



SPECTRUM STRIDERS

Affiliated to UKA and NoEAA

SPECTRUM STRIDERS TRACK MEETING 8th JULY 2006

RESULTS

1. MEN'S + LADIES MILE

Pos	Name	Race 1 Time	Race 2 Time
1	John Kewley	5.15.1	
2	Mat Rimmington	5.15.8	
3	Roderick Johnstone (Warrington RR)	5.18.1	
4	Julian Spencer	5.19.2	
5	Scott Liddell	5.44.4	
6	Malcolm Lingard	5.57.1	
7	Liz Farhall		5.57.8
7	Rob McHarry	6.01.2	
8	Cathy Dawson		6.02.1
9	Mick Charman (Helsby RC)		6.13.7
10	Phil Gillard		6.21.0
11	Georges Roullion (Guest)		6.25.8
12	Jo Dix-Baker		7.06.5
13	Steph Charman (Helsby RC)		7.33.5
14	Christine France		8.21.6

2. MEN'S + LADIES 400 M

	Pos	Name	Time	Overall Pos
HEAT 1	1	Mat Rimmington	0.57.7	1
	2	Julian Spencer	1.03.1	2
	3	Scott Liddell	1.03.7	3
	4	Malcolm Lingard	1.04.2	4
	5	Mike Salmon	1.07.7	5
	6	Rob McHarry	1.08.4	6
	7	Roderick Johnston (WRR)	1.08.4	7
	8	John Kewley	1.09.7	8
	9	Javid Sattar	1.11.9	11
HEAT 2	1	Liz Farhall	1.10.9	9
	1	Georges Roullion (Guest)	1.10.9	9
	3	Cathy Dawson	1.12.3	12
	4	David Redpath	1.14.2	13
	5	Geoff Wilson	1.17.6	14
	6	Janet Redpath	1.28.7	15

7	Steph Charman (Helsby RC)	1.33.5	16
8	Phillippe Rouillon (Guest)	1.38.9	17

3. LONG JUMP

	Jump 1	Jump 2	Position
Scott Liddell	417	416	1
Mike Salmon	400	413	2
Julian Spencer	389	357	3
Rob McHarry	362	365	4
John Kewley	356	313	5
Malcolm Lingard	No Jump	338	6
Charlotte France	337	329	7
Mat Rimmington	305	332	8
Roderick Johnstone (WRR)	288	320	9
Andy Smith (Helsby)	307	299	10
Georges Rouillon	249	244	11
Janet Redpath	x	233	12
Rebecca Dawson	226	228	13
Libby Fox	x	216	14
Sophie Dawson	150	126	15

4. MEN'S and LADIES 800M

	Pos	Name	Time	Overall Pos
HEAT 1	1	John Kewley	2.23.6	1
	2	Mat Rimmington	2.25.7	2
	3	Javid Sattar	2.27.0	3
	4	Julian Spencer	2.29.3	4
	5	Rodrick Johnstone	2.33.3	5
	6	Scott Liddell	2.34.0	6
	7	Malcolm Lingard	2.36.9	7
	8	Andy Smith	2.40.1	8
	9	Mike Salmon	2.47.0	9
HEAT 2	1	Liz Farhall	2.47.1	10
	2	Mick Charman (Helsby)	2.48.0	11
	3	Phil Gillard (Helsby)	2.50.0	12
	4	Cathy Dawson	2.51.8	13
	5	Georges Rouillon (Guest)	3.04.6	14
	6	Steph Charman (Helsby)	3.33.9	15
	7	Phillippe Rouillon (Guest)	3.49.1	16
	8	Christine France	3.55.2	17

5. MEN'S + LADIES 3000 M

	Pos	Name	Time
	1	Roderick Johnstone(WRR)	10.43.8
	2	Julian Spencer	11.03.3
	3	Scott Liddell	11.37.7
	4	Andy Smith (Helsby RC)	11.41.3
	5	John Kewley	12.25.0

7 Mixed 4 x 100 RELAY

Pos	Name	Time
1	Rob McHarry, Georges & Phillippe Rouillon, Malcolm Lingard	62.6
2	Liz Farhall, Cathy Dawson, Janet Redpath, Scott Liddell	63.9
3	Rebecca Dawson, Charlotte France, John Kewley, Julian Spencer	64.6
3	Christine France, Roderick Johnstone, David Redpath, Mat R	64.6
5	Andy Smith, Mike Charman, Steph Charman, Phil Gillard	70.0

8. Mixed 4 x 400 RELAY

Pos	Name	Time
1	Liz Farhall, Cathy Dawson, Janet Redpath, Scott Liddell	5.10.0
2	Christine France, Roderick Johnstone, David Redpath, Matt R	5.17.5
3	Andy Smith, Mike Charman, Steph Charman, Phil Gillard	5.26.6
4	Rebecca Dawson, Charlotte France, John Kewley, Julian Spencer	5.31.0
5	Eric Pendleton, Georges & Phillippe Rouillon, Malcolm Lingard	5.49.8

9. Sack Race

Pos	Name
1	Charlotte France
2	Rebecca Dawson
3	Mat Rimmington
4	Sophie Dawson (assisted by Cathy Dawson)
5	Roderick Johnstone

This, the eighteenth annual track meeting, was held on a cloudy day for a change. It was good to see some new faces down here today.

As usual, it was a great day - the competition was hard and we were thankful for the enthusiastic children who were keen to run (and give us a rest!!) between events – as well as an excuse to have the odd sweet. Great to have four guests from Helsby RC and also Roderick Johnstone representing Warrington Road Runners.

Julian and Jennie rounded the day off with a barbeque. The weather deteriorated for once but with the superb gazebo from Janet & Mike Salmon and the old Club tent allowing us to stay in the garden despite the drizzle but when it started raining properly most of us moved indoors. Thanks for all the food you contributed.

Thanks to Ron and Jennie for recording the positions and the times, well done everyone else who took part.

See you all again next year!

Julian Spencer