

SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE – Final

Ashford - Sunday 5 September 2010

Men's Match

1	Herne Hill Harriers	294.5 pts
2	Blackheath & Bromley	272 pts
3	Ashford	250.5 pts
4	Herts Phoenix	183 pts
5	Crawley	172 pts
6	Basingstoke & Mid Hants	118 pts
7	Epsom & Ewell Harriers	105 pts
8	Oxford City	104 pts

100 metres M35 A (Wind: -1.1m/sec)

1	Steve Maisey	M35 Herts P	12.0	8
2	Peter Davey	M35 Ashf	12.1	7
3	Sam Bobb	M35 B&B	12.2	6
4	Kwei Sankofa	M50 Herne H	12.3	5
5	Henry Chitsenga	M40 Oxf C	12.4	4
6	David Cornes	M40 BMH	12.9	3

100 metres M35 B (Wind: -1.0m/sec)

1	Michael Champion	M35 B&B	12.4	8
2	Masakatsu Kondo	M45 Herne H	12.6	7
3	Tony Palman-Brown	M45 Oxf C	12.9	6
4	Martin Proctor	M45 Herts P	13.4	5
5	Charles Whitmore	W45 Ashf	13.5	4

100 metres M50 (Wind: -1.7m/sec)

1	Ray Watkins	M55 BMH	13.0	8
2	Akin Oyediran	M50 Herne H	13.1	7
3	Tom Phillips	M55 B&B	13.3	6
4	Dennis Minn	M50 Craw	13.3	5
5	Steve Langford	M50 Ashf	13.4	4
6	Manny Stone	M55 Oxf C	14.0	3
7	Chris Lawn	M65 Herts P	16.1	2

100 metres M60 (Wind: -1.0m/sec)

1	Mike Maisey	M60 Herts P	14.1	8
2	Les Wood	M60 Ashf	14.2	7
3	Allan Long	M65 Herne H	14.2	6
4	Mick Boxall	M60 Craw	15.6	5
5	Mike Martineau	M60 B&B	15.7	4
6	John Hodge	M65 BMH	17.1	3

200 metres M35 A (Wind: -0.9m/sec)

1	Steve Maisey	M35 Herts P	24.3	8
2	Michael Champion	M35 B&B	24.4	7
3	Peter Davey	M35 Ashf	24.4	6
4	Henry Chitsenga	M40 Oxf C	25.4	5
5	David Cornes	M40 BMH	25.7	4
6	Ryan Harris	M35 Craw	26.7	3
7	Bobby Cooper	M45 Herne H	26.7	2

200 metres M35 B (Wind: -0.6m/sec)

1	Pablo Sisca	M35 Herne H	26.2	8
2	Clem Leon	M50 B&B	26.9	7
3	Mark Bristow	Oxf C	27.1	6
4	Charles Whitmore	M45 Ashf	27.5	5
5	Martin Proctor	M45 Herts P	27.8	4
6	Dave Rayner	M45 Craw	30.9	3

200 metres M50 (Wind: -1.0m/sec)

1	Kwei Sankofa	M50 Herne H	25.4	8
2	Ray Watkins	M55 BMH	26.0	7
3	Tom Phillips	M55 B&B	26.5	6
4	Dennis Minn	M50 Craw	27.8	5
5	Manny Stone	M55 Oxf C	28.1	4
6	Steve Arnold	M50 Ashf	28.5	3
7	Chris Lawn	M65 Herts P	32.7	2

400 metres M35 A

1	David Cornes	M40 BMH	55.3	8
2	Peter Davey	M35 Ashf	55.4	7
3	Henry Chitsenga	M40 Oxf C	56.0	6
4	Nigel Keogh	M40 B&B	56.2	5
5	Ryan Harris	M35 Craw	58.5	4
6	Pablo Sisca	M35 Herne H	61.6	3
7	Andy Vaughan	E&E	65.7	2

400 metres M35 B

1	Kofi Agyei	M45 Herne H	58.3	8
2	Guy van Damme	Ashf	59.2	7
3	Clem Leon	M50 B&B	61.8	6
4	?	Craw	66.2	5
5	Gareth George	M40 E&E	66.9	4

400 metres M50

1	Kwei Sankofa	M50 Herne H	54.7	8
2	Ray Watkins	M55 BMH	58.8	7
3	Bob Minting	M60 B&B	59.7	6
4	Rob Creed	M50 Craw	60.2	5
5	Howard Papworth	M50 Oxf C	61.8	4
6	Steve Arnold	M50 Ashf	62.7	3
7	Chris Lawn	M65 Herts P	72.2	2

400 metres M60

1	Mike Maisey	M60 Herts P	68.9	8
2	Steve Knight	M60 Herne H	71.0	7
3	John Hodge	M65 BMH	72.7	6
4	John Exley	M60 Oxf C	75.3	5
5	Dave Beattie	M60 Craw	76.3	4
6	Etienne Mytterschaut	M60 Ashf	81.1	3

800 metres M35 A

1	Dave Peters	M35 Herne H	2:00.9	8
2	Rob Webster	M45 Oxf C	2:08.0	7
3	Ryan Harris	M35 Craw	2:14.2	6
4	Guy van Damme	Ashf	2:17.7	5
5	Adrian Stocks	M35 B&B	2:22.0	4
6	Gareth George	M40 E&E	2:30.7	3
7	Richard Bloom	M65 Herts P	2:50.0	2

800 metres M35 B

1	Kofi Agyei	M45 Herne H	2:18.0	8
2	Ian King	M35 Ashf	2:32.5	7
3	Mark Ellison	M50 B&B	2:35.9	6
4	Stuart Mann	M65 Herts P	2:46.3	5

800 metres M50

1	Rob Creed	M50 Craw	2:15.0	8
2	Bob Minting	M60 B&B	2:18.6	7
3	Howard Papworth	M50 Oxf C	2:19.9	6
4	Simon Bean	M50 E&E	2:26.1	5
5	Mike Mann	M60 Herne H	2:26.7	4
6	Paul Reddaway	M50 Herts P	2:31.0	3
7	Paul Wheeler	M50 Ashf	2:33.9	2
8	Ray Bowden	M65 BMH	3:02.8	1

1500 metres M35 A

1	Dave Peters	M35 Herne H	4:21.6	8
2	Bill Foster	M50 B&B	4:29.7	7
3	Julian Richardson	M40 Oxf C	4:30.5	6
4	Steve Jeffery	M40 BMH	4:43.5	5
5	Clive Spencer	M40 Craw	4:47.3	4
6	Danny Green	M40 Ashf	4:54.0	3
7	Stuart Mann	M65 Herts P	5:24.0	2

1500 metres M35 B

1	Ben Paviour	M35 Herne H	4:40.7	8
2	Dave Rayner	M45 Craw	4:43.3	7
3	Ian King	M35 Ashf	5:01.9	6
4	Norman Morrison	M60 Herts P	5:06.0	5
5	Adrian Stocks	M35 B&B	5:06.8	4

1500 metres M50

1	Kevin Williams	M50 Ashf	4:48.8	8
2	Mark Watling	M50 B&B	4:52.7	7
3	Mike Mann	M60 Herne H	4:52.8	6
4	Phil Huxley	M50 Oxf C	4:55.9	5
5	Simon Bean	M50 E&E	4:56.5	4
6	Paul Reddaway	M50 Herts P	5:12.3	3
7	Dave Cook	M50 Craw	5:28.1	2

1500 metres M60

1	Ken Daniel	M60 B&B	5:08.8	8
2	Steve Knight	M60 Herne H	5:13.6	7
3	John Exley	M60 Oxf C	5:16.7	6
4	Dave Beattie	M60 Craw	5:18.4	5
5	Richard Bloom	M65 Herts P	5:30.6	4
6	Etienne Mytterschaut	M60 Ashf	5:34.5	3
7	Ray Bowden	M65 BMH	5:56.3	2

3000 metres M35 A

1	Ben Paviour	M35 Herne H	9:18.5	8
2	John Moores	M45 Craw	9:29.0	7
3	Gary Bishop	M45 B&B	9:30.4	6
4	Julian Richardson	M40 Oxf C	9:45.6	5
5	Steve Jeffery	M40 BMH	10:06.4	4
6	Danny Green	M40 Ashf	10:23.3	3
7	Stuart Mann	M65 Herts P	11:44.2	2

3000 metres M35 B

1	Keith Newton	M45 Herne H	9:27.0	8
2	Tim Kimber	M40 Craw	10:21.9	7
3	Mark Ellison	M50 B&B	11:05.9	6
4	Richard Bloom	M65 Herts P	11:54.4	5
5	Geoff Butler	M40 BMH	14:05.5	4

3000 metres M50

1	Bill Foster	M50 B&B	9:46.3	8
2	Rob Creed	M50 Craw	10:25.8	7
3	Kevin Williams	M50 Ashf	10:39.6	6
4	Mike Mann	M60 Herne H	10:50.4	5
5	Paul Reddaway	M50 Herts P	11:31.4	4
6	Phil Huxley	M50 Oxf C	11:41.6	3
7	Gerry Smith	M55 E&E	11:57.5	2

2000 metres Walk M35

1	Valdis Pauzers	M55 Herne H	10:16.8	8
2	Roger Michell	M60 B&B	10:30.6	7
3	Peter Walkden	M55 Ashf	11:26.0	6
4	Paul Reddaway	M50 Herts P	13:22.6	5
5	Dave Buckett	Craw	18:30.0	4

2000 metres Walk M50

1	Shaun Lightman	M65 B&B	10:58.4	8
2	Gary MacDonald	M50 Ashf	11:29.2	7
3	John Borgars	M60 Herts P	12:41.8	6
4	Ray Bowden	M65 BMH	13:38.6	5
5	Dave Mitchell	M60 E&E	13:57.4	4
6	Dave Wilson	M60 Herne H	14:57.3	3
7	Dave Cook	M50 Craw	15:27.9	2

4x100m Relay

1	Herne H	49.4	8
2	B&B	50.1	7
3	Ashf	51.0	6
4	Oxf C	57.1	5
5	Craw	57.9	4
6	Herts P	57.9	3

4x400m Relay

1	Herne H	4:05.7	8
2	Craw	4:09.1	7
3	B&B	4:13.6	6
4	Ashf	4:14.4	5
5	Herts P	4:22.3	4

High Jump M35

1	Peter Davey	M35 Ashf	1.65	8
2	Michael Champion	M35 B&B	1.60	7
3	Geoff Butler	M40 BMH	1.55	6
4	Dave Blunt	M55 E&E	1.50	5
5	Akin Oyediran	M50 Herne H	1.50	4
6	Clive Spencer	M40 Craw	1.45	3

High Jump M50

1	Clem Leon	M50 B&B	1.50	8
2	Kwei Sankofa	M50 Herne H	1.45	7
3	Steve Arnold	M50 Ashf	1.40	6
4	Norman Rice	M65 E&E	1.15	5

High Jump M60

1	Mick Goodall	M60 Ashf	1.35	8
2	Mick Boxall	M60 Craw	1.30	7
3	John Gandee	M65 Herts P	1.30	6
4	Alan Cheers	M65 BMH	1.25	5
5	Derek Prentice	M60 Herne H	1.25	4
6	John Robinson	M65 B&B	1.20	3
7	Brian Harlick	M65 E&E	1.10	2

Pole Vault M35

1	John Andrews	M45 E&E	3.40	8
2	Pablo Sisca	M35 Herne H	2.80	7
3	Alan Hardy	M50 B&B	2.80	6
4	Phil Spivey	M45 Craw	2.70	5
5	Tony Palman-Brown	M45 Oxf C	2.60	4
6	Derek Laws	Ashf	2.00	3
7	Geoff Butler	M40 BMH	1.80	2

Pole Vault M50

1	Allan Williams	M55 B&B	3.60	8
2	Dave Blunt	M55 E&E	3.20	7
3=	Eustace Northey	M50 Herne H	2.00	5.5
3=	Steve Langford	M50 Ashf	2.00	5.5
5	Mike Dixon	M50 Herts P	1.80	4

Long Jump M35

1	Sam Bobb	M35 B&B	6.19	8
2	Masakatsu Kondo	M45 Herne H	5.96	7
3	Peter Davey	M35 Ashf	5.82	6
4	Martin Proctor	M45 Herts P	5.00	5
5	Geoff Butler	M40 BMH	4.65	4
6	John Andrews	M45 E&E	4.48	3

Long Jump M50

1	Akin Oyediran	M50 Herne H	5.44	8
2	Steve Langford	M50 Ashf	5.05	7
3	Clem Leon	M50 B&B	4.74	6
4	Dave Blunt	M55 E&E	4.26	5
5	Howard Papworth	M50 Oxf C	4.03	4
6	John Gandee	M65 Herts P	3.65	3

Long Jump M60

1	Alan Cheers	M65 BMH	4.12	8
2	Allan Long	M65 Herne H	4.07	7
3	Mike Maisey	M60 Herts P	4.01	6
4	Les Wood	M60 Ashf	3.88	5
5	Mick Boxall	M60 Craw	3.61	4
6	Mike Martineau	M60 B&B	3.54	3
7	Norman Rice	M65 E&E	3.32	2

Triple Jump M35

1	Sam Bobb	M35 B&B	14.36	8
2	Peter Davey	M35 Ashf	11.65	7
3	Masakatsu Kondo	M45 Herne H	11.24	6
4	Phil Spivey	M45 Craw	9.90	5
5	Geoff Butler	M40 BMH	9.76	4
6	Dave Blunt	M55 E&E	9.69	3

Triple Jump M50

1	Akin Oyediran	M50 Herne H	13.12	8
2	Clem Leon	M50 B&B	11.21	7
3	Steve Langford	M50 Ashf	10.34	6
4	Howard Papworth	M50 Oxf C	9.54	5
5	Norman Rice	M65 E&E	8.51	4
6	John Gandee	M65 Herts P	8.29	3
7	Rob Creed	M50 Craw	7.76	2

Shot M35

1	Jon Ward	M40 Ashf	12.03	8
2	Phil Spivey	M45 Craw	10.16	7
3	Jason Kingwell	Herts P	10.01	6
4	Garry Power	M45 Herne H	9.80	5
5	Simon Tolson	M40 B&B	7.80	4
6	Tony Palman-Brown	M45 Oxf C	7.71	3
7	Geoff Butler	M40 BMH	7.46	2
8	Andy Vaughan	E&E	6.18	1

Shot M50

1	Akin Oyediran	M50 Herne H	9.31	8
2	Wayne Howe	M50 Ashf	9.30	7
3	Colin Brand	M70 B&B	8.57	6
4	Godfrey Leak	M65 Herts P	8.49	5
5	Rod Chinn	M50 Craw	7.71	4
6	Brian Harlick	M65 E&E	7.61	3

Shot M60

1	Derek Prentice	M60 Herne H	10.30	8
2	Norman Rice	M65 E&E	9.98	7
3	David Fox	M60 Ashf	9.40	6
4	Gordon Hickey	M75 B&B	9.19	5
5	Bill Hudson	M65 BMH	8.94	4
6	Chris Lawn	M65 Herts P	8.54	3

Discus M35

1	Garry Power	M45 Herne H	40.04	8
2	Jon Ward	M40 Ashf	37.94	7
3	Jason Kingwell	Herts P	31.60	6
4	Phil Spivey	M45 Craw	31.51	5
5	Simon Tolson	M40 B&B	25.67	4
6	Geoff Butler	M40 BMH	21.57	3
7	Norman Rice	M65 E&E	16.49	2

Discus M50

1	Wayne Howe	M50 Ashf	34.50	8
2	Colin Brand	M70 B&B	30.09	7
3	Godfrey Leak	M65 Herts P	28.39	6
4	Derek Prentice	M60 Herne H	27.72	5
5	Brian Harlick	M65 E&E	26.65	4
6	Bill Hudson	M65 BMH	22.92	3
7	Rod Chinn	M50 Craw	13.57	2

Hammer M35

1	Phil Spivey	M45 Craw	44.55	8
2	Jason Kingwell	Herts P	40.95	7
3	Jon Ward	M40 Ashf	39.27	6
4	Des Austin	M45 Herne H	32.49	5
5	Simon Tolson	M40 B&B	20.46	4
6	Norman Rice	M65 E&E	18.84	3
7	Tony Palman-Brown	M45 Oxf C	18.59	2
8	Geoff Butler	M40 BMH	16.62	1

Hammer M50

1	John Maitland	M50 Herne H	39.87	8
2	Wayne Howe	M50 Ashf	34.31	7
3	Rod Chinn	M50 Craw	28.15	6
4	Godfrey Leak	M65 Herts P	25.77	5
5	Brian Harlick	M65 E&E	24.21	4
6	Bill Hudson	M65 BMH	23.82	3
7	Colin Brand	M70 B&B	23.81	2

Javelin M35

1	Mike van den Dobbelsteen	M40 B&B	49.06	8
2	Steve Maisey	M35 Herts P	48.44	7
3	Jon Ward	M40 Ashf	35.82	6
4	Chris Christou	M35 Herne H	35.72	5
5	John Andrews	M45 E&E	31.62	4
6	Geoff Butler	M40 BMH	25.76	3

Javelin M50

1	Steve Langdon	M50 B&B	50.06	8
2	Wayne Howe	M50 Ashf	39.06	7
3	Garth Francis	M50 Herne H	33.45	6
4	Mike Dixon	M50 Herts P	27.20	5
5	Norman Rice	M65 E&E	25.80	4
6	Rod Chinn	M50 Craw	17.25	3

Javelin M60

1	Colin Brand	M70 B&B	35.74	8
2	Derek Prentice	M60 Herne H	31.98	7
3	John Gandee	M65 Herts P	28.47	6
4	Brian Harlick	M65 E&E	26.31	5
5	Mike Ward	M60 Ashf	25.23	4
6	Bill Hudson	M65 BMH	23.00	3
7	Chris Bridgwater	M60 Craw	14.39	2

SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE – Final

Ashford - Sunday 5 September 2010

Women's Match

1	Epsom & Ewell Harriers	273 pts
2	Winchester & District	239 pts
3	Dartford Harriers	237 pts
4	Radley	232 pts
5	Cambridge Harriers	218.5 pts
6	Herts Phoenix	165.5 pts
7	Serpentine	151 pts

100 metres W35 A (Wind: +1.1m/sec)

1	Louise Oliver	W40 Rad	13.6	8
2	Angela Bates	W40 E&E	13.7	7
3	Kirstie Taylor	W35 Dartf	13.8	6
4	Dawn Jones	W40 Herts P	14.8	5
5	Alison Fenwick	W45 Win	15.4	4
6	Sarah Knox	W40 Serp	15.6	3
7	Gerti Hofmann	Camb H	21.4	2

100 metres W35 B (Wind: +1.1m/sec)

1	Kim Kingwell	W35 Herts P	15.1	8
2	Adele Forsyth	W40 Win	15.1	7
3	Jackie Breslin	W40 Rad	15.3	6
4	Christine Clements	W55 Dartf	15.7	5
5	Anne Nelson	W55 E&E	16.3	4
6	Carole Wisdom	W50 Serp	19.3	3
-	Helen Daniel	W45 Camb H	14.5 DQ	

100 metres W50 (Wind: +1.0m/sec)

1	Sue Dassie	W55 E&E	15.3	8
2	Teresa Eades	W50 Dartf	15.4	7
3	Joy Radford	W55 Win	16.1	6
4	Hel James	W55 Serp	16.6	5
5	Lyn Ahmet	W55 Rad	17.4	4
6	Margaret Carrier	W55 Herts P	17.6	3
7	Liz Horsley	W50 Camb H	22.3	2

100 metres W60 (Wind: +1.5m/sec)

1	Moirra West	W60 Win	15.6	8
2	Avis Cowley	W60 Herts P	16.4	7
3	Roz Tabor	W60 Camb H	17.9	6
4	Rosemary Champion	W60 Dartf	18.8	5
5	Gill Woodland	W70 Rad	19.7	4
6	Jane Davies	W60 E&E	19.7	3
7	Margaret Sills	W60 Serp	20.3	2

200 metres W35 A (Wind: -0.3m/sec)

1	Louise Oliver	W40 Rad	28.7	8
2	Angela Bates	W40 E&E	28.8	7
3	Kirstie Taylor	W35 Dartf	28.8	6
4	Kim Kingwell	W35 Herts P	30.4	5
5	Alison Fenwick	W45 Win	30.9	4
6	Simone Laidlow	W45 Camb H	32.0	3
7	Sarah Knox	W40 Serp	33.3	2

200 metres W35 B (Wind: -1.2m/sec)

1	Clare Elms	W45 Camb H	30.6	8
2	Dawn Jones	W40 Herts P	30.8	7
3	Adele Forsyth	W40 Win	31.0	6
4	Sue Dassie	W55 E&E	32.3	5
5	Jackie Breslin	W40 Rad	32.4	4
6	Gill Skellon	W50 Dartf	33.9	3
7	Carole Wisdom	W50 Serp	40.8	2

200 metres W50 (Wind: -0.9m/sec)

1	Teresa Eades	W50 Dartf	32.0	8
2	Moirra West	W60 Win	32.4	7
3	Anne Nelson	W55 E&E	33.9	6
4	Avis Cowley	W60 Herts P	34.2	5
5	Hel James	W55 Serp	34.7	4
6	Roz Tabor	W60 Camb H	36.7	3
7	Lyn Ahmet	W55 Rad	38.1	2

400 metres W35 A

1	Diana Norman	W35 E&E	62.5	8
2	Clare Elms	W45 Camb H	64.9	7
3	Kim Kingwell	W35 Herts P	67.7	6
4	Sarah Davies	W35 Rad	68.5	5
5	Lucy Elliot	W40 Win	69.4	4
6	Cara Oliver	W35 Dartf	69.7	3
7	Marielle Westlund	Serp	72.8	2

400 metres W35 B

1	Angela Bates	W40 E&E	69.0	8
2	Donna Brown	Dartf	70.7	7
3	Simone Laidlow	W45 Camb H	71.8	6
4	Jackie Ducker	W40 Win	79.7	5
5	Isobel Miller	W45 Rad	80.2	4
6	Yvonne Jones	W45 Herts P	82.5	3
7	Ruth Jackson	W40 Serp	97.3	2

400 metres W50

1	Gwyneth Hueter	W50 Rad	77.3	8
2	Gill Skellon	W50 Dartf	78.5	7
3	Margaret Carrier	W55 Herts P	81.1	6
4	Liz Neville	W55 E&E	82.3	5
5	Hel James	W55 Serp	83.7	4
6	Liz Sandall-Ball	W55 Win	85.7	3
7	?	Camb H	102.5	2

400 metres W60

1	Moirra West	W60 Win	73.7	8
2	Roz Tabor	W60 Camb H	79.3	7
3	Jane Davies	W60 E&E	83.6	6
4	Sally Gandee	W65 Herts P	96.5	5
5	Maureen Farmer	W60 Dartf	97.0	4
6	Rose Webb	W60 Rad	102.1	3
7	Margaret Sills	W60 Serp	110.8	2

800 metres W35 A

1	Clare Elms	W45 Camb H	2:25.0	8
2	Sarah Davies	W35 Rad	2:27.2	7
3	Karen Hazlitt	W40 Win	2:27.5	6
4	Cara Oliver	W35 Dartf	2:31.1	5
5	Marielle Westlund	Serp	2:34.7	4
6	Kim Kingwell	W35 Herts P	2:35.5	3
7	Vanda Caulfield	W45 E&E	2:38.8	2

800 metres W35 B

1	Zoe West	W35 E&E	2:38.6	8
2	Helen Garrett	W45 Camb H	2:39.3	7
3	Yvonne Jones	W45 Herts P	2:59.7	6
4	Jackie Ducker	W40 Win	3:05.1	5
5	Gill Skellon	W50 Dartf	3:08.2	4
6	Isobel Miller	W45 Rad	3:28.5	3
7	Ruth Jackson	W40 Serp	3:36.4	2

800 metres W50

1	Gwyneth Hueter	W50 Rad	2:49.5	8
2	Roz Tabor	W60 Camb H	2:50.3	7
3	Pat Halstead	W55 Dartf	2:53.2	6
4	Jane Davies	W60 E&E	2:54.5	5
5	Julie Simmons	W50 Herts P	2:56.2	4
6	Liz Sandall-Ball	W55 Win	3:16.5	3
7	Carole Wisdom	W50 Serp	3:18.4	2

1500 metres W35 A

1	Clare Elms	W45 Camb H	4:59.8	8
2	Lucy Elliot	W40 Win	5:04.1	7
3	Sarah Davies	W35 Rad	5:04.8	6
4	Cara Oliver	W35 Dartf	5:05.1	5
5	Zoe West	W35 E&E	5:20.5	4
6	Marielle Westlund	Serp	5:28.5	3
7	Yvonne Jones	W45 Herts P	5:53.7	2

1500 metres W35 B

1	Janet Littlewood	W35 Win	5:25.3	8
2	Vanda Caulfield	W45 E&E	5:27.2	7
3	Steff Woods	Dartf	5:57.6	6
4	Marian Hine	Camb H	6:07.9	5
5	Steff Vaatz	W35 Serp	7:10.3	4
6	Jackie Breslin	W40 Rad	7:31.7	3
7	Clare Marsh	W35 Herts P	8:00.9	2

1500 metres W50

1	Gwyneth Hueter	W50 Rad	5:59.6	8
2	Roz Tabor	W60 Camb H	6:00.3	7
3	Pat Halstead	W55 Dartf	6:02.0	6
4	Madeline Vosser	W50 Win	6:08.3	5
5	Hazel Paterson	W55 Serp	6:28.8	4
6	Liz Neville	W55 E&E	6:42.0	3

1500 metres W60

1	Jane Davies	W60 E&E	5:48.2	8
2	Moir West	W60 Win	6:47.6	7
3	Sue Lambert	W65 Serp	6:56.4	6
4	Maureen Farmer	W60 Dartf	7:14.8	5
5	Ann Brenchly	W60 Camb H	7:24.0	4
6	Sally Gandee	W65 Herts P	7:44.4	3
7	Rose Webb	W60 Rad	7:54.4	2

3000 metres W35 A

1	Clare Elms	W45 Camb H	10:32.3	8
2	Michaela McCallum	W40 Win	10:39.8	7
3	Sarah Davies	W35 Rad	11:16.2	6
4	Zoe West	W35 E&E	11:32.5	5
5	Steff Woods	Dartf	12:28.2	4
6	Yvonne Jones	W45 Herts P	12:48.3	3
7	Sarah Knox	W40 Serp	13:20.3	2

3000 metres W35 B

1	Karen Hazlitt	W40 Win	11:02.2	8
2	Vanda Caulfield	W45 E&E	11:36.3	7
3	Marian Hine	Camb H	13:22.8	6
4	Julie Hibard	Dartf	14:04.5	5
5	Steff Vaatz	W35 Serp	15:30.0	4
6	Rose Webb	W60 Rad	17:46.4	3

3000 metres W50

1	Jane Davies	W60 E&E	12:07.4	8
2	Roz Tabor	W60 Camb H	12:35.3	7
3	Gwyneth Hueter	W50 Rad	12:39.4	6
4	Pat Halstead	W55 Dartf	12:42.5	5
5	Madeline Vosser	W50 Win	13:11.7	4
6	Sue Lambert	W65 Serp	14:25.6	3

2000 metres Walk W35

1	Liz Neville	W55 E&E	12:31.4	8
2	Ruth Jackson	W40 Serp	12:39.8	7
3	Margaret Carrier	W55 Herts P	14:09.8	6
4	Chris Childs	W45 Dartf	14:18.6	5
5	Gerti Hofmann	Camb H	14:21.7	4
6	Rachel Byers	W40 Win	15:44.5	3
7	Isobel Miller	W45 Rad	16:54.9	2

2000 metres Walk W50

1	Phil Kelvin	W55 Serp	12:31.9	8
2	Julie Simmons	W50 Herts P	13:40.8	7
3	Sue Boyman	W55 E&E	13:51.7	6
4	Christine Clements	W55 Dartf	14:59.7	5
5	Maryse Ford	W50 Camb H	15:34.4	4
6	Sue Hume	W55 Win	16:01.8	3
7	Gill Woodland	W70 Rad	16:09.3	2

4x100m Relay

1	Rad	57.8	8
2	E&E	58.9	7
3	Dartf	59.3	6
4	Win	59.5	5
5	Herts P	60.8	4
6	Camb H	60.8	3
7	Serp	73.7	2

4x400m Relay

1	E&E	4:35.9	8
2	Win	4:43.4	7
3	Dartf	4:50.8	6
4	Rad	5:00.4	5
5	Camb H	5:03.8	4
6	Herts P	5:08.9	3
7	Serp	5:53.4	2

High Jump W35

1	Julia Machin	W40 E&E	1.50	8
2	Louise Oliver	W40 Rad	1.45	7
3	Dawn Jones	W40 Herts P	1.40	6
4	Helen Garrett	W45 Camb H	1.35	5
5	Teresa Eades	W50 Dartf	1.30	4
6	Alison Fenwick	W45 Win	1.25	3
7	Sarah Knox	W40 Serp	1.10	2

High Jump W50

1	Christine Clements	W55 Dartf	1.20	8
2	Gwyneth Hueter	W50 Rad	1.10	7
3	Sue Dassie	W55 E&E	1.05	6
4	Hel James	W55 Serp	1.05	5
5	Joy Radford	W55 Win	1.00	4
6	Lynn Smith	W50 Camb H	1.00	3

High Jump W60

1	Moir West	W60 Win	1.10	8
2=	Avis Cowley	W60 Herts P	1.05	6.5
2=	Ann Brenchly	W60 Camb H	1.05	6.5
4	Jane Davies	W60 E&E	0.95	5
5	Margaret Coombe	W65 Rad	0.90	4

Pole Vault W35

1	Teresa Eades	W50 Dartf	1.80	8
2	Janet Littlewood	W35 Win	1.70	7
3	Margaret Coombe	W65 Rad	1.70	6
4	Jenny Piercy	W55 E&E	1.60	5
5	Dawn Jones	W40 Herts P	1.40	4

Long Jump W35

1	Louise Oliver	W40 Rad	4.72	8
2	Helen Garrett	W45 Camb H	4.59	7
3	Alison Fenwick	W45 Win	4.53	6
4	Sandra Campbell	W40 Dartf	4.28	5
5	Dawn Jones	W40 Herts P	4.06	4
6	Sarah Knox	W40 Serp	3.85	3
7	Angela Bates	W40 E&E	3.64	2

Long Jump W50

1	Teresa Eades	W50 Dartf	3.97	8
2	Hel James	W55 Serp	3.22	7
3	Lyn Ahmet	W55 Rad	3.21	6
4	Joy Radford	W55 Win	3.10	5
5	Anne Nelson	W55 E&E	3.10	4
6	Liz Horsley	W50 Camb H	2.37	3
7	Sally Gandee	W65 Herts P	2.28	2

Long Jump W60

1	Moir West	W60 Win	3.81	8
2	Avis Cowley	W60 Herts P	3.31	7
3	Rosemary Champion	W60 Dartf	2.84	6
4	Jane Davies	W60 E&E	2.64	5
5	Gill Woodland	W70 Rad	2.54	4
6	Margaret Sills	W60 Serp	2.20	3
7	Roz Tabor	W60 Camb H	2.13	2

Triple Jump W35

1	Louise Oliver	W40 Rad	10.41	8
2	Dawn Jones	W40 Herts P	10.05	7
3	Alison Fenwick	W45 Win	9.23	6
4	Christine Clements	W55 Dartf	8.11	5
5	Sarah Knox	W40 Serp	7.71	4
6	Anne Nelson	W55 E&E	6.69	3
7	Marian Hine	Camb H	6.60	2

Triple Jump W50

1	Teresa Eades	W50 Dartf	8.62	8
2	Sue Dassie	W55 E&E	7.37	7
3	Lyn Ahmet	W55 Rad	7.00	6
4	Joy Radford	W55 Win	6.85	5
5	Avis Cowley	W60 Herts P	6.75	4
6	Hel James	W55 Serp	5.88	3
7	Ann Brenchly	W60 Camb H	5.65	2

Shot W35

1	Julia Machin	W40 E&E	10.63	8
2	Natasha Mighty	W35 Rad	8.99	7
3	Sandra Campbell	W40 Dartf	8.15	6
4	Helen Daniel	W45 Camb H	7.71	5
5	Mary Davies	W35 Serp	7.03	4
6	Janet Littlewood	W35 Win	6.68	3
7	Dawn Jones	W40 Herts P	5.78	2

Shot W50

1	Wendy Dunsford	W50 E&E	9.94	8
2	Anne Goad	W50 Dartf	8.86	7
3	Lynn Smith	W50 Camb H	6.57	6
4	Margaret Coombe	W65 Rad	6.42	5
5	Sue Hume	W55 Win	5.52	4
6	Hel James	W55 Serp	4.84	3

Shot W60

1	Liz Sissons	W65 E&E	9.54	8
2	Marlow Hadler	W65 Camb H	7.41	7
3	Moir West	W60 Win	6.61	6
4	Margaret Sills	W60 Serp	6.30	5
5	Rosemary Champion	W60 Dartf	5.11	4
6	Gill Woodland	W70 Rad	4.80	3
7	Sally Gandee	W65 Herts P	4.21	2

Discus W35

1	Helen Daniel	W45 Camb H	28.98	8
2	Wendy Dunsford	W50 E&E	25.96	7
3	Natasha Mighty	W35 Rad	19.61	6
4	Mary Davies	W35 Serp	18.27	5
5	Janet Littlewood	W35 Win	17.66	4
6	Cara Oliver	W35 Dartf	16.06	3
7	Clare Marsh	W35 Herts P	12.89	2

Discus W50

1	Anne Goad	W50 Dartf	24.31	8
2	Lynn Smith	W50 Camb H	21.34	7
3	Liz Sissons	W65 E&E	20.98	6
4	Sue Hume	W55 Win	16.37	5
5	Margaret Coombe	W65 Rad	12.99	4
6	Hazel Paterson	W55 Serp	12.28	3
7	Margaret Carrier	W55 Herts P	11.82	2

Hammer W35

1	Wendy Dunsford	W50 E&E	29.23	8
2	Natasha Mighty	W35 Rad	27.90	7
3	Mary Davies	W35 Serp	23.37	6
4	Lynn Smith	W50 Camb H	20.57	5
5	Sandra Campbell	W40 Dartf	20.34	4
6	Janet Littlewood	W35 Win	15.92	3
7	Clare Marsh	W35 Herts P	12.70	2

Hammer W50

1	Liz Sissons	W65 E&E	26.42	8
2	Anne Goad	W50 Dartf	26.03	7
3	Sue Hume	W55 Win	22.96	6
4	Marlow Hadler	W65 Camb H	21.05	5
5	Margaret Carrier	W55 Herts P	20.95	4
6	Margaret Coombe	W65 Rad	14.44	3
7	Hazel Paterson	W55 Serp	8.45	2

Javelin W35

1	Diana Norman	W35 E&E	30.35	8
2	Natasha Mighty	W35 Rad	24.97	7
3	Janet Littlewood	W35 Win	17.96	6
4	Helen Daniel	W45 Camb H	16.85	5
5	Mary Davies	W35 Serp	13.59	4
6	Clare Marsh	W35 Herts P	12.67	3
7	Sandra Campbell	W40 Dartf	NT	

Javelin W50

1	Anne Goad	W50 Dartf	28.14	8
2	Lynn Smith	W50 Camb H	15.51	7
3	Wendy Dunsford	W50 E&E	13.94	6
4	Hazel Paterson	W55 Serp	12.69	5
5	Sue Hume	W55 Win	11.53	4
6	Margaret Carrier	W55 Herts P	10.76	3
7	Lyn Ahmet	W55 Rad	9.89	2

Javelin W60

1	Liz Sissons	W65 E&E	26.24	8
2	Margaret Coombe	W65 Rad	20.77	7
3	Moir West	W60 Win	17.35	6
4	Marlow Hadler	W65 Camb H	13.77	5
5	Rosemary Champion	W60 Dartf	13.64	4
6	Bev Thomas	W60 Serp	7.57	3
7	Sally Gandee	W65 Herts P	5.97	2