

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	John Franklin, Serpentine	32.35	12/07/14	Tony Tuohy, Dulwich R	35.31
02/08/14	Kyle Marks, Belgrave H	32.47	02/08/14	Tony Tuohy, Dulwich R	35.59
04/10/14	Daniel Gaffney, Epsom&Ewell H	33.30	04/10/14	Tony Tuohy, Dulwich R	35.17
29/11/14	Scott Overall, Blackheath	30.03	29/11/14	Tony Tuohy, Dulwich R	34.59

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	John Witton	41.39	12/07/14	Michael Lehmann, Serpentine	45.47
02/08/14	Terry Avey, Brighton&Phoenix	43.10	02/08/14	David Brooks, Vets AC	52.44
04/10/14	Alan Dunnett,	44.31	04/10/14	John Gardner, Herne Hill H	52.19
29/11/14	Matt Shields, North Belfast H	36.56	29/11/14	John Garber, Herne Hill H	49.49

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	Alex Gounelas, Eton Manor	37.13	12/07/14	Chiara Samele, Wimbledon Windmill	48.49
02/08/14	Una English, Havering AC	39.04	02/08/14	Caroline Helder, Wimbledon W	46.35
04/10/14	Una English, Havering AC	38.48	04/10/14	Caroline Helder, Wimbledon W	46.23
29/11/14	Julia Belyavin, Bristol & West	37.23	29/11/14	Marie Synnott-Wells, Ranelagh H	41.54

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	Serena Dilnot, Clapham R	66.40			
04/10/14	Serena Dilnot, Clapham R	64.44			
29/11/14	Eleanor Robinson, Ripley AC	51.24			

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	Chris Busalieh, Herne Hill H	52.02	25/10/14	Gary Christie, Brighton & Hove	60.52
DATE	M O/60	TIME	DATE	M O/70	TIME
01/03/14	Simon Gould	75.10	01/03/14		
25/10/14	Andrew Roberts, Serpentine	70.13	25/10/14	David Brooks, Vets AC	1.41.38
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	Susannah Evans, Wimbledon W	65.27	25/10/14	Sarah Newton, Serpentine	79.36
DATE	W O/60	TIME	DATE	W O/70	TIME
01/03/14					
25/10/14	Serena Dilnot, Clapham Runners	1.46.24			

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	Rick Weston, Serpentine	15.27	23/06/14	Tony Tuohy, Dulwich R	16.42
30/06/14	Rick Weston, Serpentine	15.40	30/06/14	Eberhard Prill, Dulwich R	17.48
21/07/14	Nick Earl, City of Norwich	15.20	21/07/14	Nicholas Martyn, Highgate H	16.55
28/07/14	Alex Milne, Enfield&Haringey	15.06	28/07/14	Gary Hester	17.08

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	Terry Avey, Brighton & Phoenix	20.08	23/06/14		
30/06/14	Terry O'Neill, Belgrave	19.22	30/06/14	Peter Torre, Mornington Chasers	30.51
21/07/14	Terry Avey, Brighton & Phoenix	20.48	21/07/14	Joe Aspinall, Vets AC	25.47
28/07/14	Mike Mann, Dulwich R	19.34	28/07/14	Joe Aspinall, Vets AC	25.46

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	Cathy Ansell, Herne Hill H	17.56	23/06/14	Andrea Sanders-Reece, MorningtonC	21.45
30/06/14	Cathy Ansell, Herne Hill H	17.53	30/06/14	Sarah Newton, Serpentine	23.03
21/07/14	Cathy Ansell, Herne Hill H	17.35	21/07/14	Caroline Heldyer, Wimbledon W	22.09
28/07/14	Amy Aronson, Thames Hare&Hounds	18.24	28/07/14	Andrea Sanders-Reece, MorningtonC	22.05

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	Trish Coombs, Collingwood	28.59			
30/06/14	Trish Coombs, Collingwood	28.44			
21/07/14	Trish Coombs, Collingwood	28.44			
28/07/14	Ann Bath, 26.2RRC	26.09			

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	Scott O'Connor, Serpentine	10.19	14/07/14	Tony Tuohy, Dulwich R	10.30

DATE	M O/60	TIME	DATE	M O/70	TIME
16/06/14	Mike Mann, Dulwich R	12.38	16/06/14	Joe Aspinall, Vets AC	15.46
14/07/14	Terry Avey, Brighton & Phoenix	12.52	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	Tina Gray, Fulham RC	12.30	14/07/14	Sarah Newton, Serpentine	14.45

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	Ann Bath, 26.2RRC	16.27	14/07/14		