

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
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	24/07/2006	John Sheridan, London Irish	11.39
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
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
08/06/2009	Toby Hedgeland	10.36	08/06/2009	Ian Smith, Serpentine	12.04	08/06/2009	Alan Davidson, Liss R.	13.17
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
13/07/2009	Chris Peach HHH	10.15	13/07/2009	Jean Luc Hoesz, Serpentine	12.35	13/07/2009	Roger Green, Woodford Green	12.44
10/08/2009	Toby Hedgeland	10.12	10/08/2009	Tom Morris, Hercules W	12.56	10/08/2009	Bill Harvey, Ranelagh	14.22
DATE	W U/50	TIME	DATE	W O/50	TIME	DATE	W O/60	TIME
07/07/2003	Meredith Pannett, Dulwich R	10.37				04/07/2005	Pauline Rich, Serpentine	14.00
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 Kavalienskaite	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		
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

5K

DATE	M U/50	TIME	DATE	M O/50	TIME	DATE	M O/60	TIME
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
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
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
03/08/2009	Nick Shasha, Walthamstow	15.56	03/08/2009	Adrian Greer, Dulwich R	18.22	03/08/2009	Nick Cambridge	23.52
DATE	W U/50	TIME	DATE	W O/50	TIME	DATE	W O/60	TIME
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	19.36	01/06/2009	Phil Kelvin, Serpentine	23.15	01/06/2009	Toni Brisby	29.33

29/06/2009	Clare Elms, Dulwich R	17.50	29/06/2009	Phil Kelvin, Serpentine	25.08	29/06/2009	Hazel Stokes	27.53
03/08/2009	Estelle Damant, Ranelagh	19.03	03/08/2009	Andrea Sanders-Reece, M.Chasers	21.10	03/08/2009	Ann Bath, 26.2MC	24.14
3K								
DATE	M U/50	TIME	DATE	M O/50	TIME	DATE	M O/60	TIME
06/08/2007	Tom Kingsnorth, TH+H	9.08	06/08/2007	Michael Mann, Dulwich R	10.31	06/08/2007	Derek Wardle, WSEH	11.30
28/07/2008	Ed Kelleher, Conac	9.16	28/07/2008	Ian Mursell, Vets AC	11.50	28/07/2008	Colin Cotton, Striders	12.16
27/07/2009	Toby Hedgeland	9.23	27/07/2009	Jean Luc Hoez, Serpentine	11.30	27/07/2009	Michael Mann, Dulwich R	10.45
DATE	W U/50	TIME	DATE	W O/50	TIME	DATE	W O/60	TIME
06/08/2007	Justina Heslop, Clapham Chasers	10.19	06/08/2007	Jane Laws, Barnet&District	10.33	06/08/2007		
28/07/2008	Teresa Gaillard de Laubenque	11.31	28/07/2008	Sarah Newton, Serpentine	12.27	28/07/2008	Sue Lambert, Serpentine	14.17
27/07/2009	Jacqui Reid, MPAC	11.53	27/07/2009	Lizz Tapp, Serpentine	14.06	27/07/2009		
1 Mile								
DATE	M U/50	TIME	DATE	M O/50	TIME	DATE	M O/60	TIME
30/07/2007	Tom Kingsnorth, TH+H	4.30	30/07/2008	Michael Mann, Dulwich R	5.17	30/07/2008	Derek Wardle, WSEH	5.35
21/07/2008	Nick Shasha, Walthamstow	4.36	21/07/2008	Ian Mursell, Vets AC	5.54	21/07/2008	Colin Cotton, Striders	6.13
20/07/2009	Chris Peach HHH	4.43	20/07/2009	Jonathan Chambers, Fulham	5.55	20/07/2009	Michael Mann, Dulwich R	5.29
DATE	W U/50	TIME	DATE	W O/50	TIME	DATE	W O/60	TIME
30/07/2007	Justina Heslop, Clapham Chasers	5.17	30/07/2008	Jane Laws, Barnet&District	5.18	30/07/2008	Sue Lambert, Serpentine	7.23
21/07/2008	Ola Balme, Dulwich R	5.49	21/07/2008	Ros Tabor, Dulwich R	6.21	21/07/2008	Sue Lambert, Serpentine	7.30
20/07/2009	Teresa Gaillard de Laubenque	5.44	20/07/2009	Andrea Sanders-Reece, M.Chasers	6.23	20/07/2009	Hazel Stokes	7.54
3 Mile								
DATE	M U/50	TIME	DATE	M O/50	TIME	DATE	M O/60	TIME
16/07/2007	Tom Kingsnorth, TH+H	15.18	16/07/2007	Steve Hutton, Tadworth	15.18	16/07/2007	Derek Wardle, WSEH	19.16
07/07/2008	Tom Cunningham, Blackpool W+F	15.03	07/07/2008	Ian Mursell, Vets AC	19.17	07/07/2008	Colin Cotton, Striders	20.34
06/07/2009	Chris Peach HHH	15.41	06/07/2009	Jean Luc Hoez, Serpentine	19.39	06/07/2009	Michael Mann, Dulwich R	18.10
DATE	W U/50	TIME	DATE	W O/50	TIME	DATE	W O/60	TIME
16/07/2007	Justina Heslop, Clapham Chasers	17.51	16/07/2007	Jane Laws, Barnet&District	17.30	16/07/2007	Sue Lambert, Serpentine	23.08
07/07/2008	Teresa Gaillard de Laubenque	19.08	07/07/2008	Sarah Newton, Serpentine	21.07	07/07/2008	Sue Lambert, Serpentine	24.02
06/07/2009	Jacqui Reid, MPAC	20.12	06/07/2009	Lesley Young, Dulwich Pk	31.04	06/07/2009	Hazel Stokes	26.37

Self Transcendence Race Records

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Monday Evening Races

2 MILES

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
08/06/2009	Jeffrey Wiseman, Highgate	18.38
15/06/2009	Derek Smith, Mornington Ch.	19.19
13/07/2009	Joe Aspinall, Vets AC	14.55
10/08/2009	Joe Aspinall, Vets AC	14.32
DATE	W O/70	TIME
16/06/2003	Betty Norrish VAC	20.54

08/06/2009

5K

	M O/70	TIME
30/06/2008	John Fraser	28.49
01/06/2009	Derek Smith, Mornington Ch.	31.14
29/06/2009	Jeffrey Wiseman, Highgate	30.30
03/08/2009	Joe Aspinall, Vets AC	23.22

3K

	M O/70	TIME
06/08/2007	John Fraser, Dulwich R	15.51
28/07/2008	Mike Browne, Vets AC	16.48
27/07/2009	Joe Aspinall, Vets AC	13.56

1 Mile M O/70

	M O/70	TIME
30/07/2008	John Fraser, Dulwich R	7.55
21/07/2008	John Fraser, Dulwich R	8.10
20/07/2009	Joe Aspinall, Vets AC	7.14

3 Mile M O/70

	M O/70	TIME
16/07/2007		
07/07/2008	John Fraser, Dulwich R	27.34
06/07/2009	Joe Aspinall, Vets AC	22.48