STRIDERS OF CROYDON

Results for July 2016

Date	Name of Event	Distance		Runner, placing	Time
3-Jul	Caterham Half Marathon	13.1 mile road		Selena Wong	1:51:58 (position 74)
				Graeme Drysdale	1:28:44, 7th and 1st V45
				Peter Laurence	23rd - 1:37:52
2-Jul	ISOMAN Marathon - Redditch	marathon		Sunjay Bhogal	03:52:04
10-Jul	North downs half marathon	half marathon	trail	Terence Buxton	2.26.32 (75th)
				Darren Woods	1:59:34 (28th)
				Alison Whitlock	1.59.02 (4th F)
				Greg Williams	1.44.00 (6th)
9-Jul	Summer Ranscombe	Marathon (4.4 miles x 6)	trail	Matthew Ostrowski	4.51.55
6-Jul	Blackheath& Bromley Club Champs	10,000m track		Krzysztof	37.15.1 5th
				Lee Flanagan	36.05.6 2nd
10-Jul	Vitality 10K	10K	road	Marianna Chua	51.20
13-Jul	Brighton Phoenix 10K	10K	road	Karim Akhtar	420th, 49.29
13-Jul	Reigate Summer 10k	10K	road	krzysztof klidzia	37:22 10th 2nd OV50
				Karen Peake	258th, 56.24
				Keith Dube	259th, 56.25
9-Jul	Track & Field	400m	track	Lee Flanagan	58.60
16-Jul	Elmore 7	7 miles	road	Krzysztof	20th 42;56 1st ov50
				Graeme Drysdale	46th, 46.49
				Steve Massey	64th, 48.37
				Sunjay Bhogal	91st, 51.11
				Sam O'dongo	92nd, 51.16
				Mick Turner	102nd, 52.02
				Alistair Smith	116th, 53.37
				Peter Johnson	130th, 54.53
				Selena Wong	175th, 58.44
				David Gunaratnam	188th, 1.00.00
				John O'Mahony	201st, 1.01.24
				Terence Buxton	203rd, 1.01.35
				Linda Daniel	215th, 1.03.10
				Jo Penny	277th, 1.14.57
				Steve Tyler	298th, 1.31.10
				Victoria Legge	300th, 1.36.40
11-Jul	Vets T&F - fixture 4 - Croydon	T&F	100m MV35	Sam O'Dongo - 2nd	12.60
			100m MV40	Steve Massey - 5th	17.10
			100m MV50	Paul Cripps - 2nd	14.00
			100m MV60	Kevin Burnett - 4th	24.80
			400m MV35	Sam O'Dongo - 1st	56.9
			400m MV40	Steve Massey - 3rd	65.0
			400m MV50	Paul Cripps - 2nd	66.2
			2K walk MV35	chris Morton - 4th	17.17.8
			2K walk MV50	David Hoben - 2nd	14.05.7
			2K walk non-scor	Kevin Burnett	15.39.0
			1500m MV35	Simon Webster - 5th	5.17.0
			1500m MV50	Peter Johnson - 3rd	5.31.6
			4 x 100m relay	Paul Cripps, Sam, Steve Mass	3rd in 57.0
			Javelin MV35	chris Morton - 5th	11.74m
			Javelin MV50	Paul Cripps - 2nd	24.90m
			Javelin MV60	Kevin Burnett - 6th	7.36m
			High Jump MV50	Paul Cripps - 1st	1.50m
			Shot MV40	Kevin Burnett - 4th	3.70m
			Shot MV50	Paul Cripps - 4th	8.07m
			Long Jump MV35	Sam O'dongo - 2nd	4.81m
			Long Jump MV50	Paul Cripps - 1st	4.59m
			100m FV35A	Nadine Pryce - 2nd	16.3
			100m FV50	Sandra Francis - 3rd	17.5
			100m FV60	Lorraine Hunte - 2nd	17.8
			400m FV35A	Nadine Pryce - 4th	79.5
			400m FV50	Linda Daniel - 3rd	88.0
			2K walk FV50	Sandra Francis - 4th	14.48.8
			1500m FV35A	Rosie gibbons - 2nd	5.50.0
			1500m FV50	Linda Daniel - 3rd	6.57.1
			4 x 100m relay	Nadine, Sandra, Lorraine, Ros	3rd in 70.0
			Javelin FV35	Nadine Pryce - 2nd	9.53m
25-Jul	Scott Snowdonia Trail Marathon	27.7 miles	multiterrain	Martin Filer	147th, 5.48.25
23-Jul	Harbour Wallbanger Beach Run	7K - sandy beach		Linda Daniel	40.00
23-Jul	Run Killarney 10k	10k undulating road		Michelle Clarke	46:27 (52nd of 798)
				John O'Mahony	45:48 (48th of 798)
20-Jul	J.P Morgan Corporate Challenge - Batters	3.5 Miles		Sunjay Bhogal	24.54
24-Jul	Elmbridge 10K	10K road and towpath		Lee Flanagan	48th, 36.59
				Graeme Drysdale	90th, 39.06
				Stephen Massey	123rd, 40.46
				Chris Morton	152nd, 42.17
				Sunjay Bhogal	154th, 42.21
				Alastair Smith	170th, 43.15
				John Punt	198th, 43.41
				Peter johnson	213th, 45.15
				Darren Woods	239th, 46.09
				Carolyn Storey	263rd, 46.46
				James Burree	283rd, 47.41
				Charlotte Letchford	307th, 48.44
				Terence Buxton	345th, 50.28
				Karim Akhtar	361st, 51.10
				David Gunaratnam	372nd, 51.07
				Richard Tanner	378th, 51.55
				Emily Tanner	379th, 51.54
				Keith Dube	416th, 54.03
				Karen Peake	417th, 54.03
				Nick Fiander	431st, 54.34
				Jo Penny	516th, 1.03.02
31-Jul	Lee Valley Velopark Half Marathon	13.1 miles	road	Sunjay Bhogal	1:36:22 Pos 11th/81 and 2nd
28-Jul	NearAsDammit	10K approx.	xc	Krzysztof Klidzia	6th, 39.45
				Paul Cripps	29th, 44.53
				Chris Morton	35th, 46.04
				Steph Upton	46th, 49.11
				Yasmin Anderson	80th, 56.47