STRIDERS OF CROYDON

Results for June 2010

Date	Name of Event	Distance		Runner, placing	Time	Comments
5-Jun	Harvel 5	5 miles	road	Daud D - 198th	40.16	
				Linda - 248th	41.46	
6-Jun	Beckenham 10K	10K	road	Steve St - 3rd	35.11	
				Simon A - 18th	39.16	
				Mick T - 23rd	39.51	
				Steve M - 26th	40.53	
				Chris M - 27th	41.15	
				Josephine - 72nd	45.42	
				John H - 109th	46.51	
				Lesley - 109th	48.44	
				Hannah - 120th	49.47	
				Carmen - 122nd	49.57	
				Stuart - 126th	50.17	
				Phil M - 130th	50.34	
				Mark H - 131st	50.42	
				Dave D - 144th	52.36	
				Jo P - 160th	54.16	
				Margaret - 164th (1st FV55)	54.34	
				Martin - 197th	57.32	
				Kim - 198th	57.50	
				Dee - 200th	58.17	
				Victoria - 233rd	1.13.31	
9-Jun	Worthing 10K	10K	road	Paul F - 67th	39.40	
				Barry F - 170th	44.13	
				Phil H - 432nd	55.23	
9-Jun	Rosenheim League - fixtu	T&F	Wimbledon Park			
		100m	A	Steve Sm - 5th	14.90	Striders men were 6th on the day
		200m	A	Steve Sm - 6th	30.70	
		400m	A	Steve Sm - 6th	71.10	
		1500m	A	Steve St - 3rd	4.35.3	
			non-scoring	Alan D - 9th overall	5.23.6	
		Triple jump	A	Steve Sm - 5th	6.63m	
		Discus	A	Kevin Bu - 6th	14.21m	
		Hammer	A	Kevin Bu - 6th	10.34m	
12-Jun	South Downs Marathon	Marathon	multiterrain	Kate C - 231st	4.24.43	
				Linda D - 496th	5.19.57	
12-Jun	Sri Chinmoy	10K	road	John F - 8th (1st MV50)	36.55	
		Battersea Park		Richard L-S - 10th	37.23	
				Simon A - 15th	39.05	
13-Jun	Bluewater 10K	10K	road	John F - 69th	39.07	
				Karen K - 300th	46.22	
				Graham F - 321st	45.43	
				Rebecca - 923rd	53.19	
14-Jun	Vets T&F	T&F	Ewell court			
		200m	MV35	Nigel D - 5th	35.20	Striders men were 3rd on the day
			MV35B	Paul S - 2nd	27.60	Striders women were 5th on the day
			MV50	Steve Sm - 3rd	30.60	
			Mv60	Colin C - 4th	37.50	
			FV35	Andrea - 5th	39.00	
			FV35B	Kim - 3rd	41.20	
		800m	MV35	Richard L-S - 2nd	2.16.5	
			Mv40	Steve M - 2nd	2.25.5	
			MV50	Dave B - 3rd	2.43.2	
			FV35	Andrea - 4th	3.00.6	
			FV35B	Kim - 4th	3.46.7	
		3000m	Mv35	Steve St - 1st	10.15.0	
			MV40	Paul S - 2nd	11.12.8	
			Mv50	Alan D - 2nd	11.24.3	
			Mv60	Colin C - 3rd	12.53.5	
			non-scoring	Nigel D	10.54.7	
			FV35	Michelle C - 4th	13.42.6	
			FV35B	Dee - 4th	15.17.3	
		4 x 400m relay	men	Steve M, Steve St, Paul S, Richard - 3rd	4.10.9	
			women	Andrea, Kim, Dee, Michelle - 2nd	6.13.6	
		Triple jump	MV35	Richard L-S - 4th	8.54m	
		Long jump	FV35	Andrea - 5th	2.12m	
		Shot	Mv40	Steve Sm - 3rd	5.57m	
			Mv50	Dave B - 5th	5.43m	
			FV35	Dee - 5th	5.11m	
		Javelin	Mv35	Paul S - 2nd	24.22m	
			Mv50	Dave B - 4th	14.86m	
			FV35	Kim - 5th	7.79m	
19-Jun	Midsummer Munro	Half marathon	multierrain	Suzy Y - 125th	2.27.08	
20-Jun	North Downs Run	30K approx.	multiterrain	Chris - 48th	2.26.24	
				Paul S - 72nd	2.30.27	
20-Jun	Richmond 10K	10K	road	Richard L-S - 60th	36.11	
				John F - 77th	37.00	
				Barry W - 138th	39.32	
				steve M - 161st	40.37	
				Nick E - 187th	41.49	
				John H - 291st	46.11	
				Tom L - 312th	47.21	
				Hannah - 329th	48.22	PB?
				James M - 348th	49.24	
				Jo P - 403rd	51.42	PB?
				Amanda - 410th	52.01	PB?
				Margaret - 420th	52.35	
				Kim - 454th	56.19	
				Steve T - 487th	59.14	PB ?
				Victoria - 516th	68.52	
20-Jun	Leatherhead 10K	10K	road	Charlotte - 80th	53.57	
20-Jun	Gallop 10K	10K approx.	muliterrain	Linda - 89th	54.50	
23-Jun	Rosenheim League - fixtu	T&F	Battersea Park			Striders men were 6th on the day
		1500m	A	Alan D - 6th	5.21.75	
		3000m	A	Steve St - 5th	9.46.27	
		Shot	A	Kevin Bu - 6th	5.16m	
		Javelin	A	Kevin Bu - 6th	15.69m	
27-Jun	Weald of Kent 10	10 miles	road	Dave D - 146th	1.30.43	
24-Jun	Nearasdammit	10K apporx.	xc	Ben - 9th	40.24	
				Paul S - 20th	42.30	
				Barry W - 21st	42.34	
				Chris M - 23rd	43.14	
				Steph U - 39th (2nd F)	45.53	
				Mick T - 41st	46.46	
				Paul L-S - 51st	48.56	
				Dave H - 90th	65.35	
28-Jun	Vets T&F	T&F	Croydon Arena			
		100m	MV35	Richard L-S - 3rd	13.90	Striders men were 3rd on the day
			MV40	Paul S - 2nd	13.40	Striders women were 4th on the day
			MV50	Steve Sm - 4th	14.50	
			Mv60	Colin C - 4th	16.40	
			FV35	Linda - 4th	18.20	
			FV35B	Kim - 4th	21.40	
			FV50	Margaret - 3rd	19.90	
		1500m	MV35	Steve St - 2nd	4.44.6	
			non-scoring	Lee F	4.43.7	
			Mv40	Steve M - 2nd	5.14.2	
			MV50	John F - 1st	5.00.6	
			FV35	Steph U - 3rd	5.45.9	
			FV35B	Andrea - 2nd	5.57.5	
			non-scoring	Michelle C	6.16.2	
			non-scoring	Victoria	8.44.5	
		400m	Mv35	Richard L-S - 3rd	60.50	
			MV40	Paul S - 3rd	61.20	
			non-scoring	Steve M	65.90	
			Mv50	Steve Sm - 2nd	70.70	
			non-scoring	Julian	66.30	
			Mv60	Colin C - 3rd	105.00	
			FV35	Steph U - 3rd	81.00	
			FV35B	Andrea - 3rd	79.00	
		5000m	MV35	Steve St - 1st	17.23.5	
			MV40	Nigel D - 2nd	19.15.4	
			Mv50	John F - 1st	17.49.8	
		Medley relay	men	Steve M, Steve St, Paul S, Richard - 2nd	4.11.6	
			women	Andrea, Kim, Steph, Michelle - 3rd	5.46.4	
		Hammer	MV35	Paul S - 3rd	13.40m	
			MV50	Dave B - 4th	6.64m	
			MV60	Kevin Bu - 4th	16.61m	
			FV35	Linda - 4th	6.47m	
		Discus	MV40	Steve Sm - 5th	13.86m	
			MV50	Kevin Bu - 4th	15.78m	
		Javelin	FV35	Linda - 3rd	12.71m	
		Long Jump	Mv40	Nigel D - 3rd	3.47m	
			MV50	Dave B - 4th	2.66m	
			MV60	Andy - 5th	2.28m	
			FV35	Andrea - 5th	2.18m	