

**Cockerel 10k Winners 2019**

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

<b>Women</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
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**

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

<b>30-39</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
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

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

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

<b>60-69</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
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

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

**Women**

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

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

<b>40-49</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Caroline Roach		00:50:41
2	Nicolette Hutton	Fitstuff	00:54:22
3	Christine Rode		00:55:38

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

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

<b>70+</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Krysia Broda	Epsom Allsorts	01:05:33