

Self-Transcendence Winners 2015

10K

DATE	M U/50	TIME	DATE	M O/50	TIME
04/04/15	Miles Unterreiner, Oxford Uni	31.36	04/04/15	Gavin McLaughlan, Winbledon W	37.04
02/05/15	Daniel Bentley-Gouldstone, Beckenh.	33.13	02/05/15	Tony Tuohy, Dulwich R	35.26
13/06/15			13/06/15		
04/07/15			04/07/15		
08/05/15			08/05/15		
03/10/15			03/10/15		
24/10/15			24/10/15		
21/11/15			21/11/15		

DATE	M O/60	TIME	DATE	M O/70	TIME
04/04/15	Maurice Sharp, Hercules Wimbledon	47.12			
02/05/15	Ian Mursell, Vets AC	46.19	02/05/15	John Garber, Herne Hill H	50.28
13/06/15			13/06/15		
04/07/15			04/07/15		
08/05/15			08/05/15		
03/10/15			03/10/15		
24/10/15			24/10/15		
21/11/15			21/11/15		

DATE	W U/50	TIME	DATE	W O/50	TIME
04/04/15	Emma Burgess, Highgate H	38.44	04/04/15	Kate Ledin, Buxton & District	47.48
02/05/15	Sarah Pemberton, Serpentine	37.06	02/05/15	Kate Ledin, Buxton & District	48.01
13/06/15			13/06/15		
04/07/15			04/07/15		
08/05/15			08/05/15		
03/10/15			03/10/15		
24/10/15			24/10/15		
21/11/15			21/11/15		

DATE	W O/60	TIME	DATE	W O/70	TIME
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10 MILES

DATE	M U/50	TIME	DATE	M O/50	TIME
28/02/15	Martin Dematteis	51.40	28/02/15	Tony Tuohy, Dulwich R	58.51
DATE	M O/60	TIME	DATE	M O/70	TIME
28/02/15	Bruce Grimley, Huntingdon AC	67.18			
DATE	W U/50	TIME	DATE	W O/50	TIME
28/02/15	Isobel Everest, Biggleswade	67.21	28/02/15	Lesley Levison, Hillingdon Tri	86.07
DATE	W O/60	TIME	DATE	W O/70	TIME
28/02/15	Marion Rayner, West 4 H	81.09			

5K

DATE	M U/50	TIME	DATE	M O/50	TIME
11/05/15	Tom Martyn, Hunters Bog Trotters	15.06	11/05/15	Andrew Ridley, Poole AC	16.42
25/05/15	Tom Heslop, Victoria Park H	15.49	25/05/15	Keith Newton, Herne Hill H	16.51
08/06/15			08/06/15		
06/07/15			06/07/15		
13/07/15			13/07/15		
27/07/15			27/07/15		
03/05/15			03/05/15		

DATE	M O/60	TIME	DATE	M O/70	TIME
11/05/15	David Hallso, RRC	22.29	11/05/15	Joe Aspinall, Vets AC	26.28
25/05/15	Andrew Roberts, Serpentine	19.29	25/05/15	Edwin Bartlett, Vets AC	31.03
08/06/15			08/06/15		
06/07/15			06/07/15		
13/07/15			13/07/15		
27/07/15			27/07/15		
03/05/15			03/05/15		

DATE	W U/50	TIME	DATE	W O/50	TIME
11/05/15	Georgie Tindly, Thames Hare & H	18.13	11/05/15	Kate Ledin, Buxton & District	22.45
25/05/15	Lisa Rooney, Collingwood	18.59	25/05/15	Jane Nodder, Serpentine	20.59
08/06/15			08/06/15		
06/07/15			06/07/15		
13/07/15			13/07/15		
27/07/15			27/07/15		
03/05/15			03/05/15		

DATE	W O/60	TIME	DATE	W O/70	TIME
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2 MILES

DATE	M U/50	TIME	DATE	M O/50	TIME
01/06/15			01/06/15		

DATE	M O/60	TIME	DATE	M O/70	TIME
01/06/15			01/06/15		

DATE	W U/50	TIME	DATE	W O/50	TIME
01/06/15			01/06/15		

DATE	W O/60	TIME	DATE	W O/70	TIME
01/06/15			01/06/15		