SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - FINALS Ashford - Sunday 1 September 2019

Me	n's Match					400	metres M35 A					
1	Tonbridge		Ton	238 pts		1	Paul Grange	M	40 Ilf	52.22	7	1
2	Southampton		Soton	217 pts		2	Steve Tester		35 Ton	52.57	6	
3	Ilford		Ilf	-		3	Wayne Lashley		35 Herne H		5	
		_		207 pts		4				56.61		
4	Epsom & Ewell Harrier	S	E&E	201 pts			Stuart McNally		40 Dartf		4	
5	Herne Hill Harriers		Herne H	176 pts		5	Chris Ryans		35 E&E	57.57	3	
6	Dartford		Dartf	166 pts		6	Simon Ciaravella	M	45 Soton	58.71	2	
						400	metres M35 B					
						1	Tom Gardner	M	35 Ilf	59.10	7	1
100	metres M35 A					2	Adam Roeder		35 Ton	59.52	6	
1	Mark Collins	M/15	Soton	12.05	7	3	Phil Mackie		35 E&E	62.03	5	
2	Mark McAllister	M45		12.28	6	4	Dan Hallam		40 Herne H		4	
3	Sam Malekout	M35		12.60	5	5	Stuart Waterman		40 Dartf	63.74	3	
4	Michael Tay		Herne H	12.87	4	6	Sean Connerton	M	35 Soton	65.96	2	
5	Phil Mackie	M35	E&E	13.13	3							
6	Richard Nash	M40	Dartf	14.18	2	400	metres M50					
	(Wind: -1.6m/sec)					1	Jon Tilt	M	55 Soton	60.52	7	1
	()					2	Colin Bates		55 Dartf	61.33	6	
100	metres M35 B					3	Ben Reynolds		55 Ton	62.72	5	
		M40	116	12.22	7	4					4	
1	Paul Grange			12.23	7		Cliff Warren		55 Ilf	65.17		
2	Sean Connerton		Soton	12.71	6	5	Glen Keegan		55 Herne H		3	
3	Stuart Medlen	M40	Ton	13.17	5	6	Gareth George	M	50 E&E	71.41	2	
4	Paul Marriott	M55	Herne H	13.78	4	400	metres M60					
5	Joe Quigley	M45	E&E	14.16	3	1	Brian Buckwell	M	65 Ton	68.83	7	1
6	Terry Gibbs		Dartf	14.54	2	2	Sid Delara		60 Soton	70.26	6	
O	(Wind: $+0.5$ m/sec)	11100	Durin	1 1.5 1	-	3	David Butler		60 Ilf	73.44	5	
	(Willia: 10.5m/sec)					4	David Butter Dave Crouch		65 E&E	75.23	4	
100	4 3450											
	metres M50		~		_	5	Valdis Pauzers		65 Herne H		3	
1	Steve Beak		Soton	12.76	7	6	Tim Orr	M	60 Dartf	84.64	2	•
2	Dion Panambalana	M55	Herne H	13.66	6							
3	Adam Garel	M55	E&E	13.74	5	800	metres M35 A					
4	Henry Ricketts	M50	Ilf	13.81	4	1	Paul Grange	M	40 Ilf	2:02.65	7	1
5	Colin Bates		Dartf	14.03	3	2	Steve Tester		35 Ton	2:04.54		
6	Steve Brooks	M50		14.24	2	3	Wayne Lashley		35 Herne H			
O	Sieve Blooks	10130	1011	14.24	2	4	Stuart McNally		40 Dartf	2:08.02		
100	3.5.00											
	metres M60				_	5	Marco Gazzelloni		40 E&E	2:09.38		
1	Dave Crouch		E&E	14.67	7	6	Jim Bennett	M	45 Soton	2:23.62	2	
2	Allan Long	M75	Herne H	14.75	6	800	metres M35 B					
3	Brian Buckwell	M65	Ton	15.53	5	1	Tom Gardner	M	35 Ilf	2:09.18	7	!
4	Roger Honey	M60	Ilf	16.21	4	2	Chris Ryans	M	35 E&E	2:11.54		,
5	Sid Delara		Soton	16.27	3	3	Adam Roeder		35 Ton	2:11.67		
6	Tim Orr		Dartf	17.57	2	4	Jon Key		45 Herne H			
O	Tim Off	WIOO	Darti	17.37	2	5	. *					
200	3.535.4						Kit Lau		35 Soton	2:16.68		
	metres M35 A			•••	_	6	Jon Kennedy	M	40 Dartf	2:21.69	2	
1	Steve Tester	M35		23.94	7							
2	Mark Collins	M45	Soton	24.53	6	800	metres M50					
3	Sam Malekout	M35	Ilf	25.05	5	1	Andy Howey	M	55 Ton	2:20.89	7	,
4	Michael Tay	M35	Herne H	26.10	4	2	Daniel Johnson	M	50 E&E	2:21.39	6	,
5	Phil Mackie		E&E	26.23	3	3	Colin Bates		55 Dartf	2:21.69		,
6	Richard Brooks		Dartf	26.28	2	4	Andy Morgan-Lee		50 Soton	2:25.18		
O	Richard Brooks	14143	Darti	20.20	2	5	Robert Nagorski		55 Herne H			
200	motuos M25 D											
	metres M35 B	3.640	TIC	24.60	-	6	Rob Sargent	IVI	65 Ilf	3:32.35	2	
1	Paul Grange	M40		24.60	7							
2	Mark McAllister	M45		25.20	6	1500	0 metres M35 A, M3	85 B				
3	Chris Ryans	M35	E&E	26.32	5	1	Mike Cummings	M35	Herne H	4:10.68	7	A
4	Stuart McNally	M40	Dartf	26.68	4	2	Simon Coombes	M45	Herne H	4:13.93	7	В
5	Sean Connerton		Soton	27.53	3	3	Dan Madams	M45	Ton	4:32.86	6	A
6	Paul Marriott		Herne H	29.18	2	4	Marco Gazzelloni	M40	E&E	4:33.98	5	A
Ü	- war 1/14/11/0tt	1,122	1101110 11	27.10	_	5	Jon Kennedy	M40	Dartf	4:38.66	4	A
200	motros M50											
	metres M50	1455	0-4	26.54	7	6	Andrew Lewis	M35	Soton	4:39.93	3	A
1	Steve Beak		Soton	26.54	7	7	Malcolm Muir	M45	Ilf	4:40.78	2	A
2	Richard Weekes		E&E	27.55	6	8	Neil Henderson	M40	E&E	4:40.99	6	В
3	Dion Panambalana		Herne H	28.66	5	9	Kit Lau	M35	Soton	4:41.88	5	В
4	Henry Ricketts	M50	Ilf	29.38	4	10	James Beeston	M45	Ton	4:44.43	4	В
5	Steve Brooks	M50	Ton	29.57	3	11	Sebastian Parris	M35	Ilf	4:50.68	3	В
6	Terry Gibbs		Dartf	30.36	2	12	Reuben Burford	M45	Dartf	4:52.89	2	В
-	J		-	•								_

1500 metres M50, M60 1 Phil Coleman M55 Ton 4:47.75 7 M50 1 Gary Capon M55 Dar 2 Gary Ironmonger M55 Herne H 4:48.83 6 M50 2 Paul Marriott M55 Her 3 Andy Morgan-Lee M50 Soton 4:51.88 5 M50 3 Mark Pitcairn-Knowles M50 Tor 4 Daniel Johnson M50 E&E 4:55.59 4 M50 4 Henry Ricketts M50 Ilf 5 Mark Champion M50 Dartf 4:58.43 3 M50 5 Andy Morgan-Lee M50 Sot 6 Simon Bean M60 E&E 4:59.21 7 M60 6 John Andrews M55 E& 7 David Butler M60 Ilf 5:09.27 6 M60 High Jump M60 High Jump M60 Illed Jump M60 Illed Jump M60 Illed Jump M60 Illed Jump M60 <th>lerne H 1.45 6 lon 1.35 5 f 1.35 4 oton 1.25 3</th>	lerne H 1.45 6 lon 1.35 5 f 1.35 4 oton 1.25 3
2 Gary Ironmonger M55 Herne H 4:48.83 6 M50 2 Paul Marriott M55 Herne H 3 Andy Morgan-Lee M50 Soton 4:51.88 5 M50 3 Mark Pitcairn-Knowles M50 Tor 4 Daniel Johnson M50 E&E 4:55.59 4 M50 4 Henry Ricketts M50 Ilf 5 Mark Champion M50 Dartf 4:58.43 3 M50 5 Andy Morgan-Lee M50 Sot 6 Simon Bean M60 E&E 4:59.21 7 M60 6 John Andrews M55 E& 7 David Butler M60 Ilf 5:09.27 6 M60 High Jump M60 8 Alan Buckle M60 Ton 5:17.79 5 M60 1 Dave Blunt M65 E& 9 Rohan Alexander M50 Ilf 5:20.40 2 M50 2 Pete Ebbage <td>lerne H 1.45 6 lon 1.35 5 f 1.35 4 oton 1.25 3</td>	lerne H 1.45 6 lon 1.35 5 f 1.35 4 oton 1.25 3
3 Andy Morgan-Lee M50 Soton 4:51.88 5 M50 3 Mark Pitcairn-Knowles M50 Tor 4 Daniel Johnson M50 E&E 4:55.59 4 M50 4 Henry Ricketts M50 Ilf Ilf 5 Andy Morgan-Lee M50 Sot Sot 6 John Andrews M50 Sot M50 E& M50 E& High Jump M60 M55 E& M55 E& 7 David Butler M60 Ilf 5:09.27 6 M60 High Jump M60 M65 E& M65 E& 8 Alan Buckle M60 Ton 5:17.79 5 M60 1 Dave Blunt M65 E& 9 Rohan Alexander M50 Ilf 5:20.40 2 M50 2 Pete Ebbage M60 Tor 10 Noel O'Dowd M60 Soton 5:22.24 4 M60 3 Michael Coker M60 Soton 11 Valdis Pauzers M65 Herne H 6:07.81 3 M60 4 </td <td>f 1.35 5 f 1.35 4 oton 1.25 3</td>	f 1.35 5 f 1.35 4 oton 1.25 3
4 Daniel Johnson M50 E&E 4:55.59 4 M50 4 Henry Ricketts M50 Ilf 5 Mark Champion M50 Dartf 4:58.43 3 M50 5 Andy Morgan-Lee M50 Sot 6 Simon Bean M60 E&E 4:59.21 7 M60 6 John Andrews M55 E& 7 David Butler M60 Ilf 5:09.27 6 M60 High Jump M60 High Jump M60 M65 E& 8 Alan Buckle M60 Ton 5:17.79 5 M60 1 Dave Blunt M65 E& 9 Rohan Alexander M50 Ilf 5:20.40 2 M50 2 Pete Ebbage M60 Tor 10 Noel O'Dowd M60 Soton 5:22.24 4 M60 3 Michael Coker M60 Soton 11 Valdis Pauzers M65 Herne H 6:07.81 3 <	f 1.35 4 oton 1.25 3
5 Mark Champion M50 Dartf 4:58.43 3 M50 5 Andy Morgan-Lee M50 Sot 6 Simon Bean M60 E&E 4:59.21 7 M60 6 John Andrews M55 E& 7 David Butler M60 Ilf 5:09.27 6 M60 High Jump M60 High Jump M60 M65 E& 8 Alan Buckle M60 Ton 5:17.79 5 M60 1 Dave Blunt M65 E& 9 Rohan Alexander M50 Ilf 5:20.40 2 M50 2 Pete Ebbage M60 Tor 10 Noel O'Dowd M60 Soton 5:22.24 4 M60 3 Michael Coker M60 Sot 11 Valdis Pauzers M65 Herne H 6:07.81 3 M60 4 Garth Francis M60 Herne H	oton 1.25 3
6 Simon Bean M60 E&E 4:59.21 7 M60 6 John Andrews M55 E& 7 David Butler M60 Ilf 5:09.27 6 M60 High Jump M60 M60 High Jump M60 M60 E& 8 Alan Buckle M60 Ton 5:17.79 5 M60 1 Dave Blunt M65 E& 9 Rohan Alexander M50 Ilf 5:20.40 2 M50 2 Pete Ebbage M60 Tor 10 Noel O'Dowd M60 Soton 5:22.24 4 M60 3 Michael Coker M60 Sot 11 Valdis Pauzers M65 Herne H 6:07.81 3 M60 4 Garth Francis M60 Herne H	
7 David Butler M60 Ilf 5:09.27 6 M60 High Jump M60 8 Alan Buckle M60 Ton 5:17.79 5 M60 1 Dave Blunt M65 E& 9 Rohan Alexander M50 Ilf 5:20.40 2 M50 2 Pete Ebbage M60 Tor 10 Noel O'Dowd M60 Soton 5:22.24 4 M60 3 Michael Coker M60 Sot 11 Valdis Pauzers M65 Herne H 6:07.81 3 M60 4 Garth Francis M60 Her	&L 1.13 2
8 Alan Buckle M60 Ton 5:17.79 5 M60 1 Dave Blunt M65 E& 9 Rohan Alexander M50 Ilf 5:20.40 2 M50 2 Pete Ebbage M60 Tor 10 Noel O'Dowd M60 Soton 5:22.24 4 M60 3 Michael Coker M60 Sot 11 Valdis Pauzers M65 Herne H 6:07.81 3 M60 4 Garth Francis M60 Herne H	
9 Rohan Alexander M50 Ilf 5:20.40 2 M50 2 Pete Ebbage M60 Tor 10 Noel O'Dowd M60 Soton 5:22.24 4 M60 3 Michael Coker M60 Sot 11 Valdis Pauzers M65 Herne H 6:07.81 3 M60 4 Garth Francis M60 Her	&E 1.40 7
10 Noel O'Dowd M60 Soton 5:22.24 4 M60 3 Michael Coker M60 Sot 11 Valdis Pauzers M65 Herne H 6:07.81 3 M60 4 Garth Francis M60 Her	
11 Valdis Pauzers M65 Herne H 6:07.81 3 M60 4 Garth Francis M60 Her	
12 Thi OH WIOU Data 0.20.30 2 WIOU 3 RUSCI HUICY WIOU HI	
6 Tim Orr M60 Dar	artf NM
3000 metres M35 A, M35 B, M50 Pole Vault M35	0.F. 2.20 7
1 Matthew Risden M35 Soton 9:13.27 7 A 1 John Andrews M55 E&	
2 Simon Coombes M45 Herne H 9:14.49 6 A 2 Ian Crawley M55 Tor	
3 Tom Gardner M35 Ilf 9:16.47 5 A 3 Richard Nash M40 Dar	
4 Raj Paranandi M40 Herne H 9:30.63 7 B 4 Brian Thompson M40 Sot 5 Ben Reynolds M55 Ton 9:44.92 7 M50 5 Sam Malekout M35 Ilf	
5 Ben Reynolds M55 Ton 9:44.92 7 M50 5 Sam Malekout M35 Ilf 6 Chris Biddle M35 Dartf 9:46.78 4 A Pole Vault M50	1 2.20 3
7 Dan Madams M45 Ton 9:48.48 3 A 1 Derek Warn M50 Sot	oton 2.90 7
8 Marco Gazzelloni M40 E&E 9:48.56 2 A 2 Dave Blunt M65 E&	
9 Malcolm Muir M45 Ilf 9:53.05 6 B 3 Pete Ebbage M60 Tor	
10 Andrew Lewis M35 Soton 9:56.77 5 B 4 Gary Capon M55 Dar	
11 Neil Henderson M40 E&E 10:05.43 4 B 5 Roger Honey M60 IIf	
12 Andrew Weir M50 Herne H 10:06.81 6 M50	
13 Rob Bentley M50 Soton 10:09.32 5 M50 Long Jump M35	
14 Simon Bean M60 E&E 10:42.23 4 M50 1 Brian Thompson M40 Sot	oton 5.28 7
15 Joseph Watts M35 Ton 10:46.66 3 B 2 Mark McAllister M45 Tor	on 5.06 6
16 Mark Champion M50 Dartf 10:57.53 3 M50 3 Henry Ricketts M50 IIf	
17 David Butler M60 IIf 11:06.46 2 M50 4 Richard Nash M40 Dar	
18 Paul Dawes M45 Dartf 11:19.80 2 B 5 Richard Weekes M50 E&	
2000 metres Walk M35, M50 6 Paul Marriott M55 Her	Ierne H 4.40 2
1 Sebastian Parris M35 IIf 10:44.61 7 M35 Long Jump M50	
2 Valdis Pauzers M65 Herne H 11:13.33 6 M35 1 Ian Crawley M55 Tor	
3 Andy Howey M55 Ton 11:18.09 7 M50 2 Cliff Warren M55 Ilf	
4 Bill Arbury M50 E&E 11:34.79 6 M50 3 Gary Capon M55 Dar	
5 John Ridge M45 Ton 11:47.71 5 M35 4 Derek Warn M50 Sot 6 Neil Henderson M40 E&E 11:51.78 4 M35 5 John Andrews M55 E&	
6 Neil Henderson M40 E&E 11:51.78 4 M35 5 John Andrews M55 E& 7 Stuart Bennett M60 IIf 11:52.16 5 M50 6 Dion Panambalana M55 Her	
8 John MacInnes M55 Soton 11:53.15 4 M50 Long Jump M60	.cmc 11
9 Wayne Vincent M55 Soton 12:37.08 3 M35 1 Dave Blunt M65 E&	&E 4.27 7
10 Glen Keegan M55 Herne H 13:33.50 3 M50 2 Michael Coker M60 Sot	
11 Mark Champion M50 Dartf 14:08.09 2 M50 3 Allan Long M75 Her	
12 Jon Kennedy M40 Dartf 15:30.72 2 M35 4 Roger Honey M60 Ilf	
5 Brian Buckwell M65 Tor	
4x100m Relay 6 Tim Orr M60 Dar	
1 Ton 48.85 7 Triple Jump M35	
2 Soton 51.20 6 1 Steve Tester M35 Tor	
3 IIf 52.78 5 2 Brian Thompson M40 Sot	
4 E&E 56.33 4 3 Richard Nash M40 Dar	
5 Dartf 57.46 3 4 Dan Hallam M40 Her	
6 Herne H 58.51 2 5 Henry Ricketts M50 IIf	
4x400m Relay 6 Richard Weekes M50 E&	&E 8.92 2
1 Ilf 3:55.07 7 Triple Jump M50 2 E&E 4:02.09 6 1 Gary Capon M55 Dar	Partf 10.05 7
2 E&E 4:02.09 6 1 Gary Capon M55 Dar 3 Ton 4:03.90 5 2 Cliff Warren M55 Ilf	
4 Dartf 4:04.63 4 3 Paul Marriott M55 Her	
5 Soton 4:05.88 3 4 Steve Beak M55 Sot	
6 Herne H 4:09.00 2 5 John Andrews M55 E&	
6 Mark Pitcairn-Knowles M50 Tor	
High Jump M35	
1 Brian Thompson M40 Soton 1.60 7 Shot M35	
2 Sam Malekout M35 IIf 1.55 6 1 Graham Lay M40 Sot	
3 Phil Mackie M35 E&E 1.55 5 2 Mark White M45 Tor	
4 John Ridge M45 Ton 1.45 4 3 Sam Malekout M35 Ilf	
5 Richard Nash M40 Dartf 1.30 3 4 Scott Harvey M45 Dar	
6 Dan Hallam M40 Herne H 1.25 2 5 Joe Quigley M45 E&	&E 7.42 3

Sho	ot M50				Ha	mmer M35			
1	Ian Crawley	M55 Ton	9.42	7	1	Scott Harvey	M45 Dartf	30.63	7
2	Henry Ricketts	M50 Ilf	8.42	6	2	Graham Lay	M40 Soton	25.84	6
3	Derek Warn	M50 Soton	8.27	5	3	David Harcourt	M35 Ton	20.32	5
4	Des Austin	M55 Herne H	8.18	4	4	Joe Quigley	M45 E&E	19.98	4
5	Stephen Talbot	M50 Dartf	7.27	3	5	Pete Whiting	M55 Ilf	14.72	3
6	John Sherrington	M50 E&E	6.41	2	Ha	mmer M50			
	_				1	Nick Barton	M60 E&E	33.11	7
					2	Stephen Talbot	M50 Dartf	30.40	6
Sho	ot M60				3	Des Austin	M55 Herne H	29.40	5
1	Nick Barton	M60 E&E	11.86	7	4	Pete Ebbage	M60 Ton	25.45	4
2	John Fenton	M60 Dartf	11.72	6	5	Derek Warn	M50 Soton	20.73	3
3	Chris Carden	M60 Herne H	9.32	5	6	Roger Honey	M60 Ilf	18.62	2
4	Pete Ebbage	M60 Ton	9.20	4	Jav	elin M35			
5	Michael Coker	M60 Soton	8.99	3	1	Graham Lay	M40 Soton	42.49	7
6	Roger Honey	M60 Ilf	7.93	2	2	Sam Malekout	M35 Ilf	40.80	6
					3	Richard Nash	M40 Dartf	40.25	5
					4	Mark White	M45 Ton	37.23	4
Dis	cus M35				5	Joe Quigley	M45 E&E	23.17	3
1	Graham Lay	M40 Soton	32.45	7	6	Des Austin	M55 Herne H	18.61	2
2	Richard Nash	M40 Dartf	29.86	6	Jav	elin M50			
3	Sam Malekout	M35 Ilf	27.80	5	1	Ian Crawley	M55 Ton	31.53	7
4	Mark White	M45 Ton	24.51	4	2	Garth Francis	M60 Herne H	29.64	6
5	Garth Francis	M60 Herne H	18.76	3	3	Gordon Westley	M50 Soton	27.43	5
6	Dave Blunt	M65 E&E	11.55	2	4	Colin Bates	M55 Dartf	24.83	4
					5	Henry Ricketts	M50 Ilf	24.81	3
					6	John Sherrington	M50 E&E	21.58	2
Dis	cus M50				Jav	elin M60			
1	Nick Barton	M60 E&E	34.22	7	1	John Fenton	M60 Dartf	44.37	7
2	Ian Crawley	M55 Ton	29.22	6	2	Nick Barton	M60 E&E	34.08	6
3	Des Austin	M55 Herne H	26.78	5	3	Pete Ebbage	M60 Ton	30.42	5
4	Derek Warn	M50 Soton	26.17	4	4	Roger Honey	M60 Ilf	23.12	4
5	Henry Ricketts	M50 Ilf	26.12	3	5	Chris Carden	M60 Herne H	19.62	3
6	Stephen Talbot	M50 Dartf	25.56	2	6	Sid Delara	M60 Soton	10.14	2

SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - FINALS Ashford - Sunday 1 September 2019

1 Stephanie Mitchell W35 Herne H 67.02 7	Wo	men's Match					400	metres W35 B					
2 Southammyton Sout				Ton	261 pts				W	35 Herne H	67.02		7
3	2			Soton			2	*	W	35 Lon Hth	68.70		6
4 Esporm & Ewell Harriers E&E 188 pts 5 London Heathside Herne Hill Harriers Herne Hill 152 pts				Dartf							70.04		5
100 metres W35 A 1	4	Epsom & Ewell Harrier	S	E&E			4		W	50 E&E	73.72		4
1 1 1 1 1 1 1 1 1 1	5	London Heathside		Lon Hth	172 pts		5	Becky Mulley	W	35 Soton	74.70		
1	6	Herne Hill Harriers		Herne H	153 pts				W	35 Dartf	84.01		2
1 Lisa Boland W35 E&E 13.14 7 2 Emily Fry W35 Soton 13.30 6 Mandy Brown W55 Leme H 15.08 3 Sue Wisdom W55 E&E 3.9 2 4 Manufacture W50 Ton 13.80 5 4 Emily Reichert W35 Lon Hth 14.76 4 Manufacture W35 Herne H 15.09 2 2 100 metres W35 B W40 Dartf 15.79 2 2 Rubil Miller W60 Ton 81.23 7 1 Nicki Buckwell W60 Ton 81.20 7 1 Nicki Buckwell W60 Ton W51.50 M1 Nicki Buckwell W60 Soton 104.86 Nicki Buckwell W60 Soton Nicki Buckwell W60 Soton W50 S	400												_
2 Emily Fry W35 Soton 13.83 5 4 Grazia Manzotti W50 Ton 80.62 4 4 Grazia Manzotti W50 Ton 81.23 7 8 8 8 8 8 9 8 8 8 8						_							
A													
4 Emily Reichert W35 Lon Hth 14.76 4 5 Dana Williamson W35 Herne H 15.08 3 6 Patience Agababi W50 Darf 0 1 Nicki Buckwell W60 Ton 81.23 7 7 8 1 Now Wright W40 Stotn 14.11 7 2 Ruth Miller W60 Lon Hth 82.01 6 8 8 8 8 8 8 8 8 8													
Second Dama Williamson W35 Herne H 15.08 3 6 Patientee Agabai W30 Dartf 93.20 2 100 metres W35 B W30 Dartf W30 Dar							-						
6 Fleur Hardie W40 Darnff 15.79 2 100 metres W35 B 1 yoy Wright W40 Soton 14.11 7 2 2 Ruth Miller W60 Lon Hth \$2.01 6 3 3 3 4 5 5 5 5 3 3 3 3 4 5 5 5 3 3 3 3 3 3 3													
1 Jow Wright W40 Soton 14.11 7 2 Rath Miller W60 Lon Hith 82.01 6 2 Sarah Westrap W40 Ton 14.12 6 6 3 Janco Bavies W70 E&E 93.55 5 4 Nicky Perry W60 Herne H 97.45 4 Stephanie Mitchell W35 Lon Hith 15.43 2 Stephanie Mitchell W35 Lon Hith W35 Lon Hith W36 Lon Hith W36 Lon Hith W36 Lon Hith W36 Lon Hith W37 Lon Hith W37 Lon Hith W37 Lon Hith W37 Lon Hith W38 Lon Hith W35 Lon Hith W36 Lon Hith W37 Lon Hith W36 Lon Hith W37 Lon Hith W38 Lon H									W	50 Darti	93.20		2
1 Joy Wright W40 Soton			W40	Daru	13.79	2			13.7	60 Ton	91 22		7
2 Sariah Westrap 3 Angela Bates			W40	Soton	14 11	7							
3 Angela Bates W50 E&E 14.57 b. 5 4 Nicky Perry W60 Herne H 97.45 b. 4 4 Stephanie Mitchell W35 Herne H 14.62 b. 4 Nicky Perry W60 Soton 104.86 b. 3 5 Ann Woulfe W35 Lon Hth 15.30 b. 3 800 metres W35 A. 800 metres W35 A. 1 1 Janet Dickinson W50 Soton 13.98 b. 7 1 2 Hannah Roberts W35 Dartf 2:31.27 b. 6 2 Diane Wright W50 Ton 14.81 b. 6 3 Joana Williamson W35 Idente II 2:40.05 d. 3 3 Rachel Waters W60 Dartf 15.54 d. 4 Sue Rust W40 Lon Hth 2:40.05 d. 3 5 Helene Kehoe W55 Herne H 17.27 d. 2 1 Sue Williamson W35 Herne H 2:40.03 d. 3 1 Nickle Buckwell W60 Ton 16.66 d. 7 3 3 3 3 4 4 8 8 9 8 9 1 4													
4 Stephanie Mitchell S Ann Woulfe W35 Lon Hth 15.0 a 3 6 Kim Taylor W40 Dartf 15.43 b 2 800 metres W35 A 1 Liz Weeks W35 Ton 2.27.98 7 7 1 Janet Dickinson W50 Soton 13.98 1 7 2 1 Liz Weeks W35 Dartf 2.31.27 6 6 2 Diane Wright W50 Ton 14.81 6 3 Joy Wright W40 Soton 2.31.27 6 6 4 Teresa Eades W60 Dartf 15.54 4 4 5 We Rust W40 Lon Hth 2.40.05 4 5 Helene Kchoe W55 Lerne H 17.27 2 2 2 Lisa Knight W45 Ton 2.34.23 3 6 Mandy Brown W55 Herne H 17.27 2 2 1 Stephanie Mitchell W35 Daru Williamson W35 Herne H 2.34.93 7 7 1 Nicki Buckwell W60 Ton 16.46 7 7 3 Joanna Stone W35 Soton 2.47.57 5 5 2 Nicky Bright W60 Soton 19.06 2 2 2 Kinghanie Mitchell W45 Ton 2.36.21 6 6													
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	6		W35	Lon Hth	79.82	2	11	Sue James	W65	Ton	7:27.45	3	W60

	0 metres W35 A, W3	-	7 50 Dartf	11.12.60	7			e Vault W35	WEO	Dartf	2.50	7
1 2	Hannah Roberts Maria Heslop	W35 W50	Ton	11:13.68 11:40.22		A W50	1 2	Teresa Eades Angie Crush	W40		2.50 2.20	7 6
3	Sasha Humphries	W45	Ton	11:48.01		A	3	Becky Mulley		Soton	2.20	5
4	Stephanie Mitchell	W35	Herne H	11:52.77		A		e Vault W50	*** 33	Soton	2.10	3
5	Maxine McInulty	W40	Ton	11:53.50		В	1	Helen Bond	W50	Ton	1.60	7
6	Helen Maguire	W40	E&E	11:58.46		A	2	Anne Thacker		Dartf	1.50	6
7	Louisa Pointon	W35	Lon Hth		3	A	3	Vicky Bright		Soton	1.30	5
8	Lynne Chapman	W55	Dartf	12:04.82	6	В	Lon	g Jump W35				
9	Nicola Richmond	W45	Herne H	12:21.32	5	В	1	Julia Machin	W45	E&E	5.13	7
10	Joanna Stone	W35	Soton	12:21.78	2	A	2	Emily Fry	W35	Soton	4.87	6
11	Rebecca Marshall	W40	Lon Hth	12:34.00		В	3	Sarah Westrap	W40		4.16	5
12	Lucy Clapp	W55	Herne H	12:45.89		W50	4	Helen Nyberg-Mitroi		Dartf	3.77	4
13	Hannah Willson	W35	Soton	12:46.54		В	5	Kathleen Moeller		Herne H	2.53	3
14	Sharmila Franks	W45	E&E	12:48.38		В	6	Rebecca Marshall	W40	Lon Hth	2.07	2
15	Emilia Vynnycky	W50	Lon Hth	12:53.00	5	W50		g Jump W50	11150	a .	4.70	7
16	Sandra Newbery	W50	E&E	13:06.07		W50	1	Janet Dickinson		Soton	4.70	7
17	Penny Forse	W70	Soton	13:32.37	3	W50	2	Teresa Eades		Dartf	4.11	6
18	Denise Rose	W55	Dartf	14:06.39	2	W50	3 4	Helen Bond Madeleine Minson	W50	Lon Hth	3.68 3.51	5 4
200	0 metres Walk W35,	W50					5	Angela Bates	W50		3.44	3
1	Penelope Cummings		Herne H	10:42.3*	7	W35		g Jump W60	W 30	ECC	3.44	3
2	Grazia Manzotti	W50	Ton	11:26.3*	6	W35	1	Anne Thacker	W60	Dartf	3.03	7
3	Diane Bradley	W55	Ton	12:45.7*	7		2	Nicki Buckwell	W60		2.99	6
4	Helen Nyberg-Mitro		Dartf	12:53.6*	5		3	Sue Eedle		Lon Hth	2.57	5
5	Gillian Wheeldon	W55	Herne H	13:28.4*	6	W50	4	Vicky Bright		Soton	2.50	4
6	Sue Boyman	W65	E&E	13:50.0*	5	W50	5	Elizabeth Begley		Herne H	2.16	3
7	Caroline Barnfield	W55	Soton	14:11.9*			6	Jane Davies	W70		1.80	2
8	Hannah Willson	W35	Soton	14:46.0*	4	W35	Trip	ole Jump W35				
9	Victoria Phillips	W55	Lon Hth	15:34.0*	3	W50	1	Becky Mulley	W35	Soton	8.93	7
10	Jessica Vinluan	W35	Lon Hth	15:37.6*	3	W35	2	Nina Ridge	W45	Ton	8.82	6
							3	Lisa Boland	W35		8.36	5
4x10	00m Relay						4	Helen Nyberg-Mitroi		Dartf	8.13	4
1			Ton	56.07		7	5	Helene Kehoe	W55	Lon Hth	5.83	3
2			Lon Hth	60.84		6		ole Jump W50	*****			_
3			E&E	61.09		5	1	Teresa Eades		Dartf	8.78	7
4			Soton	62.19		4	2	Madeleine Minson		Lon Hth	7.92	6
5			Dartf	63.08		3	3	Sue Wisdom	W55		7.67	5
6 4×41	00m Relay		Herne H	64.94		2	4 5	Helen Bond Tracey Jones	W50	Soton	7.52 6.45	4
1	Julii Kelay		Ton	4:37.84	1	7)	Tracey Jones	W 30	Soton	0.43	3
2			Soton	4:39.8		6	Shor	t W35				
3			Lon Hth	5:00.0		5	1	Julia Machin	W45	E&E	10.43	7
4			Herne H	5:20.00		4	2	Seandelle Haley		Herne H	8.76	6
5			Dartf	5:24.22		3	3	Nina Ridge	W45		8.26	5
6			E&E	5:28.20		2	4	Ruth Elkins		Soton	8.14	4
							5	Kim Taylor		Dartf	7.18	3
Hig	h Jump W35						6	Satu Hietanen	W45	Lon Hth	6.53	2
1	Julia Machin	W	45 E&E	1.70		7	Sho	t W50				
			(Europea	ın/GB Rec	ore	d)	1	Janet Dickinson		Soton	9.43	7
2	Joy Wright		40 Soton	1.35		6	2	Anne Thacker		Dartf	8.41	6
3	Sasha Humphries		45 Ton	1.25		5	3	Sally Vine	W55		7.26	5
4	Satu Hietanen		45 Lon Hth	1.15		4	4	Wendy Dunsford	W55		7.24	4
5	Kim Taylor	W	40 Dartf	1.10		3	5	Madeleine Minson		Lon Hth	6.91	3
TT* 1	1 1 11/50						6	Mandy Brown	W 55	Herne H	6.33	2
	h Jump W50	117	50 Catan	1 25		7		t W60	11176	E %-E	9.07	7
1 2	Janet Dickinson Teresa Eades		50 Soton 60 Dartf	1.35 1.25		7 6	1 2	Liz Sissons Nicki Buckwell	W75 W60		8.07 7.29	7 6
3	Madeleine Minson		50 Lon Hth	1.23		5	3	Christine Clements		Dartf	6.45	5
4	Helen Bond		50 Ton	1.15		4	4	Barbara Macanas		Herne H	5.98	4
5	Gillian Wheeldon		55 Herne H	1.10		3	5	Ruth Miller		Lon Hth	4.17	3
6	Rachel Waters		50 E&E	1.10		2	6	Christine Smears		Soton	4.12	2
							-	eus W35		~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~		
Hig	h Jump W60						1	Nina Ridge	W45	Ton	26.52	7
1	Christine Clements	W	65 Dartf	1.15		7	2	Janet Dickinson		Soton	24.67	6
2	Sue Eedle		60 Lon Hth	1.05		6	3	Seandelle Haley		Herne H	22.38	5
3	Nicki Buckwell	W	60 Ton	1.05		5	4	Wendy Dunsford	W55		19.06	4
4	Vicky Bright		60 Soton	0.95		4	5	Kirstie Taylor		Dartf	15.61	3
5	Nicky Perry	W	60 Herne H	0.95		3	6	Satu Hietanen	W45	Lon Hth	14.54	2

Dis	cus W50				Jav	elin W35						
1	Diane Bradley	W55 Ton	22.09	7	1	Julia Machin	W45 E&E	29.24	7			
2	Anne Thacker	W60 Dartf	19.92	6	2	Janet Dickinson	W50 Soton	25.86	6			
3	Liz Sissons	W75 E&E	17.94	5	3	Elise Rendall	W40 Ton	18.50	5			
4	Barbara Macanas	W65 Herne H	17.35	4	4	Kirstie Taylor	W40 Dartf	16.15	4			
5	Tracey Jones	W50 Soton	15.69	3	5	Kathleen Moeller	W40 Herne H	14.17	3			
6	Helene Kehoe	W55 Lon Hth	13.21	2	6	Sue Rust	W40 Lon Hth	12.16	2			
Hammer W35						Javelin W50						
1	Ruth Elkins	W45 Soton	36.17	7	1	Anne Thacker	W60 Dartf	20.85	7			
2	Nina Ridge	W45 Ton	27.39	6	2	Madeleine Minson	W50 Lon Hth	18.60	6			
3	Stacy Taylor	W35 Dartf	26.88	5	3	Sally Vine	W55 Ton	18.40	5			
4	Seandelle Haley	W35 Herne H	18.62	4	4	Tracey Jones	W50 Soton	12.58	4			
5	Emma Hickmott	W45 E&E	18.61	3	5	Wendy Dunsford	W55 E&E	10.61	3			
6	Sue Rust	W40 Lon Hth	11.85	2	6	Gillian Wheeldon	W55 Herne H	7.72	2			
Ha	mmer W50				Javelin W60							
1	Wendy Dunsford	W55 E&E	27.86	7	1	Liz Sissons	W75 E&E	17.09	7			
2	Barbara Macanas	W65 Herne H	24.37	6	2	Christine Clements	W65 Dartf	15.74	6			
3	Anne Thacker	W60 Dartf	23.06	5	3	Nicki Buckwell	W60 Ton	15.04	5			
4	Roz Hutton	W70 Soton	21.92	4	4	Barbara Macanas	W65 Herne H	13.15	4			
5	Diane Bradley	W55 Ton	21.12	3	5	Sue Eedle	W60 Lon Hth	10.62	3			
6	Helene Kehoe	W55 Lon Hth	15.00	2	6	Roz Hutton	W70 Soton	8.57	2			