	STRIDERS OF C	ROYDON				
	Results	for July	/ 201 0)		
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<u>ate</u>	Name of Event	<u>Distance</u>		Runner, placing	Time	Comments
2. hd	Sri Chinmoy 10 miles	10 miles	road	John F - 7th (2nd VM50)	1.01.37	
				Paul E - 47th		
	Orpington 10K	10K approx.	multiterrain	Kate C - 192nd	44.27 53.19	
				Tom S - 197th Dee - 271st	54.17 59.55	
				Victoria - 372nd	1.17.44	
	Bewl 15	15 miles approx.	multiterrain	Damian - 65th Chris M - 82nd	1.48.51	
				lan Y - 179th Suzy Y - 267th	2.03.13	
				Tina - 299th	2.15.09	
				Phil M - 369th	2.22.07	
7-Jul	Rosenheim League - fixtur	T&F 100m	Tooting Bec A	Eliot - 3rd	12.5	Striders men finished 6th on the day Striders women finished 5th on the day
		200m	women A A	Natalie - 3rd Eliot - 3rd	15.3 24.9	
		400m 800m	A A	Steve Sm - 6th Steve St - 6th	68.60 2.43.6	
		1500m 3000m	a A	Alan D - 6th Steve St - 6th	5.18.0 9.38.4	
			women A	Natalie - 5th	13.35.9	
		Triple jump Shot	A A	Steve Sm - 6th Steve Sm - 6th	7.15m 6.19m	
		Discus	women A A	Natalie - 4th Steve Sm - 6th	5.10m ??	
	Walkington 10K, Yorkshire	10K	road	Sean - 233rd	50.04	
	Claygate Country 5	5 miles approx.	multiterrain	Steph U - 59th	35.17	
	New Forest 10	10 miles		Richard E - 403rd	1.29.15	
			road			
11-Jul	Dartford Half	Half marathon	road	Ben - 35th Nick E - 92nd	1.33.32 1.40.52	
				Stuart H - 279th	1.55.21	
12-Jul	Vets Southern League	T&F 200m	Kingsmeadow MV35	Richard L-S - 2nd	28.0	Striders men finished 3rd on the day and 3rd overall
		Loom	MV40	Paul S - 2nd	27.3	Striders women finished 4th on the day and 4th overall
			MV50 MV60	Steve Sm - 5th Andy E - 4th	29.9 39.0	
			FV35A FV35B	Andrea - 4th Kim - 4th	36.7 44.8	
		800m	FV60 MV35	Margaret - 2nd Richard L-S - 1st	45.5 2.13.4	
		OUUII	MV40	Steve M - 4th Dave B - 4th	2.27.0	
			MV50 MV60	Andy E - 4th	2.40.3 3.11.2	
			non-scoring FV35A	Julian Andrea - 3rd	2.33.0	
			FV35B FV60	Kim 3rd Margaret - 2nd	3.44.6	
		2K walk	MV50 MV60	Bob E - 2nd Kevin Bu - 3rd	12.33.8	
			FV45	Kim - 2nd	14.13.9	
		5000m	M/35 M/40	Steve St - 1st Nigel D - 3rd	17.05.6 19.11.0	
			MV50 FV55	Alan D - 2nd Margaret - 2nd	19.56.7 26.22.5	
		4 x 200m relay	men	Richard / Steve St / Paul S / Steve M - 3rd andrea / Kim / Margaret / Dee - 3rd	1.57.8 2.50.0	
		high jump	women MV35 MV50	Steve M - 2nd	1.30m	
		high jump triple jump	MV35 MV50 MV40	Steve M - 2nd Dave B - 3rd Dave B - 2nd	1.30m 1.10m 6.89m	
		triple jump	MV35 MV50 MV40 MV50 MV60	Steve M - 2nd Dave B - 3rd Dave B - 2nd Steve Sm - 4th Andy E - 3rd	1.30m 1.10m 6.89m 7.48m 5.56m	
			MV35 MV50 MV40 MV50 MV60 MV35 Mv50	Steve M - 2nd	1.30m 1.10m 6.89m 7.48m 5.56m 15.52m 17.40m	
		triple jump	MV35 MV50 MV40 MV50 MV60 MV35	Steve M - 2nd Dave B - 3rd Dave B - 2nd Steve Sm - 4th Andy E - 3rd Paul S - 5th	1.30m 1.10m 6.89m 7.48m 5.56m 15.52m	
		triple jump discus	M/35 M/50 M/40 M/50 M/50 M/60 M/35 M/50 M/60	Steve M 2nd Dave B - 2nd Dave B - 2nd Steve Sm - 4th Andy E - 3rd Paul S - 5th Steve Sm - 4th Kevin Bu - 4th	1.30m 1.10m 6.89m 7.48m 5.56m 15.52m 17.40m 17.49m	
		triple jump	MV35 MV50 MV40 MV40 MV50 MV60 MV35 Mx50 MV60 FV35 FV35 FV35 MV40 MV40	Steve Mr. 2-nd	1.30m 1.10m 6.89m 7.48m 5.56m 15.52m 17.40m 17.49m 14.48m 5.16m 18.33m 17.61m	
42 14		triple jump discus shot javelin	MV35 MV50 MV40 MV50 MV60 MV60 MV60 MV60 MV60 FV35 FV35 MV40 MV50 non-scoring	Steve Mr. 2-nd	1.30m 1.10m 6.89m 7.48m 5.56m 15.52m 17.40m 17.49m 14.48m 5.16m 18.33m 17.61m 14.33m	
17-Jul	Sri Chinmoy - Battersea P	triple jump discus shot javelin	MV35 MV50 MV40 MV40 MV50 MV60 MV35 Mx50 MV60 FV35 FV35 FV35 MV40 MV40	Steve Mr. 2-nd	1.30m 1.10m 6.89m 7.48m 5.56m 15.52m 17.40m 17.49m 14.48m 5.16m 18.33m 17.61m	
	Sri Chinmoy - Battersea P	triple jump discus shot javelin	MV35 MV50 MV40 MV50 MV60 MV60 MV60 MV60 MV60 FV35 FV35 MV40 MV50 non-scoring	Steve Mr. 2-nd	1.30m 1.10m 6.89m 7.48m 5.56m 15.52m 17.40m 17.49m 14.48m 5.16m 18.33m 17.61m 14.33m	
		triple jump discus shot pavelin	M/35 M/50 M/40 M/50 M/50 M/50 M/50 M/50 M/50 M/50 M/5	Steve Mr. 2nd Dave B - 3nd Dave B - 2nd Steve Sm - 4th Andy E - 3nd Paul S - 5th Steve Sm - 4th Kerkin Bu - 4th Dave - 6th Bob E - 4th Kerkin Bu - 6th Bob E - 4th Kerkin Bu - 4th Steve Sm - 84th Steve Sm - 84	1.30m 1.10m 6.89m 7.48m 5.56m 15.52m 17.40m 17.49m 14.48m 5.16m 18.33m 17.61m 14.33m 43.52	
		triple jump discus shot pavelin	M/35 M/50 M/40 M/50 M/50 M/50 M/50 M/50 M/50 M/50 M/5	Steve Mr. 2-nd	1.30m 1.10m 6.89m 7.48m 5.56m 17.40m 17.40m 14.48m 14.48m 17.61m 18.33m 17.61m 14.33m 43.52	
		triple jump discus shot pavelin	M/35 M/50 M/40 M/50 M/50 M/50 M/50 M/50 M/50 M/50 M/5	Steve Mr. 2nd	1.30m 1.10m 1.10m 6.89m 7.48m 5.56m 15.52m 17.40m 14.48m 5.16m 14.33m 17.61m 14.33m 37.32 43.52 43.52	
		triple jump discus shot pavelin	M/35 M/50 M/40 M/50 M/50 M/50 M/50 M/50 M/50 M/50 M/5	Steve Mr. 2nd	1.30m 1.30m 1.10m 6.89m 7.48m 5.56m 15.52m 17.40m 17.49m 14.48m 5.16m 14.33m 17.61m 14.33m 43.52 43.52 47.33 49.50 51.69	
		triple jump discus shot pavelin	M/35 M/50 M/40 M/50 M/50 M/50 M/50 M/50 M/50 M/50 M/5	Steve Mr. 2nd	1.30m 1.30m 1.10m 6.89m 7.48m 5.56m 15.52m 17.40m 14.48m 5.16m 14.33m 17.61m 14.33m 37.32 43.52 43.52 43.52 51.64 63.54	
		triple jump discus shot javelin	M/35 M/50 M/40 M/50 M/50 M/50 M/50 M/50 M/50 M/50 M/5	Steve Mr. 2nd	1.30m 1.10m 6.89m 7.48m 5.56m 15.52m 17.40m 17.49m 14.49m 14.43m 14.33m 14.33m 14.33m 43.52 43.52 44.35 47.33 49.50 52.06 54.06 55.00 56.32 5	
		triple jump discus shot javelin	M/35 M/50 M/40 M/50 M/50 M/50 M/50 M/50 M/50 M/50 M/5	Store M - 2nd	1.30m 1.10m 6.89m 7.48m 15.52m 17.40m 15.52m 17.40m 17.49m 14.48m 18.33m 18.33m 44.35 44.35 44.35 44.35 45.35 46.35 47.33 48.33 48.33 48.33 48.33 48.33 48.33 48.33 48.33 48.33 48.33 48.33 49.55 50.55 51.49 52.00 56.00 56.00 56.00 56.00 56.00 56.00 56.00	
		triple jump discus shot javelin	M/35 M/50 M/40 M/50 M/50 M/50 M/50 M/50 M/50 M/50 M/5	Stove M - 2nd	1.30m 1.10m 6.89m 7.48m 15.52m 11.40m 17.40m 17.40m 17.40m 17.40m 17.41m 14.48m 14.48m 17.61m 14.33m 17.61m 14.33m 43.52 43.52 43.52 43.52 43.52 43.52 43.52 43.52 43.52 43.52 44.35 45.63 46.53 47.33 48.53 58.53	
		triple jump discus shot javelin	M/35 M/50 M/40 M/50 M/50 M/50 M/50 M/50 M/50 M/50 M/5	Stove Mr. 2-rd	1.30m 1.10m 6.89m 7.48m 5.56m 17.40m 17.40m 17.40m 17.40m 17.43m 17.41m 14.43m 14.43m 14.43m 14.43m 14.43m 14.43m 15.16m 14.33m 14.435 44.35 44.35 44.35 44.35 46.33 46.33 47.33 48.34 48.	
		triple jump discus shot javelin	M/35 M/50 M/40 M/50 M/50 M/50 M/50 M/50 M/50 M/50 M/5	Stove Mr. 2-rd	1.30m 6.89m 1.10m 6.89m 1.55m 1.55m 1.55m 1.55m 1.7.40m 1.55m 1.7.40m 1.7.40m 1.7.40m 1.7.40m 1.7.40m 1.7.40m 1.7.40m 1.7.40m 1.7.40m 1.4.40m 1.7.40m 1.7.40m 1.4.40m 1.7.40m 1.7.51m 1.7.51m 1.7.51m 1.5.50m 1.7.51m 1.5.50m 1.7.51m 1.5.50m	
		triple jump discus shot javelin	M/35 M/50 M/40 M/50 M/50 M/50 M/50 M/50 M/50 M/50 M/5	Steve Mr. 2-rd	1.30m 5.56m 15.52m 16.32m 16.3	
		triple jump discus shot javelin	M/35 M/50 M/40 M/50 M/50 M/50 M/50 M/50 M/50 M/50 M/5	Steve Mr. 2-rd	1.30m 6.89m 1.50m	
		triple jump discus shot javelin	M/35 M/50 M/40 M/50 M/50 M/50 M/50 M/50 M/50 M/50 M/5	Stove Mr. 2-rd	1.30m 6.89m 1.50m 6.89m 1.50m 6.89m 1.50m 6.89m 1.55m 1.55m 1.55m 1.55m 1.44m 1.55m 1.55m 1.44m 1.45m	
17-Jul		triple jump discus shot javelin	M/35 M/50 M/40 M/50 M/50 M/50 M/50 M/50 M/50 M/50 M/5	Stove Mr. 2nd	1.30m 6.89m 1.50m	
17-Jul	Elmore 7	triple jump discus shot javelin 10K 7 miles Half marathon TSF	MASS MASO MASO MASO MASO MASO MASO MASO	Steve Mr. 2-rd	1.30m 6.89m 1.50m	Striders men finished 6th on the day
17-Jul	Elmore 7	triple jump discus shot jivelin 10K 7 miles	M/35 M/40 M/40 M/40 M/40 M/50 M/60 M/60 M/60 M/60 M/60 M/60 M/60 M/6	Steve Mr. 2-rd	1.30m 6.89m 1.50m	
17-Jul	Elmore 7	triple jump discus shot jivelin 10K 7 miles Half marathon T&F 400m 800m	MASS MASO MAKA MASO MASO MASO MASO MASO MASO MASO MAS	Stove Mr. 2-rd	1.30m (6.89m (1.90m) (6.89m (1.90m) (6.89m (1.90m) (6.89m (1.90m) (1.9	Striders men finished 6th on the day
17-Jul	Elmore 7	triple jump discus shot jivelin 10K 7 miles Half marathon T&F 400m 800m 1500m 3000m Long jump	M/35 M/40 M/40 M/40 M/50 M/40 M/50 M/60 M/60 M/60 M/60 M/60 M/60 M/60 M/6	Stove Mr. 2nd	1.30m (6.89m (1.90m) (6.89m (1.90m) (6.89m (1.90m) (6.89m (1.90m) (1.9	Striders men finished 6th on the day
17-Jul	Elmore 7	triple jump discus shot javelin 10K 7 miles Half marathon 1TaF 400m 800m 1500m 3000m	MASS MASO MASO MASO MASO MASO MASO MASO	Steve Mr. 2nd	1.30m (6.89m (1.90m) (6.89m (1.90m) (6.89m (1.90m) (6.89m (1.90m) (1.9	Striders men finished 6th on the day
17-Jul	Elmore 7	triple jump discus shot jivelin 10K 7 miles Half marathon T&F 400m 800m 1500m 3000m Long jump	MASS MASO MAVAO MASO MASO MASO MASO MASO MASO MASO MA	Steve Mr. 2nd	1.30m (6.89m (7.48m (6.89m (7.48m (6.89m (7.48m (6.89m (7.48m (6.89m (7.48m (6.89m (7.48m (7.48m (6.89m (7.48m (7.	Striders men finished 6th on the day
17-Jul	Elmore 7	triple jump discus shot javelin 10K 7 miles Half marathon TaF 400m 800m 1500m 3000m Long jump Shot	MASS MASO MASO MASO MASO MASO MASO MASO	Steve Mr. 2-rd	1.30m 6.89m 1.55m	Striders men finished 6th on the day
17-Jul	Elmore 7	triple jump discus shot javelin 10K 7 miles Half marathon TaF 400m 800m 1500m 3000m Long jump Shot	M/35 M/40 M/40 M/40 M/40 M/40 M/50 M/60 M/60 M/60 M/60 M/60 M/60 M/60 M/6	Steve Mr. 2nd	1.30m 6.89m 1.74m 1.75m	Striders men finished 6th on the day Striders women finished 5th on the day
17-Jul	Elmore 7 Elmore 7 Swanage Half Rosenheim League - fixtur	triple jump discus shot jivelin 10K 7 miles 10K 7 miles Half marathon T&F 400m 800m 1500m 3000m Long jump Shot	MASS MASO MASO MASO MASO MASO MASO MASO	Steve Mr. 2nd	1.30m 6.89m 1.55m 1.55m 1.55m 1.30m	Striders men finished 6th on the day Striders women finished 5th on the day
17-Jul	Elmore 7 Elmore 7 Swanage Half Rosenheim League - fixtur	triple jump discus shot jivelin 10K 7 miles 10K 7 miles Half marathon T&F 400m 800m 1500m 3000m Long jump Shot	MASS MASO MASO MASO MASO MASO MASO MASO	Steve Mr. 2nd	1.30m 6.89m 1.55m 1.55m 1.55m 1.33m 1.32m 1.33m 1.33m 1.32m 1.33m 1.33m 1.32m 1.33m	Striders men finished 6th on the day Striders women finished 5th on the day
17-Jul	Elmore 7 Elmore 7 Swanage Half Rosenheim League - fixtur	triple jump discus shot jivelin 10K 7 miles 10K 7 miles Half marathon T&F 400m 800m 1500m 3000m Long jump Shot	MASS MASO MASO MASO MASO MASO MASO MASO	Steve Mr. 2-rd	1.30m 6.89m 1.50m	Striders men finished 6th on the day Striders women finished 5th on the day
17-Jul	Elmore 7 Elmore 7 Swanage Half Rosenheim League - fixtur	triple jump discus shot jivelin 10K 7 miles 10K 7 miles Half marathon T&F 400m 800m 1500m 3000m Long jump Shot	MASS MASO MASO MASO MASO MASO MASO MASO	Steve Mr. 2-rd	1.30m 6.89m 1.50m	Striders men finished 6th on the day Striders women finished 5th on the day
17-Jul 18-Jul 21-Jul	Elmore 7 Swanage Half Rosenheim League - fatur Elmbridge 10K	triple jump discus shot jivelin 10K 7 miles 10K 7 miles Half marathon T&F 400m 800m 1500m 3000m Long jump Shot Javelin	MASS MASS MASS MASS MASS MASS MASS MASS	Steve Mr. 2-rd	1.30m 6.89m 1.50m	Striders men finished 6th on the day Striders women finished 5th on the day
17-Jul 18-Jul 21-Jul 25-Jul	Elmore 7 Swanage Half Rosenheim League - fotur Elmbridge 10K Downland Challenge Ultra	triple jump discus shot jivelin 10K 7 miles 10K 4 miles Half marathon 1 T&F 400m 900m 1500m 1500m 1500m 1500m 1500m 1500m 1500m 300m 1500m 300m 150K	MASS MASS MASS MASS MASS MASS MASS MASS	Steve Mr. 2-rd	1.30m 6.89m 1.50m	Striders men finished 6th on the day Striders women finished 5th on the day
17-Jul 18-Jul 21-Jul 25-Jul	Elmore 7 Swanage Half Rosenheim League - fatur Elmbridge 10K	triple jump discus shot jivelin 10K 7 miles 10K 7 miles Half marathon T&F 400m 800m 1500m 3000m Long jump Shot Javelin	MASS MASS MASS MASS MASS MASS MASS MASS	Steve Mr. 2-rd	1.30m 6.89m 1.50m	Striders men finished 6th on the day Striders women finished 5th on the day