

STRIDERS OF CROYDON							
Results for September 2015							
Date	Name of Event	Distance		Runner	placing	Time	Comments
8th Septemb	Sevensoks Weald St George's	10k	multi ?	Graeme Drysdale		39:32, 7th place	
6-Sep	Lingfield Dry Hill 10	10 miles approx.	multiterrain	Krzysztof Kiczbia		1:03:46 5th 1st vet 50	
				Phil Coales		6th, 1:04.11	
				Martin Filer		14th, 1:11.00	
				Andy Perks		21st, 1:13.38	
				steph Upton		34th (5th F), 1:18.38	
6-Sep	Thanet Coastal Marathon	Road Marathon		Nick Kyrtisis		3:57:30 (chip time) 77th overall	
5-Sep	Maverick Kent	21km approx.	trail/ steeplechase	Matthew Ostrowski		02:06.03, 39th out of 90	
				Tony Ostrowski		02:06.04	
6-Sep	Visit Richmond half marathon	half marathon	multiterrain	James Bennett		4th, 1:11.47	
				Darren Woods		1:32:19(169th)	
6-Sep	Maidenhead Half Marathon	half marathon	road	Mike Stewart		27th, 1:18.57	
				Asisat Lamina		545th, 1:44.19	
				Sandie Fay		605th, 1:47.00	
				stuart Hills		769th, 1:51.35	
				Karim Akhtar		805th, 01:52:14	
				Louise Grech		842nd, 1:54.11	
	Ostrava Marathon	Marathon	road	Keith Simpson		4:27:47 178/216 2/8 in age m60+	
5-Sep	Surrey road Relays	2.9 miles approx., road	striders finished 22nd	Paul Stanford		19.47	
				Taric Mattacks		17.40	
				Mark Kelly		19.29	
				Phil Coales		16.27	
				Sam O Donogo		20.13	
				Barry White		18.34	
12-Sep	Will Bolton memorial relays	4K approx. xc	B team finished 23rd	Darren Woods		17.11	
				Barry White		16.46	
				Simon Pannell		16.44	
				Andy Perks		16.51	
			A team finished 29th	Julian Spencer-Wood		20.26	
				Taric Mattacks		16.04	
				Graeme Drysdale		16.15	
				Paul Stanford		18.00	
			40th overall	Steph Upton		18.24 (1st leg)	
			and as 5th women's team	Rosie Gibbons		18.32	
				Becky Laurence		18.50	
				Steph Upton		19.01 (4th leg)	
6-Sep	Beckham Half Marathon	half marathon approx.	on and off road	Isabelle Kita		2:08:43 124th	
15-Aug	Pride Run 10K	10K	road	Isabelle Kita		56:37 559th	
13-Sep	Farnham Pilgrims Marathon	marathon	multiterrain	Nick Kyrtisis		4:00:15 (49th place overall)	
				Tony Ostrowski		04:19:49_pos 93	
				Abhi Toraskar		4:39:02, 224th	
13-Sep	eridge 10	10 miles approx.	xc	Darren Woods		1:31:02(113th)	
				Andy Perks		1:27:02, 68th	
				Martin Filer		1:27:10, 70th	
				Terence Buxton		1:52:01, 286th	
12-Sep	Thames Path Challenge	100k trail	trail	Sue Atkinson		16 hours 33 mins 27 secs	
20-Sep	Reigate Half Marathon	Half marathon road		Andy Perks		71st, 1:28.28	
				Richard Tanner		966th, 1:52.00	
				Karim Akhtar		974th, 1:55.42	
				Keith Dube		1275th, 2:05.42	
				Karen Peake		1276th, 2:05.42	
				Emily Tanner		1472nd, 2:12.41	
				John O Dowd		1627th, 2:17.00	
19-Sep	Oslo Marathon	Marathon, road		Sunjay Bhogal		4hrs 21 mins	
20-Sep	Bexhill to Hastings Link Road 10k	10k road		Isabelle Kita		56:25 (460th)	
26-Sep	Shotley Peninsula	53 miles trail	self navigation	Ozgur Gulec		10:21:00, 4th out of 188	
27-Sep	Ealing Half Marathon	Half marathon road		Mike Stewart		62nd, 1:20.18	
				Adam Kos		483rd, 1:35.05	
				Alastair Smith		532nd, 1:35.19	
				Darren Woods		717th, 1:38.51	
				Sam O'donogo		608th, 1:40.02	
				Neil McDonough		2599th, 1:58.04	
				Rosemary Egbe		4367th, 2:32.39	
27-Sep	Barns Green Half Marathon	Half marathon road		Steve Smith		151st, 1:37.01	
				Steve Tyler		1038th, 2:37.07	
27-Sep	Windsor Half Marathon	Half marathon road		Patsi Johnston		1156th, 1:58.33	
				Melanie Hinds		4251st, 2:10.47	
				Jane Hughes		4557th, 2:29.24	
27-Sep	Warsaw Marathon	Road Marathon		Asisat Lamina		3:55.38	
27-Sep	Robin Hood Marathon	Road Marathon		Nick Kyrtisis		3:34:37 (chip time) 3:38:48 (gun time)	
27-Sep	JAW TH 10K	10K road	Orpington	Linda Daniel		55:50, 72nd	
27-Sep	Switchback	Multiterrain	5 miles approx.	Bill Makuwa		5th, 29.23	1
				Lee Flanagan		6th (1st MV40), 29.48	2
				Justin Macerhill		9th (2nd MV40), 31.13	3
				Phil Coales		10th, 31.21	4
				Krzysztof Kiczbia		11th, 2nd MV50), 31.31	5
				Graeme Drysdale		17th, 33.07	6
				Greg Williams		18th, 34.05	7
				Matthew Stone		20th, 34.11	8
				Simon Webster		21st, 34.18	9
				Steve Massey		25th, 34.39	10
				Tom Crofts		28th, 34.47	11
				John Punt		29th, 34.56	12
				Nigel Finch		30th, 35.04	13
				Andy Perks		33rd, 36.03	14
				Taylor Huggins		35th, 36.27	15
				Peter Laurence		36th, 36.45	16
				Simon Pannell		38th, 37.11	17
				Mark Kelly		40th, 37.30	18
				Paul Stanford		42nd, 37.41	19
				Richard Edwards		44th, 38.08	20
				Richard Tanner		46th, 38.33	21
				Nick Corliffe		49th, 39.03	22
				Becky Laurence		50th (6th F), 39.04	23
				Peter Johnson		52nd, 39.26	24
				Joséphine Thompson		53rd (6th F), 39.46	25
				Ian Johnson		54th, 40.07	26
				Dennis Seymour		64th, 42.01	27
				Alan Dolton		65th, 42.08	28
				Michelle Clarke		68th (12th F), 43.08	29
				Dev Malhotra		70th, 43.52	30
				Sunjay Bhogal		72nd, 44.13	31
				Davie Denton		73rd, 44.17	32
				Charlotte Letchford		76th (15th F), 44.43	33
				Selena Wong		78th (16th F), 44.53	34
				Andy Elliott		88th, 49.01	35
				Yasmin Anderson		91st (22nd F), 50.03	36
				Jo Penny		97th (24th F), 55.26	37
				Natalie Seymour		98th (25th F), 55.31	38
				Alison McArthur		99th (26th F), 55.40	39
				Mo Beardson		103rd (28th F), 59.05	40
				Stacey Seymour		110th (34th F), 1:17.46	41
13-Sep	Great North Run 2015	Half Marathon	road	Clive Simmonds		01:53:46 Position 7857	

red = not included in