

**SUDBURY COURT 10K - 17 May 2009**  
**RESULTS BY CATEGORY**

<b>Male Up to 40 (M1)</b>			
Position	Time	Name	Club
1	35.44	NORRIS Peter	Harrow
2	36.55	McNULTY David	London Front Runners
3	37.13	BIRCHLEY Robert	Victoria Park Harriers
4	38.01	DMITRZAK Miachael	Queens Park Harriers
5	38.21	TAYLOR Andrew	Unattached
6	38.25	GREENE Brendan	QPH
7	39.15	BOLLMANN Michael	Unattached
8	39.49	DELAHUISTY Mark	Ealing Southall & Middlesex
9	40.02	GRITTON Danielle	Unattached
10	40.51	YATES Tom	Unattached
11	40.58	COMSULEA Mihai	Serpentine
12	41.34	DODD Andy	Ealing Southall & Middlesex
13	42.4	MORRIS Michael	Serpentine
14	42.41	HADDAD Senan	Unattached
15	43.33	SHARPE Steven	Harrow
16	44.23	MORRIS Christian	Serpentine
17	44.54	PETERS Tony	Unattached
18	45.46	GILBERT Matt	Unattached
19	46.04	HANN Ernie	Unattached
20	46.24	WALTER Christian	Unattached
21	47.22	WOOD Darren	Unattached
22	47.37	PATEL Pritesh	Metros
23	48.16	WALERYCH James	QPH
24	48.24	HADDAD Basem	Butterfly
25	49.48	RIDDLE Martin	Unattached
26	51.04	WHEELER Dean	Serpentine
27	52.03	KEYS Michael	Unattached
28	52.58	SMITH Dave	Unattached
29	53.04	MATHARU Sanj	Unattached
30	54.51	MISTRY Ketan	Unattached
31	61.23	MANGAT Rashminder	Unattached
32	63.08	LIMANI Bhavesh	Unattached
33	67.21	ASQHER Shakeel	Unattached
34	70.04	ALI-DADA Mohammad	Unattached
35	71.19	SHIGAN Soni	Queens Park Harriers

<b>Female Up to 35 (F1)</b>			
Position	Time	Name	Club
1	43.46	BRADLEY Jennifer	Serpentine
2	45.51	MOSEDALE Emily	Victoria Park Harriers
3	50.03	GARDINER Katharine	Unattached
4	50.56	OVINK Caroline	Unattached
5	52.13	VENDETTE Nathalie	Serpentine
6	52.18	NITAYAWU Kim	Unattached
7	52.23	VAATZ Stephanie	Serpentine
8	52.42	RICE Caitly	Unattached
9	54.52	LOPEZ Tamara	Serpentine
10	55.32	PAMIDIGHAMTAY Sre	Unattached
11	56.16	AMPAH Mary	Unattached

<b>Male 40-49 (M2)</b>			
Position	Time	Name	Club
1	35.11	RACKHAM Nigel	Metros
2	38.42	BAILEY Chris	Highgate
3	38.47	WICKS Steven	Hillingdon
4	41.56	AINSWORTH Jonathan	Queens Park Harriers
5	44.46	HILL Matin	Unattached
6	46.01	SAUNDERS Rowan	Thames Valley Harriers
7	47.28	GREENE John	Serpentine
8	48.37	WOOD David	Unattached
9	50.02	HANN Kevin	Redhill District Royal Mail RC
10	50.13	MACDOWALL Peter	Unattached
11	50.54	GORDON-WILKIN Geret	Unattached
12	51.49	NATHAN Peter	Unattached
13	53.06	BROWNLEE David	Unattached
14	58.31	RUTT Dave	Realbuzz
15	64.42	OCHIA Andrew	Unattached

<b>Female 35-49 (F2)</b>			
Position	Time	Name	Club
1	44.22	MANERA Claudia	Ealing Southall & Middlesex
2	46.36	LEE Jane	David Lloyd Pacers
3	47.14	REID Jacqui	Met Police
4	56.28	ALLIEU Mary	Unattached
5	56.4	WELLS Carole	Unattached
6	57.17	DAVIS Dawn	Fittleworth Flyer
7	58.21	ARMSTRONG Jacqueli	Wattford Joggers
8	58.4	GRAHAM Anne-Marie	Unattached
9	63.28	HARROD Susan	Unattached
10	66.59	CORCORAN Catherine	Metros
11	73.39	HUDSON Penny	Metros
12	75.3	HOWSON Julia	Unattached

<b>Male 50-59 (M3)</b>			
Position	Time	Name	Club
1	41.42	MERCEY Charles	Unattached
2	42.27	PAULL Stephen	Metros
3	43.06	HYMES Gary	Serpentine
4	43.4	NOLAN Frank	Queens Park Harriers
5	43.44	WATSON Tony	Unattached
6	43.51	BUTCHER Steven	Unattached
7	43.53	SCOFFHAM Alastair	Metros
8	44.18	MORRIS Thomas	Hercules Wimbledon AC
9	44.49	VITORINO Jose	Unattached
10	45.17	REYNOLDS Peter	Metros
11	46.46	RATCLIFFE Paul	Unattached
12	48.58	BURN Michael	Unattached
13	49.11	SMITH Richard	Serpentine
14	50.1	HALL Ian	Serpentine
15	50.21	GORTON John	Metros
16	52.17	BAMFORTH Derek	Metros
17	52.51	ISHERWOOD Ian	Hercules Wimbledon AC
18	53.06	WILENCZYC Stefan	Unattached
19	61.3	WALERYCH John	QPH
20	63.44	PERKINS Chris	Unattached
21	68.35	ECKERSLEY Kevin	Unattached
22	70.41	DODDRIDGE Ben	Queens Park Harriers

<b>Female 50 - 59 (F3)</b>			
Position	Time	Name	Club
1	49.02	NEWTON Sarah	Serpentine
2	50.53	ANSELL Mel	Unattached
3	53.28	MORRIS Marianne	Serpentine
4	54.46	HUDSON Jane	Metros
5	56.53	MERCEY Danielle	Unattached
6	62.58	ATTWOOD Elspeth	Unattached
7	63.25	PAULL Irene	Metros
8	65.26	WESTWOOD Sarah	Metros
9	66.44	LEWIS Mary	Unattached
10	72.12	ALLCARD Cathy	Sudbury Court RC
11	75.3	HARROD Ann	Mandy Cardiff
12	76.55	GAITSKELL Linda	Metros
13	76.55	MURPHY Angela	Metros

<b>Male 60 plus (M4)</b>			
Position	Time	Name	Club
1	48.49	JOSE Peter	Metros
2	53.56	WATTS Geoffery	Unattached
3	57.44	O'CONNOR Bill	Queens Park Harriers
4	62.49	COOPER John	Unattached
5	66.03	EVANS Keith	Serpentine
6	68.3	MORRIS Keith	Serpentine
7	76.27	LISK Harlod	QPH

<b>Female 60 plus (F4)</b>			
Position	Time	Name	Club
1	50.21	PORTER Gertrud	Metros