

Southern Counties Veterans Athletics Club
Indoor Track and Field Championships 9th February 2020
Lee Valley Athletic Centre

M35

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	8	Allan Mc Sween	Thames Valley Harriers	7.39	G
2	9	Michael Shortall	Thurrock Harriers	7.67	S
3	6	Mike Harwood	London City Athletics Club	7.81	B
4	5	Andrew Harrison (G)	Darlington H & AC	8.43	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	9	Michael Shortall	Thurrock Harriers	24.31	G
2	8	Allan Mc Sween	Thames Valley Harriers	24.38	S
3	1	Adam Bernard	Dartford Harriers AC	25.01	B
4	6	Mike Harwood	London City Athletics Club	25.39	-
5	5	Andrew Harrison (G)	Darlington H & AC	26.46	-

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	1	Adam Bernard	Dartford Harriers AC	56.13	G
2	9	Michael Shortall	Thurrock Harriers	56.86	S

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	2	Mark Berridge (G)	Basingstoke & Mid Hants AC	1:56.21	-
2	4	Chris de Mauny (G)	Walton AC	2:22.13	-

1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	4	Chris de Mauny (G)	Walton AC	4:58.05	-

60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	9	Michael Shortall	Thurrock Harriers	8.94	G

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	9	Michael Shortall	Thurrock Harriers	5.67	G
2	5	Andrew Harrison (G)	Darlington H & AC	4.93	-

Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	9	Michael Shortall	Thurrock Harriers	11.13	G

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	5	Andrew Harrison (G)	Darlington H & AC	7.75	-

M40

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	21	Glen Scullion (G)	Mid Ulster AC	7.55	-
2	18	Loba Olopade	Basingstoke & Mid Hants AC	7.94	G
3	12	Craig Christian	Rugby & Northampton AC	8.13	S

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	21	Glen Scullion (G)	Mid Ulster AC	24.12	-
2	13	Mensah Elliott	Metropolitan Police AC	24.21	G
3	12	Craig Christian	Rugby & Northampton AC	26.32	S
4	15	Stuart Leek (G)	Eastern Masters AC	31.02	-

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	12	Craig Christian	Rugby & Northampton AC	60.37	G
800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	20	David Robinson (G)	Serpentine RC	2:15.35	-
3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	20	David Robinson (G)	Serpentine RC	10:30.24	-
60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	13	Mensah Elliott	Metropolitan Police AC	8.40	G
High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	20	David Robinson (G)	Serpentine RC	1.45	-
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	10	Aaron Bollu (G)	Colchester & Tendring AC	5.04	-
2	15	Stuart Leek (G)	Eastern Masters AC	3.58	-
Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	10	Aaron Bollu (G)	Colchester & Tendring AC	11.16	-
2	18	Loba Olopade	Basingstoke & Mid Hants AC	10.28	G
Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	20	David Robinson (G)	Serpentine RC	7.14	-
M45					
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	23	Craig Beecham	Newbury AC	7.6	G
2	38	Yinka Opaleye (G)	Huntingdonshire AC	7.75	-
3	36	Mark McAllister	Tonbridge AC	7.9	S
3	26	Scott Craddock	Medway and Maidstone AC	7.9	S
5	24	Christopher Bromley	Radley Athletic Club	8.0	-
5	25	Richard Brooks	Metropolitan Police AC	8.0	-
7	31	Alex Guest (G)	Veterans AC	8.04	-
8	44	Sean Sutherland	Shaftesbury Barnet Harriers	8.1	-
9	37	Samuel Nash	Thames Valley Harriers	8.4	-
10	39	Scarlett Parker (G)	London Heathside	8.57	-
200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	38	Yinka Opaleye (G)	Huntingdonshire AC	25.48	-
2	23	Craig Beecham	Newbury AC	25.64	G
3	36	Mark McAllister	Tonbridge AC	25.67	S
4	44	Sean Sutherland	Shaftesbury Barnet Harriers	26.01	B
5	25	Richard Brooks	Metropolitan Police AC	26.07	-
6	24	Christopher Bromley	Radley Athletic Club	26.19	-
7	31	Alex Guest (G)	Veterans AC	26.89	-
8	39	Scarlett Parker (G)	London Heathside	27.06	-
9	41	Vaughan Ramsay (G)	Ranelagh Harriers	27.97	-

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	44	Sean Sutherland	Shaftesbury Barnet Harriers	59.25	G
2	39	Scarlett Parker (G)	London Heathside	59.59	-
3	42	David Shortridge	Victoria Park Harriers and T H AC	59.89	S

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	39	Scarlett Parker (G)	London Heathside	2:15.75	-
2	40	Matthew Preston	Cambridge Harriers	2:16.59	G
3	42	David Shortridge	Victoria Park Harriers and T H AC	2:30.62	S
4	30	Michael Graz (G)	Veterans AC	2:36.50	-

1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	27	Andre Dahlkamp (G)	Victoria Park Harriers and T H AC	4:33.56	-

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	27	Andre Dahlkamp (G)	Victoria Park Harriers and T H AC	9:45.63	-
2	40	Matthew Preston	Cambridge Harriers	10:20.09	G

60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	43	Gary Smith (G)	Luton Athletic Club	8.76	-
2	28	Peter Davey	Ashford AC	9.36	G
3	42	David Shortridge	Victoria Park Harriers and T H AC	14.08	-

High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	41	Vaughan Ramsay (G)	Ranelagh Harriers	1.45	-

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	23	Craig Beecham	Newbury AC	5.90	G
2	35	Neil Lincoln	Holland Sports AC	5.45	S
3	38	Yinka Opaleye (G)	Huntingdonshire AC	5.04	-
4	41	Vaughan Ramsay (G)	Ranelagh Harriers	5.02	-

Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
	34	Stephen Lake	Ashford AC	ndr	-
	41	Vaughan Ramsay (G)	Ranelagh Harriers	ndr	-

M50

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	53	Giuseppe Minetti (G)	Herne Hill Harriers	7.57	-
2	47	Paul Canning (G)	Marshall Milton Keynes AC	7.95	-
3	57	Boguslaw Zelechowski	Horsham Blue Star Harriers	8.01	G
4	51	Barrington King	Harrow AC	8.37	S
5	56	Dave Roberts	Winchester & District AC	9.04	B

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	53	Giuseppe Minetti (G)	Herne Hill Harriers	24.65	-
2	47	Paul Canning (G)	Marshall Milton Keynes AC	26.04	-
3	57	Boguslaw Zelechowski	Horsham Blue Star Harriers	26.06	G
4	46	Peter Benedickter (G)	Bedford & County AC	26.41	-
5	49	Trevor Crysell	Paddock Wood AC	29.52	S

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	46	Peter Benedickter (G)	Bedford & County AC	58.18	-

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	52	Trevor Lynch (G)	Vale Of Aylesbury AC	2:38.15	-

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	55	Justin Reid (G)	Thames Hare & Hounds	9:28.32	-
2	48	Mark Champion	Istead & Ifield Harriers	10:27.44	G

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	57	Boguslaw Zelechowski	Horsham Blue Star Harriers	5.48	G
2	56	Dave Roberts	Winchester & District AC	4.29	S
3	49	Trevor Crysell	Paddock Wood AC	4.15	-

Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	56	Dave Roberts	Winchester & District AC	9.72	G
2	49	Trevor Crysell	Paddock Wood AC	9.26	S

M55

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	73	Wole Odele	Cambridge Harriers	8.05	G
2	65	Paul Guest (G)	Yeovil Olympiads AC	8.11	-
3	72	Roy Nelson	Radley Athletic Club	8.27	S
4	66	Peter Ilo	Midland Masters AC	8.58	B
5	61	Richard Christian	Tonbridge AC	8.67	-
6	78	Tom Weatherhead (G)	Garden City Runners	10.17	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	72	Roy Nelson	Radley Athletic Club	26.64	G
2	77	Andrew Waddington	Basingstoke & Mid Hants AC	27.24	S
3	66	Peter Ilo	Midland Masters AC	27.39	B
4	74	Glen Reddington	Windsor Slough Eton & H AC	27.72	-
5	83	Mark Woods	Paddock Wood AC	27.76	-
6	61	Richard Christian	Tonbridge AC	28.73	-
7	63	Terrance Gibbs	Dartford Harriers AC	29.76	-
8	78	Tom Weatherhead (G)	Garden City Runners	33.45	-

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	73	Wole Odele	Cambridge Harriers	59.97	G
2	59	Colin Bates	Dartford Harriers AC	61.61	S
3	77	Andrew Waddington	Basingstoke & Mid Hants AC	63.48	B

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	73	Wole Odele	Cambridge Harriers	2:20.77	G
2	67	Gary Ironmonger (G)	Herne Hill Harriers	2:20.78	-
3	59	Colin Bates	Dartford Harriers AC	2:22.40	S
4	76	Tony Tuohy (G)	Dulwich Runners AC	2:24.40	-

1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	67	Gary Ironmonger (G)	Herne Hill Harriers	4:52.43	-

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	67	Gary Ironmonger (G)	Herne Hill Harriers	10:16.57	-
2	76	Tony Tuohy (G)	Dulwich Runners AC	10:23.98	-

60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	70	Barrie Marsden	Wycombe Phoenix Harriers & AC	9.12	G
2	80	Des Wilkinson (G)	Luton Athletic Club	9.62	-
3	74	Glen Reddington	Windsor Slough Eton & H AC	10.00	S

High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	77	Andrew Waddington	Basingstoke & Mid Hants AC	1.60	G
2	60	Gary Capon	Dartford Harriers AC	1.45	S
3	69	Allan Leiper	Aldershot Farnham & District	1.40	B

Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
1	69	Allan Leiper	Aldershot Farnham & District	2.80	G

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	65	Paul Guest (G)	Yeovil Olympiads AC	5.17	-
2	77	Andrew Waddington	Basingstoke & Mid Hants AC	4.86	G
3	60	Gary Capon	Dartford Harriers AC	4.79	S
4	69	Allan Leiper	Aldershot Farnham & District	4.13	B

Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	64	Julien Gittens (G)	Leeds City Athletic Club	11.34	-

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	69	Allan Leiper	Aldershot Farnham & District	11.96	G
2	82	Peter Wishart (G)	Cambridge Harriers	8.80	-
3	81	Simon Wills (G)	Birchfield Harriers	8.00	-
4	71	Chris Michael (G)	Veterans AC	6.92	-

M60

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	93	Ricardo Huskisson (G)	Eastern Masters AC	8.16	-
2	98	Wilson Paterson (G)	Corby AC	8.89	-
3	88	Adrian Day (G)	Enfield and Haringey A C	8.98	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	93	Ricardo Huskisson (G)	Eastern Masters AC	26.39	-
2	88	Adrian Day (G)	Enfield and Haringey A C	29.03	-
3	98	Wilson Paterson (G)	Corby AC	29.44	-

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	93	Ricardo Huskisson (G)	Eastern Masters AC	62.11	-
2	94	Tennyson James (G)	Bedford & County AC	62.97	-
3	88	Adrian Day (G)	Enfield and Haringey A C	69.78	-

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	100	Steven Taylor (G)	Trafford Athletic Club	2:25.89	-
2	96	Jonathan Metcalf (G)	Thurrock Harriers	2:29.08	-
3	86	Martyn Cole (G)	Worcester AC	2:29.81	-
4	85	Geoffrey Brewster (G)	March AC	2:40.57	-

1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	92	Richard Holland	Woodford Green AC w Essex L	5:08.12	G
2	96	Jonathan Metcalf (G)	Thurrock Harriers	5:08.74	-

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	92	Richard Holland	Woodford Green AC w Essex L	10:40.85	G
2	95	Nigel Lambert (G)	Wymondham AC	12:30.57	-
3000m Walk			Final		
Pos	No	Athlete	Club	Perf	Medal
1	101	Ian Torode (G)	South West Veterans AC	18:24.27	-
High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	102	Trevor Wade	Thames Valley Harriers	1.30	G
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	102	Trevor Wade	Thames Valley Harriers	4.41	G
Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	89	John Fenton	Dartford Harriers AC	12.00	G
2	102	Trevor Wade	Thames Valley Harriers	8.84	S
M65					
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	107	John Browne (G)	Marshall Milton Keynes AC	8.41	-
2	118	Paul Wignall (G)	Hercules Wimbledon AC	8.89	-
3	111	David Hinds (G)	Serpentine RC	8.98	-
200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	118	Paul Wignall (G)	Hercules Wimbledon AC	29.77	-
2	111	David Hinds (G)	Serpentine RC	30.06	-
400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	118	Paul Wignall (G)	Hercules Wimbledon AC	69.51	-
2	108	Brian Buckwell	Tonbridge AC	72.00	G
800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	119	David Wilcock	Barnet & District AC	2:27.97	G
2	108	Brian Buckwell	Tonbridge AC	2:38.77	S
1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	105	David Bedwell (G)	Bristol and West AC	5:02.38	-
3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	114	David Oxland (G)	Notts AC	10:59.55	-
2	109	Michael Ellsmore (G)	Cambridge Harriers	13:09.14	-
60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	115	Duncan Talbot	Abingdon AC	12.45	G
High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	115	Duncan Talbot	Abingdon AC	1.40	G
Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	116	Ian Thomson	Southern Counties Veterans AC	8.91	G

M70**60m**

Pos	No	Athlete	Club	Perf	Medal
1	126	Geoffrey Kitchener (G)	Sevenoaks AC	9.50	-
2	128	Brian Mardling (G)	Veterans AC	10.06	-

Final**200m**

Pos	No	Athlete	Club	Perf	Medal
1	131	David Spencer	Brighton & Hove AC	29.41	G
2	126	Geoffrey Kitchener (G)	Sevenoaks AC	32.24	-

Final**400m**

Pos	No	Athlete	Club	Perf	Medal
1	131	David Spencer	Brighton & Hove AC	68.94	G
2	123	Bruce Hendrie (G)	Banbury Harriers AC	74.55	-
3	121	John Exley	Oxford City AC	84.86	S

Final**800m**

Pos	No	Athlete	Club	Perf	Medal
1	123	Bruce Hendrie (G)	Banbury Harriers AC	2:54.66	-
2	125	David Jones (G)	Stratford Upon Avon AC	2:55.56	-
3	121	John Exley	Oxford City AC	2:59.45	G
4	130	Trevor Solomon (G)	Veterans AC	3:04.94	-
5	122	Peter Hamilton	Blackheath and Bromley H AC	3:05.86	S

Final**1500m**

Pos	No	Athlete	Club	Perf	Medal
1	125	David Jones (G)	Stratford Upon Avon AC	6:01.90	-
2	127	Michael Mann (G)	Dulwich Runners AC	6:12.76	-
3	121	John Exley	Oxford City AC	6:13.21	G
4	124	Michael Jefferies	Dragons Running Club (Leeds)	7:15.50	S

Final**3000m**

Pos	No	Athlete	Club	Perf	Medal
1	121	John Exley	Oxford City AC	12:44.62	G
2	127	Michael Mann (G)	Dulwich Runners AC	12:56.93	-
3	122	Peter Hamilton	Blackheath and Bromley H AC	13:36.12	S

Final**High Jump**

Pos	No	Athlete	Club	Perf	Medal
1	126	Geoffrey Kitchener (G)	Sevenoaks AC	1.20	-

Final**Pole Vault**

Pos	No	Athlete	Club	Perf	Medal
1	129	Neal Mason (G)	Midland Masters AC	3.10	-

Final**Long Jump**

Pos	No	Athlete	Club	Perf	Medal
1	129	Neal Mason (G)	Midland Masters AC	3.85	-

Final**Shot**

Pos	No	Athlete	Club	Perf	Medal
1	132	Geoffrey Tyler (G)	Chelmsford AC	13.06	-
2	128	Brian Mardling (G)	Veterans AC	7.24	-

Final**M75****60m**

Pos	No	Athlete	Club	Perf	Medal
1	136	Allan Long (G)	Herne Hill Harriers	9.18	-
2	134	Ron Davies	Southern Counties Veterans AC	9.70	G
3	135	Charles Isetts (G)	Kingston AC And Poly Harriers	10.82	-

Final

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	134	Ron Davies	Southern Counties Veterans AC	32.74	G
2	135	Charles Isetts (G)	Kingston AC And Poly Harriers	39.40	-
400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	133	John Batchelor	Ilford AC	79.73	G
2	137	Richard Somers (G)	Epsom & Ewell Harriers	81.27	-
3	134	Ron Davies	Southern Counties Veterans AC	94.86	S
800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	137	Richard Somers (G)	Epsom & Ewell Harriers	3:12.97	-
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	134	Ron Davies	Southern Counties Veterans AC	3.66	G
Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	134	Ron Davies	Southern Counties Veterans AC	7.91	G
M80					
1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	138	Joseph Aspinall (G)	Veterans AC	8:48.41	-
3000m Walk			Final		
Pos	No	Athlete	Club	Perf	Medal
1	140	Arthur Thomson (G)	Enfield and Haringey A C	21:34.41	-
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	139	Roger Bruck	Barnet & District AC	3.27	G
W35					
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	142	Lisa Boland	Epsom & Ewell Harriers	8.11	G
2	146	Cara Maker (G)	Eastbourne Rovers AC	8.42	-
3	143	Fiona De Mauny (G)	Herne Hill Harriers	8.84	-
200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	142	Lisa Boland	Epsom & Ewell Harriers	26.92	G
800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	145	Fiona Maddocks	Belgrave Harriers	2:28.96	G
High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	148	Clare Ridd	Walton AC	1.40	G
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	146	Cara Maker (G)	Eastbourne Rovers AC	5.05	-
2	148	Clare Ridd	Walton AC	4.58	G
Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	147	Natalie Mann (G)	Cambridge Harriers	7.86	-

W40

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	150	Avril Dillon (G)	Ireland National Team	8.41	-
2	152	Amy Jackson	Oxford City AC	9.05	G

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	150	Avril Dillon (G)	Ireland National Team	27.87	-
2	152	Amy Jackson	Oxford City AC	30.27	G

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	154	Kim Valente	Southern Counties Veterans AC	4.91	G

W45

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	161	Kathryn Miles	Winchester & District AC	8.78	G
2	166	Leanne Wellings	Wycombe Phoenix Harriers & AC	8.82	S
3	158	Tracy Duke	Aldershot Farnham & District	9.05	B
4	167	Sarah Westrap	Tonbridge AC	9.05	-
5	168	Popsie Wootten	Oxford City AC	9.22	-
6	157	Sharon Dooley	Ranelagh Harriers	9.36	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	166	Leanne Wellings	Wycombe Phoenix Harriers & AC	29.25	G
2	158	Tracy Duke	Aldershot Farnham & District	30.48	S
3	168	Popsie Wootten	Oxford City AC	30.50	B
4	161	Kathryn Miles	Winchester & District AC	30.50	-
5	167	Sarah Westrap	Tonbridge AC	31.13	-
6	157	Sharon Dooley	Ranelagh Harriers	32.31	-

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	163	Nina Ridge	Tonbridge AC	65.02	G

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	162	Diana Norman	Epsom & Ewell Harriers	2:25.49	G
2	159	Heather Graz (G)	Veterans AC	2:47.16	-

60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	162	Diana Norman	Epsom & Ewell Harriers	9.81	G

High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	162	Diana Norman	Epsom & Ewell Harriers	1.55	G

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	162	Diana Norman	Epsom & Ewell Harriers	4.98	G
2	155	Joanne Abel (G)	Huntingdonshire AC	4.58	-

Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	155	Joanne Abel (G)	Huntingdonshire AC	9.91	-

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	162	Diana Norman	Epsom & Ewell Harriers	11.55	G
2	160	Sue Lawrence	Thurrock Harriers	9.73	S

W50**60m****Final**

Pos	No	Athlete	Club	Perf	Medal
1	176	Diane Wright	Tonbridge AC	9.35	G
2	175	Rachel Waters (G)	Epsom & Ewell Harriers	9.38	-
3	174	Michele Wakefield	Oxford City AC	9.40	S
4	169	Patience Agbabi	Dartford Harriers AC	10.74	-

200m**Final**

Pos	No	Athlete	Club	Perf	Medal
1	175	Rachel Waters (G)	Epsom & Ewell Harriers	31.22	-
2	176	Diane Wright	Tonbridge AC	31.74	G
3	174	Michele Wakefield	Oxford City AC	31.82	S

400m**Final**

Pos	No	Athlete	Club	Perf	Medal
1	173	Lisa Thomas (G)	Hercules Wimbledon AC	66.94	-

800m**Final**

Pos	No	Athlete	Club	Perf	Medal
1	173	Lisa Thomas (G)	Hercules Wimbledon AC	2:34.23	-

3000m**Final**

Pos	No	Athlete	Club	Perf	Medal
1	171	Lynne Champion	Istead & Ifield Harriers	11:40.74	G

High Jump**Final**

Pos	No	Athlete	Club	Perf	Medal
1	172	Daniele Denisty (G)	Belgium National Team	1.35	-

Shot**Final**

Pos	No	Athlete	Club	Perf	Medal
1	172	Daniele Denisty (G)	Belgium National Team	10.54	-

W55**60m****Final**

Pos	No	Athlete	Club	Perf	Medal
1	181	Eni Font Freide	Aldershot Farnham & District	9.08	G
2	177	Christine Amede	Southern Counties Veterans AC	9.30	S
3	183	Helene Marie Kehoe	London Heathside	9.57	B
4	187	Clare St John-Coleman (G)	Chelmsford AC	9.81	-
5	186	Lyn Sole	Thanet AC	10.39	-

200m**Final**

Pos	No	Athlete	Club	Perf	Medal
1	177	Christine Amede	Southern Counties Veterans AC	30.66	G
2	183	Helene Marie Kehoe	London Heathside	32.72	S
3	178	Gaye Clarke (G)	Ryston Runners	35.49	-

400m**Final**

Pos	No	Athlete	Club	Perf	Medal
1	180	Clare Elms (G)	Dulwich Runners AC	68.68	0
2	189	Susan Wisdom	Epsom & Ewell Harriers	78.70	G
3	183	Helene Marie Kehoe	London Heathside	86.39	S

800m**Final**

Pos	No	Athlete	Club	Perf	Medal
1	180	Clare Elms (G)	Dulwich Runners AC	2:26.37	-

3000m**Final**

Pos	No	Athlete	Club	Perf	Medal
1	191	Lucy Woolhouse (G)	Veterans AC	11:53.69	-
2	190	Caroline Wood	Arena 80 AC	11:56.25	G

60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	178	Gaye Clarke (G)	Ryston Runners	11.35	-
2	182	Teresa Hinton	Paddock Wood AC	12.57	G

3000m Walk			Final		
Pos	No	Athlete	Club	Perf	Medal
1	185	Helen Middleton (G)	Enfield and Haringey A C	18:26.91	-

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	187	Clare St John-Coleman (G)	Chelmsford AC	3.85	-
2	188	Denise Timmis (G)	Lincoln Wellington AC	3.63	-
3	186	Lyn Sole	Thanet AC	3.44	G
4	182	Teresa Hinton	Paddock Wood AC	3.57	S

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	182	Teresa Hinton	Paddock Wood AC	7.38	G
2	179	Wendy Dunsford	Epsom & Ewell Harriers	6.83	S

W60

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	194	Nicky Buckwell	Tonbridge AC	10.61	G

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	194	Nicky Buckwell	Tonbridge AC	36.44	G
2	193	Jeanette Ashton	Witney Road Runners	36.70	S

1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	197	Andrea Sanders-Reece (G)	Serpentine RC	6:53.73	-

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	197	Andrea Sanders-Reece (G)	Serpentine RC	13:24.89	-

60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	193	Jeanette Ashton	Witney Road Runners	14.10	-

3000m Walk			Final		
Pos	No	Athlete	Club	Perf	Medal
1	196	Geraldine Legon	Bexley AC	22:12.13	G

High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	193	Jeanette Ashton	Witney Road Runners	1.15	G

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	193	Jeanette Ashton	Witney Road Runners	3.05	G

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	194	Nicky Buckwell	Tonbridge AC	7.38	G

W65

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	204	Joan Trimble	Kingston AC And Poly Harriers	9.44	G

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	198	Linda Ahmet	Radley Athletic Club	42.28	G

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	200	Sue James	Tonbridge AC	3:54.24	G

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	198	Linda Ahmet	Radley Athletic Club	2.97	G

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	199	Susan Dassie	Epsom & Ewell Harriers	8.99	G

W70

3000m Walk			Final		
Pos	No	Athlete	Club	Perf	Medal
1	205	Noel Blatchford	Abingdon AC	19:35.60	G

W75

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	208	Mary Axtell	Southampton Athletic Club	12.58	G

W80

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	211	Dorothy Fraser (G)	Lincoln Wellington AC	16.01	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	211	Dorothy Fraser (G)	Lincoln Wellington AC	62.01	-

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	212	Betty Stracey (G)	Lincoln Wellington AC	4:33.67	-

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	212	Betty Stracey (G)	Lincoln Wellington AC	20:30.2	-