

Cockerel 10k Winners 2019

Men	Name	Club	Time
1	George Grassly	DMVAC	00:34:24
2	Alastair Bloore	Epsom & Ewell	00:38:41
3	Robin Boon	G&G AC	00:39:19

Women	Name	Club	Time
1	Christine Wakefield	DMVAC	00:43:47
2	Sarah Cockayne	Epsom Oddballs	00:48:15
3	Cathryn Rees	Clapham Chasers	00:48:58

Age groups (the top 3 are removed from the Age groups as one prize per winner)

Men

16-29	Name	Club	Time
1	Antoine Poterie	EGAS	00:43:29
2	Alexander Haxton	DMVAC	00:43:33

30-39	Name	Club	Time
1	Roderick Akihary	Fulham Running Club	00:40:20
2	Daniel Black	Aldershot Farnham & District	00:40:33
3	Eli Dawson	Alton Runners	00:43:54

40-49	Name	Club	Time
1	Richard Farrant		00:43:53
2	Paul McKay	Crawley AC	00:44:43
3	Simon Felstead	Runnymede Runners	00:45:42

50-59	Name	Club	Time
1	Howard Jones	DMVAC	00:41:34
2	Peter Rejchrt	Westbourne RC	00:45:50
3	Mark Lloyd		00:49:50

60-69	Name	Club	Time
1	Chris Wigby	Horsham Joggers	00:44:21
2	Walter Hill	Crawley AC	00:46:22
3	David George	26.2 RRC	00:49:42

70+	Name	Club	Time
1	Colin E Shaw	Mel's Milers Jogging Club	00:53:37

Women

16-29	Name	Club	Time
1	Louise Bullen		00:55:38
2	Aimee Wilson		01:17:15

30-39	Name	Club	Time
1	Helen Waterhouse		00:49:32
2	Louise Bellamy		00:49:54
3	Narinder Kalsi		00:51:18

40-49			
1	Caroline Roach		00:50:41
2	Nicolette Hutton	Fitstuff	00:54:22
3	Christine Rode		00:55:38

50-59	Name	Club	Time
	Lindsay Middleton-		
1	Scarr		00:52:27
2	Zoe Hogg		00:55:36
3	Sharmila Kar	Reigate Ladies Joggers	00:58:43

60-69	Name	Club	Time
1	Caroline Ferrari		01:00:04
2	Karen Wigmore		01:03:19
3	Sally Rogers		01:09:40

70+	Name	Club	Time
1	Krysia Broda	Epsom Allsorts	01:05:33