

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

Ashford - Sunday 1 September 2019

Men's Match

1	Tonbridge	Ton	238 pts
2	Southampton	Soton	217 pts
3	Ilford	Ilf	207 pts
4	Epsom & Ewell Harriers	E&E	201 pts
5	Herne Hill Harriers	Herne H	176 pts
6	Dartford	Dartf	166 pts

100 metres M35 A

1	Mark Collins	M45 Soton	12.05	7
2	Mark McAllister	M45 Ton	12.28	6
3	Sam Malekout	M35 Ilf	12.60	5
4	Michael Tay	M35 Herne H	12.87	4
5	Phil Mackie	M35 E&E	13.13	3
6	Richard Nash	M40 Dartf	14.18	2

(Wind: -1.6m/sec)

100 metres M35 B

1	Paul Grange	M40 Ilf	12.23	7
2	Sean Connerton	M35 Soton	12.71	6
3	Stuart Medlen	M40 Ton	13.17	5
4	Paul Marriott	M55 Herne H	13.78	4
5	Joe Quigley	M45 E&E	14.16	3
6	Terry Gibbs	M55 Dartf	14.54	2

(Wind: +0.5m/sec)

100 metres M50

1	Steve Beak	M55 Soton	12.76	7
2	Dion Panambalana	M55 Herne H	13.66	6
3	Adam Garel	M55 E&E	13.74	5
4	Henry Ricketts	M50 Ilf	13.81	4
5	Colin Bates	M55 Dartf	14.03	3
6	Steve Brooks	M50 Ton	14.24	2

100 metres M60

1	Dave Crouch	M65 E&E	14.67	7
2	Allan Long	M75 Herne H	14.75	6
3	Brian Buckwell	M65 Ton	15.53	5
4	Roger Honey	M60 Ilf	16.21	4
5	Sid Delara	M60 Soton	16.27	3
6	Tim Orr	M60 Dartf	17.57	2

200 metres M35 A

1	Steve Tester	M35 Ton	23.94	7
2	Mark Collins	M45 Soton	24.53	6
3	Sam Malekout	M35 Ilf	25.05	5
4	Michael Tay	M35 Herne H	26.10	4
5	Phil Mackie	M35 E&E	26.23	3
6	Richard Brooks	M45 Dartf	26.28	2

200 metres M35 B

1	Paul Grange	M40 Ilf	24.60	7
2	Mark McAllister	M45 Ton	25.20	6
3	Chris Ryans	M35 E&E	26.32	5
4	Stuart McNally	M40 Dartf	26.68	4
5	Sean Connerton	M35 Soton	27.53	3
6	Paul Marriott	M55 Herne H	29.18	2

200 metres M50

1	Steve Beak	M55 Soton	26.54	7
2	Richard Weekes	M50 E&E	27.55	6
3	Dion Panambalana	M55 Herne H	28.66	5
4	Henry Ricketts	M50 Ilf	29.38	4
5	Steve Brooks	M50 Ton	29.57	3
6	Terry Gibbs	M55 Dartf	30.36	2

400 metres M35 A

1	Paul Grange	M40 Ilf	52.22	7
2	Steve Tester	M35 Ton	52.57	6
3	Wayne Lashley	M35 Herne H	55.45	5
4	Stuart McNally	M40 Dartf	56.61	4
5	Chris Ryans	M35 E&E	57.57	3
6	Simon Ciaravella	M45 Soton	58.71	2

400 metres M35 B

1	Tom Gardner	M35 Ilf	59.10	7
2	Adam Roeder	M35 Ton	59.52	6
3	Phil Mackie	M35 E&E	62.03	5
4	Dan Hallam	M40 Herne H	62.21	4
5	Stuart Waterman	M40 Dartf	63.74	3
6	Sean Connerton	M35 Soton	65.96	2

400 metres M50

1	Jon Tilt	M55 Soton	60.52	7
2	Colin Bates	M55 Dartf	61.33	6
3	Ben Reynolds	M55 Ton	62.72	5
4	Cliff Warren	M55 Ilf	65.17	4
5	Glen Keegan	M55 Herne H	70.36	3
6	Gareth George	M50 E&E	71.41	2

400 metres M60

1	Brian Buckwell	M65 Ton	68.83	7
2	Sid Delara	M60 Soton	70.26	6
3	David Butler	M60 Ilf	73.44	5
4	Dave Crouch	M65 E&E	75.23	4
5	Valdis Pauzers	M65 Herne H	75.99	3
6	Tim Orr	M60 Dartf	84.64	2

800 metres M35 A

1	Paul Grange	M40 Ilf	2:02.65	7
2	Steve Tester	M35 Ton	2:04.54	6
3	Wayne Lashley	M35 Herne H	2:05.72	5
4	Stuart McNally	M40 Dartf	2:08.02	4
5	Marco Gazzelloni	M40 E&E	2:09.38	3
6	Jim Bennett	M45 Soton	2:23.62	2

800 metres M35 B

1	Tom Gardner	M35 Ilf	2:09.18	7
2	Chris Ryans	M35 E&E	2:11.54	6
3	Adam Roeder	M35 Ton	2:11.67	5
4	Jon Key	M45 Herne H	2:13.09	4
5	Kit Lau	M35 Soton	2:16.68	3
6	Jon Kennedy	M40 Dartf	2:21.69	2

800 metres M50

1	Andy Howey	M55 Ton	2:20.89	7
2	Daniel Johnson	M50 E&E	2:21.39	6
3	Colin Bates	M55 Dartf	2:21.69	5
4	Andy Morgan-Lee	M50 Soton	2:25.18	4
5	Robert Nagorski	M55 Herne H	2:47.81	3
6	Rob Sargent	M65 Ilf	3:32.35	2

1500 metres M35 A, M35 B

1	Mike Cummings	M35 Herne H	4:10.68	7	A
2	Simon Coombes	M45 Herne H	4:13.93	7	B
3	Dan Madams	M45 Ton	4:32.86	6	A
4	Marco Gazzelloni	M40 E&E	4:33.98	5	A
5	Jon Kennedy	M40 Dartf	4:38.66	4	A
6	Andrew Lewis	M35 Soton	4:39.93	3	A
7	Malcolm Muir	M45 Ilf	4:40.78	2	A
8	Neil Henderson	M40 E&E	4:40.99	6	B
9	Kit Lau	M35 Soton	4:41.88	5	B
10	James Beeston	M45 Ton	4:44.43	4	B
11	Sebastian Parris	M35 Ilf	4:50.68	3	B
12	Reuben Burford	M45 Dartf	4:52.89	2	B

1500 metres M50, M60

1	Phil Coleman	M55	Ton	4:47.75	7	M50
2	Gary Ironmonger	M55	Herne H	4:48.83	6	M50
3	Andy Morgan-Lee	M50	Soton	4:51.88	5	M50
4	Daniel Johnson	M50	E&E	4:55.59	4	M50
5	Mark Champion	M50	Dartf	4:58.43	3	M50
6	Simon Bean	M60	E&E	4:59.21	7	M60
7	David Butler	M60	Ilf	5:09.27	6	M60
8	Alan Buckle	M60	Ton	5:17.79	5	M60
9	Rohan Alexander	M50	Ilf	5:20.40	2	M50
10	Noel O'Dowd	M60	Soton	5:22.24	4	M60
11	Valdis Pauzers	M65	Herne H	6:07.81	3	M60
12	Tim Orr	M60	Dartf	6:26.36	2	M60

3000 metres M35 A, M35 B, M50

1	Matthew Ridsen	M35	Soton	9:13.27	7	A
2	Simon Coombes	M45	Herne H	9:14.49	6	A
3	Tom Gardner	M35	Ilf	9:16.47	5	A
4	Raj Paranandi	M40	Herne H	9:30.63	7	B
5	Ben Reynolds	M55	Ton	9:44.92	7	M50
6	Chris Biddle	M35	Dartf	9:46.78	4	A
7	Dan Madams	M45	Ton	9:48.48	3	A
8	Marco Gazzelloni	M40	E&E	9:48.56	2	A
9	Malcolm Muir	M45	Ilf	9:53.05	6	B
10	Andrew Lewis	M35	Soton	9:56.77	5	B
11	Neil Henderson	M40	E&E	10:05.43	4	B
12	Andrew Weir	M50	Herne H	10:06.81	6	M50
13	Rob Bentley	M50	Soton	10:09.32	5	M50
14	Simon Bean	M60	E&E	10:42.23	4	M50
15	Joseph Watts	M35	Ton	10:46.66	3	B
16	Mark Champion	M50	Dartf	10:57.53	3	M50
17	David Butler	M60	Ilf	11:06.46	2	M50
18	Paul Dawes	M45	Dartf	11:19.80	2	B

2000 metres Walk M35, M50

1	Sebastian Parris	M35	Ilf	10:44.61	7	M35
2	Valdis Pauzers	M65	Herne H	11:13.33	6	M35
3	Andy Howey	M55	Ton	11:18.09	7	M50
4	Bill Arbury	M50	E&E	11:34.79	6	M50
5	John Ridge	M45	Ton	11:47.71	5	M35
6	Neil Henderson	M40	E&E	11:51.78	4	M35
7	Stuart Bennett	M60	Ilf	11:52.16	5	M50
8	John MacInnes	M55	Soton	11:53.15	4	M50
9	Wayne Vincent	M55	Soton	12:37.08	3	M35
10	Glen Keegan	M55	Herne H	13:33.50	3	M50
11	Mark Champion	M50	Dartf	14:08.09	2	M50
12	Jon Kennedy	M40	Dartf	15:30.72	2	M35

4x100m Relay

1		Ton	48.85	7
2		Soton	51.20	6
3		Ilf	52.78	5
4		E&E	56.33	4
5		Dartf	57.46	3
6		Herne H	58.51	2

4x400m Relay

1		Ilf	3:55.07	7
2		E&E	4:02.09	6
3		Ton	4:03.90	5
4		Dartf	4:04.63	4
5		Soton	4:05.88	3
6		Herne H	4:09.00	2

High Jump M35

1	Brian Thompson	M40	Soton	1.60	7
2	Sam Malekout	M35	Ilf	1.55	6
3	Phil Mackie	M35	E&E	1.55	5
4	John Ridge	M45	Ton	1.45	4
5	Richard Nash	M40	Dartf	1.30	3
6	Dan Hallam	M40	Herne H	1.25	2

High Jump M50

1	Gary Capon	M55	Dartf	1.50	7
2	Paul Marriott	M55	Herne H	1.45	6
3	Mark Pitcairn-Knowles	M50	Ton	1.35	5
4	Henry Ricketts	M50	Ilf	1.35	4
5	Andy Morgan-Lee	M50	Soton	1.25	3
6	John Andrews	M55	E&E	1.15	2

High Jump M60

1	Dave Blunt	M65	E&E	1.40	7
2	Pete Ebbage	M60	Ton	1.25	6
3	Michael Coker	M60	Soton	1.25	5
4	Garth Francis	M60	Herne H	1.20	4
5	Roger Honey	M60	Ilf	1.15	3
6	Tim Orr	M60	Dartf	NM	

Pole Vault M35

1	John Andrews	M55	E&E	3.30	7
2	Ian Crawley	M55	Ton	3.00	6
3	Richard Nash	M40	Dartf	2.80	5
4	Brian Thompson	M40	Soton	2.60	4
5	Sam Malekout	M35	Ilf	2.20	3

Pole Vault M50

1	Derek Warn	M50	Soton	2.90	7
2	Dave Blunt	M65	E&E	2.90	6
3	Pete Ebbage	M60	Ton	2.50	5
4	Gary Capon	M55	Dartf	2.40	4
5	Roger Honey	M60	Ilf	1.60	3

Long Jump M35

1	Brian Thompson	M40	Soton	5.28	7
2	Mark McAllister	M45	Ton	5.06	6
3	Henry Ricketts	M50	Ilf	4.86	5
4	Richard Nash	M40	Dartf	4.82	4
5	Richard Weekes	M50	E&E	4.50	3
6	Paul Marriott	M55	Herne H	4.40	2

Long Jump M50

1	Ian Crawley	M55	Ton	4.70	7
2	Cliff Warren	M55	Ilf	4.67	6
3	Gary Capon	M55	Dartf	4.64	5
4	Derek Warn	M50	Soton	4.59	4
5	John Andrews	M55	E&E	3.91	3
6	Dion Panambalana	M55	Herne H	3.87	2

Long Jump M60

1	Dave Blunt	M65	E&E	4.27	7
2	Michael Coker	M60	Soton	4.09	6
3	Allan Long	M75	Herne H	3.92	5
4	Roger Honey	M60	Ilf	3.65	4
5	Brian Buckwell	M65	Ton	3.53	3
6	Tim Orr	M60	Dartf	2.93	2

Triple Jump M35

1	Steve Tester	M35	Ton	11.11	7
2	Brian Thompson	M40	Soton	10.95	6
3	Richard Nash	M40	Dartf	9.69	5
4	Dan Hallam	M40	Herne H	9.09	4
5	Henry Ricketts	M50	Ilf	8.95	3
6	Richard Weekes	M50	E&E	8.92	2

Triple Jump M50

1	Gary Capon	M55	Dartf	10.05	7
2	Cliff Warren	M55	Ilf	9.57	6
3	Paul Marriott	M55	Herne H	9.52	5
4	Steve Beak	M55	Soton	9.40	4
5	John Andrews	M55	E&E	8.95	3
6	Mark Pitcairn-Knowles	M50	Ton	8.29	2

Shot M35

1	Graham Lay	M40	Soton	12.71	7
2	Mark White	M45	Ton	8.56	6
3	Sam Malekout	M35	Ilf	8.55	5
4	Scott Harvey	M45	Dartf	8.16	4
5	Joe Quigley	M45	E&E	7.42	3

Shot M50

1	Ian Crawley	M55 Ton	9.42	7
2	Henry Ricketts	M50 Ilf	8.42	6
3	Derek Warn	M50 Soton	8.27	5
4	Des Austin	M55 Herne H	8.18	4
5	Stephen Talbot	M50 Dartf	7.27	3
6	John Sherrington	M50 E&E	6.41	2

Shot M60

1	Nick Barton	M60 E&E	11.86	7
2	John Fenton	M60 Dartf	11.72	6
3	Chris Carden	M60 Herne H	9.32	5
4	Pete Ebbage	M60 Ton	9.20	4
5	Michael Coker	M60 Soton	8.99	3
6	Roger Honey	M60 Ilf	7.93	2

Discus M35

1	Graham Lay	M40 Soton	32.45	7
2	Richard Nash	M40 Dartf	29.86	6
3	Sam Malekout	M35 Ilf	27.80	5
4	Mark White	M45 Ton	24.51	4
5	Garth Francis	M60 Herne H	18.76	3
6	Dave Blunt	M65 E&E	11.55	2

Discus M50

1	Nick Barton	M60 E&E	34.22	7
2	Ian Crawley	M55 Ton	29.22	6
3	Des Austin	M55 Herne H	26.78	5
4	Derek Warn	M50 Soton	26.17	4
5	Henry Ricketts	M50 Ilf	26.12	3
6	Stephen Talbot	M50 Dartf	25.56	2

Hammer M35

1	Scott Harvey	M45 Dartf	30.63	7
2	Graham Lay	M40 Soton	25.84	6
3	David Harcourt	M35 Ton	20.32	5
4	Joe Quigley	M45 E&E	19.98	4
5	Pete Whiting	M55 Ilf	14.72	3

Hammer M50

1	Nick Barton	M60 E&E	33.11	7
2	Stephen Talbot	M50 Dartf	30.40	6
3	Des Austin	M55 Herne H	29.40	5
4	Pete Ebbage	M60 Ton	25.45	4
5	Derek Warn	M50 Soton	20.73	3
6	Roger Honey	M60 Ilf	18.62	2

Javelin M35

1	Graham Lay	M40 Soton	42.49	7
2	Sam Malekout	M35 Ilf	40.80	6
3	Richard Nash	M40 Dartf	40.25	5
4	Mark White	M45 Ton	37.23	4
5	Joe Quigley	M45 E&E	23.17	3
6	Des Austin	M55 Herne H	18.61	2

Javelin M50

1	Ian Crawley	M55 Ton	31.53	7
2	Garth Francis	M60 Herne H	29.64	6
3	Gordon Westley	M50 Soton	27.43	5
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

Javelin M60

1	John Fenton	M60 Dartf	44.37	7
2	Nick Barton	M60 E&E	34.08	6
3	Pete Ebbage	M60 Ton	30.42	5
4	Roger Honey	M60 Ilf	23.12	4
5	Chris Carden	M60 Herne H	19.62	3
6	Sid Delara	M60 Soton	10.14	2

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Women's Match

1	Tonbridge	Ton	261 pts
2	Southampton	Soton	210 pts
3	Dartford Harriers	Dartf	191 pts
4	Epsom & Ewell Harriers	E&E	188 pts
5	London Heathside	Lon Hth	172 pts
6	Herne Hill Harriers	Herne H	153 pts

100 metres W35 A

1	Lisa Boland	W35 E&E	13.14	7
2	Emily Fry	W35 Soton	13.30	6
3	Carla Caswell	W35 Ton	13.83	5
4	Emily Reichert	W35 Lon Hth	14.76	4
5	Dana Williamson	W35 Herne H	15.08	3
6	Fleur Hardie	W40 Dartf	15.79	2

100 metres W35 B

1	Joy Wright	W40 Soton	14.11	7
2	Sarah Westrap	W40 Ton	14.26	6
3	Angela Bates	W50 E&E	14.57	5
4	Stephanie Mitchell	W35 Herne H	14.62	4
5	Ann Woulfe	W35 Lon Hth	15.30	3
6	Kim Taylor	W40 Dartf	15.43	2

100 metres W50

1	Janet Dickinson	W50 Soton	13.98	7
2	Diane Wright	W50 Ton	14.81	6
3	Rachel Waters	W50 E&E	14.85	5
4	Teresa Eades	W60 Dartf	15.54	4
5	Helene Kehoe	W55 Lon Hth	15.62	3
6	Mandy Brown	W55 Herne H	17.27	2

100 metres W60

1	Nicki Buckwell	W60 Ton	16.46	7
2	Anne Nelson	W65 E&E	17.64	6
3	Christine Clements	W65 Dartf	17.94	5
4	Nicky Perry	W60 Herne H	18.32	4
5	Sue Eedle	W60 Lon Hth	18.42	3
6	Vicky Bright	W60 Soton	19.06	2

200 metres W35 A

1	Lisa Boland	W35 E&E	27.32	7
2	Joy Wright	W40 Soton	28.78	6
3	Carla Caswell	W35 Ton	29.03	5
4	Emily Reichert	W35 Lon Hth	29.82	4
5	Dana Williamson	W35 Herne H	31.23	3
6	Fleur Hardie	W40 Dartf	33.52	2

200 metres W35 B

1	Sarah Westrap	W40 Ton	30.39	7
2	Jane Rankine	W35 Lon Hth	30.79	6
3	Sally Parry	W40 E&E	30.85	5
4	Becky Mulley	W35 Soton	31.78	4
5	Kim Taylor	W40 Dartf	32.32	3
6	Kate Crawford	W40 Herne H	33.78	2

200 metres W50

1	Tracy Bezance	W55 Soton	28.89	7
2	Angela Bates	W50 E&E	30.82	6
3	Diane Wright	W50 Ton	31.96	5
4	Helene Kehoe	W55 Lon Hth	32.81	4
5	Patience Agbabi	W50 Dartf	35.50	3
6	Mandy Brown	W55 Herne H	35.56	2

400 metres W35 A

1	Joy Wright	W40 Soton	66.89	7
2	Lisa Knight	W45 Ton	69.42	6
3	Dana Williamson	W35 Herne H	70.85	5
4	Sally Parry	W40 E&E	71.96	4
5	Helen Nyberg-Mitroi	W40 Dartf	77.91	3
6	Ann Woulfe	W35 Lon Hth	79.82	2

400 metres W35 B

1	Stephanie Mitchell	W35 Herne H	67.02	7
2	Emily Reichert	W35 Lon Hth	68.70	6
3	Jacqui O'Reilly	W35 Ton	70.04	5
4	Angela Bates	W50 E&E	73.72	4
5	Becky Mulley	W35 Soton	74.70	3
6	Stacy Taylor	W35 Dartf	84.01	2

400 metres W50

1	Tracy Bezance	W55 Soton	66.66	7
2	Madeleine Minson	W50 Lon Hth	76.22	6
3	Sue Wisdom	W55 E&E	77.91	5
4	Grazia Manzotti	W50 Ton	80.62	4
5	Mandy Brown	W55 Herne H	83.98	3
6	Patience Agbabi	W50 Dartf	93.20	2

400 metres W60

1	Nicki Buckwell	W60 Ton	81.23	7
2	Ruth Miller	W60 Lon Hth	82.01	6
3	Jane Davies	W70 E&E	93.35	5
4	Nicky Perry	W60 Herne H	97.45	4
5	Vicky Bright	W60 Soton	104.86	3

800 metres W35 A

1	Liz Weeks	W35 Ton	2:27.98	7
2	Hannah Roberts	W35 Dartf	2:31.27	6
3	Joy Wright	W40 Soton	2:38.15	5
4	Sue Rust	W40 Lon Hth	2:40.05	4
5	Dana Williamson	W35 Herne H	2:42.03	3

800 metres W35 B

1	Stephanie Mitchell	W35 Herne H	2:34.93	7
2	Lisa Knight	W45 Ton	2:36.21	6
3	Joanna Stone	W35 Soton	2:47.57	5
4	Rebecca Marshall	W40 Lon Hth	3:08.65	4
5	Stacy Taylor	W35 Dartf	3:35.87	3

800 metres W50

1	Grazia Manzotti	W50 Ton	2:55.12	7
2	Emilia Vynnycky	W50 Lon Hth	3:06.95	6
3	Denise Rose	W55 Dartf	3:12.50	5
4	Sue Wisdom	W55 E&E	3:13.49	4
5	Gillian Wheeldon	W55 Herne H	3:20.06	3
6	Caroline Barnfield	W55 Soton	3:30.69	2

1500 metres W35 A, W35 B

1	Liz Weeks	W35 Ton	5:06.58	7	A
2	Hannah Roberts	W35 Dartf	5:10.05	6	A
3	Jacqui O'Reilly	W35 Ton	5:23.10	7	B
4	Lynne Chapman	W55 Dartf	5:31.71	6	B
5	Sue Rust	W40 Lon Hth	5:32.46	5	A
6	Helen Maguire	W40 E&E	5:34.53	4	A
7	Nieci Blandford	W45 Soton	5:36.99	3	A
8	Kate Crawford	W40 Herne H	5:49.44	2	A
9	Jessica Vinluan	W35 Lon Hth	5:50.90	5	B
10	Sharmila Franks	W45 E&E	5:53.45	4	B
11	Sandra Dancer	W50 Soton	6:11.17	3	B
12	Cindy Godwin	W45 Herne H	7:24.13	2	B

1500 metres W50, W60

1	Maria Heslop	W50 Ton	5:34.61	7	W50
2	Lucy Clapp	W55 Herne H	6:00.86	6	W50
3	Ruth Miller	W60 Lon Hth	6:10.24	7	W60
4	Sandra Newbery	W50 E&E	6:16.08	5	W50
5	Penny Forse	W70 Soton	6:20.97	6	W60
6	Jane Davies	W70 E&E	6:27.08	5	W60
7	Denise Rose	W55 Dartf	6:38.63	4	W50
8	Shelly Fennell	W55 Lon Hth	6:55.47	3	W50
9	Elizabeth Begley	W60 Herne H	7:18.17	4	W60
10	Caroline Barnfield	W55 Soton	7:26.84	2	W50
11	Sue James	W65 Ton	7:27.45	3	W60

3000 metres W35 A, W35 B, W50

1	Hannah Roberts	W35	Dartf	11:13.68	7	A
2	Maria Heslop	W50	Ton	11:40.22	7	W50
3	Sasha Humphries	W45	Ton	11:48.01	6	A
4	Stephanie Mitchell	W35	Herne H	11:52.77	5	A
5	Maxine McNulty	W40	Ton	11:53.50	7	B
6	Helen Maguire	W40	E&E	11:58.46	4	A
7	Louisa Pointon	W35	Lon Hth	11:58.69	3	A
8	Lynne Chapman	W55	Dartf	12:04.82	6	B
9	Nicola Richmond	W45	Herne H	12:21.32	5	B
10	Joanna Stone	W35	Soton	12:21.78	2	A
11	Rebecca Marshall	W40	Lon Hth	12:34.00	4	B
12	Lucy Clapp	W55	Herne H	12:45.89	6	W50
13	Hannah Willson	W35	Soton	12:46.54	3	B
14	Sharmila Franks	W45	E&E	12:48.38	2	B
15	Emilia Vynnycky	W50	Lon Hth	12:53.00	5	W50
16	Sandra Newbery	W50	E&E	13:06.07	4	W50
17	Penny Forse	W70	Soton	13:32.37	3	W50
18	Denise Rose	W55	Dartf	14:06.39	2	W50

2000 metres Walk W35, W50

1	Penelope Cummings	W40	Herne H	10:42.3*	7	W35
2	Grazia Manzotti	W50	Ton	11:26.3*	6	W35
3	Diane Bradley	W55	Ton	12:45.7*	7	W50
4	Helen Nyberg-Mitroi	W40	Dartf	12:53.6*	5	W35
5	Gillian Wheeldon	W55	Herne H	13:28.4*	6	W50
6	Sue Boyman	W65	E&E	13:50.0*	5	W50
7	Caroline Barnfield	W55	Soton	14:11.9*	4	W50
8	Hannah Willson	W35	Soton	14:46.0*	4	W35
9	Victoria Phillips	W55	Lon Hth	15:34.0*	3	W50
10	Jessica Vinluan	W35	Lon Hth	15:37.6*	3	W35

4x100m Relay

1		Ton	56.07	7
2		Lon Hth	60.84	6
3		E&E	61.09	5
4		Soton	62.19	4
5		Dartf	63.08	3
6		Herne H	64.94	2

4x400m Relay

1		Ton	4:37.84	7
2		Soton	4:39.81	6
3		Lon Hth	5:00.01	5
4		Herne H	5:20.06	4
5		Dartf	5:24.22	3
6		E&E	5:28.20	2

High Jump W35

1	Julia Machin	W45	E&E	1.70	7
<i>(European/GB Record)</i>					
2	Joy Wright	W40	Soton	1.35	6
3	Sasha Humphries	W45	Ton	1.25	5
4	Satu Hietanen	W45	Lon Hth	1.15	4
5	Kim Taylor	W40	Dartf	1.10	3

High Jump W50

1	Janet Dickinson	W50	Soton	1.35	7
2	Teresa Eades	W60	Dartf	1.25	6
3	Madeleine Minson	W50	Lon Hth	1.20	5
4	Helen Bond	W50	Ton	1.15	4
5	Gillian Wheeldon	W55	Herne H	1.10	3
6	Rachel Waters	W50	E&E	1.10	2

High Jump W60

1	Christine Clements	W65	Dartf	1.15	7
2	Sue Eedle	W60	Lon Hth	1.05	6
3	Nicki Buckwell	W60	Ton	1.05	5
4	Vicky Bright	W60	Soton	0.95	4
5	Nicky Perry	W60	Herne H	0.95	3

Pole Vault W35

1	Teresa Eades	W60	Dartf	2.50	7
2	Angie Crush	W40	Ton	2.20	6
3	Becky Mulley	W35	Soton	2.10	5

Pole Vault W50

1	Helen Bond	W50	Ton	1.60	7
2	Anne Thacker	W60	Dartf	1.50	6
3	Vicky Bright	W60	Soton	1.30	5

Long Jump W35

1	Julia Machin	W45	E&E	5.13	7
2	Emily Fry	W35	Soton	4.87	6
3	Sarah Westrap	W40	Ton	4.16	5
4	Helen Nyberg-Mitroi	W40	Dartf	3.77	4
5	Kathleen Moeller	W40	Herne H	2.53	3
6	Rebecca Marshall	W40	Lon Hth	2.07	2

Long Jump W50

1	Janet Dickinson	W50	Soton	4.70	7
2	Teresa Eades	W60	Dartf	4.11	6
3	Helen Bond	W50	Ton	3.68	5
4	Madeleine Minson	W50	Lon Hth	3.51	4
5	Angela Bates	W50	E&E	3.44	3

Long Jump W60

1	Anne Thacker	W60	Dartf	3.03	7
2	Nicki Buckwell	W60	Ton	2.99	6
3	Sue Eedle	W60	Lon Hth	2.57	5
4	Vicky Bright	W60	Soton	2.50	4
5	Elizabeth Begley	W60	Herne H	2.16	3
6	Jane Davies	W70	E&E	1.80	2

Triple Jump W35

1	Becky Mulley	W35	Soton	8.93	7
2	Nina Ridge	W45	Ton	8.82	6
3	Lisa Boland	W35	E&E	8.36	5
4	Helen Nyberg-Mitroi	W40	Dartf	8.13	4
5	Helene Kehoe	W55	Lon Hth	5.83	3

Triple Jump W50

1	Teresa Eades	W60	Dartf	8.78	7
2	Madeleine Minson	W50	Lon Hth	7.92	6
3	Sue Wisdom	W55	E&E	7.67	5
4	Helen Bond	W50	Ton	7.52	4
5	Tracey Jones	W50	Soton	6.45	3

Shot W35

1	Julia Machin	W45	E&E	10.43	7
2	Seandelle Haley	W35	Herne H	8.76	6
3	Nina Ridge	W45	Ton	8.26	5
4	Ruth Elkins	W45	Soton	8.14	4
5	Kim Taylor	W40	Dartf	7.18	3
6	Satu Hietanen	W45	Lon Hth	6.53	2

Shot W50

1	Janet Dickinson	W50	Soton	9.43	7
2	Anne Thacker	W60	Dartf	8.41	6
3	Sally Vine	W55	Ton	7.26	5
4	Wendy Dunsford	W55	E&E	7.24	4
5	Madeleine Minson	W50	Lon Hth	6.91	3
6	Mandy Brown	W55	Herne H	6.33	2

Shot W60

1	Liz Sissons	W75	E&E	8.07	7
2	Nicki Buckwell	W60	Ton	7.29	6
3	Christine Clements	W65	Dartf	6.45	5
4	Barbara Macanas	W65	Herne H	5.98	4
5	Ruth Miller	W60	Lon Hth	4.17	3
6	Christine Smears	W70	Soton	4.12	2

Discus W35

1	Nina Ridge	W45	Ton	26.52	7
2	Janet Dickinson	W50	Soton	24.67	6
3	Seandelle Haley	W35	Herne H	22.38	5
4	Wendy Dunsford	W55	E&E	19.06	4
5	Kirstie Taylor	W40	Dartf	15.61	3
6	Satu Hietanen	W45	Lon Hth	14.54	2

Discus W50

1	Diane Bradley	W55 Ton	22.09	7
2	Anne Thacker	W60 Dartf	19.92	6
3	Liz Sissons	W75 E&E	17.94	5
4	Barbara Macanas	W65 Herne H	17.35	4
5	Tracey Jones	W50 Soton	15.69	3
6	Helene Kehoe	W55 Lon Hth	13.21	2

Hammer W35

1	Ruth Elkins	W45 Soton	36.17	7
2	Nina Ridge	W45 Ton	27.39	6
3	Stacy Taylor	W35 Dartf	26.88	5
4	Seandelle Haley	W35 Herne H	18.62	4
5	Emma Hickmott	W45 E&E	18.61	3
6	Sue Rust	W40 Lon Hth	11.85	2

Hammer W50

1	Wendy Dunsford	W55 E&E	27.86	7
2	Barbara Macanas	W65 Herne H	24.37	6
3	Anne Thacker	W60 Dartf	23.06	5
4	Roz Hutton	W70 Soton	21.92	4
5	Diane Bradley	W55 Ton	21.12	3
6	Helene Kehoe	W55 Lon Hth	15.00	2

Javelin W35

1	Julia Machin	W45 E&E	29.24	7
2	Janet Dickinson	W50 Soton	25.86	6
3	Elise Rendall	W40 Ton	18.50	5
4	Kirstie Taylor	W40 Dartf	16.15	4
5	Kathleen Moeller	W40 Herne H	14.17	3
6	Sue Rust	W40 Lon Hth	12.16	2

Javelin W50

1	Anne Thacker	W60 Dartf	20.85	7
2	Madeleine Minson	W50 Lon Hth	18.60	6
3	Sally Vine	W55 Ton	18.40	5
4	Tracey Jones	W50 Soton	12.58	4
5	Wendy Dunsford	W55 E&E	10.61	3
6	Gillian Wheeldon	W55 Herne H	7.72	2

Javelin W60

1	Liz Sissons	W75 E&E	17.09	7
2	Christine Clements	W65 Dartf	15.74	6
3	Nicki Buckwell	W60 Ton	15.04	5
4	Barbara Macanas	W65 Herne H	13.15	4
5	Sue Eedle	W60 Lon Hth	10.62	3
6	Roz Hutton	W70 Soton	8.57	2