



Spectrum Striders RC

Affiliated to UKA and Northern Athletics

SPECTRUM STRIDERS FAMILY TRACK DAY SAT. 9th JULY 2011

RESULTS

1. MEN'S + LADIES MILE

Pos	Name	Time
1.	Julian Spencer	5.22
2.	Jim Dawson	5.43
3.	Graham Driver	5.56
4.	Rob McHarry	6.09
5.	Karon Forster	6.21
6.	Pauline Welsby	6.26
7.	John Ramsdale	6.28
8.	Janet Robertson	6.30
9.	Jordan Jones	6.44
10.	Ian Johnson	7.21
11.	Rebecca Forster	8.26
12.	Christine Ramsdale	8.55
13.	Eric Pendleton	9.41
14.	Mick Charman	DNF

2. MEN'S + LADIES 400 Metres

Heat 1

Pos	Name	Time (sec)	Overall
1.	Steve Pilditch	59	
2.	Mike Welsby	62	
3.	Julian Spencer	64	
4.	Graham Driver	70	
5.	Rob McHarry	71	
6.	Liz Whitfield	72	

Heat 2

Pos	Name	Time (sec)	Overall
1.	Ian Johnson	71	
2.	Pauline Welsby	75	
3.	Janet Robertson	83	
4.	Jordan Jones	84	
5.	Kate Johnson	85	
6.	Geoff Wilson	89	
7.	Robert Salmon	99	
8.	Heather Salmon	127	

3. LONG JUMP

Name	Practice	Jump 1	Jump 2	Position
Stephen Pilditch	3.13	4.13	No Jump	1
Rebecca Forster	3.90	3.85	4.10	2
Julian Spencer	3.65	3.90	3.96	3
Ian Johnson	3.88	3.75	3.68	4
Rob McHarry	3.41	3.23	3.75	5=
Graham Driver	3.55	3.75	3.68	5=
Kate Johnson	2.71	3.11	2.87	7
Jordan Jones	2.74	2.54	2.67	8
Robert Salmon	2.38	2.38	2.65	9
Meriel McHarry	1.92	2.25	2.00	10
Gemma Johnson	2.61	2.16	1.85	11
Ella Driver	1.81	1.54	1.85	12=
Lucy Driver	1.52	1.26	1.85	12=
Sophie de Jong	1.14	1.32	1.70	14
Erica Pilditch		1.44	1.33	15
Eleanor	1.85	1.32	1.23	16
Heather Salmon	1.18	1.28	1.20	17
Jasmin Jones	1.00	No Jump	1.26	18

4. MEN'S and LADIES 800 Metres

Pos	Name	Time
1.	Steven Pilditch	2.20
2.	Julian Spencer	2.25
3.	Mat Rimmington	2.28
4.	Mike Welsby	2.29
5.	Liz Whitfield	2.49
6.	John Ramsdale	3.00
7.	Janet Robertson	3.04
8.	Kate Johnson	3.19
9.	Geoff Wilson	3.24

5. MEN'S + LADIES 3000 Metres

Pos	Name	Time
1.	Mike Welsby	10.45
2.	Steven Pilditch	10.50
3.	Julian Spencer	10.53
4.	Jim Dawson	11.23
5.	Mat Rimmington	11.39
6.	Graham Driver	11.44
7.	Karon Forster	12.35
8.	Pauline Welsby	13.22
9.	David Redpath	15.49
10.	Eric Pendleton	20.10
11.	Janet Redpath	DNF

6. Mixed 4 x 100 RELAY 4 teams ran but no details were recorded

7. Mixed 4 x 400 RELAY 3 teams ran 1st team 4.34; 2nd team :5.16 3rd team 5.27

Our twenty-third annual family track day 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. Whether I overtook 8 year Robert Salmon on the finish line in the 4x100m relay remains with the stewards enquiry. We were, as usual, very thankful for the enthusiastic children who were keen to run and give us a rest between the big kids events. The new games for the kids introduced by Graham 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 my house afterwards was great with about 30 hungry runners returning to devour my house (contents).

Thanks to Steve Pickford and various others for recording the positions and the times, well done everyone else who took part.

Julian