

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

Ashford - Sunday 6 September 2015

Men's Match

1	Herne Hill Harriers	231 pts
2	Cambridge Harriers	207 pts
3	Southampton	198 pts
4	Abingdon	181 pts
5	Dartford Harriers	176 pts
6=	Epsom & Ewell Harriers	130 pts
6=	Barnet & District	130 pts

100 metres

M35 A (Wind: +1.1m/sec)

1	Mark Collins	M35 Soton	11.63	7
2	Dan Donovan	M40 E&E	11.69	6
3	Giuseppe Minetti	M45 Herne H	11.71	5
4	Francois Potgieter	M35 Camb H	12.68	4
5	Jeremy Pridmore	M40 Dartf	12.90	3
6	Richard Kembleton	M35 Abing	12.94	2
7	Des Michael	M65 Barn	19.84	1

M35 B (Wind: +2.3m/sec)

1	Mark West	M40 Soton	12.59	7
2	Paul Marriott	M50 Herne H	13.00	6
3	Wole Odele	M50 Camb H	13.07	5
4	Jon Kennedy	M35 Dartf	13.34	4
5	Steve Pomeroy	M50 Abing	13.47	3
6	Stuart Flack	M40 E&E	13.64	2

M50 (Wind: +0.3m/sec)

1	Steve Beak	M50 Soton	12.10	7
2	Kwei Sankofa	M55 Herne H	12.68	6
3	Stanley Thomas	M55 Camb H	13.20	5
4	Ty Holden	M50 Barn	13.49	4
5	Terry Gibbs	M50 Dartf	13.69	3
6	Adrian Walley	M50 Abing	13.98	2

M60 (Wind: -0.9m/sec)

1	David Wilcock	M60 Barn	13.87	7
2	Allan Long	M70 Herne H	14.43	6
3	Terry Bissett	M70 E&E	14.49	5
4	Tim Carter	M60 Camb H	14.50	4
5	Duncan Talbot	M60 Abing	14.91	3
6	Mike Smears	M65 Soton	15.92	2
7	Mick Cox	M70 Dartf	19.29	1

200 metres

M35 A (Wind: +1.6m/sec)

1	Mark Collins	M35 Soton	23.49	7
2	Giuseppe Minetti	M45 Herne H	23.73	6
3	Dan Donovan	M40 E&E	23.89	5
4	Francois Potgieter	M35 Camb H	25.93	4
5	Craig Sharp	M40 Dartf	26.09	3
6	Richard Kembleton	M35 Abing	26.30	2

M35 B (Wind: +1.7m/sec)

1	Simon Ciaravella	M40 Soton	26.09	7
2	Jeremy Pridmore	M40 Dartf	26.70	6
3	Wole Odele	M50 Camb H	26.83	5
4	Paul Marriott	M50 Herne H	26.98	4
5	Marc Juffkins	M45 Abing	28.58	3
6	Carl Moran	M50 E&E	30.56	2
7	Pat Reynolds	M65 Barn	33.42	1

M50 (Wind: +0.7m/sec)

1	Steve Beak	M50 Soton	24.68	7
2	Kwei Sankofa	M55 Herne H	26.05	6
3	Ty Holden	M50 Barn	26.85	5
4	Stanley Thomas	M55 Camb H	27.83	4
5	Terry Gibbs	M50 Dartf	28.40	3
6	Adrian Walley	M50 Abing	29.77	2
7	Terry Bissett	M70 E&E	31.01	1

400 metres

M35 A

1	Dan Donovan	M40 E&E	53.74	7
2	Craig Sharp	M40 Dartf	55.16	6
3	Phil Egerton	M40 Abing	56.66	5
4	Bobby Walker	M35 Camb H	58.21	4
5	Didier Sorel	M35 Herne H	59.75	3
6	Tim Butler	M50 Barn	68.33	2
7	Simon Ciaravella	M40 Soton	DNF	

M35 B

1	Mark West	M40 Soton	56.75	7
2	Giuseppe Minetti	M45 Herne H	58.18	6
3	Richard Kembleton	M35 Abing	59.65	5
4	Jeremy Pridmore	M40 Dartf	60.97	4
5	Andy Inglis	M35 Camb H	62.13	3
6	Gareth George	M45 E&E	68.14	2
7	Pat Reynolds	M65 Barn	82.91	1

M50

1	Jon Tilt	M50 Soton	55.76	7
2	Gary Ironmonger	M50 Herne H	59.31	6
3	Wole Odele	M50 Camb H	61.86	5
4	Pete Stepney	M55 Abing	63.16	4
5	Terry Gibbs	M50 Dartf	63.84	3
6	Andy Neatham	M50 Barn	65.45	2
7	Simon Bean	M55 E&E	65.75	1

M60

1	David Wilcock	M60 Barn	61.1*	7
2	Ed Connolly	M65 Soton	65.56	6
3	Tim Carter	M60 Camb H	70.14	5
4	Terry Bissett	M70 E&E	71.20	4
5	Mike Mann	M65 Herne H	73.48	3
6	Thornton Greenland	M65 Abing	89.64	2
7	Bob Coombes	M65 Dartf	92.19	1

800 metres

M35 A

1	Craig Sharp	M40 Dartf	2:02.30	7
2	Phil Egerton	M40 Abing	2:04.48	6
3	Jim Bennett	M40 Soton	2:04.81	5
4	Lloyd Collier	M40 Herne H	2:06.28	4
5	Andy Inglis	M35 Camb H	2:11.17	3
6	Stuart Flack	M40 E&E	2:14.44	2
7	Tim Butler	M50 Barn	2:21.87	1

M35 B

1	David Blackman	M45 Soton	2:07.1*	7
2	Bobby Walker	M35 Camb H	2:09.6*	6
3	Stuart Waterman	M35 Dartf	2:10.7*	5
4	James Bolton	M40 Abing	2:10.8*	4
5	Tom Conlon	M50 Herne H	2:15.5*	3
6	Andy Kelleher	M50 Barn	2:23.7*	2
7	Gareth George	M45 E&E	2:42.0*	1

M50

1	Jon Tilt	M50 Soton	2:12.62	7
2	Gary Ironmonger	M50 Herne H	2:12.94	6
3	Andy Neatham	M50 Barn	2:14.53	5
4	John Gurney	M55 Dartf	2:24.13	4
5	Mark Lewy	M50 Abing	2:28.92	3
6	Carl Moran	M50 E&E	2:32.56	2
7	Ray Daniel	M55 Camb H	2:39.61	1

M60

1	David Wilcock	M60 Barn	2:25.38	7
2	Ed Connolly	M65 Soton	2:29.36	6
3	Mike Mann	M65 Herne H	2:43.92	5
4	Tim Carter	M60 Camb H	2:54.25	4
5	Richard Somers	M70 E&E	2:55.58	3
6	Thornton Greenland	M65 Abing	3:10.39	2
7	Bob Coombes	M65 Dartf	3:14.43	1

1500 metres**M35 A**

1	Simon Coombes	M40 Herne H	4:15.60	7
2	James Bolton	M40 Abing	4:22.75	6
3	Jim Bennett	M40 Soton	4:32.09	5
4	Stuart Flack	M40 E&E	4:38.09	4
5	Andy Inglis	M35 Camb H	4:53.40	3
6	Stuart Waterman	M35 Dartf	4:57.63	2
7	Tim Butler	M50 Barn	5:19.83	1

M35 B

1	James Smith	M40 Soton	4:32.13	7
2	Lloyd Collier	M40 Herne H	4:34.33	6
3	Jon Kennedy	M35 Dartf	4:44.9*	5
4	Jason Bruce	M40 Abing	4:48.24	4
5	Christian Poulton	M45 Camb H	4:54.47	3

M50

1	Andy Neatham	M50 Barn	4:39.40	7
2	Jon Grainger	M50 Soton	4:39.95	6
3	Tom Conlon	M50 Herne H	4:40.35	5
4	David Hall	M50 Dartf	4:41.73	4
5	Roger Thetford	M50 Abing	5:06.74	3
6	Carl Moran	M50 E&E	5:15.87	2
7	Jerry Carnell	M55 Camb H	5:35.87	1

3000 metres**M35 A**

1	Simon Coombes	M40 Herne H	9:05.69	7
2	James Bolton	M40 Abing	9:22.51	6
3	James Smith	M40 Soton	9:30.58	5
4	Steve Winder	M40 E&E	9:53.91	4
5	Andy Kelleher	M50 Barn	9:59.95	3
6	Christian Poulton	M45 Camb H	10:10.80	2
7	Matt Erwood	M40 Dartf	10:24.95	1

M35 B

1	Jon Key	M40 Herne H	10:04.24	7
2	Andy Neatham	M50 Barn	10:04.75	6
3	Jon Grainger	M50 Soton	10:17.17	5
4	Jon Kennedy	M35 Dartf	10:32.72	4
5	Dom Fiore	M40 Camb H	10:40.85	3
6	Jason Bruce	M40 Abing	10:46.65	2
7	Bill Arbury	M50 E&E	12:21.52	1

M50

1	Gary Ironmonger	M50 Herne H	10:10.21	7
2	Tim Butler	M50 Barn	10:32.12	6
3	Mark Lewy	M50 Abing	10:34.63	5
4	Simon Bean	M55 E&E	10:39.19	4
5	Tony Durey	M50 Dartf	10:40.29	3
6	Peter Costley	M50 Soton	11:28.92	2
7	Mark Cross	M55 Camb H	11:31.45	1

M60

1	David Wilcock	M60 Barn	11:09.71	7
2	Mike Mann	M65 Herne H	11:31.67	6
3	Alan Black	M60 Camb H	12:12.94	5
4	James Wigmore	M60 Abing	13:32.61	4
5	Richard Somers	M70 E&E	13:35.64	3
6	Richie Pearson	M65 Soton	13:45.00	2
7	Bob Coombes	M65 Dartf	14:06.60	1

2000 metres Walk**M35**

1	Andy Millbank	M50 Herne H	11:53.90	7
2	Bill Arbury	M50 E&E	12:23.95	6
3	Andy Morgan-Lee	M45 Soton	12:46.33	5
4	Des Michael	M65 Barn	12:47.06	4
5	John Corcoran	M50 Camb H	14:04.69	3
6	Tim Orr	M55 Dartf	15:03.05	2
7	Thornton Greenland	M65 Abing	15:15.56	1

M50

1	Steve Allen	M55 Barn	10:21.34	7
2	Valdis Pauzers	M60 Herne H	11:13.33	6
3	Roger Thetford	M50 Abing	12:53.36	5
4	John Murphy	M55 Camb H	13:21.40	4
5	John Gurney	W55 Dartf	13:57.77	3
6	Bob Neville	M80 E&E	17:18.82	2
7	Simon Hargreaves	M50 Soton	DQ	

4x100m Relay

1		Soton	48.38	7
2		Herne H	48.56	6
3		Dartf	52.63	5
4		Camb H	52.82	4
5		Abing	53.63	3
6		E&E	59.44	2

4x400m Relay

1		Soton	3:46.62	7
2		Abing	4:04.10	6
3		Dartf	4:04.94	5
4		Camb H	4:15.34	4
5		E&E	4:18.70	3
6		Herne H	DQ	

High Jump**M35**

1	Francois Potgieter	M35 Camb H	1.65	7
2	Mark West	M40 Soton	1.60	6
3	Brian Ray	M45 Herne H	1.50	5
4	Richard Nash	M40 Dartf	1.45	4
5	Stuart Flack	M40 E&E	1.40	3
6	Marc Juffkins	M45 Abing	1.40	2

M50

1	Gary Capon	M55 Dartf	1.55	7
2	Dave Blunt	M60 E&E	1.45	6
3	Paul Marriott	M50 Herne H	1.45	5
4	Paris Hunt	M50 Camb H	1.40	4
5	Mark Spivey	M50 Abing	1.35	3
6	Nick Bryant	M55 Soton	1.20	2

M60

1	Duncan Talbot	M60 Abing	1.40	7
2	Valdis Pauzers	M60 Herne H	1.10	6
3	Bela Nagy	M65 Barn	1.10	5
4	Mike Smears	M65 Soton	NH	
5	Tim Carter	M60 Camb H	NH	
6	Mick Cox	M70 Dartf	NH	

Pole Vault**M35**

1	John Andrews	M50 E&E	3.70	7
2	Francois Potgieter	M35 Camb H	3.50	6
3	James Thompson	M40 Abing	3.30	5
4	Derek Warn	M45 Soton	2.80	4
5	Didier Sorel	M35 Herne H	2.60	3
6	Richard Nash	M40 Dartf	2.20	2

M50

1	Mark Spivey	M50 Abing	3.20	7
2	Dave Blunt	M60 E&E	3.10	6
3	Gary Capon	M55 Dartf	2.30	5
4	Paris Hunt	M50 Camb H	2.10	4
5	Nick Bryant	M55 Soton	1.90	3
6	Bela Nagy	M65 Barn	1.80	2

Long Jump**M35**

1	Francois Potgieter	M35 Camb H	5.72	7
2	Giuseppe Minetti	M45 Herne H	4.89	6
3	Jeremy Pridmore	M40 Dartf	4.63	5
4	Marc Juffkins	M45 Abing	4.61	4
5	John Andrews	M50 E&E	4.44	3
6	Rod Davies	M55 Soton	4.12	2

M50

1	Gary Capon	M55 Dartf	4.97	7
2	Wole Odele	M50 Camb H	4.75	6
3	Pete Stepney	M55 Abing	4.57	5
4	Dave Blunt	M60 E&E	4.51	4
5	Mike Coker	M55 Soton	4.42	3

M60

1	Tim Carter	M60 Camb H	3.74	7
2	Allan Long	M70 Herne H	3.69	6
3	Norman Rice	M70 E&E	3.29	5
4	Pat Reynolds	M65 Barn	3.17	4
5	Mike Smears	M65 Soton	2.74	3
6	Mick Cox	M70 Dartf	2.53	2
7	Thornton Greenland	M65 Abing	2.24	1

Triple Jump**M35**

1	Francois Potgieter	M35 Camb H	12.00	7
2	Mark West	M40 Soton	10.42	6
3	Brian Ray	M45 Herne H	10.32	5
4	Dave Blunt	M60 E&E	9.67	4
5	Marc Juffkins	M45 Abing	9.44	3
6	Jeremy Pridmore	M40 Dartf	9.33	2

M50

1	Gary Capon	M55 Dartf	10.55	7
2	Pete Stepney	M55 Abing	10.16	6
3	Kwei Sankofa	M55 Herne H	9.88	5
4	Wole Odele	M50 Camb H	9.44	4
5	Norman Rice	M70 E&E	7.91	3
6	Nick Bryant	M55 Soton	6.91	2

Shot**M35**

1	Stuart Thurgood	M35 Herne H	11.76	7
2	Andy Kruczewski	M55 Camb H	11.73	6
3	Jim Goss	M40 Barn	10.41	5
4	Steve McCourt	M40 Abing	10.09	4
5	Scott Harvey	M40 Dartf	9.77	3
6	Mark West	M40 Soton	9.47	2

M50

1	Tony Tipping	M50 Camb H	11.76	7
2	Andy Turner	M50 Soton	11.42	6
3	Steve Pomeroy	M50 Abing	10.97	5
4	John Fenton	M55 Dartf	10.59	4
5	Garry Power	M50 Herne H	9.66	3
6	Peter Rice	M50 Barn	8.74	2
7	Norman Rice	M70 E&E	8.24	1

M60

1	Peter Hawney	M65 Camb H	9.46	7
2	Trevor Bent	M70 Dartf	7.98	6
3	Pat Reynolds	M65 Barn	7.19	5
4	Andrew Lea-Gerrard	M60 Herne H	7.06	4
5	Richard Somers	M70 E&E	6.54	3
6	James Wigmore	M60 Abing	5.72	2
7	Richie Pearson	M65 Soton	3.72	1

Discus**M35**

1	Andy Kruczewski	M55 Camb H	37.43	7
2	Brian Ray	M45 Herne H	33.21	6
3	Richard Nash	M40 Dartf	30.22	5
4	Steve McCourt	M40 Abing	29.53	4
5	Jim Goss	M40 Barn	28.76	3
6	Derek Warn	M45 Soton	22.00	2

M50

1	Garry Power	M50 Herne H	42.64	7
2	Tony Tipping	M50 Camb H	36.50	6
3	Steve Pomeroy	M50 Abing	35.72	5
4	Andy Turner	M50 Soton	35.37	4
5	Paul Searing	M50 Dartf	29.76	3
6	Ty Holden	M50 Barn	23.33	2
7	Richard Somers	M70 E&E	12.02	1

M60

1	Peter Hawney	M65 Camb H	31.05	7
2	Trevor Bent	M70 Dartf	23.53	6
3	Norman Rice	M70 E&E	23.53	5
4	Pat Reynolds	M65 Barn	23.30	4
5	Andrew Lea-Gerrard	M60 Herne H	22.28	3
6	James Wigmore	M60 Abing	15.28	2
7	Mike Smears	M65 Soton	14.11	1

Hammer**M35**

1	Stuart Thurgood	M35 Herne H	48.81	7
2	Jim Goss	M40 Barn	46.93	6
3	Scott Harvey	M40 Dartf	35.63	5
4	Steve McCourt	M40 Abing	29.86	4
5	Peter Wishart	M55 Camb H	30.62	3
6	Derek Warn	M45 Soton	18.76	2

M50

1	Tony Tipping	M50 Camb H	41.30	7
2	Mark Spivey	M50 Abing	38.94	6
3	Andy Turner	M50 Soton	38.15	5
4	Des Austin	M50 Herne H	35.79	4
5	Paul Searing	M50 Dartf	32.52	3
6	Peter Rice	M50 Barn	24.04	2
7	Norman Rice	M70 E&E	20.04	1

Javelin**M35**

1	Jose Phillips	M45 Abing	42.82	7
2	Brian Ray	M45 Herne H	39.84	6
3	Francois Potgieter	M35 Camb H	39.40	5
4	Richard Nash	M40 Dartf	37.74	4
5	Mark West	M40 Soton	32.41	3
6	Peter Rice	M50 Barn	19.67	2
7	David Blunt	M60 E&E	16.57	1

M50

1	John Fenton	M55 Dartf	42.03	7
2	Steve Pomeroy	M50 Abing	34.84	6
3	Paris Hunt	M50 Camb H	34.44	5
4	Garth Francis	M55 Herne H	33.81	4
5	Norman Rice	M70 E&E	23.34	3
6	Bela Nagy	M65 Barn	21.66	2
7	Simon Hargreaves	M50 Soton	18.22	1

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

Ashford - Sunday 6 September 2015

Women's Match

1	Epsom & Ewell Harriers	245 pts
2	Dartford Harriers	197 pts
3	Winchester & District	188 pts
4	Herne Hill Harriers	178 pts
5	Stevenage & North Herts	172 pts
6	Blackheath & Bromley	148 pts
7	Abingdon	138 pts

100 metres

W35 A (Wind: +0.9m/sec)

1	Angela Bates	W45 E&E	13.72	7
2	Kirstie Taylor	W40 Dartf	13.84	6
3	Lexi Rolfe	W40 SNH	13.88	5
4	Kathryn Miles	W40 Win	14.14	4
5	Alexandra Shamloll	W40 Herne H	14.48	3
6	Jen Neal	W45 B&B	14.85	2
7	Michelle Herbert	W40 Abing	17.63	1

W35 B (Wind: +1.2m/sec)

1	Charlotte Astill	W40 SNH	13.74	7
2	Sue Van Vuuren	W45 Win	13.91	6
3	Rachel Waters	W45 E&E	14.29	5
4	Fleur Hardie	W40 Dartf	14.66	4
5	Carole Penlington	W40 B&B	16.13	3
6	Clare Roberts	Abing	16.72	2
7	Natalie Zara	W35 Herne H	18.74	1

W50 (Wind: +0.0m/sec)

1	Monica Brown	W50 SNH	14.47	7
2	Sue Wisdom	W50 E&E	14.89	6
3	Teresa Eades	W55 Dartf	15.22	5
4	Sharon St Luce	W55 Herne H	15.69	4
5	Nikki Gregory	W55 Abing	15.83	3
6	Joy Radford	W60 Win	16.31	2
7	Anne Cilia	W55 B&B	18.69	1

W60 (Wind: +0.3m/sec)

1	Joylyn Saunders-Mullins	W60 SNH	14.68	7
2	Helen Godsell	W60 B&B	14.96	6
3	Moir West	W65 Win	15.62	5
4	Anne Nelson	W60 E&E	16.14	4
5	Christine Clements	W60 Dartf	16.77	3
6	Claire Steward	W60 Herne H	18.60	2

200 metres

W35 A (Wind: +1.3m/sec)

1	Charlotte Astill	W40 SNH	27.92	7
2	Angela Bates	W45 E&E	28.60	6
3	Sue Van Vuuren	W45 Win	28.76	5
4	Kirstie Taylor	W40 Dartf	29.09	4
5	Alexandra Shamloll	W40 Herne H	29.14	3
6	Jen Neal	W45 B&B	31.36	2
7	Katy Adams	W35 Abing	33.49	1

W35 B (Wind: -0.4m/sec)

1	Lexi Rolfe	W40 SNH	28.61	7
2	Rachel Waters	W45 E&E	29.91	6
3	Kathryn Miles	W40 Win	30.18	5
4	Patrizia Gnoato	W45 Herne H	30.81	4
5	Allison Page	W45 Dartf	31.35	3
6	Jackie Montgomery	W50 B&B	31.83	2
7	Clare Roberts	Abing	35.64	1

W50 (Wind: -0.4m/sec)

1	Monica Brown	W50 SNH	31.28	7
2	Sue Wisdom	W50 E&E	31.35	6
3	Philippa Terry	W50 Abing	31.81	5
4	Helen Godsell	W60 B&B	32.07	4
5	Teresa Eades	W55 Dartf	32.56	3
6	Gillian Wheeldon	W50 Herne H	33.80	2
7	Moir West	W65 Win	34.16	1

400 metres

W35 A

1	Di Norman	W40 E&E	60.75	7
2	Sandra Reed	W45 SNH	65.30	6
3	Alexandra Shamloll	W40 Herne H	65.77	5
4	Sue True	W35 Win	66.73	4
5	Allison Page	W45 Dartf	70.28	3
6	Jen Neal	W45 B&B	72.51	2
7	Katy Adams	W35 Abing	75.30	1

W35 B

1	Charlotte Astill	W40 SNH	67.93	7
2	Carole Penlington	W40 B&B	68.54	6
3	Patrizia Gnoato	W45 Herne H	70.26	5
4	Angela Bates	W45 E&E	70.55	4
5	Karen Hazlitt	W45 Win	71.35	3
6	Sarah Dawson	W45 Abing	75.42	2
7	Stacy Taylor	W35 Dartf	76.72	1

W50

1	Chris Feely	W50 SNH	72.58	7
2	Sue Wisdom	W50 E&E	76.78	6
3	Philippa Terry	W50 Abing	77.25	5
4	Mandy Brown	W50 Herne H	86.12	4
5	Joy Radford	W60 Win	89.15	3
6	Chris Childs	W50 Dartf	100.75	2
7	Maz Turner	W65 B&B	115.48	1

W60

1	Joylyn Saunders-Mullins	W60 SNH	74.86	7
2	Helen Godsell	W60 B&B	80.48	6
3	Moir West	W65 Win	84.72	5
4	Liz Neville	W60 E&E	89.18	4
5	Claire Steward	W60 Herne H	90.36	3
6	Ann Moyles	W60 Dartf	91.77	2
7	Noel Blatchford	W65 Abing	103.32	1

800 metres

W35 A

1	Di Norman	W40 E&E	2:19.6*	7
2	Carole Penlington	W40 B&B	2:27.3*	6
3	Nikki Sturzaker	W40 Herne H	2:28.1*	5
4	Annoushka Johnson	W40 Dartf	2:29.1*	4
5	Sue True	W35 Win	2:39.4*	3
6	Sandra Reed	W45 SNH	2:42.7*	2
7	Sarah Dawson	W45 Abing	2:55.9*	1

W35 B

1	Karen Hazlitt	W45 Win	2:35.54	7
2	Nicola Richmond	W45 Herne H	2:36.83	6
3	Sara Elmqvist	W45 B&B	2:38.27	5
4	Dee Dadswell	W35 Dartf	2:38.85	4
5	Vanda Caulfield	W50 E&E	2:54.48	3
6	Michelle Roberts	Abing	3:32.80	2
7	Sue Spicer	W50 SNH	4:20.35	1

W50

1	Chris Feely	W50 SNH	2:50.7*	7
2	Jane Davies	W65 E&E	2:56.7*	6
3	Gillian Wheeldon	W50 Herne H	3:13.2*	5
4	Carrie Oliver	W50 Win	3:17.6*	4
5	Chris Childs	W50 Dartf	3:18.3*	3
6	Judy Howard	W55 Abing	3:51.9*	2
7	Maz Turner	W65 B&B	4:20.8*	1

W60

1	Helen Godsell	W60 B&B	3:18.03	7
2	Claire Steward	W60 Herne H	3:19.03	6
3	Sue Boyman	W60 E&E	3:28.19	5
4	Noel Blatchford	W65 Abing	3:42.59	4
5	Gill Goodwin	W60 Win	3:49.27	3
6	Janet Pyne	W65 Dartf	4:47.93	2

1500 metres**W35 A**

1	Lucy Elliott	W45 Win	4:45.27	7
2	Diane Moore	W40 Abing	4:57.95	6
3	Di Norman	W40 E&E	4:58.97	5
4	Nikki Sturzaker	W40 Herne H	5:05.05	4
5	Annoushka Johnson	W40 Dartf	5:05.48	3
6	Jennie Butler	W40 B&B	5:30.05	2
7	Esther Hamill	W35 SNH	6:24.80	1

W35 B

1	Nicola Richmond	W45 Herne H	5:26.29	7
2	Sara Elmqvist	W45 B&B	5:31.93	6
3	Denise Bridges	W45 Abing	5:34.44	5
4	Helen Maguire	W35 E&E	5:38.29	4
5	Charlotte Hoskins	W35 Win	5:43.92	3
6	Helen Nyberg-Mitroi	W35 Dartf	5:51.81	2
7	Andrea Westcott	W40 SNH	6:55.82	1

W50

1	Vanda Caulfield	W50 E&E	5:52.41	7
2	Steph Wood	W50 Dartf	6:14.44	6
3	Gillian Wheeldon	W50 Herne H	6:43.24	5
4	Joy Radford	W60 Win	6:45.26	4
5	Anne Cilia	W55 B&B	7:03.99	3
6	Julie Mason	W50 SNH	7:22.36	2
7	Judy Howard	W55 Abing	7:49.37	1

3000 metres**W35 A**

1	Diane Moore	W40 Abing	10:30.22	7
2	Carole Penlington	W40 B&B	10:43.27	6
3	Karen Rushton	W45 Win	11:10.95	5
4	Annoushka Johnson	W40 Dartf	11:19.03	4
5	Natalie Zara	W35 Herne H	11:20.33	3
6	Helen Maguire	W35 E&E	12:24.61	2
7	Esther Hamill	W35 SNH	13:56.43	1

W35 B

1	Michaela McCallum	W45 Win	11:23.20	7
2	Nikki Sturzaker	W40 Herne H	11:32.46	6
3	Denise Bridges	W45 Abing	12:04.12	5
4	Jennie Butler	W40 B&B	12:32.10	4
5	Vanda Caulfield	W50 E&E	12:36.42	3
6	Charlotte Astill	W40 SNH	14:01.24	2
7	Chris Childs	W50 Dartf	14:46.93	1

W50

1	Jane Davies	W65 E&E	12:18.34	7
2	Steph Wood	W50 Dartf	13:01.53	6
3	Carrie Oliver	W50 Win	14:21.05	5
4	Jeanette Ashton	W55 Abing	14:45.82	4
5	Mandy Brown	W50 Herne H	14:51.43	3
6	Anne Cilia	W55 B&B	15:03.01	2
7	Julie Mason	W50 SNH	15:31.79	1

W60

1	Claire Steward	W60 Herne H	14:22.05	7
2	Liz Neville	W60 E&E	14:38.64	6
3	Gill Goodwin	W60 Win	15:35.59	5
4	Ann Moyles	W60 Dartf	16:51.04	4
5	Maz Turner	W65 B&B	17:48.63	3

2000 metres Walk**W35**

1	Penelope Cummings	W35 Herne H	10:48.78	7
2	Harriet Hide	W45 Win	11:25.52	6
3	Judy Howard	W55 Abing	12:10.40	5
4	Sue Boyman	W60 E&E	13:35.26	4
5	Jackie Montgomery	W50 B&B	13:41.42	3
6	Gill Skellon	W55 Dartf	17:15.13	2
7	Sue Spicer	W50 SNH	18:12.58	1

W50

1	Noel Blatchford	W65 Abing	12:32.58	7
2	Carrie Oliver	W50 Win	13:01.35	6
3	Mandy Brown	W50 Herne H	13:02.25	5
4	Liz Neville	W60 E&E	13:04.07	4
5	Anne Cilia	W55 B&B	13:25.99	3
6	Julie Mason	W50 SNH	18:12.69	2
7	Chris Childs	W50 Dartf	DQ	

4x100m Relay

1		Dartf	56.24	7
2		E&E	56.85	6
3		SNH	57.93	5
4		Win	58.87	4
5		Herne H	61.70	3
6		B&B	61.72	2
7		Abing	64.95	1

4x400m Relay

1		Herne H	4:32.96	7
2		Win	4:41.09	6
3		E&E	4:44.94	5
4		SNH	4:49.31	4
5		Dartf	4:50.17	3
6		B&B	4:56.90	2
7		Abing	5:06.60	1

High Jump**W35**

1	Julia Machin	W45 E&E	1.40	7
2	Sandra Reed	W45 SNH	1.30	6
3	Heather Mballa	W35 Win	1.20	5
4	Kim Taylor	W35 Dartf	1.20	4
5	Nikki Gregory	W55 Abing	1.15	3
6	Patrizia Gnoato	W45 Herne H	1.15	2
7	Jen Neal	W45 B&B	1.15	1

W50

1	Monica Brown	W50 SNH	1.30	7
2	Teresa Eades	W55 Dartf	1.25	6
3	Sharon St Luce	W55 Herne H	1.15	5
4	Jeanette Ashton	W55 Abing	1.10	4
5	Maira West	W65 Win	1.10	3
6	Sue Wisdom	W50 E&E	1.05	2
7	Anne Cilia	W55 B&B	1.00	1

W60

1	Christine Clements	W60 Dartf	1.15	7
2	Helen Godsell	W60 B&B	1.05	6
3	Sue Dassie	W60 E&E	1.00	5
4	Joy Radford	W60 Win	1.00	4
5	Barbara Macanas	W60 Herne H	0.90	3

Pole Vault**W35**

1	Jackie Montgomery	W50 B&B	2.30	7
2	Julia Machin	W45 E&E	2.20	6
3	Anne Thacker	W55 Dartf	1.60	5
4	Denise Bridges	W45 Abing	1.50	4

W50

1	Teresa Eades	W55 Dartf	2.00	7
2	Sue Dassie	W60 E&E	1.90	6
3	Jeanette Ashton	W55 Abing	1.50	5
4	Anne Cilia	W55 B&B	1.40	4

Long Jump**W35**

1	Di Norman	W40 E&E	5.25	7
2	Kirstie Taylor	W40 Dartf	4.04	6
3	Lexi Rolfe	W40 SNH	3.97	5
4	Kathryn Miles	W40 Win	3.91	4
5	Patrizia Gnoato	W45 Herne H	3.57	3
6	Michelle Herbert	W40 Abing	3.29	2
7	Jen Neal	W45 B&B	3.27	1

W50

1	Teresa Eades	W55 Dartf	3.98	7
2	Jackie Montgomery	W50 B&B	3.76	6
3	Chris Feely	W50 SNH	3.62	5
4	Sharon St Luce	W55 Herne H	3.58	4
5	Joy Radford	W60 Win	3.31	3
6	Jeanette Ashton	W55 Abing	3.30	2
7	Anne Nelson	W60 E&E	2.63	1

W60

1	Christine Clements	W60 Dartf	3.60	7
2	Moir West	W65 Win	3.46	6
3	Helen Godsell	W60 B&B	3.06	5
4	Sue Dassie	W60 E&E	2.71	4
5	Noel Blatchford	W65 Abing	2.56	3
6	Barbara Macanas	W60 Herne H	2.32	2
7	Carolyn Shortland	W60 SNH	2.04	1

Triple Jump**W35**

1	Di Norman	W40 E&E	10.48	7
2	Sandra Reed	W45 SNH	9.40	6
3	Kim Taylor	W35 Dartf	8.59	5
4	Sue True	W35 Win	8.03	4
5	Philippa Terry	W50 Abing	7.89	3
6	Patrizia Gnoato	W45 Herne H	7.87	2
7	Jen Neal	W45 B&B	7.36	1

W50

1	Monica Brown	W50 SNH	8.92	7
2	Teresa Eades	W55 Dartf	8.83	6
3	Nikki Gregory	W55 Abing	8.05	5
4	Sharon St Luce	W55 Herne H	7.03	4
5	Moir West	W65 Win	6.20	3
6	Anne Cilia	W55 B&B	6.15	2
7	Sue Dassie	W60 E&E	6.01	1

Shot**W35**

1	Julia Machin	W45 E&E	9.97	7
2	Heather Mballa	W35 Win	8.04	6
3	Vivien Brown	W45 SNH	7.41	5
4	Kim Taylor	W35 Dartf	7.18	4
5	Sarah Dawson	W45 Abing	6.86	3
6	Kathleen Moeller	W35 Herne H	6.85	2
7	Sara Elmquist	W45 B&B	6.03	1

W50

1	Anne Thacker	W55 Dartf	9.00	7
2	Wendy Dunsford	W55 E&E	8.43	6
3	Sharon St Luce	W55 Herne H	8.28	5
4	Philippa Terry	W50 Abing	7.56	4
5	Helen Beddall	W50 SNH	6.15	3
6	Jackie Montgomery	W50 B&B	5.98	2
7	Moir West	W65 Win	5.75	1

W60

1	Liz Sissons	W70 E&E	8.69	7
2	Joylyn Saunders-Mullins	W60 SNH	8.11	6
3	Christine Clements	W60 Dartf	7.23	5
4	Barbara Terry	W65 B&B	7.11	4
5	Barbara Macanas	W60 Herne H	7.03	3
6	Noel Blatchford	W65 Abing	5.62	2
7	Sue Hume	W60 Win	5.38	1

Discus**W35**

1	Sarah Dawson	W45 Abing	23.21	7
2	Wendy Dunsford	W55 E&E	21.51	6
3	Heather Mballa	W35 Win	19.83	5
4	Kirstie Taylor	W40 Dartf	19.69	4
5	Kathleen Moeller	W35 Herne H	17.57	3
6	Sara Elmquist	W45 B&B	16.38	2
7	Vivien Brown	W45 SNH	14.71	1

W50

1	Anne Thacker	W55 Dartf	21.08	7
2	Sue Dassie	W60 E&E	18.54	6
3	Nikki Gregory	W55 Abing	13.95	5
4	Joy Radford	W60 Win	13.04	4
5	Mandy Brown	W50 Herne H	12.44	3
6	Carolyn Shortland	W60 SNH	12.36	2
7	Jackie Montgomery	W50 B&B	10.66	1

W60

1	Liz Sissons	W70 E&E	18.40	7
2	Barbara Terry	W65 B&B	17.71	6
3	Barbara Macanas	W60 Herne H	16.89	5
4	Sue Hume	W60 Win	15.93	4
5	Joylyn Saunders-Mullins	W60 SNH	15.03	3
6	Christine Clements	W60 Dartf	14.07	2
7	Noel Blatchford	W65 Abing	11.21	1

Hammer**W35**

1	Wendy Dunsford	W55 E&E	25.61	7
2	Stacy Taylor	W35 Dartf	23.35	6
3	Heather Mballa	W35 Win	16.10	5
4	Denise Bridges	W45 Abing	13.90	4
5	Kathleen Moeller	W35 Herne H	9.86	3
6	Sue Spicer	W50 SNH	7.41	2

W50

1	Liz Sissons	W70 E&E	24.96	7
2	Barbara Macanas	W60 Herne H	24.46	6
3	Anne Thacker	W55 Dartf	24.29	5
4	Sue Hume	W60 Win	21.68	4
5	Barbara Terry	W65 B&B	21.12	3
6	Philippa Terry	W50 Abing	19.74	2
7	Carolyn Shortland	W60 SNH	17.26	1

Javelin**W35**

1	Di Norman	W40 E&E	32.69	7
2	Sally Serridge	W45 Win	28.03	6
3	Sarah Dawson	W45 Abing	22.85	5
4	Kirstie Taylor	W40 Dartf	20.26	4
5	Kathleen Moeller	W35 Herne H	13.16	3
6	Anne Cilia	W55 B&B	11.97	2
7	Monica Brown	W50 SNH	5.81	1

W50

1	Joylyn Saunders-Mullins	W60 SNH	22.88	7
2	Anne Thacker	W55 Dartf	22.79	6
3	Sharon St Luce	W55 Herne H	22.04	5
4	Liz Sissons	W70 E&E	21.79	4
5	Barbara Terry	W65 B&B	14.96	3
6	Sue Hume	W60 Win	10.65	2
7	Judy Howard	W55 Abing	7.31	1