



SPECTRUM STRIDERS

Affiliated to UKA and NoEAA

SPECTRUM STRIDERS TRACK MEETING 17th JULY 2004

RESULTS

1. MEN'S + LADIES MILE

Heat 1

Pos	Name	Time	
1	Adam Elliott (WAC –Guest)	4.46.7	
2	Dave Carrington	5.00.7	
3	Jon Mercer	5.01.1	
4	Steve Burthem	5.04.3	
5	Dave Southern	5.06.9	
6	Julian Spencer	5.09.4	
7	Mike Houghton	5.19.1	
8	Andy Garnett	5.43.6	
9	Caroline Jones	5.44.7	
10	Alan Peers	5.50.4	

Heat 2

Pos	Name	Time
1.	Adam Elliott (WAC)	5.12.1
2.	David Redpath	6.10.0
3.	Ron Dear	6.11.0
4.	Karon Forster	6.11.6
5.	Janet Robertson	6.12.5
6.	Shelley Walsh	6.24.7
7.	Jo Dix-Baker	6.41.4
8.	Mike Mason	6.46.7
9.	Janet Redpath	7.06.9
10.	John Lilley	7.13.1
11.	Eric Pendleton	7.29.1
12.	Lauren Dugdale	8.00.0
13.	Joanne Leach	8.03.3
14.	Caroline Jones	8.03.5
15.	Tony Bell (Walking)	9.27.3

2. MEN'S + LADIES 400 M

	Pos	Name	Time	Overall Pos
HEAT 1	1	Jon Mercer	57	1
	2	Julian Spencer	~60	2

3	Mike Houghton	?	3
4	Dave Carrington	1.04	4
5	Dave Southern	1.06	5
6	Steve Burthem		6
7	Kenny Forster	1.10	8
8	Adam Elliott (WAC)	1.10	9
9	Andy Garnett	1.15.5	12

HEAT 2	1	Adam Elliott (WAC)	1.07.1	7
	2	David Redpath	1.13.1	10
	3	Caroline Jones	1.13.8	11
	4	ShellyWalsh	1.17.3	13
	5	Janet Robinson	1.18.5	14
	6	Janet Redpath	1.26.6	15
	7	John Lilley	1.28.9	16
	8	Eric Pendleton	1.37.1	17

Apologies for the lack of timings on Heat 1.

3. LONG JUMP

	Jump 1	Jump 2	Position
Steve Burthem	418	397	1
Jon Mercer	388	416	2
Julian Spencer	415.5	385.5	3
Mike Salmon		359.5	4
Karon Forster	355	339	5
Louise Dempster	347	343	6
Janet Redpath	285	279	7
Lauren Dugdale	264.5	No jump	8
Shelley Walsh	262	238	9
Andy Garnett	245.5	261.5	10
David Redpath	183	250.5	11
Tony Bell	212	191	12
Sally Dempster	192	190.5	13
Rebecca Forster	135	185.5	14
Megan Garnett	111	150	15
Robert Dempster	147.5	123.5	16

4. MEN'S and LADIES 800M

	Pos	Name	Time	Overall Pos
HEAT 1	1	Jon Mercer	2.19.2	1
	2	Julian Spencer	2.21.1	2
	3	Mike Houghton	2.24.4	3
	4	Dave Southern	2.24.5	4
	5	Steve Burthem	2.27.0	5
	6	Dave Carrington	2.33.5	6
	7	Kenny Forster	2.35.9	7
	8	Andy Garnett	2.43.9	8
	9	Alan Peers	2.46.4	9
HEAT 2	1	Louise Dempster	2.50.0	10
	2	Janet Robertson	2.52.3	11
	3	ShelleyWalsh	2.53.4	12
	4	Mike Mason	3.05.1	13
	5	Jo Dix-Baker	3.10.3	14
	6	Eric Pendleton	3.39.3	15

5. MEN'S + LADIES 3000 M

Pos	Name	Time
1	Steve Burthem	10.19.4
2	Julian Spencer	10.28.4
3	Dave Carrington	11.07.4
4	Andy Garnett	11.47.3
5	Tony Bell	12.14.3
6	Ron Dear	12.16.0
7	Karon Forster	13.41.2
8	Eric Pendleton	15.12.8
9	Shelley Walsh	16.32.4

(Note Dave Carrington and Shelley both ran a full 3000m steeplechase - and negotiated all the hurdles and the water jump. Karon started doing the jumps too – but decided to finish on the flat!)

7 Mixed 4 x 100 RELAY

Pos	Name	Time
1	Julian Spencer, Ron Dear, Mike Mason, Tony Bell	67.9
2	Andy Garnett, Janet Redpath, Shelley, Martin Dugdale	68.1
3	Caroline Jones, Jo Dix Baker, David Redpath, John Lilley	72.2

8. Mixed 4 x 400 RELAY

1	Julian Spencer, Ron Dear, Mike Mason, Tony Bell	5.26.06
2	Caroline Jones, Jo Dix Baker, David Redpath, John Lilley	5.36.11
3	Andy Garnett, Janet Redpath, Shelley, Martin Dugdale	5.18.30

Pos	Name	Time
-----	------	------

On this, the sixteenth annual track meeting, the sunshine came from the athletes, rather than the weather. Usually we have a hot, sunny day – but we started in grey, cold conditions after a miserable, wet morning. However, undeterred, the stalwarts gathered to brave the rain and enjoy the facilities at the Victoria Park track. As the afternoon progressed the weather improved and more people turned up to share in the excitement.

As usual, it was a great day - the competition was especially hard as we were unable to rely on lots of children running and give us a rest between events – but that gave us an excuse to have the odd sweet or two which were surplus.. Throngs of spectators eventually arrived to enjoy the improving sun and give suitable encouragement to the runners. and long jumpers.

This bode well as Julian rounded the day off with his customary barbeque. The weather stayed sunny 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