

**SOUTHERN COUNTIES VETERANS**  
**ATHLETICS CLUB**

**Indoor Track and Field  
Championships**

**Sunday 10<sup>th</sup> February 2019**

***Lee Valley Athletics Centre***  
***Picketts Lock***  
***London***  
***N9 0AS***

**WELCOME** to the Southern Counties Veterans Athletic Club Indoor Track and Field Championships, being held under UKA Rules, on Sunday 10th February, 2019 at the Lee Valley Athletics Centre.

**MEDALS** will be awarded to the first three in each event, providing medal standards have been achieved. The medal standards are published elsewhere in the programme. Guest competitors will not be awarded medals.

**CHAMPIONSHIP BEST PERFORMANCES** are listed in the centre of the programme.

**The committee of the Southern Counties Veterans Athletics Club** would like to thank the officials and everyone else who has given their time to ensure the success of these championships.

**ENJOY YOUR DAY**

## TIMETABLE

### TRACK

11:00	60 metres hurdles
11:30	3000 metres walk
12:00	800 metres
12.45	200 metres
14.00	Lunch break for track officials
14:30	3000 metres
15:15	60 metres
16:00	400 metres
17.00	1500 metres

### FIELD

11:00	Pole Vault – Men and Women
11:00	Shot – Women W35-49
11:00	Long Jump – Men M35-54
12:15	Shot – Men
12.30	Long Jump – Men M55+
13.30	Long Jump – Women W35-54
13.30	Shot – Women W55+
14.15	Long Jump – Women W55+
14.30	High Jump – Men and Women
15:00	Triple Jump – Women
16:00	Triple Jump - Men

### Please Note

- The maximum length of spike permitted on the track is 6mm
- All races are finals. Where there are too many athletes for a race there will be seeded A and B finals
- Men will run first, followed by women.
- The 3000m Walk will include the VAC Championships
- Numbers to be worn front and back (except in high jump/pole vault)
- Only four attempts will be possible in field events (except high jump and pole vault)
- Please warm up outside or on the upstairs strip. No warming up will be permitted on the competition track.
- Please report to your event 15 minutes before the stated time:

***For track events please report behind 60metres start***

***For field events please report at jumping/throwing area***

## OFFICIALS

<b>Starters</b>	Ivor Wiggett, Mike de Silva
<b>Marksman</b>	John Moules, Rob Bush, Martin Black
<b>Track Referee</b>	Bryan Middleton
<b>Track Judges</b>	Peter Cassidy, Pauline Wilson, Barry Dorrity
<b>Race Walking Judges</b>	Peter Cassidy, Pauline Wilson, Mick Fox, Mick Graham, Steve Cartwright, Pam Ficken
<b>Chief Timekeeper</b>	Sharon Herbert
<b>Timekeepers</b>	Miriam Dorrity, Don Turner
<b>Field Referee</b>	Tom Richards
<b>Field Judges</b>	Diane Capon, Gary Capon, Ian Willoughby, David Lesley, Helen Nyberg-Mitroi, Steve Hall, Andy Murray, Jackie Breslin, Claire Lacey, Jeremy Carmichael, Mick Jefferies, Colin Field, Angie Underdown
<b>Photo Finish</b>	Luke Smallwood
<b>Results</b>	Brian Charlton
<b>Registrar</b>	Bridget Cushen
<b>Call Room</b>	Carole Filer, Tanya Daniels
<b>Announcer</b>	Richard Mann
<b>Medals</b>	Bridget Cushen
<b>First Aid</b>	UK Specialist Ambulance Service
<b>Photographer</b>	Tom Phillips
<b>Announcer</b>	Richard Mann
<b>Meeting Manager</b>	Arthur Kimber

## SCVAC INDOOR CHAMPIONSHIP BEST PERFORMANCES

<b>60 Metres</b>							
M35	J Carty	7.2	2007	W35	H Channon (G)	8.0	2013
M40	A Noel	7.1	2005	W40	H Godsell	8.0	1996
					K King	8.0	2005
M45	P Logan	7.4	2008	W45	H Godsell	8.2	2003
					K King	8.2	2007/08
M50	G Walcott	7.6	2006	W50	H Godsell	8.2	2005
M55	R Frazer	7.8	2003	W55	V Parsons	8.6	2006
	W Franklin	7.76	2008				
M60	B Gray	7.9	1996	W60	V Parsons	8.9	2007
	G Sutton	7.9	2006				
	J Browne	7.9	2014				
M65	C Williams	8.1	1997	W65	M West	9.50	2015
M70	D Adair	8.5	1997	W70	I Holder	10.47	2012
M75	A Long (G)	9.19	2018	W75	I Holder (G)	11.45	2018
M80	S Stein	10.0	2001	W80	D Fraser (G)	14.46	2018
M85	R Pitcairn-Knowles	12.81	2018				
<b>200 Metres</b>							
M35	W MacGee	23.46	2008	W35	H Channon (G)	26.8	2013
M40	A McMahon (G)	23.53	2016	W40	L Byfield-Moore (G)	28.23	2008
M45	P Logan	24.23	2010	W45	K King	27.36	2008
M50	R Huskisson (G)	25.2	2010	W50	H Godsell	28.94	2008
M55	A Ross	25.24	2008	W55	K King	29.03	2018
M60	A Ross (G)	25.98	2015	W60	H Godsell	30.01	2016
M65	T Bissett	27.49	2009	W65	M West	32.82	2015
M70	G Sutton (G)	27.60	2016	W70	M Axtell	40.85	2015
M75	B Ferguson	33.35	2017	W75	B Green	59.4	2008
M80	J Evans (G)	39.30	2016	W80	D Fraser (G)	51.47	2018
M85	R Pitcairn-Knowles	47.42	2018				
<b>400 Metres</b>							
M35	E Williams	51.41	2008	W35	D Doherty	66.38	2008
M40	P Benedickter	55.34	2010	W40	D Norman	60.24	2017
M45	K Bentham	53.59	2008	W45	L Hopkins	64.05	2009
M50	D Bokor-Ingram	53.47	2018	W50	S Read-Cayton (G)	63.79	2016
M55	J Tilt	56.49	2018	W55	L Mahady (G)	67.1	2014
M60	R Watkins	60.44	2014	W60	S James	94.38	2015
M65	D Spencer	63.58	2016	W65	M West	76.23	2015
M70	T Bissett	75.56	2018				
M75	J Batchelor	78.16	2018	W75	P Jones	99.37	2012
M80	R Pitcairn-Knowles	104.54	2014				
M85	R Pitcairn-Knowles	123.30	2018				
<b>800 Metres</b>							
M35	E Williams	1:59.68	2008				
M40	S Baldock	2:02.29	2010	W40	D Norman	2:19.63	2017
M45	A Haines	2:05.95	2014	W45	T Burrows	2:33.40	2010
M50	S Anderson (G)	2:08.42	2014	W50	C Smith (G)	2:40.78	2010
M55	J Gough (G)	2:11.13	2008	W55	L Mahady (G)	2:38.33	2014
M60	D Wilcock	2:21.31	2009	W60	S James	3:33.90	2015
M65	D Oxland (G)	2:31.46	2010	W65	R Tabor (G)	2:55.06	2016
M70	J Batchelor	2:51.74	2015	W70	P Gallagher (G)	3:50.47	2018
M75	A Kimber	3:15.05	2012	W75	P Jones	3:41.3	2012
M80	G Hopcraft	4.13.53	2010				

1500 Metres							
M35	C McQuillen-Wright (G)	4:17.36	2008	W35	C Oliver	5:07.26	2010
M40	C Symonds	4:23.82	2016	W40	N Richmond	5:27.0	2013
M45	D Moore (G)	4.23.58	2009	W45	J Pidgeon (G)	5:10.06	2010
M50	S Anderson (G)	4:31.48	2016	W50	C Stewart	5:54.61	2018
M55	D Butler (G)	4:37.6	2012	W55	R Tabor (G)	5.51.40	2009
M60	M Mann (G)	5.03.43	2000	W60	C Jones (G)	6:19.20	2018
M65	M Mann (G)	5:29.54	2016				
M70	J Batchelor	5:50.16	2015				
M75	J Batchelor	6:02.19	2017				
3000 Metres							
M35	R Palmer (G)	9.00.69	2010				
M40	I Johnson	9.23.35	2010				
M45	I Johnston (G)	9:31.31	2016	W45	B Pritchett	10:33.5	2012
M50	T Tuohy (G)	9:40.47	2017	W50	G Duckworth (G)	11:02.37	2010
M55	G Ironmonger (G)	9:52.99	2018	W55	G Duckworth (G)	11:01.8	2012
M60	D Oxland (G)	10:14.16	2014	W60	P Gallagher (G)	12:11.16	2009
M65	D Oxland (G)	11:02.03	2018	W65	R Tabor (G)	12:18.67	2015
M70	J Batchelor	12:12.45	2015				
M75	J Batchelor	12:38.47	2016	W75	P Jones	15:24.4	2012
60 Metres Hurdles							
M35	M Elliott	8.33	2016	W35	C Goddard	9.5	2005
M40	A Lewis	8.44	2009	W40	M Austin	9.68	2008
M45	G Reddington	8.92	2008	W45	K Reynolds	9.56	2014
M50	G Reddington	9.1	2013	W50	E McMahon	10.3	2001
					G Clarke	10.3	2013
					G Clarke	10.25	2012
M55	J Howe	9.6	2001	W55	E McMahon	10.93	2008
	A Roker	9.6	2006				
M60	J Howe	10.1	2003	W60	E McMahon	11.3	2013
M65	B Ferguson	10.0	2007	W65	E McMahon	12.50	2018
M70	B Ferguson	10.74	2012	W70	P Oakes (G)	14.51	2017
M75	B Ferguson	12.06	2018				
3K Walk							
M35	A Hills (G)	16:53.00	2017				
				W40	S Brown (G)	17:29.6	2013
				W45	M Noel (G)	18:15.8	2013
M50	N Silvester	13:07.7	2008	W50	A Martin	20:14.3	2016
M55	F Reis	14:06.43	2016	W55	J Howard	17.55.8	2012
M60	I Richards (G)	14.39.7	2012	W60	N Blatchford	18.16.1	2012
M65	J Hall (G)	15:49.89	2014	W65	N Blatchford	18:34.2	2013
M70	A Thompson	15:52.0	2008	W70	V Case	27.09.00	2008
M75	A Thompson	16:29.6	2012				
M80	D Sutcliffe (G)	22:12.87	2014				
Pole Vault							
M35	C Mills	4.41	2011	W35	L Kelly	2.50	2013
M40	C Mills	4.20	2016	W40	A Duke	2.50	2009/10
					C Cubbage	2.50	2016
M45	A Williams	4.21	2002	W45	A Duke	2.61	2012
	E Jones	4.21	2017				
M50	M Johnson (G)	4.64	2016	W50	S Yeomans	2.70	2005/7
M55	A Williams	3.91	2011	W55	S Yeomans	2.71	2012
M60	A Williams	3.21	2017	W60	S Yeomans	2.60	2014
M65	A Woods	2.80	1997	W65	D McLennan	2.30	2005
M70	N Mason (G)	3.00	2018	W70	D McLennan	2.10	2006
M75	A Woods	1.80	2007				

High Jump							
M35	S Bobb	1.78	2012	W35	C Goddard	1.64	2005
M40	D Dods	1.79	2018	W40	A Akim (G)	1.63	2016
M45	D Talbot	1.62	2001	W45	I Barauskiene	1.45	2011
M50	I Allen (G)	1.68	2018	W50	G Clarke	1.35	2013
M55	G Capon	1.56	2017	W55	T Eades	1.25	2014/17
M60	D Talbot	1.47	2015	W60	J Hulls	1.15	1999
					J Charles	1.15	2002
M65	J Howe	1.3	2007	W65	P Oakes	1.12	2012
M70	J Robinson	1.25	2001				
	R Bruck	1.25	2013/14				
M75	R Bruck	1.21	2018				
Long Jump							
M35	S Bobb	6.42	2012	W35	H Channon (G)	5.24	2013
M40	G Sunshine	6.44	2016	W40	D Norman	5.29	2016
M45	T Wade	5.94	2005	W45	A Griffiths	4.65	2007
					I Barauskiene	4.65	2011
M50	T Wade	5.93	2007	W50	G Clarke	4.23	2013
M55	P Guest (G)	5.40	2018	W55	T Eades	4.15	2016
M60	M Lapka (G)	4.64	2018	W60	I Holder	3.84	2005
M65	A Cheers	4.2	2010	W65	I Holder	3.33	2007
M70	A Kalirai	4.08	1999	W70	I Holder	3.48	2012
M75	A Long (G)	3.97	2018	W75	I Holder (G)	2.97	2018
M80	J Evans (G)	3.07	2016	W80	D McLennan	1.72	2018
Triple Jump							
M35	S Bobb	13.92	2012	W35	J Brown	10.79	1996
M40	S Bobb	13.48	2016	W40	J Brown	10.54	2002
M45	A Oyediran	13.55	2007	W45	D Norman	10.90	2017
M50	J Gittens (G)	11.60	2016	W50	P Oakes	9.04	1997
M55	A Cheers	10.19	2001	W55	M Garland (G)	9.18	2018
M60	J Gittens (G)	11.59	2017	W60	C Graham	7.97	2002
M65	A Cheers	8.98	2010	W65	I Holder	7.43	2007
M70	A Kalirai	8.54	1999	W70	I Holder	7.16	2012
M75	A Long (G)	7.96	2018	W75	I Holder (G)	6.5	2018
M80	J Evans (G)	6.99	2016				
Shot							
M35	M Wiseman	14.65	2008	W35	S Lawrence	10.92	2012
M40	M Wiseman	15.47	2011	W40	D Norman	11.26	2016
M45	G Degutis (G)	14.93	2016	W45	V Thompson	9.95	1997
M50	N Griffin	15.35	2001	W50	B Terry	10.81	1996
M55	N Griffin	14.25	2005	W55	V Thompson	10.78	2008/10
M60	N Griffin	14.25	2010	W60	E Williams	11.17	1999
M65	G Hickey	12.66	2002	W65	E Williams	11.2	2003
M70	G Hickey	12.12	2005	W70	E Williams	10.13	2009
M75	J Hanus	9.59	2005	W75	M Grant Stevens	5.76	2008
M80	C Taylor (G)	8.60	2016	W80	M Williams	4.46	1997

## DATES FOR YOUR DIARY

**TBA - Outdoor Track and Field Championships**

**TBA - Outdoor Inter Area Match**

**1<sup>st</sup> September SCVAC League Final – Julie Rose, Ashford**

## INDOOR MEDAL STANDARDS

	<b>M35</b>	<b>M40</b>	<b>M45</b>	<b>M50</b>	<b>M55</b>	<b>M60</b>	<b>M65</b>	<b>M70</b>	<b>M75</b>	<b>M80</b>
<b>60m</b>	8.5	8.8	9.0	9.2	9.5	10.0	10.5	11.2	11.8	12.9
<b>60mH</b>	10.0	10.8	11.7	11.9	12.8	12.5	14.0	13.5	15.6	17.9
<b>200m</b>	28.1	28.7	29.3	30.3	31.4	33.1	34.9	37.9	41.8	48.9
<b>400m</b>	61.1	63.2	64.9	67.1	70.4	75.3	80.3	89.1	106.7	132.0
<b>800m</b>	2:23	2:27	2:31	2:37	2:45	2:58	3:12	3:31	4:03	4:46
<b>1500m</b>	5:04	5:10	5:17	5:30	5:43	6:05	6:41	7:23	8:29	10:16
<b>3000m</b>	10:07	10:38	11:16	11:52	12:39	13:23	14:07	15:24	17:03	19:17
<b>3000mW</b>	17:25	17:52	18:27	19:04	19:48	20:36	21:32	22:40	24:12	26:02
<b>PV</b>	2.90	2.75	2.65	2.50	2.35	2.15	2.00	1.85	1.75	1.60
<b>HJ</b>	1.45	1.40	1.35	1.30	1.25	1.15	1.10	1.05	0.95	0.85
<b>LJ</b>	4.70	4.50	4.40	4.15	3.90	3.60	3.24	2.79	2.34	1.89
<b>TJ</b>	10.20	9.90	9.50	9.05	8.65	8.10	7.30	6.40	5.60	4.90
<b>SP</b>	9.90	9.30	8.50	8.90	8.20	8.75	7.60	8.30	6.50	5.90
	<b>W35</b>	<b>W40</b>	<b>W45</b>	<b>W50</b>	<b>W55</b>	<b>W60</b>	<b>W65</b>	<b>W70</b>	<b>W75</b>	<b>W80</b>
<b>60m</b>	9.3	9.6	10.2	10.7	11.4	12.1	12.8	13.6	14.6	15.7
<b>60mH</b>	11.8	11.7	12.2	12.8	13.3	13.9	14.5	14.9	15.5	15.9
<b>200m</b>	32.4	33.5	34.7	36.5	38.2	40.7	44.4	50.4	59.6	68.2
<b>400m</b>	72.4	75.5	79.0	82.8	86.9	91.0	95.4	103.4	116.6	129.8
<b>800m</b>	2:48	2:53	3:01	3:09	3:21	3:34	3:53	4:14	4:35	5:05
<b>1500m</b>	5:59	6:07	6:18	6:34	6:55	7:25	8:01	8:44	9:36	10:38
<b>3000m</b>	12:22	12:57	13:23	13:58	14:40	15:24	16:24	17:41	19:15	21:16
<b>3000mW</b>	20:15	20:32	20:59	21:28	22:05	22:49	23:44	24:56	26:13	27:41
<b>PV</b>	2.15	2.00	1.80	1.65	1.55	1.45	1.35	1.25	1.15	1.05
<b>HJ</b>	1.25	1.20	1.15	1.10	1.00	0.95	0.90	0.85	0.75	0.70
<b>LJ</b>	3.83	3.60	3.38	3.14	2.88	2.66	2.42	2.18	1.96	1.67
<b>TJ</b>	8.01	7.56	7.11	6.75	6.30	5.85	5.36	4.86	4.32	3.78
<b>SP</b>	7.56	7.25	6.75	6.75	6.39	5.76	5.09	4.41	3.74	3.11