

STRIDERS OF CROYDON					Updated 4/8/8	
Results for July 2008					red = not included in road rankings/ club records yet	
Date	Name of Event	Distance	Runner, placing	Time	Comments	
2-Jul	Rosenheim League - fixture 5	T&F	Tooting Bec		Striders men were equal 5th on the day	
	100m	A	Dave L - 5th	14.20	Striders women were 3rd on the day	
	200m	A	Steve H - 4th	27.00		
		non-scorer	Dave L	29.20		
	400m	A	Eliot - 4th	54.60		
		non-scorer	Julian	61.20		
	800m	A	Justin M - 2nd	2:07.2		
		A women	Yasmin - 3rd scorer	3:00.8		
		non-scorer	Nicholas	2:20.3		
	1500m	A	Matt M - 3rd	4:19.4		
	3000m	A	Duncan - 4th	9:08.8		
		A women	Andrea - 3rd scorer	12:55.1		
		non-scorer	Matt M	9:25.0		
		non-scorer	Justin M	9:47.9		
		non-scorer	Julian	10:58.4		
		non-scorer	Yasmin	13:25.4		
	4x200m relay	A	? - 4th	1:49.8		
	Shot	A	Dave L - 5th	7.40m		
		A women	Yasmin - 3rd scorer	4.12m		
		non-scorer	Kevin Bu	5.30m		
	Javelin	A	Davel L - 5th	23.59m		
		non-scorer	Kevin Bu	16.43m		
7-Jul	Self Transcendence	3 miles	road	Duncan - 2nd	15.28	
				Alex - 9th	17.40	
				Colin - 22nd (1st MV60)	20.34	
12-Jul	Self Transcendence	10 miles	road	Alan D - 39th	73.22	
13-Jul	Crawley 10K (St Catherine's Hospic	10K	road	Richard L-S	38.11	
14-Jul	Self Transcendence - Grand Prix	2 miles	road	Alex - 7th	11.08	
				Matt A - 32nd	12.48	
				Colin - 40th (2nd MV60)	13.11	
				Yasmin - 52nd	14.11	
19-Jul	Elmore 7	7 miles	road	Richard L-S - 22nd	45.15	273 finishers
				Chris - 25th	45.45	
				Bob - 27th	46.06	
				Darren - 32nd	46.37	
				Steve M - 39th	47.47	
				Dave B - 43rd	48.07	
				Alan D - 43rd	51.13	
				Suzy Y - 81st	52.13	
				Matt A - 85th	53.03	
				Josephine - 90th	53.21	
				Steph - 92nd	53.44	
				Tom L - 108th	55.11	
				Serena - 113th	55.25	
				Dave D - 114th	55.27	
				Robin - 116th	55.31	
				Brian - 121st	55.56	
				Alice - 136th	57.26	
				Pat S - 143rd	58.11	
				Yasmin - 153rd	59.04	
				Paul W - 192nd	63.42	
				James M - 193rd	63.45	
				Kim - 216th	65.39	
				Pat - 222nd	66.41	
				Andy - 256th	75.26	
20-Jul	Elmbridge 10K	10K	road	Duncan - 7th	33.40	603 finishers
				Justin - 27th	35.25	
				Damian - 75th	38.45	
				Alex - 83rd	39.05	
				Alistair - 136th	47.06	
				Mark G - 312th	47.25	
				Paul W - 409th	51.17	
				Karen M - 447th	53.38	
				Karen P - 465th	54.52	
				Martin - 470th	55.07	
				Susan H - 525th	58.36	
				Julie - 527th	58.40	
				steve T - 561st	63.01	
				Karen C - 572nd	64.44	
				Victoria L - 592nd	68.58	
20-Jul	Dartford Half	Half Marathon	road	David G - 232nd	1.44.36	
20-Jul	Wellington 10	10 miles	road	Matt M - 12th	1.02.03	
21-Jul	Self Transcendence - Grand Prix	1 mile	road	Alex - 11th	5.28	
				Matt A - 24th	5.59	
				Colin - 33rd (1st MV60)	6.13	
				Yasmin - 50th	6.47	
23-Jul	Rosenheim League - fixture 6	T&F	Tooting Bec		Striders men were equal 5th on the day	
	100m	A	James B - 5th	13.30	Striders women were 2nd on the day	
	200m	A	James B - 5th	26.30		
		non-scorer	Steve H	27.50	In the final tables our men finished 6th, our women 2nd	
	400m	A	James B ? - 6th	56.60		
		A women	Yasmin - 3rd scorer	74.50		
		non-scorer	Steve H	61.30		
	800m	A	Justin M - 3rd	2:07.2		
		non-scorer	Nicholas	2:14.4		
		non-scorer	Grant	2:18.3		
		non-scorer	Julian	2:25.0		
	1500m	A	Matt M - 4th	4:27.7		
		A women	Andrea - 2nd scorer	5:55.7		
		non-scorer	Steve M	5:13.4		
		non-scorer	Matt A	5:30.8		
	3000m	A	Duncan - 2nd scorer	9:16.9		
		non-scorer	Justin M	9:54.4		
		non-scorer	Andy E	13:17.6		
	2000m steeplechase	A	Matt M 3rd	6:43.7		
	4x200m relay	A	6th	1:49.3		
	High jump	A	Steve M - 3rd	1.30m		
	Long Jump	A	Matt A - 6th	4.29m		
		A women	Kim - 2nd	1.71m		
	Shot	A	Dave B - 6th	5.27m		
		A women	Kim - 2nd	5.71m		
		non-scorer	Kevin Bu	5.60m		
	Javelin	A	Kevin Bu - 6th	16.80m		
26-Jul	Swanage half marathon	half marathon	road	Alan D	1.47.58	
28-Jul	Self Transcendence - Grand Prix	3K	road	Alex - 5th	10.29	
				Damian - 6th	10.39	
				Matt A - 20th	12.10	
				Colin - 21st (1st MV60)	12.16	
				Yasmin - 38th	13.17	
	Self Transcendence - Grand Prix	final league table	road	Alex - 2nd		
				Colin - 10th (1st MV60)		