STRIDERS OF CROYDON

Results for July 2009

red = not included in road rankings/ club records yet

Date	Name of Event	Distance		Runner, placing	Time	Comments
27-Jun	Cross du Mont Blanc	23K	road	Iain H - 103rd	2.37.56	1191 finishers
4-Jul	Sri Chinmoy - Battersea Park	10 miles	road	Simon A - 12th	66.08	136 finishers
				Suzy Y - 37th (2nd F)	73.15	
5-Jul	Inter Inns	2.25 miles	road	Paul W	14.35	
8-Jul	Rosenheim League - fixture 5	T&F	Tooting Bec			Striders men were 6th on the day
		100m	A	Elliott - 4th	12.7	
		200m	A	Elliott - 4th	25.3	
		400m	A	Andy E - 7th	87.2	
		800m	A	Andy E - 7th	3.13.2	
		1500m	A	Matt M - 3rd	4.23.3	
			non-scoring	Alan D	5.26.5	
		3000m	A	Matt M - 4th	9.19.6	
			non-scoring	Steve St.	9.53.7	
		4x200m relay	A	Elliot /Matt M / Steve S / Kevin - 5th	2.09.8	
		Shot	A	Kevin Bu. - 5th	5.27m	
		Javelin	A	Kevin Bu. - 6th	15.46m	
5-Jul	Bewl water 15	15 miles approx.	multiterrain	Phil M - 253rd	2.12.42	
				Ian S - 448th	2.31.39	
				Karen P - 529th	2.41.02	
				? - 554th	2.45.21	
				Susan H - 630th	3.01.58	
12-Jul	New Forest 10	10 miles	road	Steph U - 172nd (4th FV35)	1.14.15	
13-Jul	Vets - Southern Division	T&F	Croydon Arena			Striders men were 4th on the day
		2K walk	A MV35	Bob - 2nd	12.07.9	
			B MV35	Mick G - 3rd	14.27.4	
			A MV50	Dave H - 1st	13.06.1	
		800m	A MV35	Taylor - 3rd	2.28.7	
			B MV35	Steve M - 2nd	2.44.6	
			A MV50	Dave B - 4th	2.38.7	
			A MV60	Andy E - 3rd	3.08.6	
		200m	A MV35	Taylor - 4th	31.00	
			B MV35	Chris M - 3rd	34.90	
		5000m	A MV35	Richard L-S - 3rd	17.37.5	
			B MV35	Chris M - 3rd	20.30.3	
			A MV50	Bob - 2nd	19.36.1	
		4x200m relay	A	Dave B / Taylor / Richard / Chris - 4th	2.03.0	
		Discus	A MV35	Dave B - 4th	12.43m	
			A MV50	Kevin Ban. - 4th	15.38m	
			A MV60	Andy E - 5th	13.06m	
		Triple jump	AMV50	Kevin Ban. - 3rd	8.36m	
		High Jump	A MV35	Taylor - 2nd	1.40m	
			A MV50	Dave B - 3rd	1.15m	
		2K walk	AFV35	Kim - 3rd	14.27.6	Striders women were 4th on the day
			BFV35	Victoria - 2nd	17.27.2	
		800m	AFV35	Linda - 5th	3.08.2	
			BFV35	Louise - 5th	3.29.2	
		200m	AFV35	Linda - 4th	36.50	
			BFV35	Louise - 5th	39.70	
		5000m	AFV35	Kim - 5th	26.42.9	
			BFV35	Louise - 4th	28.33.2	
		4x200m relay	A	Louise / Kim / Linda / Victoria - 4th	2.51.5	
		Shot	AFV35	Linda - 5th	4.60m	
		Javelin	AFV35	Kim - 4th	0.90m	
13-Jul	Sri Chinmoy - GP	3 miles	road	Duncan - 2nd	15.49	
				Alex - 20th	19.01	
18-Jul	Sri Chimoy 10K (Battersea Par	10k	road	Simon A - 36th	39.52	
18-Jul	Elmore 7	7 miles	road	Justin - 3rd	40.11	
				Richard L-S - 13th	42.23	
				Bob - 37th	46.54	
				Paul S - 41st	47.41	
				Alan D - 63rd	49.54	
				Suzy Y - 75th (7th F)	50.54	
				Steph U - 88th (11th F)	51.33	
				Alice - 98th	52.43	
				Kerry - 99th	52.44	
				Dave D - 116th	54.43	
				Tom L - 140th	56.57	
				Peter S - 149th	58.07	
				Tina M - 188th	62.58	
				Kim - 194th	63.33	
				Norman - 217th	66.32	
				Steve T - 235th	69.44	
19-Jul	Dartford Half	half marathon	road	Ben F - 38th	1.27.47	
				Alan P - 107th	1.36.32	
				Steve Mu. - 205th	1.44.30	
19-Jul	Kent 50 mile Challenge	52.4 miles	multiterrain	Steve Smith - 19th	9hrs 12 minutes	
19-Jul	Becchemian Fun Run	10 miles approx.	multiterrain	Chris - 9th (?)	1.10.13	
22-Jul	Rosenheim League - fixture 6	T&F	Tooting Bec			Striders men were 5th on the day and finish in 6th place
		200m	A	Andy E - 6th	37.48	Striders women were 5th on the day and finish in 4th place
		400m	A	Elliot - 2nd	55.35	
			A women	Victoria - 6th	1.52.69	
		800m	A	Andy E - 5th	3.16.88	
			non-scoring	Victoria -	4.28.67	
		1500m	A	Steve St. - 3rd	4.44.07	
		2K steeplechase	A	Matt M - 2nd	6.38.33	
		4x200m relay	A	Elliot /Andy E / Steve S / Kevin - 5th	2.12.62	
		Shot	A	Kevin Bu. - 6th	5.22m	
		Discus	A	Kevin Bu. - 6th	15.13m	
			non-scoring	Victoria -	5.06m	
		long jump	A	Andy E - 6th	2.18m	
			A women	Victoria - 4th	1.27m	
26-Jul	Elmbridge 10K	10k	road	Justin - 16th	34.46	646 finishers
				Richard L-S - 41st	36.39	
				Steve M - 125th	40.48	
				Suzy Y - 174th	43.03	
				Ian Y - 175th	43.03	
				John G - 409th	51.55	
				Jo P - 454th	54.00	Running for Croydon Running Sisters
				Kim F - 464th	54.50	
				Karen MacE - 491st	55.53	
				Karen P - 492nd	55.55	
				Carol - 533rd	57.59	
				Susan H - 534th	58.00	
				Karen C - 616th	65.55	
26-Jul	Downland Challenge	30 miles approx.	multiterrain	Ian C - 18th (7th MV 40)	4.46.50	
27-Jul	Sri chinmoy Grand Prix	3K	road	Duncan - 4th	9.39	
				Alex - 22nd	11.02	
30-Jul	Near As Dammit	10K approx.	xc	Chris - 24th	42.46	
				Barry W - 25th	42.56	
				Ian Y - 48th	46.20	
				Richard E - 59th	47.28	
				Suzy Y - 69th	49.00	
				Kerry - 70th	49.02	
				Anna J - 103rd	56.05	
				Dave H - 118th	63.57	