

Results for July 2006

Date	Name of Event	Distance		Runner, placing	Time	Comments
12-Jul	Rosenheim League	T&F	Tooting Bec			
		100m	A	Dave L - 6th	14.30	Striders finished 5th on the day
		200m	A	Dave L - 5th	28.50	
		400m	A	Justin - 6th	58.80	
			non-scoring	Steve S	69.70	
		800m	A	Matt M - 4th	02:14.5	
			non-scoring	Dave B	02:25.1	
		1500m	A	Ian C - 6th	05:05.1	
		3000m	A	Justin - 1st	09:42.8	
			non-scoring	Ian C	10:37.4	
		Triple jump	A	Steve S - 4th	5.87m	
		Shot	A	Matt O'H - 5th	7.08m	
		Discus	A	Matt O'H - 4th	17.27m	
			non-scoring	Dave L	17.04m	
		4x200m relay	A	Dave L / Steve S / Matt M / Justin - 6th	1:59.1	
9-Jul	Jim Braben (Wimbledon) 10K	10K	road	Steve S - 47th	45.51	
12-Jul	Reigate Summer Evening 10K	10K	multiterrain	Pawel - 8th	37.03	
				Damian - 23rd	39.04	
				Paul F - 35th	40.22	
				Darren - 38th	40.52	
				Nigel F - 61st	43.29	
				Matt B - 94th	45.24	
				Huw - 103rd	46.04	
				Steph U - 136th	48.07	
				Natasha - 142nd	48.20	
				Kate C - 170th	50.03	
				Dave D - 222nd	52.26	
				Steve T - 327th	58.47	
15-Jul	Elmore 7	7 miles	road	Justin - 3rd	40.54	342 finishers
				Pawel - 6th	42.08	
				Damian - 16th	44.47	
				Dave B - 26th (4th FV50)	46.14	
				Darren - 29th	46.32	
				Dom H - 37th	47.43	
				Serena - 65th (6th F)	50.10	
				steve S - 70th	50.43	
				Martin P - 75th	51.03	
				Matt B - 85th	51.47	
				Alan D - 91st	52.26	
				John G - 92nd	52.33	
				Steph U - 113th (4th FV35)	53.53	
				Paul W - 126th	54.53	
				Kerry - 128th (6th FV35)	54.57	
				Peter - 131st	55.17	
				Dave D - 142nd	56.18	
				Tom L - 156th	57.17	
				Jonathan - 168th	58.06	
				John H - 169th	58.09	
				Mike G - 198th	60.27	
				Karen McD - 249th	65.48	
				Matt O'H - 257th	66.50	
				Michele M - 275th	68.39	
				steve T - 277th	68.50	
				Karen C - 325th	78.05	
				carol - 326th	78.05	
23-Jul	Elmbridge 10K	10K	road	Pawel - 23rd	35.52	571 finishers
				Dave B - 64th	38.50	
				Dom H - 89th	39.52	
				Barry - 163rd	42.44	
				Steve S - 169th	42.53	
				John G - 186th	43.38	
				Kerry - 199th	44.18	
				Richard - 212th	44.59	
				Paul W - 254th	46.33	
				Peter S - 263rd	46.53	
				John H - 267th	47.12	
				Tom L - 268th	47.17	
				Phil - 272nd	47.25	
				Dave D - 309th	49.09	
				James - 312th	49.15	
				Karen P - 396th	52.57	
				Carol - 424th	54.44	
				Jacqui M - 514th	61.35	
				Karen C - 540th	64.46	
				Susan - 543rd	65.29	
26-Jul	Rosenheim League	T&F	Tooting Bec			
		100m	A	Chris - 6th	15.60	Striders finished 5th on the day
			non-scoring	Kevin Bu	17.20	
		200m	A	Chris - 6th	33.40	
		400m	A	Dave B - 5th	64.40	
		800m	A	Dave B - 6th	2.23.8	
		1500m	A	Chris - 4th	5.32.4	
		3000m	A	Pawel - 2nd	9.53.4	
		2K steeplechase	A	Matt M - 3rd	6.43.6	
		High Jump	A	Matt B - 4th	1.30m	
		Long Jump	A	Matt M - 5th	4.78m	
		Shot	A	Matt O'H - 4th	7.97m	
			non-scoring	Kevin Bu	5.39m	
		Javelin	A	Matt O'H - 5th	25.62m	
			non-scoring	Kevin Bu	19.13m	
		4x200m relay	A	Matt / Dave B / Chris / Kevin Bu - 5th	2.08.9	
27-Jul	NearasDammit	approx. 10K	multiterrain	Pawel - 6th	39.42	
				Damian - 9th	40.45	
				Nigel F - 16th	43.58	
				Richard - 27th	46.49	
				Matt B - 32nd	48.03	
				Dave D - 53rd	54.37	
				Dave H - 56th	56.18	
29-Jul	Sri Chinmoy (Battersea Park)	10K	road	Damian - 13th	38.19	
				Chris - 26th	41.10	
				Serena - 43rd	43.59	