

Southern Counties Veterans Athletic Club
Indoor Track and Field Championships
Sunday 20th February 2011 - Lee Valley Athletics Centre

M35

60m

Final

Pos	No	Athlete	Club	Perf	Medal
1	13	Scott Spencer	Havering M'k	7.6	G
2	7	Stephen Dobson (G)	Barnet & D	8.3	
3	2	Steve Bass (G)	EVAC	8.4	

200m

Heat 1

Pos	No	Athlete	Club	Perf	
1	13	Scott Spencer	Havering M'k	24.2	Q
2	1	Tim Auty	Brighton & H	25.7	Q
3	2	Steve Bass (G)	EVAC	27.6	q
4	7	Stephen Dobson (G)	Barnet & D	27.7	

Heat 2

Pos	No	Athlete	Club	Perf	
1	5	Peter Davey	Ashford AC	25.3	Q
2	16	Mark West	Southampton AC	25.5	Q
3	6	Mark Dawson	Thanet RR	27.3	q

200m

Final

Pos	No	Athlete	Club	Perf	Medal
1	5	Peter Davey	Ashford AC	25.6	G
2	6	Mark Dawson	Thanet RR	28.1	S
	13	Scott Spencer	Havering M'k	dns	
	1	Tim Auty	Brighton & H	dns	
	2	Steve Bass (G)	EVAC	dns	
	16	Mark West	Southampton AC	dns	

400m

Pos	No	Athlete	Club	Perf	Medal
1	13	Scott Spencer	Havering M'k	53.4	G
2	3	Jim Bennett	Southampton AC	56.9	S
3	14	Christopher Symonds	Woodford Green & EL	57.1	B
4	2	Steve Bass (G)	EVAC	61.5	
5	6	Mark Dawson	Thanet RR	63.9	

800m

Final

Pos	No	Athlete	Club	Perf	Medal
1	14	Christopher Symonds	Woodford Green & EL	2:05.6	G
2	3	Jim Bennett	Southampton AC	2:07.8	S

1500m

Final

Pos	No	Athlete	Club	Perf	Medal
1	14	Christopher Symonds	Woodford Green & EL	4:24.0	G

60m Hurdles

Final

Pos	No	Athlete	Club	Perf	Medal
1	5	Peter Davey	Ashford AC	9.1	G
2	11	Altino Mageste	SCVAC	10.3	
3	1	Tim Auty	Brighton & H	10.9	

High Jump

Final

Pos	No	Athlete	Club	Perf	Medal
1	5	Peter Davey	Ashford AC	1.60	G
2	16	Mark West	Southampton AC	1.55	S
3	6	Mark Dawson	Thanet RR	1.40	

Pole Vault			Final			
Pos	No	Athlete	Club	Perf	Medal	Rec
1	12	Chris Mills	WSEH	4.41	G	Rec
2	1	Tim Auty	Brighton & H	2.70		

Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	Rec
1	10	Neil Lincoln	Holland Sp	6.13	G	Rec
2	9	Steve Lake	Ashford AC	5.77	S	
3	5	Peter Davey	Ashford AC	5.57	B	
4	16	Mark West	Southampton AC	5.21		

Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	Rec
1	10	Neil Lincoln	Holland So	12.05	G	Rec
	9	Steve Lake	Ashford AC	ndr		

Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	1	Tim Auty	Brighton & H	10.08	G	
2	6	Mark Dawson	Thanet RR	7.99		

M40 60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	23	John Corr (G)	Leevale AC	7.4		
2	17	Joe Appiah	Kent AC	7.4	G	
3	31	Julian Smith	Enfield & H	7.9	S	

200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	23	John Corr (G)	Leevale AC	24.4		
2	18	Steve Baldock	Hastings AC	25.5	G	
3	31	Julian Smith	Enfield & H	26.1	S	
4	29	Nick Lauder (G)	Enfield & H	26.1		
5	21	Richard Buckingham (G)	Worthing H	26.2		
6	27	Martin Hill	Queens Park	27.4	B	

400m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	18	Steve Baldock	Hastings AC	55.0	G	
2	26	Geoff Gallagher	SCVAC	58.4	S	

800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	18	Steve Baldock	Hastings AC	2:04.7	G	
2	25	Steve Down	SCVAC	2:06.3	S	

1500m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	22	Andy Coleman (G)	Billericay S	4:35.4		
2	24	Andrew Del Nevo	Dacorum & T	4:47.0	G	

3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	28	Ian Johnston	Shettlestone H	9:26.0	G	
2	22	Andy Coleman (G)	Billericay S	9:57.5		
3	24	Andrew Del Nevo	Dacorum & T	10:15.4	S	

60m Hurdles			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	17	Joe Appiah	Kent AC	8.6	G	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	20	Ian Bridgeman	AF & D	1.65	G	
Pole Vault			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	24	Andrew Del Nevo	Dacorum & T	2.60		
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
	21	Richard Buckingham (G)	Worthing H	ndr		
Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	20	Ian Bridgeman	AF & D	11.02	G	
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	Rec
1	32	Mark Wiseman	Belgrave H	15.47	G	
M45						
60m						
Pos	No	Athlete	Club	Perf	Medal	
1	52	Glen Reddington	WSEH	7.7	G	
2	53	Clarence Riley	Croydon H	7.8	S	
3	44	Peter Ilo	Barnet & D	7.9	B	
4	47	Barrington King	Harrow AC	8.0		
5	38	Richard Christian	Paddock W	8.5		
200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	53	Clarence Riley	Croydon H	25.8	G	
2	40	Alan Easey (G)	Worthing H	27.5		
3	54	David Stephenson	Fairlands V S	27.9	S	
400m						
Pos	No	Athlete	Club	Perf	Medal	
1	55	Jonathan Tilt	Southampton AC	53.8	G	
2	42	Danny Hodge	WSEH	57.6	S	
3	53	Clarence Riley	Croydon H	58.1	B	
4	51	Keith Palmer	Southend AC	58.6		
5	44	Peter Ilo	Barnet & D	59.5		
800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	55	Jonathan Tilt	Southampton AC	2:09.2	G	
2	49	Larry Mangelshot	Ware Joggers	2:10.8	S	
3	35	Mark Ashby	Cambridge H	2:15.7	B	
1500m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	50	Declan McCarthy	Co Derry Sp	4:45.2	G	
2	46	Paul Kent	Cambridge H	4:55.5	S	
3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	50	Declan McCarthy	C o Derry Sp	9:55.0	G	

60m Hurdles

Pos	No	Athlete	Club	Perf	Medal
1	59	Des Wilkinson (G)	Luton AC	9.3	
2	52	Glen Reddington	WSEH	9.3	G
3	38	Richard Christian	Paddock W	11.3	S

Final**3000m Walk**

Pos	No	Athlete	Club	Perf	Medal
1	54	David Stephenson	Fairlands V S	18:08.9	G
	38	Richard Christian	Paddock W	dnf	

Final**High Jump**

Pos	No	Athlete	Club	Perf	Medal
1	38	Richard Christian	Paddock W	1.45	G
2	57	Derek Warn	Southampton AC	1.40	S

Final**Pole Vault**

Pos	No	Athlete	Club	Perf	Medal
1	34	John Andrews	Epsom & E	3.50	G
2	40	Alan Easey (G)	Worthing H	3.10	
3	58	Richard Waterhouse	Hastings	3.00	S
4	57	Derek Warn	Southampton	2.50	

Final**Long Jump**

Pos	No	Athlete	Club	Perf	Medal
1	53	Clarence Riley	Croydon H	4.86	G
2	57	Derek Warn	Southampton AC	4.17	

Final**Triple Jump**

Pos	No	Athlete	Club	Perf	Medal
1	53	Clarence Riley	Croydon H	9.80	G

Final**Shot**

Pos	No	Athlete	Club	Perf	Medal
1	57	Derek Warn	Southampton	7.42	

Final**M50****60m**

Pos	No	Athlete	Club	Perf	Medal
1	84	Mark Woods	Paddock W	8.1	G
2	66	Roderick Davies	WSEH	8.2	S
3	65	Gary Capon	Dartford H	8.3	B
4	82	Lawrence Taylor	Barnet & D	8.5	
5	76	Michael May	Kingston & P	9.0	

Final**200m**

Pos	No	Athlete	Club	Perf	Medal
1	74	Pat Logan	Kingston & P	24.8	G
2	71	Tennyson James (G)	Bedford & C	25.6	
3	84	Mark Woods	Paddock W	26.3	S
4	66	Roderick Davies	WSEH	27.3	B
5	76	Michael May	Kingston & P	29.5	

Final**400m**

Pos	No	Athlete	Club	Perf	Medal	Rec
1	61	Kermit Bentham	TVH	54.5	G	
2	71	Tennyson James (G)	Bedford & C	58.3		
3	63	Mark Butler	Epsom & E	59.5	S	

Final

800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	68	Keith Ewing (G)	Blackheath & B	2:09.7		
1500m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	70	Richard Holland	W'dford GEL	4:43.5	G	
2	78	Colin Oxlade	Croydon H	5:07.4	S	
3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	62	Michael Bridgeland (G)	Chelmsford	9:34.1		
2	70	Richard Holland	W'dford GEL	9:47.7	G	
3	78	Colin Oxlade	Croydon H	10:19.6	S	
3000m Walk			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	79	Francisco Reis	Ilford AC	14:27.4	G	
2	60	Steve Allen	Barnet & D	15:42,3	S	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	Rec
1	65	Gary Capon	Dartford H	1.60	G	
Pole Vault			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	75	Wayne Martin	Hastings AC	2.80	G	
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	83	Trevor Wade	TVH	5.13	G	
2	66	Roderick Davies	WSEH	4.72	S	
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	73	Allan Leiper	AF & D	12.84	G	
2	69	John Fenton	Dartford H	11.09	S	
M55						
60m						
Pos	No	Athlete	Club	Perf	Medal	
1	87	John Browne	Enfield & H	7.7	G	
2	92	Paul Lavender	Epsom & E	7.9	S	
3	102	Ray Watkins	B'stoke& MH	7.9	B	
4	96	Tom Phillips	Blackh'th &B	8.4		
5	93	Clement Leon	Blackh'th & B	8.4		
200m						
Pos	No	Athlete	Club	Perf	Medal	
1	87	John Browne	Enfield & H	25.8	G	
2	102	Ray Watkins	B'stoke& MH	26.1	S	
3	96	Tom Phillips	Blackheath & B	27.5	B	
4	93	Clement Leon	Blackheath & B	27.6		
400m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	102	Ray Watkins	B'stoke & MH	62.7	G	
2	93	Clement Leon	Blackheath & B	64.4	S	

1500m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	95	Malcolm McCausland	Co Derry Spartans	5:33.4	G	
3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	90	Steve Connolly	Swindon H	11:20.3	G	
2	95	Malcolm McCausland	Co Derry Spartans	11:43.6	S	
3000m Walk			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	99	Dave Sharpe	Ilford AC	17:44.6	G	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	93	Clement Leon	Blackheath & B	1.50	G	
2	85	David Blunt	Epsom & E	1.45	S	
Pole Vault			Final			
Pos	No	Athlete	Club	Perf	Medal	Rec
1	103	Allan Williams	Bl'kheath & B	3.91	G	
2	85	David Blunt	Epsom & E	3.40	S	
3	97	Alasdair Ross	WSEH	2.70	B	
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	97	Alasdair Ross	WSEH	4.61	G	
2	85	David Blunt	Epsom & E	4.51	S	
3	93	Clement Leon	Blackh'th & B	4.43	B	
4	101	Ian Turner	Eastbourne R	3.84		
Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	93	Clement Leon	Blackheath & B	10.17	G	
2	85	David Blunt	Epsom & E	9.83	S	
3	101	Ian Turner	Eastbourne R	8.24		
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	101	Ian Turner	Eastbourne R	9.29	G	
2	98	Tim Saunders-Mullins	Watford H	9.28	S	
M60			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	112	Geoffrey Kitchener	Sevenoaks	8.5	G	
2	119	Derek Wardle (G)	VAC	8.8		
3	115	Mike Nunn	Dartford H	8.9	S	
200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	119	Derek Wardle (G)	VAC	28.0		
2	112	Geoffrey Kitchener	Sevenoaks	28.3	G	
3	111	Bruce Hendrie (G)	Banbury H	29.0		
4	105	Robert Brown	Blackheath & B	29.1	S	
5	115	Mike Nunn	Dartford H	29.5	B	

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	110	David Hayward	Croydon	63.0	G
2	111	Bruce Hendrie (G)	Banbury H	64.4	
3	105	Robert Brown	Blackh'th & B	66.5	S
800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	113	Michael Mann (G)	Dulwich R	2:32.6	
2	104	Bill Birmingham (G)	London Heathside	2:36.6	
3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	113	Michael Mann (G)	Dulwich R	10.48.4	
2	117	Chris Reed	Thurrock H	11.43.5	G
3	114	Dan Maskell (G)	Vets AC	12:42.9	
60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	112	Geoffrey Kitchener	Sevenoaks	11.5	G
3000m Walk			Final		
Pos	No	Athlete	Club	Perf	Medal
1	109	John Hall (G)	Belgrave H	15:16.5	G
High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	112	Geoffrey Kitchener	Sevenoaks	1.40	G =Rec
Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
1	111	Bruce Hendrie (G)	Banbury H	2.40	
Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	112	Geoffrey Kitchener	Sevenoaks	7.88	
Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	108	Neil Griffin	WSE & H	12.81	G
2	118	Anthony Richards	Croydon H	12.24	S
M65			Final		
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	120	Terry Bissett	Epsom & E	8.6	G
2	128	Victor Novell	Southampton AC	8.7	S
3	127	Charles Isetts	Kingston & P	9.0	B
200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	120	Terry Bissett	Epsom & E	28.1	G
2	128	Victor Novell	Southampton AC	29.0	S
3	122	Barry Ferguson	Cambridge H	30.0	B
4	127	Charles Isetts	Kingston & P	30.3	
400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	120	Terry Bissett	Epsom & E	66.0	G Rec
2	129	Richard Somers	Epsom & E	68.3	S

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	129	Richard Somers	Epsom & E	2:39.5	G
	123	David Haines	Fleet & Crook	dnf	

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	132	Russell Williams	Cambridge H	12:25.5	G

60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	122	Barry Ferguson	Cambridge H	10.7	G
2	123	David Haines	Fleet & Crook	13.0	S
	130	Tom Thorne (G)	Neosho Missouri	disq	

3000m Walk			Final		
Pos	No	Athlete	Club	Perf	Medal
1	124	Peter Hannell	Surrey W C	17:40.5	G

High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	130	Tom Thorne (G)	Neosho Missouri	1.25	
2	123	David Haines	Fleet & Crook	1.25	G
3	125	Brian Harlick	Epsom & E	1.15	S

Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
1	130	Tom Thorne (G)	Neosho Missouri	2.10	
	125	Brian Harlick	Epsom & E	nhr	

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	123	David Haines	Fleet & Crook	4.05	G

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	125	Brian Harlick	Epsom & E	8.57	G

M70					
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	137	Colin Field	Trent Park	9.5	G
2	133	Roger Bruck	Barnet & D	10.3	S

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	137	Colin Field	Trent Park	33.0	G

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	142	Allan Sowden	Highgate H	78.3	G
2	138	Arthur Kimber	Dartford H	84.1	S

1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
	135	Bob Carter	Istead & Ifield	dnf	

3000m Walk			Final		
Pos	No	Athlete	Club	Perf	Medal
	134	Kevin Burnett (G)	St of Croydon	disq	
	141	Ron Powell	Enfield & H	disq	

High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	133	Roger Bruck	Barnet & D	1.20	G

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	133	Roger Bruck	Barnet & D	3.45	G

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	134	Kevin Burnett (G)	St of Croydon	6.83	

M75 200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	144	John Seymour	SCVAC	36.5	G

W35 60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	146	Kirstie Taylor	Dartford H	8.4	G

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	146	Kirstie Taylor	Dartford H	28.3	G

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	145	Janet Littlewood	Winchester	2:47.6	G

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	145	Janet Littlewood	Winchester	11:48.0	G

Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
1	145	Janet Littlewood	Winchester	1.50	G

W40 60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	155	Rachel Waters (G)	Trent Park	9.0	
2	154	Lesley Richardson	Enfield & H	9.3	G
3	147	Paige Allen	Epsom & E	9.8	

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	155	Rachel Waters (G)	Trent Park	30.4	
2	154	Lesley Richardson	Enfield & H	31.9	G
3	147	Paige Allen	Epsom & E	33.8	
	148	Jayne Anscombe (G)	C of Portsmouth	disq	

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	148	Jayne Anscombe (G)	C of Portsmouth	68.5	G

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	153	Bernadine Pritchett (G)	Woodford G w EL	10.36.8	

Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	154	Lesley Richardson	Enfield & H	3.21		
Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	154	Lesley Richardson	Enfield & H	7.70	G	
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	151	Sue Lawrence	Thurrock H	10.56		
W45 60m						
Pos	No	Athlete	Club	Perf	Medal	
1	157	Angela Bates	Epsom & E	8.6	G	
2	163	Amanda Rochester	Barnet & D	9.2	S	
3	166	Gill Tree	Paddock W	9.5	B	
4	160	Wendy Guild	Trent Park	9.6		
5	169	Sue Wisdom	Epsom & E	9.6		
200m						
Pos	No	Athlete	Club	Perf	Medal	
1	163	Amanda Rochester	Barnet & D	30.5	G	
2	166	Gill Tree	Paddock W	31.7	S	
3	160	Wendy Guild	Trent Park	31.9	B	
4	169	Sue Wisdom	Epsom & E	33.0		
400m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	161	Lesley Hopkins	Enfield & H	66.7	G	
2	158	Tracey Burrows	C of Portsmouth	66.7	S	
3	163	Amanda Rochester	Barnet & D	68.5	B	
4	166	Gill Tree	Paddock W	73.0		
	167	Michelle Wakefield	Southampton AC	disq		
800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	158	Tracey Burrows	C of Portsmouth	2:36.0	G	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	156	Imeta Barauskiene	Bexley AC	1.45	G	Rec
2	164	Amanda Rowley-Jones	Croydon H	1.30	S	
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	156	Imeta Barauskiene	Bexley AC	4.65	G	=Rec
Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	156	Imeta Barauskiene	Bexley AC	10.17	G	
2	164	Amanda Rowley-Jones	Croydon H	8.23	S	
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	168	Julie Wilson	Reading AC	9.54	G	

W50**60m**

Pos	No	Athlete	Club	Perf	Medal
1	174	Christine Salvary	Trent Park	9.7	G

Final**200m**

Pos	No	Athlete	Club	Perf	Medal
1	175	Tessa Stephenson	Fairlands V S	32.1	G
2	174	Christine Salvary	Trent Park	32.7	S

Final**400m**

Pos	No	Athlete	Club	Perf	Medal
1	175	Tessa Stephenson	Fairlands V S	75.3	G

Final**800m**

Pos	No	Athlete	Club	Perf	Medal
1	172	Diane Farmer	Milton K	2:56.5	G

Final**3000m**

Pos	No	Athlete	Club	Perf	Medal
1	172	Diane Farmer	Milton K	12:11.2	G

Final**High Jump**

Pos	No	Athlete	Club	Perf	Medal	Rec
1	171	Teresa Eades	Dartford H	1.30	G	
2	175	Tessa Stephenson	Fairlands V S	1.15	S	

Final**Pole Vault**

Pos	No	Athlete	Club	Perf	Medal
1	171	Teresa Eades	Dartford H	2.00	G

Final**Long Jump**

Pos	No	Athlete	Club	Perf	Medal
1	174	Christine Salvary	Trent Park	3.69	G

Final**Triple Jump**

Pos	No	Athlete	Club	Perf	Medal
1	174	Christine Salvary	Trent Park	7.30	G

Final**Shot**

Pos	No	Athlete	Club	Perf	Medal
1	170	Wendy Dunsford	Epsom & E	9.93	G
2	173	Angela Morgan	Eastbourne R	8.07	S

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

Pos	No	Athlete	Club	Perf	Medal
1	184	Joan Trimble	Kingston & P	8.9	G
2	178	Sue Dassie	Epsom & E	9.2	S
3	182	Anne Nelson	Epsom & E	10.2	B

Final**200m**

Pos	No	Athlete	Club	Perf	Medal
1	184	Joan Trimble	Kingston & P	30.7	G
2	178	Sue Dassie	Epsom & E	32.2	S
3	182	Anne Nelson	Epsom & E	34.8	B

Final**800m**

Pos	No	Athlete	Club	Perf	Medal
1	179	Pat Halstead	Dartford H	2:58.4	G

Final

Pole Vault			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	185	Sue Yeomans	Watford H	2.70	G	=Rec
Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	187	Linda Harrison	Croydon H	5.36		
W60						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	189	Emily McMahon	Enfield & H	10.0	G	
2	187	Linda Harrison	Croydon H	13.2		
3	188	Daphne Marler	WSEH	13.2		
800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	191	Ros Tabor (G)	Dulwich R	2:55.6		
3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	191	Ros Tabor (G)	Dulwich R	12:20.2		
60m Hurdles			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	189	Emily McMahon	Enfield & H	11.3	G	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	190	Pat Oakes	Medway & M	1.05	G	
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	190	Pat Oakes	Medway & M	2.94	G	
2	187	Linda Harrison	Croydon H	2.32		
3	188	Daphne Marler	WSEH	2.10		
Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	190	Pat Oakes	Medway & M	6.47	G	
2	187	Linda Harrison	Croydon H	5.36		
W65						
200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	192	Mary Axtell	Southampton AC	38.5	G	
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	194	Liz Sissons	Epsom & E	9.47	G	
W70						
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	195	Evaun Williams	Enfield & H	9.36	G	