



SPECTRUM STRIDERS

Affiliated to UKA and NoEAA

SPECTRUM STRIDERS TRACK MEETING 12th JULY 2003

RESULTS

1. MEN'S + LADIES MILE

Pos	Name	Time	Time in 1992
1	Mike Girvan	4.48.6	
2	Dave Southern	4.52.1	4.42.4
3	Dave Carrington	5.01.2	4.51.2
4	Julian Spencer	5.06.9	
5	Gareth Blizzard	5.20.6	
6	Tony McCarthy	5.23.4	5.12.9
7	Kenny Forster	5.27.8	
8	Alison Hartopp	5.38.0	
9	Andy James	5.49.7	5.25.2
10	Andy Garnett	5.50.4	5.25.4
11	Rob McHarry	5.57.3	
12	Ron Dear	6.03.6	5.51.3
13	Caroline Jones	6.04.3	
14	Alan Peers	6.05.2	
15	Geoff Wilson	6.16.3	
16	Amanda Smith	6.22.1	
17	Karon Forster	6.34.8	6.32.3
18	Janet Redpath	6.59.6	
19	Jo Dix-Baker	7.06.0	
20	Eric Pendleton	7.31.1	6.34.7

I thought I would include the results from 11 years ago, since so many ran then. (This was prompted by the return of Andy James after a long absence). Remarkably the finishing order is unchanged after 11 years.

2. MEN'S + LADIES 400 M

	Pos	Name	Time	Overall Pos
HEAT 1	1	Julian Spencer	59.4	1
	2	Tony McCarthy	1.04.7	2
	3	Rob McHarry	1.05.8	3
	4	Andy James	1.07.8	4
	5	Alison Hartopp	1.08.1	5
	6	Martin Raffel	1.11.7	6
	7	Alan Peers	1.12.7	7
	8	Andy Garnett	1.14.7	9

HEAT 2	1	David Redpath	1.14.5	8
	2	Amanda Smith	1.16.9	10
	3	Caroline Jones	1.17.6	11
	4	Janet Redpath	1.22.8	12
	5	Richard Riding	1.23.1	13
	6	Michelle Fox	1.24.2	14
	7	Eric Pendleton	1.37.7	15

3. LONG JUMP

	Jump 1	Jump 2	Position
Julian Spencer	413	433	1
Martin Raffel	389	395	2
Richard Riding	383	318	3
Rob McHarry	369	No jump	4
Karon Forster	347	302	5
Tony McCarthy	316	325	6
Caroline Jones	313	293	7
Michelle Fox	281	306	8
Andy Garnett	304	293	9
Kerry Fox	No jump	288	10
Charlotte France	259	243	11
Amanda Smith	246	199	12
Jess Hartopp	181		13

4. MEN'S and LADIES 800M

	Pos	Name	Time	Overall Pos
HEAT 1	1	Mike Girvan	2.12.7	1
	2	Dave Southern	2.17.8	2
	3	Dave Carrington	2.20.7	3
	4	Julian Spencer	2.22.7	4
	5	Kenny Forster	2.32.7	5
	6	Tony McCarthy	2.37.8	6
	7	Alison Hartopp	2.41.1	7
	8	Andy James	2.42.8	8
	9	Alan Peers	2.48.7	10
HEAT 2	1	Andy Garnett	2.45.4	9
	2	David Redpath	2.50.7	11
	3	Caroline Jones	2.55.4	12
	4	Geoff Wilson	2.55.6	13
	5	Martin Raffel	3.02.5	14
	6	Richard Riding	3.02.7	15
	7	Amanda Smith	3.08.1	16
	8	Eric Pendleton	3.28.8	17

5. MEN'S + LADIES 3000 M

Pos	Name	Time
1	Mike Girvan	9.31.1
2	Julian Spencer	10.34.3
3	Dave Carrington	10.38.9
4	Gareth Blizzard	10.49.9
5	Andy Garnett	11.41.2
6	Andy James	11.47.9

7	Alan Peers	11.58.2
8	Ron Dear	12.16.9
9	Karon Forster	12.52.4
10	Richard Riding	13.54.4

(Note that Dave Carrington was slightly handicapped – he ran a full 3000m steeplechase and had to negotiate all the hurdles and the water jump!!)

6. Mixed 100m SKIPPING RACE

Pos	Name	Time
1	Mike Girvan	17.8
2	Michelle Fox	22.3
3	Alison Hartopp	22.5
4	Amanda Smith	26.9
5	Rob McHarry	27.1

7 Mixed 4 x 100 RELAY

Pos	Name	Time
1	Martin Raffel, Julian Spencer, Michelle Fox, Janet Redpath	62.2
2	Alison Hartopp, Kerry-Leigh Fox, Tony McCarthy, Andy Garnett	63.1
3	Jo Dix Baker, Kenny Forster, Caroline Jones, Rob McHarry	63.5
4	Alan Peers, Amanda Smith, Mike Girvan,?	65.0

8. Mixed 4 x 400 RELAY

Pos	Name	Time
1	Gareth Blizzard, Dave Southern, Ron Dear, Andy James	4.46.6
2	Jo Dix Baker, Alan Peers, Caroline Jones, Rob McHarry	5.04.2
3	David Redpath, Amanda Smith, Rick Ridings, Mike Girvan	5.07.3
4	Julian Spencer, Janet Redpath, Michelle Fox, Martin Raffel	5.08.8
5	Alison Hartopp, Tony McCarthy, Andy Garnett, Kerry-Leigh Fox	5.13.6

9. Mixed 4 x100 Medley Relay

Skipping, running, running backwards and egg and spoon.....

Pos	Name	Time
1	Michelle Fox, Martin Raffel, Julian Spencer, Janet Redpath	1.30.0
2	Kerry-Leigh Fox, Mike Girvan, Alison Hartopp, Jess	1.34.1
3	David Redpath, Amanda Smith, ?, Ron Dear	1.40.8

This, the fifteenth annual track meeting, was held on what always seems to be a hot, sunny day. (probably the hottest day so far this year!). We enjoyed excellent facilities at the Victoria Park track - 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 – as well as an excuse to have the odd sweet.. Throngs of spectators enjoyed the sun and gave suitable encouragement to the runners.

Julian rounded the day off with his customary barbeque. The weather stayed beautiful and his garden was filled with lots of beer, wine and Pimm's –sipping Striders! (Even more than had been at the track....)

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

See you all again next year!

Andy Garnett