

STRIDERS OF CROYDON

SWTCHBACK 5: OVERALL RESULTS : September 26 2010

Place				Sex		Cat	
1	98	Abdi	Madar	Newham & Essex	M	28	27.21
2	92	Jim	Addison	Beckenham R.C.	M	38	28.29
3	65	Lee	Flanagan	Striders of Croydon	M	36	28.40
4	83	Mike	Cummings	Herne Hill Harriers	M	26	28.57
5	89	Victor	Maughn	Herne Hill Harriers	M	48	M40 29.40
6	104	Rajdave	Singh	Herne Hill Harriers	M	31	29.43
7	46	Richard	Lee-Smith	Striders of Croydon	M	38	29.46
8	68	Ron	Taylor	Kingston & Poly	M	23	29.59
9	109	Alex	Halpin	South London Harriers	M	38	30.00
10	112	Jonny	Muir	Herne Hill Harriers	M	29	30.04
11	32	Andrew	Nippard	Sutton Runners	M	28	30.07
12	17	Ryan	Phillips	Striders of Croydon	M	29	30.14
13	34	Paul	Shiel	Herne Hill Harriers	M	32	30.20
14	100	Andy	Davis	South London Harriers	M	38	31.00
15	96	Suzie	Richards	Herne Hill Harriers	F	24	31.18
16	97	Daniel	Jewell		M	37	31.45
17	40	Edmond	Barrow	Herne Hill Harriers	M	42	M40 31.57
18	102	Rob	Sharpe	Striders of Croydon	M	29	32.04
19	95	Richard	Fox	Collingwood	M	43	M40 32.14
20	72	Lee	Wadsworth	Striders of Croydon	M	35	32.21
21	61	Martin	Lloyd	Collingwood	M	50	M50 33.11
22	38	Bill	Arnold	South London Harriers	M	49	M40 33.13
23	106	Allan	Phillips	Striders of Croydon	M	27	33.24
24	53	Andrew	Del Nevo	Croydon Harriers	M	40	M40 33.43
25	31	Ola	Balme	Dulwich Runners	F	43	F35 33.47
26	76	Rupert	Mainwaring	Herne Hill Harriers	M	34	33.55
27	62	Russell	Harmsworth	Oxted Runners	M	47	M40 34.04
28	30	David	Alderson		M	28	34.09
29	7	Stuart	Broughton		M	33	34.58
30	66	Steph	Upton	Striders of Croydon	F	42	F35 35.03
31	86	Simon	Ricca		M	47	M40 35.04
32	88	Pippa	Major	South London Harriers	F	45	F45 35.12
33	91	Julian	Spencer-Wood	Striders of Croydon	M	59	M50 35.16
34	3	Helen	Sharp	Herne Hill Harriers	F	28	35.21
35	35	Oliver	Dawes		M	22	35.36
36	111	Natasha	McKenna	Kent A.C.	F	39	F35 35.37
37	48	Steve	Smith	Striders of Croydon	M	51	M50 35.47
38	5	David	Cato		M	31	36.13
39	42	Paul	Townsend	Vets A.C.	M	63	M60 36.19
40	27	Alan	Dolton	Striders of Croydon	M	53	M50 36.24
41	39	Rebecca	Barrow	Herne Hill Harriers	F	39	F35 36.25
42	16	Abby	Penlington	Herne Hill Harriers	F	33	36.26
43	1	Sarah	Allen	Herne Hill Harriers	F	47	F45 36.39
44	87	Michael	Ward	Dulwich Runners	M	53	M50 36.42
45	41	Marketa	Martins	South London Harriers	F	32	36.46
46	84	Keith	Brown	Croydon Harriers	M	55	M50 36.48
47	45	Matthew	Grindrod	Striders of Croydon	M	18	37.06
48	15	Helen	Garrett	Beckenham R.C.	F	45	F45 37.09
49	22	Darren	Woods	Redhill Royal Mail Runn	M	23	37.26
50	12	Terrie	Williams	Road Runners	F	44	F35 37.29
51	24	James	Barber	Sutton Runners	M	50	M50 37.43
52	23	Dave	West	Dulwich Runners	M	52	M50 38.35

53	103	Norman	Hemming	Croydon Harriers	M	57	M50	38.39
54	9	Robert	Hamilton	Purple Patch Runners	M	63	M60	39.09
55	14	Anthony	Charlwood		M	59	M50	39.23
56	55	James	Ellis	Fetch Everyone	M	33		39.46
57	82	Penelope	Fixter	Herne Hill Harriers	F	34		39.48
58	60	Nicola	Stephenson	Collingwood	F	31		40.14
59	43	Maureen	Herbert		F	60	F55	40.31
60	79	Richard	Oliver	South London Harriers	M	51	M50	40.34
61	59	Hannah	Musk		F	30		40.54
62	69	Tom	Walker		M	47	M40	41.03
63	99	Glenn	Burnip	Herne Hill Harriers	M	48	M40	41.15
64	107	Trudy	Kuhn	South London Harriers	F	51	F45	41.21
65	110	Miriam	de Souza	Croydon Harriers	F	37	F35	42.02
66	28	Ameet	Patel	Dulwich A.C.	M	46	M40	42.05
67	51	Andy	Elliott	Striders of Croydon	M	63	M60	42.15
68	80	Tracey	Land	South London Harriers	F	42	F35	42.19
69	70	David	Condon		M	28		42.28
70	2	Charlotte	Chapman	Striders of Croydon	F	37	F35	42.44
71	64	Sarah	Hansbury	Striders of Croydon	F	28		43.02
72	54	Caron	Amor		F	39	F35	43.35
73	71	Natalie	Osher	Striders of Croydon	F	23		43.38
74	105	Kevin	Hann	Redhill Royal Mail Runn	M	43	M40	44.05
75	77	Ruth	Cottam	Collingwood	F	46	F45	44.20
76	58	Steve	Smith		M	46	M40	44.25
77	33	Mark	Emin		M	34		44.46
78	78	Annette	Helliwell	Collingwood	F	51	F45	45.36
79	94	Jing	Li		F	32		45.50
80	47	Neil	Osborn		M	48	M40	46.06
81	29	Peter	Attwell	Striders of Croydon	M	63	M60	46.17
82	25	Lynne	Barber	Ranelagh Harriers	F	50	F45	46.38
83	93	Rebecca	Addison		F	28		46.56
84	4	Vera	Simms	Petts Wood Runners	F	49	F45	47.09
85	10	Nina	Pinkerton	South London Harriers	F	59	F55	47.25
86	6	Tracey	Hunt	Running Sisters	F	46	F45	48.15
87	8	Marilyn	Manze	Edmonton R.C.	F	57	F55	48.27
88	37	Colin	Smith		M	40	M40	48.40
89	101	Terry	McDonald	South London Harriers	M	38		48.50
90	52	Rebecca	Hassett		F	31		48.50
91	113	Ralph	Dawkins		M	45	M40	49.24
92	13	Mariam	Moollan		F	35	F35	49.35
93	108	Naomi	Schwabe		F	34		49.43
94	85	Eric	Campbell	Croydon Harriers	M	43	M40	49.50
95	26	Christine	Goodsell	Ranelagh Harriers	F	46	F45	50.14
96	90	Rupert	Quested	Collingwood	M	63	M60	51.20
97	67	Maja	Mosegaard	Collingwood	F	29		52.36
98	49	Sue	Stevens	Running Sisters	F	47	F45	53.16
99	81	Michael	Wiggins		M	48	M40	53.18
100	50	Kevin	Burnett	Striders of Croydon	M	71	M60	54.15
101	19	Ernie	Hann	Redhill Royal Mail Runn	M	22		56.16
102	20	Colin	Hann	Redhill Royal Mail Runn	M	22		56.17