

Self-Transcendence Winners 2014

10K

DATE	M U/50	TIME	DATE	M O/50	TIME
05/04/14	Ben Barwick, Winchester&District	34.17	05/04/14	Peter Kennedy, Serpentine	49.54
03/05/14	Andy Greenleaf, Serpentine	31.22	03/05/14	Tony Tuohy, Dulwich R	34.31
14/06/14	Andy Greenleaf, Serpentine	31.25	14/06/14	Knut Hegvold, Belgrave H	35.23
12/07/14			12/07/14		
02/08/14			02/08/14		
04/10/14			04/10/14		
29/11/14			29/11/14		

DATE	M O/60	TIME	DATE	M O/70	TIME
05/04/14	Dave Cox, Woodford Green	36.45	05/04/14		
03/05/14	Terry Avey, Brighton&Phoenix	42.03	03/05/14		
14/06/14	Dave Cox, Woodford Green	36.20	14/06/14	Michael Lehmann, Serpentine	47.22
12/07/14			12/07/14		
02/08/14			02/08/14		
04/10/14			04/10/14		
29/11/14			29/11/14		

DATE	W U/50	TIME	DATE	W O/50	TIME
05/04/14	Sue Rust, London Heathside	38.41	05/04/14	Tarja Antell, Porvoon Urheilijat	43.58
03/05/14	Gabriella de la Cerda	40.32	03/05/14	Kay Bettis, Serpentine	50.20
14/06/14	Alex Gounelas, Eton Manor	37.07	14/06/14	Kay Bettis, Serpentine	54.29
12/07/14			12/07/14		
02/08/14			02/08/14		
04/10/14			04/10/14		
29/11/14			29/11/14		

DATE	W O/60	TIME	DATE	W O/70	TIME
05/04/14					
03/05/14					
14/06/14	Maggie Hindley	72.50			
12/07/14					
02/08/14					
04/10/14					
29/11/14					

10 MILES

DATE	M U/50	TIME	DATE	M O/50	TIME
01/03/14	Jack Wilson, Kent AC	54.59	01/03/14	Gary Christie, Brighton&Hove	61.57
25/10/14			25/10/14		

DATE	M O/60	TIME	DATE	M O/70	TIME
01/03/14	Simon Gould	75.10	01/03/14		
25/10/14			25/10/14		

DATE	W U/50	TIME	DATE	W O/50	TIME
01/03/14	Hope Sloly, Mornington Chasers	66.53	01/03/14	Alison Purnell, Hercules Wimbledon	77.55
25/10/14			25/10/14		

DATE	W O/60	TIME	DATE	W O/70	TIME
01/03/14					
25/10/14					

5K

DATE	M U/50	TIME	DATE	M O/50	TIME
02/06/14	Alex Milne, Enfield&Haringey	15.15	02/06/14	Tony Tuohy, Dulwich R	16.42
09/06/14	Rick Weston, Serpentine	15.32	09/06/14	Keith Newton, Herne Hill H	17.25
23/06/14			23/06/14		
30/06/14			30/06/14		
21/07/14			21/07/14		
28/07/14			28/07/14		

DATE	M O/60	TIME	DATE	M O/70	TIME
02/06/14	Terry Avey, Brighton & Phoenix	20.30	02/06/14	Joe Aspinall, Vets AC	25.15
09/06/14	Terry Avey, Brighton & Phoenix	20.27	09/06/14	Peter Torre, Mornington Chasers	31.13
23/06/14			23/06/14		
30/06/14			30/06/14		
21/07/14			21/07/14		
28/07/14			28/07/14		

DATE	W U/50	TIME	DATE	W O/50	TIME
02/06/14	Sandra McDougall, Serpentine	17.12	02/06/14	Silja Salmijarvi, Jyvaskyan K.	21.06
09/06/14	Amy Aronson, Thames Hare&Hounds	18.38	09/06/14	Andrea Sanders-Reece, MorningtonC	21.48
23/06/14			23/06/14		
30/06/14			30/06/14		
21/07/14			21/07/14		
28/07/14			28/07/14		

DATE	W O/60	TIME	DATE	W O/70	TIME
02/06/14	Ann Bath, 26.2RRC	27.17			
09/06/14	Serena Dilnot, Clapham Chasers	33.09			
23/06/14					
30/06/14					
21/07/14					
28/07/14					

2 MILES

DATE	M U/50	TIME	DATE	M O/50	TIME
16/06/14	Fred Siemeck, Hercules Wimbeldon	9.51	16/06/14	Tony Tuohy, Dulwich R	10.21
14/07/14			14/07/14		

DATE	M O/60	TIME	DATE	M O/70	TIME
16/06/14	Mike Mann, Dulwich R	12.38	16/06/14		
14/07/14			14/07/14		

DATE	W U/50	TIME	DATE	W O/50	TIME
16/06/14	Melanie Edwards, Dulwich R	11.50	16/06/14	Clare Elms, Dulwich R	11.10
14/07/14			14/07/14		

DATE	W O/60	TIME	DATE	W O/70	TIME
16/06/14	Ros Tabor, Dulwich R	13.30	16/06/14		
14/07/14			14/07/14		