

**STRIDERS OF CROYDON****Results for August 2010**

<u>Date</u>	<u>Name of Event</u>	<u>Distance</u>		<u>Runner, placing</u>	<u>Time</u>	<u>Comments</u>
8-Aug	Wimbledon Dash 5k	5K	road	Paul S - 70th	20.14	
				Damian - 78th	20.24	
				Serena - 81st (12th F)	20.31	
				Jospehine - 112th	21.27	
				Amanda - 175th	25.56	
				Victoria - 200th	33.52	
14-Aug	Hardassnails 10K	5.8 miles approx.	xc	Chris M - 26th (2nd MV40)	43.17	
				Steph U - 65th (2nd FV40, 5th F)	48.15	
14-Aug	Pride 10K	10K	road	Damian - 23rd	37.03	
				Serena - 89th (2nd FV, 6th F)	42.11	
				Alan P - 135th	44.27	
				Josephine - 143rd (12th F)	44.35	
				Tina - 158th (14th F)	45.08	
				Dave D - 278th	48.44	
				Amanda - 423rd	53.0	
				?? - 531st	57.3	
				Isabelle - 581st	59.1	
29-Aug	Pilgrims Way, Meopham	8.5 miles approx.	multiterrain	Paul S - 14th	1.02.55	183 finishers
				Steph - 37th (5th F)	1.08.19	
				Dee - 155th	1.36.04	
				Victoria - 176th	1.49.06	