	STRIDERS OF CE	ROYDON				
	Results f	or Jun	e <u>2</u> 010			
Date	Name of Event	Distance		Runner, placing	Time	Comments
5-Jun	Harvel 5	5 miles	road	Davd D - 198th Linda - 248th	40.16 41.46	
6-Jun	Beckenham 10K	10K	road	Steve St - 3rd	35.11	
				Simon A - 18th Mick T - 23rd	39.16 39.51 40.53	
				Steve M - 26th Chris M - 27th Josephine - 72nd	41.15 45.42	
				John H - 109th Lesley - 109th	46.51 48.44	
				Hannah - 120th Carmen - 122nd Stuart - 126th	49.47 49.57 50.17	
				Phil M - 130th Mark H - 131st Dave D - 14dth	50.34 50.42	
				Jo P - 160th Margaret - 164th (1st FV55)	52.36 54.16 54.34	
				Martin - 197th Kim - 198th	57.32 57.50	
				Dee - 200th Victoria - 233rd	58.17 1.13.31	
9-Jun	Worthing 10K	10K	road	Paul F - 67th Barry F - 170th Phil H - 432nd	39.40 44.13	
9-lun	Rosenheim League - fixtu	TRE	Wimbledon Park	Phil H - 432nd	55.23	
		100m 200m	A A	Steve Sm - 5th Steve Sm - 6th	30.70	Striders men were 6th on the day
		400m 1500m	A A non-scoring	Steve Sm - 6th Steve St - 3rd Alan D - 9th overall	71.10 4.35.3 5.23.6	
		Triple jump Discus	A A	Steve Sm - 5th Kevin Bu - 6th	6.63m 14.21m	
		Hammer	A	Kevin Bu - 6th	10.34m	
12-Jun	South Downs Marathon	Marathon	multiterrain	Kate C - 231st Linda D - 496th	4.24.43 5.19.57	
12-Jun	Sri Chinmoy	10K Battersea Park	road	John F - 8th (1st MV50) Richard L-S - 10th	36.55 37.23	
13-Jun	Bluewater 10K	10K	road	Simon A - 15th John F - 69th	39.05 39.07	
iorum	IUN			Karen K - 300th Graham F - 321st	46.22 45.43	
14 !	Vate T&E	T&F	Ewell court	Rebecca - 923rd	53.19	
14-Jun	Vets T&F	T&F 200m	MV35 MV35B	Nigel D - 5th Paul S - 2nd	27.60	Striders men were 3rd on the day Striders women were 5th on the day
			MV50 Mv60	Steve Sm - 3rd Colin C - 4th	30.60 37.50	
		800m	FV35 FV35B MV35	Andrea - 5th Kim - 3rd Richard L-S - 2nd	39.00 41.20 2.16.5	
			Mv40 MV50	Steve M - 2nd Dave B - 3rd	2.25.5 2.43.2	
		3000m	FV35 FV35B Mv35	Andrea - 4th Kim - 4th Steve St - 1st	3.00.6 3.46.7 10.15.0	
		COOCH	MV40 Mv60	Paul S - 2nd Alan D - 2nd	11.12.8	
			Mv60 non-scoring FV35	Colin C - 3rd Nigel D Michelle C - 4th	12.53.5 10.54.7 13.42.6	
		4 x 400m relay	FV35B men	Dee - 4th Steve M, Steve St, Paul S, Richard - 3rd	15.17.3 4.10.9	
		Triple jump	women MV35 FV35	Andrea, Kim, Dee, Michelle - 2nd Richard L-S - 4th Andrea - 5th	6.13.6 8.54m 2.12m	
		Long jump Shot	Mv40 Mv60	Steve Sm - 3rd Dave B - 5th	5.57m 5.43m	
		Javelin	FV35 Mv35	Dee - 5th Paul S - 2nd	5.11m 24.22m	
			Mv60 FV35	Dave B - 4th Kim - 5th	14.86m 7.79m	
	Midsummer Munro	Half marathon	multierrain	Suzy Y - 125th	2.27.08	
20-Jun	North Downs Run	30K approx.	multiterrain	Chris - 48th Paul S - 72nd	2.26.24	
20-Jun	Richmond 10K	10K	road	Richard L-S - 60th John F - 77th	36.11 37.00	
				Barry W - 138th steve M - 161st Nick E - 187th	39.32 40.37 41.49	
				John H - 291st Tom L - 312th	46.11 47.21	
				Hannah - 329th James M - 348th	48.22 49.24	
				Jo P - 403rd Amanda - 410th Margaret - 420th	51.42 52.01 52.35	PB?
				Kim - 454th Steve T - 487th	56.19 59.14	PB ?
20. lun	Leatherhead 10K	10K	road	Victoria - 516th Charlotte - 80th	68.52 53.57	
20/0011	Gallop 10K	10K approx.	mulriterrain	Linda - 89th	54.50	
20-Jun						
	Rosenheim League - fixtu	T&F	Battersea Park			Striders men were 6th on the day
		T&F 1500m 3000m	A A	Alan D - 6th Steve St - 5th Kevin Bu - 6th	5.21.75 9.46.27	Striders men were 6th on the day
23-Jun	Rosenheim League - fixtu	T&F 1500m 3000m Shot Javelin	A A A	Steve St - 5th Kevin Bu - 6th Kevin Bu - 6th	5.21.75 9.46.27 5.16m 15.69m	Striders men were 6th on the day
23-Jun 27-Jun	Rosenheim Lesque - fixtu Weald of Kent 10	T&F 1500m 3000m Shot Javelin	A A A A road	Steve St - 5th Kevin Bu - 6th	5.21.75 9.46.27 5.16m 15.69m	Striders men were 6th on the day
23-Jun 27-Jun	Rosenheim League - fixtu	T&F 1500m 3000m Shot Javelin	A A A	Stee St - Sth Kevin Bu - Gth Kevin Bu - Gth Dave D - 146th Ben - 9th Paul S - 20th Barry W - 21st	5.21.75 9.46.27 5.18m 15.69m 1.30.43 40.24 42.30 42.34	Striders men were 6th on the day
23-Jun 27-Jun	Rosenheim Lesque - fixtu Weald of Kent 10	T&F 1500m 3000m Shot Javelin	A A A A road	Stee S1. Sth Kewn Bu - 6th Kewn Bu - 6th Kewn Bu - 6th Dave D - 146th Ben - 9th Paul S - 20th Barry W - 21st Chris M - 23sd Steph U - 39th Chris F	5.21.75 9.46.27 5.16m 15.69m 1.30.43 40.24 42.30 42.34 43.14 45.53	Stiden men wers 6th on the day
23-Jun 27-Jun	Rosenheim Lesque - fixtu Weald of Kent 10	T&F 1500m 3000m Shot Javelin	A A A A road	Steve St - 5th Kewin Bu - 6th Kewin Bu - 6th Osse D - 146th Ben - 9th Paul S - 20th Barry W - 21st Chris M - 23ed	5.21.75 9.46.27 5.16m 15.69m 1.30.43 40.24 42.30 42.34 43.14	Solden men wers 6th on the day
23-Jun 27-Jun 24-Jun	Rosenheim Lesque - fixtu Weald of Kent 10	T&F 1500m 3000m 3000m Shot Javelin 10 miles 10K apporx.	A A A A A A A A A A A A C A A A A A A A	Stee 81 - 5th Keen Bu - 6th Keen Bu - 6th Dae D - 148th Da	5.21.75 9.46.27 5.16m 15.69m 1.30.43 40.24 42.30 42.34 43.14 45.53 46.46 48.56 65.35	
23-Jun 27-Jun 24-Jun	Rosenheim League - fixtu Weald of Kent 10 Nearasdammit	T&F 1500m 3000m 3000m Shot Javelin 10 miles 10K apporx.	A A A A A A A A A A A A A A A A A A A	Stew 81 - 55h Kewin Su - 65h Kewin Su - 65h Mow D - 1466h Ben - 96h Ben - 98h Paul S - 20h Chewin Su - 27st Chewin Su - 27st Steph U - 39h (2nd F) Mick T - 41st	5.21.75 9.46.27 5.16m 15.69m 1.30.43 40.24 42.34 43.14 45.53 46.48 48.56 65.35	Stiders men were 6th on the day Stiders men were 3rd on the day Stiders men were 3rd on the day
23-Jun 27-Jun 24-Jun	Rosenheim League - fixtu Weald of Kent 10 Nearasdammit	T&F 1500m 3000m 3000m Shot Javelin 10 miles 10K apporx.	A A A A A A A A A A A A A A A A A A A	Stee 81 - 5th Keen Bu - 6th Keen Bu - 6th Keen Bu - 6th Dase D - 146th Ban - 9th Paul S - 20th Bany W - 21st Chis M - 22sd Steep U - 38m Craf F) Paul S - 5th Dase D - 146th Rehald L S - 3sd Paul S - 25th Carlo C - 4th Luds - 4th	5.21.75 9.46.27 5.16m 15.69m 1.30.43 40.24 42.30 42.34 43.14 45.53 46.66 65.35 13.90 13.40 14.50 16.40 18.20	Stiders men wee 3rd on the day.
23-Jun 27-Jun 24-Jun	Rosenheim League - fixtu Weald of Kent 10 Nearasdammit	T&F 1500m 3000m Shot Javelin 10 miles 10K apporx.	A A A A A A A A A A A A A A A A A A A	Sizes 81 - 9th Kewn Bu - 6th Kewn Bu - 6th Kewn Bu - 6th Ben - 8th Ben - 8th Ban - 8th	5.21.75 9.46.27 5.16m 15.69m 1.30.43 40.24 42.34 43.14 45.53 46.46 65.35	Stiders men wee 3rd on the day.
23-Jun 27-Jun 24-Jun	Rosenheim League - fixtu Weald of Kent 10 Nearasdammit	T&F 1500m 3000m 3000m Shot Javelin 10 miles 10K apporx.	A A A A A A A A A A A A A A A A A A A	Stee 81 - Sh Kewh Bu - Gh Kewn Bu - Gh Kewn Bu - Gh Men - Sh Men -	5.21.76 9.46.27 5.16m 15.69m 13.0.43 40.24 42.30 43.14 45.53 46.46 48.56 65.35 13.90 14.50	Stiders men wee 3rd on the day.
23-Jun 27-Jun 24-Jun	Rosenheim League - fixtu Weald of Kent 10 Nearasdammit	T&F 1500m 3000m Shot Javelin 10 miles 10K apporx.	A A A A A A A A A A A A A A A A A A A	Stee 81 - 5th Kewn Bu - 6th Kewn Bu - 6th Kewn Bu - 6th Dae D - 148th Da	5.21.75 9.48.27 5.16m 15.69m 13.0.43 40.24 42.30 42.34 43.14 45.53 46.48 48.56 65.35 13.90 14.50 14.50 14.90 14.44.6 44.43 44.44.6 44.43 19.90 44.44.6	Stiders men wee 3rd on the day.
23-Jun 27-Jun 24-Jun	Rosenheim League - fixtu Weald of Kent 10 Nearasdammit	TAF 1500m 5000m 50x0 50x0 10 miles 10K apporx. TAF 100m	A A A A A A A A A A A A A A A A A A A	Sizes 81 - 5th Kewn Bu - 6th Kewn Bu - 6th Kewn Bu - 6th Men Bu - 6th Ban -	5.21.75 5.94 6.27 15.59m 15.59m 15.59m 14.27 42.34 43.14 42.34 43.14 44.24 64.66 65.35 13.34 64.66 44.34 14.24 65.06 65.35 13.34 65.66 65.35 13.34 65.	Stiders men wee 3rd on the day.
23-Jun 27-Jun 24-Jun	Rosenheim League - fixtu Weald of Kent 10 Nearasdammit	T&F 1500m 3000m Shot Javelin 10 miles 10K apporx.	A A A A A A A A A A A A A A A A A A A	Stee 81 - 5th Keen Bu - 6th Keen Bu - 6th Keen Bu - 6th Dase D - 146th Ban - 5th Ban - 5th Ban - 5th Paul S - 20th Bany W - 21st Chis M - 23rd Suppl U - 38nh Craf y Paul S - 5th Dase H - 5th Rehard L S - 3rd Paul S - 2th Rehard L S - 3rd Paul S - 2th Stee M - 2th S	5.21.75 5.16n 15.69n 15.69n 40.24 42.33 44.24 42.33 43.14 45.53 65.35 13.90 118.20 118.20 118.20 118.20 119.50 118.20 119.50 119	Stiders men wee 3rd on the day.
23-Jun 27-Jun 24-Jun	Rosenheim League - fixtu Weald of Kent 10 Nearasdammit	TAF 1500m 5000m 50x0 50x0 10 miles 10K apporx. TAF 100m	A A A A A A A A A A A A A A A A A A A	Stee 81 - 5th Keen 80 - 6th Gan D - 148th Gan D - 148th Gan D - 148th Gan - 9th Fad S - 20th Barry W - 21st Chris M - 23rd Steep 1 - 38th Gan Gar F - 5th Fad J - 5th Gan Gar F - 5th Fad J - 5th Gan Gar F - 5th Fad J - 5th Gan Gar F - 5th Gan Gar	5.21.75 5.16m 15.69m 15.69m 40.24 42.33 42.34 44.23 42.33 43.14 45.53 65.35 65.35 13.90 118.20 21.40 21.40	Stiders men wee 3rd on the day.
23-Jun 27-Jun 24-Jun	Rosenheim League - fixtu Weald of Kent 10 Nearasdammit	TAF 1500m 5000m 50x0 50x0 10 miles 10K apporx. TAF 100m	A A A A A A A A A A A A A A A A A A A	Sines 81 - 5th Kewn Bu - 6th Kewn Bu - 6th Kewn Bu - 6th Men Bu - 6th Dane D - 146th Ban - 5th Ban - 5th Ban - 5th Paul S - 20th Bany W - 21st Ches M - 23rd Susyl U - 38th Robert - 5th Bany W - 21st Ches M - 23rd Susyl U - 38th Robert - 5th Bany W - 21st Ches M - 23rd Susyl U - 38th Robert - 5th Bany W - 21st Ches M - 23rd Susyl U - 38th Robert - 5th Bany W - 21st	5.21.75 5.16m 1.30.43 40.24 42.30 40.24 42.30 43.14 44.15 5.00 6.16 44.16 5.00 6.16 6.16 6.16 6.16 6.16 6.16 6.16 6	Stiders men wee 3rd on the day.
23-Jun 27-Jun 24-Jun	Rosenheim League - fixtu Weald of Kent 10 Nearasdammit	TAF 1500m 5000m 50x0 50x0 10 miles 10K apporx. TAF 100m	A A A A A A A A A A A A A A A A A A A	Stee 81 - 5th Keen Bu - 6th Keen Bu - 6th Keen Bu - 6th Keen Bu - 6th Dan D - 146th Ban - 9th Ban - 9th Paul S - 20th Bany W - 21st Chis M - 23rd Suppl U - 38rd Rodr J Suppl U	5.21.75 5.21.75 5.16m 1.30.43 40.24 42.30 44.23 43.14 43.14 43.14 43.14 43.14 43.14 43.14 43.14 43.14 43.14 43.14 43.14 43.14 43.14 43.14 43.14 43.14 43.14 44.5 5.06 6.36 5.5 5.5 5.5 5.5 6.6 6.6 6.6 6.6 6.6 6.	Stiders men wee 3rd on the day.
23-Jun 27-Jun 24-Jun	Rosenheim League - fixtu Weald of Kent 10 Nearasdammit	TaF 1500m 1500m 1500m 1500m 1500m 1500m 10 miles 10 miles 10K apponx. TaF 1500m 1500m	A A A A A A A A A A A A A A A A A A A	Stee 81 - 5th Keen Bu - 6th Keen Bu - 6th Keen Bu - 6th Keen Bu - 6th Bean -	5.21.75 9.9.62.27 5.16m 1.30.43 40.24.23 42.30 42.30 42.30 42.30 43.14.14 43.14.45 66.35	Stiders men wee 3rd on the day.
23-Jun 27-Jun 24-Jun	Rosenheim League - fixtu Weald of Kent 10 Nearasdammit	TAF 1500m 1500m 1500m 1500m 160m 160m 160m 160m 170m 170m 1500m 1500m	A A A A A A A A A A A A A A A A A A A	Stee 81 - 5th Keen Bu - 6th Keen Bu - 6th Keen Bu - 6th Dae D - 146th Ban - 5th Ban -	5.21.75 5.175 5.169m 1.30.43 42.23 44.44 55.53 56.63 5	Stiders men wee 3rd on the day.
23-Jun 27-Jun 24-Jun	Rosenheim League - fixtu Weald of Kent 10 Nearasdammit	TAF 1500m S000m S000m S000m Javelin 10 mises 10	A A A A A A A A A A A A A A A A A A A	Stee St - Sh Kedh St - Sh Sh Sh - Sh Sh Sh - Sh S	5.21.75 5.167 5.169 1.30.43 40.24	Stiders men wee 3rd on the day.
23-Jun 27-Jun 24-Jun	Rosenheim League - fixtu Weald of Kent 10 Nearasdammit	TAF 1500m S000m S000m S000m Javelin 10 mises 10	A A A A A A A A A A A A A A A A A A A	Stee 81 - 5th Keen Bu - 6th Keen Bu - 6th Keen Bu - 6th Keen Bu - 6th Dan D - 146th Ban - 9th Ban - 9th Ban - 9th Paul S - 20th Bany W - 21st Chis M - 23rd Shapp U - 38nh Chis F - 38th Bany W - 21st Chis M - 23rd Shapp U - 38nh Chis F - 38th Bany W - 21st Chis M - 23rd Shapp U - 38nh Chis F - 38th Bany W - 21st Chis M - 23rd Shapp U - 38nh Chis F - 38th Bany W - 21st Chis M - 23rd Dane H - 98th Bany W - 21st Chis M - 23rd Dane H - 98th Bany W - 21st Chis M - 23rd Dane H - 98th Bany W - 21st Dane H - 98th Bany W - 9	5.21.75 5.107 5.107 1.30.43	Stiders men wee 3rd on the day.