

Striders of Croydon**Switchback 5 - Sunday 25th September 2011**

| Place | Numb | First name | Surname | Club | Sex | Age | Cat | Time |
|-------|------|------------|------------|-------------------------|-----|-----|-----|-------|
| 1 | 205 | Mike | Cummings | Herne Hill Harriers | M | 27 | S | 28:31 |
| 2 | 148 | Jim | Addison | Beckenham RC | M | 39 | S | 28:58 |
| 3 | 125 | Stephen | Thackeray | Beckenham RC | M | 33 | S | 29:02 |
| 4 | 120 | Neil | Reissland | Collingwood AC | M | 47 | M40 | 29:23 |
| 5 | 216 | Lee | Flanagan | Striders of Croydon | M | 37 | S | 29:47 |
| 6 | 165 | Richard | Lee-Smith | Striders of Croydon | M | 39 | S | 30:49 |
| 7 | 114 | Antonio | Martins | Reigate AC | M | 53 | M50 | 31:01 |
| 8 | 154 | Stuart | Scott | Beckenham RC | M | 45 | M40 | 31:18 |
| 9 | 135 | Roger | Bryant | Collingwood AC | M | 43 | M40 | 31:22 |
| 10 | 178 | Declan | Flynn | 26.2 RRC | M | 51 | M50 | 31:28 |
| 11 | 220 | Winston | Parkinson | Herne Hill Harriers | M | 38 | S | 32:01 |
| 12 | 221 | Rob | Sharpe | Striders of Croydon | M | 30 | S | 32:06 |
| 13 | 144 | Edmond | Barrow | Herne Hill Harriers | M | 43 | M40 | 32:14 |
| 14 | 155 | Craig | Williamson | Beckenham RC | M | 47 | M40 | 32:20 |
| 15 | 218 | Ron | Taylor | Kingston & Poly | M | 24 | S | 32:37 |
| 16 | 149 | Simon | Carter | Beckenham RC | M | 34 | S | 32:48 |
| 17 | 168 | Fintan | Parkinson | | M | 32 | S | 32:54 |
| 18 | 189 | Glen | Morgan | Veterans AC | M | 49 | M40 | 32:59 |
| 19 | 219 | Richard | Fox | Collingwood AC | M | 44 | M40 | 33:20 |
| 20 | 192 | Tim | Mcintyre | Sutton Runners | M | 52 | M50 | 33:29 |
| 21 | 117 | David | Conway | | M | 35 | S | 33:33 |
| 22 | 195 | Ola | Balme | Dulwich Runners | F | 44 | F35 | 33:42 |
| 23 | 186 | Russell | Harmsworth | Striders of Croydon | M | 48 | M40 | 33:45 |
| 24 | 217 | Matthew | Chapman | Striders of Croydon | M | 40 | M40 | 34:09 |
| 25 | 224 | Helen | Furze | Striders of Croydon | F | 45 | F45 | 34:12 |
| 26 | 177 | Phyllis | Flynn | Stragglers | F | 49 | F45 | 34:14 |
| 27 | 197 | Tim | Ridley | Herne Hill Harriers | M | 47 | M40 | 34:18 |
| 28 | 131 | Helen | Sharp | Herne Hill Harriers | F | 29 | S | 34:25 |
| 29 | 152 | Toni | Merola | Beckenham RC | M | 45 | M40 | 34:32 |
| 30 | 128 | Bob | Ewen | Striders of Croydon | M | 56 | M50 | 34:37 |
| 31 | 170 | Edmond | Osborne | Beckenham RC | M | 36 | S | 34:40 |
| 32 | 162 | Greg | Williams | Serpentine | M | 29 | S | 34:56 |
| 33 | 142 | Rosie | Ferguson | Blackheath & Bromley AC | F | 47 | F45 | 35:01 |
| 34 | 191 | Ben | Savill | Croydon Harriers | M | 17 | S | 35:07 |
| 35 | 184 | William | Ward | Striders of Croydon | M | 31 | S | 35:09 |
| 36 | 121 | Helen | Garrett | Beckenham RC | F | 46 | F45 | 35:27 |
| 37 | 196 | Stephanie | Mitchell | Herne Hill Harriers | F | 28 | S | 35:41 |
| 38 | 167 | Martin | Lloyd | Collingwood AC | M | 51 | M50 | 36:09 |
| 39 | 187 | Nigel | Wood | Collingwood AC | M | 55 | M50 | 36:20 |
| 40 | 180 | Steve | Ferrar | Beckenham RC | M | 55 | M50 | 36:30 |
| 41 | 176 | Mary | James | Collingwood AC | F | 36 | F35 | 36:38 |
| 42 | 198 | Graham | Oglethorpe | | M | 42 | M40 | 36:47 |
| 43 | 118 | Michael | Ward | Dulwich Runners | M | 54 | M50 | 37:17 |
| 44 | 158 | Viv | Mitchell | South London Harriers | M | 49 | F45 | 37:20 |
| 45 | 119 | Darren | Over | Serpentine | M | 38 | S | 37:25 |
| 46 | 159 | Amy | Mitchell | South London Harriers | F | 18 | S | 37:28 |
| 47 | 223 | Tunde | Adeyemo | Sutton Runners | M | 55 | M50 | 37:35 |

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| 48 | 199 | Jason | Hudson | | M | 41 | M40 | 37:37 |
| 49 | 213 | David | Condon | | M | 29 | S | 37:44 |
| 50 | 140 | Alan | Dolton | Striders of Croydon | M | 54 | M50 | 37:46 |
| 51 | 207 | Graeme | Drysdale | | M | 44 | M40 | 37:52 |
| 52 | 208 | Alice | Ewen | Striders of Croydon | F | 26 | S | 37:54 |
| 53 | 115 | Marketa | Martins | South London Harriers | F | 33 | S | 38:00 |
| 54 | 210 | Keith | Brown | Croydon Harriers | M | 56 | M50 | 38:06 |
| 55 | 203 | Joe | Bangs | Collingwood AC | M | 42 | M40 | 38:10 |
| 56 | 56 | Sarah | Allen | Herne Hill Harriers | F | 48 | F45 | 38:24 |
| 57 | 146 | Gail | Arnott | Beckenham RC | F | 51 | F45 | 38:28 |
| 58 | 179 | Debra | Bourne | Striders of Croydon | F | 43 | F35 | 38:31 |
| 59 | 126 | Richard | Edwards | Striders of Croydon | M | 44 | M40 | 38:32 |
| 60 | 143 | Rebecca | Barrow | Herne Hill Harriers | F | 40 | F35 | 38:32 |
| 61 | 169 | Abby | Penlington | Herne Hill Harriers | F | 34 | S | 38:40 |
| 62 | 172 | Darren | Woods | Redhill District RC | M | 24 | S | 38:46 |
| 63 | 200 | Andrew | Stalley | Collingwood AC | M | 47 | M40 | 38:52 |
| 64 | 206 | Peter | Barry | | M | 57 | M50 | 39:07 |
| 65 | 153 | Ken | Baksh | Beckenham RC | M | 56 | M50 | 39:36 |
| 66 | 166 | Hannah | Musk | Striders of Croydon | F | 31 | S | 39:50 |
| 67 | 145 | Ken | Lee | South London Harriers | M | 64 | M60 | 39:59 |
| 68 | 150 | Nicola | Howard | Beckenham RC | F | 43 | F35 | 40:01 |
| 69 | 130 | James | Barber | Sutton Runners | M | 51 | M50 | 40:04 |
| 70 | 226 | Darrin | Ormston | Sutton Runners | M | 46 | M40 | 40:10 |
| 71 | 163 | John | Humphries | Striders of Croydon | M | 48 | M40 | 40:15 |
| 72 | 136 | Norman | Hemming | Croydon Harriers | M | 58 | M50 | 40:17 |
| 73 | 151 | Pat | Kerrins | Beckenham RC | M | 55 | M50 | 40:25 |
| 74 | 225 | Maggie | Statham | Oxted Runners | F | 58 | F55 | 40:38 |
| 75 | 182 | Bernard | Finerty | | M | 52 | M50 | 40:41 |
| 76 | 175 | Georgina | Selway | Beckenham RC | F | 46 | F45 | 40:48 |
| 77 | 138 | Ameet | Patel | Beckenham RC | M | 47 | M40 | 41:04 |
| 78 | 171 | Ann | Shellard | Wimbledon Windmilers | F | 42 | F35 | 41:08 |
| 79 | 174 | Alan | Davidson | Ranelagh | M | 64 | M60 | 41:13 |
| 80 | 161 | Zoe | Williams | | F | 31 | S | 41:45 |
| 81 | 185 | Clive | Smith | Striders of Croydon | M | 52 | M50 | 42:05 |
| 82 | 194 | Steve | Edwards | Veterans AC | M | 54 | M50 | 42:47 |
| 83 | 127 | Elaine | Reid | Collingwood AC | F | 41 | F35 | 42:47 |
| 84 | 173 | Happy | Fisher | Sevenoaks AC | F | 35 | F35 | 43:33 |
| 85 | 156 | Andrew | Hinds | Beckenham RC | M | 59 | M50 | 43:48 |
| 86 | 202 | Catherine | Gaskell | Collingwood AC | F | 30 | S | 44:32 |
| 87 | 160 | David | Denton | Striders of Croydon | M | 50 | M50 | 45:53 |
| 88 | 214 | Dan | Shepherd | | M | 33 | S | 46:11 |
| 89 | 209 | Deborah | Ford | Beckenham RC | F | 43 | F35 | 46:15 |
| 90 | 222 | Ralph | Dawkins | | M | 45 | M40 | 46:45 |
| 91 | 181 | Berit | Sund | | F | 38 | F35 | 47:06 |
| 92 | 147 | Rebecca | Addison | Beckenham RC | F | 29 | S | 47:20 |
| 93 | 57 | Paul | Cooper | Collingwood AC | M | 38 | S | 47:28 |
| 94 | 129 | Lynn | Barber | Ranelagh | F | 51 | F45 | 47:51 |
| 95 | 124 | Lorraine | Thomas | Collingwood AC | F | 40 | F35 | 48:33 |
| 96 | 141 | Phil | Brogan | | M | 35 | S | 48:43 |
| 97 | 133 | Marian | Moollan | | F | 36 | F35 | 48:53 |
| 98 | 164 | Catherine | Daws | | F | 39 | F35 | 49:07 |

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| 99 | 215 | Eric | Campbell | Croydon Harriers | M | 44 | M40 | 49:18 |
| 100 | 63 | Alistair | Jackson | Veterans AC | M | 68 | M60 | 49:44 |
| 101 | 190 | Leonard | Apps | | M | 48 | M40 | 49:48 |
| 102 | 201 | Gill | Stalley | Collingwood AC | F | 47 | F45 | 50:49 |
| 103 | 204 | Paul | Booth | Collingwood AC | M | 57 | M50 | 52:08 |
| 104 | 123 | Tony | Flowers | Striders of Croydon | M | 42 | M40 | 52:23 |
| 105 | 132 | Christine | Goodsell | Ranelagh | F | 47 | F45 | 53:02 |
| 106 | 193 | Sue | Mcintyre | Sutton Runners | F | 49 | F45 | 53:08 |
| 107 | 183 | Sandra | O'Reilly | Sutton Runners | F | 47 | F45 | 53:09 |
| 108 | 122 | Tracey | Hunt | Croydon Running Sisters | F | 47 | F45 | 54:37 |
| 109 | 188 | Sandra | Francis | Striders of Croydon | F | 54 | F45 | 56:54 |
| 110 | 211 | Wendy | Butcher | Croydon Running Sisters | F | 51 | F45 | 61:49 |
| 111 | 212 | Sue | Stevens | Croydon Running Sisters | F | 48 | F45 | 61:49 |