

5km Race 2019			
Position	Name		Time
1	Dale Moran (G)		1.16.29
2	Tim Coogan (G)		1.17.31
3	John Mactear		1.22.34
4	Adrian Feasby		1.24.29
5	Mark Jordan		1.27.55
6	Orissa Llewelyn (G)		1.28.15
7	Martin Shoesmith		1.31.33
8	Mike Porteous (G)		1.35.24
9	Seamus Cullen (G)		1.38.07
10	David Ricketts		1.41.25
11	Merrin Forbes		1.45.03
12	Sharona Harrington		1.47.45
13	Chris Hadlow		1.48.56
14	Jeff Woodall		1.53.10
15	Jeremy Paine		1.53.22
16	Adam Bryant		2.06.25
17	Cliff Wilson		2.16.52
	Jo Fleming	dnf	1.11.27
	Del Hastings	dnf	1.21.30
	Helen Graham	dnf	1.23.36
	Amanda Durrant	dnf	1.54.02

3km Race 2019		
Position	Name	Time
1	Dale Moran (G)	48.27
2	Tim Coogan (G)	48.29
3	Clare Chilton	50.44
4	Kate Mactear	51.05
5	John Mactear	51.12
6	Mark Jordan	53.41
7	Orissa Llewelyn (G)	54.26
8	Dan Annison	56.22
9	Lawrence Wintergold	56.28
10	Steve McMenamin	56.30
11	Mike Jaffe	58.27
12	Mike Porteous (G)	58.30
13	Adrian Feasby	1.01.24
14	David Ricketts	1.05.29
15	Seamus Cullen (G)	1.07.45
16	Emma Jaffe	1.10.50
17	Sharona Harrington	1.11.04
18	Mike Hook	1.13.28
19	Nadia Berthouze	1.14.38
20	Richard Traynor (G)	1.16.41
21	Ian Anderson	1.19.00
22	Caroline Stephens	1.21.58
23	Debbie Ware	1.23.00
24	Craig Gabell	1.23.01
25	Clair Hunt	1.28.40
26	Geraldine T	1.29.32

1km Race 2019		
Position	Name	Time
1	Dale Moran (G)	16.33
2	Tim Coogan (G)	16.36
3	Kate Mactear	16.38
4	John Mactear	17.39
5	Mark Jordan	18.06
6	Adrian Feasby	18.51
7	Orissa Llewelyn (G)	19.14
8	Luc Berthouze	19.50
9	Steve McMenamin	20.50
10	Seamus Cullen (G)	21.06
11	Jo Fleming	21.24
12	Mike Jaffe	21.26
13	Lucy Jaffe	21.37
14	David Ricketts	21.39
15	Annabel Dunstan	22.06
16	Amelia Jaffe	22.21
17	Sharona Harrington	23.27
18	Alice Wintergold	25.39
19	Sally Gardner	27.17
20	Richard Taylor	27.25
21	Hannah Droscher	27.35
22	Caroline Stephens (G)	30.27
23	Mirren Daykil	31.02