

Southern Counties Veterans Athletics Club
Outdoor Track and Field Championships 25th May 2019
Tilsley Park, Abingdon

M35

100m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	5	Allan Mc Sween	Thames Valley Harriers	11.76	0.60	G
2	6	Kevin Wheeler	Havant AC	12.89	0.60	S

200m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	5	Allan Mc Sween	Thames Valley Harriers	23.71	4.2	G
2	6	Kevin Wheeler	Havant AC	26.04	4.2	S

5000m			Final			
Pos	No	Athlete	Club	Perf		Medal
1	2	Edward Brooks (G)	Oxford University AC	16:55.77		-
2	1	Alexander Betts (G)	Oxford University AC	16:58.67		-

Shot			Final			
Pos	No	Athlete	Club	Perf		Medal
1	4	Benjamin Howard (G)	Burton AC	9.47		-

Discus			Final			
Pos	No	Athlete	Club	Perf		Medal
1	4	Benjamin Howard (G)	Burton AC	28.50		-

Hammer			Final			
Pos	No	Athlete	Club	Perf		Medal
1	4	Benjamin Howard (G)	Burton AC	19.41		-

Javelin			Final			
Pos	No	Athlete	Club	Perf		Medal
1	4	Benjamin Howard (G)	Burton AC	38.79		-

M40

100m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	7	Michael Barough	Oxford City AC	11.63	0.60	G
2	11	Adam Richards-Gray	Oxford City AC	12.75	0.60	S
3	9	Keith Lok (G)	Corby AC	13.14	0.60	-

200m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	7	Michael Barough	Oxford City AC	23.27	4.2	G
2	11	Adam Richards-Gray	Oxford City AC	26.03	4.2	S
3	9	Keith Lok (G)	Corby AC	26.80	4.2	-

Shot			Final			
Pos	No	Athlete	Club	Perf		Medal
1	12	Dan Upton	Richmond & Zetland Harriers	12.44		G

Discus			Final			
Pos	No	Athlete	Club	Perf		Medal
1	12	Dan Upton	Richmond & Zetland Harriers	38.88		G

Hammer			Final			
Pos	No	Athlete	Club	Perf		Medal
1	12	Dan Upton	Richmond & Zetland Harriers	33.77		G

M45

100m			Final				
Pos	No	Athlete	Club	Perf	w/s	Medal	
1	15	Neil Lincoln	Holland Sports AC	12.81	1.60	G	
200m			Final				
Pos	No	Athlete	Club	Perf	w/s	Medal	
1	18	David Shortridge	Victoria Park Harriers and TH AC	25.94	1.9	G	
2	15	Neil Lincoln	Holland Sports AC	25.95	1.9	S	
400m			Final				
Pos	No	Athlete	Club	Perf		Medal	
1	13	Simon Ciaravella	Southampton Athletic Club	58.93		G	
110m Hurdles			Final				
Pos	No	Athlete	Club	Perf	w/s	Medal	
1	18	David Shortridge	Victoria Park Harriers and TH AC	24.22	2.7	-	
400m Hurdles			Final				
Pos	No	Athlete	Club	Perf		Medal	
1	18	David Shortridge	Victoria Park Harriers and TH AC	73.19		G	
Long Jump			Final				
Pos	No	Athlete	Club	Perf		Medal	
1	15	Neil Lincoln	Holland Sports AC	5.58		G	
Triple Jump			Final				
Pos	No	Athlete	Club	Perf		Medal	
1	15	Neil Lincoln	Holland Sports AC	10.60		G	
Shot			Final				
Pos	No	Athlete	Club	Perf		Medal	
1	16	Stephen Mccauley (G)	Oxford City AC	14.15		-	CBP
Discus			Final				
Pos	No	Athlete	Club	Perf		Medal	
1	16	Stephen Mccauley (G)	Oxford City AC	42.28		-	

M50

100m			Final				
Pos	No	Athlete	Club	Perf	w/s	Medal	
1	26	Darren Scott	St Helens Sutton AC	11.47	1.60	G	CBP
2	19	Kerry Courtenay-Robin (G)	Marshall Milton Keynes AC	12.54	1.60	-	
3	28	Nigel Whiting	Oxford City AC	12.84	1.60	S	
4	23	Nick Jones	Watford Harriers	13.42	1.60	B	
200m			Final				
Pos	No	Athlete	Club	Perf	w/s	Medal	
1	19	Kerry Courtenay-Robin (G)	Marshall Milton Keynes AC	26.39	3.7	-	
2	25	Barrie Marsden	Wycombe Phoenix Harriers & AC	27.42	3.7	G	
3	23	Nick Jones	Watford Harriers	28.09	3.7	S	
800m			Final				
Pos	No	Athlete	Club	Perf		Medal	
1	22	Alex Haines (G)	Midland Masters AC	2:22.79		-	
100m Hurdles			Final				
Pos	No	Athlete	Club	Perf	w/s	Medal	
1	25	Barrie Marsden	Wycombe Phoenix Harriers & AC	14.93	1.70	G	CBP

400m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	24	Hugues Lopic (G)	Veterans AC	78.38	-

Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	25	Barrie Marsden	Wycombe Phoenix Harriers & AC	10.45	G

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	21	Robert Eales (G)	Newport Harriers AC	10.95	-
2	27	Gwynn Wallace	Radley Athletic Club	9.80	G
3	29	Simon Wills (G)	Birchfield Harriers	7.94	-

Discus			Final		
Pos	No	Athlete	Club	Perf	Medal
1	27	Gwynn Wallace	Radley Athletic Club	31.87	G
2	29	Simon Wills (G)	Birchfield Harriers	25.19	-

Hammer			Final		
Pos	No	Athlete	Club	Perf	Medal
1	21	Robert Eales (G)	Newport Harriers AC	27.76	-
2	27	Gwynn Wallace	Radley Athletic Club	26.68	-
3	29	Simon Wills (G)	Birchfield Harriers	18.98	-

Javelin			Final		
Pos	No	Athlete	Club	Perf	Medal
1	26	Darren Scott	St Helens Sutton AC	36.26	G
2	27	Gwynn Wallace	Radley Athletic Club	34.60	S

M55

100m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	30	Steve Beak	Woking AC	12.20	3.5	G =CBP
2	51	Neil Tunstall (G)	Cornwall AC	12.82	0.7	-
3	43	Roy Nelson	Radley Athletic Club	12.84	3.5	S
4	36	Paul Guest (G)	Yeovil Olympiads AC	12.89	0.7	-
5	40	Allan Leiper	Aldershot Farnham & District	13.14	3.5	B
6	50	Vincent Taylor (G)	Bournemouth AC	13.24	0.7	-
7	44	Dion Panambalana	Herne Hill Harriers	13.35	3.5	-
8	47	Glen Reddington	Windsor Slough Eton & Hounslow AC	13.51	3.5	-
9	33	Adam Garel	Epsom & Ewell Harriers	13.83	3.5	-

200m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	30	Steve Beak	Woking AC	25.43	3.5	G
2	43	Roy Nelson	Radley Athletic Club	25.90	3.5	S
3	51	Neil Tunstall (G)	Cornwall AC	25.95	3.5	-
4	50	Vincent Taylor (G)	Bournemouth AC	27.97	3.5	-
5	34	Kemal Gediz	Bexley AC	29.46	3.5	B

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	43	Roy Nelson	Radley Athletic Club	59.60	G
2	34	Kemal Gediz	Bexley AC	64.41	S

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	32	Philip Cross	Woking AC	2:56.16	G

1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	32	Philip Cross	Woking AC	5:34.13	G

5000m			Final				
Pos	No	Athlete	Club	Perf	Medal		
1	32	Philip Cross	Woking AC	19:53.81	G		
100m Hurdles			Final				
Pos	No	Athlete	Club	Perf	w/s	Medal	
1	51	Neil Tunstall (G)	Cornwall AC	15.44	1.7	-	CBP
2	47	Glen Reddington	Windsor Slough Eton & Hounslow AC	16.45	1.7	G	
3	36	Paul Guest (G)	Yeovil Olympiads AC	17.52	1.7	-	
4	49	Pete Stepney	Abingdon AC	18.26	1.7	S	
400m Hurdles			Final				
Pos	No	Athlete	Club	Perf	Medal		
1	47	Glen Reddington	Windsor Slough Eton & Hounslow AC	72.78	G		
2	39	Danny Hodge (G)	Windsor Slough Eton & Hounslow AC	76.91	-		
Pole Vault			Final				
Pos	No	Athlete	Club	Perf	Medal		
1	49	Pete Stepney	Abingdon AC	2.40	G		
	40	Allan Leiper	Aldershot Farnham & District	nm	-		
Long Jump			Final				
Pos	No	Athlete	Club	Perf	Medal		
1	36	Paul Guest (G)	Yeovil Olympiads AC	5.20	-		
2	50	Vincent Taylor (G)	Bournemouth AC	4.27	-		
Triple Jump			Final				
Pos	No	Athlete	Club	Perf	Medal		
1	44	Dion Panambalana	Herne Hill Harriers	8.86	G		
Shot			Final				
Pos	No	Athlete	Club	Perf	Medal		
1	40	Allan Leiper	Aldershot Farnham & District	12.32	G		
2	45	Steve Pomeroy (G)	Abingdon AC	11.45	-		
3	37	Andrew Hall	Chichester Runners & AC	10.66	S		
4	42	Chris Michael (G)	Veterans AC	7.05	-		
Discus			Final				
Pos	No	Athlete	Club	Perf	Medal		
1	31	Robert Broadbridge (G)	Newbury AC	39.02	-		
2	40	Allan Leiper	Aldershot Farnham & District	34.80	G		
3	45	Steve Pomeroy (G)	Abingdon AC	34.71	-		
4	46	Trevor Ratcliffe	Dacorum & Tring AC	34.42	S		
5	48	Andrew Rushbrook	Bexley AC	29.21	B		
6	42	Chris Michael (G)	Veterans AC	18.29	-		
Hammer			Final				
Pos	No	Athlete	Club	Perf	Medal		
1	37	Andrew Hall	Chichester Runners & AC	43.15	G		
2	45	Steve Pomeroy (G)	Abingdon AC	34.19	-		
3	48	Andrew Rushbrook	Bexley AC	32.57	S		
4	46	Trevor Ratcliffe	Dacorum & Tring AC	32.42	B		
Javelin			Final				
Pos	No	Athlete	Club	Perf	Medal		
1	46	Trevor Ratcliffe	Dacorum & Tring AC	49.26	G	CBP	
M60			Final				
100m			Final				
Pos	No	Athlete	Club	Perf	w/s	Medal	
1	68	Andy Mccrum	Basingstoke & Mid Hants AC	13.04	0.7	G	
2	71	Wilson Paterson (G)	Corby AC	14.21	0.7	-	

200m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	68	Andy Mccrum	Basingstoke & Mid Hants AC	27.49	1.9	G
2	71	Wilson Paterson (G)	Corby AC	30.04	1.9	-
3	72	Thomas Scrase	Radley Athletic Club	30.34	1.9	S
800m			Final			
Pos	No	Athlete	Club	Perf		Medal
1	56	David Crossland	Maidenhead AC	2:26.33		G
2	60	David Foley	Ealing Southall & Middlesex AC	2:34.21		S
3	57	Alan Dolton	Striders Of Croydon	2:59.15		B
1500m			Final			
Pos	No	Athlete	Club	Perf		Medal
1	56	David Crossland	Maidenhead AC	5:04.11		G
5000m			Final			
Pos	No	Athlete	Club	Perf		Medal
1	69	Colin Oxlade	Croydon Harriers	21:15.33		G
2	65	Michael Kelly (G)	Marshall Milton Keynes AC	23:37.64		-
2000m Steeplechase			Final			
Pos	No	Athlete	Club	Perf		Medal
1	62	Mark Hargreaves	City Of Portsmouth AC	7:57.71		- CBP
2	69	Colin Oxlade	Croydon Harriers	9:02.87		-
3000m Walk			Final			
Pos	No	Athlete	Club	Perf		Medal
1	63	Paul Hawkins (G)	Stratford Upon Avon AC	18:38.49		-
Pole Vault			Final			
Pos	No	Athlete	Club	Perf		Medal
1	61	Alan Hardy	Blackheath & Bromley Harriers AC	2.20		-
Long Jump			Final			
Pos	No	Athlete	Club	Perf		Medal
1	68	Andy Mccrum	Basingstoke & Mid Hants AC	4.85		G
2	67	Stephen Langford	Ashford AC	4.78		S
3	72	Thomas Scrase	Radley Athletic Club	3.94		B
Shot			Final			
Pos	No	Athlete	Club	Perf		Medal
1	52	Alex Ahmet	Radley Athletic Club	9.83		G
2	53	Mike Bale	Haywards Heath Harriers	8.29		S
3	58	Jacek Drzewiecki	Bracknell AC	8.25		B
Discus			Final			
Pos	No	Athlete	Club	Perf		Medal
1	58	Jacek Drzewiecki	Bracknell AC	39.75		G
2	70	Graeme Packman (G)	Bedford & County AC	33.24		-
3	53	Mike Bale	Haywards Heath Harriers	27.84		S
Hammer			Final			
Pos	No	Athlete	Club	Perf		Medal
1	58	Jacek Drzewiecki	Bracknell AC	33.52		G
2	53	Mike Bale	Haywards Heath Harriers	32.44		S
Javelin			Final			
Pos	No	Athlete	Club	Perf		Medal
1	59	John Fenton	Dartford Harriers AC	45.51		G CBP
2	66	Stephen Langdon	Blackheath & Bromley Harriers AC	38.63		S
3	52	Alex Ahmet	Radley Athletic Club	24.52		-

M65

100m			Final				
Pos	No	Athlete	Club	Perf	w/s	Medal	
1	78	John Browne (G)	Marshall Milton Keynes AC	12.87	3.3	-	CBP
2	88	Tom Phillips	Blackheath & Bromley Harriers AC	13.20	3.3	G	
3	87	Chris Padmore	Oxford City AC	13.28	3.3	S	
4	95	Ray Watkins	Basingstoke & Mid Hants AC	13.96	3.3	B	
5	80	Stephen Ford	Aldershot Farnham & District	15.09	3.3	-	

200m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	78	John Browne (G)	Marshall Milton Keynes AC	27.50	1.5	-
2	88	Tom Phillips	Blackheath & Bromley Harriers AC	28.35	1.5	G
3	95	Ray Watkins	Basingstoke & Mid Hants AC	28.66	1.5	S
4	80	Stephen Ford	Aldershot Farnham & District	31.66	1.5	B

400m			Final			
Pos	No	Athlete	Club	Perf		Medal
1	87	Chris Padmore	Oxford City AC	66.50		G

800m			Final			
Pos	No	Athlete	Club	Perf		Medal
1	82	David Jones (G)	Stratford Upon Avon AC	2:46.88		-
2	92	Trevor Solomon (G)	Veterans AC	2:57.24		-

100m Hurdles			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	93	Duncan Talbot	Abingdon AC	21.17	2.7	G

300m Hurdles			Final			
Pos	No	Athlete	Club	Perf		Medal
1	93	Duncan Talbot	Abingdon AC	59.03		G

High Jump			Final			
Pos	No	Athlete	Club	Perf		Medal
1	93	Duncan Talbot	Abingdon AC	1.34		G

Long Jump			Final			
Pos	No	Athlete	Club	Perf		Medal
1	74	Kevin Bates (G)	Nene Valley Harriers	3.61		-

Triple Jump			Final			
Pos	No	Athlete	Club	Perf		Medal
1	94	Ian Thomson	Southern Counties Veterans AC	9.17		G

Shot			Final			
Pos	No	Athlete	Club	Perf		Medal
1	89	Tony Richards	Croydon Harriers	10.99		G
2	86	Paul Oakes (G)	Ryston Runners	10.00		-
3	74	Kevin Bates (G)	Nene Valley Harriers	8.98		-
4	90	Bunt Scott (G)	Marshall Milton Keynes AC	8.37		-
5	84	Tony McCreery (G)	Reading AC	7.79		-

Discus			Final			
Pos	No	Athlete	Club	Perf		Medal
1	89	Tony Richards	Croydon Harriers	33.47		G
2	86	Paul Oakes (G)	Ryston Runners	33.19		-
3	90	Bunt Scott (G)	Marshall Milton Keynes AC	32.15		-
4	85	Timothy Needham (G)	Nene Valley Harriers	30.58		-
5	84	Tony McCreery (G)	Reading AC	26.92		-
6	80	Stephen Ford	Aldershot Farnham & District	25.89		S
7	74	Kevin Bates (G)	Nene Valley Harriers	24.89		-
8	76	John Blackwell (G)	Nene Valley Harriers	22.77		-

Hammer			Final		
Pos	No	Athlete	Club	Perf	Medal
1	89	Tony Richards	Croydon Harriers	31.93	G
2	86	Paul Oakes (G)	Ryston Runners	30.15	-
3	90	Bunt Scott (G)	Marshall Milton Keynes AC	29.35	-
4	85	Timothy Needham (G)	Nene Valley Harriers	28.84	-
5	76	John Blackwell (G)	Nene Valley Harriers	28.28	-
6	77	Robert Bridges	Belgrave Harriers	26.87	S

Javelin			Final		
Pos	No	Athlete	Club	Perf	Medal
1	75	Mike Bennett	Southern Counties Veterans AC	35.23	G
2	79	Joe Eastwood	Walton AC	32.29	S
3	84	Tony McCreery (G)	Reading AC	29.27	-
4	90	Bunt Scott (G)	Marshall Milton Keynes AC	26.89	-

M70

100m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	102	Victor Novell	Southampton Athletic Club	14.12	1.9	G
2	101	Neal Mason (G)	South West Veterans AC	14.84	1.9	-
3	107	Tony Wells (G)	Corby AC	15.04	1.9	-
4	99	Bruce Hendrie (G)	Banbury Harriers AC	15.20	1.9	-

200m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	102	Victor Novell	Southampton Athletic Club	30.04	0.8	G
2	107	Tony Wells (G)	Corby AC	31.72	0.8	-
3	98	John Exley	Oxford City AC	37.09	0.8	S
4	104	John Trory	Road Runners Club	38.36	0.8	B

400m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	103	David Spencer	Brighton & Hove AC	68.14	G	CBP
2	99	Bruce Hendrie (G)	Banbury Harriers AC	72.59	-	
3	98	John Exley	Oxford City AC	78.76	S	
4	104	John Trory	Road Runners Club	88.26	B	
5	106	Derek Wardle (G)	Veterans AC	95.37	-	

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	104	John Trory	Road Runners Club	3:35.04	G

1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	96	Alan Davidson	Liss Runners	7:42.97	-

80m Hurdles			Final				
Pos	No	Athlete	Club	Perf	w/s	Medal	
1	107	Tony Wells (G)	Corby AC	14.39	3.0	-	CBP

Pole Vault			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	101	Neal Mason (G)	South West Veterans AC	3.10	-	CBP

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	99	Bruce Hendrie (G)	Banbury Harriers AC	3.71	-

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	105	Geoff Tyler (G)	Chelmsford AC	12.00	-

Discus			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	105	Geoff Tyler (G)	Chelmsford AC	33.12	-	
2	97	Peter Daw (G)	South West Veterans AC	23.53	-	
Javelin			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	97	Peter Daw (G)	South West Veterans AC	30.59	-	
M75						
100m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	108	Roger Bruck	Barnet & District AC	18.82	1.9	G
200m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	108	Roger Bruck	Barnet & District AC	41.56	0.8	G
800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	113	Winston Laing	Southern Counties Veterans AC	3:01.46	G	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	108	Roger Bruck	Barnet & District AC	1.15	G =CBP	
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	108	Roger Bruck	Barnet & District AC	3.18	G	
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	112	David Kuester (G)	Bicester AC	8.86	-	
2	110	John Gilbert	Invicta East Kent AC	8.41	G	
Discus			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	112	David Kuester (G)	Bicester AC	25.34	-	
2	110	John Gilbert	Invicta East Kent AC	22.40	G	
Hammer			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	112	David Kuester (G)	Bicester AC	31.22	-	
2	110	John Gilbert	Invicta East Kent AC	29.10	G	
Javelin			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	112	David Kuester (G)	Bicester AC	21.71	-	
M80						
Javelin			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	114	Victor Adcock	Southern Counties Veterans AC	28.10	G CBP	
W35						
100m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	115	Emily Fry	Southampton Athletic Club	12.92	3.7	G

100m Hurdles			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	116	Nene Harrison	Shaftesbury Barnet Harriers	16.85	2.7	G
High Jump			Final			
Pos	No	Athlete	Club	Perf		Medal
1	116	Nene Harrison	Shaftesbury Barnet Harriers	1.34		G
Pole Vault			Final			
Pos	No	Athlete	Club	Perf		Medal
1	117	Helen Leadbetter	Ealing Southall & Middlesex AC	2.30		-
Long Jump			Final			
Pos	No	Athlete	Club	Perf		Medal
1	117	Helen Leadbetter	Ealing Southall & Middlesex AC	4.56		G
Triple Jump			Final			
Pos	No	Athlete	Club	Perf		Medal
1	117	Helen Leadbetter	Ealing Southall & Middlesex AC	8.66		G
Javelin			Final			
Pos	No	Athlete	Club	Perf		Medal
1	116	Nene Harrison	Shaftesbury Barnet Harriers	25.56		G
W40						
100m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	119	Karen Burles	Reading AC	12.95	3.7	G
2	123	Leanne Wellings	Wycombe Phoenix Harriers & AC	13.53	3.7	S
200m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	119	Karen Burles	Reading AC	26.85	2.0	G
2	123	Leanne Wellings	Wycombe Phoenix Harriers & AC	28.85	2.0	S
3	121	Sally Parry	Epsom & Ewell Harriers	30.85	2.0	B
400m			Final			
Pos	No	Athlete	Club	Perf		Medal
1	121	Sally Parry	Epsom & Ewell Harriers	69.01		G
Pole Vault			Final			
Pos	No	Athlete	Club	Perf		Medal
1	120	Carine Muir	Abingdon AC	2.30		G
Long Jump			Final			
Pos	No	Athlete	Club	Perf		Medal
1	119	Karen Burles	Reading AC	4.56		G
Shot			Final			
Pos	No	Athlete	Club	Perf		Medal
1	118	Marianne Berndt	Bexley AC	10.10		G
Discus			Final			
Pos	No	Athlete	Club	Perf		Medal
1	118	Marianne Berndt	Bexley AC	31.70		G

W45

100m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	131	Kathryn Miles	Winchester & District AC	13.66	3.1	G
2	127	Yvette Clayton (G)	Corby AC	13.80	3.1	-
3	136	Popsie Wootten	Oxford City AC	14.35	3.1	S
4	134	Kelly Roberts	Aldershot Farnham & District	14.59	3.1	B
5	125	Lisa Carpenter (G)	Swindon Harriers	15.34	3.1	-

200m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	127	Yvette Clayton (G)	Corby AC	28.54	2.0	-
2	131	Kathryn Miles	Winchester & District AC	28.99	2.0	G
3	135	Jo Wilding	Brighton & Hove AC	29.11	2.0	S
4	136	Popsie Wootten	Oxford City AC	29.56	2.1	B
5	134	Kelly Roberts	Aldershot Farnham & District	31.25	2.0	-

400m			Final			
Pos	No	Athlete	Club	Perf		Medal
1	132	Jenny O'Connor	Newbury AC	66.88		G
2	125	Lisa Carpenter (G)	Swindon Harriers	69.52		-

1500m			Final			
Pos	No	Athlete	Club	Perf		Medal
1	128	Susan Francis	Reading AC	5:31.59		G

5000m			Final			
Pos	No	Athlete	Club	Perf		Medal
1	130	Emma Huepfl	Radley Athletic Club	19:57.75		G

80m Hurdles			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	135	Jo Wilding	Brighton & Hove AC	14.09	3.0	G

400m Hurdles			Final			
Pos	No	Athlete	Club	Perf		Medal
1	135	Jo Wilding	Brighton & Hove AC	76.15		G
2	132	Jenny O'Connor	Newbury AC	76.84		S

2000m Steeplechase			Final			
Pos	No	Athlete	Club	Perf		Medal
1	133	Ana Ramos-Villaverde	Radley Athletic Club	8:16.29		G CBP

High Jump			Final			
Pos	No	Athlete	Club	Perf		Medal
1	135	Jo Wilding	Brighton & Hove AC	1.37		G

Shot			Final			
Pos	No	Athlete	Club	Perf		Medal
1	129	Vanessa Hannam	Medway and Maidstone AC	10.44		G

Discus			Final			
Pos	No	Athlete	Club	Perf		Medal
1	124	Emma Beales (G)	Marshall Milton Keynes AC	40.09		- CBP
2	129	Vanessa Hannam	Medway and Maidstone AC	37.44		G

Javelin			Final			
Pos	No	Athlete	Club	Perf		Medal
1	129	Vanessa Hannam	Medway and Maidstone AC	24.50		G

W50

100m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	145	Michele Wakefield	Oxford City AC	14.52	3.7	G
2	141	Linda Pitts (G)	Newbury AC	14.59	3.7	-
3	146	Rachel Waters (G)	Epsom & Ewell Harriers	15.36	3.7	-
4	138	Tracey Brockbank	Brighton & Hove AC	16.84	3.7	S

200m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	139	Janet Dickinson (G)	Bournemouth AC	28.19	3.3	-
2	145	Michele Wakefield	Oxford City AC	30.78	3.3	G
3	141	Linda Pitts (G)	Newbury AC	31.00	3.3	-
4	144	Philippa Terry	Abingdon AC	32.46	3.3	S
5	140	Samantha Egerton (G)	Abingdon AC	35.61	3.3	-

80m Hurdles			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	139	Janet Dickinson (G)	Bournemouth AC	14.37	3.0	-
2	144	Philippa Terry	Abingdon AC	16.54	3.0	G
3	138	Tracey Brockbank	Brighton & Hove AC	20.18	3.0	-

300m Hurdles			Final			
Pos	No	Athlete	Club	Perf		Medal
1	139	Janet Dickinson (G)	Bournemouth AC	50.64		- CBP

2000m Steeplechase			Final			
Pos	No	Athlete	Club	Perf		Medal
1	143	Alison Smith	Radley Athletic Club	10:12.62		G

High Jump			Final			
Pos	No	Athlete	Club	Perf		Medal
1	139	Janet Dickinson (G)	Bournemouth AC	1.37		- CBP

Long Jump			Final			
Pos	No	Athlete	Club	Perf		Medal
1	144	Philippa Terry	Abingdon AC	3.72		G

Shot			Final			
Pos	No	Athlete	Club	Perf		Medal
1	137	Jacquelyn Brett (G)	Newquay & Par AC	10.41		-

Hammer			Final			
Pos	No	Athlete	Club	Perf		Medal
1	137	Jacquelyn Brett (G)	Newquay & Par AC	41.27		-
2	138	Tracey Brockbank	Brighton & Hove AC	27.10		G

Javelin			Final			
Pos	No	Athlete	Club	Perf		Medal
1	139	Janet Dickinson (G)	Bournemouth AC	25.62		-
2	138	Tracey Brockbank	Brighton & Hove AC	18.22		-
3	144	Philippa Terry	Abingdon AC	14.19		-

W55

100m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	149	Paula Hine (G)	Wimborne AC	14.86	2.7	-
2	152	Clare St John-Coleman (G)	Chelmsford AC	15.30	2.7	-
3	151	Lyn Sole	Thanet AC	16.71	2.7	G

Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	149	Paula Hine (G)	Wimborne AC	3.98	-	
2	152	Clare St John-Coleman (G)	Chelmsford AC	3.71	-	
3	151	Lyn Sole	Thanet AC	3.54	G	
Discus			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	147	Wendy Dunsford	Epsom & Ewell Harriers	19.84	G	
2	151	Lyn Sole	Thanet AC	16.01	S	
Hammer			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	147	Wendy Dunsford	Epsom & Ewell Harriers	25.11	G	
W60						
100m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	166	Joan Trimble	Kingston AC And Poly Harriers	15.27	2.7	G
2	164	Angela Owen	Aldershot Farnham & District	15.35	2.7	S
3	155	Nicky Buckwell	Tonbridge AC	16.33	2.7	B
4	159	Christine Fry	Isle Of Wight AC	17.28	2.7	-
200m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	166	Joan Trimble	Kingston AC And Poly Harriers	32.26	2.1	G
2	164	Angela Owen	Aldershot Farnham & District	32.98	2.1	S
3	155	Nicky Buckwell	Tonbridge AC	34.46	2.1	B
4	154	Jeanette Ashton	Witney Road Runners	36.10	2.1	-
400m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	158	Jane Fabes	Abingdon AC	79.99	G	
800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	158	Jane Fabes	Abingdon AC	3:02.33	G	
80m Hurdles			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	160	Jane Horder (G)	Cheltenham and County Harriers	13.57	1.5	-
2	154	Jeanette Ashton	Witney Road Runners	19.81	1.5	G
3	156	Jenny Denyer	Haywards Heath Harriers	22.21	1.5	S
300m Hurdles			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	160	Jane Horder (G)	Cheltenham and County Harriers	51.40	-	CBP
3000m Walk			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	161	Judy Howard	Abingdon AC	20:19.13	G	
2	162	Geraldine Legon	Bexley AC	21:12.43	S	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	157	Teresa Eades	Dartford Harriers AC	1.28	G	CBP
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	157	Teresa Eades	Dartford Harriers AC	4.03	G	CBP
2	159	Christine Fry	Isle Of Wight AC	3.59	S	
3	154	Jeanette Ashton	Witney Road Runners	3.29	B	

Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	157	Teresa Eades	Dartford Harriers AC	8.41	G

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	163	Angela Morgan	Eastbourne Rovers AC	6.93	G
2	156	Jenny Denyer	Haywards Heath Harriers	6.26	S

Discus			Final		
Pos	No	Athlete	Club	Perf	Medal
1	156	Jenny Denyer	Haywards Heath Harriers	14.43	G

Hammer			Final		
Pos	No	Athlete	Club	Perf	Medal
1	163	Angela Morgan	Eastbourne Rovers AC	23.72	G
2	156	Jenny Denyer	Haywards Heath Harriers	20.77	S
3	162	Geraldine Legon	Bexley AC	16.88	-

Javelin			Final		
Pos	No	Athlete	Club	Perf	Medal
1	154	Jeanette Ashton	Witney Road Runners	15.16	-

W65

100m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	168	Helen Godsell	Blackheath & Bromley Harriers AC	14.27	3.1	G CBP

200m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	168	Helen Godsell	Blackheath & Bromley Harriers AC	30.15	2.1	G CBP

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	167	Lyn Ahmet	Radley Athletic Club	3.30	G

Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	167	Lyn Ahmet	Radley Athletic Club	7.09	G

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	169	Barbara Macanas	Herne Hill Harriers	6.77	G

Discus			Final		
Pos	No	Athlete	Club	Perf	Medal
1	169	Barbara Macanas	Herne Hill Harriers	18.12	G

Hammer			Final		
Pos	No	Athlete	Club	Perf	Medal
1	169	Barbara Macanas	Herne Hill Harriers	22.79	G

Javelin			Final		
Pos	No	Athlete	Club	Perf	Medal
1	169	Barbara Macanas	Herne Hill Harriers	13.26	-

W70

100m			Final			
Pos	No	Athlete	Club	Perf	w/s	Medal
1	175	Moira West	Winchester & District AC	15.35	3.1	G CBP

200m			Final				
Pos	No	Athlete	Club	Perf	w/s	Medal	
1	175	Moira West	Winchester & District AC	33.54	2.1	G	CBP
800m			Final				
Pos	No	Athlete	Club	Perf		Medal	
1	174	Rose Webb	Radley Athletic Club	4:35.23		-	NCBP
1500m			Final				
Pos	No	Athlete	Club	Perf		Medal	
1	174	Rose Webb	Radley Athletic Club	9:07.94		-	
3000m Walk			Final				
Pos	No	Athlete	Club	Perf		Medal	
1	172	Noel Blatchford	Abingdon AC	19:20.11		G	CBP
Shot			Final				
Pos	No	Athlete	Club	Perf		Medal	
1	173	Liz Sissons	Epsom & Ewell Harriers	8.22		G	
Discus			Final				
Pos	No	Athlete	Club	Perf		Medal	
1	173	Liz Sissons	Epsom & Ewell Harriers	17.47		G	
Hammer			Final				
Pos	No	Athlete	Club	Perf		Medal	
1	173	Liz Sissons	Epsom & Ewell Harriers	21.02		G	
Javelin			Final				
Pos	No	Athlete	Club	Perf		Medal	
1	173	Liz Sissons	Epsom & Ewell Harriers	16.41		G	