



# Spectrum Striders RC

Affiliated to UK Athletics and NoEAA

SPECTRUM STRIDERS FAMILY TRACK DAY SAT. 14<sup>th</sup> JULY 2012

## RESULTS

### 1. MEN'S + LADIES MILE

| Pos | Name in Heat 1          | Time |
|-----|-------------------------|------|
| 1.  | Chris Millington        | 5:12 |
| 2.  | Stephen Pilditch        | 5:23 |
| 3.  | Julian Spencer          | 5:32 |
| 4.  | Tim Murphy              | 5:41 |
| 5.  | Liz Whitfield           | 5:43 |
| 6.  | Andy Gaskell            | 5:47 |
| 7.  | Rob McHarry             | 5:53 |
| 8.  | Dillon Alcock           | 6:09 |
| 9.  | Karon Forster           | 6:14 |
| 10. | Paul Porter (Helsby RC) | 6:23 |

| Pos | Name in Heat 2         | Time |
|-----|------------------------|------|
| 1.  | Phillip Rose           | 5:58 |
| 2.  | Kenny Forster          | 6:02 |
| 3.  | Andy Smith (Helsby RC) | 6:15 |
| 4.  | Mick Charman           | 6:18 |
| 5.  | Karl Alldred           | 6:46 |
| 6.  | Alan Peers             | 6:53 |
| 7.  | Vince Alcock           | 7:11 |
| 8.  | Gwendy Gibson          | 7:12 |
| 9.  | Heather Garland        | 7:20 |
| 10. | Christine Ramsdale     | 8:31 |

### 2. MEN'S + LADIES 400 Metres

#### Heat 1

| Pos | Name             | Time (sec) | Overall |
|-----|------------------|------------|---------|
| 1.  | Stephen Pilditch | 62         |         |
| 2.  | Julian Spencer   | 65         |         |
| 3.  | Tim Murphy       | 69         |         |
| 4.  | Rob McHarry      | 70         |         |
| 5.  | Liz Whitfield    | 72         |         |
| 6.  | Andy Gaskell     | 75         |         |
| 7.  | Dillon Alcock    | 80         |         |

#### Heat 2

| Pos | Name                    | Time (sec) | Overall |
|-----|-------------------------|------------|---------|
| 1.  | Wes Gaskell             | 74         |         |
| 2.  | Paul Porter (Helsby RC) | 76         |         |
| 3.  | Alan Peers              | 80         |         |
| 4.  | Andy Smith (Helsby RC)  | 83         |         |
| 5.  | Karl Alldred            | 84         |         |
| 6.  | Vince Alcock            | 86         |         |
| 7.  | Emily Sinkinson         | 91         |         |
| 8.  | Bill Bradley            | 92         |         |
| 9.  | Gwendy Gibson           | 93         |         |
| 10. | Heather Garland         | 95         |         |

### 3. LONG JUMP

| Name             | Jump 1      | Jump 2      | Jump 3      | Position |
|------------------|-------------|-------------|-------------|----------|
| Rebecca Forster  | No Jump     | <b>3.91</b> | 3.44        | 1        |
| Stuart Andrew    | 3.61        | <b>3.89</b> | 3.60        | 2        |
| Dan Middlebrook  | <b>3.83</b> | No Jump     | No Jump     | 3        |
| Stephen Pilditch | 3.50        | <b>3.75</b> | 3.74        | 4        |
| Julian Spencer   | 3.59        | <b>3.66</b> | 3.60        | 5        |
| Tim Murphy       | 3.40        | 3.43        | <b>3.62</b> | 6        |
| Rob McHarry      | 3.23        | 3.49        | <b>3.51</b> | 7        |
| Emily Sinkinson  | 2.85        | <b>3.02</b> | 2.72        | 8        |
| Heather Garland  | <b>2.97</b> | 2.70        | 2.57        | 9=       |
| Jim Dawson       | 2.95        | 2.94        | <b>2.97</b> | 9=       |
| Andy Smith       | 2.84        | 2.65        | <b>2.96</b> | 11       |
| Bill Bradley     | <b>2.76</b> | 2.41        | <b>x</b>    | 12       |
| Jasmin Jones     | 1.57        | x           | x           | 13       |

### 4. MEN'S and LADIES 800 Metres

| Pos | Name                   | Time |
|-----|------------------------|------|
| 1.  | Stephen Pilditch       | 2:20 |
| 2.  | Mike Welsby            | 2:25 |
| 3.  | Julian Spencer         | 2:32 |
| 4.  | Tim Murphy             | 2:39 |
| 5.  | Andy Gaskell           | 2:41 |
| 6.  | Liz Whitfield          | 2:45 |
| 7.  | Jim Dawson             | 2:49 |
| 8.  | Phillip Rose           | 2:51 |
| 9.  | Andy Smith (Helsby RC) | 2:57 |
| 10. | Gwendy Gibson          | 3:00 |
| 11. | Alan Peers             | 3:13 |
| 12. | Karl Alldred           | 3:16 |
| 13. | Heather Garland        | 3:22 |

### 5. MEN'S + LADIES 3000 Metres

| Pos | Name                   | Time  |
|-----|------------------------|-------|
| 1.  | Chris Millington       | 10:38 |
| 2.  | Mike Welsby            | 11:08 |
| 3.  | Stephen Pilditch       | 11:15 |
| 4.  | Julian Spencer         | 11:20 |
| 5.  | Jim Dawson             | 11:23 |
| 6.  | Liz Whitfield          | 12:05 |
| 7.  | Karon Forster          | 12:22 |
| 8.  | Kenny Forster          | 12:23 |
| 9.  | Andy Smith (Helsby RC) | 12:27 |
| 10. | Mick Charman           | 13:12 |
| 11. | Alan Peers             | 14:02 |
| 12. | Heather Garland        | 14:56 |
| 13. | Ken Black              | 17:44 |

### 6. Mixed 4 x 200 RELAY 4 teams ran but no details were recorded

Our twenty-fourth annual family track day was held on a surprisingly warm and sunny day. As usual, we had a great time – everyone ran hard and there were some amazingly competitive finishes. Whether Mike Welsby overtook Andy Smith on the finish line in the 4x200m relay remains with the steward's inquiry. We were, as usual, very thankful for the enthusiastic children who were keen to run and give us a rest between the big kids events. The bucket and sponges game for the kids was great, although some of the little ones had to be guided to the right bucket. It was like It's A Knockout of old! The barbeque chez Julian afterwards was great with about 40 hungry runners returning to devour my house (contents). Thanks to Steve Martin, Andrea Millington and John Ramsdale for recording the positions and the times, well done everyone else who took part.

Julian