



SPECTRUM STRIDERS

Affiliated to UKA and NoEAA

SPECTRUM STRIDERS TRACK MEETING 13th JULY 2002

RESULTS

1. **MEN'S + LADIES MILE**

Pos	Name	Time
1	Dave Southern	4.52.5
2	Steve Burthem	4.54.9
3	Andy Cresswell	5.01.1
4	Paul Nolan	5.10.1
5	Gareth Blizzard	5.14.9
6	Julian Spencer	5.18.6
7	Neil Lamont	5.41.2
8	Andy Garnett	5.41.4
9	Les Ruddock	5.47.1
10	Geof Wilson	5.51.6
11	Rob McHarry	5.56.4
12	David Redpath	6.10.7
13)	Janet Robertson	6.15.7
13)	Alistair Raffel	6.15.7
15	Janet Redpath	6.41.8
16	Linda Owen	6.53.8
17)	Lauren Dugdale	7.41.4
17)	Eric Pendleton	7.41.4

2. **MEN'S + LADIES 400 M**

	Pos	Name	Time	Overall Pos
HEAT 1	1	Neil Lamont	1.03.9	4
	2	Les Ruddock	1.07.8	7
	3	Geoff Wilson	1.10.4	8
	4	Andy Whitehall	1.13.6	11
	5	Barry Allman	1.15.8	13
HEAT 2	1	Martin Raffel	1.13.5	10
	2	Janet Robinson	1.15.2	12
	3	Janet Redpath	1.17.3	14
	4	Richard Riding	1.19.0	15
	5	Linda Owen	1.25.6	16
	6	Eric Pendleton	1.35.4	17

HEAT 3	1	Paul Nolan	0.57.3	1
	2	Albert de Jong	0.59.6	2
	3	Steve Burthem	1.01.07	3
	4	Rob McHarry	1.04.5	5
	5	Gareth Blizzard	1.06.5	6
	6	Andy Garnett	1.11.9	9

Children	1	Adam Cresswell	1.23.6	
	2	Cormac Nolan	1.27.6	
	3)	Matthew Cresswell	1.29.1	
	3)	Jonathan Wright	1.29.1	
	5	Clayton Wright	1.36.9	
	6	Charlotte France	1.42.3	

3. **MEN'S and LADIES 800M**

	Pos	Name	Time	Overall Pos
HEAT 1	1	Andy Garnett	2.35.9	6
	2	Les Ruddock	2.36.8	7
	3	Alistair Raffel	2.46.5	9
	4	Geoff Wilson	2.47.3	10
	5	David Redpath	2.48.2	11
	6	Janet Robertson	2.49.3	12
	7	Barry Allman	2.54.8	13
	8	Richard Riding	3.02.6	14
	9	Eric Pendleton	3.32.4	15
	10	Matthew Cresswell	3.32.5	16
HEAT 2	1	Dave Southern	2.16.8	1
	2	Andy Cresswell	2.18.9	2
	3	Steve Burtham	2.20.1	3
	4	Julian Spencer	2.24.1	4
	5	Paul Nolan	2.31.4	5
	6	Neil Lamont	2.38.2	8

4. **MEN'S + LADIES 3000 M**

Pos	Name	Time
1	Dave Southern	10.02.9
2	Andy Cresswell	10.07.2
3	Steve Burtham	10.27.3
4	Julian Spencer	10.54.9
5	Andy Garnett	11.31.9
6	Paul Nolan	11.35.2
7	Les Ruddock	11.40.4
8	Barry Allman	11.59.6
9	David Redpath	12.37.4
10	Richard Riding	12.52.1
11	Eric Pendleton	15.16.4

5. LONG JUMP

	Jump 1	Jump 2	Position
Paul Nolan	470	455	1
Albert de Jong	416	463	2
Rob McHarry	389	240	3
Neil Lamont	380	346	4
Andy Cresswell	378	417	5
Andy Whitehead	372	284	6
Richard Riding	361	362	7
Les Ruddock	332	312	8
Janet Redpath	No jump	328	9
Andy Garnett	206	297	10
Lauren Dugdale	272	266	11
Linda Owen	242	195	12
Janet Robinson	223	218	13

CHILDREN'S LONG JUMP

	Jump 1	Position
Charlotte France	254	1
Cormac Nolan	250	2
Neil	212	3
Martin Cresswell	190	4
David	190	5
Megan Garnett	175	6
Gregor Nolan	150	7

6. Mixed 4 x 400 RELAY

Pos	Name	Time
1	Julian Spencer, Rob McHarry, Geoff Wilson, Janet Redpath	4.41.3
2	Andy Cresswell, Gareth Blizzard, Albert de Jong, Lauren Dugdale	4.46.9
3	Neil Lamont, Jan Grange, Andy Whitehead, ????	4.55.5
4	Paul Nolan, Janet Robertson, Cormac Nolan, Andy Garnett	5.05.3
5	David Redpath, Alistair Raffel, Martin Raffel, Linda Owen	5.12.6
6	Les Ruddock, Neville Griffiths, Barry Allman, Adam Cresswell	5.33.9
7	Richard Riding, Sharon Whitehead, Steph Nash, No 650	6.16.3

7. Mixed 4 x 100 RELAY

1	Neil Lamont, Jan Grange, Andy Whitehead, ????	1.00.6
2	Julian Spencer, Rob McHarry, Geoff Wilson, Janet Redpath	1.03.1
3	Paul Nolan, Janet Robertson, Cormac Nolan, Andy Garnett	1.04.6
4	Les Ruddock, Martin Dugdale, Barry Allman, Adam Cresswell	1.05.4
5	David Redpath, Alistair Raffel, Martin Raffel, Linda Owen	1.06.0
6	Andy Cresswell, Gareth Blizzard, Albert de Jong, Lauren Dugdale	1.06.5
7	Richard Riding, Sharon Whitehead, Steph Nash, No 650	1.21.1

11. Mixed 4 x100 medley Relay

Great fun – but no positions were recorded!!

This, the fourteenth annual track meeting, was held on what has become a traditionally hot, sunny day. Our third year at the Victoria Park track, we enjoyed excellent facilities - and once again included the long jump event.

As usual, it was a brilliant day - the competition was hard and we were thankful for the enthusiastic children who were keen to run (and give us a rest!!) between events.

Julian rounded the day off with yet another superb barbeque. The weather stayed beautiful and his garden was filled with lots of smiling Striders!

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

See you all again next year!

Andy Garnett