

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

Portsmouth - Monday 28 April 2014

Men's Match

1	Southampton	122 pts
2	Aldershot, Farnham & District	108 pts
3	Basingstoke & Mid Hants	94.5 pts
4	Winchester & District	92.5 pts
5	Havant	62 pts
6	Fleet & Crookham	52 pts
7	City of Portsmouth	46 pts

100 metres M35 A

1	Steve Beak	M45 Soton	12.1	7
2	Darren Dods	M35 AFD	12.4	6
3	Steve Squires	M35 Havant	12.7	5
4	Ben Anderson	M35 Win	12.9	4
5	Michael Hawkes	M40 Ports	13.4	3
6	Graham Cooper	M50 BMH	13.7	2
7	John Dickinson	M50 Fleet	14.4	1

100 metres M35 B

1	Dan Tomlinson	M40 AFD	13.0	7
2	Simon Ciaravella	M40 Soton	13.0	6
3	Nick Ambler	M35 Win	15.3	5
4	Graham Kent	M60 BMH	15.6	4

100 metres M50

1	Jon Tilt	M50 Soton	12.9	7
2	Ray Watkins	M60 BMH	13.2	6
3	Allan Leiper	M50 AFD	13.4	5
4	Andy Smerdon	M50 Fleet	13.4	4
5	Martin Phillips	M55 Ports	13.9	3
6	Henry Hopkins	M55 Win	14.6	2
7	Ed Warhurst	M50 Havant	15.0	1

100 metres Non-Scoring

1	Elias Mtshweni	M50 Win, gst	13.7
2	Victor Novell	M65 Soton, gst	14.2
3	John Gore	M50 Win, gst	14.9
4	Mike Smears	M65 Soton, gst	17.1
5	Colin Sheppard	M75 BMH, gst	19.7

400 metres M35 A

1	Steve Beak	M45 Soton	55.2	7
2	Darren Dods	M35 AFD	59.3	6
3	Andy Parkinson	M45 Win	60.3	5
4	Marc Soane	M35 BMH	61.6	4
5	John Dickinson	M50 Fleet	70.3	3

400 metres M35 B

1	Simon Ciaravella	M40 Soton	56.6	7
2	Dan White	M40 Win	58.8	6
3	Nick Jacobs	M40 AFD	59.9	5
4	Graham Cooper	M50 BMH	62.4	4
5	Ben O'Connor	M40 Fleet	64.5	3

400 metres M50

1	Jon Tilt	M50 Soton	56.8	7
2	Ray Watkins	M60 BMH	57.9	6
3	Andy Smerdon	M50 Fleet	62.2	5
4	Martin Phillips	M55 Ports	64.5	4
5	Henry Hopkins	M55 Win	64.9	3
6	Paul Roker	M60 AFD	67.9	2
7	Jes Dickin	M50 Havant	75.0	1

400 metres Non-Scoring

1	Paul Yarham	M35 Win, gst	61.0
2	Malcolm Hargreaves	M50 Ports, gst	63.8
3	Patrick Symington	M55 BMH, gst	64.4
4	Ed Connolly	M60 Soton, gst	65.7
5	John Gore	M50 Win, gst	67.3
6	Graham Kent	M60 BMH, gst	73.4
7	Mike Smears	M65 Soton, gst	81.8

1500 metres M35 A

1	Andy Morgan-Lee	M45 Soton	4:17.1	7
2	Darren Symes	M45 AFD	4:20.6	6
3	Robin Ward	M35 Ports	4:26.9	5
4	Martin Mannion	M45 Win	4:39.1	4
5	Jim Garland	M45 Havant	4:43.3	3
6	Steve Jeffery	M45 BMH	4:49.9	2
7	Mickael Hegesippe	M40 Fleet	5:20.6	1

1500 metres M35 B

1	Jon Hamblen	M35 AFD	4:30.2	7
2	David Blackman	M45 Soton	4:32.6	6
3	Tad Dicker	M45 AFD, gst	4:34.6	
4	Nialls Davies	M35 Ports	4:36.7	5
5	Chris Jack	M40 Havant	4:47.0	4
6	Marc Soane	M35 BMH	4:53.8	3
7	Mike Davies	M50 Win	5:02.0	2

1500 metres M50

1	Jon Grainger	M50 Soton	4:34.2	7
2	Tim Ellis	M50 BMH	4:52.3	6
3	David Vossler	M50 Win	4:57.9	5
4	Mike Harper	M50 Havant	5:11.0	4
5	Mark Hargreaves	M55 Ports	5:16.2	3
6	Jon Capel	M50 Fleet	5:31.8	2

1500 metres M60

1	Martyn West	M60 Win	5:20.9	7
2	Reg Ball	M60 Ports	5:27.2	6
3	Don Powell	M60 BMH	5:41.9	5
4	Peter Staunton	M60 Soton	5:43.2	4

1500 metres Non-Scoring

1	Paul Mitchinson	M30 Havant, gst	4:31.4
2	James Smith	M40 Soton, gst	4:33.1
3	Michael Read	M35 Soton, gst	4:35.3
4	Mark Champion	M40 Ports, gst	4:38.3
5	Nick Jacobs	M40 AFD, gst	4:41.6
6	Steve Marcer	M35 Soton, gst	4:44.2
7	Richard Batchelor	M35 AFD, gst	4:54.0
8	Stephen Davy	M40 Havant, gst	5:08.9
9	Brendan Cottrell	M40 AFD, gst	5:13.4
10	Richard Guy Smith	M35 AFD, gst	5:14.3
11	Martin Williams	M50 Ports, gst	5:15.8
12	Andrew Hislop	M45 AFD, gst	5:22.4
13	Paul Johnson	M50 Soton, gst	5:23.9
14	John Gore	M50 Win, gst	5:27.8
15	Steve Oliver	M50 Win, gst	5:34.0
16	Steve Fisher	M45 BMH, gst	5:41.2
17	Jes Dickin	M50 Havant, gst	5:49.3
18	Pete Row	M50 Vict, gst	6:59.5

2000 metres Walk M35

1	Steve Fisher	M45 BMH	12:22.9	7
2	John Gore	M50 Win	12:49.7	6
3	Pete Spencer	M65 Havant	14:16.5	5
4	David McAdam	M45 AFD	21:24.6	4

2000 metres Walk M50

1	Don Powell	M60 BMH	12:26.1	7
2	Roger Osgood	M70 Havant	12:37.1	6
3	Peter Grigoleit	M50 BMH, gst	14:27.3	
4	Rod Davies	M55 Soton	15:57.4	5
5	Steve Oliver	M50 Win	15:58.5	4

4x100m Relay

1	AFD	50.4	7
2	Soton	52.4	6
3	BMH	54.6	5
4	Win	55.0	4
5	Fleet	57.4	3
6	Havant	60.0	2

High Jump M35

1	Ian Bridgeman	M40 AFD	1.60	7
2=	Ben Anderson	M35 Win	1.55	5.5
2=	Geoff Butler	M45 BMH	1.55	5.5
4	Steve Squires	M35 Havant	1.45	4
5	Jon Capel	M50 Fleet	1.40	3
6	Derek Warn	M45 Soton	1.30	2

High Jump M50

1	Allan Leiper	M50 AFD	1.45	7
2	Andy Smerdon	M50 Fleet	1.35	6
3	Mike Coker	M55 Soton	1.35	5
4	Patrick Symington	M55 BMH	1.35	4
5	David Vosser	M50 Win	1.30	3
6	Greg Roulston	M55 Havant	1.10	2

Long Jump M35

1	Darren Dods	M35 AFD	5.71	7
2	Paul Mitchinson	M30 Havant, gst	5.12	
3	Ben Anderson	M35 Win, gst	5.06	
4	Steve Squires	M35 Havant	4.56	6
5	Steve Beak	M45 Soton	4.50	5
6	Geoff Butler	M45 BMH	4.45	4
7	Andy Parkinson	M45 Win	4.38	3
8	Ben O'Connor	M40 Fleet	4.31	2

Long Jump M50

1	Mike Coker	M55 Soton	4.47	7
2	Patrick Symington	M55 BMH	4.42	6
3	Allan Leiper	M50 AFD	4.34	5
4	Henry Hopkins	M55 Win	4.10	4
5	Martin Phillips	M55 Ports	4.07	3
6	Andy Smerdon	M50 Fleet	4.02	2
7	Tony Parks	M55 Havant	3.75	1

Long Jump M60

1	Paul Roker	M60 AFD	4.22	7
2	Victor Novell	M65 Soton	3.81	6
3	David Haines	M70 Fleet	3.34	5
4	Colin Sheppard	M75 BMH	2.92	4
5	Martyn West	M60 Win	2.27	3

Shot M35

1	Garry Newton	M35 Soton	13.62	7
2	Tim Brown	M35 Havant	10.48	6
3	Darren Dods	M35 AFD	10.00	5
4	Brian Ray	M40 Havant, gst	9.89	
5	Ben Anderson	M35 Win	8.72	4
6	Geoff Butler	M45 BMH	7.97	3
7	Ben O'Connor	M40 Fleet	7.40	2
8	Mike Reddick	M70 Ports	5.79	1

Shot M50

1	Allan Leiper	M50 AFD	12.09	7
2	Garry Negus	M70 Ports	9.35	6
3	John Dickinson	M50 Fleet	7.70	5
4	Elias Mtshweni	M50 Win	7.43	4
5	Pete Spencer	M65 Havant	6.78	3
6	Ray Gartland	M50 BMH	6.62	2
7	Rod Davies	M55 Soton	6.61	1

Hammer M35

1	Garry Newton	M35 Soton	35.52	7
2	Tim Brown	M35 Havant	32.97	6
3	Garry Negus	M70 Ports	24.39	5
4	Geoff Butler	M45 BMH	19.62	4
5	Darren Dods	M35 AFD	19.57	3
6	Ben Anderson	M35 Win	18.88	2
7	Jon Capel	M50 Fleet	9.32	1

Hammer M50

1	Charles Scouller	M50 Win	23.07	7
2	Nick Bryant	M55 Soton	20.93	6
3	Allan Leiper	M50 AFD	20.58	5
4	Andy Smerdon	M50 Fleet	19.60	4
5	Pete Spencer	M65 Havant	15.03	3
6	Mike Reddick	M70 Ports	14.71	2
7	Ray Gartland	M50 BMH	14.13	1

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Portsmouth - Monday 28 April 2014

Women's Match

1	Winchester & District	106 pts
2	Basingstoke & Mid Hants	102.5 pts
3	City of Portsmouth	87 pts
4	Havant	85 pts
5	Aldershot, Farnham & District	73 pts
6	Southampton	61.5 pts

100 metres W35 A

1	Kathryn Miles	W40 Win	14.3	7
2	Nina Ellis	W40 AFD	15.4	6
3	Claudia Cubbage	W40 Ports	15.9	5
4	Jo Gilholm	W40 Havant	16.0	4
5	Sarah Lewis	W35 BMH	16.0	3
6	Tracey Jones	W45 Soton	18.0	2

100 metres W35 B

1	Sue Van Vuuren	W40 Win	14.8	7
2	Linda Van Der Wel	W40 BMH	16.3	6
3	Karen McGovern	W45 AFD	17.0	5
4	Vicky Bright	W50 Soton	17.4	4
5	Barbara Osborne	W45 Ports	17.9	3
6	Cath Row	W45 Havant	19.2	2

100 metres W50

1	Sara Macdonald-Gray	W50 Soton	15.2	7
2	Maira West	W65 Win	15.5	6
3	Tracey Grigoleit	W50 BMH	17.3	5
4	Ann Wood	W60 Havant	17.9	4
5	Nick Walshe	W50 BMH, gst	18.9	

400 metres W35 A

1	Becky Crisp	W40 BMH	66.6	7
2	Sue True	W35 Win	68.1	6
3	Emma Montiel	W35 Ports	68.4	5
4	Jo Gilholm	W40 Havant	75.9	4
5	Nina Ellis	W40 AFD	78.4	3
6	Tracey Jones	W45 Soton	89.2	2

400 metres W35 B

1	Lucy Elliott	W45 Win	73.5	7
2	Sian Hawkes	W40 Ports	73.6	6
3	Linda Van Der Wel	W40 BMH	74.9	5
4	Karen McGovern	W45 AFD	76.4	4
5	Di Byrne	W45 Havant	85.4	3
6	Vicky Bright	W50 Soton	90.5	2

400 metres W50

1	Sara Macdonald-Gray	W50 Soton	83.8	7
2	Tracey Grigoleit	W50 BMH	84.4	6
3	Jane Georghiou	W60 Ports	91.5	5
4	Viv Walters	W50 BMH, gst	98.1	
5	Ann Wood	W60 Havant	99.1	4

1500 metres W35 A

1	Emma Montiel	W35 Ports	5:14.8	7
2	Lucy Elliott	W45 Win	5:21.3	6
3	Angela Goodwin	W35 BMH	5:37.1	5
4	Jo Gilholm	W40 Havant	5:42.0	4
5	Cathy Stewart	W45 AFD	6:01.0	3

1500 metres W35 B

1	Sian Hawkes	W40 Ports	5:35.9	7
2	Victoria Sadler	W35 Farn, gst	5:43.0	
3	Emma Carter	W40 Win	5:54.6	6
4	Katie Carew-Robinson	W35 Ports, gst	5:56.2	
5	Di Byrne	W45 Havant	5:59.2	5
6	Caroline Partner	W35 BMH	6:08.2	4
7	Verity Snook	W40 AFD	6:38.6	3

1500 metres W50

1	Jane Georghiou	W60 Ports	6:23.1	7
2	Nick Walshe	W50 BMH	6:36.7	6
3	Carrie Oliver	W50 Win	6:43.6	5

1500 metres W60

1	Liz Sandall-Ball	W60 Win	6:57.5	7
2	Marilyn Crocker	W65 Havant	7:33.7	6

2000 metres Walk W35

1	Sue Davies	W45 AFD	11:44.0	7
2	Cath Row	W45 Havant	13:38.7	6
3	Rachel Thornewill	W55 Ports	15:34.2	5
4	Liz Furness	W40 BMH	17:13.5	4

2000 metres Walk W50

1	Carrie Oliver	W50 Win	14:24.8	7
2	Brenda Whitby	W60 Ports	14:30.9	6
3	Roz Hutton	W65 Soton	14:53.1	5
4	Marilyn Crocker	W65 Havant	16:52.3	4
5	Viv Walters	W50 BMH	16:52.6	3

4x100m Relay

1		BMH	61.6	7
2		Win	62.4	6
3		AFD	70.8	5
4		Havant	71.4	4
5		Ports	73.1	3

High Jump W35

1	Claudia Cubbage	W40 Ports	1.40	7
2	Maria Henry	W35 BMH	1.30	6
3	Cath Row	W45 Havant	1.10	5
4	Karen McGovern	W45 AFD	0.95	4

High Jump W50

1	Alison Fenwick	W50 Win	1.10	7
2=	Vicky Bright	W50 Soton	1.00	5.5
2=	Tracey Grigoleit	W50 BMH	1.00	5.5
4	Ann Wood	W60 Havant	NH	

High Jump W60

1	Moir West	W65 Win	1.00	7
2	Kirsten Workman	W60 AFD	0.95	6
3	Marilyn Crocker	W65 Havant	0.95	5

Triple Jump W35

1	Claudia Cubbage	W40 Ports	8.85	7
2	Sue True	W35 Win	7.95	6
3	Maria Henry	W35 BMH	7.95	5
4	Verity Snook	W40 AFD	7.09	4
5	Tracey Jones	W45 Soton	6.60	3
6	Cath Row	W45 Havant	5.85	2

Triple Jump W50

1	Alison Fenwick	W50 Win	8.08	7
2	Sara Macdonald-Gray	W50 Soton	6.75	6
3	Sue Pett	W60 BMH	6.31	5
4	Kirsten Workman	W60 AFD	5.76	4
5	Marilyn Crocker	W65 Havant	5.13	3

Hammer W35

1	Ros Stansbury	W35 Ports	40.52	7
2	Sara Macdonald-Gray	W50 Soton	17.87	6
3	Cathy Stewart	W45 AFD	16.93	5
4	Maria Henry	W35 BMH	16.49	4
5	Lyn Lintern	W60 Havant	13.90	3

Hammer W50

1	Chris Strode	W55 Havant	27.42	7
2	Roz Hutton	W65 Soton	26.77	6
3	Sue Hume	W55 Win	21.65	5
4	Sue Pett	W60 BMH	18.86	4
5	Kirsten Workman	W60 AFD	18.60	3
6	Iris Mitchell	W70 Havant, gst	15.63	

Javelin W35

1	Helen Lockyer	W45 Ports	22.73	7
2	Maria Henry	W35 BMH	21.48	6
3	Karon Curnow	W45 Havant	17.18	5
4	Cathy Stewart	W45 AFD	10.26	4
5	Tracey Jones	W45 Soton	9.96	3

Javelin W50

1	Kirsten Workman	W60 AFD	21.25	7
2	Sue Pett	W60 BMH	14.81	6
3	Lyn Lintern	W60 Havant	13.78	5
4	Sue Hume	W55 Win	9.93	4
5	Sara Macdonald-Gray	W50 Soton	8.66	3
6	Iris Mitchell	W70 Havant, gst	8.61	