



SPECTRUM STRIDERS

Affiliated to UKA and NoEAA

SPECTRUM STRIDERS TRACK MEETING SAT. 12th JULY 2008

RESULTS

1. MEN'S + LADIES MILE

Pos	Name	Time
1.	Mike Houghton (Heat 1)	5.01
2.	Chris Dawson (Heat 1)	5.07
3.	Steve Watmough (Heat 1)	5.14
4.	Julian Spencer (Heat 1)	5.23
5.	Albert de Jong (Heat 2)	5.25
6.	Liz Whitfield (Heat 1)	5.30
7.	Ian Harris (Heat 1)	5.31
8.	Georges Roullion (Heat 1)	5.40
9.	Steve Martin (Heat 1)	5.48
10.	Caroline Jones (Heat 2)	5.54
11.	Rob McHarry (Heat 1)	6.02
12.	Jim Dawson (Heat 1)	6.06
13.	Karon Forster (Heat 2)	6.20
14.	Kit Whitfield (Heat 2)	6.23
15.	Alistair Raffel (Heat 2)	6.51
16.	Ian Carroll (Heat 2)	7.04
17.	Geoff Wilson (Heat 2)	7.12
18.	Kenny Black (Heat 2)	7.13
19.	Phoebe Dickinson (Heat 2)	7.35
20.	Eric Pendleton (Heat 2)	8.05
21.	Phillipe Rouillon (Heat 2)	8.11

2. MEN'S + LADIES 400 Metres

Heat 1

Pos	Name	Time (Sec)	Overall
1.	Mike Houghton	61	1 st
2.	Julian Spencer	63	2 nd
3.	Chris Dawson	64	3 rd
4.	Ian Carroll	64	4 th
5.	Steve Martin	66	5 th
6.	Liz Farhall	68	6 th =
7.	Ian Harris	68	6 th =
8.	Georges Roullion	72	11 th

Heat 2

Pos	Name	Time (Sec)	Overall
1.	Mike Salmon	68	6 th =
2.	Rob McHarry	69	9 th
3.	Alistair Raffel	70	10 th
4.	Kit Whitfield	77	12 th
5.	Jim Dawson	78	13 th
6.	Caroline Jones	79	14 th
7.	Geoff Wilson	81	15 th

3. LONG JUMP

Name	Jump 1	Jump 2	Position
Chris Dawson	4.03	3.87	1
Mike Salmon	3.88	3.88	2
Ian Carroll	3.51	3.82	3
Julian Spencer	3.50	3.70	4
Rob McHarry	3.44	3.12	5
Ian Harris	3.20	3.35	6
Georges Rouillon	3.13	2.64	7
Alistair Raffel	3.04	2.98	8
Caroline Jones	2.84	2.97	9
Liz Farhall	2.77	2.61	10
Jim Dawson	2.73	2.35	11
Phoebe Dickinson	1.82	2.05	12
Kids jumps - approx est			
Jordan Jones	1.85	1.75	13
Ellie Carroll	1.45	1.08	14=
Robert Salmon	1.45	1.15	14=
Laura Martin	1.28	No jump	16
Natasha Watmough	1.00	No jump	17

4. MEN'S and LADIES 800 Metres

Pos	Name	Time
1.	Julian Spencer	2.27
2.	Chris Dawson	2.35
3.	Liz Farhall	2.40
4.	Rob McHarry	2.49
5.	Janet Salmon	3.03
6.	Kit Whitfield	3.04
7.	Donna Carroll	3.14
8.	Geoff Wilson	3.26
9.	Phoebe Dickinson	3.45
10.	Phillipe Rouillon (guest)	3.49

5. MEN'S + LADIES 3000 Metres

Pos	Name	Time
1.	Chris Dawson	10.39
2.	Julian Spencer	10.56
3.	Steve Martin	11.21
4.	Ian Harris	11.23
5.	Jim Dawson	12.10
6.	Karon Forster	12.54
7.	Kenny Black	14.34
8.	Ian Carroll	15.30
9.	Phoebe Dickinson	15.42
10.	Eric Pendleton	16.35

6. Mixed 4 x 100 RELAY

Pos	Name	Time
1	Rob McHarry, Ian Carroll, Jim Dawson, Chris Dawson	61 sec
2	Julian Spencer Phoebe Dickinson, Kit Whitfield, Liz Farhall	62 sec
3	Ian Harris, Donna Carroll, Carol Stynes, Steve Martin	72 sec

7. Mixed 4 x 400 RELAY

Pos	Name	Time
1	Rob McHarry, Ian Carroll, Jim Dawson, Chris Dawson	4.57
2	Ian Harris, Donna Carroll, Carol Stynes, Steve Martin	5.01
3	Julian Spencer Phoebe Dickinson, Kit Whitfield, Liz Farhall	5.04

Our twentieth annual track meeting was held on a mostly overcast and fresh day. Quite a contrast from the heavy rain we have had over the last few weeks. 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 the "bigger kids" a rest, between their events.

The day was rounded off with another excellent barbeque at the Chairman's house. Thanks everyone for the contributions towards the food. It was great as well to celebrate Eric's 80th birthday. Eric brought a long a case of champagne which we all enjoyed but lots of you sadly missed, everyone there thought it was great. To celebrate the birthday Julian aquired a photocake from ASDA with a great picture of Eric from the newsletter showing Eric caked in mud from the last Wilmslow crosscountry race. The BBQ went on until 11pm, the latest ever.

Thanks also to Bernie Krawczyk, Rick Ridings, Carol Rouillon and for recording the positions and the times, well done everyone else who took part.

Julian Spencer