

Sudbury Court RC records (as at 12/6/2022)

Recent records in red

Category	Name	Race	Date	Time
1 Mile				
V 35	Victor Tsui	Battersea	22/07/2019	6:09
V 55	Martin Garrett	Westminster	26/05/2013	6:28
V 60	Tony Watson	Westminster	28/05/2017	6:09
V 65	Martin Garrett	Westminster	26/05/2019	6:57
Senior female	Ellen Smyth	Finsbury Park	21/06/2019	7:16
FV 35	Kay Bennett	City of London	19/06/2016	8:01
FV 40	Geraldine Mattis	Westminster	28/05/2017	12:22
FV 50	Tracey Nobbs	Westminster	26/05/2019	8:32
FV 55	Liz Abrahams	Perivale	23/04/2022	7:42
5 Kilometre				
Junior male	Jack McDermott	Hyde Park	27/08/2010	23:42
Senior male	Colin Goulding	Bushey parkrun	17/10/2009	18:31
V 35	Colin Goulding	Cannon Hill parkrun	29/10/2016	19:01
V 40	Abdul Basit	Kensington Gardens	20/07/2012	19:28
V 45	Martin Garrett	Hyde Park	29/09/2000	19:45
V 50	Martin Garrett	Hyde Park	30/09/2005	21:32
V 55	Tony Watson	Gladstone parkrun	04/06/2016	20:11
V 60	Tony Watson	Gladstone parkrun	12/05/2018	21:12
V 65	Tony Watson	Gladstone parkrun	30/04/2022	21:47
Junior female	Amy Watson	Gladstone parkrun	04/04/2015	30:15
Senior female	Ruth Gloster	Old Deer Park	19/05/2012	22:11
FV 35	Simona Cristea	Hackney 5k	25/09/2021	21:25
FV 40	Julie Newstead	Old Deer Park	08/06/2011	23:17
FV 45	Sue Davison	Hyde Park	28/08/2009	24:30
FV 50	Liz Abrahams	Canons Park parkrun	22/04/2017	23:13
FV 55	Yvonne Walker	Harrow parkrun	18/11/2017	25:38
FV 60	Yvonne Walker	Harrow parkrun	20/11/2021	24:00
FV 65	Trisha Edwards	Gladstone parkrun	11/05/2019	33:46
FV 70	Sue Boucher	Gladstone parkrun	11/05/2019	32:39
5 Mile				
Senior male	Colin Goulding	Ealing (SL)	07/05/2009	32:14
V 35	Colin Goulding	Southampton	27/09/2015	31:09
V 40	Nick King	BAD5 Barking	29/05/2005	32:27
V 45	Martin Garrett	Hatch End	21/11/1999	31:46
V 50	Martin Garrett	Marlow	05/11/2008	33:27
V 55	Tony Watson	Concorde 5	06/05/2016	33:11

V 60	Tony Watson	Perivale 5	05/12/2021	35:12
V 65	Tony Watson	Pednor 5	02/05/2022	37:03
V 70	Brian Kaufman	Battersea (SL)	07/10/2011	49:39
V 75	Bob Davidson	Amersham	17/09/2006	48:32
Junior female	Amy Watson	Ealing (SL)	07/06/2014	52:36
Senior female	Simona Cristea	Harrow (SL)	17/06/2018	37:27
FV 35	Julie Newstead	Marlow	07/05/2006	38:56
FV 40	Julie Newstead	Battersea (SL)	17/08/2008	36:38
FV 45	Sue Davison	Ealing (SL)	07/01/2007	40:46
FV 50	Liz Abrahams	Dulwich (SL)	02/07/2017	39:54
FV 55	Yvonne Walker	Harrow (SL)	17/06/2018	41:45
FV 60	Yvonne Walker	Dulwich (SL)	15/08/2021	41:58

10 Kilometre

Senior male	Dan Smith	Vitality London	02/05/2022	39:47
V 35	Colin Goulding	Kew Gardens	09/06/2015	38:37
V 40	Nick King	Dorney Dash	07/02/2005	42:14
V 45	Malcolm French	Harrow	15/04/2000	41:22
V 50	Martin Garrett	Hyde Park	01/01/2008	41:55
V 55	Tony Watson	Battersea (SL)	18/08/2013	41:53
V 60	Tony Watson	Battersea (SL)	20/08/2017	43:16
V 65	Tony Watson	Vitality London	02/05/2022	44:08
V 70	Brian Kaufman	Regent's Park (SL)	24/07/2011	1:01:58

Junior female	Amy Watson	Regent's Park (SL)	20/07/2014	1:10:00
Senior female	Simona Cristea	Spitfire 10K	31/08/2019	46:42
FV 35	Sue Davison	Harrow	15/04/2000	43:58
FV 40	Julie Newstead	Bearbrook 10k	08/10/2008	45:55
FV 45	Sue Davison	Harrow (SL)	21/06/2009	50:36
FV 50	Liz Abrahams	Gunnerybury (SL)	04/06/2017	49:04
FV 55	Yvonne Walker	Battersea (SL)	20/08/2017	53:03
FV 60	Yvonne Walker	Regent's Park (SL)	25/07/2021	52:43
FV 65	Tricia Edwards	Vitality London	27/05/2019	1:15:59
FV 70	Sue Boucher	Vitality London	27/05/2019	1:09:36

10 Mile

Senior male	Colin Goulding	Tiptree 10	10/11/2009	1:04:56
V 40	Nick King	Fred Hughes 10	30/01/2005	1:10:27
V 45	Martin Garrett	Cabbage Patch 10	23/09/2001	1:12:40
V 50	Dan Dillon	Cabbage Patch 10	20/10/2002	1:05:30
V 55	Tony Watson	Fred Hughes 10	24/01/2016	1:11:54
V 60	Tony Watson	Thames Towpath 10	09/04/2017	1:15:00
V 65	Martin Garrett	Pednor 10	30/12/2018	1:25:12
Senior female	Ellen Smyth	Fred Hughes 10	20/01/2019	1:33:53

FV 35	Julie Newstead	Cabbage Patch 10	14/10/2007	1:16:48
FV 40	Julie Newstead	Cabbage Patch 10	18/10/2009	1:18:14
FV 45	Sue Davison	Cabbage Patch 10	19/10/2008	1:20:59
FV 50	Liz Abrahams	Fred Hughes 10	20/01/2019	1:25:57
FV 55	Yvonne Walker	Great South Run	22/10/2017	1:27:49
FV 60	Yvonne Walker	Fred Hughes 10	23/01/2022	1:32:29

Half Marathon

Senior male	Colin Goulding	Gosport	15/11/2009	1:24:46
V 35	Colin Goulding	Putney & Fulham	04/10/2016	1:33:44
V 40	Nick King	Wokingham	13/02/2005	1:33:30
V 45	Martin Garrett	Harrow	11/05/2000	1:30:33
V 50	Dan Dillon	Watford	04/04/2001	1:26:51
V 55	Tony Watson	Hillingdon	23/04/2014	1:37:34
V 60	Tony Watson	Ealing	26/09/2021	1:40:32
V 65	Tony Watson	Richmond Park	27/02/2022	1:41:42

Senior female	Molly Smyth	Crystal Palace	12/12/2021	1:44:06
FV 35	Simona Cristea	St. Neots	21/11/2021	1:38:37
FV 40	Julie Newstead	Reading	03/02/2008	1:42:57
FV 45	Sue Davison	Reading	25/03/2007	1:49:34
FV 50	Liz Abrahams	Milton Keynes	01/05/2017	1:55:48
FV 55	Yvonne Walker	Edinburgh	26/05/2019	1:55:06
FV 60	Yvonne Walker	Big Half	22/08/2021	1:49:52

20 Mile

Senior male	Gavin Imrie	Finchley	03/09/2008	2:39:38
V 35	Victor Tsui	Thames Riverside	05/03/2017	2:53:30
V 40	Nick King	Worthing	20/03/2005	2:27:46
V 45	Mark Mulvenna	Finchley	15/03/2009	2:58:15
V 50	Martin Garrett	Finchley	03/09/2008	2:32:31
V 55	Tony Watson	Kingston	04/03/2016	2:46:16
V 60	Martin Garrett	Finchley	12/03/2017	2:58:47

FV 35	Marina Visal	Finchley	13/03/2005	2:55:40
FV 40	Ruth Jackson	Finchley	03/09/2008	3:00:45
FV 45	Sue Davison	Finchley	15/03/2009	2:58:15

Marathon

Senior male	Dan Smith	Paris	03/04/2022	3:21:54
V 35	Victor Tsui	Berlin	24/09/2017	3:28:48
V 40	Nick King	Zurich	04/03/2005	3:26:09
V 45	Yogi Patel	Dorney Lake	04/04/2021	3:24:27
V 50	Martin Garrett	London	13/04/2008	3:52:01
V 55	Tony Watson	Kingston	10/11/2015	3:48:05
V 60	Tony Watson	Stirling	21/05/2017	4:08:49

Senior female	Ruth Gloster	Edinburgh	22/05/2011	3:55:46
FV 35	Simona Cristea	Dorney Lake	04/04/2021	3:46:31
FV 40	Julie Newstead	London	16/04/2009	3:48:45
FV 45	Ruth Jackson	Los Angeles	18/03/2012	4:17:53
FV 50	Liz Abrahams	Edinburgh	27/05/2018	4:13:42
FV 55	Yvonne Walker	Edinburgh	27/05/2018	4:18:07
FV 60	Yvonne Walker	London	03/10/2021	4:07:17
FV 65	Uma Bhatt	London	03/10/2021	4:45:31