

STRIDERS OF CROYDON				Updated 06/06/2005		
Results for May 2005						
Date	Name of Event	Distance		Runner, placing	Time	Comments
1-May	Sutton 10K	10 K	road	Justin - 20th	36.10	390 finishers
				Damian - 43rd	38.22	
				Bob E - 47th	38.50	
				Chris - 78th	40.28	
				John F - 86th	40.54	
				Neil F - 111th	42.15	
				Alan P - 121st	42.50	
				Dave B - 128th	43.31	
				Toby - 130th	43.45	
				Clare - 158th	45.22	
				Nigel F - 177th	46.22	
				Kerry - 192nd	47.34	
				Tom L - 197th	47.48	
				James - 206th	48.32	
				Dave D - 211th	48.52	
				Robn - 236th	50.23	
				Mike G - 256th	51.37	
				Peter S - 289th	54.15	
				Pat E - 292nd	54.22	
				Karen - 296th	54.33	
				Carol - 337th	58.41	
3-May	Southern Counties Vets track & field - Crawley	100m	MV40	Neil R - 4th A	14.80	Striders men 4th on the day
			MV50	Graham P - 6th A	17.20	
		2K walk	MV40	Alan D - 3rd A	00:14:32	
			MV40	Chris - 3rd B	00:15:42	
			MV50	Dave H - 2nd A	00:13:28	
		400m	MV40	Neil R - 3rd A	64.40	
			MV40	Chris - 3rd B	70.20	
			MV50	Graham P - 6th A	84.40	
		1500m	MV40	Chris - 6th A	00:05:20	
			Mv40	Alan D - 5th - B	00:05:31	
			MV50	Graham P - 5th A	00:06:23	
		4x100m relay		Neil / Alan / Graham / Chris - 6th A	66.10	
		Shot put	MV40	Neil R - 3rd A	7.43m	
			MV50	Graham P - 4th A	5.46m	
		Hammer	MV50	Graham P - 4th A	11.77m	
		Long jump	MV50	Graham P - 3rd A	3.19m	
		100m	FV35	Michele M - 5th A	18.90	Striders women 5th on the day
		400m	FV35	Michele M - 4th A	89.10	
4-May	Beckenham Road Relays	3 x2.6 miles	road	Matt - 14.32	43.19	Striders A team finished 2nd out of 36
				Justin - 13.53		
				Damian - 14.54		
				Paul F - 15.10	49.17	Striders 'Finch' team came 15th
				Mark E - 15.56		
				Barry - 18.09		
				John F - 16.09	50.25	Striders B team finished 19th
				James - 18.01		
				John F - 16.15		
				Tom L - 17.31	53.38	Striders C team finished 27th
				Dave H - 20.05		
				Chris - 16.02		
8-May	Morden 6 n 6 aquathon	600m swim, 6 mile xc run		Justin - 19th : swim 12.59 / run 34.58	47.57	
				Neil F - 23rd : 10.33 / 38.34	49.07	
				Paul F - 26th : 10.00 / 40.12	50.12	
				Ian C - 46th : 16.23 / 39.09	55.32	
				Dave B - 48th : 16.18 / 39.20	55.38	
				Barry - 60th : 15.14 / 44.24	59.38	
				Patricia G - 80th : 12.33 / 49.56	62.49	
				Chris - 82nd : 23.35 / 39.36	63.11	
				Karen - 85th : 13.30 / 52.07	65.37	
				Susan - 97th : 21.15 / 57.23	78.38	
11-May	Rosenheim League - Battersea	100m	A	Alex - 6th	13.94	Striders finished 5th on the day
		200m	A	Matt - 6th	27.90	
		400m	A	Duncan - 6th	60.57	
			non scoring	Chris - 7th	71.51	
		800m	A	Duncan - 3rd	02:12.3	
			non scoring	Justin - 4th	02:17.5	
			non scoring	Chris - 8th	02:52.1	
		1500m	A	Matt - 2nd	04:40.5	
			non scoring	Alex - 8th	05:07.5	
		3000m	A	Justin - 6th	09:43.9	
		4x200m relay		Matt / Duncan / Alex / Justin - 6th	01:54.0	
		Hammer	A	Kevin Burnett - 5th	12.99m	
		Discus	A	Kevin Burnett - 6th	15.64m	
15-May	Heatherley 10	10 miles	road	Justin - 1st	58.31	Striders men's A team finished first (3 to score)
				Damian - 5th	1:01:50	Striders women's team finished first (3 to score)
				Bob - 8th (1st MV50)	1:02:54	
				John F - 10th (2nd MV40)	1:04:15	
				Chris - 12th	1:04:35	
				Ian C - 15th	1:06:43	
				Dave B - 17th	1:07:17	
				Neil F - 25th	1:09:55	
				Serena - 26th (1st F)	1:10:19	
				Helen - 28th (1st FV35)	1:11:04	
				Dave G - 34th	1:13:04	
				Paul W - 41st	1:15:51	
				John G - 47th	1:17:36	
				Tom L - 51st	1:18:12	
				David D - 52nd	1:18:29	
				Karen - 75th	1:24:48	
				Pat E - 83rd	1:28:29	
15-May	Richmond Half	half marathon	road	Don - 51st	1:24.38	
				Kerry - 186th	1:34:19	
				Elene - 325th	1:42:33	
				Garv - 354th	1:43:46	
25-May	Rosenheim League - Tooting Bec	100m	A	Alex - 5th	14.00	Striders finished 5th on the day
		200m	A	Matt - 6th	27.00	
		400m	A	Chris - 6th	72.80	
		800m	A	Alex - 9th	02:25.9	
		1500m	A	Matt - 4th	04:35.0	
			non scoring	Alex - 11th	05:02.4	
		2000m steeple	A	Matt - 2nd	06:58.7	
		3000m	A	Chris - 11th	11:14.5	
			non scoring	Dave S - 24th	13:20.7	
			A	Sophie - 23rd (7th women)	13:20.5	
		4x200m relay		Matt / Alex / Dave / Chris - 5th	02:07.0	
		Hammer	A	Kevin Burnett - 5th	13.40 m	
		Javelin	A	Kevin Burnett - 6th	16.17 m	
		High jump	A	Chris - 4th	0.90 m	
		Long Jump	A	Chris - 5th	3.17 m	