

STRIDERS OF CROYDON

Multi event results for 2009

Date	Name of Event	Runner, placing	Total Time					
2-Aug	Ironman Triathlon, Bolton			swim 3.8K	T1	cycle 180K	T2	run - marathon
		Paul F - 295th	12.03.51	1.03.42	5.57	6.32.16	5.35	4.16.24
		Justin - 403rd	12.24.32	1.27.03	11.28	7.00.21	8.08	3.37.34
		Mark B - 727th	13.23.22	0.57.36	5.21	6.38.58	3.53	5.37.36
22-Jul	Team Outrageous Midweek Sprint Triathlon - race 4			swim 550m	cycle 16K	run 5K		
		Paul F - 5th	53.04	8.19	25.50	18.55		
		Justin - 13th	58.21	11.19	28.35	18.27		
10-Jul	Human Race, Olympic triathlon			swim 1500m	T1	cycle 40K	T2	run 10K
		Paul F - 7th	2.17.42	23.30	0.54	1.11.24	0.43	41.11
		Mark B - 24th	2.40.05	21.05	0.54	1.15.03	0.52	1.02.11
1-Jul	Team Outrageous Midweek Sprint Triathlon - race 3			swim 550m	cycle 16K	run 5K		
		Paul F - 3rd	53.51	9.02	25.46	19.03		
		Justin - 6th	56.47	11.16	26.59	18.32		
17-Jun	Team Outrageous Midweek Sprint Triathlon - race 2			swim 550m	cycle 16K	run 5K		
		Paul F - 1st	53.24	8.20	25.48	19.16		
14-Jun	UK Half Ironman, Exmoor			swim 1900m	cycle 56 miles	run 13.1 miles		
		Paul F - 145th	5.38.00	30.20	3.12.20	1.50.19		
		Justin - 218th	5.49.09	39.19	3.19.43	1.41.24		
		Mark B - 336th	6.09.04	26.50	3.33.05	2.04.32		
6-Jun	Team Outrageous Saturday - race 2			swim 550m	cycle 16K	run 5K		
		Paul F - 1st	52.49	8.04	25.40	19.05		
31-May	Crystal Palace triathlon	Seniors		swim 750m	cycle 20K	run 5K		
		Tom L - 441st	1.48.54	22.40	1.00.29	25.43		
		Christine B - 450th	1.51.44	20.23	1.06.59	24.20		
		Gary B - 482nd	2.07.13	40.03	56.52	30.16		
	Crystal Palace triathlon	9-10 yrs		swim 150m	cycle 4K	run 800m		
		Daniel Shew - 28th	22.49	4.11	14.18	4.20		
27-May	Team Outrageous Midweek Sprint Triathlon - race 1			swim 550m	cycle 16K	run 5K		
		Paul F - 3rd	53.37	8.23	25.45	19.29		
		Justin - 5th	57.07	11.32	27.36	17.59		
16-May	Eton Super Sprint			swim 400m	T1	cycle 20K	T2	run 5K
		Paul F - 14th	1.03.16	5.35	1.22	36.22	0.50	19.05
		Mark B - 19th	1.03.55	5.10	0.52	36.10	0.51	20.5
		Barry - 307th	1.17.15	8.39	3.37	41.57	1.08	21.52
10-May	Morden 6n6			swim 600m	run 6miles			
		Faye - 76th	54.03	11.46	42.17			
		Julian - 77th	54.11	14.57	39.14			
		Andrea - 107th	58.34	13.03	45.31			
		Tom L - 134th	1.03.07	15.56	47.11			
21-Mar	Ballbuster, Box Hill			run 8 miles	cycle 24 miles	run 8 miles		
		Justin - 35th	3.09.22	49.16	1.26.12	53.53		
		Paul F - 108th	3.29.10	57.51	1.25.25	1.05.52		
		Ben F - 115th	3.31.14	53.45	1.25.49	1.11.58		