

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
29/11/14	Scott Overall, Blackheath	30.03	05/04/14	Tony Tuohy, Dulwich R	34.31
21/11/15	Matt Gunby, Woodford Green	31.26	02/05/15	Tony Tuohy, Dulwich R	35.26
26/11/16	Tony Payne, Wesley Harrier & AC	31.47	30/07/16	David Annetts, North Herts RR	35.02

DATE	M O/60	TIME	DATE	M O/70	TIME
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
14/06/14	Dave Cox, Woodford Green	36.20	14/06/14	Michael Lehmann, Serpentine	47.22
24/10/15	Dave Cox, Woodford Green	36.52	24/10/15	Maurice Sharp, Hercules W	45.50
26/11/16	Andrew Roberts, Serpentine	40.04	21/05/16	Mike Rundle, Wimbledon Windmiller	52.23

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
14/06/14	Alex Gounelas, Eton Manor	37.07	29/11/14	Marie Synnott-Wells, Ranelagh H	41.54
04/07/15	Gillian Sanders, Ranelagh H	35.05	24/10/15	Caroline Helder, Wimbledon W	45.14
05/03/16	Hannah Viner, Highgate H	36.34	21/05/16	Tarja Antell, Finnish Marathon R	44.59

DATE	W O/60	TIME	DATE	W O/70	TIME
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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
29/11/14	Eleanor Robinson, Ripley AC	51.24
03/10/15	Jane Rowden, West 4 Harriers	46.51
10/09/16	Claire Steward, Dulwich R	48.37

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
25/10/14	Chris Busalieh, Herne Hill H	52.02	25/10/14	Gary Christie, Brighton & Hove	60.52
28/02/15	Martin Dematteis	51.40	28/02/15	Tony Tuohy, Dulwich R	58.51
02/04/16	Tom Aldred, London Heathside	52.32	02/04/16	Gavin Evans, London Heathside	64.02

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			
25/10/14	Andrew Roberts, Serpentine	70.13	25/10/14	David Brooks, Vets AC	1.41.38
28/02/15	Bruce Grimley, Huntingdon AC	86.07			
15/10/16	Andrew Roberts, Serpentine	66.27			

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
25/10/14	Susannah Evans, Wimbledon W	65.27	01/03/14	Alison Purnell, Hercules Wimbledon	77.55
28/02/15	Isobel Everest, Biggleswade	67.21	28/02/15	Lesley Levison, Hillingdon Tri	86.07
15/10/16	Alison Bryant-Smith, Serpentine	64.14	02/04/16	Kate Ledin, Buxton & District	79.45

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			
25/10/14	Serena Dilnot, Clapham Runners	1.46.24			
28/02/15	Marion Rayner, West 4 Harriers	81.09			
02/04/16	Marion Rayner, West 4 H	80.46			

5K

DATE	M U/50	TIME	DATE	M O/50	TIME
14/05/07	Tom Kingsworth, THH	16.00	02/07/07	Mike Mann, Dulwich	18.14
04/08/08	Henry Dodwell, Highgate H.	15.50	04/08/08	Nigel Busnell, Vets AC	18.42
03/08/09	Nick Shasha, Walthamstow	15.56	03/08/09	Adrian Greer, Dulwich R	18.22
09/08/10	Huw Lobb, Serpentine	15.11	30/10/10	Robert Jacobs, HHH	18.10
23/05/11	Huw Lobb, Serpentine	15.27	18/07/11	Michael Bridgeland, Chelmsford AC	16.44
21/05/12	Jacob Wiebel, Southampton	15.33	21/05/12	Michael Bridgeland, Chelmsford AC	17.06
01/07/13	Nicholas Torry, Serpentine	14.45	01/07/13	Tony Tuohy, Dulwich R	16.35
28/07/14	Alex Milne, Enfield&Haringey	15.06	23/06/14	Tony Tuohy, Dulwich R	16.42
13/07/15	Tom Martyn, Hunters Bog Trotters	15.05	11/05/15	Andrew Ridley, Poole AC	16.42
05/08/16	Olivier le Polain, London Heathside	15.35	05/08/16	Stephen Philcox, Ilford AC	17.07

5K

DATE	M O/60	TIME	DATE	M O/70	TIME
14/05/07	Derek Wardle, Vets AC	19.42			
04/08/08	Derek Wardle, Vets AC	20.06	30/06/08	John Fraser	28.49
01/06/09	Roger Green, Woodford Green	19.54	03/08/09	Joe Aspinall, Vets AC	23.22
28/06/10	Michael Mann, Dulwich R	18.49	30/10/10	Philip Turley, Epsom + Ewell	22.18
23/05/11	Michael Mann, Dulwich R	19.07	04/07/11	Joe Aspinall, Vets AC	24.01
02/07/12	Philip Jackson, Ranelagh	20.25	21/05/12	Edmond Simpson, Overton H	23.38
10/06/13	Terry Eakin, North Down AC	19.10	29/07/13	Joe Aspinall, Vets AC	25.07
30/06/14	Terry O'Neill, Belgrave	19.22	02/06/14	Joe Aspinall, Vets AC	25.15
08/06/15	Terry Eakin, North Down AC	19.16	27/07/15	Joe Aspinall, Vets AC	25.34
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
14/05/07	Vicky Clarke, Belgrave	18.14	14/05/07	Lynn Wilson, Ealing S'hall Midx	19.54
30/06/08	Lucilla Andreucci, Forestale	17.35	26/05/08	Liz Pritchard, Dulwich	20.41
29/06/09	Clare Elms, Dulwich R	17.50	03/08/09	Andrea Sanders-Reece, M.Chasers	21.10
24/05/10	Jenny Lundgren, Run. Thameside	17.52	09/08/10	Andrea Sanders-Reece, M.Chasers	20.55
23/05/11	Sandra Wilson, Serpentine	17.29	13/06/11	Andrea Sanders-Reece, M.Chasers	20.46
18/06/12	Catherine Ansell, Imperial	17.06	02/07/12	Andrea Sanders-Reece, M.Chasers	20.54
22/07/13	Tina Harris, Wellington Scottish (NZ)	17.47	29/07/13	Fiona Kennedy, Ealing Sthall&Midx	18.55
02/06/14	Sandra McDougall, Serpentine	17.12	02/06/14	Silja Salmijarvi, Jyvaskyan K.	21.06
08/06/15	Stephanie Davis, Clapham Chasers	17.06	06/07/15	Marie Synnott-Wells, Ranelagh H	19.56
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
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	18/06/12	Sue Lambert, Serpentine	25.13
03/06/13	Ann Bath, 26.2MC	27.13			
28/07/14	Ann Bath, 26.2RRC	26.09			
27/07/15	Maggie Statham, Holland Sports AC	22.03			

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
01/06/15	Adam Kirk-Smith, London Heathside	9.36
01/08/16	Adam Kirk-Smith, London Heathside	9.21

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
01/06/15	Tony Tuohy, Dulwich R	10.28
01/08/16	Tony Tuohy, Dulwich R	10.48

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
01/06/15	Michael Mann, Dulwich R	12.26
01/08/16	Valdis Pauzers, Herne Hill H	13.30

DATE	M O/70	TIME
01/08/05	Ron Higgs, Barnet+District	13.09
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
01/06/15	Edwin Bartlett, Vets AC	18.33
01/08/16	Dennis Williams, Hercules Wimbeldon	15.45

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 Kavaliaskaite	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
01/06/15	Stephanie Davis, Clapham Chasers	10.54
01/08/16	Katie Ferguson, Clapham Chasers	12.21

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
01/06/15	Clare Elms, Dulwich R	11.25
01/08/16	Lucy Clapp, Dulwich Runners	13.28

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

DATE	W O/70	TIME
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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	27/06/11	Sue Lambert, Serpentine 15.57
17/06/13	Lesley Young, Dulwich Pk	24.19	28/05/12	Sue Lambert, Serpentine 16.15
16/06/14	Ros Tabor, Dulwich R	13.30		
01/06/15	Claire Steward, Dulwich R	14.22		
01/08/16	Andrea Sanders-Reece, M.Chasers	14.42		

3 x 1 MILE RELAY

DATE	MEN'S	TIME	WOMEN'S	TIME
2009	Nick Shasha, Clinton Thomas, Matt Ponting	14.42	Charlotte Wilton, Jospehine Perry, Annie Emersc	18.30
2010	Liam Whiite, Andy Vernon, Keving Quinn	13.21	Helen Smedhurst, Julia Conway, Suran Dickson	18.09
2011	Jeremy Oldaker, Steve Westlake, Shaun Whelan	14.30	TG deLaubenque, Siobhan Reddy, Helen Winds	17.57
2012	James Ellis, Darren Tanner, Dave Palmer	14.19	Marta Bagnati, Ilona Bagi, Genevive Bourke	16.53
2013	Alex Davy, Edward Raymond, Andy Greenleaf	14.22	Ilona Bagi, Genevive Bourke, Sarah Pemberton	16.50
2014	David Jones, Michael Channing, Tom Heslop	14.06	Mairead O'Rourke, Hope Sloly, Kelly Thorneycr	16.40
2015	Mark Gardner, David Brown, Isaac Scott	14.25	Yasmin Goater, Sophie Sheldrake, Emma Burge	16.18
2016	Adam Kirk-Smith, Charles Hardy, Andrew Brooker	13.37	Rebecca Piggott, Leigh James, Rebecca Buntin	16.21