

# Self-Transcendence Winners 2016

## 10K

DATE	M U/50	TIME	DATE	M O/50	TIME
05/03/16	Chris Greenwood, Kent AC	31.56	05/03/16	Martyn Annetts, North Herts RR	38.01
21/05/16	Daniel Gaffney, South London H	32.18	21/05/16	David Annetts, North Herts RR	35.07
11/06/16	Peter Lighting, Kent AC	33.55	11/06/16	David Annetts, North Herts RR	35.07
30/07/16	John Franklin, Serpentine	32.51	30/07/16	David Annetts, North Herts RR	35.02
10/09/16	Ryan Evans, South London H	32.59	10/09/16	Gavin McLaughlan, Wimbeldon W	36.59
26/11/16	Tony Payne, Wesley Harrier & AC	31.47	26/11/16	Tony Tuohy, Dulwich R	35.51

DATE	M O/60	TIME	DATE	M O/70	TIME
05/03/16	Ian Mursell, Vets AC	45.32	05/03/16	Pete Warren, Ranelagh H	53.17
21/05/16	Colin McSeveny	43.57	21/05/16	Mike Rundle, Wimbledon Windmiller	52.23
30/07/16	Paul O'Connor, Wimbledon W	43.58			
10/09/16	Doug Buckeridge, Ealing Eagles	44.05	10/09/16	Michael Leigh, Hercules Wimbledon	56.02
26/11/16	Andrew Roberts, Serpentine	40.04	26/11/16	John Garder, Herne Hill H	53.36

DATE	W U/50	TIME	DATE	W O/50	TIME
05/03/16	Hannah Viner, Highgate H	36.34	05/03/16	Rachel Annetts, North Herts RR	52.06
21/05/16	Sarah Kingston, Worthing & District F	37.37	21/05/16	Tarja Antell, Finnish Marathon R	44.59
11/06/16	Jessica Rosa, Clapham Chasers	39.46	11/06/16	Heather Binney, Clapham Pioneers	50.54
30/07/16	Jen Elkins, Southampton AC	36.44	30/07/16	Diane Sutter, Dulwich Park R	50.50
10/09/16	Julia Belyavin, Bristol & West AC	38.29	10/09/16	Lyn Davis, Camberley & District	47.50
26/11/16	Lisa Rooney, Collingwood AC	39.11	26/11/16	Kate Ledin, Buxton AC	49.44

DATE	W O/60	TIME	DATE	W O/70	TIME
10/09/16	Claire Steward, Dulwich R	48.37			

## 10 MILES

DATE	M U/50	TIME	DATE	M O/50	TIME
02/04/16	Tom Aldred, London Heathside	52.32	02/04/16	Gavin Evans, London Heathside	1.04.02
15/10/16	Phil Dickens, Cambridge H	57.31	15/10/16	Johnny Gill, Petts Wood R	1.04.39

  

DATE	M O/60	TIME	DATE	M O/70	TIME
02/04/16	Alan Dunnett	1.15.37	02/04/16	Maurice Sharp, Hercules W	1.16.47
15/10/16	Andrew Roberts, Serpentine	1.06.27			

  

DATE	W U/50	TIME	DATE	W O/50	TIME
02/04/16	Bernadette Van Wijk, Serpentine	1.08.27	02/04/16	Kate Ledin, Buxton & District	1.19.45
15/10/16	Alison Bryant-Smith, Serpentine	1.04.14	15/10/16	Mariana Scarpino	1.28.46

  

DATE	W O/60	TIME	DATE	W O/70	TIME
02/04/16	Marion Rayner, West 4 H	1.20.46			

## 5K

DATE	M U/50	TIME	DATE	M O/50	TIME
06/06/16	Andy Greenleaf, Serpentine	16.11	06/06/16	Michael Bridgeland, Chelmsford AC	17.25
13/06/16	Andy Greenleaf, Serpentine	15.50	13/06/16	Peter Mannion, Windle Valley	18.06
11/07/16	Chris Thomas, TVH	16.11	11/07/16	Mark Constantinou, Colloingwood	18.03
05/08/16	Olivier le Polain, London Heathside	15.35	05/08/16	Stephen Philcox, Ilford AC	17.07

DATE	M O/60	TIME	DATE	M O/70	TIME
06/06/16	Alan Davidson, Ranelagh H	24.16	06/06/16	Dennis Williams, Hercules Wimbledon	24.31
13/06/16	Michael Abrahams, London Heathsid	21.06	13/06/16	Dennis Williams, Hercules Wimbledon	25.03
11/07/16	Michael Abrahams, London Heathsid	20.46	11/07/16	Dennis Williams, Hercules Wimbledon	24.47
05/08/16	Andrew Roberts, Serpentine	19.14	05/08/16	Dennis Williams, Hercules Wimbledon	24.04

DATE	W U/50	TIME	DATE	W O/50	TIME
06/06/16	Cathy Ansell, Herne Hill H	17.49	06/06/16	Mariana Scarpino	25.43
13/06/16	Cathy Ansell, Herne Hill H	17.51	13/06/16	Joanne Marshall, Serpentine	24.14
11/07/16	Stephanie Davis, Clapham Chasers	17.31	11/07/16	Jacqueline Reid, Comets	24.02
05/08/16	Steph McCall, South London H	16.37	05/08/16	Carol Jones, Ealing Southall & Middx	21.43

DATE	W O/60	TIME	DATE	W O/70	TIME
06/06/16	Ann Bath, 26.2	25.25			
13/06/16	Ros Tabor, Dulwich R	22.02			
11/07/16	Ros Tabor, Dulwich R	22.28			
05/08/16	Ann Davidson, Purple Patch R	26.33			

## 2 MILES

DATE	M U/50	TIME	DATE	M O/50	TIME
01/08/16	Adam Kirk-Smith, London Heathside	9.21	01/08/16	Tony Tuohy, Dulwich R	10.48
DATE	M O/60	TIME	DATE	M O/70	TIME
01/08/16	Valdis Pauzers, Herne Hill H	13.30	01/08/16	Dennis Williams, Hercules Wimbledon	15.45
DATE	W U/50	TIME	DATE	W O/50	TIME
01/08/16	Katie Ferguson, Clapham Chasers	12.21	01/08/16	Lucy Clapp, Dulwich Runners	13.28
DATE	W O/60	TIME	DATE	W O/70	TIME
01/08/16	Andrea Sanders-Reece, M.Chasers	14.42			