|  | STRIDERS OF CROYDON |  |  |  |  | updated24/03/09 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Results for March 2009 |  |  |  |  | red $=$ not included in road rankings/ club records yet |
| Date | Name of Event | Distance |  | Runner, placing | Time | Comments |
| 1-Mar | Eastbourne Half | Half marathon | road | Damian - 48th | 1.30 .21 |  |
|  |  |  |  | Mick T-81st | 1.34 .07 |  |
|  |  |  |  | Matt C-87th | 1.34.11 |  |
|  |  |  |  | Steve H-170th | 1.41 .03 |  |
|  |  |  |  | Tina - 234 th | 1.44 .52 |  |
|  |  |  |  | Susan H-818th | 2.25.55 |  |
|  |  |  |  | Karen C - 835th | 2.30.17 |  |
|  |  |  |  | Andy - 870th | 2.41.30 |  |
|  |  |  |  |  |  |  |
| 1-Mar | Malta Half | Half marathon | road | Alan P-146th | 1.35 .51 |  |
|  |  |  |  |  |  |  |
| 7-Mar | Self Transcendence | 10 miles | road | Damian - 6th | 60.13 |  |
|  |  |  |  | Simon A - 22nd | 67.44 |  |
|  |  |  |  | Alan D-33rd | 70.26 |  |
|  |  |  |  | Mark - 75th | 80.05 |  |
|  |  |  |  |  |  |  |
| 7-Mar | Bromley Vets cross country | 5 miles approx. | xc | Steph U-27th | 43.12 |  |
|  | Sparrows Den |  |  | Hannah - 38th | 47.15 |  |
| 8-Mar |  |  |  |  |  |  |
|  | Leith Hill half | half marathon | xc | Susarnah O-269th | 2.29.23 |  |
| 8 -Mar |  | half marathon |  | Louise A - 2446th | 2.10 .01 |  |
|  | Miton Keynes haf | hafr marathon | road | JP - 2626th | 2.14.23 |  |
|  |  |  |  |  |  |  |
| 8 -Mar | Nonsuch Park 10K Fun Run | 10K approx. | multiterrain | John F - 2nd | 38.57 |  |
|  |  |  |  |  |  |  |
| 14-Mar | East Surrey League | 2.1 miles approx. | road | Chris - 13.21 | 52.05 | Team finished 11th on the day out of 26 teams |
|  | Box Hill relays |  |  | Bob- 13.05 |  |  |
|  |  |  |  | Alan D-13.34 |  |  |
|  |  |  |  | Steve Starvis - 12.05 |  |  |
|  |  |  |  |  |  |  |
| 15-Mar | Seveoaks 10K | 10K | multiterrain | Richard L-S -8th | 38.25 |  |
|  |  |  |  | Paul S -56th | 44.20 |  |
|  |  |  |  | Steph U - 115th (7th FV) | 47.50 |  |
|  |  |  |  | Yasmin - 119th (3rd FS) | 47.54 |  |
|  |  |  |  | Alice - 127th (4th FS) | 48.15 |  |
|  |  |  |  | Paul L-S - 268th | 54.55 |  |
|  |  |  |  | John G - 492nd | 66.25 |  |
|  |  |  |  |  |  |  |
| 15-Mar | Fleet Half | Half marathon | road | John F-95th | 1.23 .28 | Running for the Army |
|  |  |  |  | Steve M - 340th | 1.35 .01 | Running for the Army |
|  |  |  |  | Alan P - 364th | 1.35 .54 | Running for the Army |
|  |  |  |  | Linda - 1146th | 1.54 .56 |  |
| 15-Mar |  |  |  |  |  |  |
|  | Bath Half | Half marathon | road | Duncan -66th | 1.16.25 |  |
| 15-Mar | Stafford Half | Half marathon | road | Steve Smith - 298th | 1.36 .23 |  |
|  |  |  |  |  |  |  |
| 15-Mar | Finchley 20 | 20 miles | road | Lee - 95th | 2.24.41 |  |
|  |  |  |  | Emily - 409th | 3.11.25 |  |
| 15-Mar | ar Hastings Half | Half marathon |  | Justin - 40th |  |  |
| S-Mar | Hastings Hall |  |  | Justin - 40in | 1.23.24 |  |
|  |  |  |  | Chris - 176th | 1.29.29 |  |
|  |  |  |  | Suzy Y-361st | 1.35 .07 |  |
|  |  |  |  | lan Y-365th | 1.35 .09 |  |
|  |  |  |  | Serena - 390th | 1.36 .05 |  |
|  |  |  |  | Darren -687th | 1.42 .01 |  |
|  |  |  |  | Tina -883rd | 1.45 .13 |  |
|  |  |  |  | Tara - 1647th | 1.56.05 | Running for Croydon Running Sisters |
|  |  |  |  | Tom S -883rd | 1.59 .42 |  |
|  |  |  |  | Jo - 1901st | 1.59.24 | Running for Croydon Running Sisters |
|  |  |  |  | Karen Mac - 2618th | 2.10 .16 |  |
|  |  |  |  | Steve T-2868th | 2.15.25 |  |
|  |  |  |  | Karen P - 3193rd | 2.25 .04 |  |
|  |  |  |  | Andy - 3445 th | 2.33 .54 |  |
|  |  |  |  | Victoria - 3556th | 2.43 .56 |  |
| 21-Mar | Orion 15 | 15 miles approx. | multiterrain | Chris -66th | 1.55.14 |  |
|  |  |  |  | Darren-161st | 2.07.22 |  |
|  |  |  |  |  |  |  |
| 22-Mar | Wimbledon (Audi) 10 K | 10K | road | Carmen - 282nd | 49.30 |  |
|  |  |  |  | Anna H-584th | 55.53 |  |
|  | British Military fitness 10K | 10K approx. | multitask | Steph - 17thF | 56.39 | 197 F finishers |
| 28-Mar | BritishMlitary liness Iok | 10K approx. |  | Suzy Y-25th | 59.08 | 197F finishers |
|  |  |  |  | Kerry - 26th | 59.09 |  |
|  |  |  |  | $\operatorname{lan} Y$ - 103rdM | 56.23 | 256M finishers |
| 29-Mar |  |  |  |  |  |  |
|  | Eastleigh 10K | 10K | road | Dave D-767th | 49.35 |  |
| 29-Mar | Cranleigh 15 | 15 miles approx. | road | Justin - 1st | 1.32.50 |  |
|  |  |  |  | Chris - 11th | 1.46 .02 |  |
|  |  |  |  | Susan H-122nd | 2.28 .15 |  |
|  |  |  |  | Steve T-149th | 2.46 .39 |  |
|  |  |  |  | Karen C - 150th | 2.47 .03 |  |
|  |  |  |  | Andy T-153rd | 2.50.20 |  |
|  |  |  |  | Victoria - 422nd | 3.23 .58 |  |
| 29-Mar | Cranleigh 21 | 21 miles approx. | road | Damian - 38th | 2.24.38 |  |
|  |  |  |  | $\operatorname{lan~Y-129th~}$ | 2.44 .26 |  |
|  |  |  |  | Paul F-130th | 2.44.43 |  |
|  |  |  |  | Suzy Y-134th | 2.45 .07 |  |
|  |  |  |  | Kerry - 137th | 2.45.15 |  |
|  |  |  |  | Don-182nd | 2.50.33 |  |

