

SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - Hampshire Division

Basingstoke - Monday 20 June 2016

Men's Match

1	Southampton	161 pts
2	Aldershot, Farnham & District	133 pts
3	Havant	128.5 pts
4	Basingstoke & Mid Hants	110 pts
5	City of Portsmouth	106.5 pts
6	Winchester & District	87 pts
7	Overton Harriers	86 pts
8	Fleet & Crookham	23 pts

100 metres M35 A

1	Mark Collins	M40 Soton	11.5	8
2	Darren Dods	M40 AFD	12.3	7
3	Guy Giffin	M45 Ports	12.5	6
4	Lee Mawson	M35 Havant	12.7	5
5	Paul Neville	M45 Win	13.6	4
6	Ben O'Connor	M45 Fleet	14.1	3
7	Gavin Roberts	M45 Over	14.4	2
8	Graham Kent	M65 BMH	15.6	1

100 metres M35 B

1	Mark Vallier	M35 Ports	12.3	8
2	Steve Beak	M50 Soton	12.3	7
3	Dan Tomlinson	M45 AFD	12.7	6
4	Phil Brame	M45 Ports, gst	13.4	
5	Gareth Juliff	M35 Over	13.5	5
6	Derek Wardle	M65 BMH	14.6	4
7	Derek Smith	M60 Win	17.2	3

100 metres M50

1	Glen Reddington	M50 AFD	12.9	8
2	Nick Grocock	M50 Havant	13.1	7
3	Dave Stephenson	M50 Ports	13.5	6
4	Ray Watkins	M60 BMH	13.5	5
5	Derek Warn	M50 Soton	13.6	4
6	Henry Hopkins	M55 Win	14.3	3
7	Vic Novell	M70 Soton, gst	14.4	
8	Nick Bryant	M55 Soton, gst	15.4	
9	Keith Vallis	M50 Over	16.6	2

400 metres M35 A

1	Mark Vallier	M35 Ports	55.8	8
2	Simon Ciaravella	M40 Soton	56.3	7
3	Gareth Hier	M40 AFD	58.3	6
4	Lee Mawson	M35 Havant	59.3	5
5	Paul Neville	M45 Win	60.9	4
6	James Coney	M35 Over	64.2	3
7	Rohan Chaffey	M35 BMH	69.9	2
8	Nigel Duke	M45 Fleet	71.1	1

400 metres M35 B

1	Steve Beak	M50 Soton	56.5	8
2	Neil Eames	M50 Havant	59.9	7
3	Darren Dods	M40 AFD	62.0	6
4	David Vossler	M55 Win	63.6	5
5	Adam O'Hara	M35 Ports	63.7	4
6	Neil Martin	M40 Over	63.9	3
7	Patrick Symington	M55 BMH	65.4	2
8	?	Fleet	89.6	1

400 metres M50

1	Nick Grocock	M50 Havant	58.4	8
2	Simon Hargreaves	M50 Soton	61.8	7
3	Toren Grainger	M50 C'ley, gst	62.3	
4	Ray Watkins	M60 BMH	63.4	6
5	Henry Hopkins	M55 Win	65.7	5
6	Dave Stephenson	M50 Ports	68.0	4
7	Martin Crawshaw	M55 Over	81.1	3

400 metres M60

1	Derek Wardle	M65 BMH	66.8	8
2	Paul Hillyard	M60 Havant	66.9	7
3	Vic Novell	M70 Soton	77.3	6

4	Graham Kent	M65 BMH, gst	78.4	
5	Keith Stone	M70 Win	78.8	5
6	David Haines	M75 Fleet	82.6	4
7	Tony Davies	M65 AFD	89.7	3
8	Steve Spence	M65 Over	90.8	2
9	Godfrey Rhimes	M60 Ports	93.6	1

1500 metres M35 A

1	Mark Symes	M45 AFD	4:27.9	8
2	Matt Hibberd	M35 Soton	4:43.2	7
3	Lee Mawson	M35 Havant	4:51.6	6
4	Adam O'Hara	M35 Ports	4:54.1	5
5	Chris Dewey	M45 Over	4:56.5	4
6	Rohan Chaffey	M35 BMH	5:03.5	3
7	Nigel Duke	M45 Fleet	5:06.6	2
8	David Vossler	M55 Win	5:11.5	1

1500 metres M35 B

1	Steve Marcer	M40 Soton	4:38.1	8
2	Paul Gaylor	M45 AFD	4:39.4	7
3	Darren Bradley	M45 AFD, gst	4:57.2	
4	Richard Clifford	M40 Over	5:08.4	6
5	Mark Ferguson	M45 Ports	5:18.2	5
6	Mark Curtis	M50 Win	5:19.5	4
7	Andy Cullen	M45 BMH	5:26.0	3
8	Mickael Hegesippe	M40 Fleet	5:31.1	2
9	Paul Carter	M50 Havant	5:42.1	1

1500 metres M50

1	Jon Grainger	M50 Soton	4:42.1	8
2	Jim Garland	M50 Havant	4:44.2	7
3	Andy Hoare	M50 BMH	5:02.5	6
4	Martin Williams	M55 Ports	5:04.9	5
5	Keith Vallis	M50 Over	5:12.9	4
6	Steve Torrance	M55 Win	5:37.1	3
7	Don Powell	M65 BMH, gst	5:38.1	
8	Andrew Hislop	M50 AFD	6:02.1	2

5000 metres Combined

1	Daniel Hunt	M35 Soton	16:33.6	8	A
2	Matt Hammerton	M35 Havant	16:52.4	7	A
3	Chris Try	M50 AFD	17:41.4	8	M50
4	Jon Hannan	M35 Soton	17:44.1	8	B
5	Marius Kwint	M50 Win	17:47.5	7	M50
6	Sean Holmes	M45 Over	17:48.0	6	A
7	Peter Costley	M50 Soton	17:54.1	6	M50
8	Chris Dewey	M45 Over	17:57.7	7	B
9	Graham Hall	M40 BMH	18:03.3	5	A
10	Russell Burton	M60 BMH	18:37.6	8	M60
11	Paul Brittenden	M35 Win	18:39.4	4	A
12	Richard Guy Smith	M40 AFD	19:06.5	3	A
13	Nick Willson	M35 Soton, gst	19:12.4		
14	Mark Ferguson	M45 Ports	19:15.8	2	A
15	Keith Vallis	M50 Over	19:24.1	5	M50
16	Mark Curtis	M50 Win	19:38.1	6	B
17	Mark Hargreaves	M55 Ports	21:18.8 ⁽⁺¹⁾	4	M50
18	Martyn West	M60 Win	21:21.8 ⁽⁺¹⁾	7	M60
19	John Barlow	M35 BMH	21:32.0 ⁽⁺¹⁾	5	B
20	Tony Davies	M65 AFD	21:41.0 ⁽⁺¹⁾	6	M60
21	Roger Jones	M60 Havant	20:21.2	5	M60
22	Sid Delara	M60 Soton	22:20.1 ⁽⁺¹⁾	4	M60
23	Godfrey Rhimes	M60 Ports	21:00.4	3	M60
24	Gordon Westley	M45 Soton, gst	21:05.5		
25	Martin Garrod	M55 Ports	21:14.7	4	B
26	Malcolm Lavery	M50 Havant	21:51.6	3	M50
27	Murray Croton	M45 AFD	22:02.6	3	B
28	Steve Till	M55 BMH	23:56.8	2	M50
29	Steve Spence	M65 Over	24:42.6	2	M60
30	Mickael Hegesippe	M40 Fleet	DNF		

Note: ⁽⁺¹⁾ denotes times after one lap too many

Medley Relay

1	Soton	4:10.5	8
2	Havant	4:20.7	7
3	Over	4:37.2	6
4	Ports	4:39.2	5
5	Win	4:42.2	4
6	BMH	4:49.9	3

High Jump M35

1	Darren Dods	M40 AFD	1.65	8
2	Andy Waddington	M50 BMH	1.65	7
3	Darren Clissold	M40 Soton	1.60	6
4	Tim Brown	M40 Havant	1.40	5
5	Matthew Wateridge	M45 Over	1.35	4
6	Dave Stephenson	M50 Ports	1.35	3

High Jump M50

1	Allan Leiper	M55 AFD	1.40	8
2	Mike Coker	M55 Soton	1.40	7
3	David Vossler	M55 Win	1.35	6
4=	Paul Hillyard	M60 Havant	1.30	4.5
4=	Alan Smith	M50 Ports	1.30	4.5
6	Alan Cheers	M70 BMH	1.20	3
7	Martin Crawshaw	M55 Over	0.80	2

Long Jump M35

1	Darren Dods	M40 AFD	5.53	8
2	Mark West	M40 Soton	5.34	7
3	Lee Mawson	M35 Havant	4.99	6
4	Andy Waddington	M50 BMH	4.84	5
5	Ben O'Connor	M45 Fleet	4.69	4
6	Dave Stephenson	M50 Ports	4.23	3
7	Murray Croton	M45 AFD, gst	4.14	
8	Derek Smith	M60 Win	3.12	2
9	James Coney	M35 Over	3.08	1

Long Jump M50

1	Glen Reddington	M50 AFD	4.80	8
2	Henry Hopkins	M55 Win	4.60	7
3	Mike Coker	M55 Soton	4.45	6
4	Alan Smith	M50 Ports	4.17	5
5	Greg Roulston	M55 Havant	3.69	4
6	Alan Cheers	M70 BMH	3.54	3
7	Michael Hickey	M55 BMH, gst	3.25	
8	Martin Crawshaw	M55 Over	3.17	2

Shot M35

1	Graham Lay	M40 Soton	13.24	8
2	Darren Dods	M40 AFD	10.84	7
3	Tim Brown	M40 Havant	10.49	6
4	Andrew Sheerin	M45 Soton, gst	10.36	
5	Chris Irvine	M45 BMH	10.27	5
6	Matthew Wateridge	M45 Over	8.00	4
7	Ben O'Connor	M45 Fleet	6.41	3
8	Dave Stephenson	M50 Ports	6.34	2
9	Paul Neville	M45 Win	5.44	1

Shot M50

1	Allan Leiper	M55 AFD	11.47	8
2	Andy Hall	M65 Havant	9.99	7
3	Alan Smith	M50 Ports	8.55	6
4	Andy Waddington	M50 BMH	8.32	5
5	Derek Warn	M50 Soton	7.62	4
6	David Long	M50 Fleet	7.53	3
7	Toren Grainger	M50 C'ley, gst	7.46	
8	Richard Francis	M55 Over	5.37	2
9	Steve Torrance	M55 Win	5.24	1

Shot M60

1	Paul Hillyard	M60 Havant, gst	9.94	
2	Doug Kelson	M65 BMH	8.49	8
3	Ray Hall	M75 Soton	7.98	7
4	Pete Spencer	M70 Havant	7.59	6
5	Mike Reddick	M70 Ports	6.27	5
6	Steve Spence	M65 Over	5.42	4
7	Derek Smith	M60 Win	5.36	3

Hammer M35

1	Andrew Sheerin	M45 Soton	31.03	8
2	Tim Brown	M40 Havant	30.92	7
3	Darren Dods	M40 AFD	21.74	6
4	Andy Waddington	M50 BMH	17.98	5
5	Piers Puntan	M45 Over	12.70	4
6	Dave Stephenson	M50 Ports	7.35	3

Hammer M50

1	Paul Kelly	M50 Woking, gst	42.31	
2	Andy Hall	M65 Havant	38.26	8
3	Stephen Ford	M60 AFD	31.93	7
4	Doug Kelson	M65 BMH	27.80	6
5	Laurence Bryce	M70 Ports	26.01	5
6	Derek Warn	M50 Soton	25.75	4
7	Nick Bryant	M55 Soton, gst	21.13	
8	Richard Francis	M55 Over	12.02	3
9	Steve Torrance	M55 Win	5.86	2

League Position after three matches

1	Southampton	24 (432)
2	Havant	19 (342.5)
3	Aldershot, Farnham & District	18 (333)
4	Basingstoke & Mid Hants	15.5 (306)
5	City of Portsmouth	11 (274)
6	Winchester & District	10.5 (254)
7	Overton Harriers	7 (243.5)
8	Fleet & Crookham	3 (101)

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Basingstoke - Monday 20 June 2016

Women's Match

1	Winchester & District	118.5 pts
2	Southampton	116 pts
3	Basingstoke & Mid Hants	112 pts
4	City of Portsmouth	107.5 pts
5	Havant	92.5 pts
6	Aldershot, Farnham & District	66 pts
7	Overton Harriers	51.5 pts
8	Fleet & Crookham	15 pts

100 metres W35 A

1	Kim Valente	W40 AFD	13.5	8
2	Kathryn Miles	W40 Win	13.9	7
3	Janet Dickinson	W45 Soton	14.4	6
4	Becky Wilson	W40 BMH	14.6	5
5	Tracy Duke	W40 Fleet	14.6	4
6	Claudia Cabbage	W40 Ports	15.8	3
7	Katie Edwards	W40 Over	18.5	2
8	Cath Row	W50 Havant	18.8	1

100 metres W35 B

1	Lindsay Badman	W35 AFD	14.7	8
2	Danielle Marshall	W40 Soton	15.0	7
3	Jayne Anscombe	W45 Ports	15.3	6
4	Sarah Cleland	W35 BMH	16.2	5
5	Karen Hazlitt	W45 Win	16.8	4
6	Liz Sandall-Ball	W60 Over	20.8	3
7	Marilyn Crocker	W65 Havant	24.0	2

100 metres W50

1	Tracy Bezance	W50 Soton	14.1	8
2	Eni Font Freide	W50 AFD	14.4	7
3	Moir West	W65 Win	15.7	6
4	Melissa Pinder	W40 BMH, gst	16.0	
5	Christine Fry	W60 Havant	16.3	5
6	Ann Pocock	W50 Ports	16.4	4
7	Dee Barrett	W45 BMH, gst	17.6	
8	Monique Van Nueten	W55 Over	18.7	3
9	Viv Walters	W55 BMH	18.9	2

400 metres W35 A

1	Becky Wilson	W40 BMH	66.7	8
2	Danielle Marshall	W40 Soton	67.7	7
3	Tracy Duke	W40 Fleet	71.5	6
4	Sian Hawkes	W40 Ports	71.6	5
5	Kathryn Miles	W40 Win	72.6	4
6	Sian Davies	W40 Over	76.8	3
7	Amanda Godfrey	W55 Havant	79.5	2

400 metres W35 B

1	Jayne Anscombe	W45 Ports	71.2	8
2	Karen Hazlitt	W45 Win	72.1	7
3	Linda Van Der Wel	W40 BMH	72.8	6
4	Amanda Pinckney	W35 Soton	82.5	5
5	Alison Jones	W50 BMH, gst	88.4	
6	Ann Wood	W60 Havant	97.7	4

400 metres W50

1	Alison Fenwick	W50 Win	72.9	8
2	Melissa Pinder	W40 BMH, gst	78.7	
3	Tracey Grigoleit	W50 BMH	80.6	7
4	Vicki Spencer	W50 Havant	81.8	6
5	Ann Pocock	W50 Ports	81.9	5
6	Monique Van Nueten	W55 Over	90.3	4
7	Paola King	W50 Soton	104.2	3

400 metres W60

1	Moir West	W65 Win	81.4	8
2	Christine Fry	W60 Havant	82.8	7
3	Margaret Moody	W65 BMH	94.3	6
4	Jane Georghiou	W60 Ports	95.8	5
5	Liz Sandall-Ball	W60 Over	100.6	4
6	Astrid Mangel	W65 Soton	124.5	3

1500 metres W35 A

1	Emma Montiel	W40 Ports	5:11.8	8
2	Nicci Blandford	W40 Soton	5:23.7	7
3	Linda Van Der Wel	W40 BMH	5:29.0	6
4	Jane Gandee	W45 Win	5:29.9	5
5	Ruth Jones	W35 AFD	5:36.8	4
6	Sian Davies	W40 Over	5:51.8	3
7	Cathy Row	W50 Havant	7:25.0	2

1500 metres W35 B

1	Jo Jefferies	W40 Win	5:38.1	8
2	Sarah Cleland	W35 BMH	5:39.1	7
3	Dee Barrett	W45 BMH, gst	5:49.9	
4	Hannah Coombs	W35 Soton	5:50.8	6
5	Joanne Kitching	W40 Ports, gst	5:54.3	
6	Katie Carew-Robinson	W35 Ports	6:02.5	5
7	Sarah McCann	W45 Over	6:27.3	4
8	Marilyn Crocker	W65 Havant	8:32.8	3

1500 metres W50

1	Sue Sleath	W50 Havant	5:44.2	8
2	Penny Forse	W65 Ports	6:10.7	7
3	Cathy Stewart	W50 AFD	6:17.0	6
4	Margaret Moody	W65 BMH	6:27.7	5
5	Joy Radford	W60 Win	6:28.4	4
6	Jane Georghiou	W60 Ports, gst	6:28.7	
7	Monique Van Nueten	W55 Over	7:03.5	3
8	Paola King	W50 Soton	8:10.9	2

Medley Relay

1		Soton	4:51.4	8
2		Ports	4:59.1	7
3		BMH	5:08.0	6
4		Win	5:14.5	5
5		Havant	5:44.3	4
6		Over	6:16.5	3

High Jump W35

1	Claudia Cabbage	W40 Ports	1.43	8
2	Janet Dickinson	W45 Soton	1.40	7
3	Susanne Jacob-Williams	W45 BMH	1.10	6
4=	Lindsay Badman	W35 AFD	1.05	4.5
4=	Cath Row	W50 Havant	1.05	4.5
6	Katie Edwards	W40 Over	1.00	2.5
7	Moir West	W65 Win	1.00	2.5

High Jump W50

1	Alison Fenwick	W50 Win	1.15	8
2	Tracey Grigoleit	W50 BMH	1.05	7
3	Amanda Godfrey	W55 Havant	1.00	6
4	Vicky Bright	W55 Soton	0.90	5
5=	Kirsten Workman	W60 AFD	0.80	3.5
5=	Lynne Newton	W65 Ports	0.80	3.5

Triple Jump W35

1	Becky Mulley	W35 Soton	9.30	8
2	Claudia Cabbage	W40 Ports	8.92	7
3	Danielle Marshall	W40 Soton, gst	8.51	
4	Becky Wilson	W40 BMH	8.36	6
5	Sian Davies	W40 Over	7.20	5
6	Cath Row	W50 Havant	6.07	4
7	Joy Radford	W60 Win	4.19	3

Triple Jump W50

1	Alison Fenwick	W50 Win	8.52	8
2	Amanda Godfrey	W55 Havant	6.44	7
3	Vicky Bright	W55 Soton	5.93	6
4	Sue Pett	W65 BMH	5.87	5
5	Monique Van Nueten	W55 Over	5.81	4
6	Kirsten Workman	W60 AFD	5.46	3
7	Lynne Newton	W65 Ports	4.33	2

Hammer W35

1	Ros Stansbury	W40 Ports	35.86	8
2	Becky Mulley	W35 Soton	17.85	7
3	Heather Mballa	W35 Win	17.60	6
4	Susanne Jacob-Williams	W45 BMH	14.61	5
5	Vicki Spencer	W50 Havant	14.29	4
6	Tracy Duke	W40 Fleet	13.52	3

Hammer W50

1	Rosemary Hutton	W65 Soton	29.06	8
2	Paola King	W50 Soton, gst	23.70	
3	Chris Strode	W55 Havant	23.64	7
4	Kirsten Workman	W60 AFD	21.58	6
5	Sue Hume	W60 Win	20.48	5
6	Janet Smith	W55 Ports	19.14	4
7	Sue Pett	W65 BMH	18.19	3

Javelin W35

1	Heather Mballa	W35 Win	25.39	8
2	Janet Dickinson	W45 Soton	24.66	7
3	Susanne Jacob-Williams	W45 BMH	22.05	6
4	Claudia Cabbage	W40 Ports	20.06	5
5	Karon Curnow	W50 Havant	18.60	4
6	Sian Davies	W40 Over	15.26	3
7	Tracy Duke	W40 Fleet	15.00	2
8	Lindsay Badman	W35 AFD	12.34	1

Javelin W50

1	Vicki Spencer	W50 Havant	18.35	8
2	Eni Font Freide	W50 AFD	14.97	7
3	Joy Radford	W60 Win	13.87	6
4	Janet Smith	W55 Ports	13.85	5
5	Viv Walters	W55 BMH	11.64	4
6	Tracy Bezance	W50 Soton	8.22	3
7	Christine Strode	W55 Havant, gst	NM	

Javelin W60

1	Kirsten Workman	W60 AFD	20.26	8
2	Sue Pett	W65 BMH	17.09	7
3	Sue Hume	W60 Win	11.66	6
4	Liz Sandall-Ball	W60 Over	11.20	5
5	Iris Mitchell	W75 Havant	9.66	4
6	Christine Smears	W65 Soton	6.30	3
7	Lynne Newton	W65 Ports	5.91	2

League Positions after three matches

1	Winchester & District	23.5 (365)
2	City of Portsmouth	19.5 (348)
3	Southampton	19 (341.5)
4	Basingstoke & Mid Hants	15 (304.5)
5	Aldershot, Farnham & District	12 (242)
6	Havant	9 (238)
7	Overton Harriers	7 (160.5)
8	Fleet & Crookham	3 (43.5)