

# SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - Hants & Surrey Division

## Winchester - Monday 15 June 2009

### Men's Match

1	Basingstoke & Mid Hants	259 pts
2	Southampton R.C.	228 pts
3	City of Portsmouth	226 pts
4	Havant	188 pts
5	Winchester & District	170 pts
6	Aldershot, Farnham & District	142 pts
7	Fleet & Crookham	119 pts
8	Woking	22 pts

### 100 metres Men A

1	Jon Tilt	M45 Soton RC	12.2	16
2	Andy Waddington	M45 BMH	12.2	14
3	Ian Bridgeman	M40 AFD	12.7	12
4	Paul Cooper	M50 Havant	12.9	10
5	Dave Stephenson	M45 Ports	13.1	8
6	John Dickinson	M45 Fleet	13.1	6
7	Andy Gannaway	M45 Win	13.1	4

### 100 metres Men B

1	Andy Smerdon	M45 Fleet	13.2	8
2	Jim Bennett	M35 Soton RC	13.2	7
3	Vic Novell	M60 Ports	13.5	6
4	Dave McAdam	M40 AFD	13.6	5
5	Marc Lyne	M40 Win	14.0	4
6	John Errington	M45 BMH	14.2	3
7	Nick Pomfret	M35 Havant	14.4	2

### 100 metres Men 50

1	Ray Watkins	M55 BMH	12.9	16
2	Steve Davis	M50 Havant	13.1	14
3	Paul Roker	M55 AFD	13.2	12
4	Martin Phillips	M50 Ports	14.0	10
5	Mike Coker	M50 Soton RC	14.2	8
6	Graham Kent	M55 BMH, gst	15.3	
7	Derek Smith	M50 Win	15.7	6
8	David Haines	M65 Fleet	19.8	4

### 400 metres Men A

1	Jon Tilt	M45 Soton RC	53.9	16
2	Andy Waddington	M45 BMH	56.1	14
3	Andy Gannaway	M45 Win	59.0	12
4	John Chaplin	M35 Fleet	59.9	10
5	Mike Harper	M45 Havant	61.0	8
6	Paul Davoile	M50 Ports	62.3	6
7	Andrew Hislop	M40 AFD	66.3	4

### 400 metres Men B

1	Neil Barker	M45 Win	59.2	8
2	Jim Bennett	M35 Soton RC	59.6	7
3	Andrew Driver	M40 Fleet	61.6	6
4	David Cornes	M35 BMH	62.2	5
5	Dave Stephenson	M45 Ports	64.1	4
6	Dave McAdam	M40 AFD	69.4	3
7	Steve Davis	M50 Havant	74.3	2

### 400 metres Men 50

1	Martin Phillips	M50 Ports	60.1	16
2	Ray Watkins	M55 BMH	61.2	14
3	Paul Cooper	M50 Havant	61.8	12
4	Gordon Whelan	M50 Soton RC	69.5	10
5	Derek Smith	M50 Win	70.8	8
6	Paul Roker	M55 AFD	DNF	

### 400 metres Men 60

1	Vic Novell	M60 Ports	65.7	8
2	John Hodge	M65 BMH	69.5	7
3	Ray Lewis	M60 Ports, gst	71.0	
4	Pete Haynes	M60 Soton RC	73.2	6
5	Keith Stone	M60 Win	73.5	5
6	Mick Chaplin	M60 Fleet	75.3	4
7	Roger Osgood	M65 Havant	76.2	3

### 400 metres Non-Scoring

1	Ian Leedham	M45 Win, gst	67.7	
2	Graham Kent	M55 BMH, gst	71.8	

### 1500 metres Men A

1	Andy Morgan-Lee	M40 Soton RC	4:20.4	16
2	Zippy Grice	M35 Ports	4:26.4	14
3	Tad Dicker	M40 Fleet	4:35.0	12
4	Rob Halsey	M40 BMH	4:38.4	10
5	Mike Davies	M45 Win	4:45.6	8
6	Andrew Hislop	M40 AFD	5:06.1	6
7	Dave Symmonds	M45 Havant	5:11.6	4

### 1500 metres Men B

1	Jon Grainger	M45 Soton RC	4:27.4	8
2	John Bigg	M40 BMH	4:44.4	7
3	Neil Beacher	M35 Win	4:47.9	6
4	Alan Driver	M45 Fleet	4:52.2	5
5	Colin Eales	M55 Ports	5:27.5	4
6	Malcolm Lavery	M40 Havant	5:35.6	3

### 1500 metres Men 50

1	Paul Davoile	M50 Ports	4:49.9	16
2	Alan Doney	M40 Win, gst	5:01.4	
3	Stephen Barnshaw	M50 AFD	5:02.4	14
4	Neil Hotson	M55 Soton RC	5:02.9	12
5	Matthew Hallin	M35 BMH, gst	5:05.1	
6	Patrick Symington	M50 BMH, gst	5:06.0	
7	John Tomlinson	M50 BMH	5:27.3	10
8	Martyn West	M55 Win	5:32.8	8
9	Peter Newton	M65 Ports, gst	5:40.2	
10	Greg Roulston	M50 Havant	5:48.1	6
11	Alan Davidson	M60 Woking	6:00.3	4

### 5000 metres Men A

1	Steve Jeffrey	M35 BMH	17:14.4	16
2	Zippy Grice	M35 Ports	17:20.6	14
3	Peter Costley	M40 Soton RC	17:23.0	12
4	Justin Corrie	M35 Win	17:46.4	10
5	Simon Mitchell	M45 Fleet	17:53.8	8
6	Dave Symmonds	M45 Havant	18:17.3	6
7	Andy Smith	M45 Woking	21:30.7	4

### 5000 metres Men B

1	Mark Simcox	M40 BMH	18:10.2	8
2	Franklyn Young	M45 Win, gst	18:30.8	
3	Billy Isaacs	M35 Soton RC	18:42.1	7
4	Matthew Hallin	M35 BMH, gst	18:50.4	
5	Colin Eales	M55 Ports	19:36.6	6
6	Malcolm Lavery	M40 Havant	19:40.5	5
7	Ben Jepson	M35 Win	19:49.0	4
8	David Long	M45 Fleet	20:53.8	3
9	Ian Leedham	M45 Win, gst	20:55.7	

### 5000 metres Men 50

1	Godfrey Rhimes	M55 Ports	18:52.3	16
2	Don Powell	M55 BMH	19:12.3	14
3	Martyn West	M55 Win	19:56.1	12
4	Pete Staunton	M55 Soton RC	20:06.3	10
5	Graham Foden	M60 Havant	23:53.5	8

**Medley Relay Men**

1	Soton RC	4:00.7	16
2	Ports	4:14.6	14
3	BMH	4:15.9	12
4	Fleet	4:16.3	10
5	Win	4:16.9	8
6	Havant	4:31.6	6

**High Jump Men**

1	Andy Waddington	M45 BMH	1.70	16
2	Ian Bridgeman	M40 AFD	1.65	14
3	Andy Morgan-Lee	M40 Soton RC	1.60	12
4=	Andy Smerdon	M45 Fleet	1.40	9
4=	Ben Jepson	M35 Win	1.40	9
6	Dave Stephenson	M45 Ports	1.25	6
7	Pete Spencer	M60 Havant	1.20	4

**High Jump Men 50**

1	Chris Berry	M50 BMH	1.45	16
2	Paul Roker	M55 AFD	1.40	14
3	Mike Coker	M50 Soton RC	1.35	12
4=	Greg Roulston	M50 Havant	1.30	9
4=	Paul Hillyard	M55 Ports	1.30	9
6	Martyn West	M55 Win	1.25	6
7	Joe Eastwood	M55 Woking	1.20	4

**Long Jump Men**

1	Andy Waddington	M45 BMH	5.51	16
2	Ian Bridgeman	M40 AFD	5.36	14
3	John Dickinson	M45 Fleet	4.68	12
4	Nick Pomfret	M35 Havant	4.35	10
5	Simon Hazlitt	M40 Win	4.34	8
6	Peter Costley	M40 Soton RC	4.34	6
7	Martin Phillips	M50 Ports	4.08	4

**Long Jump Men 50**

1	Mike Coker	M50 Soton RC	4.66	16
2	Paul Roker	M55 AFD	4.43	14
3	Patrick Symington	M50 BMH	4.36	12
4	Paul Hillyard	M55 Ports	4.03	10
5	Greg Roulston	M50 Havant	4.03	8
6	Alan Cheers	M60 BMH, gst	4.00	
7	Derek Smith	M50 Win	3.53	6

**Shot Men**

1	Allan Leiper	M45 AFD	11.54	16
2	Mike Marchant	M45 Win	10.78	14
3	Kim Pullen	M45 Havant	9.54	12
4	Garry Negus	M65 Ports	9.24	10
5	Steve Jeffrey	M35 BMH	8.29	8
6	Derek Warn	M40 Soton RC	7.22	6
7	Andy Smerdon	M45 Fleet	6.61	4

**Shot Men 50**

1	Mike Small	M50 Havant	13.22	16
2	Richard Healey	M50 Ports	11.58	14
3	Chris Berry	M50 BMH	8.89	12
4	Mike Coker	M50 Soton RC	8.68	10
5	Keith Stone	M60 Win	5.53	8

**Shot Men 60**

1	Pete Spencer	M60 Havant	8.40	8
2	Bill Hudson	M65 BMH	7.95	7
3	David Haines	M65 Fleet	7.95	6
4	Mike Reddick	M65 Ports	7.84	5
5	Ewan Simmonds	M65 Win	7.28	4
6	Pat Morgan-Lee	M60 Soton RC	4.68	3

**Hammer Men**

1	Kim Pullen	M45 Havant	34.32	16
2	Allan Leiper	M45 AFD	30.04	14
3	Richard Healey	M50 Ports	28.08	12
4	Chris Berry	M50 BMH	23.02	10
5	Mark Cawte	M40 Havant, gst	21.76	
6	Derek Warn	M40 Soton RC	16.32	8
7	John Dickinson	M45 Fleet	14.63	6
8	Simon Hazlitt	M40 Win	14.38	4

**Hammer Men 50**

1	Mike Small	M50 Havant	43.07	16
2	Garry Negus	M65 Ports	33.41	14
3	Bill Hudson	M65 BMH	22.01	12
4	Mike Reddick	M65 Ports, gst	21.75	
5	Joe Eastwood	M55 Woking	19.11	10
6	Ewan Simmonds	M65 Win	17.76	8
7	David Haines	M65 Fleet	14.02	6
8	Pete Haynes	M60 Soton RC	8.62	4

**League Positions after 3 matches**

1	Basingstoke & Mid Hants	22 pts (681)
2	Southampton R.C.	19 pts (589)
3	City of Portsmouth	18 pts (594)
4	Havant	17.5 pts (573)
5	Winchester & District	10 pts (466)
6	Fleet & Crookham	9.5 pts (379)
7	Aldershot, Farnham & District	9 pts (382)
8	Woking	3 pts (149)

# SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - Hants & Surrey Division

## Winchester - Monday 15 June 2009

### Women's Match

1	Winchester & District	Win	171 pts
2	City of Portsmouth	Ports	164 pts
3	Havant	Havant	160 pts
4	Woking	Woking	71 pts
5	Southampton R.C.	Soton RC	16 pts
6	Fleet & Crookham	Fleet	14 pts

### 100 metres Women A

1	Ali Locke	W35 Havant	14.3	12
2	Jayne Anscombe	W40 Ports	14.7	10
3	Janet Littlewood	W35 Win	16.6	8
4	Iris Holder	W65 Woking	17.0	6

### 100 metres Women B

1	Tessa Stephenson	W45 Ports	15.2	6
2	Vicki Spencer	W45 Havant	15.4	5
3	Sheena Barker	W45 Win	17.5	4

### 100 metres Women 50

1	Moir West	W60 Win	16.0	12
2	Christine Young	W50 Havant	16.4	10
3	Mary Axtell	W65 Ports	16.8	8
4	Linda Baldwin	W60 Woking	21.0	6

### 400 metres Women A

1	Michelle Wakefield	W35 Soton RC	67.0	12
2	Jayne Anscombe	W40 Ports	67.2	10
3	Vicki Spencer	W45 Havant	70.2	8
4	Alison Fenwick	W45 Win	70.4	6
5	Kay Trinder	W40 Woking	74.3	4
6	Janet Leggett	W45 Fleet	88.3	2

### 400 metres Women B

1	Tessa Stephenson	W45 Ports	73.5	6
2	Jo Jefferies	W35 Win	74.4	5
3	Alison Holdway	W35 Fleet	79.1	4
4	Ramona Thevenet-Smith	W45 Woking	81.3	3
5	Di Byrne	W35 Havant	86.2	2

### 400 metres Women 50

1	Jane Georgiou	W55 Ports	83.8	12
2	Christine Young	W50 Havant	86.2	10
3	Liz Sandall-Ball	W55 Win	86.5	8

### 400 metres Women 60

1	Moir West	W60 Win	81.9	6
2	Cecilia Morrison	W65 Ports	86.7	5

### 1500 metres Women A

1	Karen Hazlitt	W40 Win	5:02.0	12
2	Stephanie Robson	W35 Havant	5:18.3	10
3	Helen Grice	W35 Ports	5:34.0	8
4	Kay Trinder	W40 Woking	5:36.5	6
5	Janet Leggett	W45 Fleet	5:47.3	4

### 1500 metres Women B

1	Bev Lavery	W40 Havant	5:23.6	6
2	Glynis Sheppard	W40 Win	5:45.2	5
3	Alison Holdway	W35 Fleet	5:51.3	4
4	Jane Georgiou	W55 Ports	5:51.7	3
5	Ramona Thevenet-Smith	W45 Woking	6:09.9	2

### 1500 metres Women 50

1	Liz Bowers	W55 Ports	5:58.3	12
2	Liz Sandall-Ball	W55 Win	6:35.1	10
3	Ann Wood	W55 Havant	6:53.8	8

### Medley Relay Women

1		Win	4:47.0	12
2		Havant	4:55.2	10
3		Ports	5:30.6	8

### High Jump Women

1=	Alison Fenwick	W45 Win	1.25	11
1=	Tessa Stephenson	W45 Ports	1.25	11
3	Lyn Vale	W35 Havant	1.20	8

### High Jump Women 50

1	Lyn Lintern	W55 Havant	1.05	12
2	Iris Holder	W65 Woking	1.00	10
3	Moir West	W60 Win	1.00	8
4	Kirsten Workman	W55 Ports	0.95	6

### Triple Jump Women

1	Alison Fenwick	W45 Win	9.23	12
2	Lyn Vale	W35 Havant	7.06	10
3	Kirsten Workman	W55 Ports	5.89	8

### Triple Jump Women 50

1	Iris Holder	W65 Woking	7.31	12
2	Rachel Thornewill	W50 Ports	6.65	10
3	Liz Sandall-Ball	W55 Win	6.22	8
4	Lyn Lintern	W55 Havant	5.53	6

### Hammer Women

1	Janet Littlewood	W35 Win	14.14	12
2	Lyn Lintern	W55 Havant	13.41	10
3	Jayne Anscombe	W40 Ports	10.09	8

### Hammer Women 50

1	Kirsten Workman	W55 Ports	22.75	12
2	Sue Hume	W50 Win	22.43	10
3	Iris Mitchell	W60 Havant	14.72	8

### Javelin Women

1	Susanne Jacob-Williams	W35 Woking	16.95	12
2	Cathy Row	W35 Havant	15.93	10
3	Janet Littlewood	W35 Win	15.72	8
4	Rachel Thornewill	W50 Ports	8.35	6
5	Jacqueline Warn	W40 Soton RC	5.31	4

### Javelin Women 50

1	Kirsten Workman	W55 Ports	23.35	12
2	Lyn Lintern	W55 Havant	18.88	10
3	Sue Hume	W50 Win	12.78	8
4	Linda Baldwin	W60 Woking	8.90	6

### Javelin Women 60

1	Moir West	W60 Win	14.53	6
2	Iris Mitchell	W60 Havant	8.38	5
3	Iris Holder	W65 Woking	8.37	4
4	Lynne Newton	W60 Ports	6.55	3

### League Positions after 3 matches

1	Winchester & District	17 pts (501)
2	Havant	14 pts (504)
3	City of Portsmouth	14 pts (479)
4	Woking	9 pts (152)
5	Fleet & Crookham	5 pts (79)
6	Southampton R.C.	4 pts (44)