

SPECTRUM STRIDERS TRACK MEETING 14 JULY 1996

RESULTS

1.	<u>MEN'S 400 M</u>		(Overall)
	HEAT 1	1 Steve Moses 60.09 2 Julian Spencer 61.27 3 Steven Dear 63.27 4 Rob McHarry 63.23 5 Nigel Demet 63.73 6 Mervyn Ward 76.47	1 2 3 4 5 11
	HEAT 2	1 Les Ruddock 65.29 2 Dave Douglas 67.08 3 Andy Garnett 72.70 4 Alan Peers 72.78 5 Les Roberts 75.48 6 Alistair Couper 77.41 7 Ken Black 78.53 8 Richard Ridings 80.12	6 7 8 9 10 12 13 14
2.	<u>LADIES 400 M</u>		(overall)
		1 Gill Demet 74.12 2 Linda Owen 79.12 3 Eric Pendleton 82.28 4 Anne Hewitt 93.81	1 2 3 4

3. MEN'S 800M

HEAT 1	1	Dave Southern	2.19.74	1
	2	Alastair Raffel	2.24.65	2
	3	Mervyn Ward	2.25.79	3
	4	Julian Spencer	2.29.79	5
	5	Steven Dear	2.39.52	9
	6	Rob McHarry	2.41.30	10
HEAT 2	1	Dave Douglas	2.28.96	4
	2	Les Ruddock	2.31.12	6
	3	Alan Peers	2.33.93	7
	4	Nigel Demet	2.35.89	8
	5	Andy Garnett	2.47.43	11
	6	Alistair Couper	2.50.25	12
	7	Brian Touhey	2.51.21	13
	8	Geoff Wilson	2.52.00	14
	9	Ken Black	2.53.08	15
	10	Richard Ridings	3.00.08	16

4. LADIES 800M

1	Gill Demet	2.53.22	1
2	Jennie Morris	3.01.06	2
3	Eric Pendleton	3.07.73	3
4	Linda Owen	3.15.03	4
5	Patricia Couper	3.27.79	5
6	Anne Hewitt	3.37.39	6

5. MEN'S MILE

1	Dave Southern	5.09.12	1
2	Mervyn Ward	5.16.86	2
3	Steven Moses	5.26.20	3
4	Alastair Raffel	5.29.17	4
5	Julian Spencer	5.29.38	5
6	Dave Douglas	5.31.06	6
7	Danny Thomas	5.36.36	7
8	Les Ruddock	5.39.35	8
9	Mark Pomfret	5.45.83	9
10	Alan Pears	5.46.06	10
11	Andy Garnett	5.47.06	11
12	Nigel Demet	5.48.29	12
13	Les Roberts	5.57.70	13
14	Brian Touhey	6.02.20	14
15	Geoff Wilson	6.13.35	15
16	Alistair Couper	6.14.29	16
17	Richard Ridings	6.29.58	17

6. LADIES MILE

1	Gill Demet	6.25.75	1
2	Jennie Morris	6.41.64	2
3	Eric Pendleton	6.50.84	3
4	Linda Owen	7.03.58	4
5	Ann Hewitt/Patricia Couper	7.32.07	5

7. MEN'S 3000 M

1	Mervyn Ward	10.12.56	1
2	Steve Moses	10.36.18	2
3	Dave Douglas	10.56.68	3
4	Danny Thomas	11.03.68	4
5	Les Ruddock	11.12.31	5
6	Alan Peers	11.24.62	6
7	Julian Spencer	11.32.40	7
8	Les Roberts	11.41.56	8
9	Alastair Raffel	11.50.41	9
10	Rob McHarris	11.56.15	10
11	Andy Garnett	11.59.96	11
12	Alistair Couper	12.15.40	12
13	Ken Black	12.23.72	13
14	Richard Ridings	12.47.93	14
15	Eric Pendleton	13.31.00	15
16	Anne Hewitt	15.10.76	16

8. Mixed 4 x 400 RELAY

1	Gill Demet's Team	4.54.17
2	Jennie Morris's Team	4.54.47
3	Linda Owen's Team	4.59.24
4	Anne Hewitt's Team	5.01.90
5	Patricia Couper's Team	5.19.30
6	Sue Southern's Team	5.32.34

This exciting event provided the most exciting finish when Dave Southern dropped the baton two metres from the finish and a disbelieving Steven Dear cruised home to win.....

9. 4 x 100 RELAY

An exciting multi talented event - but the kids ran the last leg - and we couldn't record the finishing positions because they had no numbers..

Once again we had a great day. Well done all those who took part and thank-you all who came to support us. A special thanks to Sue and Mary for recording the results and Ron for doing the timing.

Andy Garnett