

SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - FINALS
Ashford - Sunday 3 September 2017

Men's Match

1	Southampton	238.5 pts
2	Dartford Harriers	196 pts
3	Tonbridge	185 pts
4	Herne Hill Harriers	177 pts
5	Oxford City	172 pts
6	Hercules Wimbledon	148 pts
7	London Heathside	124.5 pts

100 metres M35 A

1	Mark Collins	M40 Soton	12.01	7
2	Alex Lee	M35 Dartf	12.19	6
3	Steve Tester	M35 Ton	12.20	5
4	Mike Barough	M35 Oxf C	12.28	4
5	Giuseppe Minetti	M45 Herne H	12.35	3
6	Dominic Bokor-Ingram	M45 HW	12.47	2
7	Michael Bense	M45 Lon Hth	13.43	1

(Wind: -1.6m/sec)

100 metres M35 B

1	Mike Amsden	M35 HW	12.37	7
2	Farhat Khan	M35 Herne H	12.61	6
3	Steve Beak	M50 Soton	12.69	5
4	Mark McAllister	M45 Ton	12.73	4
5	Gareth Davies	M45 Oxf C	13.29	3
6	Ivan Ross	M40 Lon Hth	13.93	2
7	Reuben Burford	M45 Dartf	13.94	1

(Wind: -2.5m/sec)

100 metres M50

1	Mark White	M50 HW	12.55	7
2	Jon Tilt	M55 Soton	12.77	6
3	David Kemp	M50 Dartf	12.86	5
4	Nigel Whiting	M50 Oxf C	13.23	4
5	Paul Marriott	M50 Herne H	13.27	3
6	Tony Killilea	M50 Lon Hth	13.67	2
7	Jason Cannon	M50 Ton	13.78	1

(Wind: -1.6m/sec)

100 metres M60

1	Geoffrey Walcott	M65 HW	13.45	7
2	Chris Padmore	M65 Oxf C	13.76	6
3	Adrian Essex	M65 Lon Hth	14.31	5
4	Vic Novell	M70 Soton	14.32	4
5	Allan Long	M75 Herne H	14.87	3
6	Brian Buckwell	M60 Ton	15.79	2
7	John Fenton	M60 Dartf	24.61	1

(Wind: -2.4m/sec)

200 metres M35 A

1	Mark Collins	M40 Soton	24.14	7
2	Steve Tester	M35 Ton	24.53	6
3	Dominic Bokor-Ingram	M45 HW	24.57	5
4	Alex Lee	M35 Dartf	24.85	4
5	Mike Barough	M35 Oxf C	25.41	3
6	Giuseppe Minetti	M45 Herne H	25.42	2
7	Michael Bense	M45 Lon Hth	27.03	1

(Wind: -2.3m/sec)

200 metres M35 B

1	Mike Amsden	M35 HW	25.27	7
2	Steve Beak	M50 Soton	25.58	6
3	Farhat Khan	M35 Herne H	25.82	5
4	Mark McAllister	M45 Ton	26.21	4
5	Reuben Burford	M45 Dartf	27.72	3
6	Ivan Ross	M40 Lon Hth	28.43	2
7	Rob Webster	M50 Oxf C	30.20	1

(Wind: -2.3m/sec)

200 metres M50

1	Mark White	M50 HW	25.15	7
2	Jon Tilt	M55 Soton	25.25	6
3	David Kemp	M50 Dartf	26.24	5
4	Nigel Whiting	M50 Oxf C	26.97	4
5	Tony Killilea	M50 Lon Hth	27.60	3
6	Dion Panambalana	M55 Herne H	27.67	2
7	Richard Christian	M50 Ton	27.80	1

(Wind: -0.4m/sec)

400 metres M35 A

1	Dominic Bokor-Ingram	M45 HW	53.98	7
2	Steve Tester	M35 Ton	54.49	6
3	Jon Tilt	M55 Soton	55.51	5
4	Mike Barough	M35 Oxf C	55.96	4
5	Stuart McNally	M40 Dartf	57.50	3
6	Ivan Ross	M40 Lon Hth	59.90	2
7	Dan Hallam	M35 Herne H	60.75	1

400 metres M35 B

1	Mark Collins	M40 Soton	55.58	7
2	Mike Amsden	M35 HW	57.59	6
3	Jon Kennedy	M35 Dartf	58.25	5
4	Gareth Davies	M45 Oxf C	58.34	4
5	Anthony Bickley	M45 Ton	58.40	3
6	Jon Key	M40 Herne H	58.84	2
7	Michael Bense	M45 Lon Hth	60.95	1

400 metres M50

1	Mark White	M50 HW	56.74	7
2	Steve Beak	M50 Soton	59.20	6
3	David Kemp	M50 Dartf	59.75	5
4	Gary Ironmonger	M55 Herne H	60.64	4
5	Nigel Whiting	M50 Oxf C	61.75	3
6	Jason Cannon	M50 Ton	63.62	2
7	Mark George	M50 Lon Hth	66.78	1

400 metres M60

1	Geoffrey Walcott	M65 HW	60.85	7
2	Chris Padmore	M65 Oxf C	63.61	6
3	Adrian Essex	M65 Lon Hth	65.48	5
4	Vic Novell	M70 Soton	67.64	4
5	Brian Buckwell	M60 Ton	67.89	3
6	Mike Mann	M65 Herne H	80.14	2
7	Steve Roberts	M60 Dartf	84.38	1

800 metres M35 A

1	Craig Sharp	M40 Dartf	2:03.53	7
2	Dominic Bokor-Ingram	M45 HW	2:05.71	6
3	Mohammed Ismail	M35 Herne H	2:06.05	5
4	David Blackman	M50 Soton	2:06.64	4
5	Simon Fraser	M40 Ton	2:07.45	3
6	Daniel Johns	M40 Lon Hth	2:08.68	2
7	Nick Coupe	M35 Oxf C	2:18.04	1

800 metres M35 B

1	Stuart McNally	M40 Dartf	2:11.15	7
2	Jon Key	M40 Herne H	2:12.07	6
3	Jim Bennett	M40 Soton	2:12.69	5
4	Dan Madams	M40 Ton	2:13.56	4
5	Victor Ray	M40 HW	2:21.28	3
6	Julian Richardson	M50 Oxf C	2:27.08	2
7	Paul Kelland	M55 Lon Hth	2:32.43	1

800 metres M50

1	Rob Webster	M50 Oxf C	2:18.35	7
2	Tom Conlon	M55 Herne H	2:18.56	6
3	Andrew Howey	M50 Ton	2:19.16	5
4	David Hall	M50 Dartf	2:20.97	4
5	Mark George	M50 Lon Hth	2:34.86	3
6	Jon Grainger	M50 Soton	3:01.80	2
7	David Orchard	M55 HW	3:50.88	1

1500 metres M35 A, M35 B

1	Simon Coombes	M45	Herne H	4:12.88	7	A
2	Mohammed Ismail	M35	Herne H	4:13.16	7	B
3	Craig Sharp	M40	Dartf	4:15.93	6	A
4	Julian Rendall	M40	Ton	4:24.94	5	A
5	Aaron Froukhians	M35	Soton	4:26.99	4	A
6	Mark Causebrook	M35	Soton	4:27.00	6	B
7	Simon Fraser	M40	Ton	4:39.55	5	B
8	Daniel Johns	M40	Lon Hth	4:39.95	3	A
9	Nick Coupe	M35	Oxf C	4:49.55	2	A
10	Mark Champion	M45	Dartf	4:52.77	4	B
11	Victor Ray	M40	HW	5:19.49	1	A
12	Paul Kelland	M55	Lon Hth	5:24.89	3	B

1500 metres M50, M60

1	David Blackman	M50	Soton	4:34.62	7	M50
2	Julian Richardson	M50	Oxf C	4:43.82	6	M50
3	Phil Coleman	M50	Ton	4:49.05	5	M50
4	Tom Conlon	M55	Herne H	4:51.01	4	M50
5	David Hall	M50	Dartf	5:01.10	3	M50
6	Jonathan Hopkin	M50	Lon Hth	5:05.70	2	M50
7	Richard Clark	M60	HW	5:15.26	7	M60
8	Sid Delara	M60	Soton	5:25.05	6	M60
9	Mike Mann	M65	Herne H	5:33.23	5	M60
10	Mike Abrahams	M60	Lon Hth	5:33.61	4	M60
11	Brian Buckwell	M60	Ton	5:39.98	3	M60
12	John Exley	M65	Oxf C	5:46.02	2	M60
13	Steve Roberts	M60	Dartf	6:43.88	1	M60

3000 metres M35 A, M35 B, M50

1	Simon Coombes	M45	Herne H	9:14.50	7	A
2	Mohammed Ismail	M35	Herne H	9:21.51	7	B
3	Julian Rendall	M40	Ton	9:23.08	6	A
4	James Smith	M40	Soton	9:27.14	5	A
5	Andy Pickett	M35	Dartf	9:39.79	4	A
6	Dan Madams	M40	Ton	9:41.35	6	B
7	Mark Causebrook	M35	Soton	9:54.40	5	B
8	Julian Richardson	M50	Oxf C	9:57.14	7	M50
9	Graeme Saker	M55	Ton	9:59.29	6	M50
10	Gary Ironmonger	M55	Herne H	10:02.71	5	M50
11	Jonathan Litchfield	M40	Lon Hth	10:24.47	3	A
12	Peter Costley	M50	Soton	10:28.10	4	M50
13	Mark Champion	M45	Dartf	10:38.34	4	B
14	Tony Durey	M50	Dartf	10:41.65	3	M50
15	Paul Kelland	M55	Lon Hth	11:12.22	2	M50
16	Mark George	M50	Lon Hth	11:46.10	3	B
17	Trevor Dixon	M55	Oxf C	11:50.04	2	A
18	John Exley	M65	Oxf C	12:24.15	2	B

2000 metres Walk M35, M50

1	Graham Chapman	M60	Oxf C	10:26.89	7	M35
2	Valdis Pauzers	M60	Herne H	11:22.37	6	M35
3	Victor Ray	M40	HW	11:40.81	5	M35
4	Wayne Vincent	M55	Soton	12:06.90	7	M50
5	Andy Morgan-Lee	M45	Soton	12:20.18	4	M35
6	John Ridge	M45	Ton	12:22.80	3	M35
7	Richard Christian	M50	Ton	12:22.97	6	M50
8	Trevor Dixon	M55	Oxf C	12:38.24	5	M50
9	Richard Clark	M60	HW	13:18.64	4	M50
10	Glen Keegan	M50	Herne H	13:26.20	3	M50
11	John Gurney	M55	Dartf	15:14.51	2	M50
12	Alex Valentino	M55	Dartf	15:24.54	2	M35
13	Adrian Essex	M65	Lon Hth	17:19.52	1	M50

4x100m Relay

1		Ton	48.56	7
2		HW	48.72	6
3		Dartf	50.12	5
4		Soton	50.69	4
5		Oxf C	51.18	3
6		Herne H	51.28	2
7		Lon Hth	54.20	1

4x400m Relay

1		Ton	3:50.76	7
2		Dartf	3:51.35	6
3		Soton	3:51.67	5
4		HW	3:58.40	4
5		Herne H	4:00.63	3
6		Lon Hth	4:01.70	2
7		Oxf C	4:23.62	1

High Jump M35

1	Brian Thompson	M40	Soton	1.60	7
2	Matthew Reece	M45	Oxf C	1.55	6
3	Dean Cheeseman	M45	HW	1.55	5
4	John Ridge	M45	Ton	1.45	4
5	Dave Adam	M45	Herne H	1.45	3
6	Richard Nash	M40	Dartf	1.40	2
7	Ivan Ross	M40	Lon Hth	1.30	1

High Jump M50

1	Gary Capon	M55	Dartf	1.50	7
2	Ian Crawley	M50	Ton	1.50	6
3	Paul Marriott	M50	Herne H	1.45	5
4=	Tony Killilea	M50	Lon Hth	1.30	3.5
4=	Derek Warn	M50	Soton	1.30	3.5
6	Tony Palman-Brown	M50	Oxf C	1.30	2
7	David Orchard	M55	HW	1.30	1

High Jump M60

1	Adrian Essex	M65	Lon Hth	1.30	7
2	Michael Coker	M60	Soton	1.25	6
3	Garth Francis	M60	Herne H	1.20	5
4	Brian Buckwell	M60	Ton	1.20	4
5	John Fenton	M60	Dartf	1.10	3
-	Chris Padmore	M65	Oxf C	NM	

Pole Vault M35

1	Ivan Ross	M40	Lon Hth	2.80	7
2	Peter Ebbage	M55	Ton	2.70	6
3	Tony Palman-Brown	M50	Oxf C	2.50	5
4	Richard Nash	M40	Dartf	2.20	4
5	Graham Lay	M40	Soton	2.00	3

Pole Vault M50

1	Derek Warn	M50	Soton	3.00	7
2	Ian Crawley	M50	Ton	2.70	6
3	Gary Capon	M55	Dartf	2.30	5
4	David Orchard	M55	HW	2.30	4
5	Nigel Whiting	M50	Oxf C	2.10	3
6	Adrian Essex	M65	Lon Hth	2.00	2

Long Jump M35

1	Alex Lee	M35	Dartf	5.84	7
2	Gareth Davies	M45	Oxf C	5.35	6
3	Brian Thompson	M40	Soton	4.92	5
4	Mark McAllister	M45	Ton	4.76	4
5	Dean Cheeseman	M45	HW	4.64	3
6	Ivan Ross	M40	Lon Hth	4.52	2
7	Giuseppe Minetti	M45	Herne H	4.10	1

Long Jump M50

1	Paul Marriott	M50	Herne H	4.85	7
2	Ian Crawley	M50	Ton	4.79	6
3	Derek Warn	M50	Soton	4.72	5
4	Gary Capon	M55	Dartf	4.72	4
5	Nigel Whiting	M50	Oxf C	4.50	3
6	Mark George	M50	Lon Hth	4.24	2
7	David Orchard	M55	HW	3.58	1

Long Jump M60

1	Adrian Essex	M65	Lon Hth	4.29	7
2	Chris Carden	M60	Herne H	4.25	6
3	Vic Novell	M70	Soton	4.18	5
4	Chris Padmore	M65	Oxf C	4.16	4
5	Brian Buckwell	M60	Ton	3.32	3
6	Mick Cox	M70	Dartf	2.25	2

Triple Jump M35

1	Gareth Davies	M45 Oxf C	12.13	7
2	Alex Lee	M35 Dartf	11.31	6
3	Brian Thompson	M40 Soton	9.98	5
4	Ivan Ross	M40 Lon Hth	9.92	4
5	Dave Adam	M45 Herne H	9.59	3
6	Dean Cheeseman	M45 HW	9.42	2
7	Jason Cannon	M50 Ton	8.79	1

Triple Jump M50

1	Gary Capon	M55 Dartf	10.26	7
2	Steve Beak	M50 Soton	9.94	6
3	Nigel Whiting	M50 Oxf C	9.67	5
4	Mark George	M50 Lon Hth	9.28	4
5	Mark De'ath	M50 Ton	9.19	3
6	Chris Carden	M60 Herne H	8.70	2
7	David Orchard	M55 HW	7.70	1

Shot M35

1	Steve McCauley	M40 Oxf C	12.49	7
2	Graham Lay	M40 Soton	11.80	6
3	Scott Harvey	M40 Dartf	9.37	5
4	Stuart Milton	M35 HW	9.37	4
5	Garry Power	M55 Herne H	8.74	3
6	Ivan Ross	M40 Lon Hth	8.25	2
7	Peter Ebbage	M55 Ton	8.09	1

Shot M50

1	Stephen Dobson	M55 Soton	10.88	7
2	Ian Crawley	M50 Ton	9.88	6
3	David Orchard	M55 HW	9.20	5
4	Paul Searing	M55 Dartf	8.37	4
5	Des Austin	M50 Herne H	8.26	3
6	Tony Palman-Brown	M50 Oxf C	7.96	2

Shot M60

1	John Fenton	M60 Dartf	11.65	7
2	Michael Coker	M60 Soton	9.05	6
3	Garth Francis	M60 Herne H	8.70	5
4	Adrian Essex	M65 Lon Hth	8.47	4
5	Dave Kuester	M70 Oxf C	7.71	3
6	Peter Brenchley	M70 Ton	5.18	2

Discus M35

1	Steve McCauley	M40 Oxf C	38.33	7
2	Garry Power	M55 Herne H	33.86	6
3	Richard Nash	M40 Dartf	32.49	5
4	Andrew Sheerin	M45 Soton	31.60	4
5	Ian Crawley	M50 Ton	24.22	3
6	Stuart Milton	M35 HW	23.51	2
7	Ivan Ross	M40 Lon Hth	21.26	1

Discus M50

1	Andy Turner	M50 Soton	32.90	7
2	Peter Ebbage	M55 Ton	30.76	6
3	Richard Hart	M55 Oxf C	28.62	5
4	David Orchard	M55 HW	28.42	4
5	Stewart Maxwell	M55 Lon Hth	27.93	3
6	Paul Searing	M55 Dartf	26.81	2
7	Des Austin	M50 Herne H	25.47	1

Discus M60

1	John Fenton	M60 Dartf	35.73	7
2	Chris Carden	M60 Herne H	31.67	6
3	Dave Kuester	M70 Oxf C	26.04	5
4	Adrian Essex	M65 Lon Hth	23.93	4
5	Michael Coker	M60 Soton	23.44	3
6	Peter Brenchley	M70 Ton	16.49	2

Hammer M35

1	Steve McCauley	M40 Oxf C	39.56	7
2	Andrew Sheerin	M45 Soton	36.91	6
3	Scott Harvey	M40 Dartf	32.56	5
4	Garry Power	M55 Herne H	24.99	4
5	Adrian Essex	M65 Lon Hth	18.77	3
6	David Orchard	M55 HW	16.60	2
7	Richard Christian	M50 Ton	12.54	1

Hammer M50

1	Andy Turner	M50 Soton	36.66	7
2	Des Austin	M50 Herne H	33.92	6
3	Stewart Maxwell	M55 Lon Hth	29.19	5
4	Paul Searing	M55 Dartf	28.20	4
5	Peter Ebbage	M55 Ton	26.16	3
6	Tony Palman-Brown	M50 Oxf C	23.55	2
7	Kevin Snelling	M55 HW	20.84	1

Javelin M35

1	Graham Lay	M40 Soton	40.60	7
2	Richard Nash	M40 Dartf	37.38	6
3	Mark McAllister	M45 Ton	37.04	5
4	Stuart Milton	M35 HW	35.51	4
5	Mike Barough	M35 Oxf C	33.92	3
6	Ivan Ross	M40 Lon Hth	33.70	2
7	Nick Nicola	M60 Herne H	26.84	1

Javelin M50

1	John Fenton	M60 Dartf	40.54	7
2	Stewart Maxwell	M55 Lon Hth	37.43	6
3	Ian Crawley	M50 Ton	32.05	5
4	Garth Francis	M60 Herne H	31.34	4
5	David Orchard	M55 HW	30.36	3
6	Stephen Dobson	M55 Soton	25.16	2
7	Richard Hart	M55 Oxf C	22.33	1

SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - FINALS
Ashford - Sunday 3 September 2017

Women's Match

1	Epsom & Ewell Harriers	223.5 pts
2	Dartford Harriers	213 pts
3	Tonbridge	209 pts
4	Winchester & District	178 pts
5	Oxford City	162.5 pts
6	Serpentine	128 pts
7	Stevenage & North Herts	114 pts

100 metres W35 A

1	Kathryn Miles	W40 Win	14.15	7
2	Fleur Hardie	W40 Dartf	14.34	6
3	Angela Bates	W50 E&E	14.35	5
4	Ruth Bingham	W45 Ton	14.39	4
5	Rhiannon Needham	W35 Serp	14.60	3
6	Charlotte Astill	W40 SNH	14.62	2
7	Popsie Wootten	W45 Oxf C	14.67	1

(Wind: -2.3m/sec)

100 metres W35 B

1	Sandra Reed	W50 SNH	14.86	7
2	Rachel Waters	W50 E&E	14.90	6
3	Kim Taylor	W35 Dartf	15.14	5
4	Antonia Skerritt	W35 Ton	15.52	4
5	Karen Cove	W45 Oxf C	15.97	3
6	Heather Mballa	W35 Win	17.63	2
7	Heidi Rasmussen	W45 Serp	17.98	1

(Wind: -1.9m/sec)

100 metres W50

1	Michele Wakefield	W50 Oxf C	14.92	7
2	Sue Wisdom	W55 E&E	16.11	6
3	Teresa Eades	W55 Dartf	16.19	5
4	Cath Shelley	W50 Serp	16.24	4
5	Joy Radford	W60 Win	16.31	3
6	Sally Vine	W50 Ton	16.45	2
7	Chris Feely	W55 SNH	16.50	1

(Wind: 0.0m/sec)

100 metres W60

1	Joylyn Saunders-Mullins	W60 SNH	15.51	7
2	Moira West	W65 Win	16.17	6
3	Nicky Buckwell	W60 Ton	16.92	5
4	Anne Nelson	W65 E&E	17.45	4
5	Gwyneth Hueter	W60 Oxf C	17.88	3
6	Hel James	W60 Serp	18.12	2
7	Janet Pyne	W65 Dartf	20.76	1

(Wind: -0.3m/sec)

200 metres W35 A

1	Emma Wood	W45 Ton	27.54	7
2	Julia Machin	W45 E&E	27.92	6
3	Kirstie Taylor	W40 Dartf	29.34	5
4	Charlotte Astill	W40 SNH	30.27	4
5	Kathryn Miles	W40 Win	30.34	3
6	Rhiannon Needham	W35 Serp	30.57	2
7	Popsie Wootten	W45 Oxf C	31.57	1

(Wind: -2.8m/sec)

200 metres W35 B

1	Fleur Hardie	W40 Dartf	29.47	7
2	Ruth Bingham	W45 Ton	29.51	6
3	Sandra Reed	W50 SNH	30.42	5
4	Angela Bates	W50 E&E	30.46	4
5	Sue True	W40 Win	30.93	3
6	Isabell Hess-Petersen	W40 Oxf C	32.50	2
7	Ilona Bagi	W35 Serp	32.89	1

(Wind: -0.9m/sec)

200 metres W50

1	Rachel Waters	W50 E&E	31.16	7
2	Michele Wakefield	W50 Oxf C	31.82	6
3	Cath Shelley	W50 Serp	33.24	5
4	Moira West	W65 Win	33.70	4
5	Chris Feely	W55 SNH	34.52	3
6	Sally Vine	W50 Ton	35.16	2
7	Denise Rose	W50 Dartf	36.66	1

(Wind: -1.7m/sec)

400 metres W35 A

1	Di Norman	W40 E&E	60.49	7
2	Emma Wood	W45 Ton	60.72	6
3	Charlotte Astill	W40 SNH	67.48	5
4	Sue True	W40 Win	68.11	4
5	Rhiannon Needham	W35 Serp	69.43	3
6	Kirstie Taylor	W40 Dartf	70.37	2
7	Popsie Wootten	W45 Oxf C	73.80	1

400 metres W35 B

1	Julia Machin	W45 E&E	62.79	7
2	Ruth Bingham	W45 Ton	69.22	6
3	Sandra Reed	W50 SNH	74.15	5
4	Karen Cove	W45 Oxf C	79.06	4
5	Tessa Hales	W35 Dartf	80.51	3
6	Harriet Hide	W45 Win	81.39	2
7	Heidi Rasmussen	W45 Serp	85.28	1

400 metres W50

1	Karen Hazlitt	W50 Win	73.76	7
2	Angela Bates	W50 E&E	73.82	6
3	Cath Shelley	W50 Serp	75.92	5
4	Lucy Pitcairn-Knowles	W50 Ton	78.13	4
5	Chris Feely	W55 SNH	79.28	3
6	Denise Rose	W50 Dartf	82.07	2
7	Caroline Struthers	W50 Oxf C	86.95	1

400 metres W60

1	Moira West	W65 Win	82.15	7
2	Nicky Buckwell	W60 Ton	83.90	6
3	Gwyneth Hueter	W60 Oxf C	84.33	5
4	Liz Neville	W65 E&E	95.03	4
5	Iris Hornsey	W75 SNH	103.47	3
6	Marianne Morris	W65 Serp	124.65	2
7	Janet Pyne	W65 Dartf	134.45	1

800 metres W35 A

1	Di Norman	W40 E&E	2:22.27	7
2	Hannah Roberts	W35 Dartf	2:29.85	6
3	Sarah Davies	W40 Oxf C	2:32.86	5
4	Antonia Skerritt	W35 Ton	2:35.33	4
5	Sue True	W40 Win	2:38.86	3
6	Ilona Bagi	W35 Serp	2:47.39	2
7	Andrea Westcott	W45 SNH	3:21.55	1

800 metres W35 B

1	Maria Heslop	W45 Ton	2:33.91	7
2	Anoushka Johnson	W40 Dartf	2:35.98	6
3	Jo Jefferies	W40 Win	2:45.56	5
4	Vanda Caulfield	W50 E&E	2:53.21	4
5	Cheryl Sacks	W45 Serp	2:58.95	3

800 metres W50

1	Lynne Whitaker	W55 Win	2:49.1*	7
2	Cath Shelley	W50 Serp	2:56.0*	6
3	Lucy Pitcairn-Knowles	W50 Ton	2:59.4*	5
4	Denise Rose	W50 Dartf	3:04.5*	4
5	Caroline Struthers	W50 Oxf C	3:11.7*	3
6	Jane Davies	W65 E&E	3:17.1*	2

1500 metres W35 A, W35 B

1	Hannah Roberts	W35 Dartf	5:06.89	7 A
2	Maria Heslop	W45 Ton	5:10.46	6 A
3	Anoushka Johnson	W40 Dartf	5:15.49	7 B
4	Sarah Davies	W40 Oxf C	5:18.70	5 A
5	Karen Rushton	W50 Win	5:20.69	4 A
6	Sasha Houghton	W45 Ton	5:31.54	6 B
7	Jo Jefferies	W40 Win	5:38.46	5 B
8	Ilona Bagi	W35 Serp	5:44.59	3 A
9	Cheryl Sacks	W45 Serp	5:52.12	4 B
10	Vanda Caulfield	W50 E&E	6:02.62	2 A
11	Caroline Struthers	W50 Oxf C	6:21.35	3 B
12	Charlotte Mason	W35 E&E	6:45.77	2 B
13	Andrea Westcott	W45 SNH	7:05.64	1 A

1500 metres W50, W60

1	Cath Ferguson	W55 Serp	5:51.35	7W50
2	Lynne Whitaker	W55 Win	5:59.45	6W50
3	Gwyneth Hueter	W60 Oxf C	6:09.78	5W50
4	Steph Wood	W50 Dartf	6:16.65	4W50
5	Jane Davies	W65 E&E	6:19.64	3W50
6	Joy Radford	W60 Win	6:20.33	7W60
7	Liz Neville	W65 E&E	7:01.82	6W60
8	Angela Seger	W60 Oxf C	7:04.87	5W60
9	Ann Moyles	W60 Dartf	7:33.05	4W60
10	Iris Hornsey	W75 SNH	8:14.78	3W60
11	Sarah Schofield	W50 Ton	8:24.15	2W50
12	Anne Brenchley	W70 Ton	8:33.78	2W60
13	Marianne Morris	W65 Serp	8:54.75	1W60

3000 metres W35 A, W35 B, W50

1	Maria Heslop	W45 Ton	10:49.77	7 A
2	Hannah Roberts	W35 Dartf	11:11.43	6 A
3	Anoushka Johnson	W40 Dartf	11:28.90	7 B
4	Sarah Davies	W40 Oxf C	11:35.51	5 A
5	Cath Ferguson	W55 Serp	11:38.26	7W50
6	Karen Rushton	W50 Win	11:39.58	6W50
7	Sasha Houghton	W45 Ton	11:45.88	6 B
8	Karen Hazlitt	W50 Win	12:00.90	4 A
9	Cheryl Sacks	W45 Serp	12:15.12	3 A
10	Jo Jefferies	W40 Win	12:25.16	5 B
11	Lucy Pitcairn-Knowles	W50 Ton	12:28.72	5W50
12	Vanda Caulfield	W50 E&E	12:52.70	2 A
13	Steph Wood	W50 Dartf	13:08.09	4W50
14	Jane Davies	W65 E&E	13:14.48	3W50
15	Gwyneth Hueter	W60 Oxf C	13:18.10	4 B
16	Caroline Struthers	W50 Oxf C	13:27.25	2W50
17	Caroline Morgan	W35 Serp	13:36.41	3 B
18	Charlotte Mason	W35 E&E	14:30.86	2 B

2000 metres Walk W35, W50

1	Harriet Hide	W45 Win	11:11.1*	7W35
2	Di Bradley	W55 Ton	11:59.5*	7W50
3	Rachel Fagg	W40 Ton	12:33.4*	6W35
4	Liz Neville	W65 E&E	13:22.4*	6W50
5	Sue Boyman	W60 E&E	13:41.9*	5W35
6	Marianne Morris	W65 Serp	14:12.8*	5W50
7	Angela Seger	W60 Oxf C	14:19.4*	4W50
8	Mandy Best	W50 Oxf C	14:37.9*	4W35
9	Gill Skellon	W55 Dartf	15:30.8*	3W50
10	Helen Beddall	W50 SNH	16:17.6*	2W50
11	Sue Hume	W60 Win	16:37.8*	1W50
12	Sue Spicer	W50 SNH	18:15.4*	3W35
-	Helen Nyberg-Mitroi	W35 Dartf	DNF	W35
-	Rhiannon Needham	W35 Serp	DQ	W35

4x100m Relay

1	Ton	56.08	7
2	Dartf	57.25	6
3	E&E	58.62	5
4	Win	60.95	4
5	SNH	61.82	3
6	Oxf C	61.90	2
7	Serp	67.65	1

4x400m Relay

1	Ton	4:35.03	7
2	E&E	4:42.16	6
3	Dartf	4:57.81	5
4	Win	5:03.49	4
5	Serp	5:12.82	3
6	Oxf C	5:21.03	2

High Jump W35

1	Di Norman	W40 E&E	1.55	7
2	Karen Cove	W45 Oxf C	1.30	6
3	Sasha Houghton	W45 Ton	1.25	5
4	Heather Mballa	W35 Win	1.25	4
5	Kim Taylor	W35 Dartf	1.20	3
6	Andrea Westcott	W45 SNH	1.10	2
-	Heidi Rasmussen	W45 Serp	NM	

High Jump W50

1	Sandra Reed	W50 SNH	1.30	7
2	Teresa Eades	W55 Dartf	1.20	6
3	Rachel Waters	W50 E&E	1.15	5
4	Lucy Pitcairn-Knowles	W50 Ton	1.10	4
5	Wendy Fowler	W50 Oxf C	1.05	3
6	Camilla Allwood	W55 Serp	1.00	2
7	Maira West	W65 Win	1.00	1

High Jump W60

1	Christine Clements	W60 Dartf	1.15	7
2	Hel James	W60 Serp	1.05	6
3=	Gwyneth Hueter	W60 Oxf C	1.00	4.5
3=	Sue Dassie	W60 E&E	1.00	4.5
5	Fiona Argent	W60 Ton	1.00	3
6	Joy Radford	W60 Win	0.90	2

Pole Vault W35

1	Julia Machin	W45 E&E	2.00	7
2	Caroline Morgan	W35 Serp	1.50	6
3	Nina Ridge	W40 Ton	1.40	5

Pole Vault W50

1	Teresa Eades	W55 Dartf	2.30	7
2	Sue Dassie	W60 E&E	1.90	6
3	Wendy Fowler	W50 Oxf C	1.30	5
4	Nicky Buckwell	W60 Ton	1.20	4

Long Jump W35

1	Di Norman	W40 E&E	5.23	7
2	Isabell Hess-Petersen	W40 Oxf C	4.22	6
3	Helen Nyberg-Mitroi	W35 Dartf	3.90	5
4	Kathryn Miles	W40 Win	3.80	4
5	Sandra Reed	W50 SNH	3.78	3
6	Ruth Bingham	W45 Ton	3.74	2
7	Caroline Morgan	W35 Serp	3.54	1

Long Jump W50

1	Teresa Eades	W55 Dartf	4.01	7
2	Maira West	W65 Win	3.81	6
3	Cath Ferguson	W55 Serp	3.60	5
4	Sally Vine	W50 Ton	3.55	4
5	Angela Bates	W50 E&E	3.42	3
6	Chris Feely	W55 SNH	3.40	2
7	Wendy Fowler	W50 Oxf C	3.13	1

Long Jump W60

1	Christine Clements	W60 Dartf	3.51	7
2	Gwyneth Hueter	W60 Oxf C	3.34	6
3	Nicky Buckwell	W60 Ton	3.07	5
4	Joy Radford	W60 Win	3.03	4
5	Hel James	W60 Serp	2.90	3
6	Sue Dassie	W60 E&E	2.72	2
7	Iris Hornsey	W75 SNH	2.49	1

Triple Jump W35

1	Di Norman	W40 E&E	10.70	7
2	Helen Nyberg-Mitroi	W35 Dartf	8.47	6
3	Nina Ridge	W40 Ton	8.42	5
4	Sue True	W40 Win	8.32	4
5	Karen Cove	W45 Oxf C	8.16	3
6	Caroline Morgan	W35 Serp	7.80	2
7	Andrea Westcott	W45 SNH	5.41	1

Triple Jump W50

1	Sandra Reed	W50 SNH	8.89	7
2	Teresa Eades	W55 Dartf	8.85	6
3	Sally Vine	W50 Ton	6.78	5
4	Wendy Fowler	W50 Oxf C	6.64	4
5	Camilla Allwood	W55 Serp	6.52	3
6	Sue Dassie	W60 E&E	6.17	2

Shot W35

1	Julia Machin	W45 E&E	10.23	7
2	Sarah Nickelson	W40 Oxf C	9.30	6
3	Heather Mballa	W35 Win	8.20	5
4	Mary Davies	W40 Serp	7.12	4
5	Vivien Brown	W45 SNH	7.02	3
6	Nina Ridge	W40 Ton	6.77	2
7	Kim Taylor	W35 Dartf	6.65	1

Shot W50

1	Anne Thacker	W55 Dartf	8.96	7
2	Wendy Dunsford	W55 E&E	8.35	6
3	Di Bradley	W55 Ton	6.75	5
4	Helen Beddall	W50 SNH	5.85	4
5	Mandy Best	W50 Oxf C	5.34	3
6	Camilla Allwood	W55 Serp	4.87	2
7	Karen Rushton	W50 Win	4.46	1

Shot W60

1	Liz Sissons	W70 E&E	8.29	7
2	Joylyn Saunders-Mullins	W60 SNH	7.15	6
3	Christine Clements	W60 Dartf	6.52	5
4	Fiona Argent	W60 Ton	6.08	4
5	Gwyneth Hueter	W60 Oxf C	5.96	3
6	Hel James	W60 Serp	5.19	2
7	Sue Hume	W60 Win	4.98	1

Discus W35

1	Sarah Nickelson	W40 Oxf C	27.77	7
2	Heather Mballa	W35 Win	26.74	6
3	Wendy Dunsford	W55 E&E	22.55	5
4	Nina Ridge	W40 Ton	19.41	4
5	Kim Taylor	W35 Dartf	18.40	3
6	Mary Davies	W40 Serp	17.61	2
7	Vivien Brown	W45 SNH	15.75	1

Discus W50

1	Anne Thacker	W55 Dartf	22.14	7
2	Di Bradley	W55 Ton	20.65	6
3	Sue Dassie	W60 E&E	18.64	5
4	Joy Radford	W60 Win	14.82	4
5	Mandy Best	W50 Oxf C	13.53	3
6	Helen Beddall	W50 SNH	13.08	2
7	Camilla Allwood	W55 Serp	11.91	1

Discus W60

1	Liz Sissons	W70 E&E	18.42	7
2	Joylyn Saunders-Mullins	W60 SNH	15.76	6
3	Christine Clements	W60 Dartf	15.72	5
4	Sue Hume	W60 Win	14.67	4
5	Anne Brenchley	W70 Ton	12.92	3
6	Gwyneth Hueter	W60 Oxf C	12.54	2
7	Hel James	W60 Serp	11.05	1

Hammer W35

1	Heather Nelson	W35 Oxf C	29.88	7
2	Stacy Taylor	W35 Dartf	25.92	6
3	Mary Davies	W40 Serp	25.46	5
4	Wendy Dunsford	W55 E&E	25.21	4
5	Heather Mballa	W35 Win	20.82	3
6	Nina Ridge	W40 Ton	18.72	2
7	Vivien Brown	W45 SNH	16.97	1

Hammer W50

1	Anne Thacker	W55 Dartf	23.63	7
2	Liz Sissons	W70 E&E	20.16	6
3	Di Bradley	W55 Ton	19.15	5
4	Sue Hume	W60 Win	18.93	4
5	Camilla Allwood	W55 Serp	17.94	3
6	Sue Spicer	W50 SNH	14.96	2
7	Mandy Best	W50 Oxf C	14.21	1

Javelin W35

1	Heather Mballa	W35 Win	29.43	7
2	Tracey Isaac	W45 Oxf C	25.96	6
3	Kirstie Taylor	W40 Dartf	23.42	5
4	Sally Parry	W40 E&E	19.57	4
5	Val Simpson	W45 Ton	18.43	3
6	Mary Davies	W40 Serp	16.31	2
7	Andrea Westcott	W45 SNH	12.18	1

Javelin W50

1	Joylyn Saunders-Mullins	W60 SNH	23.30	7
2	Anne Thacker	W55 Dartf	21.99	6
3	Liz Sissons	W70 E&E	19.79	5
4	Sally Vine	W50 Ton	17.21	4
5	Wendy Fowler	W50 Oxf C	16.07	3
6	Sue Hume	W60 Win	9.39	2
7	Camilla Allwood	W55 Serp	8.08	1