

STRIDERS OF CROYDON**Multi event results for 2010**

<u>Date</u>	<u>Name of Event</u>	<u>Runner, placing</u>	<u>Total Time</u>					
				10K run	T1	40K cycle	T2	5K run
11-Apr	Big Cow Emberton Duathlon	Tyler - 24th	1.58.51	35.33	0.35	1.03.12	0.40	18.48
				600m swim		6K run		
6-May	Morden 6n6 aquathlon	Justin - 21st	00:45:01	10.49		34.12		
		Gavin - 51st	07:26:24	10.40		38.51		
		Neil - 108th	00:57:47	9.42		48.05		
		Tom L - 128th	01:00:09	14.47		45.22		
		Dee - 148th	01:16:27	18.56		57.31		
15-May	Eton sprint			swim	T1	cycle	T2	run
		Paul F - 19th	1.01.35	5.59	0.55	34.12	0.50	19.36
		Barry F - 309th	1.14.20	9.04	3.00	39.26	0.56	21.52
23-May	Crystal Palace Triathlon Adults	Tom L - 402nd	1.37.28	swim 750m	T1	bike 20K	T2	run 5K
				19.30	3.01	52.06	0.56	21.53
	Ts2			swim 200m	T1	bike 6K	T2	run 1800m
		Daniel Shew - 36th	00:57:36	6.10	2.26	22.37	0.46	9.04
23-May	Swashbuckler			swim 1.9k		bike 80K		run 22.5K
		Paul F - 57th	4.54.49	36.10		2.25.29		1.53.09
		Mark B - 117th	5.10.25	33.33		2.21.53		2.14.58
12-Jun	Windsor Triathlon - Olympic			swim 1.5K		bike 42K		run 10K
		Mark - B - 115th	2.20.20	21.53	1.09	1.10.9	1	46.09
		Paul F - 126th	2.21.04	23.46	1.19	1.11.53	1	43.06
		Justin - 262nd	2.27.38	29.14	2.02	1.15.36	1.41	39.06
		Lucinda - 1027th	2.51.22	25.09	2.08	1.25.12	2.18	56.35
		Dave S - 1081st	2.52.59	40.32	3.51	1.18.07	2.41	47.48
		Peter S - 1318th	3.08.38	40.35	3.31	1.28.04	1.29	54.59