



SPECTRUM STRIDERS

Affiliated to UKA and NA

SPECTRUM STRIDERS TRACK MEETING SAT. 10th JULY 2010

RESULTS

1. MEN'S + LADIES MILE

Pos	Name	Time
1.	Nick Jones	5.21
2.	Steve Martin	5.27
3.	Julian Spencer	5.28
4.	Colin McDonald	5.36
5.	Mike Welsby	5.51
6.	Rob McHarry	5.52
7.	Jim Dawson	5.53
8.	Dan Pennington	5.53
9.	Andy Pennington	5.57
10.	Steve Pickford	6.02
11.	Graham Driver	6.03
12.	Neil Adair	6.10
13.	Janet Robertson	6.26
14.	Neville Griffiths	6.56
15.	Beth Short	7.45
16.	Steph Charman	8.52

2. MEN'S + LADIES 400 Metres

Heat 1

Pos	Name	Time (Sec)	Overall
1.	Steve Pickford	63	3 rd =
2.	Andy Pennington	66	7 th
3.	Neil Adair	68	9 th
4.	Graham Driver	69	10 th =
5.	Dan Pennington	70	12 th
6.	Beth Short	90	14 th
7.	Steph Charman	108	15 th

Heat 2

Pos	Name	Time (Sec)	Overall
1.	Nick Jones	61	1 st
2.	Steve Martin	62	2 nd
3.	Matt Pennington	63	3 rd =
4.	Colin McDonald	64	5 th
5.	Julian Spencer	64	6 th
6.	Mike Welsby	67	8 th
7.	Rob McHarry	69	10 th
8.	Mike Salmon	73	13 th

3. LONG JUMP

Name	Jump 1	Jump 2	Position
Dan Pennington	4.86	5.10	1
Neil Adair	4.41	4.65	2
Matt Pennington	4.01	4.15	3
Colin McDonald	4.22	4.05	4
Rob McHarry	3.82	3.95	5=
Mike Salmon	3.91	3.95	5=
Julian Spencer	3.81	3.70	7
Aimee McCullough	3.80	3.70	8
Steve Pickford	3.79	3.78	9
Graham Driver	3.78	3.65	10
Beth Short	2.95	3.25	11
Andy Pennington	3.00	2.65	12
Suzannah Forster	2.70	2.70	13
Rhian	2.60	2.20	14
Robert Salmon	2.19	2.45	15=
Jordan Jones	2.50	2.45	15=
Ella Driver	2.30	1.50	17
Neville Griffiths	1.70	2.20	18
Lucy Driver	1.40	1.40	19

4. MEN'S and LADIES 800 Metres

Pos	Name	Time
1.	Steve Martin	2.29
2.	Julian Spencer	2.30
3.	Matt Pennington	2.38
4.	Andy Pennington	2.39
5.	Colin McDonald	2.41
6.	Steve Pickford	2.50
7.	Neil Adair	2.54
8.	Graham Driver	2.55
9.	Janet Robertson	3:01
10.	Pauline Welsby	3:14
11.	Neville Griffiths	3:22
12.		

5. MEN'S + LADIES 3000 Metres

Pos	Name	Time
1.	Nick Jones	10.23
2.	Mike Welsby	11.41
3.	Jim Dawson	11.59
4.	Andy Pennington	12.15
5.	Karen Forster	12.32
6.	Graham Driver	12.42
7.	Aimee McCullough	12.54
8.	Colin McDonald	12.55
9.	Janet Robertson	13.26
10.	Neville Griffiths	13.42
11.	Ken Black	14:08
12.	Beth Short	16:34

6. Junior 600 Metres

Pos	Name	Time
1.	Jordam Jones	2.29
2.	Robert Salmon	3.08

7. Mixed 4 x 100 RELAY

Pos	Name	Time
1	Julian Spencer, Aimee McCullough, Graham Driver, Steve Pickford	59 sec
2	Colin McDonald, Neil Adair, Neville Griffiths, Andy Pennington	60 sec
3	Suzannah Forster, Rob McHarry, Steve Martin, Mike Welsby	81 sec

8. Mixed 4 x 400 RELAY

Pos	Name	Time
1	Karon Forster, Rob McHarry, Steve Martin, Mike Welsby	4.37
2	Julian Spencer, Aimee McCullough, Graham Driver, Steve Pickford	4.46
3	Colin McDonald, Jim Dawson, Neville Griffiths, Andy Pennington	5.01

Our twenty-second annual track meeting was held on a surprisingly warm and sunny day. As usual, we had a great time - everyone ran hard and there were some amazingly competitive finishes especially the 4x100m. We were, as usual, very thankful for the enthusiastic children who were keen to run and give us a rest between events. The new games for the kids introduced by Graham Driver and Aimee Driver were great, especially the transfer water by sponge from bucket to bucket, just like It's a knockout of old!

The barbeque at the Chairman's house afterwards returned with about 40 hungry runners returning to devour my house (contents).

Thanks to Carol Stynes, Bernie Krawczyk and various others for recording the positions and the times, well done everyone else who took part.

Julian