

STRIDERS OF CROYDON							
Results for May 2013						red = not included in road rankings/ club records yet	
Date	Name of Event	Distance		Runner, placing	Time	Comments	
6-May	Milton Keynes Marathon	Marathon	road	Lee Wadsworth - 85th	3.15.55		
5-May	Richmond Half	Half Marathon	road	Lee Flanagan - 16th	1.19.19	Striders (3 to score) were 4th in the Surrey champs	
				Krzysztof Klidzia - 18th	1.19.20		
				Damian Macenhill - 23rd	1.22.04		
				Taylor Huggins - 85th	1.31.29		
				Steve Massey - 128th	1.36.10		
				Kate Custis - 208th	1.43.08		
				Karen macenhill - 383rd	1.57.10		
				Charlotte Chapman - 440th	2.02.18		
				Sarah Cobb - 603rd	2.23.02		
6-May	Ted Pepper 10K	10K approx.	multiterrain	Ernie Hann - 22nd	40.25		
				Nigel Collins - 56th	44.00		
				Steve Smith - 80th	46.18		
				Stuart Hills - 149th	51.14		
				Damian Macenhill ? - 150th	51.20		
				gordon connor - 191st	55.27		
				Karen Macenhill - 207th	57.16		
				Simon Ambrosi - 211th	57.48		
				Serena stracey ? - 223rd	60.44		
				Kim Ford - 224th	61.05		
				Karen Connor - 240th	64.37		
11-May	Orpington Marafun	Marathon	road	Simon Ambrosi	3.32.54		
				Sunjay Bhogal	3.47.33		
				Ian Campbell	3.40.51		
				Nick Kyritsis	3.42.53		
12-May	Halstead	Marathon	road	Nick Kyritsis			
				Corinne Carr	4.53.01		
12-May	Sutton 10K	10K	road	Lee Flanagan - 14th	36.03		
				Damian Macenhill - 28th	37.10		
				Matthew Smith - 29th	37.17		
				Ernie Hann - 65th	39.52		
				Simon Webster - 91st	41.47		
				steve Massey - 111th	42.55		
				Nigel collins - 115th	43.10		
				Darren Jackson - 127th	43.55		
				Alan Purchase - 202nd	48.25		
				Becky Laurence - 210th	48.45		
				Stuart Hills - 225th	49.50		
				Martin Gourlay - 235th	50.29		
				Robin Jamieson - 249th	51.30		
				Karen Macenhill - 265th	52.14		
				Gordon Connor - 285th	53.43		
				Colin Hann - 322nd	56.25		
				Sandra Francis - 370th	1.01.44		
				Ivanka Brown - 375th	1.02.09		
				Karen Connor - 378th	1.02.49		
19-May	Hillcrest	10.8 K approx.	multiterrain	Russell Harmsworth - 16th	46.46		
				Mick Turner - 17th	46.57		
				Darren Jackson - 23rd	47.54		
				Nigel Collins - 24th	47.57		
				Geoff Pennells - 28th	49.02		
15-May	Rosenheim League - fixture 1 Battersea Park	T&F	100m	Paul Cripps - 6th	13.91		
			800m	Gearoid Quigley - 4th	2.17.05		
			800m W	Cara Kayum - 3rd	2.43.75		
			800m n/s	Alan Dolton	2.46.90		
			1500m	Gearoid Quigley - 5th	5.07.30		
			400m hurdles	Dan Hassett - 1st	1.03.52		
			Javelin	Paul Cripps - 4th	22.44m		
			Triple Jump	Paul Cripps - 4th	9.95m		
			Discus	Kevin Burnett - 5th	12.97m		
20-May	Southern Vets - fixture 2 Kingsmeadow	T&F	100m MV35	Dan Hassett - 4th	12.80		
			100m MV40	Sam O'Dongo - 4th	13.00		
			100m MV50	David Gunaratnam - 6th	15.30		
			400m MV35	Dan Hassett - 2nd	56.10		
			400m MV40	Sam O'Dongo - 4th	60.40		
			400m MV50	Geoff Pennells - 5th	72.30		
			400m MV60	Dave Batten - 5th	81.70		
			1500m MV35	Steve Massey - 4th	5.15.2		
			1500m MV40	Sam O'Dongo - 6th	5.10.6		
			1500m MV50	Alan Dolton - 5th	5.29.5		
			5000m MV35	Steve Massey - 4th	20.08.2		
			5000m MV50	Geoff Pennells - 5th	21.11.8		
			5000m MV40	Steve Smith	21.45.9		
			5000m MV60	Dave Batten - 1st	23.14.4		
			Medley relay	5th	4.25.1		
			Long jump MV40	Paul Cripps - 2nd	4.55m		
			Long jump MV50	David Gunaratnam - 6th	4.05m		
			Long jump MV60	Kevin Bannister - 1st	3.77m		
			Discus MV40	Paul Cripps - 6th	17.11m		
			Discus MV50	Kevin Burnett - 5th	15.94m		
			Hammer MV40	Paul Cripps - 5th	10.21m		
			Hammer MV50	Kevin Burnett - 6th	14.38m		
			Hammer MV60	David Batten - 6th	7.34m		
			400m FV35	Steph Upton - 4th	82.60		
			400m FV50	Linda Daniel - 3rd	84.30		
			1500m FV35	Steph Upton - 5th	6.20.5		
			1500m FV50	Linda Daniel - 1st	6.35.1		
			Long jump FV50	Sandra Francis - 3rd	2.91m		
29-May	Rosenheim League - fixture 2 Croydon	T&F	100m	Sam O'Dongo - 5th	12.50		
			100m n/s	Paul Stanford	13.60		
			200m	Sam O'Dongo - 5th	25.40		
			800m	Gearoid Quigley - 5th	2.15.6		
			1500m	Ernie Hann - 5th	5.04.6		
			3000m	Krzysztof Klidzia	10.31.2		
			3000m W	Alice Ewen	13.13.1		
			400m hurdles	Dan Hassett - 2nd	64.50		
			4x200m relay M	4th - Dan, Sam, Gearoid, Paul	1.46.7		
			High Jump	Ernie Hann - 5th	1.30m		
			Triple Jump	Steve Massey - 6th	7.30m		
			Discus	Kevin Burnett - 6th	12.25m		
			Hammer	Kevin Burnett - 4th	11.26m		
			100m W	Bernadette Winsborrow - 4th	18.90		
			4x200m relay W	2nd - Steph, Kim, Alice, Bernadette	2.36.7		
			High Jump W	Steph Upton - 2nd	1.05m		
			Discus W	Kim Ford - 3rd	10.55m		