

Results for July 2014

red = not included in road rankings/ club records yet

Date	Name of Event	Distance		Runner, placing	Time	Comments
12-Jul	Self Transcendence 10K	10K	road	Cara Kayum - 3rd F - 42nd overall	40.19	
				Paul stanford - 50th	41.03	
				Steve Massey - 61st	42.46	
				Darren Woods - 70th	43.48	
				Steve Smith - 75th	44.32	
				Sunjay Bhogal - 114th	47.40	
13-Jul	Surrey Badger Half	Half marathon approx	Multiterrain	Mike Stewart - 20th	1.34.17	
14-Jul	Vets T&F - fixture 4	T&F	200m MV35	Sam O'Dongo - 3rd	25.4	Striders men finished 4th on the day
	Wimbledon Park		200m MV40	Paul Stanford - 4th	27.4	and finish 4th overall
			200m MV50	Steve Smith - 4th	30.2	
			200m MV60	Julian Spencer-Wood - 4th	31.3	
			800m MV35	Dan Hassett- 3rd	2.23.0	
			800m MV40	Paul Stanford - 6th	2.22.0	
			800m MV50	Alan Dolton - 3rd	2.42.2	
			800m MV60	Julian Spencer-Wood - 1st	2.33.4	
			5000m MV35	Steve Starvis - 2nd	18.31.3	
			5000m MV40	Krzysztof Klidzia - 2nd	17.54.8	
			5000m MV50	Simon Pannell - 5th		no time recorded
			2K walk MV35	Paul Cripps - 1st	12.41.0	
			2K walk MV50	Simon Pannell - 4th	15.50.4	
			4 x 200m relay	4th - Dan H, Paul C, Paul S, Sam O'D ?	1.53.6	
			Discus MV35	Paul Cripps - 1st	18.50m	
			Discus MV50	Dave Batten - 4th	13.29m	
			High Jump MV35	Dan Hassett- 4th	1.35m	
			High Jump MV50	Steve Smith - 3rd	1.05m	
			Javelin MV40	Paul Cripps - 3rd	22.99m	
			Javelin MV50	Steve Smith - 6th	15.70m	
			Triple jump MV40	Paul Cripps - 2nd	9.60m	
			Triple jump MV50	Steve Smith - 4th	6.88m	
			Triple jump MV60	Dave Batten - 5th	5.92m	
			2K walk FV35	Steph Upton - 2nd	15.02.0	Striders women finished 3rd on the day
			2K walk FV50	Sandra Francis - 2nd	14.03.8	and finish 4th overall
			200m FV35A	Steph Upton - 6th	36.7	
			200m FV35B	Kim Ford - 4th	48.3	
			200m FV50	Sandra Francis - 3rd	35.8	
			200m FV60	Lorraine Hunt - 2nd	37.1	
			800m FV50	Linda Daniel - 2nd	3.12.8	
			800m FV60	Maggie Statham - 1st	3.00.4	
			5000m FV35	Maggie Statham - 2nd	20.44.7	
			5000m FV50	Linda Daniel - 2nd	24.04.4	
			4 x 200m relay	3rd -	2.44.0	
			Shot put FV50	Linda Daniel - 5th	4.76m	
16-Jul	Reigate Summer 10K	10K	multiterrain	Krzysztof Klidzia - 7th	37.22	
				steph Upton - 74th (1st FV45)	45.31	
				Dave Denton - 222nd	55.27	
				John O'Dowd - 256th	57.50	
				Philip Squire - 259th	58.16	
				steve Tyler - 355th	1.09.10	
19-Jul	Elmore 7	7 miles	road	steph Upton - 52nd (3rd F)	51.05	
				Steve smith - 73rd	53.59	
				Susannah Oliver - 117th ??	1.02.23	
				Dave Denton - 123rd	1.03.43	
				Peter Attewell - 145th	1.12.17	
				steve tyler - 164th	1.22.26	
				Victoria Legge - 174th	1.38.15	
20-Jul	Elmbridge 10K	10K	road	Krzysztof Klidzia - 39th	36.42	
				tyler O'Callaghan - 53rd	37.42	
				Colin Hann - 156th	41.45	
				Darren Wood - 202nd	43.34	
				Steve Massey - 206th	43.43	
				Sunjay Bhogal - 307th	48.08	
				Peter Laurence - 315th	48.22	
				Becki Laurence - 316th	48.22	
				Ernie Hann - 379th	52.04	
				Christopher Tanner - 391st	52.35	
				Karen Peake - 451st	56.31	
				John Humphries - 472nd	57.52	
31-Jul	Near As Dammit	10k approx.	xc	Krzysztof Klidzia - 4th	38.36	
				Paul finch - 15th	43.30	
				Chris Morton - 16th	43.33	
				Mark Bayliss - 17th	43.35	
				Andy Perks - 18th	43.35	
				Nigel Finch - 32nd	45.49	
				Paul Lee-smith - 58th	50.45	
				Susannah Oliver - 75th	56.28	
26-Jul	Self Transcendence - Battersea	5K	road	Paul Stanford - 66th	19.03	
				Simon Pannell - 70th	19.19	
				Steve Massey - 71st	19.24	
				Mark Kelly - 94th	20.19	
				Steve Smith - 119th	21.37	
				Stephen Kelly - 121st	21.41	