

SELF TRANSCENDENCE 24 HOUR TRACK RACE TOOTING BEC LONDON 17TH 18TH OCTOBER 2009

10KM SPLITS

POS	NO.	NAME	AGE M/F	CLUB	10KM	20KM	30KM	40KM	50KM	60km	70km
1	1	STEVEN BATTLE	M 46	WORKSOP HARR	56.25	1.55.55	2.56.50	4.02.35	5.26.40	6.48.15	8.12.55
2	2	IAN BEATTIE	M 43	STRATHEARN HARRIERS	58.55	1.59.10	3.04.45	4.06.40	5.16.45	6.35.30	7.50.10
3	3	SAM BLACK	M 64	100KM ASSOC	1.01.34	2.16.40	3.46.10				10,16,08
4	4	NEIL BRYANT	M 33	U/A	59.15	1.59.32	3.02.15	4.04.30	5.06.45	6.09.26	7.15.27
5	5	LEE CHAMBERLAIN	M 31	SURREY POLICED	47.31	1.38.50	2.40.54	3.46.10	4.55.28	6.08.58	ret lap161
6	6	SUSAN CLEMENTS	F 55	ENFIELD & HARINGEY	1.14.49	2.31.25	3.51.22	5.13.27	6.38.10	8.02.15	9.35.50
7	7	MARK COLLINSON	M 41	SRI CHINMOY A.C. . G.B.	58.58	1.56.50	3.09.08	4.14.56	5.20.16	6.37.58	
8	8	ANTH COURTNEY	M 30	U/A AUSTRALIAN	1.06.16	2.11.44	3.21.53	4.27.45	5.34.54	6.39.45	7.42.19
9	9	KEN FANCETT	M 60	BECKENHAM R.C.	53.4	1.50.55	2.49.05	3.47.05	4.43.30	5.49.45	6.52.20
10	10	PAUL FERNANDES	M35	ABINGDON AMBLERS	47.36	1.37.20	2.27.03	3.16.09	4.06.15	4.57.30	5.50.44
11	11	ROBIN GARDNER	M 51	ROAD RUNNERS CLUB	54.55	1.51.55	2.51.10	3.47.25	4.45.15	5.46.00	6.54.05
12	12	EMILY GELDER	F 34	DUKL2WICH RUNNERS	1.04.00	2.16.45	3.25.35	4.35.55	5.49.45	7.04.30	8.21.15
13	13	PAUL HART	M40	DUMFRIES r.c	48.28	1.37.50	2.26.20	3.24.35	4.15.53	5.17.14	6.10.36
14	14	REIMA HARTIKAINEN	M46	TEAM ULTRA SWEDEN	50.15	1.44.45	2.43.45	3.42.00	4.39.20	5.40.45	6.41.30
15	15	PER AUDUN HESKESTAD	M54	UANSETT VAER NORWAY	56.58	1.57.57	2.55.27	3.51.40	4.50.28	5.52.18	6.55.00
16	16	CHRISTIAN HOTTAS	M53	100 MARATHON CLIB	1.03.57	2.10.50	3.19.44	4.25.28	5.37.10	6.49.40	8.03.45
17	17	JOAR FLYNN KARLSSON	M44	SKI IL NORWAY	56.45	1.54.15	2.50.55	3.47.10	4.45.30	5.44.20	6.46.15
18	18	GILBERT JOHN	M58	LES CROUPIERS	1.09.40	2.25.16	3.42.30	5.21.05	6.56.40	8.35.10	
19	19	ELISABETH KARLSONN	F29	JALLES T.C.	1.02.15	2.09.10	3.12.15	4.16.15	5.21.20	6.26.00	7.37.25
20	20	STEFAN LINDVALL	M43	SOLVIKINGARNA	51.3	1.42.50	2.39.20	3.46.45	4.59.10	6.09.30	7.16.15
21	21	STEFAN LISKOWSKI	M 43	TEWKESBURY A.C.	47.4	1.38.15	2.32.50	3.35.35	4.39.30	5.45.10	6.53.50
22	22	MATT MAHONY	M 33	U/A	48.4	1.37.50	2.26.10	3.17.10	4.16.15	5.12.50	6.11.50
23	23	KARL MARTIN	M 39	STAINLAND LIONS	49.37	1.41.39	2.37.38	3.46.32	4.50.09	6.01.25	7.22.55
24	24	IAN MCCUAIHG	M 48	NEWARK A.C.	49.37	1.41.39	2.37.38	3.46.32	4.50.09	6.01.25	7.22.55
25	25	RACHEL mCcaig	F43	NEWARK A.C.	59.06	2.01.02	3.03.17	4.10.26	5.25.00	6.32.02	7.54.00
26	26	RAY McCURDY	M55	100 MARATHON CLUB	1.03.50	2.22.00	3.46.40	5.05.20	6.37.15	8.32.35	
27	27	KEVIN McMILLAN	M30	RAF AC	57.2	1.57.45	3.01.15	4.03.40	5.13.10	6.22.20	7.44.45
28	28	MARION MEESWTERS	F52	AV SUOMI	1.05.40	2.07.50	3.14.10	4.22.00	5.31.30	6.47.40	8.09.30
29	29	TOM MELDRUM	M37	WINCHESTER	53.2	1.52.00	2.47.20	3.44.30	4.39.20	5.33.40	6.39.30
30	30	SMILING SID MORRISON	M 67	100K ASSOCIATION	1.00.30	2.05.00	3.10.50	4.14.30	5.22.40	6.32.50	8.03.33
31	31	LIZ NEVILLE	F 58	EPSOM ODDBALLS	59.45	2.01.50	3.05.35	4.05.15	5.11.30	6.14.45	7.25.10

32	32	ERIK NOSSUM	M 55	U/A NORWAY	1.04.10	2.08.30	3.15.35	4.16.35	5.17.00	6.21.35	7.32.40
33	33	JOHN O;REGAN	M 40	LE CHIELE AC	55.45	1.53.50	2.51.35	3.49.20	4.46.40	5.45.20	6.45.10
34	34	ELAINE ODDIE	W 40	ROAD RUNNERS CLUB	1.15.15	2.47.35	4.35.50	6.23.50	8.36.59	11.06.45	
35	35	GEOFF OLIVER	M 76	100KM ASSOCIATION	58.2	1.57.50	2.58.35	3,59,30	5,11,35	6.22.00	7.47.05
36	36	HUGH PINNER	M33	U/A GREAT BRITAIN	1.04.05	2.10.40	3,15.20	4.21.30	5.28.15	6.33.14	7.47.05
37	37	RICHARD QUINNELL	M42	RUGBY & NORTHAMPTON	50.5	1.44.35	2.25.30	3.25.00	4.15.25	5.09.30	6.04.25
38	38	JANE RILEY	F 43	HOLME PIERREPOINT	1.04.20	2.13.50	3.26.15	4.50.35	6.24.00	7.59.18	9.44.43
39	39	AILEEN SCOTT	F 38	CLYDEDALE HARRIERS	52.2	1.49.40	2.48.40	3.46.45	4.48.30	5.51.55	6.56.5
40	40	PAT SEABROOK	F 69	FINCH COASTERS	1.09.55	2.26.25	3.55.25	5.26.50	7.03.50	8.42.05	10.22.55
41	41	CARL SOMMER	M29	HUNCOTE HARRIERS	56.5	1.57.15	2.59.00	4.01.10	5.03.25	6.12.50	7.19.15
42	42	LINDSAY STEWART	F 52	U/A GB	58.15	3.44.30	ret.lap57				
43	43	RAY WILLET	M57	RIVERSIDE RUNN. ST.NEOTS	1.08.25	2.15.00	3.29.50	4.55.10	6.18.25	7.53.30	9.20.50
44	44	ROB WOOD	M45	AVON & SOMERSET POLICE	49.3	1.41.35	2.33.05	3.25.00	4.35.05	''''''	
45	45	NITISH ZUIDEMA	M42	SRI CHINMOY A.C.HOLLAND	1.01.15	2.08.10	3.15.20	4.18.30	5.22.45	6.26.50	7.34.50

80km 90km 100km 110km 120km 130km 140km 150km 160km 170km 180km 190km

9.42.30 11.19.20 10.35.08 11.36.33 12.39.40

9.09.50 10.34.30 12.28.30

12,27.10 14.37.20

8.21.27 9.28.44 10.35.08 11.36.33 12.29.30 13.44.55 14.48.14 15,52.01 17.02 01

L

11.02.20 12.40.50

8.52.41 10.04.08 11.06.39 12.11.46 13.23.56

7.58.15 9.03,25 10.07.35 11.12.50 12.17.00 13.35.20 14,40.10 15.40.25 16.56.40 18.31.40 20.06.50 21.43.20

6.44.44 7.40.13 8.33.10 9.29.30 10.31.40 11.53.13 13.05.05 14,20.40 rtd

8.03.20 9.21.10 15.22.00 16.55.50 19.13.20 20.56.05

9.39.50 11.23.00 12.58.00 14.44.30 16.26.20 17.55.25 19.17.10 20.49.25 22.09.40

7.03.26 8.00.15 9.03.56 10.04.08 11.14.36

7.49.50 9.00.00 10.18.10 11.41.00 13.20.20 14..55.50 17.04.10

7.58.45 9.07.55 10.10.55 11.15.10 12.27.10 13.37.20 19.43.00 21.57.00

9.16.55 10.34.10 11.52.10 13.14.20 14.30.00 16.15.50 17.51.25 19.34.08 21.29.50

7.49.40 8.55.55 13.38.30 14.58.20 16.35.40 18.07.30

8.46.10 10.03.30 11.10.19 12.20.25 13.42.40

8.27.55 9.49.35 11.10.19 12.35.45 13.48.40

8.02.40 9.07.50 11.28.10

7.25.10 8.36.15 9.38.00 14.13.30

8.32.05 10.20.50 11.47.50 13.09.20 14.46.50

8.32.05 10.20.50 11.47.50 13.09.20 14.46.50

9.21.40 11.05.09 12.40.15 14.20.30 15.45.25 17.16.55 18.48.05 20.29.50 22.20.15

8.50.25 10.05.45 16.33.45 19.04.21 20.22.07 21.40.05

9.50.20 11.37.40 rtd

7,48.10 8.54.50 10.05.00 12.28.20 14.24.40

9.20.21 10.37.35 12.01.22 13.39.59 15.20.05 16.58.10 18.41.15 20.26.43 22.12.50

8.37.20 9.59.50

8.54.10 10.24.30 12.50.55 14.02.25 15.21.30  
7.50.14 8.53.25 9.57.00 11.03.15 12.10.30 13.23.10 14.29.15 15.34.10 16.43.50

9.13.20 10.41.10 12.06.45 13.34.35 15.08.30 6.46

9.14.50 10.40.50 12.04.45 13.52.20 15.15.25

7.05.10 8.05.25 9.09.40 10.14.40 11.15.45 12.19.25 13.20.55 14.27.35 15.29.30 19.53.17 20.57.32 21.58.26

11.49.30 14.05.10

8.08.00 9.19.30 10.28.37 11.40.10 12.52.52

12.06.50 13.52.50

8.27.20 9.33.50 10.42.50 11.50.20 12.58/30

12.02.30 13.45.25

8.43.40 9.57.30 11.08.59 12.24.15 13.35.10 19.36.55 20.36.40 21.42.50