

STRIDERS OF CROYDON						
Results for November 2016						
					red = not included in road rankings/ club rec	
Date	Name of Event	Distance	Runner, placing	Time	Comments	
5-Nov	Thames meander half marathon	half marathon, trail,gravel	Darren Woods Nicole Woods Terry Woods	1:34:12(19th) 1:58:41 (135 overall, 5 in age category) 1:33:27 18th overall (2nd in age band)		
6th Nov 16	Greenwich Park 10k	Undulating / Hilly	John O'Mahony	43:36 (30th of 490)		
6th November 201	Ron hill series Nonsuch 10l	10k road	Peter johnson	44:29 39th		
5-Nov	Reigate Priory Relays	2.5 miles xc approx. each leg	Phil Coales Krzysztof Klidzia Mike Stewart Matt Stone +++ John Mahony Sam O'Dongo Simon Webster Chris Morton +++ Chris Morton Mick Turner James Burree Krzysztof Klidzia +++ Katie Chadd Victoria Legge Ally Whitlock +++ Ally Whitlock Laura Hartney Katie Chadd	15.02 15.19 17.23 17.16 17.55 17.27 17.04 19.12 18.11 17.16 19.16 16.01 18.54 31.15 20.56 20.46 25.54 19.13	Men's A team finished 10th Men's B team finished 24th Men's C team finished 21st Women's A team finished 37th Women's B team finished 28th	
6-Nov	Frankfurt Marathon	road	Jamie Hopps	2:56.54		
12/11/2016	Men's Surrey League - Div 3 / 4 Epsom Downs	xc	5 miles approx.	James Bennett Peter Mills Simone Luciani steve Starvis Krzysztof Klidzia Phil Coales Rob Lines Lee Flanagan simon Ambrosi Matt Stone Mike Stewart Simon Pannell Andy Perks Greg Williams Matt Ostrowski Simon Webster Sam O'dongo sunjay Bhogal John O'Mahony Nigel Finch Daren Jackson Chris Morton Alastair Smith Tony Ostrowski James Burree Nick fiander Michael Joseph	1st in race overall, 27.26 2nd, 27.43 5th (3rd scorer in Div 3) 28.31 13th (9th) 29.34 14th (10th) 29.34 23rd (16th) 29.50 26th (18th) 30.03 30th (22nd) 30.24 42nd (27th) 30.40 80th (52nd) 32.15 85th (56th overall in Div 3) 32.22 88th (59th) 32.25 92nd (62nd) 32.34 101st (70th) 33.00 108th (73rd) 33.10 121st (79th) 33.34 134th (89th) 34.07 158th (100th) 34.48 165th (105th) 35.07 168th (107th) 35.11 178th (113th) 35.29 182nd (115th) 35.41 205th (130th) 36.32 227th (148th) 37.45 235th (153rd) 38.01 287th (173rd) 41.32 300th (179th) 43.58	
6-Nov	New York Marathon	road	Mark Kelly	3:49.42		
23-Oct	Chelmsford Marathon	road	Michael Joseph	4:30		
27-Oct	Beachy Head Marathon	xc marathon	David Downs	5:30.17		
13-Nov	W's the Numbers Game Double Marathon	Marathon Multi terrain	Nick Kyrtis	4:38.52		
12-Nov	W's the Numbers Game Double Marathon	Marathon Multi Terrain	Nick Kyrtis	4:41.21		
13-Nov	Beckenham Trail 10k	Trail	Krzysztof	36:52 4th 1st v50 40:42 (19th) 47:56 (69th) 56:59 (158th) 1:20.21 (229th)		
13-Nov	Epsom 10	10 miles road	Sarah Mine	1:02.10 (154th)		
20-Nov	Gosport Half Marathon	13.1 miles road	Sunjay Bhogal Myles McCarthy	01:35:29 1:49.12		
20-Nov	Three Molehills, Denbies	18 miles approx. multiterrain	Ally Whitlock	2:14.35		
19-Nov	London xc championships, men at Parliament hill	10K approx. xc	Krzysztof Klidzia Simon Pannell Andy Perks Darren Jackson John O'Mahony Mick Turner James Burree Abhi Torskar Nick fiander Michael Joseph	94th, 37.06 243rd, 40.54 247th, 41.10 279th, 42.11 300th, 43.06 315th, 43.49 372nd, 47.15 386th, 49.37 394th, 50.09 408th, 53.56	Striders A team (4 to score) finished 26th	
	London xc championships, women	6.6K ? . approx. xc	Steph Upton Charlotte Letchford Joanne Campbell Selena Wong Adele Boesinger Victoria Legge	129th, 28.03 140th, 28.25 157th, 29.02 170th, 29.38 227th, 34.16 250th, 47.38	Striders A team (4 to score) finished 19th	
26-Nov	South of thames 5 miler at Polesden Lacey	5 miles approx. xc	Peter Mills Krzysztof Klidzia M50 Andy Perks M40 Matt Ostrowski Simon Pannell simon Webster Darren Woods Sam O'Dongo Tom Gillespie Tony Ostrowski steph Upton Katie Chadd James Burree Victoria Legge	21st, 28.45 48th (2nd MV50), 30.30 101st overall, 92nd M, 33.51 116th (103rd M), 34.27 117th (104th M), 34.29 127th (113th) 35.02 153rd (129th M), 36.58 159th (134th M) 36.05 172nd (142nd M) 36.38 205th (157th) 38.27 207th (48th F) 38.33 211th (51st F) 39.13 221st (163rd M) 39.39 300th (107th F) 70.18	striders A team finished 16th striders B team finished 32nd	
24-Nov	Timelord on The Thames Marathon	Marathon Multi Terrain	Nick Kyrtis	4:33.29		
27-Nov	Kingston 10k	Road	James Bennett Damian Macenhill alan Purchase	32.59 2nd place 37.56, 16th 46.01, 69th		
27-Nov	Crowborough 10K		Andy Perks	41.54, 48th		