



SPECTRUM STRIDERS

Affiliated to UKA and NoEAA

SPECTRUM STRIDERS TRACK MEETING 28th JULY 2007

RESULTS

1. MEN'S + LADIES MILE

Pos	Name	Time
1.	Mat Rimmington	5.20.9
2.	Julian Spencer	5.24.5
3.	Liz Farhall	5.35.4
4.	Caroline Jones	5.42.1
5.	Georges Roullion (Guest)	5.44.1
6.	Andy Garnett	5.56.9
7.	Graham Driver	6.15.3
8.	Pauline Welsby	6.24.1
9.	Kit Whitfield	6.25.8
10.	Neville Griffiths	6.30.5
11.	Carol Stynes	6.35.2
12.	Eric Pendleton	7.52.1

2. MEN'S + LADIES 400 M

Heat 1

Pos	Name	Time	Overall
1.	Mat Rimmington	60.5	1
2.	Julian Spencer	63.4	2
3.	Rob McHarry	67.9	3
4.	Liz Farhall	68.8	4
5.	Georges Roullion (Guest)	69.7	5
6.	Caroline Jones	81.4	10

Heat 2

Pos	Name	Time	Overall
1.	Graham Driver	71.4	6
2.	Pauline Welsby	71.6	7
3.	Andy Garnett	73.9	8
4.	Kit Whitfield	75.8	9
5.	Carol Stynes	82.1	11

3. LONG JUMP

	Jump 1	Jump 2	Position
Julian Spencer	328	389	1
Rob McHarry	350	358	2
Graham Driver	337	325	3
Caroline Jones	330	328	4
Liz Farhall	329	326	5
Georges Rouillon	324	312	6
Pauline Welsby	310	291	7
Kit Whitfield	300	309	8
Mat Rimmington	298	NJ	9
Carol Stynes	288	288	10
Neville Griffiths	228	204	11

4. MEN'S and LADIES 800M

Pos	Name	Time
1.	Julian Spencer	2.24.1
2.	Mat Rimmington	2.27.7
3.	Liz Farhall	2.44.4
4.	Georges Rouillon (Guest)	2.45.1
5.	Rob Mcharry	2.45.4
6.	Andy Garnett	2.53.9
7.	Graham Driver	2.55.8
8.	Pauline Welsby	3.00.3
9.	Kit Whitfield	3.08.5
10.	Neville Griffiths	3.09.7

5. MEN'S + LADIES 3000 M

Pos	Name	Time
1.	Mat Rimmington	10.51.5
2.	Julian Spencer	11.29.3
3.	Andy Garnett	11.31.3
4.	Georges Rouillon (Guest)	11.39.1
5.	Liz Farhall	11.41.7
6.	Graham Driver	12.55.4
7.	Eric Pendleton	16.47.2

6. Mixed 4 x 100 RELAY

Pos	Name	Time
1	Kit Whitfield, Graham Driver, Andy Garnett, Mat Rimmington	60.2
2	Liz Farhall, Caroline Jones, Neville Griffiths, Rob McHarry	60.5

7. Mixed 4 x 400 RELAY

Pos	Name	Time
1	Liz Farhall, Caroline Jones, Neville Griffiths, Rob McHarry	5.01
2	Kit Whitfield, Graham Driver, Andy Garnett, Julian Spencer	5.10

Our nineteenth eighteenth annual track meeting was held on a warm, sunny day. Quite a change from the rain we have had over the last few weeks. As usual, it was a great 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 and Jennie rounded the day off with an excellent barbeque again. Many more Striders attended than had been at the track.... Many thanks for all the food contributed.

Thanks to Sue, Jennie and Steve Martin for recording the positions and the times, well done everyone else who took part.

Andy Garnett