STRIDERS OF CROYDON

Updated 08/5/8

Results for May 2008

red = not included in road rankings yet

Date	Name of Event	Distance		Runner, placing	Time	Comments
4-May	Sutton 10K	10K	road	Damian - 43rd	38.50	
				Ian C - 45th	38.58	
				Chris - 59th	40.14	
				Alistair - 67th	41.04	PB
				Mick T - 68th	41.06	
				Simon A - 81st	41.40	
				Dave B - 83rd	41.43	
				Steve M - 98th	42.55	
				Darren P - 147th	45.17	
				Josephine - 151st	45.25	PB ?
				David G - 152nd	45.37	
				John H - 159th	46.02	
				Robin - 166th	46.44	PB
				Phil M - 184th	47.30	
				Dave D - 191st	47.51	
				Tom L - 204th	48.33	
				Susannah O - 256th	51.37	
				Sarah H - 278th	53.14	
				Peter S - 301st	54.52	
				Patrick - 318th	56.01	
				Paul W - 321st	56.10	
				Martin - 326th	56.59	
				Kim - 327th	57.02	
				Pat - 330th	57.13	
				Karen P - 373rd	57.22	
				Andy T - 381st	65.00	
5-May	Ted Pepper 10K	10K	road	Tom S - 157th	55.55	
7-May	Rosenheim Leaoue - fixture 1	T&F	Battersea Park			Striders men were 4th on the day
		100m	A	Duncan - 4th	13.90	Striders women were 2nd on the day
			non-scoring	Kevin Bu	18.60	
		200m	A	Elliot - 4th	25.40	
		200m	A w omen	Natalie - 4th	32.60	
			non-scoring	Yasmin	33.50	
		400m	A	Steve H - 5th	1.02.8	
			non-scoring	Brian	1.08.4	
		800m	A	Elliot - 5th	2.16.1	
			non-scoring	Natalie	2.52.1	
		1500m	A	Steve M - 6th	5.13.0	
			non-scoring	Matt M	4.25.7	
			non-scoring	Sarah M	6.28.1	
		3000m	A	Duncan - 5th overall	9.23.9	
			non-scoring	James B - 7th	9.28.1	
			non-scoring	Alan D - 16th	11.54.17	
		2000m steeplech	A	Matt M - 1st	6.40.9	
		4x200m relay	A	Elliot /Matt M / steve H / ? - 2nd overall (1st corers)	1.48.5	
			A w omen	Kim / Sarah / Yasmin / Natalie - 2nd	2.29.9	
		Long Jump	A	Dave L - 4th	3.98m	
		Hammer	A	Matt OH - 5th	19.53m	
			non-scoring	Kevin Bu	12.76m	
		Discus	A	Matt OH - 3rd	24.09m	
			non-scoring	Kevin Bu	14.58m	
			A w omen	Kim - 4th	11.64m	
	Beckenham road Relays	2.6 miles	road	Justin	13.59	Striders A team finished third in 44.17 (out of 37 teams
				Ian H	15.02	
				Damian	15.16	
				Gary	17.52	Striders B team were 19th in 50.20
				Bob	16.17	
				Dave B	16.11	
				Paul F	15.54	Striders C team were 21st in 50.55
				Tom L	18.27	
				Darren P	16.34	
				Paul W	20.49	Striders D team were 29th in 53.17
				Chris	16.05	
				Mick T	16.23	
				Louise	21.16	Striders women were 8th in 57.46
				Kerry	18.23	
				Josephine	18.07	
11-May	Morden 6 'n' 6 aquathon	600m swim / 6K run		Neil - 56th : 9.33 swim / 42.33 run	52.06	
				Faye - 12.01 / 43.10	55.11	
				Julian - 82nd : 16.06 / 39.36	55.42	
				Andrea : 12.47 / 44.24	57.11	
				Matt A - 92nd : 11.45 / 45.31	57.16	
				Karen Misc - 119th : 12.30 / 50.24	62.54	
				Tom L - 127th : 16.06 / 48.01	64.07	
				Robin - 131st : 18.59 / 46.21	65.20	
11-May	Beverley 10K	10K	road	Paul W	52.39	
11-May	Alton 10	10 miles	road	James B - 27th	64.30	
18-May	Hillcrest 8	8K approx.	multiterrain	Darren P	34.45	
				Richard L-S	35.28	
				Steve M	35.49	
				Matt A	38.41	
				Brian	38.48	
				Phil M	39.35	
				Yasmin	41.07	
				Emily	41.49	
				Susannah O	45.38	
				Kim	46.05	
				Pat	46.38	
				susan H	49.47	
				Julie	50.40	
				Karen C	56.23	
	Hillcrest - under 10 run run	1K approx	xc	Daniel Shew - 4th	3.42	
				Adam Shew - - 12th	4.39	
17th & 18th	Green Belt Relay	Various	multi	Dave S - 17th	1.32.11	Hampton Ct Palace to Staines : 12.8 miles
				Tom - 23rd	1.23.28	Staines to Boveney : 10 miles
				Bas - 23rd	1.30.39	Boveney to Little Marlow : 11.5 miles
				Duncan - 3rd	1.25.03	Little Marlow to Great Kingshill : 12.2 miles
				Chris - 19th	1.29.49	St Albans to Letty green : 12.2 miles
				Don - 6th	1.08.13	Letty Green to Dobbs Weir : 10.6 miles
				Mick T - 10th	1.12.02	Dobbs Weir to High Beach : 10.5 miles
				John F - 5th	1.06.36	High Beach to Toot Hill : 9.75 miles
				Simon A - 13th	1.14.49	Blackmore to Thorndon Park : 10.9 miles
				Bas - 20th	54.40	Thorndon Park to Thames Chase : 6.9 miles
				Tom - 23rd	1.06.32	Thames Chase to Davy Down : 8 miles
				Chris - 9th	1.06.09	QEII Bridge View Point to Lullingstone Park : 9.2 miles
				Ian C - 17th	1.49.38	Lullingstone Park to Tatisfield : 13.3 miles
				Duncan - 3rd	1.03.45	Tatisfield to Merstham : 10.5 miles
				John F - 9th	58.58	Merstham to Box Hill : 8.9 miles
				Don - 26th	1.35.45	Box Hill to West Hanoer : 10.5 miles
				Mick G - 21st	42.11	West Hanoer to Ripley : 5.7 miles
				Mick T - 8th	57.07	Ripley to Walton Bridge : 8.4 miles
				Elena - 24th	1.16.56	Walton Bridge to Kingston : 9.25 miles
19-May	Rosenheim League - fixture 2	T&F	Croydon Arena			Striders men were 3rd on the day.
		100m	A	Dave L - 4th	14.60	Striders women were 2nd on the day
			non-scoring	Dave B	14.90	
		200m	A	Dave L - 5th	29.10	
		400m	A	Elliot - 2nd	55.80	
			non-scoring	Nicholas	60.50	
		400m	A w omen	Natalie - 3rd	74.20	
			non-scoring	Serena	77.10	
		800m	A	Steve H - 6th	2.29.7	
			non-scoring	Steve M	2.37.5	
		1500m	A	Matt M - 1st	4.22.1	
		3000m	A	Dave B - 6th	11.04.2	
			non-scoring	Steve M	11.20.0	
			non-scoring	Dave S	11.39.7	
			non-scoring	Matt A	12.16.3	
		3000m	A w omen	Sophie - 2nd	13.06.7	
			non-scoring	Yasmin	13.09.3	
		400m hurdles	A	Matt M - 2nd	74.60	
		4x200m relay	A	Elliot /Matt M / steve H / Dave L ? - 2nd	1.52.1	
			A w omen	Sophie / Serena / Yasmin / Natalie ? - 2nd	2.17.9	
		High Jump	A	Dave L - 2nd	1.30m	
		Long Jump	A	Dave L - 4th	4.27m	
		Shot	A	Matt OH - 4th	7.79m	
		Discus	A	Matt OH - 3rd	21.97m	
			non-scoring	Kevin Bu	14.29m	
			A w omen	Serena - 1st	12.44m	
24-May	Surrey Vets T&F championships	T&F	Kingsmeadow			
		Discus	MV35	Matt OH - 3rd	21.51m	
		Javelin	MV35	Matt OH - 3rd	30.75m	
		1500m	MV50	Alan D - 4th	5.42.6	
		5000m	MV50	Alan D - 2nd	20.37.3	
		800m	MV55	Dave B - 1st	2.28.5	
		3000m walk	MV55	Dave H - 1st	20.08.7	
		100m	MV65	Kevin Bu - 2nd	18.80	
		200m	MV65	Kevin Bu - 3rd	36.50	
		shot	MV65	Kevin Bu - 2nd	6.41m	
		discus	MV65	Kevin Bu - 2nd	20.43m	
		hammer	MV65	Kevin Bu - 3rd	17.43m	
		Javelin	MV65	Kevin Bu - 3rd	15.70m	
26-May	Sri Chinmoy	5K	road	Duncan	16.16	
25-May	Edinburgh Marathon	marathon	road	Suzy Y - 1396th	3.39.11	
				Ian Y - 1416th	3.39.29	
25-May	BUPA London 10000	10K	road	Alistair P - 127th	41.11	
24-May	ETU European Duathlon Champions	10K run	road	James B - 13th overall (1st in 25-29 age group)	33.35	
		40K bike	road		1.05.31	
		5K run	road		18.27	
		overall	including transitions		1.58.54	
29-May	Near As Dammit 1	10K approx.	xc	James B - 3rd	37.02	71 finishers
				Richard L-S - 18th	42.05	
				Chris - 19th	42.22	
				Mick T - 22nd	42.44	
				Ian C - 32nd	45.44	
				Matt B - 54th	51.27	
				steph U - 55th	51.46	
				Paul W - 64th	58.50	
				Dave H - 69th	63.37	