

Southern Counties Veterans Athletics Club
Indoor Track and Field Championships 10th February 2019
Lee Valley Athletic Centre

M35

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	5	Allan Mc Sween	Thames Valley Harriers	7.81	G
2	4	Rory Macfarlane (G)	Kingston AC & Poly H	8.20	-
3	7	Kevin Wheeler	City Of Portsmouth AC	8.39	S

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	5	Allan Mc Sween	Thames Valley Harriers	25.36	G
2	3	Paul Howard	Brighton & Hove AC	26.17	S
3	4	Rory Macfarlane (G)	Kingston AC & Poly H	26.66	-
4	7	Kevin Wheeler	City Of Portsmouth AC	26.99	B

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	3	Paul Howard	Brighton & Hove AC	56.48	G
2	4	Rory Macfarlane (G)	Kingston AC & Poly H	59.50	-
3	7	Kevin Wheeler	City Of Portsmouth AC	61.81	-

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	3	Paul Howard	Brighton & Hove AC	2:04.65	G

1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	3	Paul Howard	Brighton & Hove AC	4:38.17	G

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	2	Tony Bacon (G)	Haverhill Running Club	10:07.52	-

M40

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	11	Stuart Channon (G)	Walton AC	7.42	-
2	15	Andrew Gordon (G)	Kingston AC & Poly H	7.74	-
3	8	Michael Barough	Oxford City AC	7.80	G
4	24	Loba Olopade	Basingstoke & Mid Hants AC	7.86	S
5	20	Justin Hubbard (G)	Colchester & Tendring AC	7.90	-
6	13	Peter Davey	Ashford AC	7.95	B
7	9	Aaron Bollu (G)	Colchester & Tendring AC	7.96	-
8	25	Robert Tyson (G)	Basingstoke & Mid Hants AC	8.07	-
9	12	Craig Christian (G)	Rugby & Northampton AC	8.18	-
10	17	Alex Guest (G)	Veterans AC	8.34	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	11	Stuart Channon (G)	Walton AC	24.38	-
2	8	Michael Barough	Oxford City AC	24.80	G
3	20	Justin Hubbard (G)	Colchester & Tendring AC	26.02	-
4	12	Craig Christian (G)	Rugby & Northampton AC	26.60	-
5	25	Robert Tyson (G)	Basingstoke & Mid Hants AC	26.65	-
6	15	Andrew Gordon (G)	Kingston AC & Poly H	27.03	-
	16	Christopher Griffith (G)	Veterans AC	DNF	-

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	12	Craig Christian (G)	Rugby & Northampton AC	59.43	-
1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	14	Richard Davidson (G)	City Of Salisbury AC & RC	4:40.46	-
2	19	Dan Hallam (G)	Herne Hill Harriers	4:40.88	-
60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	13	Peter Davey	Ashford AC	9.47	G
Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
1	23	Chris Mills	Windsor Slough Eton & H AC	4.00	G
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	9	Aaron Bollu (G)	Colchester & Tendring AC	5.25	-
2	20	Justin Hubbard (G)	Colchester & Tendring AC	5.05	-
Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	9	Aaron Bollu (G)	Colchester & Tendring AC	11.15	-
2	24	Loba Olopade	Basingstoke & Mid Hants AC	10.98	G
Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	26	Dan Upton	Richmond & Zetland Harriers	12.94	G
M45					
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	39	Mark Mcallister	Tonbridge AC	7.77	G
2	29	Craig Beecham	Southern Counties Veterans AC	8.04	S
3	37	Nick Lauder (G)	Veterans AC	8.34	-
200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	39	Mark Mcallister	Tonbridge AC	25.73	G
2	29	Craig Beecham	Southern Counties Veterans AC	26.50	S
3	37	Nick Lauder (G)	Veterans AC	26.76	-
4	27	Simon Allin	Enfield and Haringey A C	27.36	B
400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	31	Richard Bruce (G)	Stevenage & North Herts AC	56.49	-
2	30	Peter Benedickter (G)	Bedford & County AC	59.25	-
3	44	David Shortridge	Victoria Park Harriers & T H AC	59.73	G
4	28	David Armitage (G)	Eastern Masters AC	62.83	-
800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	31	Richard Bruce (G)	Stevenage & North Herts AC	2:06.39	-
2	45	Christopher Westcott (G)	Stevenage & North Herts AC	2:06.52	-
3	32	Dave Cobb (G)	West 4 Harriers	2:10.09	-
4	35	Robert Datnow (G)	Thames Valley Harriers	2:10.59	-
5	40	Matthew Preston	Cambridge Harriers	2:18.79	G
6	44	David Shortridge	Victoria Park Harriers & T H AC	2:27.24	S

3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	43	Justin Reid (G)	Hercules Wimbledon AC	9:42.08	-	
2	34	Andre Dahlkamp (G)	Victoria Park Harriers & T H AC	10:23.45	-	
3	40	Matthew Preston	Cambridge Harriers	10:23.80	G	
60m Hurdles			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	44	David Shortridge	Victoria Park Harriers & T H AC	12.90	-	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	42	Vaughan Ramsay (G)	Ranelagh Harriers	1.56	-	
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	29	Craig Beecham	Southern Counties Veterans AC	5.67	G	
2	38	Neil Lincoln	Holland Sports AC	5.36	S	
3	42	Vaughan Ramsay (G)	Ranelagh Harriers	5.06	-	
Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	29	Craig Beecham	Southern Counties Veterans AC	11.12	G	
2	42	Vaughan Ramsay (G)	Ranelagh Harriers	11.05	-	
3	36	Stephen Lake	Ashford AC	10.60	S	
M50						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	62	Mark Phills	Harrow AC	7.66	G	
2	66	Boguslaw Zelechowski	Horsham Blue Star Harriers	7.92	S	
3	47	Paul Canning (G)	Marshall Milton Keynes AC	8.01	-	
4	61	Wole Odele	Cambridge Harriers	8.03	B	
200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	47	Paul Canning (G)	Marshall Milton Keynes AC	26.43	-	
2	59	Barrie Marsden	Wycombe Phoenix H & AC	28.28	G	
3	58	Hugues Lepic (G)	Veterans AC	29.30	-	
4	49	Trevor Crysell	Paddock Wood AC	29.34	S	
400m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	55	Adrian Haines	Crawley AC	59.63	G	
2	49	Trevor Crysell	Paddock Wood AC	66.77	S	
3	58	Hugues Lepic (G)	Veterans AC	69.63	-	
800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	64	Mark Symes	Aldershot Farnham & D AC	2:05.69	G	CBP
2	55	Adrian Haines	Crawley AC	2:10.31	S	
3	61	Wole Odele	Cambridge Harriers	2:22.14	B	
4	48	Mark Champion	Istead & Ifield Harriers	2:22.91	-	
5	51	Darren Franks (G)	Hercules Wimbledon AC	2:30.04	-	
1500m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	52	Paul Gaylor	Aldershot Farnham & D AC	4:41.34	G	

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	56	Ian Johnston (G)	Veterans AC	9:53.29	-
2	48	Mark Champion	Istead & Ifield Harriers	10:23.95	G
3	50	Andy Del Nevo	Croydon Harriers	11:30.68	S

60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	59	Barrie Marsden	Wycombe Phoenix H & AC	9.37	G
2	54	Leroy Gould	Newham & Essex Beagles AC	11.22	S

High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	54	Leroy Gould	Newham & Essex Beagles AC	1.26	-

Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
1	50	Andy Del Nevo	Croydon Harriers	2.50	-
	53	David Gordon (G)	Dacorum & Tring AC	nhr	-

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	66	Boguslaw Zelechowski	Horsham Blue Star Harriers	5.32	G
2	49	Trevor Crysell	Paddock Wood AC	4.33	S
3	54	Leroy Gould	Newham & Essex Beagles AC	4.15	-

Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	49	Trevor Crysell	Paddock Wood AC	8.57	-

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	65	Simon Wills (G)	Birchfield Harriers	7.34	-

M55

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	81	Glen Reddington	Windsor Slough Eton & H AC	8.50	G
2	87	Mark Woods	Paddock Wood AC	8.59	S
3	82	Andy Smerdon (G)	Fleet & Crookham AC	8.80	-
4	73	Adam Garel	Epsom & Ewell Harriers	8.86	B
5	79	Ayub Khan (G)	Bristol and West AC	9.20	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	83	Neil Tunstall (G)	Cornwall AC	26.55	-
2	87	Mark Woods	Paddock Wood AC	27.29	G
3	82	Andy Smerdon (G)	Fleet & Crookham AC	28.60	-
4	71	John Dickinson	Haslemere Border AC	28.65	S
5	73	Adam Garel	Epsom & Ewell Harriers	29.15	B

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	83	Neil Tunstall (G)	Cornwall AC	61.63	-
2	71	John Dickinson	Haslemere Border AC	66.43	G

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	68	Colin Bates	Dartford Harriers AC	2:22.38	G
2	84	Tony Tuohy (G)	Dulwich Runners AC	2:26.02	-
3	85	Clifford Warren (G)	Loughton AC	2:33.28	-

1500m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	84	Tony Tuohy (G)	Dulwich Runners AC	4:52.96	-	
2	70	Ian Crawley	Tonbridge AC	5:29.05	G	
3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	84	Tony Tuohy (G)	Dulwich Runners AC	10:14.75	-	
60m Hurdles			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	83	Neil Tunstall (G)	Cornwall AC	9.40	-	CBP
2	81	Glen Reddington	Windsor Slough Eton & H AC	9.94	G	
3	70	Ian Crawley	Tonbridge AC	10.53	S	
4	75	Paul Guest (G)	Yeovil Olympiads AC	10.73	-	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	70	Ian Crawley	Tonbridge AC	1.53	G	
2	69	Gary Capon	Dartford Harriers AC	1.50	S	
3	75	Paul Guest (G)	Yeovil Olympiads AC	1.41	-	
4	82	Andy Smerdon (G)	Fleet & Crookham AC	1.35	-	
Pole Vault			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	70	Ian Crawley	Tonbridge AC	3.00	G	
2	80	Allan Leiper	Aldershot Farnham & D AC	3.00	S	
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	75	Paul Guest (G)	Yeovil Olympiads AC	5.09	-	
2	69	Gary Capon	Dartford Harriers AC	4.62	G	
3	80	Allan Leiper	Aldershot Farnham & D AC	4.03	S	
Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	74	Julien Gittens (G)	Leeds City AC	11.64	-	CBP
2	85	Clifford Warren (G)	Loughton AC	9.30	-	
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	80	Allan Leiper	Aldershot Farnham & D AC	11.03	G	
2	70	Ian Crawley	Tonbridge AC	9.48	S	
3	86	Peter Wishart (G)	Cambridge Harriers	9.31	-	
4	75	Paul Guest (G)	Yeovil Olympiads AC	8.64	-	
M60						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	101	Tom Phillips	Blackheath & Bromley H AC	8.51	G	
2	104	Ian Turner (G)	Enfield and Haringey A C	8.82	-	
3	100	Scott Paget	Hillingdon AC	8.84	S	
4	98	Clem Leon	Blackheath & Bromley H AC	8.93	G	
5	93	Adrian Day (G)	Enfield and Haringey A C	9.32	-	
200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	104	Ian Turner (G)	Enfield and Haringey A C	28.02	-	
2	101	Tom Phillips	Blackheath & Bromley H AC	28.69	G	
3	93	Adrian Day (G)	Enfield and Haringey A C	29.35	-	
4	98	Clem Leon	Blackheath & Bromley H AC	30.27	S	

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	92	Ray Daniel (G)	Cambridge Harriers	68.11	-
800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	89	Geoffrey Brewster (G)	Huntingdonshire AC	2:38.70	-
1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	95	Mark Hargreaves	City Of Portsmouth AC	5:07.12	G
2	97	Nigel Lambert (G)	Wymondham AC	5:44.11	-
	106	Rob Wintemute	London Frontrunners	DNF	-
3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	95	Mark Hargreaves	City Of Portsmouth AC	10:47.07	G
2	91	David Crossland	Maidenhead AC	10:48.77	S
3	96	Nick Holliday (G)	Cheltenham and C H	10:59.58	-
4	97	Nigel Lambert (G)	Wymondham AC	11:51.29	-
3000m Walk			Final		
Pos	No	Athlete	Club	Perf	Medal
1	99	Malcolm Martin	Surrey Walking Club	17:24.10	G
2	103	Ian Torode (G)	South West Veterans AC	18:21.69	-
High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	105	Trevor Wade	Thames Valley Harriers	1.32	G
Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
1	90	Mark Burgman (G)	Bedford & County AC	2.40	-
	94	Alan Hardy	Blackheath & Bromley H AC	nhr	-
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	105	Trevor Wade	Thames Valley Harriers	4.34	G
M65					
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	112	Wally Franklyn	Reading AC	8.85	G
2	113	Geoffrey Kitchener (G)	Sevenoaks AC	9.31	-
3	111	Stephen Ford	Aldershot Farnham & D AC	9.45	S
200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	111	Stephen Ford	Aldershot Farnham & D AC	31.27	G
2	113	Geoffrey Kitchener (G)	Sevenoaks AC	31.37	-
400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	111	Stephen Ford	Aldershot Farnham & D AC	85.75	-
800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	114	Trevor Solomon (G)	Veterans AC	3:02.74	-
60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	115	Duncan Talbot	Abingdon AC	12.66	G

High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	115	Duncan Talbot	Abingdon AC	1.38	G	CBP
2	110	John Evans	Worthing & District Harriers	1.32	S	
3	113	Geoffrey Kitchener (G)	Sevenoaks AC	1.20	-	

Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	115	Duncan Talbot	Abingdon AC	3.33	G	

Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	116	Ian Thomson	Southern Counties Veterans AC	9.07	G	CBP

Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	115	Duncan Talbot	Abingdon AC	7.56	-	

M70

60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	125	Victor Novell	Southampton AC	9.04	G	
	123	Neal Mason (G)	South West Veterans AC	DNF	-	

200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	125	Victor Novell	Southampton AC	30.88	G	

400m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	125	Victor Novell	Southampton AC	79.01	G	

Pole Vault			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	123	Neal Mason (G)	South West Veterans AC	2.80	-	

Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	123	Neal Mason (G)	South West Veterans AC	3.81	-	

Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	124	Bela Nagy	Barnet & District AC	7.62	G	

M75

60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	134	Allan Long (G)	Herne Hill Harriers	9.06	-	CBP
2	130	Ron Davies	Reading AC	9.61	G	

200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	127	Terry Bissett	Epsom & Ewell Harriers	31.41	G	CBP
2	132	Alan Forse	Southampton TC	32.13	S	
3	130	Ron Davies	Reading AC	32.16	B	
4	131	Barry Ferguson	Cambridge Harriers	35.70	-	
5	133	Charles Isetts (G)	Kingston AC & Poly H	37.56	-	

400m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	127	Terry Bissett	Epsom & Ewell Harriers	79.30	G	

800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	128	Phil Brennan (G)	Stratford Upon Avon AC	3:03.17	-	
2	126	John Batchelor	Ilford AC	3:18.12	G	
3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	128	Phil Brennan (G)	Stratford Upon Avon AC	13:33.28	-	CBP
2	135	Guy Ogden	Southern Counties Veterans AC	15:53.96	G	
60m Hurdles			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	131	Barry Ferguson	Cambridge Harriers	12.30	G	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	129	Roger Bruck	Barnet & District AC	1.20	G	
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	129	Roger Bruck	Barnet & District AC	3.00	G	
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	130	Ron Davies	Reading AC	8.11	G	
M80						
3000m Walk			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	138	Arthur Thomson (G)	Enfield and Haringey A C	21:01.45	-	CBP
M85						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	139	Richard Pitcairn-Knowles	Sevenoaks AC	13.67	G	
400m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	139	Richard Pitcairn-Knowles	Sevenoaks AC	136.30	G	
W35						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	143	Lisa Boland	Epsom & Ewell Harriers	8.45	G	
2	140	Lindsay Badman	Aldershot Farnham & D AC	9.19	S	
200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	143	Lisa Boland	Epsom & Ewell Harriers	28.24	G	
2	141	Gokce Baydar	London Heathside R AC	28.80	S	
3	140	Lindsay Badman	Aldershot Farnham & D AC	30.75	B	
800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	145	Fiona Maddocks	Belgrave Harriers	2:31.84	G	NCBP
Pole Vault			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	144	Jemma Eastwood (G)	Bedford & County AC	3.10	-	CBP
2	141	Gokce Baydar	London Heathside R AC	2.70	G	

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	142	Joanna Bennett	Epsom & Ewell Harriers	8.28	G
W40					
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	147	Karen Burles	Reading AC	8.38	G
2	153	Christine Sciberras	Guildford & Godalming AC	8.68	S
3	154	Leanne Wellings	Wycombe Phoenix H & AC	8.95	B
4	156	Lyndsay Yellop (G)	City Of Norwich AC	9.27	-
200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	147	Karen Burles	Reading AC	28.17	G
2	156	Lyndsay Yellop (G)	City Of Norwich AC	31.37	-
3	152	Sally Parry	Epsom & Ewell Harriers	31.72	S
400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	152	Sally Parry	Epsom & Ewell Harriers	72.41	G
800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	150	Diana Norman	Epsom & Ewell Harriers	2:23.05	G
2	146	Liz Amos (G)	Walton AC	2:23.48	-
60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	150	Diana Norman	Epsom & Ewell Harriers	9.52	G
2	156	Lyndsay Yellop (G)	City Of Norwich AC	10.42	-
3	151	Helen Nyberg-Mitroi	Dartford Harriers AC	12.64	-
3000m Walk			Final		
Pos	No	Athlete	Club	Perf	Medal
1	148	Penelope Cummings (G)	Herne Hill Harriers	17:05.08	-
High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	150	Diana Norman	Epsom & Ewell Harriers	1.53	G
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	150	Diana Norman	Epsom & Ewell Harriers	5.18	G
2	153	Christine Sciberras	Guildford & Godalming AC	4.63	S
3	156	Lyndsay Yellop (G)	City Of Norwich AC	3.99	-
4	151	Helen Nyberg-Mitroi	Dartford Harriers AC	3.87	B
Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	153	Christine Sciberras	Guildford & Godalming AC	9.32	G
2	151	Helen Nyberg-Mitroi	Dartford Harriers AC	8.00	S
Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	150	Diana Norman	Epsom & Ewell Harriers	11.78	G

CBP

CBP

CBP

CBP

W45**60m**

Pos	No	Athlete	Club	Perf	Medal
1	163	Kathryn Miles	Winchester & District AC	8.86	G
2	171	Diane Wright	Tonbridge AC	9.10	S
3	170	Popsie Wootten	Oxford City AC	9.25	B
4	167	Kelly Roberts	Aldershot Farnham & D AC	9.45	-

Final**200m**

Pos	No	Athlete	Club	Perf	Medal
1	170	Popsie Wootten	Oxford City AC	30.65	G
2	165	Ana Ramos-Villaverde	Radley AC	31.37	S
3	167	Kelly Roberts	Aldershot Farnham & D AC	32.11	B
4	157	Lisa Carpenter (G)	Cirencester AC	32.84	-

Final**400m**

Pos	No	Athlete	Club	Perf	Medal
1	157	Lisa Carpenter (G)	Cirencester AC	75.13	-

Final**800m**

Pos	No	Athlete	Club	Perf	Medal	
1	165	Ana Ramos-Villaverde	Radley AC	2:33.21	G	CBP

Final**3000m**

Pos	No	Athlete	Club	Perf	Medal
1	158	Caroline Cotterell (G)	Cheltenham and C H	11:30.76	-

Final**High Jump**

Pos	No	Athlete	Club	Perf	Medal
1	168	Kirsty Tanner	Witney Road Runners	1.20	G

Final**Long Jump**

Pos	No	Athlete	Club	Perf	Medal
1	168	Kirsty Tanner	Witney Road Runners	3.67	G
2	169	Andrea Westcott (G)	Fairlands Valley Spartans	2.50	-

Final**Triple Jump**

Pos	No	Athlete	Club	Perf	Medal
1	168	Kirsty Tanner	Witney Road Runners	7.49	G

Final**Shot**

Pos	No	Athlete	Club	Perf	Medal	
1	162	Sue Lawrence	Thurrock Harriers AC	10.19	G	CBP
2	166	Lesley Richardson	Enfield and Haringey A C	6.45	-	
3	169	Andrea Westcott (G)	Fairlands Valley Spartans	5.22	-	

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

Pos	No	Athlete	Club	Perf	Medal
1	172	Angela Bates (G)	Epsom & Ewell Harriers	9.02	-
2	177	Helene Marie Kehoe	London Heathside R AC	9.66	G

Final**200m**

Pos	No	Athlete	Club	Perf	Medal
1	172	Angela Bates (G)	Epsom & Ewell Harriers	30.04	-

Final**400m**

Pos	No	Athlete	Club	Perf	Medal
1	172	Angela Bates (G)	Epsom & Ewell Harriers	71.47	-

Final

800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	175	Susan Dixon	Cambridge Harriers	2:48.28	G	
1500m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	176	Debbie Forrest	Reading AC	5:52.31	G	CBP
3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	173	Lynne Champion	Istead & Ifield Harriers	11:43.06	G	
2	176	Debbie Forrest	Reading AC	12:36.29	S	
60m Hurdles			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	178	Wendy Lewis (G)	Reading AC	10.76	-	
3000m Walk			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	174	Sue Davies	Aldershot Farnham & D AC	20:39.69	G	
2	179	Angela Martin	Surrey Walking Club	22:50.54	S	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	178	Wendy Lewis (G)	Reading AC	1.14	-	
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	178	Wendy Lewis (G)	Reading AC	4.18	-	
W55						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	187	Kirstin King	Bracknell AC	8.48	G	CBP
2	183	Mary Brown	Barnet & District AC	9.60	S	
3	193	Rosalind Zeffertt	Shaftesbury Barnet Harriers	9.71	B	
4	191	Lyn Sole	Thanet AC	10.38	-	
200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	187	Kirstin King	Bracknell AC	28.71	G	CBP
2	183	Mary Brown	Barnet & District AC	32.19	S	
3	193	Rosalind Zeffertt	Shaftesbury Barnet Harriers	34.22	B	
4	190	Heather Ross	Southern Counties Veterans AC	37.18	-	
400m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	183	Mary Brown	Barnet & District AC	77.80	G	
800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	189	Virginia Mitchell	Guildford & Godalming AC	2:28.26	G	CBP
2	182	Christine Anthony (G)	West Suffolk AC	2:37.05	-	
1500m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	185	Clare Elms (G)	Dulwich Runners AC	4:53.87	-	CBP
2	182	Christine Anthony (G)	West Suffolk AC	5:23.70	-	
3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	185	Clare Elms (G)	Dulwich Runners AC	10:27.97	-	CBP

60m Hurdles			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	186	Charmaine Johnson (G)	Epsom & Ewell Harriers	11.44	-	
3000m Walk			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	188	Helen Middleton (G)	Enfield and Haringey A C	18:04.77	-	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	186	Charmaine Johnson (G)	Epsom & Ewell Harriers	1.17	-	
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	193	Rosalind Zeffertt	Shaftesbury Barnet Harriers	3.71	G	
2	191	Lyn Sole	Thanet AC	3.62	S	
Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	193	Rosalind Zeffertt	Shaftesbury Barnet Harriers	7.65	G	
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	186	Charmaine Johnson (G)	Epsom & Ewell Harriers	9.89	-	
2	184	Wendy Dunsford	Epsom & Ewell Harriers	7.70	G	
3	192	Helen Wilson	Aldershot Farnham & D AC	7.10	S	
W60						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	196	Sandra Francis (G)	Striders Of Croydon	10.71	-	
800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	197	Avril Riddell (G)	Serpentine RC	3:19.16	-	CBP
2	194	Jeanette Ashton	Witney Road Runners	3:20.29	G	
1500m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	198	Andrea Sanders-Reece (G)	Serpentine RC	6:30.37	-	
2	197	Avril Riddell (G)	Serpentine RC	6:43.37	-	
3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	197	Avril Riddell (G)	Serpentine RC	13:36.47	-	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	194	Jeanette Ashton	Witney Road Runners	1.17	G	CBP
Pole Vault			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	195	Teresa Eades	Dartford Harriers AC	2.40	G	
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	196	Sandra Francis (G)	Striders Of Croydon	3.10	-	
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	194	Jeanette Ashton	Witney Road Runners	6.51	G	

W65**60m**

Pos	No	Athlete	Club	Perf	Medal	
1	201	Helen Godsell	Blackheath & Bromley H AC	9.03	G	CBP
2	203	Emily McMahon	Enfield and Haringey A C	10.50	S	
3	202	Hel James (G)	Serpentine RC	10.79	-	

Final**200m**

Pos	No	Athlete	Club	Perf	Medal	
1	201	Helen Godsell	Blackheath & Bromley H AC	30.58	G	CBP

Final**800m**

Pos	No	Athlete	Club	Perf	Medal	
1	204	Ros Tabor (G)	Dulwich Runners AC	3:11.28	-	

Final**1500m**

Pos	No	Athlete	Club	Perf	Medal	
1	204	Ros Tabor (G)	Dulwich Runners AC	6:23.58	-	NCBP

Final**3000m Walk**

Pos	No	Athlete	Club	Perf	Medal	
1	200	Susan Barnett (G)	Eastern Masters AC	19:48.45	-	

Final**High Jump**

Pos	No	Athlete	Club	Perf	Medal	
1	203	Emily McMahon	Enfield and Haringey A C	1.11	G	

Final**Long Jump**

Pos	No	Athlete	Club	Perf	Medal	
1	203	Emily McMahon	Enfield and Haringey A C	3.58	G	CBP
2	202	Hel James (G)	Serpentine RC	2.93	-	

Final**Triple Jump**

Pos	No	Athlete	Club	Perf	Medal	
1	199	Lyn Ahmet	Radley AC	6.85	G	

Final**Shot**

Pos	No	Athlete	Club	Perf	Medal	
1	205	Vilma Thompson	Belgrave Harriers	8.42	G	
2	202	Hel James (G)	Serpentine RC	5.72	-	

Final**W70****Shot**

Pos	No	Athlete	Club	Perf	Medal	
1	208	Liz Sissons	Epsom & Ewell Harriers	7.82	G	

Final**W75****60m**

Pos	No	Athlete	Club	Perf	Medal	
1	209	Mary Axtell	Southampton AC	12.35	G	

Final**Long Jump**

Pos	No	Athlete	Club	Perf	Medal	
1	210	Iris Holder (G)	Worcester AC	2.95	-	

Final**Triple Jump**

Pos	No	Athlete	Club	Perf	Medal	
1	210	Iris Holder (G)	Worcester AC	6.14	-	

Final

W80

60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	211	Dorothy Fraser (G)	Lincoln Wellington AC	13.92	-	CBP
2	212	Dorothy McLennan	Windsor Slough Eton & H AC	14.74	G	

200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	211	Dorothy Fraser (G)	Lincoln Wellington AC	56.12	-	
2	212	Dorothy McLennan	Windsor Slough Eton & H AC	60.40	G	