

Sri Chinmoy Races 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
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
21/10/17	Chris Greenwood, Kent AC	32.05	26/11/17	Stuart Fraser, Hercules Wimbeldon	35.5
04/08/18	Malcolm Hicks	29.41	04/08/18	Alex Davidson, Highgate H	35.48
06/04/19	Ben MacCronin, Belgrave H	31.09	03/08/19	Alex Davidson, Highgate H	35.19
20/11/21	Nick Bester, Best Athletics	31.22	23/10/21	Terry Booth, Guildford & Godalming	34.42
6/8/22	Seyfu Jamaal, London Heathside	30:20	21/5/22	Simon Baines, Thames Hare & H	33.09
5/8/23	Seyfu Jamaal, London Heathside	29:13	4/3/23	Simon Baines, Thames Hare & H	32.38
DATE	M O/60	TIME	DATE	M O/70	TIME
29/07/06	John Sheridan, London Irish	38.32			
16/06/07	Philip Turley, Epsom+Ewell	45.03			
07/06/08	John Jarvis, Serpentine	45.22	26/07/08	Mike Browne, Vets AC	62.09
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	36.2	14/06/14	Michael Lehmann, Serpentine	47.22
24/10/15	Dave Cox, Woodford Green	36.52	24/10/15	Maurice Sharp, Hercules W	45.5
26/11/16	Andrew Roberts, Serpentine	40.04	21/05/16	Mike Rundle, Wimbeldon Windmillers	52.23
01/04/17	Lary Cattle	40.27	26/11/17	Maurice Sharp, Hercules Wimbeldon	50.43
23/06/18	Andrew Roberts, Serpentine	41.05	24/03/18	David Moorekite, Larkfield AC	48.56
03/08/19	John Foss, South London H	40.21	16/03/19	Alistair Davy, Leeds City	49.19
17/07/21	David Ogden, South London	36.41	17/07/21	John Quaintance, South London H	48.57
21/5/22	Roger Beardsworth, Kent AC	38.28	19/11/22	Andrew Roberts, Serpentine	43:07
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	37.4	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	34.1	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
22/07/17	Marta Bagnati, Serpentine	37.11	26/11/17	Julie Barclay, Woking AC	42.45
04/08/18	Amy Clements, Kent AC	35.13	24/03/18	Lucy Clapp, Dulwich R	45.09
19/10/19	Stephanie Davis, Clapham Chasers	33.21	03/08/19	Susan McDonald, South London H	37.54
17/07/21	Rose Harvey, Clapham Chasers	33.36	17/07/21	Sarah Swinhoe, London Heathside	38.37
16/07/22	Charlotte Taylor, Peterborough & Ne	34.13	06/08/22	Jillian Holford, Tunbridge Wells H	42.45
03/06/23	Rose Harvey, Clapham Chasers	33.14			

DATE	W O/60	TIME	DATE	W O/70	TIME
28/06/05	Sue Lambert, Serpentine	50			
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	01/06/19	Joe Aspinall, Vets AC	61.03
22/07/17	Phil Kelvin, Serpentine	53.04			
17/02/18	Phil Kelvin, Serpentine	50.27			
06/04/19	Marion Rayner, West 4 H	51.29			
23/10/21	Michele Coe-O'Brien, SLH	46.32	20/11/21	Marianne Morris, Serpentine	53.36
26/03/22	Jacky Balfour, Stragglers	41.51	15/10/22	Marion Rayner, West 4 H	56.08

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DATE	M U/50	TIME	DATE	M O/50	TIME
14/05/07	Tom Kingsworth, THH	16	02/07/07	Mike Mann, Dulwich	18.14
04/08/08	Henry Dodwell, Highgate H.	15.5	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	18.1
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
31/07/17	Jonny Hay, Aldershot&Farnham	14.37	17/07/17	Stephen Philcox, Ilford AC	17.15
11/06/18	Robel Bahelbi, Highgate H	14.49	18/06/18	Neil Danby	16.38
15/07/19	Nicolas Torry, Serpentine	14:34	05/08/19	Steve Davies, Dulwich R	16:51
02/08/21	Luc Jolly, Reading AC	15:13	02/08/21	Terry Booth, Guildford & Godalming	16:25
08/08/22	Alexander Lepretre, Highgate H	14.21	7/6/22	Terry Booth, Guildford & Godalming	16:36
18/07/23	Seyfu Jamaal, London Heathside	14:14	13/6/23	Mark Symes, Aldershot Farnham & D	16:09

DATE	M O/60	TIME	DATE	M O/70	TIME
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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	19.1	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
10/07/17	Hugh Balfour, Dulwich R	20.12	07/08/17	Maurice Sharp, Hercules Wimbledon 24.01
16/07/18	Pete Crockford, London Heathside	18.41	16/07/18	Michael Mann, Dulwich R 21.16
08/07/19	Michael Bridgeland, Chelmsford AC	18:17	08/07/19	Ray Clarabut, Trent Park RC 22:19
02/08/21	Gavin Evans, London Heathside	18:26	07/06/21	John Eakin, North Downs AC 21:39
07/06/22	David Ogden, South London	17:42	14/06/22	Michael Mann, Dulwich R 23.34
13/06/23	Koji Miyazaki, Aldershot Farnham	17:36	27/06/23	Andrew Roberts, Serpentine 21:14

DATE	M O/80	TIME		
17/07/17	Cliff Collins, Vets AC	26.15	13/08/18	Cliff Collins, Vets AC 27.36
03/06/19	Cliff Collins, Vets AC	27.51	02/08/21	Joe Aspinall, VETS AC 31.58
08/08/22	Joe Aspinall, Vets AC	33.47	27/06/23	Peter Torre, Vets AC 33.00

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	17.5	03/08/09	Andrea Sanders-Reece, M.Chasers	21.1
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
31/07/17	Stephanie Davis, Clapham Chasers	16.5	31/07/17	Rose Lewis, West 4 H	21.29
11/06/18	Sophie Harris, Belgrave H	16.34	13/08/18	Alice Riddell-Webster, Redditch & B	20:31
10/06/19	Sophie Harris, Swansea H	16:33	10/06/19	Clare Elms, Dulwich R	17:48
21/06/21	Sophie Harris, Swansea H	16:28	14/06/21	Sarah Swinhoe, London Heathside	19:35
14/06/22	Georgie Grgec, Herne Hill H	16.09	07/06/22	Susan McDonald, SLH	18:55
27/06/23	Lucy Reid, Tonbridge AC	16:00	08/08/22	Clare Elms, Kent AC	18:04

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			
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		
13/06/16	Ros Tabor, Dulwich R	22.02		
07/08/17	Avril Riddell, Mornington Chasers	21.44	07/08/17	Penny Elliott, Waverley H 25.50
06/08/18	Jane Mylryan, Stockport H	22.44	11/06/18	Penny Elliott, Waverley H 26.14
10/06/19	Ros Tabor, Dulwich R	23:09	15/07/19	Penny Elliott, Waverley H 25.24
12/07/21	Liz Killip, Stragglers AC	19:47	21/06/21	Penny Elliott, Waverley H 25.57
08/08/22	Lucy Woolhouse, Vets AC	20.45	14/06/22	Ros Tabor, Dulwich R 26.13
08/08/22	Michelle Coe-O'Brien	23:10	08/08/22	Ros Tabor, Dulwich R 25:39

DATE	W O/80	TIME
27/06/23	Penny Elliott, Waverley H	27.51

RELAY 3 X 1 MILE

DATE	MEN'S	TIME	WOMEN'S	TIME
2009	Nick Shasha, Clinton Thomas, Matt Ponting	14.42	Charlotte Wilton, Josphine Perry, Annie Emerson	18.3
2010	Liam Whiite, Andy Vernon, Kevin Quinn	13.21	Helen Smedhurst, Julia Conway, Suran Dickson	18.09
2011	Jeremy Oldaker, Steve Westlake, Shaun Whelan	14.3	TG deLaubenque, Siobhan Reddy, Helen Windsor	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	16.5
2014	David Jones, Michael Channing, Tom Heslop	14.06	Mairead O'Rourke, Hope Sloly, Kelly Thorneycroft	16.4
2015	Mark Gardner, David Brown, Isaac Scott	14.25	Yasmin Goater, Sophie Sheldrake, Emma Burgess	16.18
2016	Adam Kirk-Smith, Charles Hardy, Andrew Brooker	13.37	Rebecca Piggott, Leigh James, Rebecca Bunting	16.21
2017	Duncan Lawrence, Nick Thomas, David Lawrence	14.12	Rachel Badham, Ros Ponder, Anna Critchlow	16.37
2018	Murray Strain, Alex Crossland, Roger Poolman	13.25	Natalie Carroll, Hazel Jackson, Cat Simpson	17.02
2019	Andrew Clarke, Andrew Warburton, Lewis Laylee	13:43	Rose Penfold, Jackie Skinner, Jessica Saunders	15:29
2022	Peter Chambers, Jake English, Stuart MacDougall	14:01	Anya Culling, Samantha Mare, Alice Neil	16:01

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DATE	M U/50	TIME	DATE	M O/50	TIME
12/06/06	Nick Shasha, Walthamstow	9.49	31/07/06	Michael Mann, Dulwich R	11.11
04/06/07	Tom Kingsnorth, TH+H	9.46	04/06/07	Ray Marriott, SLH	10.52
02/06/08	Martin Reid, City of Sheffield	9.5	02/06/08	Ray Marriott, SLH	10.21
15/06/09	Chris Peach HHH	9.59	08/06/09	Ian Smith, Serpentine	12.04
14/06/10	Kevin Quinn, AFD	9.34	02/08/10	Hugh Scorgie	12.02
06/06/11	Thomas Beedell, Kingston	9.39	01/08/11	Terry O'Neill, Belgrave	11.27
11/07/11	Huw Lobb, Serpentine	9.39			
28/05/12	Huw Lobb, Serpentine	9.53	28/05/12	Jean Luc Hoez, Serpentine	13.19
17/06/13	Thomas Beedell, Woodford Green	9.43	15/07/13	Tony Tuohy, Dulwich R	10.29
16/06/14	Fred Siemeck, Hercules Wimbeldon	9.51	16/06/14	Tony Tuohy, Dulwich R	10.21
01/06/15	Adam Kirk-Smith, London Heathside	9.36	01/06/15	Tony Tuohy, Dulwich R	10.28
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
24/07/06	John Sheridan, London Irish	11.39	01/08/05	Ron Higgs, Barnet+District	13.09
04/06/07	Derek Wardle, Windsor S+E	12.1	23/07/07	John Fraser, Dulwich R	17.14
14/07/08	Roger Green, Woodford Green	12.14	14/07/08	John Fraser, Dulwich R	17.14
15/06/09	Michael Mann, Dulwich R	11.4	10/08/09	Joe Aspinall, Vets AC	14.32
02/08/10	Michael Mann, Dulwich R	11.47	02/08/10	Ken Kwok, Serpentine	16.32
06/06/11	Derek Wardle, VAC	13.14	01/08/11	Joe Aspinall, Vets AC	15.01
28/05/12	Terry Eakin, Northdown AC	12.08	28/05/12	Edmond Simpson, Overton H	14.42
15/07/13	Terry Avey, Brighton & Phoenix	12.46	15/07/13	Joe Aspinall, Vets AC	15.45
16/06/14	Mike Mann, Dulwich R	12.38	16/06/14	Joe Aspinall, Vets AC	15.46
01/06/15	Michael Mann, Dulwich R	12.26	01/06/15	Edwin Bartlett, Vets AC	18.33
01/08/16	Valdis Pauzers, Heme Hill H	13.3	01/08/16	Dennis Williams, Hercules Wimbledon	15.45

DATE	W U/50	TIME	DATE	W O/50	TIME
07/07/03	Meredith Pannett, Dulwich R	10.37			
19/06/06	Fiona Kennedy, Ealing Sth+Midx	11.59	10/07/06	Ros Tabor, Dulwich R	13.09
23/07/07	Justina Heslop, Clapham Chaser	11.18	04/06/07	Jane Laws, Barnet & District	11.14
14/07/08	Rasa Kavaliaskaite	11.24	11/08/08	Sarah Newton, Serpentine	13.07
15/06/09	Sian Thomas, Chiltern H	12.25	13/07/09	Andrea Sanders-Reece, M.Chasers	13.23
02/08/10	Clare Elms, Dulwich R	10.56	12/07/10	Andrea Sanders-Reece, M.Chasers	13.02
01/08/11	Helen Taranowski, West 4H	11.47	11/07/11	Andrea Sanders-Reece, M.Chasers	12.58
28/05/12	Vicky Frew, Edinburgh City	12.07	28/05/12	Andrea Sanders-Reece, M.Chasers	13.2
17/06/13	Tina Gray, Fulham	12.05	17/06/13	Andrea Sanders-Reece, M.Chasers	13.04
16/06/14	Melanie Edwards, Dulwich R	11.5	16/06/14	Clare Elms, Dulwich R	11.1
01/06/15	Stephanie Davis, Clapham Chasers	10.54	01/06/15	Clare Elms, Dulwich R	11.25
01/08/16	Katie Ferguson, Clapham Chasers	12.21	01/08/16	Lucy Clapp, Dulwich Runners	13.28
04/07/05	Pauline Rich, Serpentine	14			
07/08/06	Sue Lambert, Serpentine	15.2			
18/06/07	Sue Lambert, Serpentine	15.13			
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	#####	Sue Lambert, Serpentine	15.57
17/06/13	Lesley Young, Dulwich Pk	24.19	#####	Sue Lambert, Serpentine	16.15
16/06/14	Ros Tabor, Dulwich R	13.3			
01/06/15	Claire Steward, Dulwich R	14.22			
01/08/16	Andrea Sanders-Reece, M.Chasers	14.42			

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DATE	M U/50	TIME	DATE	M O/50	TIME
22/09/07	Martin Alvarez-Espinar, Spain	55.04	#####	Robert Jacobs, HHH	59.43
12/07/08	John Gilbert	54.44	#####	Robert Jacobs, HHH	62.48
07/03/09	James Savage, Stourbridge	55.36	#####	David Smith, Dulwich Pk	66.2
06/03/10	Kevin Quinn, AFD	50.52	#####	James Godkin, Dulwich R	60.02
05/03/11	Michael Coleman, Medway & Maidst	51.52	#####	David Child, Kent AC	58.29
03/03/12	Jason Cherriman, Orpington RR	52.58	#####	Keith Ewing, Blackheath&Bromley	57.58
02/03/13	Chris Busaileh, HHH	51.34	#####	Gary Ironmonger, HHH	60.34
25/10/14	Chris Busalieh, Herne Hill H	52.02	#####	Gary Christie, Brighton & Hove	60.52
28/02/15	Martin Dematteis	51.4	#####	Tony Tuohy, Dulwich R	58.51
02/04/16	Tom Aldred, London Heathside	52.32	#####	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	#####	Mike Browne, Vets AC	102
07/03/09	Tony Farmer, Dartford H	70.46	#####	Wally Garrod, Ranelagh	89.18
11/09/10	Liam O'Hare, Barnet and District	65.47	#####	Philip Turley, Epsom & Ewell	77.29
05/03/11	John Stone, Serpentine	72.16	#####	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	#####	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	#####	Marion Rayner, West 4 H	73.33
07/03/09	Claire Imrie, Serpentine	65.3	#####	Marion Rayner, West 4 H	73.38
03/07/10	Kate Brown, AFD	62.5	#####	Sarah Newton, Serpentine	75.34
16/07/11	Lauren Stewart	62.28			
03/03/12	Catherine Ansell, Imperial	58.29	#####	Lyn Hickey, Sutton Runners	88.03
09/11/13	Susannah Evans, Wimbledon W	62.34	#####	Susan Loken, BTB	63.28
25/10/14	Susannah Evans, Wimbledon W	65.27	#####	Alison Pumell, Hercules Wimbledon	77.55
28/02/15	Isobel Everest, Biggleswade	67.21	#####	Lesley Levison, Hillingdon Tri	86.07
15/10/16	Alison Bryant-Smith, Serpentine	64.14	#####	Kate Ledin, Buxton & District	79.45
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			

