STRIDERS OF CROYDON

updated 2/6/9

Results for June 2009

red = not included in road rankings/ club records yet

Date	Name of Event	Distance		Runner, placing	Time	Comments
1-Jun	Sri Chinmoy - Battersea Par	5K	road	Duncan - 2nd	16.17	171 finshers
				Alex - 35th	19.22	
				Steve M - 40th	19.50	
				Matt A - 64th	21.01	
				Yasmin - 84th	22.26	
				Kim - 124th	26.32	
7-Jun	Eye on the Ball 5K	5K	road	Steve M - 6th	19.32	
				Brian - 30th	21.59	
7-Jun	Beckenham 10K	10K	road	Duncan - 1st	33.59	Striders (first 3 to score) won the team prize
				Justin - 3rd	34.33	
				Steve Sta. - 7th	34.58	
				Richard L-S - 20th	37.23	
				Ben - 21st	37.45	
				Chris - 38th	39.58	
				Simon A - 48th	41.02	
				Tom L - 142nd	49.47	
				Paul L-S - 154th	51.08	
				Martin G - 155th	51.15	
				Peter S - 161st	52.01	
				Karen Mac - 162nd	52.13	
				JP - 218th	58.56	
				Andy T - 246th	64.44	
				Karen C - 248th	65.36	
8-Jun	Vets - Southern Division	T&F	Ewell Court			Striders men were 4th on the day
		200m	A MV35	Paul S - 4th	28.00	
			B MV35	Steve M - 4th	29.10	
			A MV50	Dave B - 3rd	31.40	
			A MV60	Kevin Bu. - 5th	39.40	
		800m	A MV35	Paul S - 3rd	2.30.4	
			B MV35	Steve M - 2nd	2.28.6	
			A MV50	Dave B - 4th	2.44.3	
		3000m	A MV35	Dave B - 4th	11.31.5	
			A MV50	Alan D - 3rd	11.41.9	
		4x400m relay	A	Paul / Steve / Dave / Alan - 3rd	4.38.8	
		Shot	A MV35	Kevin Bu - 5th	5.15m	
			A MV50	Dave B - 4th	5.60m	
		Javelin	AMV35	Steve M - 4th	n.t.	
			AMV50	Dave B - 4th	11.54m	
			A MV60	Kevin Bu. - 3rd	17.45m	
		200m	AFV35	Kim - 5th	40.40	Striders women were 5th on the day
			BFV35	Andrea J - 2nd	33.60	
		800m	AFV35	Andrea J - 3rd	2.55.4	
			BFV35	Kim - 5th	3.24.1	
		3000m	AFV35	Andrea J - 4th	12.44.3	
		Long Jump	AFV35	Kim - 3rd	1.84m	
		Shot	AFV35	Kim - 5th	5.30m	
		Javelin	AFV35	Kim - 4th	8.33m	
10-Jun	Rosenheim League - fixture	T&F	Wimbledon Park			Striders men were 6th on the day
		100m	A	Elliott - 4th	12.10	Striders women were 3rd on the day
		200m	A	Elliott - 5th	25.00	
		400m	A	Steve H - 4th	61.00	
			A women	Karen K - 3rd	66.80	
		800m	A	Steve H - 6th	2.19.4	
		1500m	A	Matt M - 4th	4.26.3	
			non-scoring	Alan D	5.32.7	
			A women	Natalie - 4th	5.59.6	
		3000m	A	Duncan - 4th	9.20.6	
			non-scoring	Matt M	9.23.6	
			non-scoring	Dave B	11.00.4	
		4x200m relay	A	Elliot /Matt M / Steve H / Duncan - 4th	1.50.4	
		Triple Jump	A	Dave B - 7th	6.80m	
		Discus	A	Kevin Bu. - 6th	13.05m	
			A women	Natalie - 4th	10.97m	
		Hammer	A	Kevin Bu. - 6th	12.82m	
10-Jun	Worthing 10K	10K	road	Barry - 119th	43.03	
				Paul F - 120th	43.03	
				Jenny F - 490th	58.44	
13-Jun	Sri Chinmoy 10K	10K	road	Simon A - 33rd	39.54	
14-Jun	Bluewater SherunsHeruns	10K	road	John G - 792nd	55.29	
18-Jun	BBC Canal Race	5 miles approx.	road	Chris - 4th (1st MV)	32.56	
20-Jun	Midsummer Munro	Half marathon a	multiterrain	Kerry - 95th	2.27.57	
				Suzy - 96th	2.27.58	
				Yasmin - 175th	2.53.27	
21-Jun	Weald of Kent 10	10 miles	road	Richard L-S - 18th	1.04.50	
				Steve M - 23rd	1.06.22	
21-Jun	Orpington 10K	10K approx.	multiterrain	Simon A - 42nd	41.24	
				Paul S - 51st	42.12	
				Steve Smith - 164th	49.17	
				Carmen - 225th	52.44	
				Martin G - 250th	54.04	
				Margaret F - 321st	58.19	
22-Jun	Sri Chinmoy	3 x 1 mile relay	road	Matt M	4.56	Striders finished 2nd of 41 teams
	Battersea Park			Alex	5.09	
				Duncan - 2nd fastest overall	4.46	
22-Jun	Vets - Southern Division	T&F	Kingsmeadow			Striders men were 4th on the day
		100m	A MV35	Kevin Bu - 5th	18.60	
			B MV35	Martin G - 3rd	21.00	
			A MV50	Dave B - 5th	16.30	
		400m	A MV35	Paul S - 4th	63.00	
			B MV35	Chris - 4th	78.90	
			A MV50	Andy E - 4th	83.20	
			A MV60	Colin C - 3rd	72.70	
		1500m	A MV35	Steve St. - 1st	4.37.5	
			B MV35	Paul S - 1st	5.00.1	
			A MV50	Alan D - 4th	5.31.7	
		5000m	A MV35	Ian C - 5th	18.48.2	
			B MV35	Chris - 3rd	20.05.1	
			A MV50	Bob - 2nd	19.42.2	
		Medley relay	A	Colin / Ian / Chris /Paul - 4th	5.01.2	
		Long Jump	A MV35	Chris - 4th	3.34m	
			A MV50	Dave B - 4th	2.60m	
			A MV60	Colin C - 3rd	3.26m	
		Discus	AMV35	Martin G - 4th	10.76m	
			AMV50	Kevin Bu. - 4th	16.33m	
		Hammer	AMV35	Martin G ? - 4th	12.50m	
			AMV50	Kevin Bu. ? - 4th	7.46m	
		100m	AFV35	Andrea J - 4th	15.90	Striders women were 5th on the day
			BFV35	Louise G - 4th	17.90	
		400m	AFV35	Andrea J - 4th	77.30	
			BFV35	Louise G - 3rd	92.00	
		1500m	AFV35	Andrea J - 4th	5.51.2	
			BFV35	Louise G - 4th	7.05.4	
		Long Jump	AFV35	Andrea J - 5th	2.29m	
24-Jun	Rosenheim League - fixture	T&F	Tooting Bec			Striders men were 5th on the day
		100m	A	Duncan - 6th	13.80	
		200m	A	Duncan - 7th	30.60	
		400m	A	Andy E - 6th	82.30	
		800m	A	Matt M - 5th	2.23.0	
		1500m	A	Matt M - 1st	4.27.0	
		3000m	A	Duncan - 6th scorer (8th overall)	9.27.0	
			non-scoring	Steve St. - (9th)	9.53.1	
		400m hurdles	A	Matt M - 3rd	73.40	
		4x200m relay	A	Matt M / Duncan / Steve St ? / Kevin ?- 3rd	2.10.1	
		Triple Jump	A	Matt M - 4th	8.70m	
		Shot	A	Kevin Bu. - 5th	5.34m	
		Javelin	A	Kevin Bu. - 6th	14.89m	
25-Jun	Near As dammit	10K approx.	xc	Chris - 14th	42.17	123 finishers
				Nick E - 31st	45.51	
				Steph U - 46th	48.19	
				Dave D - 69th	53.26	
				Anna J - 81st	55.37	
				Dave H - 111th	62.44	
28-Jun	Dysart Dash	10K	road	Matt M - 15th	35.15	
				Richard L-S - 73rd	39.16	
				Bob - 84th	39.53	
				Steve M - 98th	40.47	
				Paul S - 99th	40.47	
				Hugh - 157th	43.50	
				Steph U - 204th	45.58	
				Alice - 205th	46.01	
				Barry F - 214th	46.20	
				Tom L - 282nd	50.05	
				Pete S - 315th	52.24	
				Martin G - 333rd	53.37	
				Mick G - 335th	53.44	
				Kim - 353rd	55.30	
				Susan H - 385th	60.43	
				Carol - 389th	61.07	
				Steve T - 398th	62.52	
				Karen C - 413rd	67.18	