



SPECTRUM STRIDERS

Affiliated to UKA and NoEAA

SPECTRUM STRIDERS TRACK MEETING 23rd July 2005

RESULTS

1. MEN'S + LADIES MILE

Pos	Name	Time
1.	Julian Spencer	5.08.8
2.	Neil Crompton	5.10.1
3.	Andy Cresswell	5.21.2
4.	Steve Dobson	5.28.5
5.	Tony McCarthy	5.29.3
6.	Andy Smith (Helsby RC)	5.34.1
7.	Adam Cresswell	5.38.0
8.	Andy Garnett	5.48.5
9.	Mat Rimmington	5.52.4
10.	Phil Gillard (Helsby RC)	5.53.3
11.	Malcolm Lingard	5.56.5
12.	Terry Coles	6.12.2
13.	Janet Salmon	6.17.2
14.	Shelley Walsh	6.27.2
15.	Eric Pendleton	7.13.7

2. MEN'S + LADIES 400 M

Heat 1

Pos	Name	Time	Overall
1.	Julian Spencer	1.00.9	1
2.	Mat Rimmington	1.02.0	2
3.	Rob McHarry	1.05.9	4
4.	Adam Cresswell	1.07.9	5
5.	Andy Cresswell	1.09.5	7

Heat 2

Pos	Name	Time	Overall
1.	Malcolm Lingard	1.04.8	3
2.	Phil Gillard (Helsby RC)	1.09.0	6
3.	Neil Crompton	1.10.6	8
4.	Andy Smith (Helsby RC)	1.12.5	9
5.	Andy Garnett	1.14.3	10

Heat 3

Pos	Name	Time	Overall
1.	David Redpath	1.15.1	11
2.	Terry Coles	1.17.9	12
3.	Shelley Walsh	1.18.3	13
4.	Janet Salmon	1.19.0	14
5.	Eric Pendleton	1.34.6	15

3. **MEN'S and LADIES 800M****Heat 1**

Pos	Name	Time	Overall
1.	Julian Spencer	2.25.8	1
2.	Steve Dobson	2.27.4	2
3.	Neil Crompton	2.34.1	3
4.	Andy Cresswell	2.36.5	4
5.	Malcolm Lingard	2.43.8	7
6.	Mat Rimmington	2.50.3	10=

Heat 2

Pos	Name	Time	Overall
1.	Andy Smith (Helsby RC)	2.39.3	5
2.	Andy Garnett	2.41.7	6
3.	Phil Gillard (Helsby RC)	2.44.9	8
4.	Rob McHarry	2.47.4	9
5.	Adam Cresswell	2.50.3	10=
6.	Terry Coles	2.59.4	12
7.	Janet Salmon	3.00.3	13
8.	Shelley Walsh	3.06.8	14
9.	Eric Pendleton	3.33.9	15

4. **LONG JUMP**

Club records: Mens Paul Nolan - 470cm (2002) and ladies - Olivia White 463cm (2005)

	Jump 1(cm)	Jump 2 (cm)	Position
Olivia White	463 (PB)	451	1
Andy Cresswell	428	387	2
Neil Crompton	407	421	3
Phil Gillard (Helsby)	394	413	4
Mike Salmon	405	409	5
Julian Spencer	387	409	6
Rob McHarry	392	375	7
Adam Cresswell	368	No Jump (417)	8
Richard Riding	303	358	9
Steve Dobson	344	349	10
Terry Coles	293	329	11
Mat Rimmington	290	312	12
Andy Smith (Helsby)	239	308	13
Shelley Walsh	218	278	14
Karon Forster	271	272	15
Mathew Coles	245	258	16
Rebecca Forster	217	223	17
Megan Garnett	173	213	18
Elizabeth Morris	212	205	19
Katie McHarry	210	205	29

MEN'S + LADIES 3000 M

Pos	Name	Time
1.	Neil Crompton	10.17.2
2.	Julian Spencer	10.27.0
3.	Kenny Forster	10.32.3
4.	Steve Dobson	10.46.0
5.	Tony McCarthy	11.00.5
6.	Gareth Blizzard	11.05.1
7.	Andy Smith (Helsby RC)	11.39.3
8.	Andy Garnett	11.44.1
9.	Phil Gillard (Helsby RC)	12.09.4
10.	Malcolm Lingard	12.09.4
11.	Karon Forster	12.17.4
12.	Terry Coles	12.17.4
13.	Rick Ridings	13.30.3
14.	Eric Pendleton	15.24.7

6. Mixed 4 x 100 RELAY

Pos	Name	Time
1	Julian Spencer, Shelley Walsh, Rob McHarry, Mat Rimmington	59.49
2	Steve Dobson, Janet Redpath, David Redpath, Malcolm Lingard	1.02.33
3	Andy Garnett, Rick Ridings, Phil Gillard, Andy Smith	1.05.20
4	Rebecca Forster, Kenny Forster, Terry Coles, Mathew Coles	1.09.64
5	Charlotte France, Eleanor Morris, Elizabeth Morris, Olivia White	1.09.95

7. Mixed 4 x 400 RELAY

Pos	Name	Time
1	Julian Spencer, Shelley Walsh, Rob McHarry, Mat Rimmington	4.42.23
2	Mathew Coles, Kenny Forster, Terry Coles, Mike Girvan	5.00.79
3	Malcolm Lingard, Janet Redpath, David Redpath, Steve Dobson	5.01.67
4	Andy Garnett, Rick Ridings, Phil Gillard, Andy Smith	5.17.76

8. Mixed 4 x 50m medley Relay (egg+spoon, sack, skipping, running backwards)

Who knows what the teams were? It was fun (and dramatic thanks to Julian's tumble!)

This, was our seventeenth annual track meeting – and the sixth since we moved from Padgate to Victoria Park. We didn't have searing sunshine, but it was pleasantly warm and dry. We were slow to get going, people just kept turning up – eventually! It was good to have a few guests from Helsby RC and Warrington AC....but the star of the day turned out to be still at school....

Julian dominated the events – winning the first three and coming second in the 3k. However, he was well beaten into sixth place in the Long Jump, where Olivia White, Eleanor Morris's 15 year old schoolfriend, gave us all a lesson in style and performance in the event. A real treat to the many spectators. We also had lots of children entertaining us between races, running: jumping and their own skipping and egg and spoon events. Jasmine Jones, Caroline and Nick Jones recent addition seemed unperturbed by the excitement – but then she was just a week old!

So, once again, a brilliant day. Special thanks to Tony Bell, Jennie Duncan, Janet Redpath and Helen Gillard for doing the timekeeping and position recording.

We rounded it off by retiring to Julian's to enjoy his superb barbecue. As usual it was noticeable that many more people were there than had been at the track!! The sun broke out and his garden was filled with lots of smiling Striders and friends!

Hope to see you all again next year!

Andy Garnett