

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

Ashford - Sunday 7 September 2014

Men's Match

1	Cambridge Harriers	225 pts
2	Abingdon	202.5 pts
3	Dartford Harriers	189 pts
4	Southampton	187 pts
5	Herne Hill Harriers	172.5 pts
6	Barnet & District	169 pts
7	Epsom & Ewell Harriers	54 pts

100 metres M35 A

1	Dean Durant	Camb H	12.0*	7
2	Simon Ciaravella	Soton	12.6*	6
3	Tarzem Shokar	Dartf	13.3*	5
4	Tunde Apoola	Barn	13.9*	4
5	Marc Juffkins	Abing	14.0*	3
6	Bobby Cooper	Herne H	14.5*	2

100 metres M35 B

1	Mark West	Soton	12.7*	7
2	Wole Odele	Camb H	12.9*	6
3	Peter Ilo	Barn	13.0*	5
4	Jeremy Pridmore	Dartf	13.3*	4
5	Steve Pomeroy	Abing	13.4*	3
6	Bob Fraser	Herne H	14.1*	2

100 metres M50

1	Anthony Noel	Camb H	12.0*	7
2	Jon Tilt	Soton	12.4*	6
3	David Kemp	Dartf	12.7*	5
4	Ty Holden	Barn	13.1*	4
5	Akin Oyediran	Herne H	13.3*	3
6	Adrian Walley	Abing	13.6*	2

200 metres M35 A

1	Dean Durant	Camb H	24.9*	7
2	Simon Ciaravella	Soton	26.1*	6
3	Tarzem Shokar	Dartf	27.1*	5
4	Pete Stepney	Abing	28.1*	4
5	Bobby Cooper	Herne H	29.0*	3
6	Laurence Scheyvens	Barn	29.4*	2

200 metres M35 B

1	Mark West	Soton	25.6*	7
2	Wole Odele	Camb H	26.5*	6
3	Jeremy Pridmore	Dartf	26.5*	5
4	Peter Ilo	Barn	26.6*	4
5	Marc Juffkins	Abing	28.8*	3

200 metres M50

1	Anthony Noel	Camb H	24.3*	7
2	Jon Tilt	Soton	25.2*	6
3	David Kemp	Dartf	25.8*	5
4	Ty Holden	Barn	26.4*	4
5	Adrian Walley	Abing	27.8*	3
6	Graeme Moyse	Herne H	30.4*	2
7	Dave Whittaker	E&E	32.7*	1

200 metres M60

1	Doug Lucas	Camb H	27.3*	7
2	Dave Wilcock	Barn	27.7*	6
3	Vic Novell	Soton	28.3*	5
4	Bob Fraser	Herne H	28.4*	4
5	Terry Bissett	E&E	29.0*	3
6	Colin Mitchell	Abing	31.5*	2
7	Steve Roberts	Dartf	38.7*	1

400 metres M35 A

1	Steve Beak	Soton	55.12	7
2	Craig Sharp	Dartf	55.40	6
3	Andy Knight	Camb H	55.56	5
4	Lloyd Collier	Herne H	56.03	4
5	Greg Dunson	Barn	57.33	3
6	Richard Kemp	Abing	59.18	2
7	Gareth George	E&E	67.93	1

400 metres M35 B

1	Simon Ciaravella	Soton	57.41	7
2	Jeremy Pridmore	Dartf	58.85	6
3	Dave Wilcock	Barn	60.11	5
4	Wole Odele	Camb H	61.60	4
5	Paul Fernandez	Abing	62.74	3
6	Mark White	Herne H	67.26	2

400 metres M50

1	Anthony Noel	Camb H	54.14	7
2	Jon Tilt	Soton	55.20	6
3	Ty Holden	Barn	60.87	5
4	Terry Gibbs	Dartf	61.75	4
5	Tom Conlon	Herne H	63.83	3
6	Chris Bedford	Abing	71.31	2

800 metres M35 A

1	Craig Sharp	Dartf	2:05.2*	7
2	Andy Inglis	Camb H	2:06.3*	6
3	Lloyd Collier	Herne H	2:06.7*	5
4	Richard Kemp	Abing	2:12.3*	4
5	David Blackman	Soton	2:12.6*	3
6	Ed Price	Barn	2:14.1*	2
7	Gareth George	E&E	2:41.1*	1

800 metres M35 B

1	Nebojsa Jovanovic	Camb H	2:06.9*	7
2	James Bolton	Abing	2:08.9*	6
3	Andy Neatham	Barn	2:11.0*	5
4	Mike Read	Soton	2:13.7*	4
5	Andy Simms	Herne H	2:26.7*	3
6	Nick Varley	Dartf	2:27.8*	2

800 metres M50

1	Gary Ironmonger	Herne H	2:16.1*	7
2	Jon Grainger	Soton	2:16.3*	6
3	Tim Butler	Barn	2:20.7*	5
4	Mark Ashby	Camb H	2:20.7*	4
5	Tony Durey	Dartf	2:30.5*	3
6	Mark Lewy	Abing	2:31.2*	2

800 metres M60

1	Dave Wilcock	Barn	2:14.7*	7
2	Tim Carter	Camb H	2:34.0*	6
3	Mike Mann	Herne H	2:40.5*	5
4	James Wigmore	Abing	2:53.2*	4
5	Steve Roberts	Dartf	3:17.8*	3

1500 metres M35 A

1	Simon Coombes	Herne H	4:15.46	7
2	James Bolton	Abing	4:18.91	6
3	Craig Sharp	Dartf	4:22.92	5
4	Jim Bennett	Soton	4:24.08	4
5	James Gordon	Camb H	4:27.78	3
6	Andy Neatham	Barn	4:28.51	2

1500 metres M35 B

1	Paul Fernandez	Abing	4:26.42	7
2	Emyr Morgan	Soton	4:29.53	6
3	Keith Newton	Herne H	4:31.15	5
4	Andy Inglis	Camb H	4:38.62	4
5	Ed Price	Barn	4:40.38	3
6	Stuart Waterman	Dartf	4:45.48	2

1500 metres M50

1	Jon Grainger	Soton	4:50.90	7
2	Andy Kelleher	Barn	4:54.86	6
3	Graeme Moyse	Herne H	5:01.44	5
4	Mark Ashby	Camb H	5:04.24	4
5	Peter Ransom	Abing	5:05.87	3
6	Tim Orr	Dartf	5:30.48	2

3000 metres M35 A

1	Simon Coombes	Herne H	9:06.78	7
2	James Bolton	Abing	9:09.05	6
3	James Smith	Soton	9:21.17	5
4	James Gordon	Camb H	9:24.69	4
5	Adrian Mason	Barn	9:25.39	3
6	Stuart Waterman	Dartf	10:29.53	2
7	James Carter	E&E	10:56.71	1

3000 metres M35 B

1	Paul Fernandez	Abing	9:19.20	7
2	Andy Inglis	Camb H	9:50.47	6
3	Mike Boyle	Herne H	9:53.60	5
4	Steve Marcer	Soton	9:55.82	4
5	Tim Butler	Barn	10:16.35	3
6	Nick Varley	Dartf	10:48.29	2

3000 metres M50

1	Richard McCormick	Barn	9:43.64	7
2	Keith Newton	Herne H	10:02.70	6
3	Chris Bedford	Abing	10:47.22	5
4	Tony Durey	Dartf	10:53.73	4
5	Paul Johnson	Soton	11:09.92	3
6	Mark Cross	Camb H	11:13.51	2

3000 metres M60

1	Mike Mann	Herne H	11:14.15	7
2	Des Michael	Barn	11:18.00	6
3	Mick Ellsmore	Camb H	11:43.53	5
4	Thornton Greenland	Abing	14:19.22	4

2000 metres Walk M35

1	Chris Bedford	Abing	11:33.63	7
2	Costa Michael	Barn	11:43.26	6
3	Andy Simms	Herne H	13:48.94	5
4	John Corcoran	Camb H	13:56.92	4
5	Arthur Kimber	Dartf	16:41.94	3
6	Derek Warn	Soton	17:52.25	2

2000 metres Walk M50

1	Steve Allen	Barn	10:40.84	7
2	Valdis Pauzers	Herne H	10:51.29	6
3	John Murphy	Camb H	13:10.28	5
4	James Wigmore	Abing	13:33.03	4
5	Tim Orr	Dartf	15:01.16	3
6	Rod Davies	Soton	DQ	

4x100m Relay

1		Soton	48.82	7
2		Camb H	49.54	6
3		Dartf	50.91	5
4		Abing	52.44	4
5		Barn	DQ	

4x400m Relay

1		Soton	3:52.18	7
2		Dartf	3:56.84	6
3		Camb H	4:03.13	5
4		Abing	4:04.38	4
5		Barn	4:07.46	3

High Jump M35

1	Mark West	Soton	1.55	7
2	Dean Durant	Camb H	1.55	6
3	Tarzem Shokar	Dartf	1.50	5
4	Marc Juffkins	Abing	1.45	4
5	Peter Ilo	Barn	1.40	3
6	Akin Oyediran	Herne H	1.40	2

High Jump M50

1	Greg Dunson	Barn	1.65	7
2	Gary Capon	Dartf	1.60	6
3=	Pete Stepney	Abing	1.35	4.5
3=	Tom Conlon	Herne H	1.35	4.5
5	Paris Hunt	Camb H	1.35	3
6	Mike Coker	Soton	1.30	2

High Jump M60

1	David Blunt	E&E	1.40	7
2	Ron Jones	Abing	1.20	6
3	Roger Bruck	Barn	1.15	5
4	Steve Roberts	Dartf	1.10	4
5	Tim Carter	Camb H	NH	

Pole Vault M35

1	John Andrews	E&E	3.70	7
2	James Thompson	Abing	3.50	6
3	Derek Warn	Soton	2.80	5
4	Greg Dunson	Barn	2.50	4
5	Tarzem Shokar	Dartf	2.40	3
6	Wole Odele	Camb H	NH	

Pole Vault M50

1	David Blunt	E&E	3.00	7
2	Pete Stepney	Abing	2.40	6
3	Gary Capon	Dartf	2.40	5
4	Paris Hunt	Camb H	2.30	4
5	Bela Nagy	Barn	1.80	3
6	Mike Coker	Soton	1.70	2
7	Tom Conlon	Herne H	1.70	1

Long Jump M35

1	Dean Durant	Camb H	6.22	7
2	Mark West	Soton	5.46	6
3	Akin Oyediran	Herne H	5.28	5
4	Tarzem Shokar	Dartf	4.71	4
5	Marc Juffkins	Abing	4.63	3
6	John Andrews	E&E	4.48	2
7	Laurence Scheyvens	Barn	3.22	1

Long Jump M50

1	Peter Ilo	Barn	5.12	7
2	Gary Capon	Dartf	4.91	6
3	Pete Stepney	Abing	4.83	5
4	Mike Coker	Soton	4.62	4
5	Paris Hunt	Camb H	4.46	3
6	Tom Conlon	Herne H	4.36	2
7	David Blunt	E&E	4.07	1

Long Jump M60

1	Vic Novell	Soton	4.25	7
2	Bob Fraser	Herne H	4.00	6
3	Tim Carter	Camb H	3.91	5
4	Roger Bruck	Barn	3.46	4
5	Norman Rice	E&E	3.11	3
6	Steve Roberts	Dartf	2.93	2
7	James Wigmore	Abing	2.53	1

Triple Jump M35

1	Dean Durant	Camb H	12.03	7
2	Akin Oyediran	Herne H	11.91	6
3	Mark West	Soton	10.38	5
4	James Thompson	Abing	10.11	4
5	David Blunt	E&E	9.57	3
6	Jeremy Pridmore	Dartf	9.18	2
7	Tunde Apoola	Barn	NJ	

Triple Jump M50

1	Pete Stepney	Abing	10.22	7
2	Gary Capon	Dartf	9.85	6
3	Mike Coker	Soton	9.72	5
4	Peter Ilo	Barn	9.50	4
5	Paris Hunt	Camb H	8.31	3
6	Norman Rice	E&E	7.79	2

Shot M35

1	Andy Kruszenski	Camb H	11.19	7
2	Steve McCourt	Abing	10.19	6
3	Richard Nash	Dartf	9.20	5
4	Des Austin	Herne H	8.31	4
5	Peter Rice	Barn	7.92	3
6	Jim Bennett	Soton	6.49	2

Shot M50

1	Tony Tipping	Camb H	11.24	7
2	Steve Pomeroy	Abing	11.08	6
3	John Fenton	Dartf	11.08	5
4	Garry Power	Herne H	9.92	4
5	Ty Holden	Barn	8.62	3
6	Brian Harlick	E&E	7.20	2
7	Rod Davies	Soton	6.55	1

Shot M60

1	Ron Jones	Abing	9.84	7
2	Norman Rice	E&E	8.88	6
3	Trevor Bent	Dartf	8.07	5
4	Vic Novell	Soton	7.60	4
5	Andy Lea-Gerrard	Herne H	7.48	3
6	Bela Nagy	Barn	6.86	2

Discus M35

1	Andy Kruszenski	Camb H	39.02	7
2	Richard Nash	Dartf	31.28	6
3	Steve McCourt	Abing	30.27	5
4	Derek Warn	Soton	22.25	4
5	Des Austin	Herne H	19.03	3
6	Peter Rice	Barn	17.33	2

Discus M50

1	Garry Power	Herne H	41.89	7
2	Tony Tipping	Camb H	40.43	6
3	Steve Pomeroy	Abing	35.35	5
4	Ty Holden	Barn	24.29	4
5	Brian Harlick	E&E	23.76	3
6	Steve Hussey	Dartf	22.88	2
7	Jon Tilt	Soton	16.89	1

Hammer M35

1	Steve McCourt	Abing	31.63	7
2	Des Austin	Herne H	26.99	6
3	Richard Nash	Dartf	25.14	5
4	Derek Warn	Soton	23.43	4
5	Mick Bond	Camb H	19.13	3

Hammer M50

1	Tony Tipping	Camb H	44.94	7
2	Garry Power	Herne H	33.39	6
3	Steve Pomeroy	Abing	32.69	5
4	Steve Hussey	Dartf	26.82	4
5	Peter Rice	Barn	23.29	3
6	Rod Davies	Soton	13.76	2

Hammer M60

1	Chris Melliush	Camb H	30.87	7
2	Ron Jones	Abing	30.24	6
3	Trevor Bent	Dartf	22.65	5
4	Brian Harlick	E&E	21.64	4
5	Andy Leg-Gerrard	Herne H	21.62	3
6	Bela Nagy	Barn	13.46	2

Javelin M35

1	Richard Nash	Dartf	42.54	7
2	Dave Millard	Herne H	34.88	6
3	Marc Juffkins	Abing	30.79	5
4	Paris Hunt	Camb H	29.72	4
5	Mark West	Soton	28.41	3
6	Peter Rice	Barn	18.62	2

Javelin M50

1	John Fenton	Dartf	43.24	7
2	Gary Francis	Herne H	35.49	6
3	Tony Tipping	Camb H	33.98	5
4	Steve Pomeroy	Abing	32.84	4
5	Richard McCormick	Barn	22.65	3
6	Mike Coker	Soton	16.15	2

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

Ashford - Sunday 7 September 2014

Women's Match

1	Epsom & Ewell Harriers	264 pts
2	Cambridge Harriers	247 pts
3	Blackheath & Bromley	229 pts
4	Serpentine	208 pts
5	Herts Phoenix	124 pts

100 metres W35 A

1	Xanine Powell	Camb H	13.7*	7
2	Angela Bates	E&E	13.8*	6
3	Jackie Montgomery	B&B	15.0*	5
4	Kim Kingwell	Herts P	15.5*	4
5	Tolli Hickes	Serp	15.6*	3

100 metres W35 B

1	Julia Machin	E&E	14.1*	7
2	Jen Neal	B&B	15.3*	6
3	Carol-Ann Murray	Camb H	15.7*	5
4	Alison Nolan	Serp	16.2*	4
5	Avis Cowley	Herts P	16.7*	3

100 metres W50

1	Helen Godsell	B&B	14.7*	7
2	Sue Wisdom	E&E	15.2*	6
3	Catkin Shelley	Serp	15.5*	5
4	Joanne Murphy	Camb H	16.2*	4
5	Sarah Gaynor	Herts P	16.6*	3

200 metres W35 A

1	Xanine Powell	Camb H	28.5*	7
2	Angela Bates	E&E	29.7*	6
3	Jackie Montgomery	B&B	31.6*	5
4	Kim Kingwell	Herts P	32.0*	4
5	Tolli Hickes	Serp	32.4*	3

200 metres W35 B

1	Sally Parry	E&E	31.5*	7
2	Jen Neal	B&B	31.8*	6
3	Marie Heald	Herts P	32.8*	5
4	Alison Nolan	Serp	33.3*	4
5	Carol-Ann Murray	Camb H	33.4*	3

200 metres W50

1	Sue Wisdom	E&E	31.7*	7
2	Catkin Shelley	Serp	31.7*	6
3	Joanne Murphy	Camb H	32.8*	5
4	Sarah Gaynor	Herts P	33.9*	4
5	Anne Cilia	B&B	38.1*	3

200 metres W60

1	Helen Godsell	B&B	30.4*	7
2	Anne Nelson	E&E	34.4*	6
3	Avis Cowley	Herts P	35.1*	5
4	Ros Tabor	Camb H	36.3*	4
5	Hel James	Serp	37.3*	3

400 metres W35 A

1	Di Norman	E&E	60.49	7
2	Emily Gelder	Camb H	69.64	6
3	Jen Neal	B&B	70.34	5
4	Kim Kingwell	Herts P	71.30	4
5	Tolli Hickes	Serp	74.14	3

400 metres W35 B

1	Julia Machin	E&E	62.68	7
2	Cara Oliver	Camb H	70.82	6
3	Catherine Coley	Serp	73.17	5
4	Tracey Ashenden	B&B	84.34	4

400 metres W50

1	Catkin Shelley	Serp	71.26	7
2	Joanne Murphy	Camb H	75.68	6
3	Rosie Ferguson	B&B	77.92	5
4	Sarah Gaynor	Herts P	77.94	4
5	Sue Wisdom	E&E	79.31	3

800 metres W35 A

1	Di Norman	E&E	2:15.5*	7
2	Emily Gelder	Camb H	2:30.7*	6
3	Victoria Carter	Serp	2:31.6*	5
4	Jane Bradshaw	B&B	2:45.3*	4
5	Kim Kingwell	Herts P	2:49.8*	3

800 metres W35 B

1	Cara Oliver	Camb H	2:39.52	7
2	Jen Neal	B&B	2:44.19	6
3	Sally Parry	E&E	2:45.55	5
4	Martha McKenzie Minifie	Serp	2:53.05	4
5	Marie Heald	Herts P	2:54.70	3

800 metres W50

1	Clare Elms	Camb H	2:48.91	7
2	Jane Nodder	Serp	2:56.76	6
3	Jane Davies	E&E	2:57.93	5
4	Julie Simmons	Herts P	3:02.53	4
5	Cathy Messent	B&B	3:29.8*	3

800 metres W60

1	Ros Tabor	Camb H	2:58.39	7
2	Helen Godsell	B&B	3:12.91	6
3	Sue Boyman	E&E	3:22.08	5
4	Margaret Sills	Serp	3:54.37	4

1500 metres W35 A

1	Di Norman	E&E	5:12.58	7
2	Emily Gelder	Camb H	5:13.80	6
3	Victoria Carter	Serp	5:14.77	5
4	Jane Bradshaw	B&B	5:29.23	4
5	Julie Simmons	Herts P	6:05.61	3

1500 metres W35 B

1	Cara Oliver	Camb H	5:24.70	7
2	Cath Ferguson	Serp	5:28.54	6
3	Jen Neal	B&B	5:37.72	5
4	Vanda Caulfield	E&E	5:42.28	4

1500 metres W50

1	Clare Elms	Camb H	5:10.06	7
2	Rosie Ferguson	B&B	5:50.06	6
3	Jane Nodder	Serp	5:53.34	5
4	Jane Davies	E&E	6:00.97	4
5	Yvonne Jones	Herts P	6:15.06	3

3000 metres W35 A

1	Emily Gelder	Camb H	11:36.24	7
2	Di Norman	E&E	11:42.17	6
3	Cath Ferguson	Serp	11:44.17	5
4	Jane Bradshaw	B&B	11:48.78	4
5	Julie Simmons	Herts P	12:59.70	3

3000 metres W35 B

1	Vanda Caulfield	E&E	12:12.99	7
2	Claire Robinson	B&B	12:17.06	6
3	Martha McKenzie Minifie	Serp	13:02.77	5
4	Monica Whitefield	Camb H	13:42.02	4

3000 metres W50

1	Clare Elms	Camb H	11:11.87	7
2	Jane Nodder	Serp	12:12.48	6
3	Jane Davies	E&E	12:19.94	5
4	Rosie Ferguson	B&B	12:33.94	4
5	Yvonne Jones	Herts P	13:44.01	3

3000 metres W60

1	Ros Tabor	Camb H	12:36.19	7
2	Avril Riddell	Serp	13:06.39	6
3	Sue Boyman	E&E	15:11.75	5
4	Maz Turner	B&B	16:59.38	4

2000 metres Walk W35

1	Pam Rutherford	Serp	13:13.9*	7
2	Sue Boyman	E&E	13:22.0*	6
3	Cathy Messent	B&B	13:26.4*	5
4	Maria McDonald	Camb H	14:12.4*	4
5	Julie Simmons	Herts P	14:59.9*	3

2000 metres Walk W50

1	Anne Cilia	B&B	13:53.0*	7
2	Marianne Morris	Serp	14:10.3*	6
3	Liz Neville	E&E	14:20.1*	5
4	Maryse Ford	Camb H	14:43.2*	4
5	Margaret Carrier	Herts P	15:16.1*	3

4x100m Relay

1		E&E	57.23	7
2		Camb H	57.48	6
3		B&B	58.29	5
4		Serp	63.28	4
5		Herts P	64.97	3

4x400m Relay

1		E&E	4:27.68	7
2		Camb H	4:49.89	6
3		B&B	5:12.72	5
4		Serp	DQ	

High Jump W35

1	Julia Machin	E&E	1.65	7
2	Catherine Coley	Serp	1.30	6
3	Xanine Powell	Camb H	1.25	5
4	Claire Austridge	B&B	1.20	4

High Jump W50

1	Charmaine Johnson	E&E	1.40	7
2	Christine Bond	Camb H	1.35	6
3	Maureen Miller	B&B	1.15	5
4	Teri Griffith	Serp	1.05	4

High Jump W60

1	Helen Godsell	B&B	1.07	7
2	Avis Cowley	Herts P	1.07	6
3	Maria McDonald	Camb H	1.05	5
4	Hel James	Serp	1.05	4
5	Sue Dassie	E&E	1.03	3

Pole Vault W35

1	Jackie Montgomery	B&B	2.60	7
2	Julia Machin	E&E	1.90	6

Pole Vault W50

1	Christine Bond	Camb H	1.60	7
2	Anne Cilia	B&B	1.60	6
3	Teri Griffith	Serp	1.30	5

Long Jump W35

1	Di Norman	E&E	5.12	7
2	Xanine Powell	Camb H	4.19	6
3	Catherine Coley	Serp	4.17	5
4	Claire Austridge	B&B	3.58	4
5	Julie Simmons	Herts P	2.89	3

Long Jump W50

1	Jackie Montgomery	B&B	4.03	7
2	Joanne Murphy	Camb H	3.50	6
3	Anne Nelson	E&E	3.07	5
4	Hazel Paterson	Serp	2.86	4
5	Sarah Gaynor	Herts P	2.39	3

Long Jump W60

1	Helen Godsell	B&B	3.57	7
2	Avis Cowley	Herts P	3.11	6
3	Hel James	Serp	3.02	5
4	Sue Dassie	E&E	2.88	4
5	Maria McDonald	Camb H	2.42	3

Triple Jump W35

1	Julia Machin	E&E	10.34	7
2	Xanine Powell	Camb H	8.78	6

3	Catherine Coley	Serp	8.67	5
4	Claire Austridge	B&B	6.48	4
5	Margaret Carrier	Herts P	5.70	3

Triple Jump W50

1	Avis Cowley	Herts P	6.29	7
2	Sue Dassie	E&E	6.26	6
3	Anne Cilia	B&B	6.11	5
4	Ros Tabor	Camb H	5.32	4
5	Teri Griffith	Serp	4.18	3

Shot W35

1	Julia Machin	E&E	10.01	7
2	Tolli Hickes	Serp	8.20	6
3	Xanine Powell	Camb H	7.60	5
4	Maureen Miller	B&B	7.19	4

Shot W50

1	Charmaine Johnson	E&E	10.83	7
2	Helen Daniel	Camb H	7.98	6
3	Jackie Montgomery	B&B	6.30	5
4	Margaret Sills	Serp	5.80	4
5	Sally Gandee	Herts P	3.66	3

Shot W60

1	Liz Sissons	E&E	8.60	7
2	Barbara Terry	B&B	7.78	6
3	Margaret Carrier	Herts P	5.94	5
4	Jan Farmer	Serp	5.76	4
5	Glynis Penny	Camb H	5.66	3

Discus W35

1	Helen Daniel	Camb H	28.92	7
2	Wendy Dunsford	E&E	22.61	6
3	Mary Davies	Serp	17.43	5
4	Lisa May	B&B	13.74	4
5	Margaret Carrier	Herts P	10.84	3

Discus W50

1	Lynn Atkinson	Camb H	20.08	7
2	Liz Sissons	E&E	19.27	6
3	Barbara Terry	B&B	17.11	5
4	Jan Farmer	Serp	15.13	4
5	Sally Gandee	Herts P	7.97	3

Hammer W35

1	Mary Davies	Serp	21.57	7
2	Xanine Powell	Camb H	20.35	6
3	Sue Dassie	E&E	16.77	5
4	Jackie Montgomery	B&B	15.51	4

Hammer W50

1	Wendy Dunsford	E&E	29.62	7
2	Lynn Atkinson	Camb H	25.40	6
3	Sue Dowse	B&B	11.58	5
4	Margaret Sills	Serp	11.11	4
5	Sally Gandee	Herts P	9.34	3

Hammer W60

1	Jan Farmer	Serp	22.75	7
2	Liz Sissons	E&E	22.08	6
3	Margaret Carrier	Herts P	19.80	5
4	Barbara Terry	B&B	19.60	4
5	Pauline Boorman	Camb H	15.62	3

Javelin W35

1	Di Norman	E&E	32.37	7
2	Tolli Hickes	Serp	26.17	6
3	Emily Gelder	Camb H	18.09	5
4	Claire Austridge	B&B	8.77	4
5	Sally Gandee	Herts P	6.37	3

Javelin W50

1	Charmaine Johnson	E&E	24.91	7
2	Helen Daniel	Camb H	17.40	6
3	Barbara Terry	B&B	16.04	5
4	Margaret Carrier	Herts P	14.94	4
5	Hazel Paterson	Serp	14.39	3