

Results for May 2014

red = not included in road rankings/ club records yet

Date	Name of Event	Distance		Runner, placing	Time	Comments
3-May	Self Transcendence	10K	road	Simon Pannell - 41st	41.09	
3-May	East Grinstead 10	10 miles	multi	sunjay Bhogal	1.39.27	
4-May	Hamburg	Marathon	road	Iain Harrison	2.48.24	
4-May	Three Forts	Marathon	multiterrain	Andrew Perks	4.05.22	
4-May	Richmond Half	Half Marathon	road	Ernie Hann - 26th	1.20.30	
				Chris Morton - 111th	1.31.24	
5-May	Milton Keynes	Marathon	road	Matt Smith	3.19.12	
				Lisa Nolan	4.52	
				Colin Hann	5.01.26	
				Robbie Lashley	5.03.17	
5-May	Watford 10K	10K	road	Sunjay Bhogal	56.26	
5-May	Ted Pepper 10K	10K	multiterrain	simon Ambrosi - 40th	41.54	
				steve Smith - 110th	47.21	
				Andy Elliott - 232nd	57.37	
				Pat Edwards - 259th	1.04.03	
				Steve tyler- 262nd	1.05.18	
4-May	Toronto	Marathon	road	Alison Whitlock	3.54.41	
11-May	Marlborough downs Challenge	33 miles approx.	multiterrain	Ozgur Gulec	6.25.40	
11-May	Ealing Eagles 10K	10K	road	Sunjay Bhogal	51.23	
18-May	Hillcrest 10K	10K approx.	multiterrain	Ernie Hann - 1st	37.51	striders were first team (3 to score)
				Krzysztof Klidzia - 3rd (1st MV)	38.36	
				Mark Bayliss - 7th	44.22	
				Colin Hann - 8th	45.31	
				Darren Woods - 10th	46.17	
				Selena Wong - 26th	54.39	
11-May	sutton 10K	10K	road	Ernie Hann - 23rd	36.41	
				Graeme drysdale - 88th	40.40	
				Karen stretch - 91st (6th F)	40.55	
				Stephen Harrison - 106th	41.45	
				steve Massey - 141st	43.09	
				Alan Dolton - 151st	44.00	
				Alan Purchase - 183rd	45.40	
				Colin Cotton - 210th	47.08	
				Peter Laurence - 219th	47.28	
				Becky Laurence - 234th	48.22	
				Nick fiander - 300th	52.22	
				Linda Daniel - 306th	53.00	
				John O'Dowd - 317th	54.03	
				Karen Peake - 339th	56.21	
				Pat Edwards - 395th	1.02.50	
18-May	Krakow marathon	marathon	road	Linda Daniel - 3132nd	4.08.51	
19-May	Vets T&F - fixture 2 Croydon	T&F	100m MV35	Sam O'Dongo - 2nd	13.0	
			100m MV40	Paul Stanford - 4th	13.5	
			100m MV50	David Gunaratnam- 4th	14.6	
			100m non scorer	Mark Kelly	14.6	
			100m non scorer	John O'Dowd	15.1	
			2K walk MV35	Damian Macenhill - 2nd	13.19.8	
			2K walk MV50	Dave Hoben - 2nd	13.13.5	
			1500m MV35	Steve Massey - 3rd	5.16.4	
			1500m MV40	Justin Macenhill - 2nd	4.46.2	
			1500m MV50	Simon Pannell - 3rd	5.44.5	
			1500m MV60	Julian Spencer-Wood - 2nd	6.23.2	
			1500m non scorer	Mark Kelly	5.21.6	
			400m MV35	Dan Hassett- 2nd	56.5	
			400m MV40	Paul Stanford - 4th	61.3	
			400m MV50	Steve Smith - 5th	73.7	
			400m non scorer	Sam O'Dongo	57.1	
			4 x 100m relay	2nd - Dan H, Paul C, Paul S, Sam O'D	51.3	
			Javelin MV35	Paul Cripps - 3rd	24.24m	
			Javelin MV50	Dave Batten - 5th	15.20m	
			Javelin MV60	Kevin Burnett - 4th	13.67m	
			High Jump MV40	Paul Cripps - 3rd	1.50m	
			High Jump MV50	Steve Smith - 4th	1.30m	
			High Jump MV60	Julian Spencer-Wood - 3rd	0.90m	
			Shot putt MV40	Paul Cripps - 2nd	7.37m	
			Shot putt MV50	Steve Smith - 6th	6.77m	
			Shot put M60 non scorer	Kevin Burnett	5.34m	
			Long jump MV35	Dan Hassett- 2nd	5.00m	
			Long jump MV50	David Gunaratnam- 2nd	4.02m	
			Long jump MV45 non scorer	Paul Cripps	4.54m	
			100m FV50	Sandra Francis - 4th	17.1	
			100m FV60	Lorraine Hunte - 2nd	18.2	
			2K walk FV35	Steph Upton - 1st	13.28.2	
			400m FV35A	steph Upton - 4th	79.9	
			400m FV50	Lorraine Hunte - 3rd	98.4	
			1500m FV35A	Steph Upton - 4th	6.05.5	
			1500m FV35B	Michelle Campbell - 1st	6.25.6	
			1500m FV50	Maggie Statham - 1st	5.55.0	
			4 x 100m relay	4th - Steph, Michelle, Sandra, Maggie	69.1	
17-May	Orpington Marafun Half	half marathon	road	Sunjay Bhogal - 20th	2.00.12	
25-May	Liverpool Marathon	marathon	road	Carolyn storey	3.52.11	
25-May	Royal Windsor River Trail Half	half marathon	multiterrain	Sunjay Bhogal	1.57.58	
18-May	ECO Marathon - Romania	marathon	multiterrain	Swavek Symonski	7.19	
				Lucy Symonski (6th FV40)	7.38	
18-May	ECO 14K Cross - Romania	14K	multiterrain	steph Upton (8th F)	1.29	
				Alice Ewen - (9th F)	1.32	
25-May	BUPA 10K	10K	road	Iain Harrison -	35.55	
				Nicole Woods -	51.37	
25-May	Edinburgh marathon	marathon	road	Alistair Smith	3.40.38	
				Steve Tyler	5.24.03	
				Sue Atkinson	4.50.40	