STRIDERS OF CROYDON

Updated 27/06/2005

Results for June 2005

Date	Name of Event	Distance		Runner, placing	Time	Comments
31-May	Capitol Hill Classic, Washington DC, USA	10K	road	Justin - 21st	37.00	1943 finishers
				Damian - 44th	38.35	
5-Jun	Beckenham 10K	10K	road	Dave D - 105th	49.20	213 finishers
				Pat C - 125th	51.02	
5-Jun	Dorking 10	10 miles	road	Chris - 81st	65.54	Men's team (4 to score) came 26th out of 46
				Damian - 94th	66.37	
				Alan P - 149th	69.58	
				Gary - 330th	79.58	
				John Ralf - 337th	80.14	
				Steve T - 422nd	103.36	
				Kerry - 187th (23rd women)	72.33	Women's team (4 to score) came 9th out of 15
				Clare - 236th (34th)	75.04	
				Steph U - 316th (55th)	79.29	
				Pat E - 467th (106th)	88.48	
8-Jun	Worthing 10K	10K	road	Paul F - 47th	37.56	582 finishers
				Mark E - 85th	39.33	
				Barry F - 164th	42.37	
				Nigel F - 209th	44.22	
8-Jun	Rosenheim (3) - Wimbledon Park	100m	A	Alex - 5th	13.80	Striders finished 6th on the day
		200m	A	Alex - 6th	28.70	
		400m	A	Duncan - 2nd	59.10	
		800m	A	Duncan - 3rd	02:09.6	
		1500m	A	Matt - 5th	04:30.7	
			non-scoring	Alex - 6th	04:54.1	
		3000m	A	Justin - 11th	09:47.5	
		110m hurdles	A	Matt - 4th	24.40	
		High jump	A	Chris - 5th	0.90 m	
		Triple jump	A	Chris - 5th	6.27 m	
		Discus	A	Kevin Bu - 6th	14.45 m	
		Hammer	A	Kevin Bu - 5th	13.71 m	
		4 x 200m relay		Alex / Duncan / Chris / Matt - 5th	00:02:01	
12-Jun	Southend Half	Half marathon	road	Alan P - 87th	90.28	1099 finishers
				serena - 136th	95.01	
				Dave G - 188th	97.58	
				Phil M - 355th	105.33	
				Karen Mc - 627th	126.58	
12-Jun	St Albans half	Half marathon	road	Steve S -	101.37	
12-Jun	Epsom 10K (National Counties Building Society	10K	road	John F - 25th (9th MV40)	38.28	364 finishers
				Chris - 32nd (12th MV40)	39.12	
				Dave B - 39th (4th MV50)	39.30	
12-Jun	Leiden marathon	marathon	road	Tim B -	3:25:29	
12-Jun	Edinburgh marathon	marathon	road	Don K - 149th	03:07:40	
				Elenen - 731st	03:36:22	
20-Jun	Vets track & field - Kingsmeadow	100m	M40A	Chris - 5th	15.40	Striders men finished 4th on the day
			M40B	Kevin Bu - 6th	16.80	Striders women finished 6th on the day
			M50	Dave B - 5th	14.70	
		400m	M40	Chris - 5th	70.60	
			M50	Dave B - 6th	67.50	
			M60	Kevin Bu - 5th	85.80	
		1500m	F50	Maggie S - 1st	05:37.0	
			M50	Bob E - 1st	04:59.9	
			M40	Dave B - 6th	05:06.7	
			M40	Chris - 8th	05:13.6	
		5000m	M50	Bob E - 1st	18:45.3	
			M40	Ian C - 8th	18:55.3	
			M40	Alan D - 10th	20:34.3	
		Medley relay	200/200/400/80	Chris / Dave B / Alan D / Ian C - 5th	00:04:54	
		long jump	M40	Chris - 3rd	3.98m	
			M50	Kevin Bu - 7th	2.55m	
		shot	M40	Chris - 5th	5.63m	
			M50	Dave B - 6th	5.76m	
			M60	Kevin Bu - 4th	6.08m	
		hammer	M40	Kevin Bu - 4th	12.50m	
22-Jun	Rosenheim (4) - Tooting Bec	100m	A	Alex - 5th	13.90	Striders finished 5th on the day
		200m	A	Alex - 6th	29.10	
		400m	A	Duncan - 2nd	59.20	
			non - scoring	Justin - 3rd non-scoring race	56.40	
		800m	A	Duncan - 4th	02:09.6	
		1500m	A	Matt - 6th	04:36.4	
		3000m	A	Justin - 6th	09:49.9	40 runners
			non-scoring	Duncan - 10th same race	10:01.4	
			non-scoring	Alex - 30th	11:37.1	
			non-scoring	Tom L - 32nd	12:00.5	
		400m hurdles	A	Matt - 3rd	75.2	
		Long jump	A	Chris - 6th	3.58 m	
			non-scoring	Matt	4.48 m	
		Shot	A	John G - 6th	5.17 m	
			non-scoring	Justin	6.97 m	
		Javelin	A	John G - 3rd	21.25 m	
		4 x 200m relay		Alex / Matt / Duncan / Justin - 3rd	0:01:52	
26-Jun	Dysart Dash	10 K	road	Serena - 9th woman - (125th overall)	42.04	Striders women (3 to score) finished 5th
				Faye - 13th - (163rd)	43.45	389 finishers overall
				Clare - 8thFV35 - (169th)	43.53	
				Pat C - (291st)	51.05	
				Karen M - (299th)	51.53	
				Karen P - (301st)	51.59	
				Pat E - (311th)	52.33	
				Winsome - (346th)	56.50	
				Susan - (367th)	59.12	
				Bob E -5thMV50 - (38th overall)	37.44	Striders men (3 to score) finished 7th of 23
				John F - (56th)	38.43	
				Chris - (69th)	39.16	
				Dave B - 8th MV50 - (77th)	39.40	
				Alan D - (116th)	41.44	
				Mike W - (122nd)	41.59	
				Phil R - (140th)	42.56	
				Paul W - (151st)	43.19	
				Dave G - (152nd)	43.20	
				John G - (195th)	45.17	
				Tom L - (209th)	46.05	
				James - (220th)	46.40	
				Mick G - (225th)	46.49	
				Dave D - (226th)	46.52	
				Peter S - (242nd)	48.11	
				John R - (302nd)	51.59	