

|                                                     |
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| <b>SPECTRUM STRIDERS TRACK MEETING 17 JULY 1994</b> |
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This year all runners [Striders, Warrington Road Runners or guests] were arbitrarily assigned to either the red (R) or blue (B) team.

### RESULTS

|                     |                    |           |       |           |
|---------------------|--------------------|-----------|-------|-----------|
| 1.                  | <u>MEN'S 400 M</u> |           |       | (Overall) |
| HEAT 1              |                    |           |       |           |
|                     | 1 Bruce Morris     | R         | 63.39 | 1         |
|                     | 2 Barry Searle     | B         | 64.49 | 2         |
|                     | 3 Neil Garnett     | R         | 65.61 | 5         |
|                     | 4 Neil Rothwell    | B         | 66.20 | 7         |
|                     | 5 Mark Pomfret     | R         | 68.51 | 9         |
|                     | 6 Bernard Riley    | R         | 69.35 | 10        |
|                     | 7 Brian Tuohey     | B         | 74.52 | 13        |
|                     | 8 Richard Riding   | R         | 81.09 | 15        |
| HEAT 2              |                    |           |       |           |
|                     | 1 Dave Southern    | B         | 64.85 | 3         |
|                     | 2 Mervyn Ward      | R         | 65.60 | 4         |
|                     | 3 Les Ruddock      | B         | 65.80 | 6         |
|                     | 4 Roy Pritchard    | R         | 66.77 | 8         |
|                     | 5 Nigel Franklin   | B         | 71.23 | 11        |
|                     | 6 Colin Morris     | R         | 74.10 | 12        |
|                     | 7 Alistair Couper  | R         | 76.50 | 14        |
| Score after 1 event |                    |           |       |           |
|                     |                    | Red Team  |       | 6         |
|                     |                    | Blue Team |       | 6         |

2. LADIES (and Nigel) 400 M (overall)

|   |                   |   |       |   |
|---|-------------------|---|-------|---|
| 1 | Gill Demet        | R | 74.05 | 1 |
| 2 | Karon Winstanley  | B | 80.06 | 2 |
| 3 | Linda Owen        | B | 82.20 | 3 |
| 4 | Nigel Demet       | B | 84.78 | 4 |
| 5 | Patricia Locke    | R | 85.61 | 5 |
| 6 | Rosie Fowler      | R | 85.91 | 6 |
| 7 | Beverley Rothwell | R | 87.20 | 7 |
| 8 | Annette Pritchard | B | 90.29 | 8 |
| 9 | Nicki Rose        | R | 93.33 | 9 |

|                      |           |   |
|----------------------|-----------|---|
| Score after 2 events | Red Team  | 9 |
|                      | Blue Team | 9 |

3. MEN'S 800M

|        |   |               |   |         |    |
|--------|---|---------------|---|---------|----|
| HEAT 1 | 1 | Neil Garnett  | R | 2.27.67 | 4  |
|        | 2 | Neil Rothwell | B | 2.29.37 | 6  |
|        | 3 | Mark Pomfret  | R | 2.35.80 | 7  |
|        | 4 | Danny Thomas  | R | 2.35.90 | 8  |
|        | 5 | Mark Hoyland  | B | 2.36.93 | 10 |
|        | 6 | Bernard Riley | R | 2.44.32 | 11 |
|        | 7 | Brian Tuohey  | B | 2.44.48 | 12 |
|        | 8 | Tony Bell     | B | 2.47.09 | 13 |
|        | 9 | Bruce Morris  | R | 2.53.50 | 16 |

|        |   |                 |   |         |    |
|--------|---|-----------------|---|---------|----|
| HEAT 2 | 1 | Dave Southern   | B | 2.20.50 | 1  |
|        | 2 | Mervyn Ward     | R | 2.26.93 | 2  |
|        | 3 | Les Ruddock     | B | 2.27.38 | 3  |
|        | 4 | Roy Pritchard   | R | 2.29.35 | 5  |
|        | 5 | Barry Searle    | B | 2.36.00 | 9  |
|        | 6 | Nigel Franklin  | B | 2.48.76 | 14 |
|        | 7 | Alistair Couper | R | 2.50.55 | 15 |
|        | 8 | Rick Riding     | R | 2.58.08 | 17 |
|        | 9 | Colin Morris    | R | 3.05.01 | 18 |

|                      |           |    |
|----------------------|-----------|----|
| Score after 3 events | Red Team  | 15 |
|                      | Blue Team | 15 |

4. LADIES 800M

|   |                   |   |         |   |
|---|-------------------|---|---------|---|
| 1 | Gill Demet        | R | 2.50.33 | 1 |
| 2 | Karon Winstanley  | B | 2.54.90 | 2 |
| 3 | Beverley Rothwell | R | 3.14.85 | 3 |
| 4 | Nigel Demet       | B | 3.19.26 | 4 |
| 5 | Nicki Rose        | R | 3.21.85 | 5 |
| 6 | Linda Owen        | B | 3.31.40 | 6 |
| 7 | Annette Pritchard | B | 3.43.79 | 7 |
| 8 | Rosie Fowler      | R | 3.57.55 | 8 |
| 9 | June Tolley       | B | 4.00.17 | 9 |

|                      |           |    |
|----------------------|-----------|----|
| Score after 4 events | Red Team  | 19 |
|                      | Blue Team | 17 |

5. MEN'S MILE

|    |                 |   |         |
|----|-----------------|---|---------|
| 1  | Dave Southern   | B | 5.02.05 |
| 2  | Mervyn Ward     | R | 5.18.13 |
| 3  | Roy Pritchard   | R | 5.21.85 |
| 4  | Neil Garnett    | R | 5.22.00 |
| 5  | Danny Thomas    | R | 5.32.41 |
| 6  | Neil Rothwell   | B | 5.33.33 |
| 7  | Les Ruddock     | B | ?       |
| 8  | Colin Demet     | B | ?       |
| 9  | Mike Hoyland    | B | 5.42.28 |
| 10 | Mark Pomfret    | R | 5.46.94 |
| 11 | Tony Bell       | B | 5.49.41 |
| 12 | Barry Searle    | B | 5.49.80 |
| 13 | Bernard Riley   | R | 5.52.10 |
| 14 | Brian Tuohey    | B | 5.54.09 |
| 15 | Nigel Franklin  | B | ?       |
| 16 | Alistair Couper | R | ?       |
| 17 | Rick Riding     | R | ?       |
| 18 | Bruce Morris    | R | 6.33.12 |

|                      |           |    |
|----------------------|-----------|----|
| Score after 5 events | Red Team  | 29 |
|                      | Blue Team | 22 |

6. LADIES MILE

|    |                   |   |         |
|----|-------------------|---|---------|
| 1  | Vanessa Hamlett   | R | 5.52 .0 |
| 2  | Gill Demet        | R | 6.16.00 |
| 3  | Karon Winstanley  | B | 6.23.63 |
| 4  | Beverley Rothwell | R | 7.13.41 |
| 5  | Nicki Rose        | R | 7.19.33 |
| 6  | Annette Pritchard | B | 7.28.58 |
| 7  | Nigel Demet       | B | 7.33.00 |
| 8  | Linda Owen        | B | 7.51.56 |
| 9  | Rosie Fowler      | R | 8.19.59 |
| 10 | June Tolley       | B | 9.00.00 |

|                      |           |    |
|----------------------|-----------|----|
| Score after 6 events | Red Team  | 41 |
|                      | Blue Team | 25 |

7. MEN'S 3000 M

|    |                 |   |          |
|----|-----------------|---|----------|
| 1  | Dave Carrington | B | 9.44.00  |
| 2  | Mervyn Ward     | R | 10.21.75 |
| 3  | Neil Garnett    | R | 10.48.58 |
| 4  | Danny Thomas    | R | 10.54.16 |
| 5  | Mark Pomfret    | R | 11.16.57 |
| 6  | Les Ruddock     | B | 11.16.57 |
| 7  | Mike Hoyland    | B | 11.27.00 |
| 8  | Colin Demet     | B | 11.29.00 |
| 9  | Bernard Riley   | R | 11.29.37 |
| 10 | Brian Tuohey    | B | 11.46.00 |
| 11 | Tony Bell       | B | 12.07.00 |
| 12 | Alistair Couper | R | 12.21.00 |
| 13 | Roy Pritchard   | R | 15.38.16 |

|                      |           |    |
|----------------------|-----------|----|
| Score after 7 events | Red Team  | 51 |
|                      | Blue Team | 30 |

8. LADIES 3000 M

|   |                   |   |          |
|---|-------------------|---|----------|
| 1 | Karon Winstanley  | B | 12.18.61 |
| 2 | Vanessa Hamlett   | R | 13.38.00 |
| 3 | Annette Pritchard | B | 15.37.00 |

|                      |           |    |
|----------------------|-----------|----|
| Score after 8 events | Red Team  | 55 |
|                      | Blue Team | 38 |

9. MEN'S 4 x 100 RELAY

|   |      |       |
|---|------|-------|
| 1 | Blue | 58.09 |
| 2 | Red  | 60.35 |
| 3 | Blue | ?     |

10. LADIES,MEN and YOUTH'S 4 x100 RELAY

|   |             |       |
|---|-------------|-------|
| 1 | Red Men     | 61.90 |
| 2 | Blue Youths | 65.36 |
| 3 | Red Ladies  | 68.70 |
| 3 | Blue Ladies | 70.34 |

11. MEN'S 4x 400 M RELAY

|   |      |
|---|------|
| 1 | Blue |
| 2 | Red  |
| 3 | Blue |
| 4 | Red  |

12. LADIES and YOUTH'S 4 x 400 M RELAY

|   |             |
|---|-------------|
| 1 | Blue youths |
| 2 | Red ladies  |
| 3 | Blue ladies |

FINAL SCORE (AFTER 12 EVENTS)

|        |           |    |
|--------|-----------|----|
| Men    | Blue Team | 35 |
|        | Red Team  | 39 |
| Ladies | Blue Team | 19 |
|        | Red Team  | 28 |