

## Results for May 2009

red = not included in road rankings/ club records yet

Date	Name of Event	Distance		Runner, placing	Time	Comments
26-Apr	Sheffield Half	Half Marathon	road	Paul W - 1806th	1:50.37	
3-May	Suton 10K	10K	road	Richard L-S - 26th	37.07	
				John F - 38th	38.21	
				Mick T - 45th	38.50	
				Alistair - 56th	39.34	
				Paul F - 63rd	40.18	
				Paul S - 87th	41.32	
				Dave B - 88th	41.35	
				Nick E - 93rd	41.49	
				Sieve M - 94th	41.52	
				Alan P - 117th	43.01	
				Darren P - 136th	44.19	
				Hugh - 158th	42.35	
				Robin - 161st	45.32	
				Stuart - 182nd	46.48	
				Tom L - 203rd	48.04	
				Jonathan B - 208th	48.19	
				Paul L-S - 222nd	49.04	
				Yasmin - 269th	51.53	
				Peter S - 270th	51.54	
				Martin G - 271st	52.03	
				Kim - 318th	54.57	
				Pat - 331st	55.48	
				Anna H - 344th	58.09	
4-May	Ted Pepper	10K	road	Karen Mac - 99th	51.57	
				Karen P - 102nd	53.23	
4-May	Myra Garrett 10K	10K	road	Tom S - 84th	51.16	
4-May	Hildenborough 10	10 miles	road	Susan H	1:36.50	
6-May	Beckenham Road Re	2.6 miles x 3	road	Matt M	14.29	Striders men's A team finished first out of 40 teams
				Duncan	13.43	
				Justin	13.49	
				Sieve Starvis	14.25	Striders mixed team were 2nd mixed team and 7th overall
				Josephine	17.33	
				Richard L-S	14.46	
				Stuart H	18.38	Striders MV50 team were 16th overall
				Bob	16.08	
				John F	15.37	
				Tom L	18.51	Striders men's B team finished 27th overall
				James M	19.11	
				Lee	15.07	
				Martin	21.15	Striders MV40 team were 29th overall
				Julian	16.12	
				Mick T	16.00	
				Barry	17.47	Striders MV60 team were 30th overall
				Robin	18.13	
				Colin C	17.33	
				Alice	18.08	Striders Women's team was 2nd women's team and 33rd overall
				Andrea	18.23	
				Kerry	18.02	
10-May	Halsted Ultra	30 miles	road	Dave S - 5th (1st MV45)	3:59.19	
				Sieve Smith - 12th (2nd MV50)	4:18.04	
10-May	Hogsmill 5	5 miles	road	Isabelle - 44th	42.56	
13-May	Rosenheim League	T&F	Battersea Park			Striders men were equal 5th on the day
		100m	A	Steve H - 6th	13.50	Striders women were 2nd on the day
		200m	A	Elliot - 4th	27.70	
			A women	Natalie O - 3rd	32.50	
		400m	A	Elliot - 5th	56.60	
		800m	A	Steve H - 6th	2:20.2	
			non-scoring	Alan D	2:50.7	
			A women	Natalie O - 4th	2:57.4	
		1500m	A	Matt M - 3rd	4:38.7	
		3000m	A	Sieve Starvis - 5th scorer (9th overall)	9:56.4	
		2000m Schase	A	Matt M - 1st	7:07.4	
		4x200m relay	A	Steve H / Elliot / Matt M / Sieve S - 3rd	1:52.6	
		Long Jump	A	Matt M - 3rd	4.29m	
			A women	Natalie O - 2nd	3.40m	
16-May	Southern League for Holland Sports	T&F	Croydon Arena			
		9000m	A	Matt M - 3rd	17:27.5	
		3K steeplechase	A	Matt M - 1st	11:04.6	
17-May	Bognor Prom 10K	10K	road	Alan P - 90th	42.11	
17-May	Staines 10K	10K	road	Alistair - 33rd	39.25	
17-May	Bathray Windermere	marathon	road	Suzy Y - 268th	3:51.24	
				Ian Y - 269th	3:51.24	
18-May	Vets - Southern Divis	T&F	Croydon Arena			Striders men were 3rd on the day
		100m	A MV35	Andy T - 6th	18.40	
			B MV35	Chris - 4th	16.00	
			A MV50	Kevin Bu - 4th	16.10	
		2K walk	A MV35	Mick T - 2nd	12:01.9	
			B MV35	Dave H - 2nd	12:59.7	
			A MV50	Bob - 1st	12:00.1	
			non-scoring	Ian C	13:01.2	
		400m	A MV35	Sieve M - 2nd	54.60	
			B MV35	Chris - 3rd	76.00	
			A MV50	Dave B - 3rd	68.10	
		1500m	A MV35	Steve Sta - 2nd	4:44.5	
			B MV35	Ian C - 2nd	5:19.0	
			A MV50	Bob - 2nd	5:21.9	
			A MV60	Colin C - 2nd	5:57.1	
		4x100m relay	A	Bob / Mick T / Steve M / Steve Sta - 4th	58.70	
		Shot	A MV35	Andy T - 5th	6.6m	
			A MV50	Steve Sm - 3rd	6.68m	
			A MV60	Kevin Bu - 4th	6.46m	
		High Jump	A MV35	Steve M - 5th	1.30m	
			A MV50	Stuart - 3rd	1.10m	
			AMV60	Andy E - 4th	1.0m	
		Hammer	AMV35	Andy T - 4th	6.62m	
			AMV50	Kevin Bu - 4th	14.91m	
		Long Jump	AMV35	Mick T - 4th	3.92m	
			AMV50	Kevin Bu - 3rd	3.79m	
		100m	AFV35	Louise - 4th	18.50	Striders women were 4th on the day
			BFV35	Jenny H - 3rd	16.70	
		2K walk	AFV35	Louise - 4th	15:32.9	
		400m	AFV35	Linda - 5th	85.80	
			BFV35	Jenny H - 2nd	83.00	
		1500m	AFV35	Andrea J - 4th	5:56.3	
			BFV35	Linda - 3rd	6:31.1	
		4x100m relay	A	Louise / Jenny / Linda / Andrea - 3rd	68.50	
		Discus	AFV35	Linda - 4th	11.95m	
23-May	Surrey Vets T&F cha	T&F	Ewell Ct			
		5000m	MV35	Julian - 1st	16:44.3	Championship record