

Results for August 2008

red = not included in road rankings/ club records yet

<u>Date</u>	<u>Name of Event</u>	<u>Distance</u>		<u>Runner, place</u>	<u>Time</u>	<u>Comments</u>
27-Jul	Harlow 10	10 miles	road	John F - 59th	1.07.29	
31-Jul	Near As Dammit	10K approx.	xc	Damian - 14th	40.14	121 finishers
				Chris - 22nd	42.04	
				Mick T - 28th	43.05	
				Ian Y - 34th	44.06	
				Darren - 39th	44.43	
				Steph - 51st	47.45	
				Suzy Y - 73rd	51.57	
				Kerry - 74th	51.57	
				Dave D - 78th	53.37	
				Paul W - 86th	55.57	
				Dave H - 100th	60.21	
3-Aug	Indian Queens Half, Cornwall	Half marathon	road	Peter S - 351st	1.58.29	
10-Aug	Belgrave Bolt (Wimbledon 5K)	5K	road	simon A - 47th	18.46	Striders men finished 12th in the Road League and 10
				Richard L-S - 48th	18.47	Striders women were 9th in the RL and 12th in th Char
				MV 50)	19.23	Three to score in all cases
				Darren - 65th	19.24	
				Nicholas - 69th	19.30	
				Mick - 75th	19.40	
				Chris - 77th	19.42	
				Nick E - 107th	20.58	
				Matt A - 112th	21.17	
				Colin - 115th (4th M	21.30	
				Mick G - 147th	22.58	
				Dave D - 160th	23.25	
				Yasmin - 163rd	23.46	
				Peter S - 171st	24.29	
				Kim - 191st	26.49	
				Julie - 200th	29.17	
				Pat - 205th	29.47	
				JP - 206th	29.59	
				Andy T - 213th	31.55	
13-Aug	Rosenheim final	T&F	Tooting Bec			
			100m	Kevin Bu	18.00	
			3000m	Matt M	9.13.5	
16-Aug	Dublin - Frank Duffy 10 mile	10 miles	road	James B - 17th	55.33	3rd fastest Strider ever for 10 miles
16-Aug	Clash of the Tritons aquathon	500m swim / 5K run		Justin - 20th	27.26	8.51 swim / 18.00 run
				Neil - 41st	29.49	7.45 swim / 21.23 run
				matt A - 81st	32.38	9.40 swim / 22.34 run
				Karen M - 110th	35.29	9.51 swim / 24.50 run
				Tom L - 128th	38.16	13.24 swim / 22.56 run
				Karen C - 157th	44.33	12.26 swim / 30.44 run
16-Aug	London Pride 10K (Victoria Park)	10K	road	Damian - 22nd	37.58	
				Steve M - 73rd	41.13	
				Serena - 139th	44.52	
				Brian - 176th	46.19	
				Dave D - 189th	46.46	
				Linda - 289th	51.09	
				Kim - 428th	57.08	
				JP - 503rd	62.21	
23-Aug	Herne Hill Harriers Open T&F meet	T&F	Tooting Bec			
			800m	Yasmin	3.05.41	
			3K steeple	Matt M	9.57.80	Club record
24-Aug	Pilgrim's Way, Kent	7.5 miles approx.	multiterrain	Iain H - 9th		
25-Aug	Crawley open meeting	T&F	shot	Dave L	7.00m	
			discus	Dave L	24.49m	
31-Aug	Arundel castle 10K	10K	road	Richard L-S - 31st	40.11	
				Josephine - 139th	46.59	
				Steph U - 190th	49.03	
				Emily - 326th	53.29	