

Self Transcendence Race Records

Winners in 2012, Annual Bests, Course Records

Saturday Morning Races

10K

DATE	M U/50	TIME	DATE	M O/50	TIME
29/10/2005	Ed Barnett, u/a	32.09			
2006	Hassan Raidi, Belgrave	33.31	2006	Mick Ellsmore, Cambridge H	38.00
16/06/2007	Andrew Farquarson, Kent AC	34.39	16/06/2007	David Carter, Sutton RC	40.26
04/10/2008	Brian Wilder, HHH	32.14	07/06/2008	Robert Jacobs, HHH	38.08
18/07/2009	Nicholas Torry, Serpentine	32.24	13/06/2009	Dave Cox	35.16
12/06/2010	Brian Wilder, HHH	32.24	12/06/2010	John Foster, Striders of Croydon	36.55
01/10/2011	Kevin Quinn, AFD	31.27	30/07/2011	Tim McIntyre, Sutton R.	39.09
24/03/2012	Ben Shearer, Cambridge H	32.27	24/03/2012	David Smith	39.51

07/07/2012

29/09/2012

10/11/2012

DATE	W U/50	TIME	DATE	W O/50	TIME
2006	Helen Ewing, u/a	39.26	2006	Phil Kelvin, Serpentine	48.15
21/07/2007	Angela Evans, London H	39.17	21/07/2007	Marion Rayner, West 4 H	44.25
26/07/2008	Kelly Crickmore, Chester Tri	37.40	07/06/2008	Phil Kelvin, Serpentine	43.39
19/09/2009	Lauren Stewart, WGEL	36.09	13/06/2009	Marion Rayner, West 4 H	45.02
17/07/2010	Lucie Custance, Clapham Chasers	38.13	09/10/2010	Elizabeth Tapp, Serpentine	48.37
30/07/2011	Alex Gounelas, Eton Manor	37.35	30/07/2011	Kay Bettis, Serpentine	50.27
24/03/2012	Una English, Havering Mayesbrook	34.10	24/03/2012	Kay Bettis, Serpentine	49.54

07/07/2012

29/09/2012

10/11/2012

10MILES

DATE	M U/50	TIME	DATE	M O/50	TIME
22/09/2007	Martin Alvarez-Espinar, Spain	55.04	22/09/2007	Robert Jacobs, HHH	59.43
12/07/2008	John Gilbert	54.44	12/07/2008	Robert Jacobs, HHH	62.48
07/03/2009	James Savage, Stourbridge	55.36	07/03/2009	David Smith, Dulwich Pk	66.20
06/03/2010	Kevin Quinn, AFD	50.52	03/07/2010	James Godkin, Dulwich R	60.02
05/03/2011	Michael Coleman, Medway & Maidstc	51.52	10/09/2011	David Child, Kent AC	58.29
03/03/2012	Jason Cherriman, Orpington RR	52.58	03/03/2012	Keith Ewing, Blackheath&Bromley	57.58

08/09/2012

20/10/2012

DATE	W U/50	TIME	DATE	W O/50	TIME
07/07/2007	Niamh Devlan, Dundrum	60.41	07/07/2007	Marion Rayner, West 4 H	73.33
07/03/2009	Claire Imrie, Serpentine	65.30	13/09/2008	Marion Rayner, West 4 H	73.38
03/07/2010	Kate Brown, AFD	62.50	05/03/2011	Sarah Newton, Serpentine	75.34
16/07/2011	Lauren Stewart	62.28			

03/03/2012 Catherine Ansell, Imperial
08/09/2012
20/10/2012

58.29 03/03/2012 Lyn Hickey, Sutton Runners

88.03

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DATE	M O/60	TIME	DATE	M O/70	TIME
29/07/2006	John Sheridan, London Irish	38.32	30/07/2004	Dennis Garnett, Bexley	51.27
16/06/2007	Philip Turley, Epsom+Ewell	45.03	2006		
07/06/2008	John Jarvis, Serpentine	45.22	2007		
19/09/2009	Simon Gould	44.11	26/07/2008	Mike Browne, Vets AC	1.02.09
17/07/2010	Simon Gould	42.37	18/07/2009	Jeffrey Wiseman, Highgate	61.08
01/10/2011	Terry Avey, Phoenix AC	41.31	09/10/2010	Philip Turley, Epsom & Ewell	46.59
24/03/2012	Terry Avey, Phoenix AC	41.33	01/10/2011	Michael Lehmann, Serpentine	44.27
			24/03/2012	Tony Merritt, Burnham Joggers	62.05

DATE	W O/60	TIME	DATE	W O/70	TIME
11/09/2004	Sue Lambert, Serpentine	48.54			
2006	Sue Lambert, Serpentine	50.00			
2007					
26/07/2008	Sue Lambert, Serpentine	51.52			
2009					
30/07/2011	Marion Rayner, West 4 Harriers	48.05			

DATE	M O/60	TIME	DATE	M O/70	TIME
22/09/2007	Michael Lehmann, Serpentine	70.46			
01/03/2008	Michael Lehmann, Serpentine	73.55	13/09/2008	Mike Browne, Vets AC	102
07/03/2009	Tony Farmer, Dartford H	70.46	04/07/2009	Wally Garrod, Ranelagh	89.18
11/09/2010	Liam O'Hare, Barnet and District	65.47	11/09/2010	Philip Turley, Epsom & Ewell	77.29
05/03/2011	John Stone, Serpentine	72.16	10/09/2011	Michael Lehmann, Serpentine	74.21
03/03/2012	Roy Glew	81.07			

DATE	W O/60	TIME	DATE	W O/70	TIME
07/03/2009	Maureen Farmer, Dartford H.	92.14			
16/07/2011	Marion Rayner, West 4 Harriers	78.25			