

STRIDERS OF CROYDON					
Results for July 2010					
Date	Name of Event	Distance	Runner, placing	Time	Comments
3-Jul	Sri Chinmoy 10 miles	10 miles	road	John F - 7th (2nd VM60)	1:01.37
4-Jul	Orpington 10K	10K approx.	multiterrain	Paul E - 47th Kate C - 192nd Tom S - 197th Dee - 271st Victoria - 372nd	44.27 53.19 54.17 59.55 1:17.44
4-Jul	Bewl 15	15 miles approx.	multiterrain	Damian - 69th Chris M - 82nd Ian Y - 179th Suzy Y - 267th Tina - 299th Phil M - 369th	1:48.51 1:52.34 2:03.13 2:12.19 2:15.09 2:22.07
7-Jul	Rosenheim League - fixture	T&F	Tooting Bec		
	100m	A	Elicot - 3rd	12.5	Striders men finished 6th on the day
		women A	Natalie - 3rd	15.3	Striders women finished 5th on the day
	200m	A	Elicot - 3rd	24.9	
	400m	A	Steve Sm - 6th	68.60	
	800m	A	Steve St - 6th	2:43.6	
	1500m	A	Alan D - 6th	5:18.0	
	3000m	A	Steve St - 6th	9:38.4	
		women A	Natalie - 5th	13:35.9	
	Triple jump	A	Steve Sm - 6th	7.15m	
	Shot	A	Steve Sm - 6th	6.19m	
		women A	Natalie - 4th	5.10m	
	Discus	A	Steve Sm - 6th	??	
9-Jul	Walkington 10K, Yorkshire	10K	road	Sean - 233rd	50.04
11-Jul	Claygate Country 5	5 miles approx.	multiterrain	Steph U - 59th	35.17
11-Jul	New Forest 10	10 miles	road	Richard E - 403rd	1:29.15
11-Jul	Dartford Half	Half marathon	road	Ben - 39th Nick E - 92nd Stuart H - 279th	1:33.32 1:40.52 1:56.21
12-Jul	Vets Southern League	T&F	Kingsmeadow		
	200m	M/35	Richard L-S - 2nd	28.0	Striders men finished 3rd on the day and 3rd overall
		M/40	Paul S - 2nd	27.3	Striders women finished 4th on the day and 4th overall
		M/50	Steve Sm - 5th	29.9	
		M/60	Andy E - 4th	39.0	
		FV35A	Andrea - 4th	36.7	
		FV35B	Kim - 4th	44.8	
		FV60	Margaret - 2nd	45.5	
	800m	M/35	Richard L-S - 1st	2:13.4	
		M/40	Steve M - 4th	2:27.0	
		M/50	Dave B - 4th	2:40.3	
		M/60	Andy E - 4th	3:11.2	
		non-scoring	Julian	2:33.0	
		FV35A	Andrea - 3rd	3:00.5	
		FV35B	Kim - 3rd	3:44.6	
		FV60	Margaret - 2nd	3:50.4	
	2K walk	M/50	Bob E - 2nd	12:33.8	
		M/60	Kevin Bu - 3rd	14:14.0	
		FV45	Kim - 2nd	14:13.9	
	5000m	M/35	Steve St - 1st	17:05.6	
		M/40	Nigel D - 3rd	19:11.0	
		M/50	Alan D - 2nd	19:56.7	
		FV55	Margaret - 2nd	28:22.5	
	4 x 200m relay	men	Richard / Steve St / Paul S / Steve M - 3rd	1:57.8	
		women	andrea / Kim / Margaret / Dee - 3rd	2:50.0	
	high jump	M/35	Steve M - 2nd	1.30m	
		M/50	Dave B - 3rd	1.10m	
	triple jump	M/40	Dave B - 2nd	6.88m	
		M/50	Steve Sm - 4th	7.48m	
		M/60	Andy E - 3rd	5.56m	
	discus	M/35	Paul S - 5th	15.52m	
		M/60	Steve Sm - 4th	17.40m	
		M/60	Kevin Bu - 4th	17.49m	
		FV35	Dee - 3rd	14.48m	
	shot	FV35	Dee - 6th	5.16m	
	javelin	M/40	Paul S - 5th	18.33m	
		M/50	Bob E - 4th	17.61m	
		non-scoring	Kevin Bu	14.33m	
17-Jul	Sri Chinmoy - Battersea Pt	10K	road	John F - 16th (1st M/50) Steve Sm - 84th	37.32 43.52
17-Jul	Elmore 7	7 miles	road	Matt M - 2nd (running for Belgrave) Richard L-S - 24th Damian - 37th Paul S - 75th Mick T - 89th Steph U - 105th (10th F) Josephine - 127th tina - 133rd Alice - 156th Mark H - 178th Dave D - 181st Sarah H - 227th Jo P - 230th Amanda - 249th Margaret - 258th Graham - 262nd Dee - 290th Julia - 292nd Kim - 299th Sue A - 325th John G - 326th Anita - 329th Lisa - 348th Victoria - 359th	42.34 44.35 47.33 48.33 49.50 51.49 52.05 54.05 56.04 56.32 1:00.49 1:00.54 1:02.10 1:03.17 1:03.35 1:06.38 1:06.58 1:08.18 1:13.30 1:13.48 1:14.33 1:20.54 1:24.44
18-Jul	Swanage Half	Half marathon	road	Alan D - 142nd	1:42.39
21-Jul	Rosenheim League - fixture	T&F	Tooting Bec		
	400m	women A	Kim - 6th	1:05.40	Striders men finished 6th on the day
	800m	A	Lae F - 5th	2:11.6	Striders women finished 5th on the day
	1500m	A	Lae F - 6th (11th overall)	4:37.8	
	3000m	A	Steve St - 5th (9th overall)	9:53.0	
	Long jump	A	Kevin Bu - 6th	2.21m	
	Shot	A	Richard L-S - 6th	6.55m	
		non-scoring	Kevin Bu	5.16m	
		women A	Kim - 3rd	4.85m	
	Javelin	A	Richard L-S - 6th	16.82m	
		non-scoring	Kevin Bu	15.56m	
25-Jul	Elmbridge 10K	10K	road	Steve St - 30th Lae W - 66th Josephine - 235th Richard E - 283rd John H - 295th David G - 297th Karen P - 446th Dee - 485th Kim - 536th	35.24 38.04 45.12 47.13 47.45 47.47 54.46 57.18 1:02.52
25-Jul	Downland Challenge Ultra	30 miles	multiterrain	Ian C - 12th of 106	4:33.20
25-Jul	Jack & Jill 5	5 miles	multiterrain	Steph U - 27th of 131 (4th F)	44.18
31-Jul	Southern League T&F	T&F	Hastings		
	1500m	B	Steve St	4:51.7	
	5000m	A	Steve St	16:41.7	