

Striders of Croydon  
Switchback - 28th September 2014 - Results

Place	First name	Surname	Club	Sex	Cat	Time	Race no
1	Bill	Makuwa	Striders of Croydon	M	SM	00:29:31	224
2	Ernie	Hann	Striders of Croydon	M	SM	00:29:49	202
3	Sam	Clayton	Croydon Harriers	M	SM	00:31:15	217
4	Lee	Flanagan	Striders of Croydon	M	M40	00:31:22	227
5	Justin	Macenhill	Striders of Croydon	M	M40	00:31:34	223
6	Roger	Bryant	Collingwood AC	M	M40	00:31:48	174
7	Mark	Constantinou	Collingwood AC	M	M50	00:31:50	192
8	Gordon	Hennessy	Collingwood AC	M	M50	00:31:53	186
9	Simon	Dahdi	Petts Wood Runners	M	SM	00:32:06	238
10	Paul	Lenaghan	Unattached	M	M40	00:32:10	201
11	Martin	Cunningham	Petts Wood Runners	M	M50	00:32:28	170
12	Antony	Constantinou	Collingwood AC	M	M50	00:32:42	185
13	Craig	Williamson	Beckenham Runners	M	M50	00:32:47	230
14	David	Young	Unattached	M	SM	00:33:04	150
15	Richard	Lee-Smith	Striders of Croydon	M	M40	00:33:23	237
16	Philip	Coales	Unattached	M	SM	00:33:51	139
17	Glen	Morgan	Vets AC	M	M50	00:33:56	209
18	Ola	Balme	Dulwich Runners	F	F45	00:34:16	208
19	Martin	Lloyd	Collingwood AC	M	M50	00:34:27	183
20	Serena	Stracey	Striders of Croydon	F	F35	00:34:34	234
21	Colin	Hann	Striders of Croydon	M	SM	00:34:45	203
22	Robin	Holmes	South London Harriers	M	M40	00:35:02	221
23	Simon	Ricca	Unattached	M	M50	00:35:13	194
24	Duncan	Wilson	Dulwich Runners	M	M50	00:35:27	199
25	Gavin	Englefield	South London Harriers	M	SM	00:35:40	130
26	Darren	Woods	Striders of Croydon	M	SM	00:35:44	226
27	Stephen	Massey	Striders of Croydon	M	M40	00:35:55	222
28	Neil	Thompson	Petts Wood Runners	M	M40	00:36:12	161
29	John	Punt	Unattached	M	M40	00:36:26	188
30	Jenny	Leng	Petts Wood Runners	F	F45	00:36:46	152
31	Jenny	Cooney	Collingwood AC	F	F35	00:37:13	193
32	Stephen	Cooney	Collingwood AC	M	M40	00:37:13	239
33	Kathryn	Suckling	Petts Wood Runners	F	F35	00:37:19	131
34	Tony	Ostrowski	Striders of Croydon	M	M50	00:37:27	197
35	Darren	Over	Serpentine	M	M40	00:37:49	173
36	Chris	Green	Unattached	M	M50	00:37:55	232
37	Maggie	Statham	Oxted Runners	F	F55	00:38:19	231
38	Iain	Rhind	Petts Wood Runners	M	M50	00:38:34	160
39	Jonathan	Bottomer	Petts Wood Runners	M	M40	00:38:36	172
40	Graham	Fox	Road Runners Club	M	M50	00:38:51	137
41	Mark	Burgess	Petts Wood Runners	M	M50	00:39:05	148
42	Keith	Brown	Croydon Harriers	M	M50	00:39:27	225
43	Ian	Strong	Epsom Oddballs	M	M50	00:39:53	233
44	David	Condon	Collingwood AC	M	SM	00:40:06	187
45	Steve	Elliott	Beckenham Runners	M	M50	00:40:28	210
46	Shun-Lai	Chan	Collingwood AC	F	F45	00:40:47	189

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47	Catherine	Ruffle	Unattached	F	F35	00:41:14	153
48	Michelle	Clarke	Striders of Croydon	F	SW	00:41:54	155
49	David	Berry	Petts Wood Runners	M	SM	00:42:51	149
50	Norman	Hemming	Croydon Harriers	M	M60	00:43:02	182
51	Sarah	Regan	Bromley Veterans AC	F	F35	00:43:31	156
52	Ruth	Cottam	Collingwood AC	F	F45	00:43:43	198
53	David	Goss	Petts Wood Runners	M	M60	00:46:06	167
54	Matt	Smith	Striders of Croydon	M	SM	00:46:19	228
55	Francesca	Nyman	Unattached	F	SW	00:46:48	212
56	Robert	Nyman	Unattached	M	M50	00:46:48	213
57	Yolanda	Martinez	Petts Wood Runners	F	F45	00:46:55	171
58	Steven	Seager	Petts Wood Runners	M	M40	00:47:05	219
59	Rowena	Hornshaw	Hercules Wimbledon	F	SW	00:47:09	236
60	Dennis	Seymour	Unattached	M	SM	00:47:32	206
61	Beatrice	Schaer	Striders of Croydon	F	F35	00:47:38	168
62	Helen	Gilbert	Orpington Road Runners	F	SW	00:47:40	180
63	Richard	Gilbert	Orpington Road Runners	M	SM	00:47:40	179
64	Susannah	Oliver	Unattached	F	F35	00:47:42	175
65	Leonard	Apps	Unattached	M	M50	00:47:47	204
66	Amanda	Curtis	Collingwood AC	F	F45	00:48:17	211
67	Lua	Cortes	Unattached	F	SW	00:48:44	216
68	Janet	Cunningham	Epsom Allsorts	F	F45	00:48:50	178
69	Evie	Odej	Collingwood AC	F	SW	00:48:53	215
70	Fred	Woodrow	Unattached	M	SM	00:48:59	138
71	David	Allison	Petts Wood Runners	M	M40	00:49:00	147
72	Juliet	Stevenson	Be Cool Running	F	F45	00:49:15	146
73	John	O'Toole	Petts Wood Runners	M	M40	00:49:28	142
74	Yasmin	Anderson	Striders of Croydon	F	F35	00:49:32	229
75	Sabine	Green	Epsom Allsorts	F	F45	00:49:43	144
76	Hayley	Corbishley	Unattached	F	SW	00:49:49	133
77	Alison	Kelly	Be Cool Running	F	F35	00:50:40	145
78	Michael	Higgins	Unattached	M	M50	00:50:46	214
79	Fee	Baulackey	Epsom Allsorts	F	F55	00:50:57	132
80	Chris	Taylor	Unattached	M	M50	00:51:00	218
81	Lynn	Seymour	Striders of Croydon	F	F45	00:52:12	207
82	Emma	Hay	Petts Wood Runners	F	F35	00:52:36	196
83	Karen	Samuel	Orpington Road Runners	F	F45	00:53:05	163
84	Ann	Thompson	Petts Wood Runners	F	F45	00:53:12	162
85	Zoe	Hocking	Epsom Allsorts	F	F45	00:53:50	184
86	Robyn	Stubbs	Petts Wood Runners	F	F35	00:53:48	200
87	Susan	Hanney	Petts Wood Runners	F	F45	00:53:48	159
88	Rosa	Constantinou	Collingwood AC	F	F45	00:54:14	191
89	Helena	Broadway	Petts Wood Runners	F	F45	00:54:58	136
90	Alan	Lawrence	Unattached	M	M40	00:55:12	177
91	Neil	Witherow	Unattached	M	M50	00:55:21	195
92	Maria	Lawrence	Collingwood AC	F	F45	00:55:32	176
93	Debbie	McKenzie	Petts Wood Runners	F	F45	00:55:58	181

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94	Amanda	Cooper	Unattached	F	F45	00:56:10	235
95	Natalie	Seymour	Striders of Croydon	F	SW	00:58:34	205
96	Tracey	Hunt	Croydon Running Sisters	F	F45	00:58:38	140
97	Alistair	Jackson	Vets AC	M	M60	00:59:39	135
98	Elaine	Batt	Epsom Allsorts	F	F55	01:01:07	164
99	Helen	Hart	Petts Wood Runners	F	F45	01:01:15	151
100	Nicki	Crowther-Tow	Petts Wood Runners	F	SW	01:01:15	165
101	Stacey	Seymour	Unattached	F	SW	01:15:40	220