STRIDERS OF CROYDON

Updated 07/08/2007

Results for July 2007

Date	Name of Event	Distance		Runner, placing	Time	Comments
11-Jun	Southern Vets T&F - fixture 3	T&F	Ewell Ct			
		100m	A MV35	Dave L - 5th	14.10	Striders men finished equal 4th on the day
			B MV35	Steve S - 5th	14.30	
			A MV50	Kevin Bu - 5th	17.40	
		400m	A MV35	Dave L - 4th	63.20	
			B MV35	Steve S - 5th	70.70	
			A MV50	Dave B - 3rd	63.60	
			A MV60	Kevin Bu - 4th	90.20	
		1500m	A MV35	Chris - 4th	5.35.2	
			B MV35	Steve S - 4th	5.44.4	
			A MV50	Alan D - 4th	5.29.8	
		5000m	A MV35	Bob - 3rd	18.17.7	
			B MV35	Chris - 3rd	20.25.5	
			A MV50	Alan D - 2nd	20.11.3	
		medley relay		Dave L / Dave B / Steve S / Chris - 4th	4.57.2	
		High jump	A MV35	Dave L 4th	1.30m	
		Long Jump	A MV35	Dave L - 4th	4.27m	
		Shot	A MV50	Dave B - 4th	5.78m	
			A MV60	Kevin Bu - 6th	6.39m	
		Hammer	A MV50	Kevin Bu - 4th	16.41m	
2-Jul	Southern Vets T&F - fixture 4	T&F	Croydon Arena			
		2k walk	A MV35	Mick T - 3rd	12.30.5	Striders men finished 4th on the day
			B MV35	Steve S - 3rd	14.08.8	Striders men were 4th in the final table
			A MV50	Dave H - 2nd	13.09.4	
		800m	A MV35	Chris - 5th	2.50.0	
			B MV35	Mick T - 3rd	3.01.0	
			A MV50	Bob - 3rd	2.29.1	
			A MV60	Kevin Bu - 5th	3.52.1	
		200m	A MV35	Dave L - 4th	28.50	
			B MV35	Steve S - 4th	31.50	
			A MV50	Dave B - 4th	28.90	
		3K steeplechase	A MV35	Steve S - 4th	14.08.4	
		4 x 200m relay		Dave L / Dave B / Steve S / Chris - 4th	2.06.1	
		Discus	A MV50	Kevin Bu - 4th	18.55m	
		Javelin	A MV35	Dave L - 2nd	24.77m	
			A MV50	Kevin Bu - 4th	15.23m	
		Triple Jump	A MV35	Chris - 4th	3.98m	
			A MV50	Dave B - 3rd	7.29m	
			non-scoring	Dave L	9.60m	
		Discus	A FV35	Karen Mac - 5th	11.11m	Stirders women 6th on the day
						Striders women finsihed 6th in the final table
4-Jul	Rosenheim League - fixture 5	T&F	Tooting Bec			Striders men were 5th on the day
		100m	A	Dave B - 6th	14.2	
		200m	A	Darren P - 6th	26.9	
		400m	A	Darren P - 5th	58.8	
		800m	A	Nicholas B - 4th	2.19.9	
			non-scoring	Matt M	2.13.5	
		1500m	A	Matt M - 3rd	4.24.4	
		3000m	A	Bob - 5th	10.52.7	
		4x200m relay	A	Nicholas / Dave B / Darren P / Matt M - 4th	2.01.8	
		Triple Jump	A	Matt M - 6th	9.57m	
		Shot	A	Matt O'H - 4th	7.27m	
			non-scoring	Kevin Bu (5Kg)	5.39m	
		discus	A	Matt O - 3rd	21.05m	
			non-scoring	Kevin Bu (1Kg)	15.19m	
		Shot	A	Samantha - 3rd	6.96m	Striders women were 4th on the day
		Discus	A	Samantha - 3rd	17.31m	
7-Jul	Sri Chinmoy - Battersea Park	10 miles	road	Yasmin - 81st	100.52	
				Matt A - 82nd	100.52	
11-Jul	Reigate Priory 10K	10K	road	Darren P = 22nd	40.40	
				Steph U - 121st	47.30	
				Karen Mac - 234th	55.20	
				Yasmin - 289th	58.41	
14-Jul	Elmore 7	7 miles	road	Darren P - 32nd	47.07	256 finishers
				Steph U - 83rd (7th F)	53.22	
				David G - 101st	56.23	
				Mike G - 107th	56.41	
				Susannah - 123rd	57.57	
				Sarah - 124th	57.59	
				Tom L - 141st	59.18	
				Paul W - 147th	59.51	
				Robin - 148th	59.58	
				Dave D - 160th	61.45	
				Kim - 182nd	65.21	
				Pat - 197th	67.28	
14-Jul	Holland Sports - Southern League div 4S	T&F	Horsham			Striders men were 5th on the day
		5000m	A	Matt M - 1st	16.53.7	
		1500m	A	Matt M - 2nd	4.37.9	
		3K steeplpechas	A	Matt M - 1st	10.28.5	
15-Jul	Elmbridge 10K	10K	road	Dave B - 56th (4th MV50)	38.52	525 finishers
				Bob - 78th (8th MV50)	39.44	
				Damian - 81st	39.58	
				Darren P - 85th	40.12	
				Chris - 114th	41.17	
				Barry - 168th	43.50	
				Simon A - 192nd	44.55	
				Steve S - 195th	45.10	
				Mike G - 233rd	47.08	
				Paul W - 301st	50.32	
				Tom L - 312th	51.02	
				Karen Mac - 330th	51.44	
				Martin - 339th	52.28	
				Matt A - 346th	52.51	
				Tina - 381st	55.01	
				Susan H - 441st	59.46	
16-Jul	Sri Chinmoy - Battersea Park	3 miles	road	Karen Mac - 50th	23.15	
				Yasmin - 51st	24.22	
21-Jul	Sri Chinmoy - Battersea Park	10K	road	Duncan - 4th	35.28	
				Damian -15th	38.15	
				Serena - 91st	50.57	
				Karen Mac - 92nd	50.59	
23-Jul	Sri Chinmoy - Battersea Park	2 miles	road	Duncan - 3rd	10.22	
				Chris - 29th	12.22	
				Matt A - 69yh	14.39	
				Karen Mac - 73rd	15.05	
				Yasmin - 76th	15.33	
22-Jul	Dartford Half Marathon	half marathon	road	Phil M - 207th	1.44.54	
				Tim B - 212th	1.45.12	
				Tom L - 295th	1.49.40	
				Martin - 440th	1.59.53	
				Jacqui - 602nd	2.41.41	
26-Jul	Informal 10K - Farthing Downs	about 10K	xc	Paul F - 16th	41.42	
				Darren P - 18th	41.45	
				Chris - 26th	42.59	
				Dave D - 72nd	58.16	
				Dave H - 73rd	59.23	
22-Jul	Downland 30 mile Ultra Challenge	30 miles	xc	Steve S - 55th	5.08.56	113 finishers
30-Jul	Sri Chinmoy - Battersea Park	1 mile	road	Duncan - 4th	4.44	
				Alex - 33rd	5.44	
				Karen Mac - 61st	6.58	
				Yasmin - 64th	7.18	