

## Course Records - Self-Transcendence Running & Fitness Festival

Event	Category	Name	Year	Time
<b>Marathon</b>	Male	Leigh Stokes	2000	2.33.57
	Female	F Hanna	1997	3.04.22
<b>Half Marathon</b>	Male	Paul Wilson	2003	1.10.49
	Female	Sherryn Rhodes	1998	1.17.13
<b>10km Run</b>	Male	Phil Saunders	2000	32.02
	Female	Karen Thorp	2007	36.36
<b>10km Walk</b>	Male	Dariusz Wojcik	2007	45.40
	Female	Robyn Henderson	2000	1.00.19
<b>4km Run</b>	Male	Dima Lehonko	2008	13:54
	Female	Tracey Lindrupp	1998	16.24
<b>4km Walk</b>	Male	Fred Brooks	1998	26.18
	Female	Elizabeth Knowles	2003	27.27
<b>Teams Marathon</b>	Male	East Brunswick Athletic Club	1999	2.21.42
	Female	Richmond Rapsallions	1995	2.54.50
	Mixed	Team Amphibious	1998	2.48.08