

Sudbury Court RC records (as at 4/9/2019)				
Recent records in red				
Category	Name	Race	Date	Time
1 Mile				
V 35	Victor Tsui	Battersea	7/22/19	6:09
V 55	Martin Garrett	Westminster	5/26/13	6:28
V 60	Tony Watson	Westminster	5/28/17	6:09
V 65	Martin Garrett	Westminster	5/26/19	6:57
Senior female	Ellen Smyth	Finsbury Park	6/21/19	7:16
FV 35	Kay Bennett	City of London	6/19/16	8:01
FV 40	Geraldine Mattis	Westminster	5/28/17	12:22
FV 50	Tracey Nobbs	Westminster	5/26/19	8:32
5 Kilometre				
Junior male	Jack McDermott	Hyde Park	8/27/10	23:42
Senior male	Colin Goulding	Bushey park	10/17/09	18:31
V 35	Colin Goulding	Cannon Hill	10/29/16	19:01
V 40	Abdul Basit	Kensington Gardens	7/20/12	19:28
V 45	Martin Garrett	Hyde Park	9/29/00	19:45
V 50	Martin Garrett	Hyde Park	9/30/05	21:32
V 55	Tony Watson	Gladstone Park	6/4/16	20:11
V 60	Tony Watson	Gladstone Park	5/12/18	21:12
V 65	Martin Garrett	Gladstone Park	11/17/18	24:45
Junior female	Amy Watson	Gladstone Park	4/4/15	30:15
Senior female	Ruth Gloster	Old Deer Park	5/19/12	22:11
FV 35	Angela Tomusange	Gladstone Park	10/29/16	26:47
FV 40	Julie Newstead	Old Deer Park	6/8/11	23:17
FV 45	Sue Davison	Hyde Park	8/28/09	24:30
FV 50	Liz Abrahams	Canons Park	4/22/17	23:13
FV 55	Yvonne Walker	Harrow	11/18/17	25:38
FV 60	Bev Thomas	Bushey TT	10/13/07	33:29
FV 65	Trisha Edwards	Gladstone Park	5/11/19	33:46
FV 70	Sue Boucher	Gladstone Park	5/11/19	32:39
5 Mile				
Senior male	Colin Goulding	Ealing (SL)	5/7/09	32:14
V 35	Colin Goulding	Southampton	9/27/15	31:09
V 40	Nick King	BAD5 Barking	5/29/05	32:27
V 45	Martin Garrett	Hatch End	11/21/99	31:46
V 50	Martin Garrett	Marlow	11/5/08	33:27
V 55	Tony Watson	Concorde 5	5/6/16	33:11
V 60	Tony Watson	Pednor 5	5/1/17	35:18
V 65	Chris Stagg	Marlow	6/5/11	49:22
V 70	Brian Kaufman	Battersea (SL)	10/7/11	49:39
V 75	Bob Davidson	Amersham	9/17/06	48:32
Junior female	Amy Watson	Ealing (SL)	6/7/14	52:36
Senior female	Simona Cristea	Harrow (SL)	6/17/18	37:27
FV 35	Julie Newstead	Marlow	5/7/06	38:56
FV 40	Julie Newstead	Battersea (SL)	8/17/08	36:38
FV 45	Sue Davison	Ealing (SL)	1/7/07	40:46
FV 50	Liz Abrahams	Dulwich (SL)	7/2/17	39:54
FV 55	Yvonne Walker	Harrow (SL)	6/17/18	41:45
FV 60	Bev Thomas	Marlow	7/5/06	56:45
10 Kilometre				
Senior male	Colin Goulding	Dulwich (SL)	5/31/09	40:26
V 35	Colin Goulding	Kew Gardens	6/9/15	38:37
V 40	Nick King	Dorney Dash	2/7/05	42:14
V 45	Malcolm French	Harrow	4/15/00	41:22
V 50	Martin Garrett	Hyde Park	1/1/08	41:55
V 55	Tony Watson	Battersea (SL)	8/18/13	41:53
V 60	Tony Watson	Battersea (SL)	8/20/17	43:16
V 65	Bob Davidson	Sudbury Court	5/20/01	50:38
V 70	Brian Kaufman	Regent's Park (SL)	7/24/11	1:01:58
Junior female	Amy Watson	Regent's Park (SL)	7/20/14	1:10:00
Senior female	Simona Cristea	Spitfire 10K	8/31/19	46:42
FV 35	Sue Davison	Harrow	4/15/00	43:58
FV 40	Julie Newstead	Bearbrook 10k	10/8/08	45:55
FV 45	Sue Davison	Harrow (SL)	6/21/09	50:36
FV 50	Liz Abrahams	Gunnerybury (SL)	6/4/17	49:04
FV 55	Yvonne Walker	Battersea (SL)	8/20/17	53:03
FV 60	Bev Thomas	Dulwich (SL)	1/6/08	1:18:05
FV 65	Tricia Edwards	Vitality London	5/27/19	1:15:59
FV 70	Sue Boucher	Vitality London	5/27/19	1:09:36
10 Mile				
Senior male	Colin Goulding	Tiptree 10	11/10/09	1:04:56
V 40	Nick King	Fred Hughes 10	1/30/05	1:10:27
V 45	Martin Garrett	Cabbage Patch 10	9/23/01	1:12:40
V 50	Dan Dillon	Cabbage Patch 10	10/20/02	1:05:30
V 55	Tony Watson	Fred Hughes 10	1/24/16	1:11:54
V 60	Tony Watson	Thames Towpath 10	4/9/17	1:15:00
V 65	Martin Garrett	Pednor 10	12/30/18	1:25:12
FV 35	Julie Newstead	Cabbage Patch 10	10/14/07	1:16:48
FV 40	Julie Newstead	Cabbage Patch 10	10/18/09	1:18:14
FV 45	Sue Davison	Cabbage Patch 10	10/19/08	1:20:59
FV 50	Liz Abrahams	Fred Hughes 10	1/20/19	1:25:57
FV 55	Yvonne Walker	Great South Run	10/22/17	1:27:49
Half Marathon				
Senior male	Colin Goulding	Gosport	11/15/09	1:24:46
V 35	Colin Goulding	Putney & Fulham	10/4/16	1:33:44
V 40	Nick King	Wokingham	2/13/05	1:33:30
V 45	Martin Garrett	Harrow	5/11/00	1:30:33
V 50	Dan Dillon	Watford	4/4/01	1:26:51
V 55	Tony Watson	Hillingdon	4/23/14	1:37:34
V 60	Tony Watson	Maidenhead	9/3/17	1:42:15
V 65	Martin Garrett	Kenilworth	9/1/19	2:08:10
Senior female	Simona Cristea	Kenilworth	9/1/19	1:46:59
FV 35	Sue Davison	Harrow	5/11/00	1:39:59
FV 40	Julie Newstead	Reading	2/3/08	1:42:57
FV 45	Sue Davison	Reading	3/25/07	1:49:34
FV 50	Liz Abrahams	Milton Keynes	5/1/17	1:55:48
FV 55	Yvonne Walker	Edinburgh	5/26/19	1:55:06
20 Mile				
Senior male	Gavin Imrie	Finchley	9/3/08	2:39:38
V 35	Victor Tsui	Thames Riverside	3/5/17	2:53:30
V 40	Nick King	Worthing	3/20/05	2:27:46
V 45	Mark Mulvenna	Finchley	3/15/09	2:58:15
V 50	Martin Garrett	Finchley	9/3/08	2:32:31
V 55	Tony Watson	Kingston	3/4/16	2:46:16
V 60	Martin Garrett	Finchley	3/12/17	2:58:47
FV 35	Marina Visal	Finchley	3/13/05	2:55:40
FV 40	Ruth Jackson	Finchley	9/3/08	3:00:45
FV 45	Sue Davison	Finchley	3/15/09	2:58:15
Marathon				
Senior male	Kwok Lee	London	4/22/07	3:33:44
V 35	Victor Tsui	Berlin	9/24/17	3:28:48
V 40	Nick King	Zurich	3/4/05	3:26:09
V 45	Martin Garrett	London	4/14/02	3:47:09
V 50	Martin Garrett	London	4/13/08	3:52:01
V 55	Tony Watson	Kingston	11/10/15	3:48:05
V 60	Tony Watson	Stirling	5/21/17	4:08:49
Senior female	Ruth Gloster	Edinburgh	5/22/11	3:55:46
FV 35	Ruth Jackson	Paris	10/4/05	4:35:12
FV 40	Julie Newstead	London	4/16/09	3:48:45
FV 45	Ruth Jackson	Los Angeles	3/18/12	4:17:53
FV 50	Liz Abrahams	Edinburgh	5/27/18	4:13:42
FV 55	Yvonne Walker	Edinburgh	5/27/18	4:18:07
FV 60	Uma Bhatt	Cyprus	3/17/19	4:41:29