

STRIDERS OF CROYDON						
Results for July 2015						
red = not included in road rankings/ club records yet						
Date	Name of Event	Distance		Runner, placing	Time	Comments
4-Jul	Foots Gray Meadows 10km (nr Sidcup)	10km multi terrain		Sunjay Bhogal	51:47 Pos 29/87	
4-Jul	Self-Transcendence battersea 10k	10K flat Battersea park		Stephen Massey Mike Hinchliffe Phil Coales Cara Kayum	39:56 in 32 position 55:30 95th 39:01, 20th 41.31, 51st	
5-Jul	Croydon Ultra	30 miles approx.	multiterrain	Dave Shaw Sophie Shaw	4 hrs 34 minutes 6 hrs 6 minutes	
12-Jul	Wycombe half marathon	Half marathon	road	Richard Mernagh	1:56.02 position 237	
12-Jul	Ranscombe Challenge	90 km	multiterrain	Ozgur Gulec	11:03:37 1st	
13-Jul	Sri Chinmoy Self Transcendence 5K	5K	road	Mike Hinchliffe	24:24 Position 133	
12-Jul	Surrey Badger Half	Half marathon approx.	multiterrain	Mike Stewart Cara Kayum Rosemary Egbe	11th, 1.31.19 44th, 1.40.33, 5th F 398th, 2.52.18	
15-Jul	Phoenix 10K - Brighton	10K	road	Darren Woods Karim Akhtar Terence Buxton	130th, 41.16 344th, 48.30 380th, 49.43	
13-Jul	Vets T&F - fixture 4 Croydon	T&F				
				100m MV35 Dan Hassett - 3rd		13.3
				100m MV40 Paul Stanford - 3rd		13.8
				100m MV50 Chris Morton - 4th		16.9
				100m MV60 David Batten - 3rd		18.0
				2000m walk MV3 David Hoben - 3rd	13.30.1	
				2000m walk MV5 Robert Ewen - 2nd	12.15.3	
				1500m MV35 Simon Webster - 4th	5.15.9	
				1500m MV50 Chris Morton - 4th	5.49.4	
				400m MV35 Dan Hassett - 3rd		57.7
				400m MV40 Paul Stanford - 4th		62.1
				400m MV50 Geoff Pennells - 3rd		74.8
				4 x 100m relay 2nd - Paul C, Paul S, Sim		53.7
				Shot MV40 Paul Cripps - 3rd	7.63m	
				Shot MV50 Martin Gourlay - 6th	5.76m	
				Javelin MV35 Paul Cripps - 3rd	24.98m	
				Javelin MV50 Robert Ewen - 5th	16.18m	
				Javelin MV60 David Batten - 6th	13.75m	
				High jump MV40 Paul Cripps - 2nd	1.45m	
				High jump MV50 Steve Smith - 5th	1.10m	
				Long jump MV35 Dan Hassett - 3rd	4.85m	
				Long jump MV50 Steve Smith - 4th	3.29m	
				100m A Melanie Hinds - 3rd		17.7
				100m FV50 Sandra Francis - 2nd		17.8
				2000m walk FV5 Sandra Francis - 1st	14.08.6	
				400m FV35A Michelle Campbell - 4th		79.0
				400m FV35B Melanie Hinds - 2nd		87.0
				400m FV50 Linda Daniel - 2nd		85.9
				1500m FV35A Rosie Gibbons - 3rd	5.50.8	
				1500m FV35B Nicole Woods - 3rd	6.50.3	
				1500m FV50 Linda Daniel - 3rd	6.53.0	
				4 x 100m relay 3rd - Michelle, Melanie, S		68.9
				Discus FV35 Linda Daniel - 3rd	11.26m	
				Discus FV50 Rosemary Egbe - 4th	8.55m	
				Javelin FV50 Rosemary Egbe - 4th	9.39m	
				High jump FV35 Nicole Woods - 3rd	1.00m	
18-Jul	Elmore 7	7 miles	road	Iain Harrison Peter Mills Justin Macenhill Graeme Drysdale Chris Morton Paul Stanford Steph Upton Peter Laurence Becky Laurence Will Pennells Geoff Pennells Mark Hutchings David Denton	9th, 40.04 22nd, 42.47 55th, 46.00 64th, 46.45 112th, 49.47 123rd, 50.57 133rd, 51.58 138th, 52.27 171st, 54.55 186th, 56.04 189th, 56.13 242nd, 1.01.15 268th, 1.03.39	
19-Jul	Harry Hawkes 10	10 miles road		James Bennett Steve Massey Damian Macenhill Serena Stracey Ian Johnson Karen Peake Keith Dube	3rd, 56.45 86th, 1.12.16 180th, 1.19.15 181st, 1.19.15 195th, 1.20.59 395th, 1.34.02 396th, 1.34.02	
19-Jul	Great Newham London Run	10K	road	Darren Woods Alistair Smith Allie Cairnie Sunjay Bhogal Terence Buxton Patsi Johnson Nicole Woods	354th, 42.31 750th, 45.28 49.03 1746th, 49.52 1883rd, 50.19 1958th, 50.33 3063rd, 54.05	
26-Jul	Elmbridge 10K	10K	road	James Bennett Simone Luciani Iain Harrison Michael Stewart Justin Macenhill Steve Massey Andy Perks Chris Morton Peter Laurence Morena Lironi Alistair Smith Becky Laurence James Burree Richard Tanner Karen Peake Keith Dube Rachel Tanner Melanie Hinds Lynn Seymour Tony Flowers Natalie Seymour Rosemary Egbe Victoria Legge	10th, 33.36 15th, 34.16 19th, 35.10 49th, 37.27 75th, 38.33 107th, 40.06 108th, 40.06 124th, 41.02 181st, 43.30 183rd, 43.41 188th, 43.50 228th, 46.02 254th, 46.26 290th, 47.54 347th, 52.08 348th, 52.08 373rd, 53.30 432nd, 53.25 474th, 64.36 475th, 64.51 477th, 65.16 484th, 67.19 494th, 72.05	
26-Jul	The Caterham Rotary 10k	10K	road	Mark Hutchings Alisha Johnson	00:50:18 - 20th out of 98 01:17:33 - 97th	
26-Jul	Caterham Rotary Half	half marathon	road	Mark Kelly Ian Johnson	1.43.19 1.47.29	
26-Jul	Wimbledon common Half	half marathon approx.	multiterrain	Steve Smith	1:39.55	
30-Jul	NearasDammit, Farthing Downs	10K approx.	xc	Andy Perks Darren Woods Chris Morton Nigel Finch Ian Johnson David Hoben	20th, 42.15 25th, 43.04 26th, 43.09 32nd, 44.09 65th, 50.14 102nd, 1.09.36	