



SPECTRUM STRIDERS

Affiliated to BAF and NoEAA

SPECTRUM STRIDERS TRACK MEETING 29th JULY 2001

This, the thirteenth annual track meeting, was held at Victoria Park on a glorious sunny day with a number of resulting cases of sun burn! This year we had 25 adults and 8 kids running and a good crowd of supporters cheering us on. As an innovation we included a Long Jump event to add an extra bit of fun for everyone and give a rest between the 400m and the 800m. I hope you agree it was a good addition which should be retained.

The post race BBQ being the most successful ever with the last reveller not leaving until 11:30.....

RESULTS

1. MEN'S + LADIES MILE (Overall)

1	Ian Pudge	5.01.85	1
2	Julian Spencer	5.20.12	2
3	Rob McHarry	6.02.82	3
4	John Dooley	6.17.00	4
5	Terry Coles	6.17.35	5
6	Ron Dear	6.19.20	6
7	Clive Fagg	6.46.47	7
8	Janet Redpath	6.51.85	8
9	Nicola De Jong	6.52.09	9
10	Eric Pendleton	7.32.42	10
11	Carole Bishop	8.01.85	11

2. MEN'S 400 M

HEAT 1	1	Albert De Jong	59.3	1
	2	Julian Spencer	61.6	2
	3	Ian Pudge	63.5	3
	4	Rob McHarry	65.5	4
	5	Alastair Raffel	66.4	5
	6	Alan Mealing	75.5	9
HEAT 2	1	John Dooley	68.1	6
	2	Gareth Blizzard	69.9	7
	3	David Redpath	74.5	8
	4	Martin Raffel	79.6	10
	5	Terry Coles	82.9	11
	6	Brian Tuohey	87.1	12
	7	Eric Pendleton	96.7	13

5. MEN'S and LADIES 800M

1	Dave Carrington	2.17.1	1
2	Ian Pudge	2.20.9	2
3	Julian Spencer	2.25.3	3
4	Tony McCarthy	2.26.5	4
5	Mark Carrington	2.39.1	5
6	Alan Mealing	2.42.8	6
7	Gareth Blizzard	2.43.5	7
8	John Dooley	2.47.4	8
9	Alistair Raffel	2.47.9	9
10	David Redpath	2.50.1	10
11	Eric Pendleton	3.34.7	11

6. MEN'S + LADIES 3000 M

1	Dave Carrington	9.55.7	1
2	Ian Pudge	10.42.9	2
3	Julian Spencer	11.05.3	3
4	David Redpath	12.29.3	4
5	Terry Coles	12.33.5	5
6	Clive Fagg	12.56.0	6
7	Barry Allman	12.57.7	7
8	Karon Forster	12.58.2	8
9	Ron Dear	13.04.0	9
10	Janet Redpath	13.50.5	10

10. Mixed 4 x 100 RELAY

1	Albert De Jong, Martin Raffel, John Dooley, Nicola De Jong	61.0
2	Terry Coles, Alistair Raffel, Rob McHarry, Karon Forster	61.9
3	Tony McCarthy, Dave Carrington, Alan Mealing, Barry Allman	62.9
4	Ian Pudge, Janet Redpath, Gareth Blizzard, Max	64.2
5	Julian Spencer, Carole Bishop, David Redpath, Gareth Blizzaard	68.9

11. Mixed 4 x60m Medley Relay (running backwards, egg&spoon,sack, skipping)

1	Terry Coles, Alistair Raffel, Rob McHarry, Karon Forster	46.2
2	Tony McCarthy, Dave Carrington, Alan Mealing, Barry Allman	48.4
3	Ian Pudge, Janet Redpath, Gareth Blizzard, Max	55.3
4	Albert De Jong, Martin Raffel, John Dooley, Nicola De Jong	58.9
5	Julian Spencer, Carole Bishop, David Redpath, Gareth Blizzaard	62.7

Apologies if there is any error in the teams for the medley but the teams were not recorded.

12 Long Jump

	Jump 1	Jump 2	Position
Janet Redpath	3.06	3.22	10
Alan Mealing	3.74	3.24	7
Daniel McCarthy	2.95	3.26	9
Max	2.95	X	11
Tony McCarthy	3.56	3.02	8
Albert De Jong	3.88	4.46	1
Ian Pudge	4.08	3.87	3
Terry Coles	3.74	3.55	6

Carole Bishop	X	2.04	13
Barry Allman	X	2.63	12
Alistair Raffel	3.90	3.96	4
Julian Spencer	3.67	3.88	5
Mathew Coles	X	1.60	14
John Dooley	3.87	4.15	2