

ROLLS-ROYCE HARRIERS

800, 400, 200 AND 100 METRE TRACK RACE RESULTS WEDNESDAY 4 SEPTEMBER 2019

800m RACE

<u>POS</u>	<u>NAME</u>	<u>TIME</u>
1	MIKE WOOD	2-57.3
2	CHRIS HUNT	2-57.6
3	ANDY NORMAN	3-01.9
4	SIMON COOK	3-02.4
5	JULIAN SMITH	3-10.2
6	ELOM ADZAHO	3-16.9
7	MARK FOWELL	3-17.8
8	NEAL FELLOWS	3-33.4
9	GILLIAN WHITESIDE	3-55.6

400m RACE

<u>POS</u>	<u>NAME</u>	<u>TIME</u>
1	SIMON COOK	1-16
2	JULIAN SMITH	1-21
3	MIKE WOOD	1-24
4	NEAL FELLOWS	1-29
5	ELOM ADZAHO	1-33
6	MARK FOWELL	1-47
7	GILLIAN WHITESIDE	1-49

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200m RACE 1

<u>POS</u>	<u>NAME</u>	<u>TIME</u>
1	ANDY NORMAN	31.7
2	SIMON COOK	34.2
3	JULIAN SMITH	36.9
5	CHRIS HUNT	38.9

200m RACE 2

<u>POS</u>	<u>NAME</u>	<u>TIME</u>
1	NEAL FELLOWS	34.7
2	MIKE WOOD	37.1
3	ELOM ADZAHO	42.1
4	MARK FOWELL	46.4
5	GILLIAN WHITESIDE	46.8

100m RACE 1

<u>POS</u>	<u>NAME</u>	<u>TIME</u>
1	SIMON COOK	15.72
2	ANDY NORMAN	16.25
3	JULIAN SMITH	17.53
4	NEAL FELLOWS*	25.32

*Pulled up

100m RACE 2

<u>POS</u>	<u>NAME</u>	<u>TIME</u>
1	ELOM ADZAHO	16.87
2	MIKE WOOD	17.64
3	GILLIAN WHITESIDE	21.35
4	MARK FOWELL	22.99

TIMEKEEPER JON LEEK, RECORDERS GILLIAN WHITESIDE, ANDY NORMAN
STARTERS FOR 100 AND 200 METRES NEAL FELLOWS, CHRIS HUNT