STRIDERS OF CROYDON

Results for June 2015

red = not included in road rankings/ club records yet

Date	Name of Event	Distance		Runner, placing	Time	Comments
7-Jun	Dorking 10	10 miles	road	James Bennett	57.46, 9th	PB
				Iain Harrison	58.28, 14th	PB
				Mike Stewart	1.01.51, 46th	PB
				Justin Macenhill	1.02.02, 48th	
				Rachel Lindley	1.05.04, 74th (5th F)	PB
				Andy Perks	1.06.14, 84th	
				Darren Woods	1.10.31, 146th	
				Josephine Thompson	1.12.36, 172nd	PB
				Peter Laurence	1.14.13, 194th	
				Becky Laurence	1.16.25, 225th	
				Ian Johnson	1.19.29, 275th	
				Terence Buxton	1.29.08, 387th	PB
				Karen Peake	1.35.06, 417th	
				Keith Dube	1.35.05, 418th	
6-Jun	Hurt 10K	10.5 K approx	xc	Chris Morton	54.24, 22nd	
				Steph Upton	1.00.14, 49th (1st FV)	
7-Jun	Rhein-Ruhr Duisburg Marathon, Germa	Marathon, flat road race		Sunjay Bhogal	4 hrs 6 min.	
14-Jun	Liverpool Marathon	Marathon	road	David Gunaratnam	4.02.38	
14-Jun	Orpington High Elms 10K	10k approx.	xc	Graeme Drysdale	20th, 44.30	
				Andy Perks	26th 44.58	
				Chris Morton	27th, 44.59	
				Darren Woods	43rd, 46.58	
				Terence Buxton	160th, 58.24	
				Julie Jordan	330th, 1.23.09	
				Victoria Legge	332nd, 1.26.02	
17-Jun	Dinosaur Dash Relays	Legs fo 5K	multi	James Bennett	2nd fastest, 17.01	Velociraptor team, WINNERS !
	Crystal Palace Park			Iain Harrison	3rd, 17.17	
				Simone Luciani	4th, 17.29	
				Ernie Hann	7th, 17.48	Tyrannosaurus Rex, 5th
				Michael Stewart	18th, 18.38	
				Graeme Drysdale	31st (8th MV40), 19.36	
				Darren Woods	42nd, 20.08	Allosaurus, 14th
				Alistair Smith	67th, 21.14	
				Mick Turner	79th, 21.40	
				Chris Morton	57th, (7th MV50), 20.48	Camotaurus, 16th
				Dennis Seymour	83rd, 21.50	
				Paul Stanford	62nd, 21.01	
				Karim Akhtar	146th, 24.59	Spinosaurus, 36th
				Michael Smalldon	90th ? , 22.16	
				Darren Woods	74th ?, 21.31	
				Paul Cripps	120th, 23.29	Stridersaurus, 38th (10th MV)
				Bernard Nelligan	140th, 24.32	
				Alf Marcovecchio	73rd, 21.30	
				Karen Peake	174th, 26.26	Stegosaurus, 41st (13th mixed)
				Lynn Seymour	185th, 27.22	
				Ernie Hann	20th, 18.49	
				Julian Spencer-Wood	55th, (1st VM60) 20.42	Deinoychus, 44th
				Robin Jamieson	175th, (7th MV60) 26.42	
				Mick George	166th (6th Mv60) 26.10	
				Gerry Crispie	124th, 23.52	Brontosaurus, 59th
				Sandra Francis	221st, 30.25	
				John Gannon	176th, 26.43	
				Keith Dube	111th, 23.06	Tricerotops, 63rd
				Victoria Legge	239th, 35.03	
				Adele Boesinger	151st, 25.13	
				Nadlone Pryce	179th, 26.58	Gigantosaurus, 70th
				Laura Hartney	223rd, 30.51	
				Mel Hinds	217th, 29.20	
				Colin Devanev	230th, 32.45	Devanosaurus, 79th
				Jacqui Devaney	242nd, 36.13	
				Ashley Devaney	156th, 25.24	
15-Jun	Vets T&F - fixture 2	T&F	200m MV35	Sam O'Dongo - 3rd	25.7	
			200m MV50	Geoff Pennells - 5th	34.1	
			200m MV70	Kevin burnett - 4th	45.8	
			200m non score	Paul Stanford	28.1	
			800m MV35	Sam O'Dongo - 4th	2.29.4	
			800m MV40	Justin Macenhill - 2nd	2.14.6	
			800m MV50	Alan Dolton - 5th	2.46.4	
			800m MV60	Julian Spencer-Wood - 2	2.40.5	
			3000m MV35	Geoff Pennells - 5th	12.12.2	
			3000m MV40	Justin Macenhill - 1st	10.15.1	
			3000m MV50	Chris Morton - 4th	11.50.7	
			3000m MV60	Julian Spencer-Wood - 3	11.30.9	
			4 x 400m relay	3rd - Justin, Paul C, Paul	4.06.6	
			Hammer MV40	Paul Cripps - 4th	13.67m	
			Hammer MV50	Dave Batten - 6th	8.04m	
			Hammer MV70	Kevin Burnett - 4th	17.11m	
			Shot putt MV35	Paul Cripps - 4th	7.78m	
			Shot putt MV50	Martin Gourlay - 5th	5.70m	
			Shot putt nonsco	Kevin Burnett -as MV60	5.35m	
			Triple jump MV3	Paul Cripps - 1st	8.54m	
			Triple jump MV5	Bob Ewen - 4th	6.54m	
			200m FV35A	Steph Upton - 3rd	37.5	
			200m FV35B	Lorraine Hunt - 4th	44.5	
			200m FV50	Sandra Francis - 4th	37.5	
			800m FV35A	steph Upton - 5th	3.03.9	
			800m FV35B	Melanie Hinds - 4th	3.29.7	
			800m FV50			
			800m FV60			
			3000m FV35A	Steph Upton - 3rd	12.33.0	
			3000m FV35B	Melanie Hinds - 3rd	15.56.6	
			4 x 400m relay	3rd - Steph, Sandra, Mel	6.30.3	
			Long jump FV50	Sandra Francis - 2nd	2.97m	
			Discus FV35	Rosemary Eobe - 3rd	10.23m	
			Discus FV50	Sandra Francis - 4th	8.85m	
			Hammer FV60	Rosemary Eobe - 3rd	10.64m	
20-Jun	South Downs marathon	trail marathon		Andy Perks	3:36:31 - 23rd;	
				Nick Kyritsis	3:51:28 (52nd place overall)	
				Mark Bayliss	4.06.34, 94th	
				Tony Ostrowski	4.23.55, 169th	
21-Jun	richmond 10K	10K	road	James Bennett	34.03, 11th	
				Iain Harrison	34.59, 22nd	
				Mike Stewart	37.09, 71st	
				Krzysztof Klidzia	37.32, 79th	
				Darren Woods	40.35, 167th	
				Chris Morton	41.26, 193rd	
				Alistair Smith	42.40, 239th	
				Peter Laurence	43.45, 271st	
				Becky Laurence	45.14, 313th	
				Carolyn Storey	47.09, 368th	
				Terence Buxton	50.06, 455th	
				Neil McDonough	53.19, 507th	
				Mick Turner	56.40, 556th	
25-Jun	Near As Dammit	10K approx.	xc	Darren Wood	42.51, 30th	
	Farthing Downs			Chris Morton	44.01, 38th	
				Nigel Finch	45.19, 43rd	
				Becky Laurence	48.03, 57th (3rdF)	
				Steph Upton	49.48, 66th	
				Ian Johnson	49.59, 67th	
				Corinne Carr	1.05.42, 109th	
				Sarah Sutherland	1.07.00, 111th	
				Dave Hoben	1.10.02, 112th	
21-Jun	Brixton 10k	10K approx.	road	Myles McCarthy	51m47s	
21-Jun	Midnight Sun marathon, Tromso	marathon	road	Keith Simpson	4.04.07	1st MV65
28-Jun	Novi Sad marathon, Serbia	marathon	road	Keith Simpson	4 hours 39 minutes	
20-Jun	Brutal Enduro 12 hrs	60 km		Ozour Gulec	7:49:27 8th	
27-Jun	Richmond Park 10km	10K approx.	mix of gravel and	Sunjay Bhogal	51.56 Pos 73/234	
29-Jun	Vets T&F - fixture 3 - Walton	T&F	200m MV35A	Sam O'Dongo - 4th	25.9	
			200m MV35B	Paul Stanford - 4th	28.1	
			200m MV50	Krzysztof Klidzia - 4th	36.2	
			200m MV60	Kevin Burnett - 4th	47.6	
			800m MV35	Krzysztof Klidzia - 4th	2.49.1	
			800m MV50	Alan Dolton - 6th	2.48.0	
			2000m Walk A	Kevin Burnett - 3rd	15.26.2	
			2000m Walk MV	Robert Ewen - 2nd	12.43.2	
			5000m MV35	Simon Webster - 2nd	19.38.2	
			5000m MV40	Chris Morton - 6th	20.37.9	
			5000m MV50	Krzysztof Klidzia - 2nd	18.22.4	
			4 x 200m relay	5th - Paul C, Paul S, Sim	2.02.2	
			Discus MV35	Paul Cripps - 3rd	19.15m	
			discus MV50	Dave Batten - 4th	13.39m	
			Discus Mv60	Kevin Burnett - 5th	18.98m	
			Javelin Mv40	Paul Cripps - 5th	22.35m	
			Javelin Mv50	BobEwen - 5th	14.23m	
			Javelin Mv70	Kevin Burnett - 4th	11.95m	
			Triple jump MV4	Paul Cripps - 1st	10.21m	
			Triple jump MV5	Bob Ewen - 3rd	6.37m	
			Triple jump MV6	David Batten - 3rd	6.18m	
			200m FV35A	Steph Upton - 5th	39.6	
			200m FV50	Sandra Francis - 3rd	36.5	
			800m FV35A	Steph Upton - 5th	3.22.5	
			2000m Walk FV3	Steph Upton - 3rd	15.07.4	
			2000m Walk FV5	Sandra Francis - 3rd	14.18.1	
			Shot FV50	Rosemary Eobe - 3rd	5.25m	
			Hammer FV50	Rosemary Eobe - 4th	16.40m	
27-Jun	Grand Union 50K	50K approx.	trail	Sophie Shaw	6 hours 20 minutes	