

## STRIDERS OF CROYDON

**Results for July 2011**

red = not included in road rankings/ club records yet

<u>Date</u>	<u>Name of Event</u>	<u>Distance</u>		<u>Runner, placing</u>	<u>Time</u>	<u>Comments</u>
6-Jul	Rosenheim League - fixture 5 Croydon Arena	T&F	shot	Kevin Bu - 6th	4.91m	Striders women finished 1st on the day
			shot	Linda D 5th	4.75m	Striders men finished 5th on the day
			Triple Jump	Clive S - 6th	5.98m	
			Triple Jump	Sandra F - 2nd	5.99m	
			Discus	Kevin Bu - 5th	13.39m	
			100m	Lee F - 5th	13.5	
			100m	Sandra F - 3rd	16.5	
			200m	Lee F - 5th	28.7	
			200m ns	Natalie - 2nd	33.1	
			400m	Lee F - 5th	61.3	
			400m ns	Linda D	81.7	
			800m	Lee F 4th	2.14.7	
			1500m	chris M - 5th	5.48.5	
			3000m	Steph U - 1st (11th overall)	12.44.3	
			3000m	Barry F - 5th (12th overall)	12.48.9	
			3000m ns	Matt S - (13th)	12.56.0	
			3000m ns	Linda D - (14th)	14.06.3	
			3000m ns	Clive S - (15th)	14.40.5	
			4 x 200m relay	Natalie, Sandra, Linda, Steph - 1st	2.25.6	
			4 x 200m relay	Chris, Kevin, Clive, Barry - 5th	2.43.7	
8-Jul	Walkington 10K	10K	road	Sean G	48.36	
9-Jul	The Hurt 10K	6 miles approx.	multiterrain	Andy M - 14th	48.01	145 finishers
				Chris M - 20th	50.39	
				Steph U - 27th (3rd F)	53.01	
13-Jul	Reigate Priory Summer 10K	10K	road	Krzysztof - 16th	39.04	
				Russell - 38th	42.01	
				Steph U - 91st	45.58	
17-Jul	Trentham 10	10 miles	road	Paul W	1.20.41	
16-Jul	Elmore 7	7 miles	road	Chris M - 65th	47.46	
				Mick T - 66th	47.59	
				steph U - 107th	51.32	
				Martin G - 182nd	58.13	
				Jo P - 234th	1.03.47	
				David D - 242nd	1.05.02	
				Corrine C - 257th (running for Sisters)	1.06.45	
				Margaret F - 261st	1.07.02	
				Lyn S - 271st (running for Sisters)	1.09.16	
				Tracey H - 272nd (running for sisters)	1.09.16	
				Kim F - 279th	1.09.53	
				Serena S - 280th	1.09.53	
				Paula I - 287th	1.11.26	
				Belinda C - 288th	1.11.26	
				Steve T - 313rd	1.18.26	
				Victoria L - 321st	1.22.40	
20-Jul	Rosenheim League - fixture 6 Tooting Bec	T&F	shot	Kevin Bu - 6th	5.04m	Striders women finished 6th on the day
			long jump	Kevin Bu - 4th	2.00m	Striders men finished 6th on the day
			javelin	Kevin Bu - 5th	13.54m	
			Long Jump	Sandra F - 4th	3.32m	
24-Jul	Elmbridge 10K	10K	road	Cara - 144th	42.09	
				Josephine - 287th	47.39	
24-Jul	Jack & Jill	approx. 5.5 miles	multiterrain	steph U - 26th (2nd F)	44.45	
27-Jul	Gatton 10K	10K	multiterrain	Krzysztof - 6th	42.20	
				Steph U - 40th (2nd FV35)	49.31	
28-Jul	Near As Dammit	10K approx.	xc	Krzysztof - 10th	40.46	
				Mick T - 28th	47.11	
				Steph U - 29th	47.16	
				Paul C - 46th	50.25	
				Dave H - 89th	1.06.23	