



SPECTRUM STRIDERS

Affiliated to BAF and NoEAA

SPECTRUM STRIDERS TRACK MEETING 11 JULY 1999

RESULTS

1. MEN'S MILE (Overall)

1	Mark Livingstone	5.08.38	1
2	Mervyn Ward	5.14.60	2
3	Tony McCarthy	5.23.73	3
4	Andy Garnett	5.26.38	4
5	Julian Spencer	5.32.11	5
6	Carl Regan	5.32.53	6
7	Richard Wiggin	5.53.22	7
8	Peter Burnett	5.56.91	8
9	Rob McHarry	6.00.25	9
10	Alistair Raffel	6.01.32	10
11	David Redpath	6.08.99	11
12	Barry Allman	6.09.66	12
13	Brian Tuohey	6.16.66	13
14	Billy Cunningham	6.30.25	14
15	Eric Pendleton	7.24.56	15
2. LADIES MILE

1	Janet Robertson	6.24.12	1
2	Ruth Redpath	6.51.91	2
3. MEN'S 400 M

HEAT 1	1	Mark Livingstone	62.69	2
	2	Julian Spencer	66.91	3
	3	Mervyn Ward	69.53	4
	4	Andy Garnett	72.56	6
HEAT 2	1	Carl Regan	62.07	1
	2	Rob McHarry	67.07	2
	3	Richard Wiggin	72.46	5
	4	Barry Allan	74.88	7
	5	Brian Tuohey	82.77	8
4. LADIES (+Eric) 400 M

HEAT 1	1 Janet Robertson	78.95	1
	2 Ruth Redpath	84.29	2
	3 Janet Redpath	88.97	3
	4 Eric Pendleton	95.56	4
	5 Lauren Dugdale	97.08	5
	6 Marion Carr	100.35	6

5. MEN'S and LADIES 800M

HEAT 1	1 Tony McCarthy	2.28.69	1
	2 Carl Regan	2.35.18	2
	3 Julian Spencer `	2.36.42	3
	4 Andy Garnett	2.36.87	4
	5 Alistair Raffel	2.37.10	5
HEAT 2	1 Richard Wiggin	2.44.15	6
	2 Rob McHarry	2.50.40	7
	3 David Redpath	2.51.15	8
	4 Janet Robertson	2.59.56	9
	5 Brian Tuohey	3.01.06	10
	6 Richard Ridings	3.07.34	11
	7 Eric Pendleton	3.28.66	12

6. MEN'S 3000 M

1 Peter Burnett	10.16.92	1
2 Andy Garnett	11.24.67	2
3 Julian Spencer	11.51.76	3
4 Richard Wiggin	12.09.17	4
5 David Redpath	12.14.22	5
6 Billy Cunningham	12.19.23	6
7 Barry Allman	12.20.23	7
8 Brian Tuohey	12.24.45	8
9 Richard Ridings	12.34.89	9

7. LADIES 3000 M

1 Janet Robertson	13.13.56
2 Ruth Redpath	14.09.80
3 Janet Redpath	14.44.80

8. Mixed 4 x 100 RELAY

- 1 Chris McCarthy, Janet Robertson, Rick Ridings, Alistair Raffel
- 2 Peter Burnett, Ruth Redpath, Richard Wiggin, David Redpath
- 3 Lauren Dugdale, Mary Garnett, Rob McHarry, Carl Regan
- 4 Martin Raffel, Marion Carr, Barry Allman, Julian Spencer
- 5 Daniel McCarthy, Janet Robertson, Brian Tuohey, Neville Griffiths

10. Mixed 4 x 400 RELAY

1	Lauren Dugdale, Martin Dugdale, Rob McHarry, Carl Regan	5.11.30
2	Chris McCarthy, Janet Robertson, Rick Ridings, Andy Garnett	5.18.60
3	Tony McCarthy, Ruth Redpath, Richard Wiggin, Mary Garnett	5.22.85
4	Martin Raffel, Marion Carr, David Redpath, Julian Spencer	5.36.04
5	Daniel McCarthy, Janet Robertson, Brian Tuohey, Neville Griffiths	5.42.56

11. Mixed 4 x100 medley Relay

1	Chris McCarthy, Janet Robertson, Rick Ridings, Andy Garnett
2	Lauren Dugdale, Martin Dugdale, Rob McHarry, Carl Regan
3	Tony McCarthy, Ruth Redpath, Richard Wiggin, Mary Garnett
4	Daniel McCarthy, Janet Robertson, Brian Tuohey, Neville Griffiths
5	Martin Raffel, Barry Allman, Flick Ridings, Julian Spencer

This, the eleventh annual track meeting, was scorching, hot sunny weather -which has been fairly typical over the years!

The numbers attending were slightly down on previous years, although there seemed to be a lot of supporters enjoying the sun. The ladies and the children were missed.

However, it was a brilliant day - the competition was just as hard, the clock , which we still had from the Ladies 5k Race, added a touch of professionalism and the reduced numbers of children meant that the adults could enjoy a few of the sweets! Highlights of the day for me were Carl Regan's remarkable 400m and Peter Burnett's paced 3000m. Altogether the day yielded a great atmosphere with everyone winning some fun in the sun!

Julian rounded it off with yet another superb barbecue - it was noticeable that more people came than had been at the track!! His garden was filled with lots of smiling, Pimms-sipping Striders!

Thanks to Mary, Jennie and Brian for doing the positions and the times, well done everyone who took part.

See you all again next year!

Andy Garnett