Self-Transcendence Annual Bests

Red=Course Record

10K

DATE	M U/50	TIME	DATE	M O/50	TIME
29/10/05	Ed Barnett, u/a	32.09			
28/06/05	Hassan Raidi, Belgrave	33.31	28/06/05	Mick Ellsmore, Cambridge H	38.00
16/06/07	Andrew Farquarson, Kent AC	34.39	16/06/07	David Carter, Sutton RC	40.26
04/10/08	Brian Wilder, HHH	32.14	07/06/08	Robert Jacobs, HHH	38.08
18/07/09	Nicholas Torry, Serpentine	32.24	13/06/09	Dave Cox	35.16
12/06/10	Brian Wilder, HHH	32.24	12/06/10	John Foster, Striders of Croydon	36.55
01/10/11	Kevin Quinn, AFD	31.27	30/07/11	Tim McIntyre, Sutton R.	39.09
24/03/12	Ben Shearer, Cambridge H	32.27	24/03/12	David Smith	39.51
30/11/13	Nicholas Torry, Serpentine	30.53	30/11/13	Tony Tuohy, Dulwich R	35.38
			05/04/14	Tony Tuohy, Dulwich R	34.31

DATE	M O/60	TIME	DATE	M O/70	TIME
			30/07/04	Dennis Garnett, Bexley	51.27
29/07/06	John Sheridan, London Irish	38.32	28/06/05		
16/06/07	Philip Turley, Epsom+Ewell	45.03	29/06/05		
07/06/08	John Jarvis, Serpentine	45.22	26/07/08	Mike Browne, Vets AC	1.02.09
19/09/09	Simon Gould	44.11	18/07/09	Jeffrey Wiseman, Highgate	61.08
17/07/10	Simon Gould	42.37	09/10/10	Philip Turley, Epsom & Ewell	46.59
01/10/11	Terry Avey, Phoenix AC	41.31	01/10/11	Michael Lehmann, Serpentine	44.27
24/03/12	Terry Avey, Phoenix AC	41.33	24/03/12	Tony Merritt, Burnham Joggers	62.05
13/07/13	Dave Cox, Woodford Green	36.18	15/06/13	Philip Turley, Epsom & Ewell	48.43

DATE	W U/50	TIME	DATE	W O/50	TIME
28/06/05	Helen Ewing, u/a	39.26	28/06/05	Phil Kelvin, Serpentine	48.15
21/07/07	Angela Evans, London H	39.17	21/07/07	Marion Rayner, West 4 H	44.25
26/07/08	Kelly Crickmore, Chester Tri	37.40	07/06/08	Phil Kelvin, Serpentine	43.39
19/09/09	Lauren Stewart, WGEL	36.09	13/06/09	Marion Rayner, West 4 H	45.02
17/07/10	Lucie Custance, Clapham Chasers	38.13	09/10/10	Elizabeth Tapp, Serpentine	48.37
30/07/11	Alex Gounelas, Eton Manor	37.35	30/07/11	Kay Bettis, Serpentine	50.27
24/03/12	Una English, Havering Mayesbrook	34.10	24/03/12	Kay Bettis, Serpentine	49.54
03/08/13	Catherine Ansell, Imperial	35.59	19/10/13	Barbora Pidgeon,	51.4

DATE	W O/60	TIME	DATE	W O/70	TIME
28/06/05	Sue Lambert, Serpentine	50.00			
26/07/08	Sue Lambert, Serpentine	51.52			
30/07/11	Marion Rayner, West 4 Harriers	48.05			
30/11/13	Marion Rayner, West 4 Harriers	47.22			

10 MILES

DATE	M U/50	TIME	DATE	M O/50	TIME
22/09/07	Martin Alvarez-Espinar, Spain	55.04	22/09/07	Robert Jacobs, HHH	59.43
12/07/08	John Gilbert	54.44	12/07/08	Robert Jacobs, HHH	62.48
07/03/09	James Savage, Stourbridge	55.36	07/03/09	David Smith, Dulwich Pk	66.20
06/03/10	Kevin Quinn, AFD	50.52	03/07/10	James Godkin, Dulwich R	60.02
05/03/11	Michael Coleman, Medway & Maidst	51.52	10/09/11	David Child, Kent AC	58.29
03/03/12	Jason Cherriman, Orpington RR	52.58	03/03/12	Keith Ewing, Blackheath&Bromley	57.58
02/03/13	Chris Busaileh, HHH	51.34	09/11/13	Gary Ironmonger, HHH	60.34

DATE	M O/60	TIME	DATE	M O/70	TIME
22/09/07	Michael Lehmann, Serpentine	70.46			
01/03/08	Michael Lehmann, Serpentine	73.55	13/09/08	Mike Browne, Vets AC	102.02
07/03/09	Tony Farmer, Dartford H	70.46	04/07/09	Wally Garrod, Ranelagh	89.18
11/09/10	Liam O'Hare, Barnet and District	65.47	11/09/10	Philip Turley, Epsom & Ewell	77.29
05/03/11	John Stone, Serpetnine	72.16	10/09/11	Michael Lehmann, Serpentine	74.21
03/03/12	Roy Glew	81.07			
09/11/13	Terry Avey, Brighton & Phoenix	71.14			

DATE	W U/50	TIME	DATE	W O/50	TIME
07/07/07	Niamh Devlan, Dundrum	60.41	07/07/07	Marion Rayner, West 4 H	73.33
07/03/09	Claire Imrie, Serpentine	65.30	13/09/08	Marion Rayner, West 4 H	73.38
03/07/10	Kate Brown, AFD	62.50	05/03/11	Sarah Newton, Serpentine	75.34
16/07/11	Lauren Stewart	62.28			
03/03/12	Catherine Ansell, Imperial	58.29	03/03/12	Lyn Hickey, Sutton Runners	88.03
09/11/13	Susannah Evans, Wimbledon W	62.34	09/11/13	Susan Loken, BTB	63.28

DATE	W O/60	TIME	DATE	W O/70	TIME
07/03/09	Maureen Farmer, Dartford H.	92.14			
16/07/11	Marion Rayner, West 4 Harriers	78.25			
09/11/13	Marion Rayner, West 4 Harriers	77.01			

5K

DATE	M U/50	TIME
14/05/07	Tom Kingsworth, THH	16.00
04/08/08	Henry Dodwell, Highgate H.	15.50
03/08/09	Nick Shasha, Walthamstow	15.56
09/08/10	Huw Lobb, Serpentine	15.11
23/05/11	Huw Lobb, Serpentine	15.27
21/05/12	Jacob Wiebel, Southampton	15.33
01/07/13	Nicholas Torry, Serpentine	14.45
28/07/14	Alex Milne, Enfield&Haringey	15.06

DATE	M O/60	TIME
14/05/07	Derek Wardle, Vets AC	19.42
04/08/08	Derek Wardle, Vets AC	20.06
01/06/09	Roger Green, Woodford Green	19.54
28/06/10	Michael Mann, Dulwich R	18.49
23/05/11	Michael Mann, Dulwich R	19.07
02/07/12	Philip Jackson, Ranelagh	20.25
10/06/13	Terry Eakin, North Down AC	19.10
30/06/14	Terry O'Neill, Belgrave	19.22

DATE	W U/50	TIME
14/05/07	Vicky Clarke, Belgrave	18.14
30/06/08	Lucilla Andreucci, Forestale	17.35
29/06/09	Clare Elms, Dulwich R	17.50
24/05/10	Jenny Lundgren, Run. Thameside	17.52
23/05/11	Sandra Wilson, Serpentine	17.29
18/06/12	Catherine Ansell, Imperial	17.06
22/07/13	Tina Harris, Wellington Scottish (NZ)	17.47
02/06/14	Sandra McDougall, Serpentine	17.12

DATE	W O/60	TIME
30/06/08	Sue Lambert, Serpentine	24.21
03/08/09	Ann Bath, 26.2MC	24.14
24/05/10	Ros Tabor, Dulwich R	22.14
18/07/11	Carmelina Hancock, Hercules Wimb.	31.00
18/06/12	Lesley Young, Dulwich Park	36.43
03/06/13	Ann Bath, 26.2MC	27.13
28/07/14	Ann Bath, 26.2RRC	26.09

5K

DATE	M O/50	TIME
02/07/07	Mike Mann, Dulwich	18.14
04/08/08	Nigel Busnell, Vets AC	18.42
03/08/09	Adrian Greer, Dulwich R	18.22
30/10/10	Robert Jacobs, HHH	18.10
18/07/11	Michael Bridgeland,Chelmsford AC	16.44
21/05/12	Michael Bridgeland,Chelmsford AC	17.06
01/07/13	Tony Tuohy, Dulwich R	16.35
23/06/14	Tony Tuohy, Dulwich R	16.42

DATE	M O/70	TIME
30/06/08	John Fraser	28.49
03/08/09	Joe Aspinall, Vets AC	23.22
30/10/10	Philip Turley, Epsom + Ewell	22.18
04/07/11	Joe Aspinall, Vets AC	24.01
21/05/12	Edmond Simpson, Overton H	23.38
29/07/13	Joe Aspinall, Vets AC	25.07
02/06/14	Joe Aspinall, Vets AC	25.15

DATE	W O/50	TIME
14/05/07	Lynn Wilson, Ealing S'hall Midx	19.54
26/05/08	Liz Pritchard, Dulwich	20.41
03/08/09	Andrea Sanders-Reece, M.Chasers	21.10
09/08/10	Andrea Sanders-Reece, M.Chasers	20.55
13/06/11	Andrea Sanders-Reece, M.Chasers	20.46
02/07/12	Andrea Sanders-Reece, M.Chasers	20.54
29/07/13	Fiona Kennedy, Ealing Sthall&Midx	18.55
02/06/14	Silja Salmijarvi, Jyvaskyan K.	21.06

DATE	W O/70	TIME
18/06/12	Sue Lambert, Serpentine	25.13

2 MILES

DATE	M U/50	TIME
12/06/06	Nick Shasha, Walthamstow	9.49
04/06/07	Tom Kingsnorth, TH+H	9.46
02/06/08	Martin Reid, City of Sheffield	9.50
15/06/09	Chris Peach HHH	9.59
14/06/10	Kevin Quinn, AFD	9.34
06/06/11	Thomas Beedell, Kingston	9.39
11/07/11	Huw Lobb, Serpentine	9.39
28/05/12	Huw Lobb, Serpentine	9.53
17/06/13	Thomas Beedell, Woodford Green	9.43
16/06/14	Fred Siemeck, Hercules Wimbeldon	9.51

2 MILES

DATE	M O/50	TIME
31/07/06	Michael Mann, Dulwich R	11.11
04/06/07	Ray Marriott, SLH	10.52
02/06/08	Ray Marriott, SLH	10.21
08/06/09	Ian Smith, Serpentine	12.04
02/08/10	Hugh Scorgie	12.02
01/08/11	Terry O'Neill, Belgrave	11.27
28/05/12	Jean Luc Hoez, Serpentine	13.19
15/07/13	Tony Tuohy, Dulwich R	10.29
16/06/14	Tony Tuohy, Dulwich R	10.21

DATE	M O/60	TIME
24/07/06	John Sheridan, London Irish	11.39
04/06/07	Derek Wardle, Windsor S+E	12.10
14/07/08	Roger Green, Woodford Green	12.14
15/06/09	Michael Mann, Dulwich R	11.40
02/08/10	Michael Mann, Dulwich R	11.47
06/06/11	Derek Wardle, VAC	13.14
28/05/12	Terry Eakin, Northdown AC	12.08
15/07/13	Terry Avey, Brighton & Phoenix	12.46
16/06/14	Mike Mann, Dulwich R	12.38

DATE	M O/70	TIME
01/08/05	Ron Higgs, Barnet+District	13.09
31/07/06	John Fraser, Dulwich R	16.38
23/07/07	John Fraser, Dulwich R	17.14
14/07/08	John Fraser, Dulwich R	17.14
10/08/09	Joe Aspinall, Vets AC	14.32
02/08/10	Ken Kwok, Serpentine	16.32
01/08/11	Joe Aspinall, Vets AC	15.01
28/05/12	Edmond Simpson, Overton H	14.42
15/07/13	Joe Aspinall, Vets AC	15.45
16/06/14	Joe Aspinall, Vets AC	15.46

DATE	W U/50	TIME
07/07/03	Meredith Pannett, Dulwich R	10.37
19/06/06	Fiona Kennedy, Ealing Sth+Midx	11.59
23/07/07	Justina Heslop, Clapham Chaser	11.18
14/07/08	Rasa Kavalianskaite	11.24
15/06/09	Sian Thomas, Chiltern H	12.25
02/08/10	Clare Elms, Dulwich R	10.56
01/08/11	Helen Taranowski, West 4H	11.47
28/05/12	Vicky Frew, Edinburgh City	12.07
17/06/13	Tina Gray, Fulham	12.05
16/06/14	Melanie Edwards, Dulwich R	11.50

DATE	W O/50	TIME
10/07/06	Ros Tabor, Dulwich R	13.09
04/06/07	Jane Laws, Barnet & District	11.14
11/08/08	Sarah Newton, Serpentine	13.07
13/07/09	Andrea Sanders-Reece, M.Chasers	13.23
12/07/10	Andrea Sanders-Reece, M.Chasers	13.02
11/07/11	Andrea Sanders-Reece, M.Chasers	12.58
28/05/12	Andrea Sanders-Reece, M.Chasers	13.20
17/06/13	Andrea Sanders-Reece, M.Chasers	13.04
16/06/14	Clare Elms, Dulwich R	11.10

DATE	W O/60	TIME
04/07/05	Pauline Rich, Serpentine	14.00
07/08/06	Sue Lambert, Serpentine	15.20
18/06/07	Sue Lambert, Serpentine	15.13
02/06/08	Sue Lambert, Serpentine	15.34
13/07/09	Hazel Stokes	16.45
14/06/10	Ros Tabor, Dulwich R	13.32
11/07/11	Carmelina Hancock, Hercules Wimb.	19.34
17/06/13	Lesley Young, Dulwich Pk	24.19

DATE	W O/70	TIME
27/06/11	Sue Lambert, Serpentine	15.57
28/05/12	Sue Lambert, Serpentine	16.15

16/06/14 Ros Tabor, Dulwich R 13.30