreucci, Forestale	17.35
29/06/2009	Clare Elms, Dulwich R	17.50
24/05/2010	Jenny Lundgren, Run. Thameside	17.52
23/05/2011	Sandra Wilson, Serpentine	17.29
14/05/2012	Sandra Wilson, Serpentine	17.26
21/05/2012	Charlotte Pepiatt, Benfleet RC	18.29
18/06/2012	Catherine Ansell, Imperial	17.06
02/07/2012	Caroline Walsh, Met Police AC	18.26

18/06/2012	Jean Luc Hoez, Serpentine	20.52
02/07/2012	Michael Bridgeland, Chelmsford AC	17.19
DATE	W O/50	TIME
14/05/2007	Lynn Wilson, Ealing S'hall Midx	19.54
26/05/2008	Liz Pritchard, Dulwich	20.41
03/08/2009	Andrea Sanders-Reece, M.Chasers	21.10
09/08/2010	Andrea Sanders-Reece, M.Chasers	20.55
13/06/2011	Andrea Sanders-Reece, M.Chasers	20.46
14/05/2012	Andrea Sanders-Reece, M.Chasers	21.25
21/05/2012	Sarah Newton, Serpentine	22.1
18/06/2012	Andrea Sanders-Reece, M.Chasers	21.00
02/07/2012	Andrea Sanders-Reece, M.Chasers	20.54

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DATE	M O/60	TIME
24/07/2006	John Sheridan, London Irish	11.39
04/06/2007	Derek Wardle, Windsor S+E	12.10
14/07/2008	Roger Green, Woodford Green	12.14
15/06/2009	Michael Mann, Dulwich R	11.40
02/08/2010	Michael Mann, Dulwich R	11.47
06/06/2011	Derek Wardle, VAC	13.14

28/05/2012	Terry Eakin, Northdown AC	12.08
09/07/2012		

DATE	W O/60	TIME
04/07/2005	Pauline Rich, Serpentine	14.00
07/08/2006	Sue Lambert, Serpentine	15.20
18/06/2007	Sue Lambert, Serpentine	15.13
02/06/2008	Sue Lambert, Serpentine	15.34
13/07/2009	Hazel Stokes	16.45
14/06/2010	Ros Tabor, Dulwich R	13.32
11/07/2011	Carmelina Hancock, Hercules Wim	19.34
28/05/2012		
09/07/2012		

	M O/60	TIME
14/05/2007	Derek Wardle, Vets AC	19.42
04/08/2008	Derek Wardle, Vets AC	20.06
01/06/2009	Roger Green, Woodford Green	19.54
28/06/2010	Michael Mann, Dulwich R	18.49
23/05/2011	Michael Mann, Dulwich R	19.07
14/05/2012	Philip Jackson, Ranelagh	21.11
21/05/2012	Dan Maskell, Vets AC	22.31

DATE	M O/70	TIME
01/08/2005	Ron Higgs, Barnet+District	13.09
31/07/2006	John Fraser, Dulwich R	16.38
23/07/2007	John Fraser, Dulwich R	17.14
14/07/2008	John Fraser, Dulwich R	17.14
10/08/2009	Joe Aspinall, Vets AC	14.32
02/08/2010	Ken Kwok, Serpentine	16.32
01/08/2011	Joe Aspinall, Vets AC	15.01

28/05/2012	Edmond Simpson, Overton H	14.42
09/07/2012		

DATE	W O/70	TIME
27/06/2011	Sue Lambert, Serpentine	15.57
28/05/2012	Sue Lambert, Serpentine	16.15
09/07/2012		

5K

	M O/70	TIME
30/06/2008	John Fraser	28.49
03/08/2009	Joe Aspinall, Vets AC	23.22
30/10/2010	Philip Turley, Epsom + Ewell	22.18
04/07/2011	Joe Aspinall, Vets AC	24.01
14/05/2012	Joe Aspinall, Vets AC	25.2
21/05/2012	Edmond Simpson, Overton H	23.38

18/06/2012	Philip Jackson, Ranelagh	20.37
02/07/2012	Philip Jackson, Ranelagh	20.25
	W O/60	TIME
30/06/2008	Sue Lambert, Serpentine	24.21
03/08/2009	Ann Bath, 26.2MC	24.14
24/05/2010	Ros Tabor, Dulwich R	22.14
18/07/2011	Carmelina Hancock, Hercules Wim	31.00
14/05/2012		
21/05/2012		
18/06/2012	Lesley Young, Dulwich Park	36.43
02/07/2012	Lesley Young, Dulwich Park	37.30

18/06/2012	Robin Wilson, Collingwood AC	31.26
02/07/2012	Joe Aspinall, Vets AC	24.53
	W O/70	TIME
14/05/2012		
21/05/2012		
18/06/2012	Sue Lambert, Serpentine	25.13
02/07/2012		