STRIDERS OF CROYDON

Results for May 2016

red = not included in road rankings/ club rec

Date	Name of Event	Distance		Runner, placing	Time	Comments
1-May	Haywards Heath 10 mile race	10 miles	road	Darren Woods	69(1:13:11)	
1-May	Richmond Half Marathon	Half marathon	road	Peter Laurence	184th 1.36.24	
				Lee Flanagan	30th, 1.19.48	
				Krzysztof Klidzia	33rd, 1.20.50	
				Claire Oyediran	569th, 2.02.05	
1-May	Three Forts Challenge Marathon	Marathon	multiterrain	Sunjay Bhogal	87th, 04:27:52	
				Tony Ostrowski	126th 4.39.44	
1-May	Three Forts Challenge	half marathon	multiterrain	Stephen Harris	1 hr 40 min 58secs 15th	
1-May	Neolithic Marathon	Marathon	multiterrain	Nick Kyritsis	03:58:37	
2-May	Ted Pepper 10K	10K	trail	Steve Smith	44.51, 60th	
				Andy Elliott	58.19, 240th	
				Steve Tyler	1.06.41, 294th	
				Pat edwards	1.07.54, 296th	
				Victoria Legge	1.13.53, 305th	
8-May	Hackney Half Marathon	half marathon		james bennett	74.04 6th	
8-May	Sutton 10K	10k road		Philip Coales	14, 00:36:29	
				Lee Flanagan	22, 00:37:22	
				Graeme DRYSDALE	65, 00:40:36	
				Andy PERKS	107, 00:43:16	
				Peter LAURENCE	127, 00:44:10	
				John Punt	143, 00:45:01	
				John O'MAHONY	147, 00:45:12	
				Darren WOODS	152, 00:45:26	
				Michael Turner	158, 00:45:42	
				Stephen MASSEY	163, 00:45:53	
				peter johnson	165, 00:45:59	
				Sunjay BHOGAL	205, 00:48:03	
				alan purchase	223, 00:49:29	
				Selena Wong	267, 00:52:21	
				Michelle Campbell	280, 00:53:35	
				Terence BUXTON	286, 00:54:04	
				Michael Hinchliffe	287, 00:54:10	
				Richard Mernagh	322, 00:57:22	
				Andy ELLIOTT	349, 00:59:25	
				Sarah Botting	354, 01:00:07	
				John O'Dowd	356, 01:00:24	
				Neil McDonough	364, 01:01:26	
				Ruth Pearson	370, 01:01:55	
				Sandra FRANCIS	415, 01:07:05	
				Stephen TYLER	437, 01:10:57	
				VICTORIA LEGGE	453, 01:18:19	
7-May	Orpington Marathon- Marafun	Marathon- Road		Nick Kyritsis	3:47:56 (8th overall)	
14-May	North Down Way 50	50 miles	trail	Andy Perks	9:32:06 - 48th	
				Keith simpson	11:47:47 162/209	
14-May	Arun River Marathon	27.2 Miles Trail		Sunjay Bhogal	4:43:42 72/141	
14-May	Bewl Water Marathon	Marathon	trail	Martin filer	3.38.56, 9th	
22-May	Chislehurst half marathom	Half. Trail/Road		Darren Woods	52nd. 1:42:48	
				Simon Ambrosi	8th, 1.28.14	
				Terence Buxton	183rd, 1.59.30	
21-May	Sri Chinmoy 10K	10K	road	Chris Morton	45th, 42.41	
18-May	Beckenham Road Relays	Legs of 2.6 miles	road and trail	Phil Coales	14.12	1st mixed & 6th overall in 44.05
				Rachel Lindley	15.09	Fastest woman overall
				Lee Flanagan	14.44	
				*****		
				Steve Starvis	15.19	13th overall in 46.45
				Ali Falconer	15.21	
				Graeme Drysdale	16.05	
				*****		
				Andy Perks	17.13	27th overall in 49.03
				Mick turner	17.10	
				Phil Coales	14.40	
				*****		
				Karim Akhtar	20.33	58th overall in 55.08
				Steve Harris	16.49	
				Chris Morton	17.46	
				*****		
				Julian Spencer-Wood	17.23	65th overall in 55.44
				Barry Finch	19.48	
				Peter Johnson	18.33	
				*****		
				Peter Johnson	17.22	68th overall in 56.13
				Tom Littlewood	21.14	
				Peter Laurence	17.37	
				*****		
				Paul Cripps	17.20	72nd overall in 56.28
				Bernard Nelligan	19.41	
				Alf Marcovecchio	19.27	
				*****		
				Chris Morton	17.41	73rd overall in 56.30
				Terence Buxton	20.26	
				Steve Smith	18.23	
				*****		
				Steph Upton	18.40	79th overall in 58.00, 7th women's team
				Becky Laurence	19.36	
				Charlotte Letchford	19.44	
				*****		
				Alastair Smith	17.26	80th overall in 58.21
				John O'Dowd	21.58	
				Katie Chadd	18.57	
				*****		
				Darren Woods	16.54	81st overall in 58.44
				Neil McDonough	23.18	
				James Burree	18.32	
23-May	Vets T&F - fixture 2 - Ewell Court	T&F	200m MV35A	Sam O'Dongo - 4th	25.7	
			200m MV50	Paul Cripps - 2nd	28.6	
			200m MV50	Krzysztof Klidzia - 4th	36.2	
			800m MV35	Lee Flanagan - 2nd	2.17.2	
			800m MV40	Sam O'Dongo - 4th	2.24.9	
			800m MV50	Alan dolton - 4th	2.51.3	
			800m MV60	Julian Spencer-Wood - 1st	2.41.5	
			800m non scorer	Steve Massey	2.36.8	
			3000m MV35	Lee Flanagan - 3rd	10.04.5	
			3000m MV40	steve Starvis - 5th	10.40.7	
			3000m MV50	Alan dolton - 5th	12.30.2	
			3000m MV60	Julian Spencer-Wood - 5th	13.46.5	
			Triple jump MV50	Paul Cripps - 1st	9.86m	
			Hammer MV50	Paul Cripps - 6th	13.25m	
			Hammer MV70	Kevin Burnett - 5th	15.40m	
			200m FV50	Sandra Francis - 4th	37.1	
			800m FV35A	Steph Upton - 4th	3.17.7	
			800m FV35B	Victoria Legge - 4th	4.22.6	
			Long Jump FV50	Sandra Francis - 4th	3.12	
26-May	Near As Dammit, Farthing Downs	approx. 10K, xc		Peter Johnson	53rd, 47.54	
				steph Upton	55th, 47.57	
30-May	Vitality London 10k	10K, road		Nicole Woods	3484th, 51.18	
				Adam Kos	987th, 42.20	
				Alastair Smith	1278th, 43.47	
				Ian Johnson	1970th, 46.34	
				John O'Dowd	5913th, 56.54	
				Neil Mcdonough	6597th, 58.24	
				Sarah sutherland	8508th, 1.03.24	
				Paula Irving	10893rd, 1.13.39	
				Julie Jordan	10898th, 1.13.40	
				Alisha Johnson	11498th, 1.19.0	
28-May	Kent Roadrunner Marathon	marathon, road		Sunjay Bhogal	3:54:48 pos 137/472	
				Jay Lidbetter ?	17th, 3.11.29	
29-May	Edinburgh Marathon	marathon, road		james bennett	13th, 2.36.40	New club record
				Edie Fairservice	4.56.38	