

SELF TRANSCENDENCE 24 HOUR RACE 21ST/22ND SEPTEMBER 2013

Times underlined are STOPWATCH TIMES. All others are taken from the runners lap sheets(all km splits are exct laps)

RACE POS	RUNNER	10K SPLITS	10K	SPLIT	20K	30K	40K	50K	60K	70K	80K	90K
1	MARCO	CONSANI	0:54:55		01:49:30	02:42:35	03:36:05	04:28:37	05:21:25	06:14:30	07:09:00	08:04:40
2	FIONNA	CAMERON	0:59:40		01:57:30	02:54:35	03:50:25	04:45:45	05:40:50	06:34:20	07:30:25	08:24:30
3	HELEN	JAMES	00:52:49		01:47:50	02:45:01	03:41:44	04:38:07	05:34:30	06:33:33	07:35:00	08:38:50
4	NICK	THOMAS	00:59:06		02:02:54	03:03:32	04:03:57	05:07:52	06:09:16	07:13:39	08:23:40	09:34:25
5	STEPHEN	MASON	00:55:05		01:49:50	02:45:20	03:43:45	04:37:33	05:37:25	06:36:30	07:41:30	08:47:40
6	STEPHEN	THOMPSON	0:55:25		01:52:10	02:41:30	03:58:20	05:12:18	06:26:10	07:38:30	08:49:10	10:21:00
7	RICHIE	CUNNINGHAM	00:55:05		01:49:25	02:43:38	03:39:15	04:39:20	05:54:12	07:05:48	08:01:17	08:59:15
8	AIDAN	BLAKE	00:58:50		01:55:55	02:53:30	03:52:10	04:50:05	05:48:20	06:52:10	07:53:35	09:02:30
9	TIM	RAINEY	00:57:10		01:54:20	02:51:45	03:52:15	04:54:00	05:54:10	07:06:00	08:17:10	09:27:30
10	JONATHAN	ERRINGTON	00:48:10		01:40:00	02:38:45	03:43:45	04:45:37	06:06:55	07:27:10	08:41:00	09:58:20
11	ROB	CLOETE	01:11:55		02:23:45	03:38:40	04:50:40	06:10:28	07:26:00	08:46:10	09:57:45	11:20:00
12	CHRIS	McCARTHY	01:00:55		02:01:15	03:01:15	04:04:00	05:06:52	06:11:20	07:14:55	08:23:00	09:41:35
13	KEVIN	DOYLE	01:02:20		02:01:15	03:09:20	3:56::40	13:15:50	06:00:25	07:06:40	08:08:07	09:24:40
14	VICKY	LUFFRON	00:58:50		01:58:35	02:58:25	04:00:35	05:06:29	06:08:50	07:25:00	08:35:15	10:08:35
15	JESUS	PRIETO-LLORET	00:55:30		01:47:50	03:15:40	04:36:40	05:31:45	06:45:10	08:19:10	09:17:30	10:33:45
16	RICHARD	KIMMENS	00:57:00		02:00:00	03:12:25	04:18:35	05:28:10	06:55:15	08:01:25	09:20:40	10:59:55
16	KONSTANTINOS	ANAGNOSTOU	01:08:00		02:24:25	03:39:10	05:02:20	06:35:00	07:57:30	09:18:05	10:50:09	12:16:10
17	ANN	BATH	01:02:59		02:09:30	03:18:12	04:34:00	<u>05:44:26</u>	07:07:45	08:28:10	09:53:18	11:22:10
19	HUGH	PINNER	01:03:10		02:09:10	03:14:15	04:23:20	05:28:35	06:39:20	07:56:55	09:22:00	11:05:17
20	PATRICK	QUINN*	00:57:55		01:56:30	02:55:05	04:05:15	05:11:40	06:17:30	07:20:35	08:30:10	09:40:42
21	ALEX	RICHES	01:07:07		02:12:50	03:22:00	04:31:51	05:44:21	07:00:00	08:11:20	09:25:31	11:05:00
22	GEOFFRY	OLIVER	01:03:00		02:08:34	03:14:20	04:28:50	<u>05:43:07</u>	07:13:14	08:50:20	10:15:15	12:01:12
23	STEPHEN	WOODUS	00:55:00		01:50:45	02:46:20	03:58:00	05:07:32	06:22:40	07:51:55	09:14:10	10:57:30
24	ABICHAL	SHERRINGTON	01:08:02		02:21:36	03:36:17	04:55:17	06:15:07	07:46:11	09:18:10	11:03:55	12:59:55
25	DANIEL	SATE*	00:59:07		02:08:39	03:15:49	04:32:20	05:59:28	07:27:21	09:02:41	10:34:22	12:07:32
26	GARY	CHALKLEY	00:58:05		02:02:45	03:20:55	04:47:00	06:18:30	08:20:10	10:08:30	11:48:35	13:43:05
27	SHONA	BENDIX	01:01:40		02:14:00	03:21:45	05:00:55	06:17:36	07:51:50	09:41:00	11:28:40	14:20:40
28	JOHN	TURNER	00:57:20		02:15:30	03:34:10	04:54:00	06:16:20	07:47:30	09:19:45	11:27:10	14:00:14
29	PAT	SEABROOK	01:19:08		02:52:03	04:28:34	06:08:50	07:56:47	09:45:50	11:39:35	13:49:00	16:16:53
30	RAY	McCURDY	01:17:30		02:38:20	04:01:40	05:34:10	07:07:50	08:50:50	11:16:09	13:51:55	??:??:??
31	SPENSER	LANE	00:57:55		02:10:35	03:50:20	06:04:30	07:41:25	09:24:30	11:49:00	13:46:30	16:30:30

32	MARCUS	PHILLPOTT	01:09:05	02:18:05	03:38:40	05:14:55	06:56:30	08:41:40	11:09:30	14:33:55	18:10:30
33	PISE	PRASHANT*	01:00:30	02:03:45	03:11:30	04:32:50	05:59:15	07:30:11	09:06:57	10:32:51	12:22:00
34	DON	HANNON*	00:54:44	01:48:03	02:42:10	03:38:13	04:36:44	05:39:38	06:41:40	07:44:30	08:51:00
35	COLIN	JONES*	00:56:49	01:53:40	02:55:47	04:02:50	05:18:18	06:47:10	08:19:20	09:42:08	11:34:20
36	ANDREW	SAVILLE*	00:55:41	01:52:33	02:54:09	03:51:16	04:47:53	05:54:36	07:01:20	08:23:41	09:35:33
37	CHRIS	DOOGE*	00:56:00	01:52:40	02:49:38	03:46:37	04:44:50	05:44:20	06:46:05	07:53:07	09:00:12
38	GIACOMINO	BARBACETTO*	00:58:30	01:57:10	02:54	03:53:15	05:00:02	06:07:00	07:16:15	08:23:20	09:38:40
39	FRANCOIS	FAURE*	00:57:15	01:53:40	02:48:45	03:45:00	04:47:20	05:52:40	07:00:50	08:07:45	09:12:25
40	JAMES	GIBBONS*	01:08:10	02:16:45	03:37:45	04:50:30	06:07:50	08:05:35	09:54:00	10:53:37	
41	HORST	PRIESLER	01:55:30	03:39:40	05:31:30	07:23:07	09:34:20	12:45:50	15:54:00	21:07:10	
42	SHARON	GAYTOR*	1:00:20	02:00:15	03:00:30	04:01:25	05:05:25	06:13:50			
43	JEAN	GASKELL*	00:57:00	02:01:05	03:26:35						
44	BRIAN	EMMOTT*	01:09:30								

\* denotes runner withdrew before the end of the race



21:05:00 23:20:20  
14:16:50 17:06:25  
10:14:50  
13:32:00  
11:24:18  
10:27:10  
10:54:22  
10:17:45