

**Southern Counties Veterans Athletics Club**  
**Indoor Track and Field Championships Saturday 15th February 2014**  
**Lee Valley Indoor Athletics Centre**

**M35**

<b>60m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	4	Scott Craddock	Medway & M	7.45	G
2	2	Stuart Channon (G)	Walton AC	7.53	-
3	9	David Robinson (G)	Serpentine	8.20	-

**200m**

<b>200m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	2	Stuart Channon (G)	Walton AC	24.70	-
2	5	Peter Davey	Ashford AC	25.40	G
3	9	David Robinson (G)	Serpentine	26.80	-

**800m**

<b>800m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	11	Bobby Walker	Cambridge H	2:14.70	G

**60m Hurdles**

<b>60m Hurdles</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	5	Peter Davey	Ashford AC	9.00	G
2	6	Alwyn Lombaard (G)	Enfield & H	9.58	-

**High Jump**

<b>High Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	6	Alwyn Lombaard (G)	Enfield & H	1.75	-
2	5	Peter Davey	Ashford AC	1.60	G
3	1	Ben Anderson	Winchester	1.55	S
4	9	David Robinson (G)	Serpentine	1.45	-

**Pole Vault**

<b>Pole Vault</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	3	Greg Conlon	Walton AC	4.35	G

**Long Jump**

<b>Long Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	2	Stuart Channon (G)	Walton AC	5.70	-
2	5	Peter Davey	Ashford AC	5.43	G

**Triple Jump**

<b>Triple Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	1	Ben Anderson	Winchester	11.11	G

**Shot**

<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	8	Garry Newton	Southampton	13.90	G
2	10	Stuart Thurgood	Herne Hill H	12.52	S

**M40**

<b>60m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	15	Neil Lincoln	Holland Sports	7.68	G
2	17	Giuseppe Minetti (G)	Herne Hill H	7.71	-
3	20	Michael Smith	St. Albans S.	7.84	S
4	18	Ben Radcliffe	Haywards Hth	7.90	B
5	14	Stephen Lake	Ashford AC	8,13	-

<b>200m</b>					
Pos	No	Athlete	Club	Perf	Medal
1	17	Giuseppe Minetti (G)	Herne Hill H	25.30	-
2	13	Peter Benedickter (G)		25.46	-
3	20	Michael Smith	St. Albans S.	25.52	G
4	14	Stephen Lake	Ashford AC	26.67	S
<b>400m</b>					
Pos	No	Athlete	Club	Perf	Medal
1	13	Peter Benedickter (G)		55.42	-
<b>800m</b>					
Pos	No	Athlete	Club	Perf	Medal
1	21	Jason Steel	Hillingdon	2:17.78	G
2	19	David Shortridge (G)	Victoria Park & TH	2:23.19	-
<b>1500m</b>					
Pos	No	Athlete	Club	Perf	Medal
1	22	Christopher Symonds	Woodford G & EL	4:28.80	G CBP
<b>3000m</b>					
Pos	No	Athlete	Club	Perf	Medal
1	22	Christopher Symonds	Woodford G & EL	9:29.95	G
<b>60m Hurdles</b>					
Pos	No	Athlete	Club	Perf	Medal
1	12	Stephen Bass (G)	Bedford & C	11.13	G
<b>Long Jump</b>					
Pos	No	Athlete	Club	Perf	Medal
1	15	Neil Lincoln	Holland Sports	5.88	G
2	14	Stephen Lake	Ashford AC	5.35	S
3	18	Ben Radcliffe	Haywards Hth	5.30	B
<b>Triple Jump</b>					
Pos	No	Athlete	Club	Perf	Medal
1	14	Stephen Lake	Ashford AC	11.79	G
2	15	Neil Lincoln	Holland Sports	11.68	S
3	18	Ben Radcliffe	Haywards Hth	10.31	B
4	12	Stephen Bass (G)	Bedford & C	9.15	-
<b>M45</b>					
<b>60m</b>					
Pos	No	Athlete	Club	Perf	Medal
1	30	Neil Middleton	Hillingdon	7.92	G CBP
2	29	Barrington King	Harrow AC	8.11	S
3	32	Derek Warn	Southampton	8.70	B
<b>200m</b>					
Pos	No	Athlete	Club	Perf	Medal
1	30	Neil Middleton	Hillingdon	26.16	G
2	29	Barrington King	Harrow AC	27.84	S
<b>400m</b>					
Pos	No	Athlete	Club	Perf	Medal
1	27	Adrian Haines	Crawley AC	57.02	G
<b>800m</b>					
Pos	No	Athlete	Club	Perf	Medal
1	27	Adrian Haines	Crawley AC	2:05.95	G CBP
2	25	Andrew Coleman	Basildon AC	2:10.62	S

<b>Pole Vault</b>			<b>Final</b>	Perf	Medal	
Pos	No	Athlete	Club			
1	32	Derek Warn	Southampton	3.00	G	
<b>Shot</b>			<b>Final</b>	Perf	Medal	
Pos	No	Athlete	Club			
1	33	Steve Whyte (G)	Thames Valley H	14.66	-	CBP
2	34	Mark Wiseman (G)	Bracknell AC	13.53	-	
<b>M50 60m</b>			<b>Final</b>	Perf	Medal	
Pos	No	Athlete	Club			
1	45	Pat Logan	Kingston & Poly	7.78	G	
2	48	Glen Reddington	WSE & H	7.95	S	
3	41	Peter Ilo	SCVAC	8.06	B	
4	39	Sholto Douglas-Home	SCVAC	8.59		
5	47	Michael May	Kingston & Poly	9.18		
<b>200m</b>			<b>Final</b>	Perf	Medal	
Pos	No	Athlete	Club			
1	44	Bob Lewis	Reading AC	25.87	G	
2	48	Glen Reddington	WSE & H	26.10	S	
3	41	Peter Ilo	SCVAC	26.55	B	
4	47	Michael May	Kingston & Poly	30.83		
<b>400m</b>			<b>Final</b>	Perf	Medal	
Pos	No	Athlete	Club			
1	44	Bob Lewis	Reading AC	59.21	G	
2	35	Simon Anderson (G)	City of Plymouth	59.97	-	
<b>800m</b>			<b>Final</b>	Perf	Medal	
Pos	No	Athlete	Club			
1	35	Simon Anderson (G)	City of Plymouth	2:08.4	-	CBP
2	46	Lawrence Mangelshot	Ware Joggers	2:12.1	G	
<b>1500m</b>			<b>Final</b>	Perf	Medal	
Pos	No	Athlete	Club			
1	37	Dean Angell	Horsham J.	4:51.11	G	
<b>3000m</b>			<b>Final</b>	Perf	Medal	
Pos	No	Athlete	Club			
1	37	Dean Angell	Horsham J.	10:09.26	G	
<b>60m Hurdles</b>			<b>Final</b>	Perf	Medal	
Pos	No	Athlete	Club			
1	48	Glen Reddington	WSE & H	9.13	G	
<b>High Jump</b>			<b>Final</b>	Perf	Medal	
Pos	No	Athlete	Club			
1	38	Gary Capon	Dartford H	1.63	G	CBP
2	43	Allan Leiper	AF & D	1.50	S	
<b>Pole Vault</b>			<b>Final</b>	Perf	Medal	
Pos	No	Athlete	Club			
1	43	Allan Leiper	AF & D	3.70	G	

<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	50	Anthony Tipping	Cambridge H.	13.00	G
2	43	Allan Leiper	AF & D	12.63	S
3	52	Peter Wishart (G)	Cambridge H.	8.52	
<b>M55</b>			<b>Final</b>		
<b>60m</b>			Club	Perf	Medal
1	55	Alastair Duncan	Radley AC	8.43	G
<b>200m</b>			Club	Perf	Medal
1	55	Alastair Duncan	Radley AC	26.59	G
<b>1500m</b>			Club	Perf	Medal
1	56	Richard Holland	Woodford G & EL	5:04.21	G
2	59	Colin Oxlade	Croydon H.	5:33.83	S
<b>3000m</b>			Club	Perf	Medal
1	56	Richard Holland	Woodford G & EL	10:29.98	G
2	59	Colin Oxlade	Croydon H.	10:57.87	S
<b>3000m Walk</b>			Club	Perf	Medal
1	53	Steve Allen	Barnet & Dist	15:58.24	G
2	57	Malcolm Martin	Paddock Wood	16:10.10	S
3	54	David Bowker (G)	Fairlands V	18:53.37	-
<b>Triple Jump</b>			Club	Perf	Medal
1	61	Ian Turner	Eastbourne	8.14	-
<b>Shot</b>			Club	Perf	Medal
1	61	Ian Turner	Eastbourne	8.81	G
<b>M60</b>			<b>Final</b>		
<b>60m</b>			Club	Perf	Medal
1	62	John Browne	Milton Keynes	7.90	G =CBP
2	69	Alasdair Ross	WSE & H	7.95	S
3	70	Ray Watkins	Basingstoke	8.30	B
4	73	Paul Willcox (G)	Ipswich H	9.07	
<b>200m</b>			Club	Perf	Medal
1	69	Alasdair Ross	WSE & H	26.02	G CBP
2	70	Ray Watkins	Basingstoke	26.52	S
3	73	Paul Willcox (G)	Ipswich H	29.47	B
<b>400m</b>			Club	Perf	Medal
1	70	Ray Watkins	Basingstoke	60.44	G CBP
<b>800m</b>			Club	Perf	Medal
1	68	Chris Reed	Pitsea RC	2:48.83	G
2	63	John Clarke	Barnet & Dist	3:07.10	-

<b>1500m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	68	Chris Reed	Pitsea RC	5:55.20	G	
<b>3000m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	67	David Oxland (G)	Notts AC	10:14.16	-	CBP
2	63	John Clarke	Barnet & Dist	13:10.48	G	
<b>Shot</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	66	Peter Hawney	Cambridge H	9.40	G	
<b>M65</b>						
<b>60m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	82	Glyn Sutton (G)	Newport AC	8.35	-	
2	81	Victor Novell	Southampton	8.69	G	
<b>200m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	82	Glyn Sutton (G)	Newport AC	27.71	-	
2	81	Victor Novell	Southampton	29.74	G	
<b>800m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	78	Bruce Hendrie (G)	Banbury H	2:47.87	-	
<b>1500m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	75	Alan Davidson	Liss Runners	6:28.26	G	
<b>3000m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	77	Peter Hamilton	Blackheath H.	11:54.87	G	
2	80	Dan Maskell (G)	VAC	13:07.18	-	
3	75	Alan Davidson	Liss Runners	13:18.43	S	
<b>3000m Walk</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	76	John Hall (G)	Belgrave H.	15:49.89	-	CBP
2	80	Dan Maskell (G)	VAC	18:29.24	-	
<b>M70</b>						
<b>60m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	88	Charles Isetts	Kingston & Poly	9.66	G	
<b>200m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	84	Roger Bruck	Barnet & Dist	35.83	G	
<b>High Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	84	Roger Bruck	Barnet & Dist	1.25	G	=CBP
<b>Pole Vault</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	87	John Howe (G)	Rhondda AC	2.30	-	
2	86	Brian Harlick	Epsom & E	2.20	G	

<b>Long Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	84	Roger Bruck	Barnet & Dist	3.40	G	
<b>Shot</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	86	Brian Harlick	Epsom & E	9.14	G	
<b>M80 60m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	91	Richard Pitcairn-Knowles	Sevenoaks	12.18	G	
<b>200m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	91	Richard Pitcairn-Knowles	Sevenoaks	41.78	G	NCBP
<b>400m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	91	Richard Pitcairn-Knowles	Sevenoaks	104.54	G	NCBP
<b>3000m Walk</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	92	David Sutcliffe (G)	Bedford H	22:12.87	-	CBP
<b>W35 60m Hurdles</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	93	Louise Kelly	St. Albans	10.94	G	
<b>Pole Vault</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
	93	Louise Kelly	St. Albans	nhr		
<b>Shot</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	93	Louise Kelly	St. Albans	9.04	G	
2	94	Claire Lacey	Oxford City	7.13	S	
<b>W40 60m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	98	Margaret Pope (G)	VAC	9.59	-	
<b>Long Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	98	Margaret Pope (G)	VAC	3.77	-	
<b>Shot</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	96	Sue Lawrence	Thurrock H.	10.31	G	
<b>W45 60m</b>						
Pos	No	Athlete	Club	Perf	Medal	
1	103	Kay Reynolds	Radley AC	8.68	G	
<b>400m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	100	Alison Collins	South London	67.64	G	

**60m Hurdles**

Pos	No	Athlete	Club	Perf	Medal	
1	103	Kay Reynolds	Radley AC	9.56	G	CBP

**3000m Walk****Final**

Pos	No	Athlete	Club	Perf	Medal
1	101	Angela Martin	Paddock Wood	19:30.97	G
2	99	Sandra Campbell (G)	Surrey Walking	22:54.93	-

**Pole Vault****Final**

Pos	No	Athlete	Club	Perf	Medal
1	102	Jacqueline Montgomery	Blackh'th & B	2.50	G

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

Pos	No	Athlete	Club	Perf	Medal
1	111	Euphemia Scott	Enfield & Harr	8.99	G

**200m****Final**

Pos	No	Athlete	Club	Perf	Medal
1	111	Euphemia Scott	Enfield & Harr	29.68	G

**400m****Final**

Pos	No	Athlete	Club	Perf	Medal
1	111	Euphemia Scott	Enfield & Harr	69.88	G

**800m****Final**

Pos	No	Athlete	Club	Perf	Medal
1	106	Diane Farmer	Eastbourne	3:07.76	G

**1500m****Final**

Pos	No	Athlete	Club	Perf	Medal	
1	106	Diane Farmer	Eastbourne	6:03.9	G	CBP

**3000m****Final**

Pos	No	Athlete	Club	Perf	Medal
1	106	Diane Farmer	Eastbourne	12:37.60	G

**3000m Walk****Final**

Pos	No	Athlete	Club	Perf	Medal	
1	104	Pamela Abbott (G)	Enfield & Harr	20:48.16	-	NCBP

**Long Jump****Final**

Pos	No	Athlete	Club	Perf	Medal
1	110	Amanda Rowley-Jones	Croydon H.	4.03	G

**Triple Jump****Final**

Pos	No	Athlete	Club	Perf	Medal
1	110	Amanda Rowley-Jones	Croydon H.	8.73	G

**Shot****Final**

Pos	No	Athlete	Club	Perf	Medal
1	105	Wendy Dunsford	Epsom & E	8.65	G

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

Pos	No	Athlete	Club	Perf	Medal
1	118	Joan Trimble	Kingston & Poly	9.40	G
2	116	Christine Salvary	Barnet & Dist	10.10	S

<b>400m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	114	Laura Mahady (G)	Aberdeen AAC	67.10	-	CBP
<b>800m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	114	Laura Mahady (G)	Aberdeen AAC	2:38.33	-	CBP
<b>High Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	112	Teresa Eades	Dartford H.	1.25	G	CBP
<b>Pole Vault</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	112	Teresa Eades	Dartford H.	2.40	G	
<b>Long Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	112	Teresa Eades	Dartford H.	3.93	G	CBP
2	116	Christine Salvary	Barnet & Dist	3.36	S	
<b>Triple Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	112	Teresa Eades	Dartford H.	8.70	G	CBP
2	116	Christine Salvary	Barnet & Dist	7.07	S	
<b>W60</b>						
<b>60m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	122	Helen Godsell	Blackh'th & B	8.97	G	
2	123	Emily McMahon	Enfield & H	9.83	S	
3	121	Susan Dassie	Epsom & E	9.85	B	
4	120	Avis Cowley	Garden City	10.39		
<b>200m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	122	Helen Godsell	Blackh'th & B	30.23	G	CBP
2	120	Avis Cowley	Garden City	34.86	S	
3	121	Susan Dassie	Epsom & E	34.86	B	
4	119	Linda Ahmet	Radley AC	35.85		
<b>60m Hurdles</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
	123	Emily McMahon	Enfield & H	dnf		
<b>Pole Vault</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	127	Sue Yeomans	St Albans AC	2.60	G	CBP
<b>Long Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	127	Sue Yeomans	St Albans AC	3.58	G	
2	120	Avis Cowley	Garden City	3.15	S	
3	119	Linda Ahmet	Radley AC	3.12	B	
4	125	Linda Oxlade	Croydon H.	2.41		



<b>Triple Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	127	Sue Yeomans	St Albans AC	7.79	G
2	119	Linda Ahmet	Radley AC	7.09	S
3	120	Avis Cowley	Garden City	6.36	B
4	125	Linda Oxlade	Croydon H.	4.97	

<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	126	Vilma Thompson	Belgrave H.	10.06	G
2	121	Susan Dassie	Epsom & E	7.95	S

<b>W65 High Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	128	Patricia Oakes	Medway & M	1.05	G

<b>Long Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	128	Patricia Oakes	Medway & M	2.94	G

<b>Triple Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	128	Patricia Oakes	Medway & M	6.36	G

<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	129	Elizabeth Sissons	Epsom & E	8.83	G

<b>W70 60m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	131	Iris Holder (G)	Worcester	10.75	-
2	130	Mary Axtell	Southampton	10.79	G

<b>Long Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	131	Iris Holder (G)	Worcester	3.26	-