SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - Hampshire Division Basingstoke - Monday 20 June 2016

	n's Match				4 Crohom Kont	M65 DMII aut	70.4	
1			161 ntc		4 Graham Kent 5 Keith Stone	M65 BMH, gst M70 Win	78.4 78.8	5
2	Southampton Aldershot, Farnham &	District	161 pts 133 pts		6 David Haines	M75 Fleet	82.6	5 4
3	Havant	District		,	7 Tony Davies	M65 AFD	89.7	3
4	Basingstoke & Mid Ha	nte	128.5 pts 110 pts	•	8 Steve Spence	M65 Over	90.8	2
5	City of Portsmouth	111.5	106.5 pts	,	9 Godfrey Rhimes	M60 Ports	93.6	1
6	Winchester & District		87 pts	,	1500 metres M35 A	WIOO TOILS	93.0	1
7	Overton Harriers		86 pts		1 Mark Symes	M45 AFD	4:27.9	8
8	Fleet & Crookham		23 pts		2 Matt Hibberd	M35 Soton	4:43.2	7
-	metres M35 A		23 pts		3 Lee Mawson	M35 Havant	4:51.6	6
1	Mark Collins	M40 Soton	11.5	8	4 Adam O'Hara	M35 Ports	4:54.1	5
2	Darren Dods	M40 AFD	12.3	7	5 Chris Dewey	M45 Over	4:56.5	4
3	Guy Giffin	M45 Ports	12.5	6	6 Rohan Chaffey	M35 BMH	5:03.5	3
4	Lee Mawson	M35 Havant	12.7	5	7 Nigel Duke	M45 Fleet	5:06.6	2
5	Paul Neville	M45 Win	13.6	4	8 David Vosser	M55 Win	5:11.5	1
6	Ben O'Connor	M45 Fleet	14.1	3	1500 metres M35 B			
7	Gavin Roberts	M45 Over	14.4	2	1 Steve Marcer	M40 Soton	4:38.1	8
8	Graham Kent	M65 BMH	15.6	1	2 Paul Gaylor	M45 AFD	4:39.4	7
	metres M35 B				3 Darren Bradley	M45 AFD, gst	4:57.2	
1	Mark Vallier	M35 Ports	12.3	8	4 Richard Clifford	M40 Over	5:08.4	6
2	Steve Beak	M50 Soton	12.3	7	5 Mark Ferguson	M45 Ports	5:18.2	5
3	Dan Tomlinson	M45 AFD	12.7	6	6 Mark Curtis	M50 Win	5:19.5	4
4	Phil Brame	M45 Ports, gst	13.4		7 Andy Cullen	M45 BMH	5:26.0	3
5	Gareth Juliff	M35 Over	13.5	5	8 Mickael Hegesipp	e M40 Fleet	5:31.1	2
6	Derek Wardle	M65 BMH	14.6	4	9 Paul Carter	M50 Havant	5:42.1	1
7	Derek Smith	M60 Win	17.2	3	1500 metres M50			
100	metres M50				 Jon Grainger 	M50 Soton	4:42.1	8
1	Glen Reddington	M50 AFD	12.9	8	 Jim Garland 	M50 Havant	4:44.2	7
2	Nick Groocock	M50 Havant	13.1	7	3 Andy Hoare	M50 BMH	5:02.5	6
3	Dave Stephenson	M50 Ports	13.5	6	4 Martin Williams	M55 Ports	5:04.9	5
4	Ray Watkins	M60 BMH	13.5	5	5 Keith Vallis	M50 Over	5:12.9	4
5	Derek Warn	M50 Soton	13.6	4	6 Steve Torrance	M55 Win	5:37.1	3
6	Henry Hopkins	M55 Win	14.3	3	7 Don Powell	M65 BMH, gst	5:38.1	
7	Vic Novell	M70 Soton, gst	14.4		8 Andrew Hislop	M50 AFD	6:02.1	2
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8	Nick Bryant	M55 Soton, gst	15.4		5000 metres Combined	l		
9	Keith Vallis			2	5000 metres Combined 1 Daniel Hunt	M35 Soton 16:	:33.6	8 A
9 400	Keith Vallis metres M35 A	M55 Soton, gst M50 Over	15.4 16.6		5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton	M35 Soton 16: M35 Havant 16:	:33.6 :52.4	8 A 7 A
9 400 1	Keith Vallis metres M35 A Mark Vallier	M55 Soton, gst M50 Over M35 Ports	15.4 16.6 55.8	8	5000 metres Combined Daniel Hunt Matt Hammerton Chris Try	M35 Soton 16: M35 Havant 16: M50 AFD 17:	:33.6 :52.4 :41.4	8 A 7 A 8 M50
9 400 1 2	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella	M55 Soton, gst M50 Over M35 Ports M40 Soton	15.4 16.6 55.8 56.3	8 7	5000 metres Combined Daniel Hunt Matt Hammerton Chris Try Jon Hannan	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17:	:33.6 :52.4 :41.4 :44.1	8 A 7 A 8 M50 8 B
9 400 1 2 3	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD	15.4 16.6 55.8 56.3 58.3	8 7 6	5000 metres Combined Daniel Hunt Matt Hammerton Chris Try Jon Hannan Marius Kwint	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17:	:33.6 :52.4 :41.4 :44.1 :47.5	8 A 7 A 8 M50 8 B 7 M50
9 400 1 2 3 4	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant	15.4 16.6 55.8 56.3 58.3 59.3	8 7 6 5	5000 metres Combined Daniel Hunt Matt Hammerton Chris Try Jon Hannan Marius Kwint Sean Holmes	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17:	:33.6 :52.4 :41.4 :44.1 :47.5 :48.0	8 A 7 A 8 M50 8 B 7 M50 6 A
9 400 1 2 3 4 5	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win	15.4 16.6 55.8 56.3 58.3 59.3 60.9	8 7 6 5 4	5000 metres Combined Daniel Hunt Matt Hammerton Chris Try Jon Hannan Marius Kwint Sean Holmes Peter Costley	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M50 Soton 17:	233.6 252.4 241.4 244.1 247.5 248.0 254.1	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50
9 400 1 2 3 4 5 6	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2	8 7 6 5 4 3	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M50 Soton 17: M45 Over 17:	33.6 :52.4 :41.4 :44.1 :47.5 :48.0 :54.1 :57.7	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B
9 400 1 2 3 4 5 6 7	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9	8 7 6 5 4 3 2	5000 metres Combined Daniel Hunt Matt Hammerton Chris Try Jon Hannan Marius Kwint Sean Holmes Peter Costley Chris Dewey Graham Hall	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M50 Soton 17: M45 Over 17: M45 Over 17: M40 BMH 18:	33.6 :52.4 :41.4 :44.1 :47.5 :48.0 :54.1 :57.7	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A
9 400 1 2 3 4 5 6 7 8	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2	8 7 6 5 4 3	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M50 Soton 17: M45 Over 17: M45 Over 17: M40 BMH 18: M60 BMH 18:	33.6 :52.4 :41.4 :44.1 :47.5 :48.0 :54.1 :57.7 :03.3 :37.6	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60
9 400 1 2 3 4 5 6 7 8 400	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1	8 7 6 5 4 3 2	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M50 Soton 17: M45 Over 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M35 Win 18:	33.6 :52.4 :41.4 :44.1 :47.5 :48.0 :54.1 :57.7 :03.3 :37.6 :39.4	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60 4 A
9 400 1 2 3 4 5 6 7 8 400	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B Steve Beak	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet M50 Soton	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1	8 7 6 5 4 3 2 1	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden 12 Richard Guy Smith	M35 Soton 16: M35 Havant 16: M30 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M50 Soton 17: M45 Over 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M35 Win 18: 1 M40 AFD 19:	33.6 :52.4 :41.4 :44.1 :47.5 :48.0 :54.1 :57.7 :03.3 :37.6 :39.4 :06.5	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60
9 400 1 2 3 4 5 6 7 8 400 1 2	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B Steve Beak Neil Eames	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet M50 Soton M50 Havant	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1	8 7 6 5 4 3 2 1	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden 12 Richard Guy Smith	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M50 Soton 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M35 Win 18: M40 AFD 19: M35 Soton, gst 19:	33.6 :52.4 :41.4 :44.1 :47.5 :48.0 :54.1 :57.7 :03.3 :37.6 :39.4 :06.5 :12.4	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60 4 A 3 A
9 400 1 2 3 4 5 6 7 8 400 1 2 3	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B Steve Beak Neil Eames Darren Dods	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet M50 Soton M50 Havant M40 AFD	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1 56.5 59.9 62.0	8 7 6 5 4 3 2 1 8 7 6	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden 12 Richard Guy Smit 13 Nick Willson 14 Mark Ferguson	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M50 Soton 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M35 Win 18: M40 AFD 19: M35 Soton, gst 19: M45 Ports 19:	33.6 :52.4 :41.4 :44.1 :47.5 :48.0 :54.1 :57.7 :03.3 :37.6 :39.4 :06.5 :12.4 :15.8	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60 4 A 3 A
9 400 1 2 3 4 5 6 7 8 400 1 2 3 4	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B Steve Beak Neil Eames Darren Dods David Vosser	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet M50 Soton M50 Havant M40 AFD M55 Win	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1 56.5 59.9 62.0 63.6	8 7 6 5 4 3 2 1 8 7 6 5	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden 12 Richard Guy Smit 13 Nick Willson 14 Mark Ferguson 15 Keith Vallis	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M50 Soton 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M35 Win 18: M40 AFD 19: M35 Soton, gst 19: M45 Ports 19: M50 Over 19:	33.6 :52.4 :41.4 :44.1 :47.5 :48.0 :54.1 :57.7 :03.3 :37.6 :39.4 :06.5 :12.4 :15.8 :24.1	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60 4 A 3 A
9 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 5	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B Steve Beak Neil Eames Darren Dods David Vosser Adam O'Hara	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet M50 Soton M50 Havant M40 AFD M55 Win M35 Ports	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1 56.5 59.9 62.0 63.6 63.7	8 7 6 5 4 3 2 1 8 7 6 5 4 4 3 2 1	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden 12 Richard Guy Smitt 13 Nick Willson 14 Mark Ferguson 15 Keith Vallis 16 Mark Curtis	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M35 Win 18: M40 AFD 19: M35 Soton, gst 19: M45 Ports 19: M50 Over 19: M50 Win 19:	33.6 .52.4 .41.4 .44.1 .47.5 .48.0 .54.1 .57.7 .03.3 .37.6 .39.4 .06.5 .12.4 .15.8 .24.1 .38.1	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60 4 A 3 A 2 A 5 M50 6 B
9 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B Steve Beak Neil Eames Darren Dods David Vosser Adam O'Hara Neil Martin	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet M50 Soton M50 Havant M40 AFD M55 Win M35 Ports M40 Over	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1 56.5 59.9 62.0 63.6 63.7 63.9	8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden 12 Richard Guy Smitt 13 Nick Willson 14 Mark Ferguson 15 Keith Vallis 16 Mark Curtis 17 Mark Hargreaves	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M50 Soton 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M35 Win 18: M40 AFD 19: M35 Soton, gst 19: M45 Ports 19: M50 Over 19: M50 Win 19: M50 Win 19: M50 Ports 21:	33.6 :52.4 :41.4 :44.1 :47.5 :48.0 :54.1 :57.7 :03.3 :37.6 :39.4 :06.5 :12.4 :15.8 :24.1 :38.1 :18.8 ⁽⁺¹⁾	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60 4 A 3 A 2 A 5 M50 6 B 4 M50
9 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6 7	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B Steve Beak Neil Eames Darren Dods David Vosser Adam O'Hara Neil Martin Patrick Symington	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet M50 Soton M50 Havant M40 AFD M55 Win M35 Ports M40 Over M55 BMH	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1 56.5 59.9 62.0 63.6 63.7 63.9 65.4	8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden 12 Richard Guy Smith 13 Nick Willson 14 Mark Ferguson 15 Keith Vallis 16 Mark Curtis 17 Mark Hargreaves 18 Martyn West	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M35 Win 18: M40 AFD 19: M35 Soton, gst 19: M45 Ports 19: M50 Over 19: M50 Win 19: M50 Ports 21: M60 Win 21:	33.6 :52.4 :41.4 :44.1 :47.5 :48.0 :54.1 :57.7 :03.3 :37.6 :39.4 :06.5 :12.4 :15.8 :24.1 :38.1 :18.8 ⁽⁺¹⁾ :21.8 ⁽⁺¹⁾	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60 4 A 3 A 2 A 5 M50 6 B 4 M50 7 M60
9 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6 7 8	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B Steve Beak Neil Eames Darren Dods David Vosser Adam O'Hara Neil Martin Patrick Symington ?	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet M50 Soton M50 Havant M40 AFD M55 Win M35 Ports M40 Over	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1 56.5 59.9 62.0 63.6 63.7 63.9	8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden 12 Richard Guy Smith 13 Nick Willson 14 Mark Ferguson 15 Keith Vallis 16 Mark Curtis 17 Mark Hargreaves 18 Martyn West 19 John Barlow	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M35 Win 18: M40 AFD 19: M35 Soton, gst 19: M45 Ports 19: M50 Over 19: M50 Win 19: M55 Ports 21: M60 Win 21: M35 BMH 21:	33.6 :52.4 :41.4 :44.1 :47.5 :48.0 :54.1 :57.7 :03.3 :37.6 :39.4 :06.5 :12.4 :15.8 :24.1 :38.1 :18.8 ⁽⁺¹⁾ :21.8 ⁽⁺¹⁾ :32.0 ⁽⁺¹⁾	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60 4 A 3 A 2 A 5 M50 6 B 4 M50 7 M60 5 B
9 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6 7 8 4 4 5 6 7 8 8 4 4 5 6 7 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B Steve Beak Neil Eames Darren Dods David Vosser Adam O'Hara Neil Martin Patrick Symington ? metres M50	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet M50 Soton M50 Havant M40 AFD M55 Win M35 Ports M40 Over M55 BMH Fleet	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1 56.5 59.9 62.0 63.6 63.7 63.9 65.4 89.6	8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden 12 Richard Guy Smith 13 Nick Willson 14 Mark Ferguson 15 Keith Vallis 16 Mark Curtis 17 Mark Hargreaves 18 Martyn West 19 John Barlow 20 Tony Davies	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M35 Win 18: M40 AFD 19: M35 Soton, gst 19: M45 Ports 19: M50 Over 19: M50 Over 19: M50 Over 19: M50 Forts 19:	33.6 52.4 44.1 44.1 47.5 48.0 54.1 57.7 603.3 37.6 39.4 606.5 112.4 115.8 124.1 138.1 118.8 ⁽⁺¹⁾ 121.8 ⁽⁺¹⁾ 121.8 ⁽⁺¹⁾ 141.0 ⁽⁺¹⁾	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60 4 A 3 A 2 A 5 M50 6 B 4 M50 7 M60 5 B 6 M60
9 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6 7 8 4 5 6 7	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B Steve Beak Neil Eames Darren Dods David Vosser Adam O'Hara Neil Martin Patrick Symington ? metres M50 Nick Groocock	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet M50 Soton M50 Havant M40 AFD M55 Win M35 Ports M40 Over M55 BMH Fleet M50 Havant	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1 56.5 59.9 62.0 63.6 63.7 63.9 65.4 89.6	8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden 12 Richard Guy Smith 13 Nick Willson 14 Mark Ferguson 15 Keith Vallis 16 Mark Curtis 17 Mark Hargreaves 18 Martyn West 19 John Barlow 20 Tony Davies 21 Roger Jones	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M35 Win 18: M40 AFD 19: M35 Soton, gst 19: M45 Ports 19: M50 Over 19: M50 Win 19: M50 Forts 21: M60 Win 21: M35 BMH 21: M65 AFD 21: M60 Havant 20:	33.6 :52.4 :41.4 :44.1 :47.5 :48.0 :54.1 :57.7 :03.3 :37.6 :39.4 :06.5 :12.4 :15.8 :24.1 :38.1 :18.8 ⁽⁺¹⁾ :21.8 ⁽⁺¹⁾ :41.0 ⁽⁺¹⁾ :41.0 ⁽⁺¹⁾ :21.2	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60 4 A 3 A 2 A 5 M50 6 B 4 M50 7 M60 5 B 6 M60 5 M60
9 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6 7 8 4 5 6 7 8 4 5 6 7 8 4 5 6 7 8 8 9 1 8 1 8 1 8 1 8 1 8 1 8 1 8 1 8 1	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B Steve Beak Neil Eames Darren Dods David Vosser Adam O'Hara Neil Martin Patrick Symington ? metres M50 Nick Groocock Simon Hargreaves	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet M50 Soton M50 Havant M40 AFD M55 Win M35 Ports M40 Over M55 BMH Fleet M50 Havant M50 Soton	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1 56.5 59.9 62.0 63.6 63.7 63.9 65.4 89.6	8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1 1 8 8 7 8 8 7 8 8 8 7 8 8 8 8 7 8 8 8 8	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden 12 Richard Guy Smith 13 Nick Willson 14 Mark Ferguson 15 Keith Vallis 16 Mark Curtis 17 Mark Hargreaves 18 Martyn West 19 John Barlow 20 Tony Davies 21 Roger Jones 22 Sid Delara	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M35 Win 18: M40 AFD 19: M35 Soton, gst 19: M45 Ports 19: M50 Over 19: M50 Over 19: M50 Over 19: M50 Win 19: M55 Ports 21: M60 Win 21: M35 BMH 21: M65 AFD 21: M60 Havant 20: M60 Soton 22:	33.6 52.4 44.1 44.1 47.5 48.0 54.1 57.7 603.3 37.6 39.4 606.5 112.4 115.8 124.1 138.1 121.8 ⁽⁺¹⁾ 121.8 ⁽⁺¹⁾ 121.8 ⁽⁺¹⁾ 121.2 121.2 120.1 ⁽⁺¹⁾	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60 4 A 3 A 2 A 5 M50 6 B 4 M50 7 M60 5 B 6 M60 5 M60 4 M60
9 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6 7 8 4 5 6 7 8 4 5 6 7 8	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B Steve Beak Neil Eames Darren Dods David Vosser Adam O'Hara Neil Martin Patrick Symington ? metres M50 Nick Groocock Simon Hargreaves Toren Grainger	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet M50 Soton M50 Havant M40 AFD M55 Win M35 Ports M40 Over M55 BMH Fleet M50 Havant M50 Soton M50 C'ley, gst	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1 56.5 59.9 62.0 63.6 63.7 63.9 65.4 89.6 58.4 61.8 62.3	8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1 1 8 7 8 7 8 7 8 7 8 7 8 7 8 7 8 7 8 7	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden 12 Richard Guy Smith 13 Nick Willson 14 Mark Ferguson 15 Keith Vallis 16 Mark Curtis 17 Mark Hargreaves 18 Martyn West 19 John Barlow 20 Tony Davies 21 Roger Jones 22 Sid Delara 23 Godfrey Rhimes	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M35 Win 18: M40 AFD 19: M35 Soton, gst 19: M45 Ports 19: M50 Over 19: M50 Over 19: M50 Win 19: M55 Ports 21: M60 Win 21: M35 BMH 21: M65 AFD 21: M60 Havant 20: M60 Soton 22: M60 Ports 21:	33.6 52.4 44.1 44.1 47.5 48.0 54.1 57.7 603.3 37.6 39.4 606.5 112.4 115.8 124.1 138.1 121.8 ⁽⁺¹⁾ 121.8 ⁽⁺¹⁾ 121.8 ⁽⁺¹⁾ 121.2 120.1 ⁽⁺¹⁾ 120.4	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60 4 A 3 A 2 A 5 M50 6 B 4 M50 7 M60 5 B 6 M60 5 M60 4 M60
9 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6 7 8 4 5 6 7 8 4 5 6 7 8 4 5 6 7 8 8 9 1 8 1 8 1 8 1 8 1 8 1 8 1 8 1 8 1	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B Steve Beak Neil Eames Darren Dods David Vosser Adam O'Hara Neil Martin Patrick Symington ? metres M50 Nick Groocock Simon Hargreaves Toren Grainger Ray Watkins	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet M50 Soton M50 Havant M40 AFD M55 Win M35 Ports M40 Over M55 BMH Fleet M50 Havant M50 Soton M50 C'ley, gst M60 BMH	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1 56.5 59.9 62.0 63.6 63.7 63.9 65.4 89.6 58.4 61.8 62.3 63.4	8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden 12 Richard Guy Smith 13 Nick Willson 14 Mark Ferguson 15 Keith Vallis 16 Mark Curtis 17 Mark Hargreaves 18 Martyn West 19 John Barlow 20 Tony Davies 21 Roger Jones 22 Sid Delara 23 Godfrey Rhimes 24 Gordon Westley	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M35 Win 18: M40 AFD 19: M35 Soton, gst 19: M45 Ports 19: M50 Over 19: M50 Win 19: M50 Forts 21: M60 Win 21: M35 BMH 21: M65 AFD 21: M60 Havant 20: M60 Soton, gst 21: M60 Ports 21: M60 Forts 21:	33.6 52.4 44.1 44.1 47.5 48.0 54.1 57.7 603.3 37.6 39.4 606.5 112.4 115.8 124.1 138.1 121.8 ⁽⁺¹⁾ 121.8 ⁽⁺¹⁾ 121.2 121.2 120.1 ⁽⁺¹⁾ 120.4 120.4 120.5 120.4 120.5 120.4 120.5 120.6 1	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60 4 A 3 A 2 A 5 M50 6 B 4 M50 7 M60 5 B 6 M60 5 M60 4 M60 3 M60
9 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6 7 8 400 1	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B Steve Beak Neil Eames Darren Dods David Vosser Adam O'Hara Neil Martin Patrick Symington ? metres M50 Nick Groocock Simon Hargreaves Toren Grainger Ray Watkins Henry Hopkins	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet M50 Soton M50 Havant M40 AFD M55 Win M35 Ports M40 Over M55 BMH Fleet M50 Havant M50 Soton M50 C'ley, gst M60 BMH M55 Win	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1 56.5 59.9 62.0 63.6 63.7 63.9 65.4 89.6 58.4 61.8 62.3 63.4 65.7	8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1 1 8 7 8 7 8 7 8 7 8 7 8 7 8 7 8 7 8 7	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden 12 Richard Guy Smith 13 Nick Willson 14 Mark Ferguson 15 Keith Vallis 16 Mark Curtis 17 Mark Hargreaves 18 Martyn West 19 John Barlow 20 Tony Davies 21 Roger Jones 22 Sid Delara 23 Godfrey Rhimes 24 Gordon Westley 25 Martin Garrod	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M35 Win 18: M40 AFD 19: M35 Soton, gst 19: M45 Ports 19: M50 Over 19: M50 Win 19: M50 Forts 21: M60 Win 21: M35 BMH 21: M65 AFD 21: M60 Havant 20: M60 Forts 21: M65 Forts 21:	33.6 52.4 44.1 44.1 47.5 48.0 54.1 57.7 603.3 37.6 39.4 606.5 112.4 115.8 124.1 138.1 121.8 ⁽⁺¹⁾ 121.8 ⁽⁺¹⁾ 121.2 121.2 120.1 ⁽⁺¹⁾ 120.4 100.4 100.5 114.7	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60 4 A 3 A 2 A 5 M50 6 B 4 M50 7 M60 5 B 6 M60 5 M60 4 M60 3 M60 4 B
9 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6 7 8 405	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B Steve Beak Neil Eames Darren Dods David Vosser Adam O'Hara Neil Martin Patrick Symington ? metres M50 Nick Groocock Simon Hargreaves Toren Grainger Ray Watkins	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet M50 Soton M50 Havant M40 AFD M55 Win M35 Ports M40 Over M55 BMH Fleet M50 Havant M50 Soton M50 C'ley, gst M60 BMH	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1 56.5 59.9 62.0 63.6 63.7 63.9 65.4 89.6 58.4 61.8 62.3 63.4 65.7 68.0	8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1 1	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden 12 Richard Guy Smith 13 Nick Willson 14 Mark Ferguson 15 Keith Vallis 16 Mark Curtis 17 Mark Hargreaves 18 Martyn West 19 John Barlow 20 Tony Davies 21 Roger Jones 22 Sid Delara 23 Godfrey Rhimes 24 Gordon Westley 25 Martin Garrod 26 Malcolm Lavery	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M60 BMH 18: M35 Win 18: M40 AFD 19: M35 Soton, gst 19: M45 Ports 19: M50 Over 19: M50 Over 19: M50 Win 19: M55 Ports 21: M60 Win 21: M35 BMH 21: M65 AFD 21: M60 Havant 20: M60 Ports 21: M60 Ports 21: M60 Forts 21: M60 Havant 20: M60 Soton, gst 21: M55 Ports 21:	33.6 :52.4 :41.4 :44.1 :47.5 :48.0 :54.1 :57.7 :03.3 :37.6 :39.4 :06.5 :12.4 :15.8 :24.1 :38.1 :18.8(+1) :21.8(+1) :41.0(+1) :21.2 :20.1(+1) :00.4 :05.5 :14.7 :51.6	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60 4 A 3 A 2 A 5 M50 6 B 4 M50 7 M60 5 B 6 M60 5 M60 4 M60 3 M60 4 B
9 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6 7	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B Steve Beak Neil Eames Darren Dods David Vosser Adam O'Hara Neil Martin Patrick Symington ? metres M50 Nick Groocock Simon Hargreaves Toren Grainger Ray Watkins Henry Hopkins Dave Stephenson	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet M50 Soton M50 Havant M40 AFD M55 Win M35 Ports M40 Over M55 BMH Fleet M50 Havant M50 Soton M50 C'ley, gst M60 BMH M55 Win M50 Ports	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1 56.5 59.9 62.0 63.6 63.7 63.9 65.4 89.6 58.4 61.8 62.3 63.4 65.7	8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1 1 8 7 6 6 6 7 6 7 6 7 6 7 6 7 6 7 6 7 6 7	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden 12 Richard Guy Smith 13 Nick Willson 14 Mark Ferguson 15 Keith Vallis 16 Mark Curtis 17 Mark Hargreaves 18 Martyn West 19 John Barlow 20 Tony Davies 21 Roger Jones 22 Sid Delara 23 Godfrey Rhimes 24 Gordon Westley 25 Martin Garrod	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M60 BMH 18: M35 Win 18: M40 AFD 19: M45 Ports 19: M50 Over 19: M50 Over 19: M50 Win 19: M55 Ports 21: M60 Win 21: M35 BMH 21: M65 AFD 21: M60 Havant 20: M60 Ports 21: M60 Ports 21: M60 Forts 21: M60 Havant 20: M60 Forts 21: M55 Ports 21: M55 Ports 21: M55 Ports 21: M55 AFD 21: M55 Ports 21:	33.6 52.4 44.1 44.1 47.5 48.0 54.1 57.7 603.3 37.6 39.4 606.5 112.4 115.8 124.1 138.1 121.8 ⁽⁺¹⁾ 121.8 ⁽⁺¹⁾ 121.2 121.2 120.1 ⁽⁺¹⁾ 120.4 100.4 100.5 114.7	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60 4 A 3 A 2 A 5 M50 6 B 4 M50 7 M60 5 B 6 M60 5 M60 4 M60 3 M60 4 B 3 M50
9 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6 7	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B Steve Beak Neil Eames Darren Dods David Vosser Adam O'Hara Neil Martin Patrick Symington ? metres M50 Nick Groocock Simon Hargreaves Toren Grainger Ray Watkins Henry Hopkins Dave Stephenson Martin Crawshaw	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet M50 Soton M50 Havant M40 AFD M55 Win M35 Ports M40 Over M55 BMH Fleet M50 Havant M50 Soton M50 C'ley, gst M60 BMH M55 Win M50 Ports	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1 56.5 59.9 62.0 63.6 63.7 63.9 65.4 89.6 58.4 61.8 62.3 63.4 65.7 68.0	8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1 1 8 7 6 6 6 7 6 7 6 7 6 7 6 7 6 7 6 7 6 7	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden 12 Richard Guy Smith 13 Nick Willson 14 Mark Ferguson 15 Keith Vallis 16 Mark Curtis 17 Mark Hargreaves 18 Martyn West 19 John Barlow 20 Tony Davies 21 Roger Jones 22 Sid Delara 23 Godfrey Rhimes 24 Gordon Westley 25 Martin Garrod 26 Malcolm Lavery 27 Murray Croton	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M60 BMH 18: M35 Win 18: M40 AFD 19: M45 Ports 19: M50 Over 19: M50 Over 19: M50 Win 19: M55 Ports 21: M60 Win 21: M35 BMH 21: M65 AFD 21: M60 Havant 20: M60 Ports 21: M60 Forts 21: M60 Forts 21: M60 Havant 20: M60 Soton 22: M60 Ports 21: M55 Ports 21: M55 Ports 21: M55 AFD 21: M55 Ports 21: M55 Ports 21: M55 AFD 21: M55 Ports 21:	33.6 .52.4 .41.4 .44.1 .47.5 .48.0 .54.1 .57.7 .03.3 .37.6 .39.4 .06.5 .12.4 .15.8 .24.1 .38.1 .18.8(+1) .21.8(+1) .21.8(+1) .21.2 .20.1(+1) .20.4 .05.5 .14.7 .55.6 .02.6	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60 4 A 3 A 2 A 5 M50 6 B 4 M50 7 M60 5 B 6 M60 5 M60 4 M60 3 M60 4 B 3 M50 3 B
9 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6 7 400	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B Steve Beak Neil Eames Darren Dods David Vosser Adam O'Hara Neil Martin Patrick Symington ? metres M50 Nick Groocock Simon Hargreaves Toren Grainger Ray Watkins Henry Hopkins Dave Stephenson Martin Crawshaw metres M60	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet M50 Soton M50 Havant M40 AFD M55 Win M35 Ports M40 Over M55 BMH Fleet M50 Havant M50 Soton M50 C'ley, gst M60 BMH M55 Win M55 Ports M60 Ports M55 Over	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1 56.5 59.9 62.0 63.6 63.7 63.9 65.4 89.6 58.4 61.8 62.3 63.4 65.7 68.0 81.1	8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden 12 Richard Guy Smitt 13 Nick Willson 14 Mark Ferguson 15 Keith Vallis 16 Mark Curtis 17 Mark Hargreaves 18 Martyn West 19 John Barlow 20 Tony Davies 21 Roger Jones 22 Sid Delara 23 Godfrey Rhimes 24 Gordon Westley 25 Martin Garrod 26 Malcolm Lavery 27 Murray Croton 28 Steve Till 29 Steve Spence 30 Mickael Hegesipp	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M60 BMH 18: M35 Win 18: M40 AFD 19: M45 Ports 19: M50 Over 19: M50 Win 19: M55 Ports 21: M60 Win 21: M35 BMH 21: M65 AFD 21: M60 Havant 20: M60 Ports 21: M60 Forts 21: M60 Havant 20: M60 Forts 21: M55 Ports 21: M55 Ports 21: M55 AFD 21: M55 AFD 21: M55 Ports 21: M55 AFD 21: M55 Ports 21: M55 AFD 21: M55 Ports 21:	33.6 .52.4 .41.4 .44.1 .47.5 .48.0 .54.1 .57.7 .03.3 .37.6 .39.4 .06.5 .12.4 .15.8 .24.1 .38.1 .18.8(+1) .21.8(+1) .21.8(+1) .21.2 .20.1(+1) .00.4 .05.5 .14.7 .51.6 .02.6 .56.8 .42.6	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60 4 A 3 A 2 A 5 M50 6 B 4 M50 7 M60 5 B 6 M60 5 M60 4 M60 3 M60 4 B 3 M50 3 B 2 M50
9 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6 7 8 400 1 2 3 4 5 6 7 400 1	Keith Vallis metres M35 A Mark Vallier Simon Ciaravella Gareth Hier Lee Mawson Paul Neville James Coney Rohan Chaffey Nigel Duke metres M35 B Steve Beak Neil Eames Darren Dods David Vosser Adam O'Hara Neil Martin Patrick Symington ? metres M50 Nick Groocock Simon Hargreaves Toren Grainger Ray Watkins Henry Hopkins Dave Stephenson Martin Crawshaw metres M60 Derek Wardle	M55 Soton, gst M50 Over M35 Ports M40 Soton M40 AFD M35 Havant M45 Win M35 Over M35 BMH M45 Fleet M50 Soton M50 Havant M40 AFD M55 Win M35 Ports M40 Over M55 BMH Fleet M50 Havant M50 Soton M50 C'ley, gst M60 BMH M55 Win M50 Ports M55 Over M65 BMH	15.4 16.6 55.8 56.3 58.3 59.3 60.9 64.2 69.9 71.1 56.5 59.9 62.0 63.6 63.7 63.9 65.4 89.6 58.4 61.8 62.3 63.4 65.7 68.0 81.1	8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1 8 7 6 5 4 3 2 1	5000 metres Combined 1 Daniel Hunt 2 Matt Hammerton 3 Chris Try 4 Jon Hannan 5 Marius Kwint 6 Sean Holmes 7 Peter Costley 8 Chris Dewey 9 Graham Hall 10 Russell Burton 11 Paul Brittenden 12 Richard Guy Smith 13 Nick Willson 14 Mark Ferguson 15 Keith Vallis 16 Mark Curtis 17 Mark Hargreaves 18 Martyn West 19 John Barlow 20 Tony Davies 21 Roger Jones 22 Sid Delara 23 Godfrey Rhimes 24 Gordon Westley 25 Martin Garrod 26 Malcolm Lavery 27 Murray Croton 28 Steve Till 29 Steve Spence	M35 Soton 16: M35 Havant 16: M50 AFD 17: M35 Soton 17: M50 Win 17: M45 Over 17: M45 Over 17: M40 BMH 18: M60 BMH 18: M60 BMH 18: M35 Win 18: M40 AFD 19: M45 Ports 19: M50 Over 19: M50 Win 19: M55 Ports 21: M60 Win 21: M35 BMH 21: M65 AFD 21: M60 Havant 20: M60 Ports 21: M60 Forts 21: M60 Havant 20: M60 Forts 21: M55 Ports 21: M55 Ports 21: M55 AFD 21: M55 AFD 21: M55 Ports 21: M55 AFD 21: M55 Ports 21: M55 AFD 21: M55 Ports 21:	33.6 .52.4 .41.4 .44.1 .47.5 .48.0 .54.1 .57.7 .03.3 .37.6 .39.4 .06.5 .12.4 .15.8 .24.1 .38.1 .18.8(+1) .21.8(+1) .21.8(+1) .21.2 .20.1(+1) .00.4 .05.5 .14.7 .51.6 .02.6 .56.8 .42.6	8 A 7 A 8 M50 8 B 7 M50 6 A 6 M50 7 B 5 A 8 M60 4 A 3 A 2 A 5 M50 6 B 4 M50 7 M60 5 B 6 M60 5 M60 4 M60 3 M60 4 B 3 M50 3 B 2 M50

Me	dley Relay				Sho	ot M50			
1		Soton	4:10.5	8	1	Allan Leiper	M55 AFD	11.47	8
2		Havant	4:20.7	7	2	Andy Hall	M65 Havant	9.99	7
3		Over	4:37.2	6	3	Alan Smith	M50 Ports	8.55	6
4		Ports	4:39.2	5	4	Andy Waddington	M50 BMH	8.32	5
5		Win	4:42.2	4	5	Derek Warn	M50 Soton	7.62	4
6		BMH	4:49.9	3	6	David Long	M50 Fleet	7.53	3
Hig	gh Jump M35				7	Toren Grainger	M50 C'ley, gst	7.46	
1	Darren Dods	M40 AFD	1.65	8	8	Richard Francis	M55 Over	5.37	2
2	Andy Waddington	M50 BMH	1.65	7	9	Steve Torrance	M55 Win	5.24	1
3	Darren Clissold	M40 Soton	1.60	6					
4	Tim Brown	M40 Havant	1.40	5	Sho	ot M60			
5	Matthew Wateridge	M45 Over	1.35	4	1	Paul Hillyard	M60 Havant, gst	9.94	
6	Dave Stephenson	M50 Ports	1.35	3	2	Doug Kelson	M65 BMH	8.49	8
Hig	gh Jump M50				3	Ray Hall	M75 Soton	7.98	7
1	Allan Leiper	M55 AFD	1.40	8	4	Pete Spencer	M70 Havant	7.59	6
2	Mike Coker	M55 Soton	1.40	7	5	Mike Reddick	M70 Ports	6.27	5
3	David Vosser	M55 Win	1.35	6	6	Steve Spence	M65 Over	5.42	4
4=	Paul Hillyard	M60 Havant		4.5	7	Derek Smith	M60 Win	5.36	3
4=	Alan Smith	M50 Ports	1.30	4.5					
6	Alan Cheers	M70 BMH	1.20	3	Ha	mmer M35			
7	Martin Crawshaw	M55 Over	0.80	2	1	Andrew Sheerin	M45 Soton	31.03	8
Loı	ng Jump M35				2	Tim Brown	M40 Havant	30.92	7
1	Darren Dods	M40 AFD	5.53	8	3	Darren Dods	M40 AFD	21.74	6
2	Mark West	M40 Soton	5.34	7	4	Andy Waddington	M50 BMH	17.98	5
3	Lee Mawson	M35 Havant		6	5	Piers Puntan	M45 Over	12.70	4
4	Andy Waddington	M50 BMH	4.84	5	6	Dave Stephenson	M50 Ports	7.35	3
5	Ben O'Connor	M45 Fleet	4.69	4		*			
6	Dave Stephenson	M50 Ports	4.23	3	Ha	mmer M50			
7	Murray Croton	M45 AFD, g	st 4.14		1	Paul Kelly	M50 Woking, gs	t 42.31	
8	Derek Smith	M60 Win	3.12	2	2	Andy Hall	M65 Havant	38.26	8
9	James Coney	M35 Over	3.08	1	3	Stephen Ford	M60 AFD	31.93	7
Loı	ng Jump M50				4	Doug Kelson	M65 BMH	27.80	6
1	Glen Reddington	M50 AFD	4.80	8	5	Laurence Bryce	M70 Ports	26.01	5
2	Henry Hopkins	M55 Win	4.60	7	6	Derek Warn	M50 Soton	25.75	4
3	Mike Coker	M55 Soton	4.45	6	7	Nick Bryant	M55 Soton, gst	21.13	
4	Alan Smith	M50 Ports	4.17	5	8	Richard Francis	M55 Over	12.02	3
5	Greg Roulston	M55 Havant	3.69	4	9	Steve Torrance	M55 Win	5.86	2
6	Alan Cheers	M70 BMH	3.54	3					
7	Michael Hickey	M55 BMH, §	gst 3.25						
8	Martin Crawshaw	M55 Over	3.17	2					
Sho	ot M35								
1	Graham Lay	M40 Soton	13.24	8	Lea	ague Position after thro	ee matches		
2	Darren Dods	M40 AFD	10.84	7	1	Southampton		24 (432))
3	Tim Brown	M40 Havant	10.49	6	2	Havant		19 (342.	.5)
4	Andrew Sheerin	M45 Soton,	gst 10.36		3	Aldershot, Farnham &	t District	18 (333))
5	Chris Irvine	M45 BMH	10.27	5	4	Basingstoke & Mid H	ants	15.5 (30	
6	Matthew Wateridge	M45 Over	8.00	4	5	City of Portsmouth		11 (274)	
7	Ben O'Connor	M45 Fleet	6.41	3	6	Winchester & District		10.5 (25	54)
8	Dave Stephenson	M50 Ports	6.34	2	7	Overton Harriers		7 (243.5	
9	Paul Neville	M45 Win	5.44	1	8	Fleet & Crookham		3 (101)	

SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - Hampshire Division Basingstoke - Monday 20 June 2016

Wo	men's Match				150	0 metres W35 A			
1	Winchester & District		118.5 pts	S	1	Emma Montiel	W40 Ports	5:11.8	8
2	Southampton		116 pts		2	Nicci Blandford	W40 Soton	5:23.7	7
3	Basingstoke & Mid Ha	nts	112 pts		3	Linda Van Der Wel	W40 BMH	5:29.0	6
4	City of Portsmouth		107.5 pts	S	4	Jane Gandee	W45 Win	5:29.9	5
5	Havant		92.5 pts		5	Ruth Jones	W35 AFD	5:36.8	4
6	Aldershot, Farnham &	District	66 pts		6	Sian Davies	W40 Over	5:51.8	3
7	Overton Harriers		51.5 pts		7	Cathy Row	W50 Havant	t 7:25.0	2
8	Fleet & Crookham		15 pts			0 metres W35 B	TT. 40 TT.		0
	metres W35 A	WAO AED	12.5	0	1	Jo Jefferies	W40 Win	5:38.1	8
1	Kim Valente	W40 AFD	13.5	8	2	Sarah Cleland	W35 BMH	5:39.1	7
2 3	Kathryn Miles Janet Dickinson	W40 Win W45 Soton	13.9 14.4	7 6	3 4	Dee Barrett Hannah Coombs	W45 BMH, W35 Soton	gst 5:49.9 5:50.8	6
4	Becky Wilson	W40 BMH	14.4	5	5	Joanne Kitching	W40 Ports,		O
5	Tracy Duke	W40 Bluff W40 Fleet	14.6	4	6	Katie Carew-Robinson		6:02.5	5
6	Claudia Cubbage	W40 Ports	15.8	3	7	Sarah McCann	W45 Over	6:27.3	4
7	Katie Edwards	W40 Over	18.5	2	8	Marilyn Crocker	W65 Havant		3
8	Cath Row	W50 Havant	18.8	1	_	0 metres W50	,, 00 110, 011	. 0.52.0	
	metres W35 B				1	Sue Sleath	W50 Havant	t 5:44.2	8
1	Lindsay Badman	W35 AFD	14.7	8	2	Penny Forse	W65 Ports	6:10.7	7
2	Danielle Marshall	W40 Soton	15.0	7	3	Cathy Stewart	W50 AFD	6:17.0	6
3	Jayne Anscombe	W45 Ports	15.3	6	4	Margaret Moody	W65 BMH	6:27.7	
4	Sarah Cleland	W35 BMH	16.2	5	5	Joy Radford	W60 Win	6:28.4	4
5	Karen Hazlitt	W45 Win	16.8	4	6	Jane Georghiou	W60 Ports, §		
6	Liz Sandall-Ball	W60 Over	20.8	3	7	Monique Van Nueten	W55 Over	7:03.5	3
7	Marilyn Crocker	W65 Havant	24.0	2	8	Paola King	W50 Soton	8:10.9	2
	metres W50	WEO Catan	1.4.1	0	N.T.	Jl D.l			
1	Tracy Bezance	W50 Soton	14.1	8		dley Relay	C - 4	4.51.4	0
2 3	Eni Font Freide Moira West	W50 AFD W65 Win	14.4 15.7	7 6	1 2		Soton Ports	4:51.4 4:59.1	8 7
4	Melissa Pinder	W40 BMH, gst	16.0	O	3		BMH	5:08.0	6
5	Christine Fry	W40 Birit, gst W60 Havant	16.3	5	4		Win	5:14.5	5
6	Ann Pocock	W50 Ports	16.4	4	5		Havant		4
7	Dee Barrett	W45 BMH, gst	17.6	•	6		Over	6:16.5	3
8	Monique Van Nueten	W55 Over	18.7	3			0.00	0.120.0	-
9	Viv Walters	W55 BMH	18.9	2	Hig	h Jump W35			
400	metres W35 A				1	Claudia Cubbage	W40 Ports	1.43	8
1	Becky Wilson	W40 BMH	66.7	8	2	Janet Dickinson	W45 Soton	1.40	7
2	Danielle Marshall	W40 Soton	67.7	7	3	Susanne Jacob-William		1.10	6
3	Tracy Duke	W40 Fleet	71.5	6	4=	Lindsay Badman	W35 AFD	1.05	4.5
4	Sian Hawkes	W40 Ports	71.6	5	4=	Cath Row	W50 Havant		4.5
5	Kathryn Miles	W40 Win	72.6	4	6	Katie Edwards	W40 Over	1.00	2.5
6	Sian Davies	W40 Over	76.8	3	7	Moira West	W65 Win	1.00	2.5
7	Amanda Godfrey metres W35 B	W55 Havant	79.5	2	_	th Jump W50	W50 Win	1.15	0
1	Jayne Anscombe	W45 Ports	71.2	8	1 2	Alison Fenwick Tracey Grigoleit	W50 WIII W50 BMH	1.13	8 7
2	Karen Hazlitt	W45 Torts W45 Win	72.1	7	3	Amanda Godfrey	W55 Havant		6
3	Linda Van Der Wel	W40 BMH	72.1	6	4	Vicky Bright	W55 Soton	0.90	5
4	Amanda Pinckney	W35 Soton	82.5	5	5=	Kirsten Workman	W60 AFD	0.80	3.5
5	Alison Jones	W50 BMH, gst	88.4		5=	Lynne Newton	W65 Ports	0.80	3.5
6	Ann Wood	W60 Havant	97.7	4	Tri	ple Jump W35			
400	metres W50				1	Becky Mulley	W35 Soton	9.30	8
1	Alison Fenwick	W50 Win	72.9	8	2	Claudia Cubbage	W40 Ports	8.92	7
2	Melissa Pinder	W40 BMH, gst	78.7		3	Danielle Marshall	W40 Soton,	gst 8.51	
3	Tracey Grigoleit	W50 BMH	80.6	7	4	Becky Wilson	W40 BMH	8.36	6
4	Vicki Spencer	W50 Havant	81.8	6	5	Sian Davies	W40 Over	7.20	5
5	Ann Pocock	W50 Ports	81.9	5	6	Cath Row	W50 Havant		4
6	Monique Van Nueten	W55 Over	90.3	4	7	Joy Radford	W60 Win	4.19	3
7	Paola King	W50 Soton	104.2	3		ple Jump W50	W50 W:	0.53	0
	metres W60	WIGE Win	01 /	0	1	Alison Fenwick	W50 Win	8.52	8
1 2	Moira West Christine Fry	W65 Win W60 Havant	81.4 82.8	8 7	2 3	Amanda Godfrey Vicky Bright	W55 Havant W55 Soton	t 6.44 5.93	7 6
3	Margaret Moody	W65 BMH	94.3	6	4	Sue Pett	W65 BMH	5.93 5.87	5
4	Jane Georghiou	W60 Ports	95.8	5	5	Monique Van Nueten	W55 Over	5.81	4
5	Liz Sandall-Ball	W60 Over	100.6	4	6	Kirsten Workman	W60 AFD	5.46	3
6	Astrid Mangel	W65 Soton	124.5	3	7	Lynne Newton	W65 Ports	4.33	2
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Han	nmer 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
Han	nmer 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
Jave	elin W35				
1	Heather Mballa	W35	Win	25.39	8
2	Janet Dickinson		Soton	24.66	7
3	Susanne Jacob-Williams			22.05	6
4	Claudia Cubbage	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
Jave	elin W50				
1	Vicki Spencer		Havant	18.35	8
2	Eni Font Freide		AFD	14.97	7
3	Joy Radford	W60		13.87	6
4	Janet Smith	W55	Ports	13.85	5
5	Viv Walters		BMH	11.64	4
6	Tracy Bezance		Soton	8.22	3
7	Christine Strode	W55	Havant, gst	NM	
	elin W60				
1	Kirsten Workman		AFD	20.26	8
2	Sue Pett		BMH	17.09	7
3	Sue Hume	W60		11.66	6
4	Liz Sandall-Ball		Over	11.20	5
5	Iris Mitchell		Havant	9.66	4
6	Christine Smears		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)