

Self Transcendence Race Records

Winners in 2009, Annual Bests, Course Records

Monday Evening Races

2 MILES

DATE	M U/50	TIME	DATE	M O/50	TIME	DATE	M O/60	TIME	DATE
02/08/2004	David Gitan, Nth York Moors	9.38							01/08/2005
12/06/2006	Nick Shasha, Walthamstow	9.49	31/07/2006	Michael Mann, Dulwich R	11.11	24/07/2006	John Sheridan, London Irish	11.39	31/07/2006
04/06/2007	Tom Kingsnorth, TH+H	9.46	04/06/2007	Ray Marriott, SLH	10.52	04/06/2007	Derek Wardle, Windsor S+E	12.10	23/07/2007
02/06/2008	Martin Reid, City of Sheffield	9.50	02/06/2008	Ray Marriott, SLH	10.21	14/07/2008	Roger Green, Woodford Green	12.14	14/07/2008
08/06/2009	Toby Hedgeland	10.36	08/06/2009	Ian Smith, Serpentine	12.04	08/06/2009	Alan Davidson, Liss R.	13.17	08/06/2009
15/06/2009	Chris Peach HHH	9.59	15/06/2009	Steve Edwards, Serpentine	12.51	15/06/2009	Michael Mann, Dulwich R	11.40	15/06/2009
13/07/2009	Chris Peach HHH	10.15	13/07/2009	Jean Luc Hoez, Serpentine	12.35	13/07/2009	Roger Green, Woodford Green	12.44	13/07/2009
10/08/2009	Toby Hedgeland	10.12	10/08/2009	Tom Morris, Hercules W	12.56	10/08/2009	Bill Harvey, Ranelagh	14.22	10/08/2009
DATE	W U/50	TIME	DATE	W O/50	TIME	DATE	W O/60	TIME	DATE
07/07/2003	Meredith Pannett, Dulwich R	10.37				04/07/2005	Pauline Rich, Serpentine	14.00	16/06/2003
19/06/2006	Fiona Kennedy, Ealing Sth+Midx	11.59	10/07/2006	Ros Tabor, Dulwich R	13.09	07/08/2006	Sue Lambert, Serpentine	15.20	
23/07/2007	Justina Heslop, Clapham Chaser	11.18	04/06/2007	Jane Laws, Barnet & District	11.14	18/06/2007	Sue Lambert, Serpentine	15.13	
14/07/2008	Rasa Kavaliaskaite	11.24	11/08/2008	Sarah Newton, Serpentine	13.07	02/06/2008	Sue Lambert, Serpentine	15.34	
08/06/2009	Jacqui Reid, MPAC	13.11	08/06/2009	Beate Vogt, Serpentine	15.37	08/06/2009			08/06/2009
15/06/2009	Sian Thomas, Chiltern H	12.25	15/06/2009	Beate Vogt, Serpentine	15.31	15/06/2009			
13/07/2009	Jacqui Reid, MPAC	13.02	13/07/2009	Andrea Sanders-Reece, M.Chasers	13.23	13/07/2009	Hazel Stokes	16.45	
10/08/2009	Siobhan Reddy, Serpentine	12.59	10/08/2009	Lizz Tapp, Serpentine	14.51	10/08/2009	Sue Lambert, Serpentine	16.49	
DATE	M U/50	TIME	DATE	M O/50	TIME	DATE	M O/60	TIME	DATE
14/05/2007	Tom Kingsworth, THH	16.00	02/07/2007	Mike Mann, Dulwich	18.14	14/05/2007	Derek Wardle, Vets AC	19.42	
04/08/2008	Henry Dodwell, Highgate H.	15.50	04/08/2008	Nigel Busnell, Vets AC	18.42	04/08/2008	Derek Wardle, Vets AC	20.06	30/06/2008
01/06/2009	Martin Shore, TH+H	16.04	01/06/2009	John O'Sullivan, HHH	19.58	01/06/2009	Roger Green, Woodford Green	19.54	01/06/2009
29/06/2009	James Savage, Stourbridge	16.09	29/06/2009	Steve Williams, Dulwich R	18.48	29/06/2009	Robert Fortes, Woodford Green	25.59	29/06/2009
03/08/2009	Nick Shasha, Walthamstow	15.56	03/08/2009	Adrian Greer, Dulwich R	18.22	03/08/2009	Nick Cambridge	23.52	03/08/2009
DATE	W U/50	TIME	DATE	W O/50	TIME	DATE	W O/60	TIME	DATE
14/05/2007	Vicky Clarke, Belgrave	18.14	14/05/2007	Lynn Wilson, Ealing S'hall Midx	19.54				
30/06/2008	Lucilla Andreucci, Forestale	17.35	26/05/2008	Liz Pritchard, Dulwich	20.41	30/06/2008	Sue Lambert, Serpentine	24.21	

01/06/2009 Kathryn Hadley
29/06/2009 Clare Elms, Dulwich R
03/08/2009 Estelle Damant, Ranelagh

19.36 01/06/2009 Phil Kelvin, Serpentine
17.50 29/06/2009 Phil Kelvin, Serpentine
19.03 03/08/2009 Andrea Sanders-Reece, M.Chasers

23.15 01/06/2009 Toni Brisby
25.08 29/06/2009 Hazel Stokes
21.10 03/08/2009 Ann Bath, 26.2MC
29.33
27.53
24.14

3K

DATE M U/50
06/08/2007 Tom Kingsnorth, TH+H
28/07/2008 Ed Kelleher, Conac
27/07/2009 Toby Hedgeland

TIME M O/50
9.08 06/08/2007 Michael Mann, Dulwich R
9.16 28/07/2008 Ian Mursell, Vets AC
9.23 27/07/2009 Jean Luc Hoesz, Serpentine

TIME M O/60
10.31 06/08/2007 Derek Wardle, WSEH
11.50 28/07/2008 Colin Cotton, Striders
11.30 27/07/2009 Michael Mann, Dulwich R

TIME
11.30 06/08/2007
12.16 28/07/2008
10.45 27/07/2009

DATE W U/50
06/08/2007 Justina Heslop, Clapham Chasers
28/07/2008 Teresa Gaillard de Laubenque
27/07/2009 Jacqui Reid, MPAC

TIME W O/50
10.19 06/08/2007 Jane Laws, Barnet&District
11.31 28/07/2008 Sarah Newton, Serpentine
11.53 27/07/2009 Lizz Tapp, Serpentine

TIME W O/60
10.33 06/08/2007
12.27 28/07/2008 Sue Lambert, Serpentine
14.06 27/07/2009

TIME
14.17

1 Mile

DATE M U/50
30/07/2007 Tom Kingsnorth, TH+H
21/07/2008 Nick Shasha, Walthamstow
20/07/2009 Chris Peach HHH

TIME M O/50
4.30 30/07/2008 Michael Mann, Dulwich R
4.36 21/07/2008 Ian Mursell, Vets AC
4.43 20/07/2009 Jonathan Chambers, Fulham

TIME M O/60
5.17 30/07/2008 Derek Wardle, WSEH
5.54 21/07/2008 Colin Cotton, Striders
5.55 20/07/2009 Michael Mann, Dulwich R

TIME
5.35 30/07/2008
6.13 21/07/2008
5.29 20/07/2009

DATE W U/50
30/07/2007 Justina Heslop, Clapham Chasers
21/07/2008 Ola Balme, Dulwich R
20/07/2009 Teresa Gaillard de Laubenque

TIME W O/50
5.17 30/07/2008 Jane Laws, Barnet&District
5.49 21/07/2008 Ros Tabor, Dulwich R
5.44 20/07/2009 Andrea Sanders-Reece, M.Chasers

TIME W O/60
5.18 30/07/2008 Sue Lambert, Serpentine
6.21 21/07/2008 Sue Lambert, Serpentine
6.23 20/07/2009 Hazel Stokes

TIME
7.23
7.30
7.54

3 Mile

DATE M U/50
16/07/2007 Tom Kingsnorth, TH+H
07/07/2008 Tom Cunningham, Blackpool W+F
06/07/2009 Chris Peach HHH

TIME M O/50
15.18 16/07/2007 Steve Hutton, Tadworth
15.03 07/07/2008 Ian Mursell, Vets AC
15.41 06/07/2009 Jean Luc Hoesz, Serpentine

TIME M O/60
15.18 16/07/2007 Derek Wardle, WSEH
19.17 07/07/2008 Colin Cotton, Striders
19.39 06/07/2009 Michael Mann, Dulwich R

TIME
19.16 16/07/2007
20.34 07/07/2008
18.10 06/07/2009

DATE W U/50
16/07/2007 Justina Heslop, Clapham Chasers
07/07/2008 Teresa Gaillard de Laubenque
06/07/2009 Jacqui Reid, MPAC

TIME W O/50
17.51 16/07/2007 Jane Laws, Barnet&District
19.08 07/07/2008 Sarah Newton, Serpentine
20.12 06/07/2009 Lesley Young, Dulwich Pk

TIME W O/60
17.30 16/07/2007 Sue Lambert, Serpentine
21.07 07/07/2008 Sue Lambert, Serpentine
31.04 06/07/2009 Hazel Stokes

TIME
23.08
24.02
26.37

M O/70	TIME
Ron Higgs, Barnet+District	13.09
John Fraser, Dulwich R	16.38
John Fraser, Dulwich R	17.14
John Fraser, Dulwich R	17.14
Jeffrey Wiseman, Highgate	18.38
Derek Smith, Mornington Ch.	19.19
Joe Aspinall, Vets AC	14.55
Joe Aspinall, Vets AC	14.32
W O/70	TIME
Betty Norrish VAC	20.54

M O/70	TIME
John Fraser	28.49
Derek Smith, Mornington Ch.	31.14
Jeffrey Wiseman, Highgate	30.30
Joe Aspinall, Vets AC	23.22

M O/70	TIME
John Fraser, Dulwich R	15.51
Mike Browne, Vets AC	16.48
Joe Aspinall, Vets AC	13.56

M O/70	TIME
John Fraser, Dulwich R	7.55
John Fraser, Dulwich R	8.10
Joe Aspinall, Vets AC	7.14

M O/70	TIME
John Fraser, Dulwich R	27.34
Joe Aspinall, Vets AC	22.48

Self Transcendence Race Records

Winners in 2009, Annual Bests, Course Records

Saturday Morning Races

10K

DATE	M U/50	TIME	DATE	M O/50	TIME	DATE	M O/60	TIME	DATE
29/10/2005	Ed Barnett, u/a	32.09							30/07/2004
	2006 Hassan Raidi, Belgrave	33.31		2006 Mick Ellsmore, Cambridge H	38.00	29/07/2006	John Sheridan, London Irish	38.32	2006
16/06/2007	Andrew Farquarson, Kent AC	34.39	16/06/2007	David Carter, Sutton RC	40.26	16/06/2007	Philip Turley, Epsom+Ewell	45.03	2007
04/10/2008	Brian Wilder, HHH	32.14	07/06/2008	Robert Jacobs, HHH	38.08	07/06/2008	John Jarvis, Serpentine	45.22	26/07/2008
13/06/2009	Chris Cooke	34.09	13/06/2009	Dave Cox	35.16	13/06/2009	Philip Turley, Epsom+Ewell	47.20	13/06/2009
18/07/2009	Nicholas Torry, Serpentine	32.24	18/07/2009	Paul O'Donnell, Trent Pk	40.39	18/07/2009	Simon Gould	45.35	18/07/2009
19/09/2009			19/09/2009			19/09/2009			19/09/2009
DATE	W U/50	TIME	DATE	W O/50	TIME	DATE	W O/60	TIME	DATE
	2006 Helen Ewing, u/a	39.26		2006 Phil Kelvin, Serpentine	48.15		2006 Sue Lambert, Serpentine	50.00	
21/07/2007	Angela Evans, London H	39.17	21/07/2007	Marion Rayner, West 4 H	44.25	2007			
26/07/2008	Kelly Crickmore, Chester Tri	37.40	07/06/2008	Phil Kelvin, Serpentine	43.39	26/07/2008	Sue Lambert, Serpentine	51.52	
13/06/2009	Lauren Stuart, Woodford Green	36.39	13/06/2009	Marion Rayner, West 4 H	45.02	13/06/2009			
18/07/2009	Abbey Norman, Burton AC	37.20	18/07/2009	Nicola Blyth	1.06.01	18/07/2009			
19/09/2009			19/09/2009			19/09/2009			

10MILES

DATE	M U/50	TIME	DATE	M O/50	TIME	DATE	M O/60	TIME	DATE
22/09/2007	Martin Alvarez-Espinar, Spain	55.04	22/09/2007	Robert Jacobs, HHH	59.43	22/09/2007	Michael Lehmann, Serpentine	70.46	
12/07/2008	John Gilbert	54.44	12/07/2008	Robert Jacobs, HHH	62.48	01/03/2008	Michael Lehmann, Serpentine	73.55	13/09/2008
07/03/2009	James Savage, Stourbridge	55.36	07/03/2009	David Smith, Dulwich Pk	66.20	07/03/2009	Tony Farmer, Dartford H	70.46	07/03/2009
04/07/2009	James Gilanders, London FrontR	60.19	04/07/2009	Chas Rayner, West 4H	71.35	04/07/2009	Philip Turley, Epsom+Ewell	75.28	04/07/2009
DATE	W U/50	TIME	DATE	W O/50	TIME	DATE	W O/60	TIME	DATE
07/07/2007	Niamh Devlan, Dundrum	60.41	07/07/2007	Marion Rayner, West 4 H	73.33				
12/07/2008	Claire Imrie, Serpentine	65.45	13/09/2008	Marion Rayner, West 4 H	73.38				
07/03/2009	Claire Imrie, Serpentine	65.30	07/03/2009	Sarah Newton, Serpentine	76.01	07/03/2009	Maureen Farmer, Dartford H.	92.14	
04/07/2009	Lucie Custnace, Clapham Ch	67.14	04/07/2009	Sarah Newton, Serpentine	76.20	04/07/2009			

5 MILES

DATE	M U/50	TIME	DATE	M O/50	TIME	DATE	M O/60	TIME	DATE
10/11/2007	James Savage, Stourbridge	26.37	10/11/2007	Jean Luc Hoesz, Serpentine	34.34	10/11/2007	Hugh Arnold, TH+H	31.32	10/11/2007
08/11/2008	Darren McNeely, Serpentine	26.48	21/06/2008	Robert Jacobs, HHH	30.09	08/11/2008	Tony Farmer, Dartford H	34.54	21/06/2008
03/10/2009			03/10/2009			03/10/2009			03/10/2009
DATE	W U/50	TIME	DATE	W O/50	TIME	DATE	W O/60	TIME	DATE
10/11/2007	Claire Imrie, Serpentine	32.18	10/11/2007	Phil Kelvin, Serpentine	36.41	10/11/2007	Toni Brisby	48.35	
08/11/2008	Claire Imrie, Serpentine	31.47							
03/10/2009			03/10/2009			03/10/2009			

M O/70	TIME
Dennis Garnett, Bexley	51.27

Mike Browne, Vets AC	1.02.09
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Jeffrey Wiseman, Highgate

W O/70	TIME
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M O/70	TIME
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Mike Browne, Vets AC	102.02
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Wally Garrod, Ranelagh	89.18
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W O/70	TIME
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M O/70	TIME
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Bob Parsons, Barking RR	65.54
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Mike Browne, Vets AC	51.1
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W O/70	TIME
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