

STRIDERS OF CROYDON						
Results for June 2011						
Date	Name of Event	Distance		Runner, placing	Time	Comments
5-Jun	Beckenham 10K	10K	road	Steve St - 3rd Lee F - 8th Barry W - 25th Chris M - 41st Darren - 85th Matthew G - 102nd Steve M - 110th Gamen - 152nd Stuart H - 155th Lesley - 160th Marian G - 168th Phil H - 201st Gordon - 202nd Sarah H - 205th Kim - 220th Julie J - 224th Victoria - 253rd	34.47 36.04 38.33 40.26 43.30 44.10 45.31 48.04 48.10 48.23 50.46 53.10 53.16 53.46 57.02 57.31 1.10.50	
5-Jun	Dorking 10	10 miles	road	Helen F - 74th (1st FV40) 6th F) steph U - 211th Clive - 392nd Jo P - 456th Paula - 470th	1.07.35 1.17.02 1.31.40 1.38.38 1.42.00	
11-Jun	Sri Chinnoy 10K	10K	road	Simon A - 20th	38.18	
12-Jun	Epsom 10K	10K	road	Helen F - 31st (2nd F, 1st FV45) Steve T - 180th	40.32 61.50	
19-Jun	Ranelagh Richmond 10K	10K	road	Damian - 143rd Cara - 179th (18th F) Richard E - 332nd Martin G - 366th Kim - 535th steve T - 557th Victoria - 673rd	40.38 41.13 46.45 48.10 58.46 1.02.21 1.09.30	
18-Jun	Picnic Marathon	Marathon	xc	Kate - 19th Suzy Y - 81st	4.48.18 5.53.26	
19-Jun	North downs 30	30K	multiterain	Swavek - 301st	3.31.21	
18-Jun	Strathem 10K	10k	road ?	Paul W	50.41	
18-Jun	Midsummer Munt	Half marathon	app	Kate C - 100th Charlotte C - 146th	2.40.30 2.57.24	
8-Jun	Rosenheim League - fixture 3 Wimbledon	T&F	Hammer	Kevin Bu - 5th Kevin Bu - 5th Lee F - 6th Lee F - 6th Lee F - 6th Lee F - 3rd 1500m 400m 3000m	12.99m 13.95m 13.1 27.2 58.8 212.3 5.28.4 10.07.2	Striders men finished 5th on the day
13-Jun	Vets T&F - Croydon	T&F		Linda D - 4th Gonnie - 4th Sandra F - 3rd Paul C - 4th 100m MV35 100m MV40 100m MV50 400m FV35A 400m FV35B 400m FV50 400m FV60 400m MV35 400m MV40 400m MV50 400m MV60 1500m FV35A 1500m FV35B 1500m FV50 1500m MV35 1500m MV40 1500m MV50 1500m ns 1500m ns 1500m ns 1500m ns 5000m MV40 5000m MV50 5000m ns 5000m ns 5000m ns medley relay M medley relay F Long Jump FV3 Long Jump FV5 Long Jump MV Long Jump MV Long Jump MV Hammer FV35 Hammer FV50 Hammer MV35 Hammer MV50 Hammer MV60 Javelin FV35 Javelin FV50 Discus MV40 Discus MV50	17.0 20.1 16.3 13.5 15.0 14.3 72.3 79.0 99.0 103.1 59.9 72.8 74.7 86.0 5.34.6 6.25.0 6.25.1 4.51.1 5.21.4 5.43.3 5.29.1 6.56.7 7.44.9 8.33.6 18.50.5 19.13.9 22.23.6 20.57.3 23.25.5 4.20.9 5.35.0 2.76m 3.47m 2.80m 4.00m 2.03m 6.11m 10.17m 6.64m 9.89m 16.11m 9.62m 9.12m 5.85m 11.79m 15.43m	Striders women's team finished 5th on the day Striders men's team finished 6th on the day
22-Jun	Rosenheim League - fixture 4 Battersea Park	T&F		Shel Javelin 100m 200m 400m 800m Triple jump 3000m	4.58m 13.15m 13.3 26.5 58.5 2.13.86 6.005m 11.17.18	Striders men finished 6th on the day
20-Jun	Vets T&F - Kingsmeadow	T&F		200m FV35 200m MV35 200m FV60 200m MV40 200m MV50 800m FV35 800m FV50 800m FV60 800m MV35 800m MV40 800m MV50 5000m FV35 5000m MV35 5000m MV40 5000m MV50 2000m ns 4 x 200m relay 4 x 200m relay High Jump MV High Jump MV Triple Jump MV Triple Jump MV Discus MV50 Discus MV35 Discus MV50 Discus MV60 Javelin MV50 2000m walk FV 2000m walk M 2000m walk M 2000m walk M	34.3 32.7 46.4 30.7 34.3 3.42.1 3.53.6 3.42.1 3.04.3 2.29.9 2.52.7 26.52.9 18.20.6 20.05.5 20.15.1 18.45.8 2.07.1 2.43.7 1.25m 1.00m 5.91m 6.24m 10.75m 11.48m 14.18m 16.58m 15.04m 20.02.6 17.05.1 12.14.5 13.19.7	Striders women's team finished 3rd on the day Striders men's team finished 5th on the day
23-Jun	Inter Inn's Run	2.25 miles	road ?	Paul W	14.2	
24-Jun	Tideswell Fell Race	4.10 miles	xc	Paul W	44.0	
26-Jun	Weald of Kent	10 miles	road	Damian - 15th Serena - 167th	1.05.54 1.33.34	
30-Jun	Near as dammit	10K approx	xc	Ben F - 16th Rob S - 16th Krzysztof - 20th Mick T - 37th	40.29 40.42 41.01 43.46	
30-Jun	BBC Canal Race	5 miles	road	Chris M - 9th	32.45	

red = not included in road rankings/ club records yet