



SPECTRUM STRIDERS

Affiliated to BAF and NoEAA

SPECTRUM STRIDERS TRACK MEETING 9th JULY 2000

RESULTS

1.	<u>MEN'S + LADIES MILE</u>		(Overall)
	1 Julian Spencer	5.13.49	1
	2 Rory Pritchard	5.17.60	2
	3 Andy Garnett	5.33.34	3
	4 Alan Peers	5.34.04	4
	5 Alistair Raffel	5.38.00	5
	6 Rob McHarry	5.57.00	6
	7 Les Ruddock	6.02.00	7
	8 Tony Bell	6.20.50	8
	9 Barry Allman	6.24.00	9
	10 David Redpath	6.44.20	10
	11 Janet Redpath	6.45.82	11
	12 Eric Pendleton	7.12.20	12
2.	<u>MEN'S 400 M</u>		
	HEAT 1		
	1 Julian Spencer	61	1
	2 Rory Pritchard	64	2
	3 Alastair Raffel	65.81	3
	4 Alan Peers	66	4
	5 Rob McHarry	68	5
	6 Andy Garnett	72.56	7
	HEAT 2		
	1 Les Ruddock	72	6
	2 Barry Allman	76	8
	3 Shelley Walsh	77	9
	4 Jennie Morris	83	10
	5 Tony Bell	89	11
	6 Martin Raffel	90	12
	7 Eric Pendleton	92	13
	8 Marion Carr	144	14

5. MEN'S and LADIES 800M

HEAT 1	1	Julian Spencer	2.22	1
	2	Rory Pritchard	2.26.67	2
	3	Alan Peers	2.33.49	3
	4	Alistair Raffel	2.36.00	4
	5	Rob McHarry	2.37.50	5
	6	Andy Garnett	2.39.78	6
HEAT 2	1	Les Ruddock	2.42	7
	2	Tony Bell	2.56	8=
	3	Shelley Walsh	2.56	8=
	4	David Redpath	3.06	10
	5	Janet Redpath	3.07.45	11
	6	Lauren Dugdale	3.29	12
	7	Eric Pendleton	3.30	13
	8	Marion Carr	3.49	14

6. MEN'S + LADIES 3000 M

1	Julian Spencer	10.45.72	1
2	Rory Pritchard	10.47	2
3	Alan Peers	11.01	3
4	Andy Garnett	11.01	4
5	Tony Bell	12.12	5
6	Les Ruddock	12.20	6
7	Barry Allman	12.37	7
8	David Redpath	12.39	8
9	Janet Redpath	13.34.	9
10	Shelley Walsh	14.35	10
11	Eric Pendleton	14.42	11

8. Mixed 4 x 400 RELAY

1	Alan Peers, Les Ruddock, Tony Bell, Rory Pritchard	5.03.08
2	Julian Spencer, Lauren Dugdale, Janet Redpath, Barry Allman	5.16.75
3	Rob McHarry, Martin Raffel, Shelley Walsh, Alistair Raffel	5.19.14

10. Mixed 4 x 100 RELAY

1	Julian, Kalinda, Janet, Andy
2	Alastair, Shelley, Rob, Martin
3	Alan, Les, Marion, Rory

11. Mixed 4 x100 Medley Relay Who knows what the teams were?

This, the twelfth annual track meeting, was unusually cold, wet and windy. After Warrington Collegiate refused us permission to hold the event at Padgate Track at short notice, we all met up at the College and then trekked to Victoria Park. The venue was no compromise, with convenient toilets and changing rooms, and promises to be superb if we return, in better weather, in future years.

Once more the numbers attending were down on previous years, with only 15 runners. This year we didn't get a lot of supporters enjoying the sun either. The ladies and the children were sorely missed. However, for all of us that did turn up, it was a brilliant day - the competition was just as hard and the reduced numbers of children meant that the adults could enjoy a few of the sweets.

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

Thanks to Mary, and Annette for doing the positions and the times, well done everyone who took part.
See you all again next year!

Andy Garnett