

Results for June 2006

Date	Name of Event	Distance		Runner, placing	Time	Comments
7-Jun	Worthing 10K	10K	road	Damian - 25th	36.59	
				Paul F - 33rd	37.40	
				Barry F - 145th	42.44	
11-Jun	Edinburgh marathon	marathon	road	Ian C - 50th	2:58:39	4090 finishers
				Nick Kyr. - 2458th	4:32:11	
19-Jun	Kingsmeadow - Vets T&F	T&F	Kingsmeadow			
		100m	A40	Dave L - 6th	14.30	Striders finished 5th on the day
			B40	Steve S - 3rd	15.30	
			A50	Dave B - 5th	14.80	
		400m	A40	Dave L - 3rd	63.30	
			A50	Dave B - 4th	66.30	
		1500m	A50	Dave B - 2nd	05:11.6	
			A40	Chris - 5th	05:39.3	
			B40	Steve S - 3rd	05:56.3	
		5000m	A40	Chris - 4th	19:52.8	
			B40	Alan D - 4th	19:58.4	
		medley relay	200/200/400/800	Dave B / Dave L / Steve S / Chris - 5th	04:57.0	
		long jump	A40	Steve S - 4th	3.97m	
			A50	Graham - 4th	2.98m	
		Hammer	A50	Graham - 4th	9.99m	
		Shot	A40	Dave L - 3rd	6.81m	
			A50	Graham - 4th	4.63m	
21-Jun	Rosenheim League	T&F	Tooting Bec			
		100m	A	Matt M - 4th	13.60	Striders finished 5th on the day
		400m	A	Dave L - 4th	62.50	
		800m	A	Dave B - 5th	02:25.1	
		1500m	A	Matt M - 3rd	04:43.4	
		3000m	A	Ian C - 5th	10:38.7	
		400m hurdles	A	Matt M - 4th	74.00	
		Long Jump	A	Matt M - 3rd	4.80m	
		Shot	A	Matt O'H - 3rd	7.99m	
			non-scoring	Dave L	7.23m	
		Javelin	A	Matt O'H - 5th	23.26m	
		4x200m relay	a	Matt M / Matt O'H / Dave L / Ian C - 4th	2.00.4	
25-Jun	Dysart Dash	10K	road	Pawel - 29th	36.20	Striders A women (3 to score) were 11th
				John F - 74th (19th MV40)	39.21	Striders A men were 12th
				Darren - 83rd	39.45	
				Chris - 108th (29th MV40)	41.04	
				Mike W - 133rd (34th MV40)	42.03	
				Dom H - 164th	43.39	
				Kerry - 180th (12th FV35)	44.20	
				Serena - 191st (12th FS)	44.59	
				Tim B - 205th	45.41	
				Phil M - 228th	47.12	
				Dave D - 234th	47.25	
				John H - 240th	47.47	
				Peter S - 246th	48.08	
				Paul W - 256th	48.47	
				Tom L - 261st	49.07	
				James M - 276th	49.43	
				Mike G - 321st (34th MV50)	53.01	
				Martin - 365th	56.05	
				Karen P - 371st (44th FV35)	57.05	
				Louise - 381st (45th FS)	58.18	
				Steve I - 394th	59.11	