

STRIDERS OF CROYDON					
Results for May 2011					
Date	Name of Event	Distance	Runner, placing	Time	Comments
1-May	Neolithic Marathon	26.2 miles approx	Linda D - 166th	4:50:34	
1-May	Three Forts Marathon	27.2 miles approx	multiterain	CHRIS W - 26th	4:04:31
1-May	Sutton 10K	10K	road	Lee F - 19th	35:56
				NICK E - 123rd	43:36
				MARLEN - 188th	44:34
				stuart B - 175th	46:22
				JOHN H - 151st	47:07
				Michael C - 161st	47:28
				stuart H - 214th	48:33
				Martin G - 234th	49:59
				Amanda - 255th	51:36
				David D - 284th	53:27
				Shelley - 314th	55:42
				Phil H - 319th	55:43
				Julie J - 374th	60:59
				Sandra - 385th	62:46
				LISA J - 395th	64:07
				Wolona - 409th	69:12
1st & 2nd M	Pony Express	30 miles & 30-mi	multiterain	Suzy Y - 16th (5th F)	11:22:53 Day 1 - 5:22:16; Day 2 - 6:00:35
2-May	Ted Pepper 10K	10K	road	DAMIAN - 18th	39:01
				Simon A - 26th	40:18
				Steve M - 45th	43:53
				BOB E - 64th	44:21
				Darren - 74th	46:11
				Alec - 79th	45:35
2-May	Esher School 10K	10K	road	Helen - 14th (1st F)	40:35
				Neil F - 56th	46:34
4-May	Buzerorth 5	5 miles		Paul W - 46th	40:21
8-May	Halstead Marathon	Marathon	road	Paul E - 33rd	3:17:50
				Ernie - 261st	4:00:04
8-May	Ecomarathon (Romania)	Marathon	Multiterain	Swavek	7:03
8-May	Sheffield Half	Half marathon	Road	Paul W	1:51:28
11-May	Beckenham Road Relay	3 x 2.6 miles	road	Mick Y	15:56
				Sandra	17:02
				BARRY W	15:47
				Stuart H	19:49
				Martin	18:59
				John F	15:58
				Rubin	20:38
				Colin C	18:32
				Julian	16:36
				Kate C	19:17
				NIKE	18:22
				Steeh	18:40
				Corinne	22:43
				Amanda	20:01
				Matt G	18:49
				Sandra	24:39
				Tom L	18:56
				Steve H	17:05
8-May	Vets track & field - fixture 1	T&F	100m FV50	Sandra F - 4th	17.6
	Kingswood		100m M40	Dave B - 2nd	17.6
			100m M40	Paul C - 5th	13.9
			100m M50	David G - 5th	14.6
			100m M60	Colin C - 4th	17.1
			400m FV55	Linda D - 5th	82.4
			400m M35	Richard L S - 2nd	60.2
			400m M40	Steve M - 2nd	64.1
			400m M50	Dave B - 6th	78.0
			1500m FV58	Linda D - 5th	6:28
			1500m FV58	Karen F - 3rd	7:40.2
			1500m M35	Richard L S - 2nd	4:44.5
			1500m M40	Mick T - 3rd	5:23.6
			1500m M50	Alan D - 4th	5:29.6
			1500m M60	Colin C - 3rd	5:54.5
			2K walk FV55	Karen F - 4th	14:21.0
			2K walk FV50	Kim F - 2nd	14:21.0
			4 x 100m relay F	Sandra, Linda, Karen, Jo P - 3rd	83.1
			4 x 100m relay M	Steve, Mick - 4th	58.4
			Troie Jump FV25	Jo P - 2nd	5.88m
			High Jump M40	Paul C - 2nd	1.45m
			Long Jump M40	Paul C - 3rd	4.38m
			Long Jump M50	David G - 4th	3.92m
			Discus FV25	Linda D - 5th	12.81m
			Discus FV50	Kim F - 4th	6.65m
			Shot M50	JO P	12.88m
			Shot M60	Dave B - 5th	5.33m
			Shot M60	Kevin Bu - 4th	6.95m
			Hammer FV35	JO P - 4th	6.26m
			Hammer FV50	Kim F - 4th	6.43m
			Hammer M40	Dave B - 4th	7.38m
			Hammer M50	Kevin Bu - 5th	13.55m
11-May	Rosenheim League - fixture 1	T&F	Hammer	Kevin Bu - 4th	11:83m
	Battersea Park		Long Jump	Kevin Bu - 5th	1.82m
			Discus	Kevin Bu - 5th	13.15m
			100m	LEE F - 6th	18.9
			200m	Lee F - 6th	37.0
			800m	Lee F - 3rd	2:11.7
			1500m	Lee F - 6th	4:38.8
			3000m	Steve M - 4th	10:17.8
			3000m ns	Lee F	10:28.8
15-May	Exton Half	Half marathon	road	Paul W -	1:48:55
15-May	Hilforest 10K	10k approx	multiterain	Lee F - 1st	37:02
				Russell H - 8th	41:31
				NICK E - 14th	44:04
				Sean G - 21st	48:53
				Linda D - 36th	53:53
				David G - 41st	54:56
				Jo P - 60th	1:02:44
				Paula I - 67th	1:02:44
				Monica L - 81st	1:11:18
15-May	Richmond Half	Half Marathon	road	DAMIAN M - 34th	1:26:41
				Steve T - 724th	2:33:46
15-May	Great Manchester 10K	10K	road	Martin G - 5506th	49:43
15-May	Bogor Prom 10K	10K	road	steph U - 210th	45:10
22-May	Edinburgh Marathon	Marathon	road	Mark B - 694th	3:19:25
				Steve T - 868th	5:18:40
22-May	Copenhagen Marathon	Marathon	road	Andy M	3:16:13
23-May	Vets T&F - Ewell Ct	T&F	200m FV55	Paula I - 4th	43.4
			200m M35	Margaret F - 4th	46.3
			200m M40	Mick T - 4th	57.9
			200m M40	Paul C - 3rd	28.9
			200m M50	David G - 5th	36.8
			800m FV35	Paula I - 4th	4:01.9
			800m FV50	Margaret F - 2nd	3:46.6
			800m M35	Richard L S - 4th	4:14.6
			800m M40	Mick T - 4th	2:38.0
			800m M50	Alan D - 5th	2:47.3
			3000m M35	Richard L S - 1st	10:12.1
			3000m M40	Chris M - 4th	11:40.5
			3000m M50	Hart D - 4th	12:17.9
			3000m ns	Mick Y	11:30.9
			4 x 400m relay M	Alan, Richard, Mick, Chris - 4th	4:53.0
			Long Jump FV55	Jo P - 4th	2.58m
			Shot FV35	Jo P - 5th	6.07m
			Shot M40	Dave B - 6th	4:02m
			Shot M50	Kevin Bu - 4th	5:25
			Javelin FV35	Paula I - 4th	11.73m
			Javelin FV50	Margaret F - 5th	8.04m
			Javelin ns	Jo P	8.75m
			Javelin M35	Richard L S - 6th	19.87m
			Javelin M50	Dave B - 4th	14.86m
			Javelin M60	Kevin Bu - 5th	13.99m
23-May	Rosenheim League - fixture 2	T&F	Hammer	Kevin Bu - 4th	12:20m
	Croydon Arena		High Jump	Ernie - 3rd	1.35m
			Long Jump	Ernie - 5th	3.88m
			Long Jump ns	Sandra	3.28m
			Javelin	LINDA D - 4th	7.93m
			Javelin	Kevin Bu - 5th	13.71m
			100m	Sandra - 4th	17.1
			100m ns	Corinne	21.4
			200m	Ernie - 5th	44.7
			200m ns	Ernie - 5th	31.5
			400m	Ernie - 5th	70.1
			800m	Lee F - 4th	2:09.3
			1500m	LEE F - 4th	4:40.4
			3000m	Steve M - 4th	10:03.0
			3000m ns	Natalie O - 16th	11:01.9
			3000m ns	LINDA D - 16th	1:05:14
			3000m ns	Corinne - 17th	15:50.5
			4 x 200m relay	Lee, Steve, Ernie, Chris - 4th	2:14.5
			4 x 200m relay	Sandra, Corinne, Natalie, Linda - 1st	2:34.4

red = not included in road rankings/ club records yet