STRIDERS OF CROYDON

Results for October 2016

red = not included in road rankings/ club rec

Date	Name of Event	Distance		Runner, placing	Time	Comments
1-Oct	East surrey League	5 miles approx	xc	Phil Coales	4th, 28.07	
	Lloyd Park			Bill Makuwa	5th, 28.27	
				Steve Stanis	6th, 29.58	
				Rob Lines	12th, 30.24	
				Lee Flanagan	14th, 30.54	
				Andy Parks	18th, 31.56	
				Matt Stone	20th, 32.00	
				Simon Pannell	25th, 33.04	
				Sam Hansen	27th, 33.15	
				Simon Webster	30th, 33.27	
				Matt Ostrowski	33rd, 33.41	
				Sam O'donoo	35th, 34.08	
				Greg Williams	36th, 34.09	
				Mick Turner	40th, 34.17	
				Darren Over	41st, 34.18	
				John O'Mahoney	45th, 34.51	
				Chris Morton	48th, 35.32	
				Nigel Finch	50th, 35.43	
				Julian Spencer-Wood	52nd, 1st M/40, 35.55	
				Darren Jackson	60th, 37.00	
				Athi Torasirar	61nd, 37.52	
				Tony Ostrowski	65th, 37.55	
				Debra Bourne	72nd, 38.54	
				Joanna Campbell	78th, 40.48	
				Nick Flander	79th, 41.10	
				Ganesh Swaminathan	87th, 46.29	
				Laura Hartness	93rd, 51.06	
2-Oct	Tilsey Trail	10K approx	xc	Alistair Falconer	8th, 38.38	
				Andy Parks	17th, 41.18	
				John Punt	25th, 43.36	
				Joseph Upton	38th, 46.07	
				Lee Saunders	53rd, 49.23	
				Jonathan Burke	130th, 57.16	
				Jo Penny	287th, 1.06.55	
2-Oct	Cardiff Half	half marathon	road	James Bennett	30th, 71.42	new club record
2-Oct	Bournemouth Half	half marathon	road	Isabelle Kita	2.12.44	
				John O'Dowd	2.12.51	
2-Oct	Tonbridge half	half marathon	road	Krzysztof	1.20:37 8th 2nd v50	
2-Oct	Cologne Marathon	26.2 road		Sunjay Bhogal	3.28.24	
2-Oct	Brussels Marathon	Road Marathon		Nick Kyritsis	3.54.44	
2-Oct	Tilsey Trail	10K approx		Andy Perks	17th, 41.18	
				Alistair Falconer	8th, 38.38	
				John Punt	25th, 43.36	
				Joseph Upton	38th, 46.07	
				Lee Saunders	53rd, 49.23	
				Jonathan Burke	130th, 57.16	
				Jo Penny	287th, 1.06.55	
2-Oct	Stringbourne Striders 10	10 miles, tarmac and undulating		Darren Woods	1.12:02, (36th)	
9-Oct	Croydon 10K	10K	road	Phil Coales	3rd, 34.27	
				Simone Luciani	4th, 35.01	
				Krzysztof Klidzia	9th, 36.10	
				Lee flanagan	10th, 36.27	
				stephen stanis	11th, 36.44	
				Alastair Falconer	13th, 36.59	
				Rob Lines	14th, 37.05	
				Martin Filer	28th, 39.09	
				Sam Hansen	29th, 39.15	
				graeme Drysdale	46th, 40.56	
				John Punt	50th, 42.04	
				Sam O'Donoo	51st, 42.08	
				Paul Cripps	54th, 42.12	
				John O'Mahoney	55th, 42.11	
				Peter Johnson	95th, 44.32	
				Nick Corline	102nd, 45.06	
				Athi Torasiskar	110th, 45.41	
				Dave Lovell	123rd, 46.32	
				Michelle Clarke	126th, 46.41	
				debra Bourne	132nd, 47.06	
				Bernie Nelligan	140th, 47.50	
				Alan Dolton	155th, 48.43	
				Robin Oyegunle	158th, 48.39	
				Ally Whitock	161st, 49.00	
				Selena Wong	175th, 49.40	
				Yasmin Anderson	177th, 49.58	
				Richard O'connor	178th, 49.33	
				Sean Gallagher	180th, 50.10	
				Gareth Pennells	185th, 50.33	
				Will Pennells	186th, 50.34	
				Phil Richards	220th, 52.33	
				David Downs	236th, 53.06	
				Annie Cripps	234th, 53.14	
				chrissy Amer	253rd, 54.17	
				Martin Cripps	268th, 56.45	
				Tom Littlewood	279th, 58.15	
				Isabelle Kita	300th, 58.19	
				Sarah Milne	302nd, 58.22	
				Jenny Hansen	322nd, 1.00.28	
				Vanessa Wheeler	323rd, 1.00.28	
				Helene McCann	324th, 1.00.28	
				Bill Makuwa	359th, 1.06.45	
				Mo Beardson	382nd, 1.12.47	
				Lynn seymour	409th, 1.34.25	
				Stacey Seymour	410th, 1.34.25	
9-Oct	Oxford Half	half marathon	road	James Bennett	7th, 1.11.35	new club record
9-Oct	Great Eastern Half	half marathon	road	Alastair Smith	1.37.45	
9-Oct	Greensand Half-marathon	half marathon approx	multiterrain	Darren Woods	1.47 09/15th	
				Brenhan Heath	48th, 2.06.53	
				Terence Buston	61nd, 3.22.00	
9-Oct	Greensand Marathon	marathon	multiterrain	Tony Ostrowski	47th, 4.41.18	
				Mark Bayliss	48th, 4.42.11	
9-Oct	Royal Parks	half marathon	road	Andy Parks	01:24:16	
				Gemma Halliday	1.46.11	
9-Oct	Granchester 10K	10K approx	multiterrain	Rachel Lindley	5th, 1st F, 40.45	
15-Oct	Men's Surrey League Div 3 / 4	6.5 miles approx	xc	James Bennett	2nd, 36.08	striders finished 1st in Div 3
	Wimbledon common			Phil Coales	4th, 36.50	
				Peter Mills	5th, 37.04	
				Simone Luciani	6th, 37.07	
				Bill Makuwa	8th (7th scorer in Div 3), 37.18	
				Krzysztof Klidzia	18th (15th), 38.11	
				Lee flanagan	21st (17th), 38.38	
				Rob Lines	25th, (19th), 39.12	
				steve stanis	32nd, (22nd), 39.24	
				Simon Ambrosi	53rd, (34th), 40.35	
				Justin Macenhill	55th, (36th overall in Div 3) 40.52	
				Martin Filer	58th (38th) 40.56	
				Matt stone	77th (52nd) 42.08	
				Simon Pannell	83rd (55th) 42.33	
				Greg Williams	90th (60th) 42.58	
				Sam Hansen	98th (67th) 43.24	
				Simon webster	100th (66th) 43.29	
				Mick Turner	109th (71st) 43.54	
				Sunjay Bhogal	138th (87th) 45.13	
				John Punt	153rd (92nd) 45.45	
				Chris Morton	159th (94th) 45.48	
				Barry White	167th (96th) 45.57	
				Darren Jackson	169th (103rd) 46.39	
				Darren Woods	179th (106th) 46.57	
				Nick Rayder	273rd (156th) 54.07	
	Women's Surrey League div 1 / 2	5K approx	xc	Katie Chadd	33rd in Div 2 (130th overall) 27.53	striders A team finished 16th
	Richmond Park			Charlotte Letchford	73rd (216th) 30.12	
				Yasmin Anderson	77th (223rd) 30.20	
				Selena Wong	92nd (258th) 31.05	
				Linda Daniel	123rd (309th) 32.47	
				Helene McCann	172nd (384th) 35.26	striders B team finished 36th
				Adele Boesinger	174th (386th) 35.43	
				Cress Davidson	183rd (397th) 36.32	
				Laura Hartney	198th (418th) 38.06	
				Victoria Legge	227th (453rd) 49.30	
16-Oct	*Worthing Seafront 10km*	*10km Road*		*Sunjay Bhogal*	*42:17 pos 18th/104*	
16-Oct	Brighton & Hove 10 miler	10 mile Road,		Mr. Stephen Massey	01:08:10, Pos = 88 age cat =11	
9-Oct	Isle of Wight 60th Anniversary Marathon	Road Marathon		Linda Daniel	4.41.05	
16-Oct	Cabbage Patch 10	10 mile Road,		Sarah Milne	1139th, 1.40.41	
				Michelle Klein	1369th, 1.54.16	
23-Oct	Chelmsford Parks Marathon	Marathon-Road		Nick Kyritsis	3.49.18	
23-Oct	Great South Run	10 miles, tarmac,flat		Darren Woods	1.09 52/647th	
				stephen massey	1.05.52 , 307th/15640	
				Martin Filer	1.04.22, 235th	
				Paul Cripps	1.08.29, 489th	
				James Burrow	1.15.38 1468th	
				Neil McDonough	1.32.12 6289th	
				charlotte Letchford	1.38.19, 8448th	
23-Oct	Leicester Marathon	26.2 Miles Road		Sunjay Bhogal	3.21:38 Pos 94th/872	
23-Oct	Weymouth 10	10 miles road		Krzysztof klidzia	1.01:15 6th 1st ov 50	
23-Oct	Abingdon Marathon	Marathon-Road		Paul finch	3.34.10, 338th	
29-Oct	Beachy Head Marathon	Marathon-Cross Country		Nick Kyritsis	4:50:45 (chip) 4:54:19 (gun time)	
				Nicholas Karelis	4.08.18 (201st)	
				Michael Smaldon	4.35.07 (330th)	
				Lisa Jackson	9.19.46 (1710th)	
28-Oct	I'll Be Back Marathon	Marathon-Multi terrain		Nick Kyritsis	04:25:00	
30-Oct	River Thames Half	Half marathon, flat/road&fourth		Matthew Stone	1.27.17 chip, 54th overall, 3/160 in AG	
				Peter Johnson	1.40.27 (286th)	
30-Oct	SSE Airdrly Dublin Marathon	Marathon Road		Sunjay Bhogal	03:23:33	
29-Oct	Bachy Head 10K	10K approx xc		Richard Tanner	53.24 (103rd)	
				Nick Flander	54.48 (124th)	
				Rachel Tanner	1.06.29 (299th)	
				Lynn Seymour	1.34.19 (416th)	
30-Oct	Wimbledon Common Half	half marathon road		Peter Lawrence	1.30.58, 34th	
				Chris Morton	1.31.33, 39th	
30-Oct	WMA M55 Cross Country Championships	8km cross-country		Alan Dolton	33rd (38.07.67)	