



SPECTRUM STRIDERS

Affiliated to UKA and NoEAA

SPECTRUM STRIDERS TRACK MEETING SAT. 11th JULY 2009

RESULTS

1. MEN'S + LADIES MILE

Pos	Name	Time
1.	Mike Houghton	5.03
2.	Julian Spencer	5.05
3.	Steve Martin	5.19
4.	Colin McDonald	5.34
5.	Daniel Chadwick	5.36
6.	Caroline Jones	5.41
7.	Rob McHarry	5.58
8.	Andy Garnett	5.59
9.	Graham Driver	6.06
10.	Aimee McCullough	6.21
11.	Alan Peers	6.22
12.	Nigel Rylance	6.25
13.	Shirley Anderson	6.26
14.	Alex Wright (Junior)	7.18
15.	Steve Wright	8.00
16.	Steph Charman	8.05
17.	Michelle Hyde	8.26
18.	Bill Bradley	8.26

2. MEN'S + LADIES 400 Metres

Heat 1

Pos	Name	Time (Sec)	Overall
1.	Neil Adaire	64	5 th
2.	Colin McDonald	66	6 th
3.	Rob McHarry	67	7 th
4.	Graham Driver	70	8 th
5.	Caroline Jones	75	10 th =
6.	Aimee McCullough	75	10 th =
7.	Shirley Anderson	77	12 th
8.	Bill Bradley	86	14 th
9.	Steve Wright	87	15 th

Heat 2

Pos	Name	Time (Sec)	Overall
1.	Daniel Chadwick	60	1 st
2.	Julian Spencer	61	2 nd
3.	Mike Houghton	62	3 rd
4.	Steve Martin	63	4 th
5.	Nigel Rylands	74	9 th
6.	Andy Garnett	78	12 th
7.	Matthew Hyde (Junior)	94	16 th
8.	Steph Charman	99	17 th
9.	Michelle Hyde	103	18 th

3. LONG JUMP

Name	Jump 1	Jump 2	Jump 3	Position
Nigel Rylance	4.60	4.70		1
Neil Adaire	F	4.50		2
Colin McDonald	4.15	4.27		3
Aimee McCullough	3.75	3.66	4.02	4
Julian Spencer	3.65	3.33	3.70	5
Rob McHarry	3.42	3.70		6
Graham Driver	3.60	3.37		7
Steve Martin	3.30	3.47		8
Alex Wright (Junior)	No jump	3.36	3.13	9
Andy Pennington	3.10	3.28	3.15	10
Steve Wright	2.46	2.22		11
Mel Stynes	No jump	1.65		12
Kids jumps - approx				
Matthew Hyde	2.65	2.55		
Emily Hyde	2.48	2.15		
Jordan Jones	2.20	2.08		
Ellie Carroll	1.85	1.82		
Lucy Driver	0.95	1.6		
Euan Stynes	1.28	1.35		
Daisy Carroll	1.10			
Ella Driver	1.00	0.75		

4. MEN'S and LADIES 800 Metres

Pos	Name	Time
1.	Julian Spencer	2.24
2.	Steve Martin	2.31
3.	Neil Adaire	2.41
4.	Colin McDonald	2.44
5.	Rob McHarry	2.49
6.	Mick Charman	2.50
7.	Graham Driver	2.53
8.	Andy Garnett	2.53
9.	Shirley Anderson	2.57
10.	Aimee McDonald	2.58
11.	Alan Peers	2.59
12.	Daniel Chadwick	3.02
13.	Bernie Krawczyk	3.19
14.	Steph Charman	3.42
15.	Mel Stynes	3.50

5. MEN'S + LADIES 3000 Metres

Pos	Name	Time
1.	Julian Spencer	10.52
2.	Colin McDonald	11.36
3.	Caroline Jones	11.37
4.	Neil Adaire	11.47
5.	Andy Garnett	11.53
6.	Graham Driver	12.23
7.	Daniel Chadwick	12.42
8.	Mick Charman	12.50
9.	Alan Peers	13.38
10.	Shirley Anderson	13.51

6. Mixed 4 x 100 RELAY

Pos	Name	Time
1	Julian Spencer, Aimee McCullough, Alan Peers, Colin McDonald	? sec
2	Rob McHarry, Bernie Krawczyk, Nigel Rylance, Steve Martin	? sec
3	Shirley Anderson, Graham Driver, Andy G, Andy Pennington	? sec
4	Mick Sharman, Steph Sharman, Steve Wright, Neil Adaire	? sec

7. Mixed 4 x 400 RELAY

Pos	Name	Time
1	Julian Spencer, Aimee McCullough, Alan Peers, Colin McDonald	4.52
2	Rob McHarry, Bernie Krawczyk, Nigel Rylance, Steve Martin	4.53
3	Shirley Anderson, Graham Driver, Andy G, Andy Pennington	5.04
4	Mick Sharman, Steph Sharman, Steve Wright, Neil Adaire	6.05

Our twenty-first annual track meeting was held on a surprisingly warm and sunny day. We had been promised rain – but it didn't turn up until much later in the day. As usual, we had a great time - everyone ran hard and there were some amazingly competitive finishes (the end of the 400m relay between Colin McD and Steve Martin was excellent). We were, as usual, very thankful for the enthusiastic children who were keen to run and give us a rest between events.

Sadly there was no barbeque at the Chairman's house this year, but despite major family trauma it was great to see Julian running.

Thanks to Carol Stynes, Liz Whitfield and Andy Pennington and for recording the positions and the times, well done everyone else who took part.

Andy Garnett