

SPECTRUM STRIDERS TRACK MEETING 4 JULY 1993
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RESULTS

1.	<u>MEN'S 400 M</u>			(Overall)
HEAT 1	1 Dave Southern	S	59.04	1
	2 Dave Norman	W	60.00	2
	3 Dave Carrington	S	61.00	3
	4 Ian Edge	W	62.00	5
	5 Gary Bergin	S	64.00	8=
	6 Mervyn Ward	W	64.00	8=
HEAT 2	1 Dermot Hegarty	S	63.00	6
	2 Neil Garnett	S	65.00	12
	3 Frank Heavey	W	66.00	13=
	4 John Hampson	W	66.00	13=
	5 Mike Holland	W	67.00	16=
	6 Andy Garnett	S	67.00	16=
HEAT 3	1 Steve Plummer	S	61.79	4
	2 Mark Pomfret	S	63.40	7
	3 Paul Wilson	W	64.00	8=
	4 Barry Searle	W (g)	64.00	8=
	5 Neil Rothwell	S (g)	66.00	13=
	6 Steve Buckley-Mellor	W	69.00	19
	7 Alistair Couper	S	70.00	20
HEAT 4	1 Nigel Franklin	S	68.80	18
	2 Paul Cunningham	W	73.00	21=
	3 Ron Dear	S	73.00	21=
	4 Billy Cunningham	W	74.00	23
	5 Brian Tuohey	S	76.00	24
Score after 1 event			SPECTRUM STRIDERS	18
			WARRINGTON R.R.	6

2.	<u>LADIES 400 M</u>				(overall)
	HEAT 1	1 Jenny Pascoe	S	73.00	1
		2 Geraldine Taylor	W	74.00	2
		3 Gill Demet`	S	75.93	3
		4 Susan Cunliffe	W	91.00	8
	HEAT2	1 Michelle Taylor	W	77.80	4
		2 Vicki Schofield	S	80.00	5
		3 Annette Pritchard	W	86.00	6
		4 Beverley Rothwell	S	86.96	7
		5 Sue Southern	S	94.00	9
3.	<u>MEN'S 800M</u>				
	HEAT 1	1 Dave Southern	S	2.13	1
		2 Dave Carrington	S	2.17	2
		3 Alistair Raffel	S	2.18	3
		4 Dave Norman	W	2.23	4=
		5 Mervyn Ward	W	2.24	6=
		6 Frank Heavey	W	2.26	9
		7 Neil Garnett	S	2.28	12
	HEAT 2	1 Dermot Hegarty	S	2.23	4=
		2 Steve Plummer	S	2.24	6=
		3 Andy Garnett	S	2.25.21	8
		4 Mark Pomfret	S	2.26.17	10
		5 Mike Hoyland	W	2.26.37	11
		6 Neil Rothwell	S (g)	2.31.80	13
		7 Paul Wilson	W	2.45	16
		8 Paul Cunningham	W	2.48	19
		9 John Hampson	W	2.55	21
	HEAT 3	1 Gary Bergin	S	2.42	14
		2 Alistair Couper	S	2.42.95	15
		3 Billy Cunningham	W	2.45.76	17
		4 Ron Dear	S	2.47	18
		5 Steve Buckley-Mellor	W	2.48.5	20
		6 Brian Tuohey	S	2.59	22
		7 Steven Dear	S (j)	2.59.7	23
		8 Stewart Norman	W (j)	2.59.94	24
4.	<u>LADIES 800M</u>				
		1 Geraldine Taylor	W	2.53	
		2 Gill Demet	S	2.54.72	
		3 Michelle Taylor	W	3.07	
		4 Vicki Schofield	S	3.19	
		5 Annette Pritchard	W	3.32.10	
		6 Susan Cunliffe	W	3.32.4	
		7 Beverley Rothwell	S	3.34	
		8 Sue Southern	S	3.56	

Score after 4 events

SPECTRUM STRIDERS
WARRINGTON R.R.

44
16

5. MEN'S MILE

1	Dave Southern	S	?	
2	Dave Carrington	S	?	
3	Mervyn Ward	W	5.10.40	
4	Alistair Raffel	S	5.13.08	
5	Ian Edge	W	5.14.10	
6	Dave Norman	W	5.14.97	
7	Dave Arnold	S	5.17.42	
8	Neil Garnett	S	5.21.00	
9	Andy Garnett	S	5.21.34	
10	Dermot Hegarty	S	5.25	
11	Bernard Riley	S	5.26	
12	Frank Heavey	W	5.28	
13	Steve Plummer	S	5.30.06	
14	Barry Searle	W (g)	5.31.03	
15	Mark Pomfret	S	5.31.05	
16	Danny Thomas	S	5.38.05	
17	Neil Rothwell	S (g)	5.39.57	
18	Alistair Couper	S	5.54.00	
19	Billy Cunningham	W	5.57.52	
20	Paul Cunningham	W	6.02.53	
21	Nigel Franklin	S	6.07.38	
22	Brian Tuohey	S	6.07.53	
23	Ron Dear	S	6.14	
24	John Hampson	W	6.17	
25	Steve Buckley-Mellor	W	?	

6. LADIES MILE

1	Gill Demet	S	6.11	
2	Geraldine Taylor	W	6.44	
3	Vicki Schofield	S	7.09	
4	Beverley Rothwell	S	7.30	
5	Annette Pritchard	W	7.35	
6	Sue Southern	S	7.39.86	
7	Jeanette Ashcroft	S	7.42	

Score after 6 events

SPECTRUM STRIDERS
WARRINGTON R.R.

53
19

7. MEN'S 3000 M

1	Dave Southern	S	9.28.34
2	Gary Bergin	S	9.28.37
3	Mike Hoyland	W	10.25
4	Mervyn Ward	W	10.32
5	Dave Norman	W	10.36
6	Andy Garnett	S	10.40.34
7	Neil Garnett	S	10.40.35
8	Danny Thomas	S	10.52
9	Bernard Riley	S	11.02
10	Dermot Hegarty	S	11.06.92
11	Frank Heavey	W	11.09.6
12	Rob Welsby	W	11.15
13	Barry Searle	W(g)	11.33
14	Billy Cunningham	W	11.46
15	Alistair Couper	S	11.55
16	Nigel Franklin	S	12.07.20
17	Brian Tuohey	S	12.11.9
18	Ron Dear	S	12.15
19	Paul Cunningham	W	12.18.37
20	John Hampson	W	12.37

8. LADIES 3000 M

1	Gill Demet	S	12.59
2	Geraldine Taylor	W	13.29.02
3	Annette Pritchard	W	15.01

Score after 8 events	SPECTRUM STRIDERS	57
	WARRINGTON R.R.	18

9. MEN'S 4 x 100 RELAY

- 1 Spectrum Striders A
- 2 Warrington RR A
- 3 Warrington RR B
- 4 Spectrum Striders C
- 5 Spectrum Striders B

10. LADIES and YOUTH'S 4 x100 RELAY

- 1 Striders Ladies
- 2 Striders Youths
- 3 Warrington RR Ladies

11. MEN'S 4x 400 M RELAY

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|---|------------|------|
| 1 | Striders A | 4.20 |
| 2 | Warr. RR A | |
| 3 | Warr. RR B | |
| 4 | Striders B | |
| 5 | Striders C | |

12. LADIES 4 x 400 M RELAY

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|---|-------------------|------|
| 1 | Striders | 5.47 |
| 2 | Warrington RR6.13 | |

13 JUNIOR 400M

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|---|-------------------|-------|
| 1 | Chris Southern | 73.00 |
| 2 | Steven Dear | 73.80 |
| 3 | Stewart Norman | 76.00 |
| 4 | Chris Beverington | 84.00 |
| 5 | Mark Carrington | 96.00 |
| 6 | Pamela Arnold | 97.00 |
| 7 | Phillip Arnold | dnf |

FINAL SCORE (AFTER 12 EVENTS)	
SPECTRUM STRIDERS	69
WARRINGTON ROAD RUNNERS	31

SPECTRUM STRIDERS	69
WARRINGTON ROAD RUNNERS	31