

**Southern Counties Veterans Athletics Club**  
**Indoor Track and Field Championships Sunday 17th February 2013**  
**Lee Valley Indoor Athletics Centre**

**M35**

<b>60m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	3	Scott Craddock	Medway & M	7.4	G
2	5	Andrew Gordon	Kingston & P	7.5	S
3	1	Stuart Channon (G)	VAC	7.6	
4	6	Douglas Gray	Met Police	7.7	B
5	4	Peter Davey	Ashford AC	7.8	

**200m**

<b>200m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	6	Douglas Gray	Met Police	24.7	G
2	1	Stuart Channon (G)	VAC	24.7	

**400m**

Pos	No	Athlete	Club	Perf	Medal
1	6	Douglas Gray	Met Police	55.3	G
2	4	Peter Davey	Ashford AC	55.6	S

**60m Hurdles**

<b>60m Hurdles</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	4	Peter Davey	Ashford AC	9.1	G
				fd	

**Long Jump**

<b>Long Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	1	Stuart Channon (G)	VAC	5.59	
2	7	Stephen Lake	Ashford AC	5.20	G

**Triple Jump**

<b>Triple Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	7	Steve Lake	Ashford AC	11.82	G

**M40**

<b>60m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	12	Michael Smith	St Albans	7.9	G
2	8	Stephen Bass (G)	Bedford & C	8.3	

**200m**

<b>200m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	9	Peter Benedickter	Bedford & C	25.2	G
2	12	Michael Smith	St Albans	25.2	S

**400m**

<b>400m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	9	Peter Benedickter	Bedford & C	55.5	G
2	13	Jason Steel	Hillingdon AC	57.1	S

**800m**

<b>800m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	13	Jason Steel	Hillingdon AC	2:15.9	G

**60m Hurdles**

<b>60m Hurdles</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	8	Stephen Bass (G)	Bedford & C	11.2	

<b>Long Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	10	Neil Lincoln	Holland Sports	6.08	G	
<b>Triple Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	10	Neil Lincoln	Holland Sports	11.5	G	
<b>M45 60m</b>						
Pos	No	Athlete	Club	Perf	Medal	
1	24	David Kemp	Dartford H	7.8	G	
2	25	Barrington King	Harrow AC	8.0	S	
3	20	Geoff Gallagher	SCVAC	8.4	B	
4	27	Derek Warn	Southampton	8.8		
<b>200m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	26	Keith Palmer	Southend AC	26.0	G	
2	16	Lance Croft (G)	Bedford & C	26.5		
3	20	Geoff Gallagher	SCVAC	26.5	S	
<b>400m</b>						
Pos	No	Athlete	Club	Perf	Medal	
1	21	Adrian Haines	Crawley	57.3	G	
2	16	Lance Croft (G)	Bedford & C	57.5		
3	20	Geoff Gallagher	SCVAC	57.8	S	
	26	Keith Palmer	Southend AC	dnf		
<b>800m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	21	Adrian Haines	Crawley	2:07.4	G	CBP
<b>3000m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	23	Ian Johnston	Shettlestone H	9:33.7	G	CBP
<b>60m Hurdles</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	27	Derek Warn	Southampton	11.5	G	
<b>High Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	27	Derek Warn	Southampton	1.35	G	
<b>Pole Vault</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	15	John Andrews	Epsom & E	3.60	G	
2	18	Simon Eastwood (G)	Bedford & C	3.50		
3	27	Derek Warn	Southampton	2.90	S	
4	22	Murray Hilbourne	Blackheath & B	2.60		
<b>Long Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	27	Derek Warn	Southampton	4.70	G	

**M50****60m**

Pos	No	Athlete	Club	Perf	Medal
1	40	Glen Reddington	WSE & H	7.9	G
2	31	Peter Ilo	SCVAC	8.1	S
3	32	Richard Jenkin	Hillingdon	8.8	B
4	38	Michael May	Kingston & Poly	9.3	

**200m**

Pos	No	Athlete	Club	Perf	Medal
1	40	Glen Reddington	WSE & H	25.8	G
2	31	Peter Ilo	SCVAC	26.8	S
3	38	Michael May	Kingston & Poly	31.0	

**400m**

Pos	No	Athlete	Club	Perf	Medal
1	32	Richard Jenkin	Hillingdon	63.9	G

**800m**

Pos	No	Athlete	Club	Perf	Medal
1	32	Richard Jenkin	Hillingdon	2:21.5	G

**1500m**

Pos	No	Athlete	Club	Perf	Medal
1	33	Andrew Kelleher	Barnet & D	4:51.1	G
2	34	Paul Kent	Cambridge H	5:13.2	S

**3000m**

Pos	No	Athlete	Club	Perf	Medal
1	33	Andrew Kelleher	Barnet & D	10:20.3	G

**60m Hurdles**

Pos	No	Athlete	Club	Perf	Medal
1	40	Glen Reddington	WSE & H	9.1	G
2	35	Allan Leiper	AF & D	9.8	S

**High Jump**

Pos	No	Athlete	Club	Perf	Medal
1	28	Gary Capon	Dartford H	1.55	G

**Pole Vault**

Pos	No	Athlete	Club	Perf	Medal
1	35	Allan Leiper	AF & D	3.20	G
2	37	Wayne Martin	Hastings AC	2.90	S

**Long Jump**

Pos	No	Athlete	Club	Perf	Medal
1	31	Peter Ilo	SCVAC	5.16	G

**Shot**

Pos	No	Athlete	Club	Perf	Medal
1	43	Tony Tipping	Cambridge H	12.99	G
2	35	Allan Leiper	AF & D	12.92	S

**M55****60m**

Pos	No	Athlete	Club	Perf	Medal
1	46	John Browne	Milton Keynes	7.9	G

<b>800m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	47	Ray Daniel (G)	Cambridge H	2:24.1		
<b>3000m Walk</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	55	Steven Uttley (G)	Ilford AC	15:28.1		CBP
<b>High Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	45	David Blunt	Epsom & E	1.50	G	
<b>Pole Vault</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
	45	David Blunt	Epsom & E	nhr		
	54	Allan Williams	Blackh'th & B	nhr		
<b>Long Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	53	Trevor Wade	TVH	4.54	G	CBP
<b>Shot</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	49	Tim Saunders-Mullins	St Albans AC	8.62	G	
<b>M60</b>						
<b>60m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	67	Ray Watkins	Basingstoke & MH	8.1	G	
2	57	Walwyn Franklyn	Reading AC	8.1	S	
3	60	Geoffrey Kitchener	Sevenoaks AC	8.6	B	
4	62	Mike Maisey	Herts Pheonix	8.8		
<b>200m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	67	Ray Watkins	Basingstoke & MH	26.1	G	CBP
2	66	Glyn Sutton (G)	Newport H	26.6		
3	57	Walwyn Franklyn	Reading AC	26.7	S	
4	62	Mike Maisey	Herts Pheonix	29.6	B	
<b>400m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	67	Ray Watkins	Basingstoke & MH	62.6	G	
<b>800m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	63	Michael Mann (G)	Dulwich R	2:41.6		
2	64	Chris Reed	Pitsea RC	2:46.2	G	
<b>1500m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	63	Michael Mann (G)	Dulwich R	5:26.2		
2	56	John Clarke	Barnet & D	6:05.4		
<b>3000m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	64	Chris Reed	Pitsea RC	12:24.7	G	
<b>60m Hurdles</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	60	Geoffrey Kitchener	Sevenoaks AC	12.6		

		<b>3000m Walk</b>		<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal		
1	58	John Hall (G)	Vets AC	15:49.2			
		<b>High Jump</b>		<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal		
1	60	Geoffrey Kitchener	Sevenoaks AC	1.30	G		
		<b>Triple Jump</b>		<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal		
1	60	Geoffrey Kitchener	Sevenoaks AC	7.48			
		<b>Shot</b>		<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal		
1	65	Tony Richards	Croydon H	11.92	G		
		<b>M65 60m</b>		<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal		
1	74	Victor Novell	Southampton AC	8.5	G		
		<b>200m</b>		<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal		
1	74	Victor Novell	Southampton AC	29.1	G		
2	69	Terry Bissett	Epsom & E	29.2	S		
3	75	Richard Somers	Epsom & E	31.2	B		
		<b>400m</b>		<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal		
1	69	Terry Bissett	Epsom & E	72.6	G		
2	75	Richard Somers	Epsom & E	73.1	S		
		<b>800m</b>		<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal		
1	71	Peter Hamilton	Blackheath & B	2:42.6	G		
		<b>1500m</b>		<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal		
1	71	Peter Hamilton	Blackheath & B	5:37.7	G	CBP	
2	72	Dan Maskell (G)	Vets AC	6:16.6			
3	70	Alan Davidson	Liss Runners	6:21.1	S		
		<b>3000m</b>		<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal		
1	71	Peter Hamilton	Blackheath & B	11:47.8	G	CBP	
2	73	Peter Morrison	SCVAC	12:24.7	S		
3	72	Dan Maskell (G)	Vets AC	12:59.3			
4	76	Russell Williams	Cambridge H	13:02.5	B		
5	70	Alan Davidson	Liss Runners	13:22.0			
		<b>M70 60m</b>		<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal		
1	82	Charles Isetts	Kingston & P	9.5	G		
		<b>200m</b>		<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal		
1	78	Barry Ferguson	Cambridge H	31.4	G		
2	82	Charles Isetts	Kingston & Poly	32.5	S		
3	77	Roger Bruck	Barnet & D	33.5	B		

<b>400m</b>					
Pos	No	Athlete	<b>Final</b> Club	Perf	Medal
1	84	Allan Sowden	Highgate H	79.1	G
<b>60m Hurdles</b>					
Pos	No	Athlete	<b>Final</b> Club	Perf	Medal
1	78	Barry Ferguson	Cambridge H	11.1	G
2	80	Brian Harlick	Epsom & E	15.0	
<b>3000m Walk</b>					
Pos	No	Athlete	<b>Final</b> Club	Perf	Medal
1	79	Peter Hannell	Surrey W C	18:13.7	
<b>High Jump</b>					
Pos	No	Athlete	<b>Final</b> Club	Perf	Medal
1	77	Roger Bruck	Barnet	1.25	G =CBP
<b>Pole Vault</b>					
Pos	No	Athlete	<b>Final</b> Club	Perf	Medal
1	80	Brian Harlick	Epsom & E	2.20	G
	81	John Howe	Rhondda AC	nhr	
<b>Long Jump</b>					
Pos	No	Athlete	<b>Final</b> Club	Perf	Medal
1	77	Roger Bruck	Barnet & D	3.58	G
<b>Shot</b>					
Pos	No	Athlete	<b>Final</b> Club	Perf	Medal
1	80	Brian Harlick	Epsom & E	8.84	G
<b>M75</b>					
<b>3000m Walk</b>					
Pos	No	Athlete	<b>Final</b> Club	Perf	Medal
	88	Dave Stevens (G)	Steyning AC	disq	
<b>Shot</b>					
Pos	No	Athlete	<b>Final</b> Club	Perf	Medal
1	86	Gordon Hickey (G)	Blackheath & B	8.68	
<b>M80</b>					
<b>3000m Walk</b>					
Pos	No	Athlete	<b>Final</b> Club	Perf	Medal
1	91	David Sutcliffe (G)	Bedford H	22:16.3	
<b>Shot</b>					
Pos	No	Athlete	<b>Final</b> Club	Perf	Medal
1	90	Jaroslav Hanus	SCVAC	6.94	G
<b>W35</b>					
<b>60m</b>					
Pos	No	Athlete	<b>Final</b> Club	Perf	Medal
1	92	Helen Channon (G)	VAC	8.0	G CBP
2	94	Latisha Moulds	Enfield & H	8.0	S
<b>200m</b>					
Pos	No	Athlete	<b>Final</b> Club	Perf	Medal
1	92	Helen Channon (G)	VAC	26.8	CBP
2	94	Latisha Moulds	Enfield & H	26.8	G

<b>Pole Vault</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	93	Louise Kelly	St Albans	2.50	G	NCBP
<b>Long Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	92	Helen Channon (G)	VAC	5,24		CBP
2	94	Latisha Moulds	Enfield & H	4.27	G	
<b>Shot</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	93	Louise Kelly	St Albans	9.81	G	
<b>W40 60m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	99	Kathryn Miles	Winchester & D	8.7	G	
2	103	Sue Van Vuuren	WADAC	9.3	S	
3	95	Jacqueline Breslin	Oxford C	9.7		
4	100	Lesley Richardson	Enfield & H	10.0		
<b>200m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	99	Kathryn Miles	Winchester & D	31.1	G	
2	103	Sue Van Vuuren	WADAC	31.5	S	
3	95	Jacqueline Breslin	Oxford C	31.9	B	
4	100	Lesley Richardson	Enfield & H	34.9		
<b>1500m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	101	Nicola Richmond (G)	Dulwich R	5:27.0		NCBP
<b>3000m Walk</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	96	Sabina Brown (G)	Belgrave H	17:29.6		NCBP
<b>Long Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	100	Lesley Richardson	Enfield & H	3.35		
<b>Triple Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	95	Jacqueline Breslin	Oxford C	7.80	G	
2	100	Lesley Richardson	Enfield & H	7.41		
<b>Shot</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	98	Sue Lawrence	Thurrock H	10.14	G	
2	100	Lesley Richardson	Enfield & H	6.37		
<b>W45 60m</b>						
Pos	No	Athlete	Club	Perf	Medal	
1	111	Euphemia Scott	TVH	9.7	G	
2	108	Clare Nelson	Kingston & Poly	10.0	S	
<b>200m</b>						
Pos	No	Athlete	Club	Perf	Medal	
1	111	Euphemia Scott	TVH	32.7	G	
2	108	Clare Nelson	Kingston & Poly	33.1	S	

<b>400m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	111	Euphemia Scott	TVH	79.1		
<b>3000m Walk</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	110	Maureen Noel (G)	Belgrave H	18:15.8		CBP
2	106	Angela Martin	Paddock Wood	19:40.6	G	
<b>Pole Vault</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	109	Maria Newton	Medway & Maidstone	2.30	G	
2	107	Jackie Montgomery	Blackheath & B	2.20	S	
<b>W50</b>						
<b>3000m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	114	Diane Farmer	Eastbourne R	12:13.5	G	
<b>60m Hurdles</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	112	Gaye Clarke	Ryston Runners	10.3	G	=CBP
<b>High Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	112	Gaye Clarke	Ryston Rnners	1.35	G	CBP
2	113	Teresa Eades	Dartford H	1.25	S	
<b>Pole Vault</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	113	Teresa Eades	Dartford H	2.30	G	
<b>Long Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	112	Gaye Clarke	Ryston Rnners	4.23	G	CBP
2	115	Amanda Rowley Jones	Croydon H	4.05	S	
3	113	Teresa Eades	Dartford H	3.84	B	
<b>Triple Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	115	Amanda Rowley Jones	Croydon H	8.39	G	
<b>Shot</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	112	Gaye Clarke	Ryston Runners	7.79	G	
<b>W55</b>						
<b>60m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	120	Christine Salvary	Barnet & D	10.2	G	
2	118	Fiona Argent (G)	Medway & Maidstone	11.0		
<b>200m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	120	Christine Salvary	Barnet & D	34.3	G	
2	118	Fiona Argent (G)	Medway & Maidstone	36.7		
<b>3000m Walk</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	119	Judy Howard	Abingdon A	19:46.5	G	



<b>Pole Vault</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	121	Sue Yeomans	St Albans AC	2.50	G
<b>Long Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	120	Christine Salvary	Barnet & D	3.26	G
<b>Triple Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	120	Christine Salvary	Barnet & D	6.59	G
<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	118	Fiona Argent (G)	Medway & Maidstone	7.28	
<b>W60</b>			<b>Final</b>		
<b>60m</b>			Club	Perf	Medal
Pos	No	Athlete	Club	Perf	Medal
1	123	Sue Dassie	Epsom & E	9.8	G
2	124	Emily McMahon	Enfield & H	9.8	S
3	122	Avis Cowley	Garden City R	10.4	B
<b>200m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	123	Sue Dassie	Epsom & E	35.0	G
2	122	Avis Cowley	Garden City R	35.1	S
<b>60m Hurdles</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	124	Emily McMahon	Enfield & H	11.3	G CBP
<b>Long Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	122	Avis Cowley	Garden City R	3.36	G
2	125	Linda Oxlade	Croydon H	2.35	
<b>Triple Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	122	Avis Cowley	Garden City R	6.08	G
2	125	Linda Oxlade	Croydon H	5.14	
<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	127	Vilma Thompson	Belgrave H	10.12	G
2	123	Sue Dassie	Epsom & E	8.14	S
<b>W65</b>			<b>Final</b>		
<b>3000m Walk</b>			Club	Perf	Medal
Pos	No	Athlete	Club	Perf	Medal
1	128	Noel Blatchford	Abingdon	18:34.2	G NCBP
<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	130	Liz Sissons	Epsom & E	8.66	G
2	126	Barbara Terry	Blackheath & B	8.35	S

**W70****60m**

Pos	No	Athlete	Club	Perf	Medal
1	132	Iris Holder	Woking	10.9	G
2	131	Ann Bolitho	Barnet & D	12.1	S

**200m**

Pos	No	Athlete	Club	Perf	Medal	
1	131	Ann Bolitho	Barnet & D	40.9	G	CBP

**Long Jump**

Pos	No	Athlete	Club	Perf	Medal
1	132	Iris Holder	Woking	3.12	G

**Triple Jump**

Pos	No	Athlete	Club	Perf	Medal
1	132	Iris Holder	Woking	6.86	G

**W75****60m**

Pos	No	Athlete	Club	Perf	Medal
1	133	Dorothy McLennan	WSE & H	13.4	G