

SPECTRUM STRIDERS TRACK MEETING 2 JULY 1995
--

RESULTS

1.	<u>MEN'S 400 M</u>		(Overall)
HEAT 1	1 Kenny Forster	63.85	3
	2 Steven Dear	65.51	6
	3 Nigel Franklin `	70.72	9
	4 Nigel Demet	73.83	11
	5 Alistair Couper	74.30	12
	6 Ron Dear	76.56	13
HEAT 2	1 Dave Southern	60.61	1
	2 Phil Vesey	63.71	2
	3 Rob McHarry	64.33	4
	4 Julian Spencer	65.17	5
	5 Dave Carrington	66.75	7
	6 Mervyn Ward	67.40	8
	7 Andy Garnett	71.47	10

2. LADIES 400 M (overall)

1	Janet Robertson	76.58	1
2	Gill Demet	80.57	2
3	Jenny Morris	84.41	3
4	Nicki Rose	102.32	4

3. MEN'S 800M

HEAT 1	1	Steven Dear	2.37.33	7
	2	Kenny Forster	2.37.34	8
	3	Alistair Couper`	2.45.90	10
	4	Nigel Franklin	2.46.00	11
	5	Ron Dear	2.56.39	12
	6	Nigel Demet	3.01.61	13
HEAT 2	1	Dave Southern	2.17.26	1
	2	Dave Carrington	2.19.17	2
	3	Phil Vesey	2.26.35	3
	4	Mervyn Ward	2.26.78	4
	5	Andy Garnett	2.28.73	5
	6	Rob McHarry	2.34.16	6
	7	Julian Spencer	2.38.53	9

4. LADIES 800M

1	Janet Robertson	2.58.22	1
2	Jenny Morris	2.58.33	2
3	Gill Demet	3.20.56	3

5. MEN'S MILE

1	Dave Carrington	5.03.--	1
2	Dave Southern	5.05.18	2
3	Mervyn Ward	5.10.00	3
4	Phil Vesey	5.10.01	4
5	Andy Garnett	5.40.54	5
6	Julian Spencer	5.41.65	6
7	Kenny Forster	5.42.25	7
8	Rob McHarry	5.49.--	8
9	Alistair Couper	6.14.53	9
10	Steven Dear `	6.23.50	10
11	Ron Dear	6.23.79	11

6. LADIES MILE

1	Jenny Morris	?
2	Janet Robertson	6.54.90

7. MEN'S 3000 M

1 Dave Carrington	9.44.--	1
2 Gary Bergin	9.49.--	2
3 Dave Southern	10.16.18	3
4 Mervyn Ward	10.30.04	4
5 Andy Garnett	11.19.53	5
6 Julian Spencer	11.52.93	6
7 Rob McHarry	12.59.--	7
8 Mark Carrington	13.02.--	8
9 Nigel Demet	13.22.--	9

8. LADIES 3000 M

1 Jenny Morris	13.18.--
2 Janet Robertson	13.31.--

9. Mixed 4 x 100 RELAY

1 Dave Carrington/ Kenny Forster/ Nigel Franklin/ Jenny Morris	62.99
2 Mervyn Ward/ Andy Garnett/.Chris Southern/ Tracie Southern	63.22
3 Phil Vesey/ Steven Dear/ Alistair Couper/ Janet Robertson	64.20
4 Dave Southern/ Rob McHarry/ Nigel Demet/.Gill Demet	65.93
5 Gary Bergin/ Julian Spencer/ Ron Dear/ Mark Carrington	87.99

10. Mixed 4 x 400 M RELAY

1 Dave Southern/ Rob McHarry/ Nigel Demet/.Gill Demet	4.48.28
2 Gary Bergin/ Julian Spencer/ Ron Dear/ Mark Carrington	4.54.--
3 Phil Vesey/ Steven Dear/ Alistair Couper/ Janet Robertson	5.01.--
4 Dave Carrington/ Kenny Forster/ Nigel Franklin/ Jenny Morris	5.07.--
5 Mervyn Ward/ Andy Garnett/.Chris Southern/ Tracie Southern	5.10.37

All in all we had a great day. Well done all those who took part and thank-you all who came to support us.

Andy Garnett