Alison wanted multiples of 5, 10, 15, 20, 25, 30... 210
Anything that ends in 0 is a multiple of 5 so 210 is a multiple of 5

Beckie wanted triangular numbers
To find a triangular number you would have to have 2 triangular numbers that multiply together to make 210 e.g $35 \times 6 = 210$

Sam wanted even, but not multiples of 4
4 isn't a multiple of 10 but goes into 200. That would mean it wouldn't go into 210 so it isn't a multiple of 4.

Matt wanted multiples of 3 but not multiples of 9
3 goes into 210 without having a decimal on the end but 9 doesn't. It will have a decimal on the end

210 goes into all of the statments.
So the smallest number that goes into all for sets is 210