

STRIDERS OF CROYDON					Updated 30/6/03
Results for June 2008					red = not included in road rankings yet
Date	Name of Event	Distance	Runner, placing	Time	Comments
4-May	Neolithic Marathon	marathon	road Nick K - 33rd	3:32:36	
26-May	Linfield 10K	10K approx.	multitera Richard L-S - 11th Steph U - 42nd	47:46 56:57	
1-Jun	Dorking 10	10 miles	road Damian - 56th Chris - 96th Mick T - 102nd Alexair - 112th Darren P - 140th Steve M - 151st Kamy - 160th (12th F / 3rd F30-39) Robin - 268th Steve S - 275th Phil M - 337th Steph U - 340th David G - 341st Tina - 364th Mick G - 413rd Michael R - 484th Paul W - 502th Peter S - 547th Karen Mac - 548th Pat - 557th (3rd FV 60) Tom - 598th Martin - 598th Karen P - 601st Susan H - 602nd	1:04:47 1:07:42 1:08:01 1:09:42 1:09:33 1:10:19 1:12:13 1:16:08 1:17:21 1:20:29 1:20:38 1:20:41 1:22:02 1:24:19 1:27:53 1:28:51 1:32:17 1:32:17 1:33:45 1:36:16 1:37:24 1:37:36 1:37:38	666 finishers Striders men's A team (4 to score) were 13th of 45 Striders women's A team (4 to score) were 10th of 17
1-Jun	Beckenham 10K	10K	road Simon A - 25th Mark A - 125th Dave D - 133rd	39:22 48:16 48:45	
4-Jun	Worthing 10K	10K	road Matt M - 8th Paul F - 69th Barry - 198th Jerry F - 598th	35:08 39:37 44:51 1:00:59	630 finishers
4-Jun	Rosenheim League - fixture 3	1&P	Tooling Bec		Striders men were 5th on the day Striders women were 6th on the day
		100m	A Dave L - 6th	14.80	
		200m	A Dave L - 5th	29.00	
		400m	A Elliot - 3rd	54.30	
		800m	A Steve H - 6th	2:29.4	
		1500m	A Alan D - 7th	5:38.1	
			A women Yasmin - 5th scorer	6:07.3	
		3000m	A Duncan - 2nd	8:15.3	
			non-scorer Nicholas - 16th overall	10:52.0	
			non-scorer Dave B - 16th overall	10:55.7	
		4x200m relay	A 5th overall (3rd scorers)	1:49.6	
		High Jump	A women Yasmin - equal 2nd	1.05m	
		Triple Jump	A Steve H - 4th	7.78m	
		Shot	A Matt OH - 5th	8.05m	
		Discus	A Matt OH - 4th	23.64m	
7-Jun	Self Transcendence 10K - Battersea	10K	road Duncan - 2nd Alex - 20th	34:01 40:15	168 finishers
7-Jun	Doney Dash	10K	road Darren P - 68th Mick T - 69th	40:02 40:03	880 finishers
15-Jun	Essex 10K (National Counties BS)	10K	road Matt M - 8th John F - 27th Simon A - 34th Richard L-S - 38.53 Chris - 46th Steve M - 56th Helen - 64th (3rd FV35) Jan Y - 72nd Alan P - 79th Suzy Y - 84th Kerry - 86th Dave D - 125th Martin - 222nd Kim - 245th	34.57 38.59 39.39 39.53 40.31 41.44 42.07 43.04 43.24 43.54 44.14 47.51 55.47 57.45	34.57 PB 38.59 39.39 39.53 40.31 41.44 42.07 by Wimbledon Windmills 43.04 PB 43.24 43.54 PB 44.14 47.51 55.47 57.45
15-Jun	North Downs 30K	30K approx.	multitera James - 7th	2:06:28	
16-Jun	Self Transcendence 2 miles - Bate	2 miles	road Duncan - 1st Alex - 3rd Alex - 5th	10:19 10:48 11:22	Sr Sceptine
18-Jun	Rosenheim League - fixture 4	1&P	Tooling Bec		Striders men were 5th on the day Striders women were 3rd on the day
		100m	A Dave L - 6th A women Yasmin - 1st non-scorer Natalie	14.10 15.50 15.50	
		200m	A Dave L - 6th non-scorer Steve H A women Natalie - 4th non-scorer Helen	28:20 27.10 32.30 33.30	
		400m	A Elliot - 3rd	54.80	
		800m	A Steve H - 7th non-scorer Natalie	2:33.9 2:57.8	
		1500m	A Matt M - 3rd non-scorer Nicholas - 16th overall	4:19.7 4:43.7	
		1500m	A Alan D - 7th	5:38.1	
		3000m	A women Yasmin - 5th scorer A Matt M - 4th non-scorer Dave B - 19th overall	6:07.3 8:20.7 10:55.9	
		400m hurdles	A Matt M - 2nd	70.40	
		4x200m relay	A 4th overall (3rd scorers)		
		Shot	A Karen Bu - 6th	5.51m	
		Javelin	A Dave L - 6th	23.61m	
22-Jun	Wesd of Kent	10 miles	road Don K - 33rd	1:10:52	
22-Jun	Heathfield midsummer 10K	10K	mult Richard L-S - 41st	42:20	
22-Jun	Midsummer Munro	Half marathon approx.	xc Justin - 2nd Bin H - 18th Damian - 56th Phil M - 107th	1:48:46 2:05:11 2:19:50 2:36:20	
22-Jun	Orpington 10K	10K	mult David G - 171st Tom S - 291st	50:45 58:09	
22-Jun	Self Transcendence Battersea Park	3 x 1 mile relay	road Duncan - 1st leg - 2nd fastest over Alex - 2nd leg - 6th fastest Andy Ingle - 3rd leg	4:45 5:12 5:23	Striders team finished 2nd of 18 teams
25-Jun	Dulwich 5K	5K	road Dave D - 132nd	22:46	
26-Jun	Near As Dammit	10K approx.	xc Chris - 18th Darren P - 22nd Mick T - 34th Paul F - 35th Matt A - 52nd Steph U - 60th Yasmin - 71st Dave H - 84th	41:04 42:04 43:59 44:11 47:39 48:53 52:01 59:34	112 finishers
29-Jun	Dyast Dash	10K	road Duncan - 6th Justin - 20th Simon A - 56th Damian - 57th Darren P - 75th Chris - 78th Bob - 81st Steve M - 94th Mick T - 187th Adam - 254th Tom - 261st Dave D - 265th Tina - 273rd Mick G - 286th Alice E - 307th Karen Mac - 362nd Peter S - 370th Martin - 375th Paul W - 378th Pat - 389th Kim - 396th Susan H - 413rd Julie S - 417th Andy T - 446th Karen G - 457th	33:57 36:33 38:57 39:01 39:50 40:00 40:18 40:57 45:14 47:44 48:09 48:24 48:38 49:08 50:17 53:59 54:51 55:21 55:59 56:52 57:43 59:33 60:14 66:08 66:40	264 finishers Striders men's team (3 to score) finished 9th of 21 Striders women's team finished 12th