STRIDERS OF CROYDON

Updated 02/08/2005

Results for July 2005

Date	Name of Event	Distance		Runner, placing	Time	Comments
3-Jul	Cranleigh 10K	10K				
13-Jul	Rosenheim League (5) - Tooting Bec	100m	A	Alex - 4th	14.00	Striders finished 5th on the day
		200m	A	Duncan - 5th	26.70	
		400m	A	Justin - 5th	55.90	Club record
		800m	A	Duncan - 4th	02:10.4	
			non-scoring	Bob E - 5th	02:26.2	
		1500m	A	Matt - 7th	04:44.7	
			non-scoring	Alex - 16th	05:14.9	
		3000m	non-scoring	Justin - 10th	09:57.0	
			non-scoring	Duncan - 11th ?	10:03.0	
			A	Bob E - 18th	10:37.2	
		110m hurdles	A	Matt - 4th	24.60	
		Shot	A	Justin - 6th	6.87 m	
			non-scoring	Chris	4.96 m	
		Triple jump	A	Chris - 6th	7.78 m	
		Discus	A	Chris - 6th	6.97 m	
		4 x 200m relay		Alex / Duncan / Bob / Matt - 4th	01:49.3	
16-Jul	Elmore 7	7 miles	road	Dave B - 26th	46.10	
				Chris - 32nd	46.37	
				Helen - 37th	47.19	
				Alan D - 50th	48.35	
				Serena - 59th	49.40	
				Neil F - 63rd	50.16	
				Paul W - 81st	51.57	
				Kerry B - 93rd	53.06	
				John R - 104th	53.54	
				David D - 108th	54.35	
				Tom L - 113th	55.04	
				Mike G - 135th	57.23	
				David G - 140th	57.55	
				Pat E - 200th	66.13	
				Steve T - 214th	68.35	
24-Jul	Elmbridge	10K	road	Tony - 56th	37.09	
				Damian - 70th	37.50	
				Dave B - 93rd	38.55	
				Mike W - 147th	40.59	
				Serena - 180th	42.15	
				Neil F - 188th	42.40	
				Kerry - 204th	43.23	
				Paul W - 212th	43.52	
				Clare - 215th	44.07	
				John R - 220th	44.25	
				Mike G - 271st	46.54	
				Tom L - 276th	47.07	
				Tina (?) - 287th	47.44	
				David D - 322nd	49.15	
				Patricia C - 336th	49.51	
				Matthew B - 364th	50.54	
				Karen P - 373rd	51.21	
				Carol - 403rd	53.19	
27-Jul	Rosenhiem (6) - Tooting Bec	100m	A	Duncan - 6th	13.70	Striders finished 5th on the day
		200m	A	Duncan - 6th	ntt	
		400m	A	Justin - 3rd	57.20	
		800m	A	Justin - 2nd	02:04.7	
		1500m	A	Matt - 5th	04:33.5	
		3000m	A	Duncan - 5th	09:51.1	
			non-scoring	Alex - 15th	11:12.6	
			non-scoring	Chris - 16th	11:17.9	
		2K steeplechas	A	Matt - 1st	06:58.3	Our first ever win in a Rosenheim event
		Shot	A	Justin - 6th	6.90 m	
			non-scoring	Kevin Bu.	5.46m	
			non-scoring	Chris	4.74 m	
		Long Jump	A	Justin - 4th	4.36 m	
		Discus	A	Chris - 6th	6.97 m	
		Javelin	A	Kevin Bu - 5th	18.14 m	
		4 x 200m relay		Alex / Duncan / Justin / Matt - 4th	01:53.1	
28-Jul	NearasDAmmit (3)	about 10K	xc	Justin - 3rd	38.39	
				serena - 23rd (3rd F)	45.03	
				Barry - 27th	46.00	
				Nigel F - 32nd	46.40	
				David D - 47th	51.49	
				Dave H - 54th	56.11	
29-Jul	Aquathon - mob match with SLH	400m swim,		Paul F - 1st	19.32	
		4K (nearer to 3.5K) run		Neil F - 4th	20.36	
				Justin - 6th	21.04	
				Linda & Geoff Pennells - 12th	22.16	
				Gemma - 16th	24.10	
				Barry - 17th	24.51	
				Matthew B - 18th	24.54	
				Karen Mc - 20th	26.27	
				Paul W - 21st	26.29	
				John G - 22nd	27.26	
				Karen P - 23rd	27.45	
				Chris - 24th	28.04	
				Laura - 26th	29.11	
				Robin - 28th	30.03	
				Susan - 29th	32.59	
				Karen C - 30th	33.23	