

Sri Chinmoy Races Winners 2019

10K

DATE	M U/50	TIME	DATE	M O/50	TIME
16/03/19	Ben MacCronin, Belgrave H	32.05	16/03/19	Martin Potter, London Heathside	36.22
06/04/19	Ben MacCronin, Belgrave H	31.09	06/04/19	Andy Bowen, West 4 H	37.40
01/06/19	Steve Woolley, West 4 H	32:08	01/06/19	Jonathan Moore, Ranelagh H	37:10
03/08/19	Nicolas Besson, Serpentine	31:58	03/08/19	Alex Davidson, Highgate H	35:19
19/10/19	Chris Wright, Serpentine	31:12	19/10/19	Martin Potter, London Heathside	36:48
30/11/19	Alex Ramsie, South London H	32:28	30/11/19	Paul Doyle, Ranelagh H	36:50

DATE	M O/60	TIME	DATE	M O/70	TIME
16/03/19	John Foss, South London H	42.42	16/03/19	Alistair Davy, Leeds City	49.19
06/04/19	Ian Mursell, Vets AC	48.04	06/04/19	Michael Leigh, Hercules Wimbledon	60.31
01/06/19	Ian Mursell, Vets AC	48:27	01/06/19	Jo Aspinall, Vets AC	61:03
03/08/19	John Foss, South London H	40:21	03/08/19		
19/10/19	Andrew Roberts, Serpentine	41:55	19/10/19	Brian Wiggins	52:24
30/11/19	Simon King, Bedford H	47:05	30/11/19	Bernard Simmons, Dulwich Park	53:54

DATE	W U/50	TIME	DATE	M O/80	TIME
16/03/19	Laura Bohm, Clapham Chasers	38.39			
06/04/19	Jane Vongvorachoti, Belgrave H	36.55			
01/06/19	Rose Penfold, Fulham RC	37:20			
03/08/19	Mary James, South London H	36:57			
19/10/19	Stephanie Davis, Clapham Chasers	33:21			
30/11/19	Rebecca Piggott, London Heathside	36:19	16/03/19	Joe Aspinall, Vets AC	64.18

DATE	W O/60	TIME	DATE	W O/50	TIME
16/03/19	Marion Rayner, West 4 H	52.39	16/03/19	Marie Synnott-Wells	45.28
06/04/19	Marion Rayner, West 4 H	51.29	06/04/19	Michelle Lennon, Dulwich R	42.41
01/06/19	Phil Kelvin, Serpentine	59:17	01/06/19	Clare Hawling, Cheltenham H	45:25
03/08/19	Marion Rayner, West 4 H	51:52	03/08/19	Susan McDonald, South London H	37:54
19/10/19	Phil Kelvin, Serpentine	61:52	19/10/19	Clare Hawling, Cheltenham H	45:24
30/11/19	Phil Kelvin, Serpentine	55:39	30/11/19	Michelle Lennon, Dulwich R	41:32

5K

DATE	M U/50	TIME	DATE	M O/50	TIME
27/05/19	William Woodcock, Victoria Pk H	15:32	27/05/19	David Baker, South London H	18:00
03/06/19	Christian Grierson, Serpentine	15:50	03/06/19	Norman Urquia, Wimbledon W	18:33
10/06/19	Nicholas Buckle, Belgrave H	15:35	10/06/19	Tony Tuohy, Dulwich R	16:58
08/07/19	Sam Eglan, Aldershot Farnham & D	15:19	08/07/19	David Williamson Tadworth AC	18:11
15/07/19	Nicolas Torry, Serpentine	14:34	15/07/19	Mark Constantinou, Collingwood	18:19
29/07/19	Rob Corney, Reading RR	15:05	29/07/19	Tony Tuohy, Dulwich R	17:04
05/08/19	Seyfu Jamaal, London Heathside	15:04	05/08/19	Steve Davies, Dulwich R	16:51
DATE	M O/60	TIME	DATE	M O/70	TIME
27/05/19	Jim Forrester	20:37	27/05/19	Alan Davidson, Ranelagh H	28:16

03/06/19	John Foss, South London H	19:20	03/06/19	John Quaintance, South London H	23:26
10/06/19	Stephen Smythe, Dulwich R	20:01	10/06/19	John Quaintance, South London H	23:18
08/07/19	Michael Bridgeland, Chelmsford AC	18:17	08/07/19	Ray Clarabut, Trent Park RC	22:19
15/07/19	Martin Millward, Fulham RC	20:27	15/07/19	Alan Davidson, Ranelagh H	28:48
29/07/19	John Foss, South London H	19:26	29/07/19	John Quaintance, South London H	22:57
05/08/19	John Foss, South London H	19:09	05/08/19	John Quaintance, South London H	22:59
DATE	M O/80	TIME			
03/06/19	Cliff Collins, Vets AC	27:51			
15/07/19	Cliff Collins, Vets AC	27:54			
29/07/19	Cliff Collins, Vets AC	28:11			
05/08/19	Cliff Collins, Vets AC	28:07			
DATE	W U/50	TIME	DATE	W O/50	TIME
27/05/19	Rose Penfold, Fulham RC	17:59	27/05/19	Sunanda Sarker Bell	23:15
03/06/19	Lily Woolcock, London Heathside	18:57	03/06/19	Nina Trevarthen, Crawley Saints & Sin	27:26
10/06/19	Sophie Harris, Swansea H	16:33	10/06/19	Alice Riddell-Webster, Fulham	19:35
08/07/19	Mary James, South London H	17:53	08/07/19	Clare Elms, Dulwich R	17:48
15/07/19	Beth Hawling, Cheltenham & County	16:48	15/07/19	Ruth Hutton, South London H	19:58
29/07/19	Emma Davis, Ward Park R	17:05	29/07/19	Alison Hinton, Serpentine	26:47
05/08/19	Emma Davis, Ward Park R	17:01	05/08/19	Lucy Woolhouse, Vets AC	19:51
DATE	W O/60	TIME	DATE	W O/70	TIME
10/06/19	Ros Tabor, Dulwich R	23:09	15/07/19	Penny Elliott, Waverley H	25:24
05/08/19	Caroline White, London Heathside	23:21	29/07/19	Penny Elliott, Waverley H	26:20