

STRIDERS OF CROYDON					
Results for May 2015					
Date	Name of Event	Distance	Runner, placing	Time	Comments
2-May	TP100 - Thames towpath	100 miles	towpath	Ozgur Gulic	22:56:40
3-May	Neolithic Marathon	Marathon Multi	Terrain	Nick Kyrtalis	3:45:39 13th - 1st MV/overall
3-May	Three Forts Marathon	Marathon Multi	Terrain	Andy Perks	3:59:47
				Tony Ostrowski	4:45:10
3-May	Richmond Half Marathon	Half Marathon	road	Krzysztof Kildzia	1:21:23, 27th
				Peter Mills	1:21:55, 28th
				Justin Macenhill	1:26:11, 40th
				Chris Morton	1:31:26, 82nd
				Darren Woods	1:32:29, 102nd
				Peter Laurence	1:41:04, 202nd
				Becky Laurence	1:43:08, 230th
				Stuart Hills	1:51:26, 349th
				Terence Buxton	1:54:05, 382nd
9-May	Beast in the east	10k extreme off road	on motocross c	Steph Upton	2 ND female overall
10-May	Halstead Marathon	Road Marathon		Nick Kyrtalis	3:32:53(chip time) 75th
				Dave Shaw	3:31:27, 84th
				Sophie Shaw	4:26:44
10-May	Sutton 10K	10K	road	Iain Harrison	36:03, 11th
				Justin Macenhill	38:13, 42nd
				Gisela Dyrasdale	40:02, 67th
				Andy Perks	40:24, 77th
				Stephen Massey	40:43, 84th
				Darren Woods	41:44, 102nd
				Simon Webster	42:25, 107th
				Chris Morton	42:43, 122nd
				Peter Laurence	44:54, 172nd
				Becky Laurence	47:03, 217th
				Michael Clark	55:05, 354th
				Linda Daniel	55:09, 354th
				Terence Buxton	55:31, 363rd
				Andy Elliott	56:20, 371st
				Peter Shaw	59:30, 400th
				Melanie Hinds	59:45, 406th
				Lynn Seymour	1:01:33, 417th
				Sandra Francis	1:02:53, 420th
				Natalie Seymour	1:02:58, 421st
				Pat Edwards	1:06:22, 448th
				Rosemary Egan	1:07:43, 452nd
				Graeme Bowler	1:15:53, 469th
13-May	Beckenham road Relay	3x2.6 miles	road and track	Iain Harrison	1st leg, A team, 14.16
				Krzysztof Kildzia	2nd leg, A team, 14.59
				Andy Perks	3rd leg, A team, 16.27
				Chris Morton	1st leg, C team, 17.18
				Gisela Dyrasdale	2nd leg, C team, 15.55
				Darren Woods	3rd leg, C team, 16.12
				Andy Perks	1st leg, B team, 16.44
				Paul Stanford	2nd leg, B team, 17.18
				Mick Turner	3rd leg, B team, 16.41
				Alistair Smith	1st leg, D team, 17.19
				Martin Shute	2nd leg, D team, 20.29
				Peter Laurence	3rd leg, D team, 18.56
				Paul Cripps	1st leg, E team, 18.38
				Dennis Seymour	2nd leg, E team, 17.09
				Terence Buxton	3rd leg, E team, 21.16
				Alice Ewen	1st leg, women's A team, 19.1
				Rosie McDermott	2nd leg, women's A team, 18.20
				Becky Laurence	3rd leg, women's A team, 19.29
				Gervy Crispie	1st leg, F team, 20.35
				Keith Dube	2nd leg, F team, 19.38
				Chris Morton	3rd leg, F team, 17.42
				Julian Spencer-Wood	1st leg, MV60 team, 16.36
				Stuart Hills	2nd leg, MV60 team, 20.11
				Andy Elliott	3rd leg, MV60 team, 22.10
				Carolin Storey	1st leg, women's B team, 19.1
				Rosemary Egan	2nd leg, women's B team, 25.53
				Sandie Fay	3rd leg, women's B team, 19.40
				Steve Smith	1st leg, mixed team, 18.18
				Sarah Sutherland	2nd leg, mixed team, 24.48
				Karen Peake	3rd leg, mixed team, 22.11
				Adelle Boesinger	1st leg, women's C team, 20.1
				Mel Hinds	2nd leg, women's C team, 23.02
				Lynn Seymour	3rd leg, women's C team, 21.56
17-May	Boonor Prom 10k	10K	road	Darren Woods	41:42/69th out of 1550
17-May	Richmond park marathon	marathon	park	Tony Ostrowski	3:59:20 position 140
16-May	Orpington Maratun	marathon	multi	Nick Kyrtalis	3:42:12, 10th
					query over official time
23-May	5000m Surrey championship	5000m track		Darren Woods	19:33, 13th out of 15th
				Terence Buxton	24:46:21
24-May	Windsor Trail Run	10k trail with 10% road		Beatrice Schaer	48:51 (4th FV, 13th F, 45th)
25-May	BUPA London 10000	10K	road	Josephine Thompson	42:31
				Nicole Woods	52:07 (3607/11988)
				Terence Buxton	52:14
				Darren Woods	41:37(822nd)
28-May	Near As Dammit	10K approx	xc	Andy Tingo	40:31, 18th
				Damian Macenhill	40:50, 19th
				Chris Morton	42:40, 35th
				Darren Wood	42:41, 36th
				Andy Perks	43:09, 40th
				Nigel Finch	43:31, 43rd
				Mick Turner	44:11, 50th
				Steph Upton	46:43, 59th
				Becky Laurence	48:23, 69th
				Darren Jackson	48:52, 74th
				Iain Johnson	50:25, 85th
				Alice Ewen	51:38, 93rd
				Corinne Carr	1:08:04, 129th
				Dave Hoben	1:08:49, 131st
				Chris Taylor	1:08:52, 132nd
30-May	Southern Vets T&F Championships	M55, 800m M55, 1500m	T&F	Allan Dolton	2:43:30, 1st
				Allan Dolton	5:41:14, 1st
18-May	Vets T&F - fixture 1	T&F		Sam O'Donoghue - 3rd	12.9
				Steve Smith - 3rd	14.6
				Kevin Burnett - 3rd	22.2
				Paul Stanford	13.9
				Simon Webster - 3rd	19:46.9
				Steve Massey - 2nd	19:06.9
				Krzysztof Kildzia - 1st	18:07.7
				Chris Morton - 5th	5:44.3
				John Raff - DNF	
				Allan Dolton - 5th	5:54.6
				Julian Spencer-Wood - 1st	5:27.6
				Paul Stanford - 5th	64.6
				Steve Smith - 4th	73.2
				Julian Spencer-Wood - 2nd	69.2
				3rd - Paul C, Paul S, Sam O'D	57.4
				Discus MV40	17.68m
				Steve Smith - 6th	12.95m
				Kevin Burnett - 2	
				Paul Cripps - 4th	11.65m
				Steve Smith - 5th	8.44m
				Kevin Burnett - 5th	14.64m
				Paul Cripps - 4th	4.04m
				Steve Smith - 5th	2.98m
				100m A	
				Steph Upton - 4th	18.0
				Melanie Hinds - 4th	18.5
				Sandra Francis - 3rd	19.0
				Lorraine Huntie	17.5
				Long Jump FV50	2.93m
				Steph Upton - 4th	87.3
				Melanie Hinds - 5th	90.3
				Linda Daniel - 2nd	86.9
				Maeve Sutherland - 2nd	68.3
				Steph Upton - 4th	6:10.7
				Melanie Hinds - 4th	7:15.7
				Linda Daniel - 3rd	6:54.0
				Maeve Sutherland - 3rd	6:13.0

red = not included in road rankings/ club records yet