

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	John Franklin, Serpentine	32.30	13/06/15	Tony Tuohy, Dulwich R	36.18
04/07/15	Luke Penney	33.47	04/07/15	Richard Hooley, Thames Valley H	40.07
08/08/15	Jonathan Poole, Serpentine	31.47	08/08/15	Gavin McLaughlan, Winbledon W	36.06
03/10/15	Liam Smith, Marshall Milton Keynes	32.34	03/10/15	David Annetts, North Herts RR	36.57
24/10/15	Mark Hobbs, Bournville H	34.04	24/10/15	Laurence Duffy, Stragglers	37.27
21/11/15	Matt Gunby, Woodford Green	31.26	21/11/15	Richard Hooley, Thames Valley H	39.49

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	Colin McSeveny	44.00	13/06/15		
04/07/15	Martin Spence, Vets AC	51.32	04/07/15		
08/08/15	John Witton	41.55	08/08/15	David Brooks, Vets AC	53.08
03/10/15	Ian Mursell, Vets AC	45.46	03/10/15	John Garber, Herne Hill H	
24/10/15	Dave Cox, Woodford Green	36.52	24/10/15	Maurice Sharp, Hercules W	45.50
21/11/15	Jerry Lockspeiser, Serpentine	44.41	21/11/15	John Garber, Herne Hill H	51.31

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	Catherine Ansell, Herne Hill H	37.03	13/06/15	Kate Evan Jones, Cambridge H	47.28
04/07/15	Gillian Sanders, Ranelagh H	35.05	04/07/15	Wendy Garland	56.56
08/08/15	Alex Gounelas, Eton Manor	37.30	08/08/15	Kate Ledin, Buxton & District	48.14
03/10/15	Carole Penlington, Blackheath H	37.50	03/10/15	Sue Ferguson, Tring RC	51.04
24/10/15	Meriel Holden, Wimbledon W	39.39	24/10/15	Caroline Helder, Wimbledon W	45.14
21/11/15	Helen Palmer, Serpentine	36.28	21/11/15	Kay Bettis, Serpentine	54.12

DATE	W O/60	TIME	DATE	W O/70	TIME
04/07/15	Claire Steward, Dulwich R	49.08			
03/10/15	Jane Rowden, West 4 Harriers	46.51			
21/11/15	Jane Rowden, West 4 Harriers	48.41			

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	Tom Martyn, Hunters Bog Trotters	14.54	08/06/15	Michael Ussher, Highgate H	17.26
06/07/15	John Gilbert, Kent AC	15.27	06/07/15	Michael Ussher, Highgate H	17.25
13/07/15	Tom Martyn, Hunters Bog Trotters	15.05	13/07/15	Neil Reissland, South London H	16.55
27/07/15	Jonathan Johnson, Harrogate H&AC	15.52	27/07/15	Knut Hegvold, Belgrave H	17.53
03/05/15	John Franklin, Serpentine	15.23	03/05/15	Michael Bridgeland, Chelmsford AC	17.38

DATE	M O/60	TIME	DATE	M O/70	TIME
11/05/15	David Hallson, 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	Terry Eakin, North Down AC	19.16	08/06/15	Peter Torre, Mornington Chasers	27.19
06/07/15	Andrew Roberts, Serpentine	19.49	06/07/15	Joe Aspinall, Vets AC	25.39
13/07/15	Philip Hunter	21.40	13/07/15	Peter Torre, Mornington Chasers	27.38
27/07/15	David Hallson, RRC	21.54	27/07/15	Joe Aspinall, Vets AC	25.34
03/05/15	Andrew Roberts, Serpentine	19.37	03/05/15	Michael Leigh, Hercules Wimbledon	26.29

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	Stephanie Davis, Clapham Chasers	17.06	08/06/15	Denise Driscott	23.59
06/07/15	Megan de Silva, Ranelagh H	18.33	06/07/15	Marie Synnott-Wells, Ranelagh H	19.56
13/07/15	Georgia Tindley, Hunters Bog Trotter	17.46	13/07/15	Annette Helliwell, Collingwood	22.43
27/07/15	Sophie Sheldrake, Highgate H	18.13	27/07/15	Jane Nodder, Serpentine	21.34
03/05/15	Sarah Johnson, Thames Valley H	17.56	03/05/15	Andrea Sanders-Reece, Mornington C	21.18

DATE	W O/60	TIME	DATE	W O/70	TIME
06/07/15	Ria Trundle, Collingwood AC	32.45			
13/07/15	Lesley Young, Dulwich Park R	42.28			
27/07/15	Maggie Statham, Holland Sports AC	22.03			
03/08/15	Ann Davidson, Purple Patch R	26.26			

2 MILES

DATE	M U/50	TIME	DATE	M O/50	TIME
01/06/15	Adam Kirk-Smith, London Heathside	9.36	01/06/15	Tony Tuohy, Dulwich R	10.28
DATE	M O/60	TIME	DATE	M O/70	TIME
01/06/15	Michael Mann, Dulwich R	12.26	01/06/15	Edwin Bartlett, Vets AC	18.33
DATE	W U/50	TIME	DATE	W O/50	TIME
01/06/15	Stephanie Davis, Clapham Chasers	10.54	01/06/15	Clare Elms, Dulwich R	11.25
DATE	W O/60	TIME	DATE	W O/70	TIME
01/06/15	Claire Steward, Dulwich R	14.22	01/06/15		