	STRIDERS OF CROYD	ON				Updated 30/6
	Results for	luna 20	NΩ			
			<u>00</u>			red = not included in road rankings yet
Date	Name of Event	Distance		Runner, placing	Time	Comments
4-May 26-May	Neolithic Marathon Linfield 10K	marathon 10K appox.	road multiterrai	Nick K - 33rd Richard L-S - 11th	3.32.36 47.46	
				Steph U - 42nd	56.57	
1-Jun	Dorking 10	10 miles	road	Damian - 56th Chris - 96th	1.04.47	666 finishers Striders men's A team (4 to score) were 13th of 45
				Mick T - 102nd Alistair - 112th	1.08.01	Striders women's A team (4 to score) were 10th of
				Darren P - 140th	1.09.33	
				Steve M - 151st Kerry - 180th (12th F / 3rd F30-39)	1.10.19 1.12.13 1.16.08	
				Robin - 249th Steve S - 275th	1.17.21	
				Phil M - 337th Steph U - 340th	1.20.38	
				David G - 341st Tina - 364th	1.20.41	
				Mick G - 413rd Michael R - 484th	1.24.19	
				Paul W - 500th Peter S - 547th	1.32.17	
				Karen Mac - 548th Pat - 557th (3rd FV 60)	1.32.17	
				Tom L - 586th Martin - 599th	1.36.18	
				Karen P - 601st Susan H - 602nd	1.37.38	
1-Jun	Beckenham 10K	10K	road	Simon A - 25th	39.22	
				Mark A - 125th Dave D - 133rd	48.16 48.45	
4-Jun	Worthing 10K	10K	road	Matt M - 8th	35.08	630 finishers
				Paul F - 59th Barry - 198th	39.37 44.51	
				Jenny F - 598th	1.00.59	
4-Jun	Rosenheim League - fixture 3	T&F 100m	Tooting B	Dave L - 6th	14.80	Striders men were 5th on the day Striders women were 4th on the day
		200m 400m	A A	Dave L - 5th Eliot - 3rd	29.00 54.30	
		800m 1500m	A A	steve H - 6th Alan D - 7th	2.29.6 5.39.1	
		3000m	A women A	Yasmin - 5th scorer Duncan - 2nd	6.07.3 9.15.3	
			non-scorir	Nicholas - 15th overall Dave B - 16th overall	10.52.6 10.55.7	
		4x200m relay High Jump	A A women	5th overall (3rd scorers) Yasmin - equal 2nd	1.49.6 1.05m	
		Triple Jump Shot	A A	Steve H - 4th Matt O'H - 5th	7.78m 8.05m	
		Discus	A	Matt O'H - 4th	23.64m	
7-Jun	Self Transcendence 10K - Batters	10K	road	Duncan - 2nd Alex - 20th	34.01 40.15	168 finishers
7-Jun	Dorney Dash	10K	road	Darren P - 68th	40.02	880 finishers
				Mick T - 69th	40.03	
15-Jun	Epsom 10K (National Counties BS	10K	road	Matt M - 9th John F - 27th	34.57 38.59	PB
				Simon A - 34th Richard L-S - 39.53	39.39 39.53	
				Chris - 46th Steve M - 56th	40.31 41.44	
				Helen - 64th (3rd FV35) Ian Y - 73rd	42.07 43.00	for Wimbledon Windmilers PB
				Alan P - 79th Suzy Y - 83rd	43.24 43.54	PB
				Kerry - 85th Dave D - 129th	44.17 47.51	
				Martin - 222nd Kim - 245th	55.47 57.45	
15-Jun	North Downs 30K	30K approx.	multiterrai	James - 7th	2.06.28	
16-Jun	Self Transcendence 2 miles - Batt		road	Duncan - 1st	10.19	
				Abdul - 3rd Alex - 5th	10.48 11.22	for Serpentine
18-Jun	Rosenheim League - fixture 4	T&F	Tooting B	ec		Striders men were 5th on the day
18-Jun	Rosenheim League - fixture 4	T&F 100m	Tooting Bo A A women	ec Dave L - 6th Yasmin - 1st	14.10 15.50	Striders men were 5th on the day Striders women were 3rd on the day
18-Jun	Rosenheim League - fixture 4		Tooting Bo A A women non-scorin A	Yasmin - 1st Natalie Dave L - 6th		
18-Jun	Rosenheim League - fixture 4		Tooting Br A A women non-scorin A non-scorin A women	Yasmin - 1st Natalie Dave L - 6th Stove H Natalie - 4th	15.50 15.50 28.70 27.10 32.10	
18-Jun	Rosenheim League - lixture 4		Tooting Book A women non-scorin A non-scorin A women non-scorin A	Yasmin - 1st Natalie Dave L - 6th Steve H Natalie - 4th Yasmin Elliot - 3rd	15.50 15.50 28.70 27.10 32.10 33.30 54.80	
18-Jun	Rosenheim League - fixture 4	200m 200m 400m 800m	Tooting Br A A women non-scorin A non-scorin A women non-scorin A A	Yasmin - 1st Natalie Dave L - 6th Steve H Natalie - 4th Yasmin Eliot - 3rd Steve H - 7th Natalie - 18th	15.50 28.70 27.10 32.10 33.30 54.80 2.33.9 2.57.9	
18-Jun	Rosenheim League - Exture 4	100m 200m	A A	Yasmin - 1st Natralie  Dave L - 8th  Steve H  Natralie - 4th  Yasmin  Steve H - 7th  Natralie - 4th  Yasmin  Mat M - 3rd  Mat M - 3rd  Nicholas - 10th overall	15.50 28.70 27.10 32.10 33.30 54.80 2.33.9 2.57.9 4.19.7	
18-Jun	Rosenheim League - Instire 4	100m 200m 400m 800m 1500m	A A non-scorir A	Vaserini - 1st Natarile  Ose L - 6th Stee H  Natarile  Ose L - 6th Stee H  Natarile  N	15.50 28.70 27.10 32.10 33.30 54.80 2.33.9 2.57.9 4.19.7 4.43.7 5.39.1 6.07.3	
18-Jun	Rosenheim League - Insture 4	100m 200m 400m 800m 1500m 1500m	A A non-scorir A non-scorir A	Yasmin - 1st Natalie Dave L - 06th Stree H  Natalie Stree H  Natalie - 4th Yasmin Eliot - 3rd Stree H - 7th Natalie Matt M - 3rd Natalie Matt M - 4th Lose B - 18th ownell	15.50 15.50 28.70 27.10 32.10 33.30 54.80 2.33.9 2.57.9 4.19.7 4.43.7 5.39.1 6.07.3 9.30.7 10.55.8	
18-Jun	Rosenheim League - fisture 4	100m 200m 400m 800m 1500m 1500m 400m hurdes 4020m relay	A A non-scorin A non-scorin A A women A	Yasmin - 1sti Natalie Dose L - 0th Stene M M Natalie- 4th Natalie- 1sti Natalie Stene H - 7th Natalie Natalie- 1sti Nata	15.50 15.50 28.70 27.10 32.10 33.30 54.80 2.33.9 2.57.9 4.19.7 4.43.7 5.39.1 6.07.3 9.30.7 10.55.8 70.40	
18-Jun	Rosenheim League - fisture 4	100m 200m 400m 600m 1500m 1500m 3000m 400m hurdes	A A non-scorin A non-scorin A A women A	Vasmin - 1st Natalie Dane L - 6th Stee H N Natalie - 4th Natalie - 4th Natalie - 4th Natalie - 4th Natalie - 7th Natalie Stee H - 7th Natalie Mart M - 3rd Ncholas - 10th overal Alan D - 7th Mat M - 4th Dave B - 19th overal Dave B - 19th overal Mat M - 4th	15.50 15.50 28.70 27.10 32.10 33.30 54.80 2.33.9 2.57.9 4.19.7 4.43.7 5.39.1 6.07.3 9.30.7 10.55.8	
18-Jun	Rosenheim League - Soture 4	200m 200m 400m 600m 1500m 1500m 3000m 400m hurdes 4x20om relay	A A non-scorin A non-scorin A A women A	Vasmin - 161 Nextile Date L - 0th Store H M Nextile - 2th	15.50 15.50 28.70 27.10 32.10 33.30 54.80 2.33.9 2.57.9 4.19.7 4.43.7 5.39.1 6.07.3 9.30.7 10.55.8 70.40	
18-Jun 22-Jun 22-Jun	Rosenheim Lagge - Sature 4  Rosenheim Lagge - Sature 4  West of Kert  Plantfield midsummer 10C	100m 200m 400m 900m 1500m 1500m 3000m 400m hurdes 4x200m relay Shot Javelin	A A non-scorin A non-scorin A A women A	Vasanin - 161 Nestale Date L - 0th Store M M Nastale - 4th Nastale - 7th	15.50 28.70 27.10 32.10 33.30 54.80 2.33.9 2.57.9 4.19.7 4.43.7 5.39.1 6.07.3 9.30.7 10.558 70.40	
	Heathfield midsummer 10K	100m 200m 400m 400m 800m 1500m 1500m 1500m 4000m nutrities 4200m nutrities 4200m nutrities 10 miles	A A non-scorie A A non-scorie A A A women A non-scorie A A A A multi	Vasamin - 161 Neatile Date L - 0th Store H H Neatile - 4th	15.50 15.50 28.70 27.10 32.10 33.30 54.80 2.33.9 4.19.7 4.43.7 5.39.1 9.30.7 10.55.8 70.40 5.51m 23.61m 1.10.52	
22-Jun	Heathfield midsummer 10K	100m 200m 400m 600m 1500m 1500m 1500m 400m hurdes 4000m relay 3000m 3000m 3000m 100m hurdes 100m hurdes	A A non-scorie A A non-scorie A A A women A non-scorie A A A A multi	Vasanin - 161 Nestale Date L - 0th Store M M Nestale - 4th	15.50 15.50 28.70 27.10 33.30 54.80 2.33.9 2.57.9 4.19.7 4.43.7 5.39.1 6.07.3 70.40 5.51m 23.61m 24.20 1.49.46 2.05.11	
22-Jun 22-Jun	Heathfield midsummer 10K Midsummer Munro	200m 200m 200m 200m 200m 200m 200m 200m	A A A non-scorii A non-scorii A A non-scorii A A Non-scorii A A Non-scorii A A A A A A A A Toad	Vasamin - 161 Natiale Date L - 0th Street H - 100 Natiale	15.50 15.50 28.70 27.10 32.10 33.30 54.80 2.33.9 2.57.9 4.19.7 4.43.7 5.39.1 6.07.3 70.40 5.51m 23.61m 1.10.52 42.20 1.49.46 2.36.20	
22-Jun	Heathfield midsummer 10K	100m 200m 400m 600m 1500m 1500m 1500m 400m hurdes 4000m relay 3000m 3000m 3000m 100m hurdes 100m hurdes	A A non-scorie A A non-scorie A A A women A non-scorie A A A A multi	Vasanin - 161 Nestale Date L - 0th Store M M Nestale - 4th	15.50 15.50 28.70 27.10 33.30 54.80 2.33.9 2.57.9 4.19.7 4.43.7 5.39.1 6.07.3 70.40 5.51m 23.61m 24.20 1.49.46 2.05.11	
22-Jun 22-Jun	Heathfield midsummer 10K Midsummer Munro  Orpington 10K  Self Transcendence	200m 200m 200m 200m 200m 200m 200m 200m	A A A non-scorii A non-scorii A A non-scorii A A Non-scorii A A Non-scorii A A A A A A A A Toad	Vasanin - 161 Nestale One 1 - 60	15.50 28.70 15.50 27.10 15.50 28.70 27.10	
22-Jun 22-Jun 22-Jun	Heathlield midsummer 10K Midsummer Munro  Orplington 10K	200m 200m 400m 800m 1500m 1500m 1500m 400m hurdes 400m hurdes 400m hurdes 100m 10 miles 100m 100m 100m 100m 100m 100m 100m 100	A A A A non-scorie A A non-scorie A A A A A A A A A A A A A A A A A A A	Vasanin - 161 Nestile Date L - 0th Store H H Nestile - 4th Store H - 7th Nestile - 10th Store H - 7th Nestile - 10th Store H - 7th Nestile - 10th Mart M - 10th Alan D - 7th Oceanin - 5th Oceanin - 5	15.50 15.50 15.50 22.10 33.30 54.80 54.80 54.80 6.07.3 9.30.7 4.43.7 4.43.7 5.39.1 70.40 23.51m 42.20 42.20 54.80 56.05	Stodens women were 3rd on the day
22-Jun 22-Jun 22-Jun	Heathfield midsurmer 10K Midsummer Munro  Orpington 10K  Self Transcendence Batterses Park	200m 200m 400m 800m 1500m 1500m 1500m 400m hurdes 400m hurdes 400m hurdes 100m 10 miles 100m 100m 100m 100m 100m 100m 100m 100	A A A A non-scorie A A non-scorie A A A A A A A A A A A A A A A A A A A	Vasanin - 161 Nearlie Dave L - 0th Store H  Nearlie - 2th	15.50 28.70	Stodens women were 3rd on the day
22-Jun 22-Jun 22-Jun 22-Jun 23-Jun	Heathled midsummer 10K Midsummer Munro  Opington 10K  Self Transcendence Battersed Park  Datech 9K	100m 200m 200m 400m 600m 1500m	A A A A A non-scorie A A A A A A A A A A A A A A A A A A A	Vasmin - 161 Nexilie Date L - 0th Store H H Nexilie - 4th Store H - 7th Store H - 7th Nexilie Mart M - 10th Nexilie - 10th overall Alan D - 7th Varsin - 5th Nexilie - 10th overall Alan D - 7th Nexilie - 10th Mart M - 10th Alan M - 7th Own M - 10th Own K - 10th Date L - 6th Date M - 7th Date L - 6th Date M - 7th	15.50 28.70 27.10 15.50 28.70 28.70 27.10	Stodens women were 3rd on the day
22-Jun 22-Jun 22-Jun 23-Jun 25-Jun	Heathled midsummer 10K Midsummer Munro  Opington 10K  Self Transcendence Battersed Park  Datech 9K	200m 200m 200m 300m 1500m 1500m 1500m 1500m 1500m 1500m 10 muratine 400m hurstine 400m hurstine 10 miles 10 mil	A A A A A A A A A A A A A A A A A A A	Vasmin - 161 Nearlie Dave L - 0th Store H H Nearlie - 2th	115.90 28 70 70 28 70 70 28 70 70 70 70 70 70 70 70 70 70 70 70 70	Stridens women were 3rd on the day
22-Jun 22-Jun 22-Jun 23-Jun 25-Jun	Heathled midsummer 10K Midsummer Munro  Opington 10K  Self Transcendence Battersed Park  Datech 9K	200m 200m 200m 300m 1500m 1500m 1500m 1500m 1500m 1500m 10 muratine 400m hurstine 400m hurstine 10 miles 10 mil	A A A A A A A A A A A A A A A A A A A	Visionin - 161 Notation Once 1 - 6th Once 2 - 6th Once 2 - 6th Once 2 - 6th Once 3	115.50 28.77 7 1	Stridens women were 3rd on the day  Stridens women were 3rd on the day  Stridens team finished 2rd of 18 teams  112 finishers
22-Jun 22-Jun 22-Jun 23-Jun 25-Jun	Heathled midsummer 10K Midsummer Munro  Opington 10K  Self Transcendence Battersed Park  Datech 9K	200m 200m 200m 300m 1500m 1500m 1500m 1500m 1500m 1500m 100m 1	A A A A A A A A A A A A A A A A A A A	Visionin - 161 Nestatie Once 1 - 6th Once 1	15.50 28.77 27.10 28.77 27.10 28.77 27.10 28.77 27.10 28.77 27.10 28.77	Stridens women were 3rd on the day  Stridens women were 3rd on the day  Stridens team finished 2rd of 18 teams  112 finishers
22-Jun 22-Jun 22-Jun 23-Jun 25-Jun	Hearhfield midsummer 10K Midsummer Murro  Opington 10K  Self Transcendence Batterses Park  Duteich 9K  Near As Dammi	200m 200m 200m 300m 1500m 1500m 1500m 1500m 1500m 1500m 100m 1	A A A A A A A A A A A A A A A A A A A	Vasanin - 161 Naziaria Once 1 - 6th Once 1 - 7th Once 2 - 7th Once 2 - 7th Once 3 -	15.50 28.70 70 32 10 15.50 28.70 70 32 10 15.50 28.70 70 32 10 15.50 28.70 70 32 10 10 15.50 28.70 70 40 25.50 28.70 70 40 25.50 28.70 70 40 25.50 28.70 70 40 25.50 28.70 70 40 25.50 25.	Striden women were 3rd on the day  Striden women were 3rd on the day  Striden women were 3rd on the day  112 finishes
22-Jun 22-Jun 22-Jun 23-Jun 25-Jun	Heathled midsummer 10K Midsummer Munro  Opington 10K  Self Transcendence Battersed Park  Datech 9K	200m 200m 200m 300m 1500m 1500m 1500m 1500m 1500m 1500m 100m 1	A A A A A A A A A A A A A A A A A A A	Visionin - 161 Nestale Once 1 - 6th Visionin - 6th Visionin - 6th Once 1 - 6th Once	15.50 28.70 27.10 32.10 15.50 28.70 70 32.10 15.50 45.80 25.71 80	Sinders women were 3rd on the day  Sinders women were 3rd on the day  Sinders team finished 2nd of 18 teams  112 finishers  Sinders man finished 2nd of 18 teams
22-Jun 22-Jun 22-Jun 23-Jun 25-Jun	Hearhfield midsummer 10K Midsummer Murro  Opington 10K  Self Transcendence Batterses Park  Duteich 9K  Near As Dammi	200m 200m 200m 300m 1500m 1500m 1500m 1500m 1500m 1500m 100m 1	A A A A A A A A A A A A A A A A A A A	Visionin - 161 Nestile Dave L - 6th Steve H H Nestile - 6th Steve H - 7th Nestile - 6th Mart M - 7th Nestile - 6th Steve H - 7th Nestile - 6th Steve H - 7th Nestile - 6th Steve H - 7th	15.50 28.70 27.10 32.10 15.50 32.10	Strictions women were 3rd on the day  Strictions team finished 2rd of 16 teams  112 finishers  665 finishers
22-Jun 22-Jun 22-Jun 23-Jun 25-Jun	Hearhfield midsummer 10K Midsummer Murro  Opington 10K  Self Transcendence Batterses Park  Duteich 9K  Near As Dammi	200m 200m 200m 300m 1500m 1500m 1500m 1500m 1500m 1500m 100m 1	A A A A A A A A A A A A A A A A A A A	Visions - 161 Nestable Ober 1 - 60 Ober 1	115.50 28.70 27.10 15.50 28.70 27.10 22.10 15.50 28.70 27.10 22.10 15.50 28.70 27.10 22.10 15.50 28.70	Sinders women were 3rd on the day  Sinders women were 3rd on the day  Sinders team finished 2nd of 18 teams  112 finishers  Sinders man finished 2nd of 18 teams
22-Jun 22-Jun 22-Jun 23-Jun 25-Jun	Hearhfield midsummer 10K Midsummer Murro  Opington 10K  Self Transcendence Batterses Park  Duteich 9K  Near As Dammi	200m 200m 200m 300m 1500m 1500m 1500m 1500m 1500m 1500m 100m 1	A A A A A A A A A A A A A A A A A A A	Visionin - 161 Nestatie Once 1 - 6th Once 1 - 7th Once 1	11.50.2 (27.10) (28.77) (27.10) (28.77) (27.10) (28.77) (27.10) (28.77	Sinders women were 3rd on the day  Sinders seam finalted 2rd of 18 teams  112 finalters  604 finalters  Sinders near final of 3 5 5 core) final ed 37rd 27
22-Jun 22-Jun 22-Jun 23-Jun 25-Jun	Hearhfield midsummer 10K Midsummer Murro  Opington 10K  Self Transcendence Batterses Park  Duteich 9K  Near As Dammi	200m 200m 200m 300m 1500m 1500m 1500m 1500m 1500m 1500m 100m 1	A A A A A A A A A A A A A A A A A A A	Vasanin - 161 Nestale One 1 - 6th One 2 - 6th One 3 -	115.50 28.77 30 21.01 1.05 21.01 1.05 21.01 1.05 21.01 1.05 21.01 1.05 21.01 1.05 21.01 1.05 21.01 1.05 21.01 1.05 21.01 1.05 21.05	Sinders women were 3rd on the day  Sinders women were 3rd on the day  Sinders team finished 2nd of 18 teams  112 finishers  Sinders man finished 2nd of 18 teams
22-Jun 22-Jun 22-Jun 23-Jun 25-Jun	Hearhfield midsummer 10K Midsummer Murro  Opington 10K  Self Transcendence Batterses Park  Duteich 9K  Near As Dammi	200m 200m 200m 300m 1500m 1500m 1500m 1500m 1500m 1500m 100m 1	A A A A A A A A A A A A A A A A A A A	Vision - 161 Nestable Obe 1 - 00 Nestable Obe 1 - 00 Nestable Nest	115.50 (22.71.0)	Sinders women were 3rd on the day  Sinders women were 3rd on the day  Sinders team finished 2nd of 18 teams  112 finishers  Sinders man finished 2nd of 18 teams
22-Jun 22-Jun 22-Jun 23-Jun 25-Jun	Hearhfield midsummer 10K Midsummer Murro  Opington 10K  Self Transcendence Batterses Park  Duteich 9K  Near As Dammi	200m 200m 200m 300m 1500m 1500m 1500m 1500m 1500m 1500m 100m 1	A A A A A A A A A A A A A A A A A A A	Vision - 161  Vi	115.50 227.10 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Sinders women were 3rd on the day  Sinders women were 3rd on the day  Sinders team finished 2nd of 18 teams  112 finishers  Sinders man finished 2nd of 18 teams
22-Jun 22-Jun 22-Jun 23-Jun 25-Jun	Hearhfield midsummer 10K Midsummer Murro  Opington 10K  Self Transcendence Batterses Park  Duteich 9K  Near As Dammi	200m 200m 200m 300m 1500m 1500m 1500m 1500m 1500m 1500m 100m 1	A A A A A A A A A A A A A A A A A A A	Vision - 151 Nestine Date 1 - 6th Street H Visitine - 6th Street H - 7th Visitine - 6th Mark M - 7th Visitine - 6th Street H - 7th Visitine - 7th Street H - 7th Mark - 7th Street H - 7th Mark - 7th Street H - 7th Str	115.50 28.77 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	Sinders women were 3rd on the day  Sinders women were 3rd on the day  Sinders team finished 2nd of 18 teams  112 finishers  Sinders man finished 2nd of 18 teams
22-Jun 22-Jun 22-Jun 23-Jun 25-Jun	Hearhfield midsummer 10K Midsummer Murro  Opington 10K  Self Transcendence Batterses Park  Duteich 9K  Near As Dammi	200m 200m 200m 300m 1500m 1500m 1500m 1500m 1500m 1500m 100m 1	A A A A A A A A A A A A A A A A A A A	Visionin - 161 Notation Once 1 - 600 Once 1	16.50 28.70 33.30 33.30 34.00 35.30 36.00 35.30 36.00 35.30 36.00	Sinders women were 3rd on the stay  Sinders women were 3rd on the stay  Sinders team final-ed 2rd of 18 teams  112 final-less  Sinders seem Classocie final-ed 3rd of 38 teams  Sinders man's team Classocie final-ed 3rd of 37 31
22-Jun 22-Jun 22-Jun 23-Jun 25-Jun	Hearhfield midsummer 10K Midsummer Murro  Opington 10K  Self Transcendence Batterses Park  Duteich 9K  Near As Dammi	200m 200m 200m 300m 1500m 1500m 1500m 1500m 1500m 1500m 100m 1	A A A A A A A A A A A A A A A A A A A	Vision - 161 Nestable Once 1 - 6th Once 2 - 6th Once 3 -	16.50 28.70 33.33 30.30	Sinders women were 3rd on the stay  Sinders women were 3rd on the stay  Sinders team final-ed 2rd of 18 teams  112 final-less  Sinders seem Classocie final-ed 3rd of 38 teams  Sinders man's team Classocie final-ed 3rd of 37 31
22-Jun 22-Jun 22-Jun 23-Jun 25-Jun	Hearhfield midsummer 10K Midsummer Murro  Opington 10K  Self Transcendence Batterses Park  Duteich 9K  Near As Dammi	200m 200m 200m 300m 1500m 1500m 1500m 1500m 1500m 1500m 100m 1	A A A A A A A A A A A A A A A A A A A	Vasanin - 161 Nazale  One 1 - 60 Nazale  Siew H 1 - 70 Nazale  Naz	16.50 28.70 33.30 30 33.30 30 30 30 30 30 30 30 30 30 30 30 30 3	Sinders women were 3rd on the day  Sinders women were 3rd on the day  Sinders team final-ed 2nd of 18 teams  112 final-eas  Sinders seem Colored 2nd of 18 teams  Sinders man's colored 3nd of 18 teams
22-Jun 22-Jun 22-Jun 23-Jun 25-Jun	Hearhfield midsummer 10K Midsummer Murro  Opington 10K  Self Transcendence Batterses Park  Duteich 9K  Near As Dammi	200m 200m 200m 300m 1500m 1500m 1500m 1500m 1500m 1500m 100m 1	A A A A A A A A A A A A A A A A A A A	Vision - 161 Nestine One 1 - 60 Nestine White - 60 Nestine Nestine See H H Nystine See H H Nystine See H S See H Nystine See H S See H S SEE H S S SEE H S S S S S S S S S S S S S S S S S S S	115.50 (22.71.6)	Sinders women were 3rd on the day  Sinders women were 3rd on the day  Sinders team final-ed 2nd of 18 teams  112 final-eas  Sinders seem Colored 2nd of 18 teams  Sinders man's colored 3nd of 18 teams