

Striders of Croydon - Switchback 5 - 2009								
Full Results								
Place	Number	Surname	Forename	Club	Time	Sex	Cat	
1	178	Makuwa	Bill	Striders of Croydon	29.00	M	Sen	
2	242	Cummings	Mike	Herne Hill Harriers	29.01	M	Sen	
3	229	Taylor	Ron	Kingston Poly	31.02	M	Sen	
4	260	Harrison	Iain	Striders of Croydon	31.03	M	Sen	
5	253	Sheppard	Tony	Striders of Croydon	31.17	M	Vet	
6	237	Sharpe	Robert		0	31.55	M	Sen
7	201	Oxlade	Colin	Croydon Harriers	32.34	M	Vet	
8	259	Fancourt	Ben	Striders of Croydon	32.40	M	Sen	
9	204	Brown	David	Croydon Harriers	33.00	M	Sen	
10	224	Ewen	Bob	Striders of Croydon	33.09	M	Vet	
11	277	Emery	Jon		0	33.14	M	Sen
12	278	Ridley	Tim	Herne Hill Harriers	33.22	M	Vet	
13	255	Finch	Paul	Striders of Croydon	33.27	M	Sen	
14	186	Barrow	Edmond	Herne Hill Harriers	33.41	M	Vet	
15	218	Stanford	Paul	Striders of Croydon	33.42	M	Vet	
16	190	Foss	John	South London Harriers	33.44	M	Vet	
17	217	Batten	David	Striders of Croydon	33.48	M	Vet	
18	189	Chapman	Matthew	Striders of Croydon	33.48	M	Vet	
19	262	Donaghy	Simon	Herne Hill Harriers	33.54	M	Vet	
20	274	Arnold	Bill	South London Harriers	33.58	M	Vet	
21	203	Del Nevo	Andrew	Croydon Harriers	34.03	M	Vet	
22	195	Stroud	Mark	Herne Hill Harriers	34.05	M	Vet	
23	247	Dyke	Paul	South London Harriers	34.07	M	Sen	
24	238	Phillips	Allan		0	34.11	M	Sen
25	256	Massey	Stephen	Striders of Croydon	34.20	M	Vet	
26	266	Sommerville	Peter		0	34.45	M	Vet
27	245	Kaplankiran	Ali Ihsan	Croydon Harriers	35.29	M	Sen	
28	220	Eaves	Nick	Striders of Croydon	35.29	M	Vet	
29	231	Higgs	Catherine	Serpentine	35.40	F	Sen	
30	261	Miller	Dan		0	36.08	M	Sen
31	192	Wilcox	Henk		0	36.26	M	Vet
32	246	Bennell	Richard	Herne Hill Harriers	36.38	M	Sen	
33	236	Jackson	Debbie	Herne Hill Harriers	36.41	F	Vet	
34	227	Phillips	Ryan	Striders of Croydon	36.44	M	Sen	
35	223	Ewen	Alice	Striders of Croydon	36.46	F	Sen	
36	166	Dolton	Alan	Striders of Croydon	36.50	M	Vet	
38	248	Dyke	Bob		0	37.13	M	Vet
37	209	Woods	Darren	Redhill District RM RC	36.56	M	Sen	
39	263	Spreadbury	Ray		0	37.21	M	Vet
40	257	Upton	Steph	Striders of Croydon	37.33	F	Vet	
41	187	Barrow	Rebecca	Herne Hill Harriers	37.55	F	Vet	
42	241	Whiting	Samatha	Herne Hill Harriers	38.20	F	Sen	
43	163	Charlwood	Anthony		0	38.25	M	Vet
44	249	Morrison	Stuart	Herne Hill Harriers	38.31	M	Sen	
45	174	Arden	Richard	Dulwich Runners	38.39	M	Sen	
46	273	Garcia	Carlos		0	39.03	M	Sen
47	160	Allen	Sarah	Herne Hill Harriers	39.07	F	Vet	
48	233	Hughes	Terry		0	39.40	M	Sen
49	212	Burnip	Glenn	Herne Hill Harriers	39.41	M	Vet	
50	258	Hemming	Norman	Croydon Harriers	39.45	M	Vet	
51	232	Howard	Alan	Ranelagh Harriers	39.57	M	Vet	
52	219	Humphries	John	Striders of Croydon	40.11	M	Vet	
53	276	Jasani	Neil		0	40.20	M	Sen
54	197	Hamilton	Robert	Purple Patch Running	40.21	M	Vet	
55	239	Fixter	Penelope	Herne Hill Harriers	40.43	F	Sen	
56	222	Shew	Pete	Striders of Croydon	40.50	M	Vet	
57	164	Aiken	Phil	Ranelagh Harriers	41.36	M	Vet	
58	235	West	Simon		0	41.41	M	Sen
59	210	Heath	Justin		0	42.06	M	Sen
60	250	Lane	Michael		0	42.13	M	Vet
61	272	Condon	David		0	42.15	M	Sen
62	265	Bath	Ann	26.2 RRC	42.34	F	Vet	
63	188	Somerset	Carmen	Striders of Croydon	42.47	F	Sen	
64	234	Booth	Alan		0	42.55	M	Sen
65	264	Da Souza	Miriam	Croydon Harriers	43.05	F	Vet	
66	200	Cottam	Ruth	Collingwood AC	43.40	F	Vet	
67	216	Musk	Hannah	Striders of Croydon	44.04	F	Sen	
68	202	Apps	Leonard		0	44.09	M	Vet
69	165	Mortimer	Richard		0	44.38	M	Sen
70	254	Spence	Gary		0	44.42	M	Vet
71	215	Penny	Jo	Striders of Croydon	44.43	F	Sen	
72	226	Hansbury	Sarah	Striders of Croydon	45.06	F	Sen	
73	214	Edwards	Patricia	Striders of Croydon	45.18	F	Vet	
74	225	Ford	Kim	Striders of Croydon	45.47	F	Vet	
75	228	Gourlay	Martin	Striders of Croydon	45.47	M	Vet	
76	173	Lawrence	Lewis		0	46.23	M	Sen
77	172	Lawrence	Asa		0	46.23	M	Sen
78	243	Fowler	Paul		0	46.37	M	Vet
79	179	Chilvers	Neil		0	46.51	M	Sen
80	161	Edozie	Chido		0	46.52	M	Vet
81	205	Coats	Lee		0	47.46	M	Sen
82	206	Adams	Peter		0	47.46	M	Sen
83	213	Carr	Corinne	Striders of Croydon	48.07	F	Vet	
84	194	Campbell	Eric	Croydon Harriers	48.48	M	Vet	
85	196	Kita	Isabelle	Striders of Croydon	49.55	F	Vet	
86	208	Sheppard	Keith		0	50.24	M	Vet
87	168	Hunt	Tracey	Croydon Running Sisters	50.47	F	Vet	
88	275	Nagorski	John		0	51.20	M	Vet
89	211	Jamaine	Kellie		0	51.20	F	Sen
90	230	Jackson	Alistair	Veterans AC	51.26	M	Vet	
91	251	Asgher	Anita		0	52.32	F	Vet
92	271	Nyandolu	Farai		0	53.07	F	Sen
93	207	Allen	Jenny		0	53.42	F	Sen
94	267	Burnett	Kevin	Striders of Croydon	53.43	M	Vet	
95	167	Ireland	Sarah		0	54.23	F	Vet
96	269	Leaf	Kathy	Bexley AC	54.58	F	Vet	
97	270	Leaf	Sarah		0	55.10	F	Sen
98	268	Leaf	Barry		0	55.17	M	Vet
99	162	Pelling	Dianne		0	55.38	F	Vet
100	180	Han	Ernie	Redhill District RM RC	60.51	M	Sen	
101	244	Hann	Colin		0	60.52	M	Sen
102	252	Ruwende	Sharon	Striders of Croydon	63.00	F	Vet	
103	240	Heath	Sian		0	63.45	F	Sen