

SPECTRUM STRIDERS TRACK MEETING 13 JULY 1997

RESULTS

1.	<u>MEN'S MILE</u>		(Overall)
	1 Tony McCarthy	5.05	1
	2 Tim Oakes	5.11	2
	3 Ian Pudge	5.13	3
	4 Mervyn Ward	5.14	4
	5 Julian Spencer	5.23	5
	6 Mark Pomfret	5.33	6
	7 Andy Garnett	5.33	7
	8 Dave Douglas	5.3*	8
	9 Geoff Hand	5.3*	9
	10 Peter Burnett (J)	5.40	10
	11 Alastair Raffel	5.48	11
	12 Les Roberts	6.04	12
	13 Billy Cunningham	6.0*	13
	14 Steve Kallis	6.0*	14
	15 Geoff Wilson	6.09	15
	16 Ron Dear	6.28	16
	17 Chris McCarthy	6.43	17
	18 Richard Ridings	6.4*	18
	19 Richard Ward (J)	6.4*	19
	20 Eric Pendleton	6.51	20
2.	<u>LADIES MILE</u>		
	1 Jennie Morris	6.28	1
	2 Caroline Biourge	6.4*	2

Sorry about the slight hiccup with the times - but the positions are correct.

3. MEN'S 400 M

HEAT 1	1	Tony McCarthy	62.00	1
	2	Julian Spencer	63.96	2
	3	Mark Pomfret	65.76	3
	4	Ian Pudge	66.94	4
	5	Mervyn Ward	67.34	5
	6	Tim Oakes	70.18	6
	7	Geoff Hand	70.56	7
	8	Dave Douglas	71.50	9
	9	Andy Garnett	75.34	11
HEAT 2	1	Alastair Raffel	71.15	8
	2	Geoff Wilson	75.25	10
	3	Steve Kallis	75.84	12
	4	Ron Dear	76.28	13
	5	Ken Black	76.75	14
	6	Les Roberts	77.75	15
	7	Brian Tuohey	80.44	16
	8	Billy Cunningham	80.85	17
	9	Richard Ridings	83.15	18
	10	Eric Pendleton	88.85	19

4. LADIES 400 M

(overall)

1	Debbie Gannon	78.06	1
2	Jennie Morris	80.15	2
3	Caroline Biourge	84.24	3

5. MEN'S 800M

HEAT 1	1	Dave Eastwood	2.21.06	1
	2	Tony McCarthy	2.25.47	2
	3	Tim Oakes	2.28.20	3
	4	Mervyn Ward	2.29.06	4
	5	Julian Spencer	2.31.06	5
	6	Ian Pudge	2.33.94	6
HEAT 2	1	Alastair Raffel	2.34.44	7
	2	Geoff Hand	2.34.69	8
	3	Dave Douglas	2.40.38	9
	4	Andy Garnett	2.40.78	10
	5	Steve Kallis	2.44.08	11
	6	Les Roberts	2.50.59	13
	7	Geoff Wilson	2.53.08	15
	8	Brian Touhey	2.59.69	17
HEAT 3	1	Ken Black	2.48.48	12
	2	Ron Dear	2.51.36	14
	3	Billy Cunningham	2.54.54	16
	4	Richard Ridings	3.04.78	18
	5	Eric Pendleton	3.17.66	19

6. LADIES 800M

1	Debbie Gannon	3.03.44	1
2	Caroline Biourge	3.15.88	2
3	Christine France	3.31.44	3
4	Julie Gannon	3.49.60	4

7. MEN'S 3000 M

1	Dave Eastwood	9.38.63	1
2	Tim Oakes	10.13.19	2
3	Mervyn Ward	10.16.78	3
4	Dave Douglas	10.26.51	4
5	Geoff Hand	11.44.19	5
6	Les Roberts	11.50.49	6
7	Ken Black	12.06.42	7
8	Billy Cunningham	12.13.06	8
9	Richard Ridings	13.17.90	9
10	Eric Pendleton	13.50.56	10

8. LADIES 300M

1	Jennie Morris	12.14.15	1
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9. Mixed 4 x 100 RELAY

1	Julian, Jennie, Steve K, Greg	61.60
2	Tony McC, Andy, Kalinda, Dave Eastwood	62.95
3	Les Roberts, Debbie, Tim, Alastair Raffel	64.73
4	Mark P, Mary, Mervyn, Geoff Hand	66.63
5	Ron D, Ken, Geoff W, Ian P	67.38
6	Rick, Brian, Dave Douglas, Caroline	71.06

Greg thundered down the home straight to win - hotly pursued by Dave Eastwood who was given just too much to do after fine legs by Julian, Jennie and Steve Kallis.

10. Mixed 4 x 400 RELAY

1	Les Roberts, Debbie, Tim, Alastair Raffel	4.47.29
2	Julian, Jennie, Steve K, Greg	4.59.80
3	Tony McC, Andy, Kalinda, Dave Eastwood	5.02.32
4	Mark P, Mary, Mervyn, Geoff Hand	5.07.86
5	Ron D, Ken, Geoff W, Ian P	5.17.49
6	Rick, Brian, Dave Douglas, Caroline	5.20.20
7	The 'Junior' Team: Chris, Daniel, Richard and Peter	5.57.51

Greg once again held off a spirited effort by Dave to catch him on the final leg - but Les, Debbie, Tim and Alastair proved the class act. Well done to Chris, Daniel, Richard and Peter for an excellent run....next year we will not have a chance!!!

11. Mixed 4 x100 medley Relay

A innovative addition to the Meeting - an adult relay medley of egg+spoon/sack /skipping and running backwards. It didn't matter who won, it was just funny to watch - and hilarious to take part in!!

Yet another brilliant day - the weather was reasonable, the competition hard, and the kids up-lifting and entertaining. Topped off with a superb barbeque at Julian's (Thanks Julian) what could be better? - roll on next year!!

Thanks to Fiona, Mary and Rob for doing the positions and the times.

Andy Garnett