

**Southern Counties Veterans Athletics Club**  
**Outdoor Track and Field Championships 26th May 2018**  
**Julie Rose Stadium, Ashford**

**M35**

<b>100m</b>			<b>Final</b>	w/s 2,2	
Pos	No	Athlete	Club	Perf	Medal
1	2	Kevin Wheeler	City Of Portsmouth AC	13.33	G

<b>200m</b>			<b>Final</b>	w/s 1.5	
Pos	No	Athlete	Club	Perf	Medal
1	2	Kevin Wheeler	City Of Portsmouth AC	26.76	G

<b>400m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	2	Kevin Wheeler	City Of Portsmouth AC	60.25	G

**M40**

<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	7	Dan Upton	Trafford Athletic Club	12.36	G

<b>Discus</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	7	Dan Upton	Trafford Athletic Club	33.84	G

<b>Hammer</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	7	Dan Upton	Trafford Athletic Club	30.48	-

<b>Javelin</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	7	Dan Upton	Trafford Athletic Club	26.94	-

**M45**

<b>100m</b>			<b>Final</b>	w/s 2.2	
Pos	No	Athlete	Club	Perf	Medal
1	13	Steve Pethen	Winchester & District AC	13.40	G

<b>200m</b>			<b>Final</b>	w/s 1.5	
Pos	No	Athlete	Club	Perf	Medal
1	15	David Shortridge	Victoria Park Harriers and TH AC	25.52	G
2	13	Steve Pethen	Winchester & District AC	28.33	S

<b>400m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	13	Steve Pethen	Winchester & District AC	61.20	G

<b>110m Hurdles</b>			<b>Final</b>	w/s 3.0	
Pos	No	Athlete	Club	Perf	Medal
1	15	David Shortridge	Victoria Park Harriers and TH AC	23.83	-

<b>400m Hurdles</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	15	David Shortridge	Victoria Park Harriers and TH AC	73.34	G

<b>Long Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	10	Neil Lincoln	Holland Sports AC	5.93	G
2	11	Samuel Nash	Thames Valley Harriers	5.69	S

<b>Triple Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	10	Neil Lincoln	Holland Sports AC	11.09	G	
<b>Shot</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	8	Gintas Degutis (G)	Newham & Essex Beagles AC	13.66	-	CBP
<b>M50</b>						
<b>100m</b>			<b>Final</b>		w/s 2.2	
Pos	No	Athlete	Club	Perf	Medal	
1	21	Barrie Marsden	Wycombe Phoenix Harriers & AC	13.80	G	
<b>200m</b>			<b>Final</b>		w/s 1.5	
Pos	No	Athlete	Club	Perf	Medal	
1	21	Barrie Marsden	Wycombe Phoenix Harriers & AC	28.92	G	
<b>5000m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	24	Steve Roberts (G)	Handy Cross Runners	18:34.70	-	
<b>100m Hurdles</b>			<b>Final</b>		w/s 3.8	
Pos	No	Athlete	Club	Perf	Medal	
1	21	Barrie Marsden	Wycombe Phoenix Harriers & AC	15.01	G	
<b>Shot</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	20	Paul Kelly	Woking AC	8.75	G	
2	19	David Glendower (G)	Pembrokeshire Harriers	7.90	-	
<b>Discus</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	22	Trevor Ratcliffe	Dacorum & Tring AC	32.76	G	
2	20	Paul Kelly	Woking AC	32.40	S	
3	19	David Glendower (G)	Pembrokeshire Harriers	23.90	-	
<b>Hammer</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	20	Paul Kelly	Woking AC	37.52	G	
2	22	Trevor Ratcliffe	Dacorum & Tring AC	30.68	S	
3	19	David Glendower (G)	Pembrokeshire Harriers	21.99	-	
<b>Javelin</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	22	Trevor Ratcliffe	Dacorum & Tring AC	46.83	G	
<b>M55</b>						
<b>100m</b>			<b>Final</b>		w/s 2.2	
Pos	No	Athlete	Club	Perf	Medal	
1	40	Mark Woods	Paddock Wood AC	12.74	G	
2	30	Sholto Douglas-Home	Southern Counties Veterans AC	14.14	S	
3	38	Andrew Stewart	Chiltern Harriers AC	15.00	B	
4	34	Michael May	Kingston AC & Poly Harriers	15.70	-	
<b>200m</b>			<b>Final</b>		w/s 0.8	
Pos	No	Athlete	Club	Perf	Medal	
1	40	Mark Woods	Paddock Wood AC	26.09	G	
2	38	Andrew Stewart	Chiltern Harriers AC	31.48	S	
3	34	Michael May	Kingston AC & Poly Harriers	34.24	-	

<b>400m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	27	Colin Bates	Dartford Harriers AC	59.79	G
<b>800m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	27	Colin Bates	Dartford Harriers AC	2:26.37	G
2	31	Bob Fursey	Medway and Maidstone AC	2:48.56	S
<b>1500m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	25	Dean Angell	Horsham Joggers	4:51.25	G
2	38	Andrew Stewart	Chiltern Harriers AC	5:44.10	S
<b>5000m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	36	Colin Oxlade	Croydon Harriers	19:44.27	G
2	31	Bob Fursey	Medway and Maidstone AC	20:28.70	S
<b>400m Hurdles</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	32	Danny Hodge (G)	Windsor Slough Eton & H AC	75.34	-
<b>High Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	28	Gary Capon	Dartford Harriers AC	1.51	G
<b>Long Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	33	Stephen Langford	Ashford AC	4.80	G
<b>Triple Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	33	Stephen Langford	Ashford AC	10.03	G
<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	26	Nick Barton	South London Harriers	10.27	G
2	37	Robert Shephard	Epsom & Ewell Harriers	8.99	S
<b>Discus</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	26	Nick Barton	South London Harriers	34.27	G
2	37	Robert Shephard	Epsom & Ewell Harriers	23.15	-
3	39	Neil Watson	Epsom & Ewell Harriers	22.13	-
<b>Hammer</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	26	Nick Barton	South London Harriers	27.00	G
2	39	Neil Watson	Epsom & Ewell Harriers	25.60	-
<b>Javelin</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	26	Nick Barton	South London Harriers	32.43	G
2	39	Neil Watson	Epsom & Ewell Harriers	28.20	S
3	37	Robert Shephard	Epsom & Ewell Harriers	26.45	B
<b>M60</b>					
<b>100m</b>			<b>Final</b>	w/s 2.3	
Pos	No	Athlete	Club	Perf	Medal
1	47	Tom Phillips	Blackheath & Bromley H AC	13.24	G

<b>200m</b>			<b>Final</b>	w/s 0.8	
Pos	No	Athlete	Club	Perf	Medal
1	47	Tom Phillips	Blackheath & Bromley H AC	28.15	G
2	45	Mike Edwards (G)	Kingston AC & Poly Harriers	32.04	-

<b>800m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	45	Mike Edwards (G)	Kingston AC & Poly Harriers	2:50.87	-

<b>100m Hurdles</b>			<b>Final</b>	w/s 3.8	
Pos	No	Athlete	Club	Perf	Medal
1	49	Rob Sibley	Medway and Maidstone AC	19.10	G

<b>3000m Walk</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	46	Christopher Hobbs	Ashford AC	16:55.77	G

<b>High Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	43	David Blunt (G)	Epsom & Ewell Harriers	1.39	-

<b>Pole Vault</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	43	David Blunt (G)	Epsom & Ewell Harriers	2.80	-

<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	48	Keith Seldon (G)	Hillingdon AC	10.27	-
2	41	Alex Ahmet	Radley Athletic Club	9.60	G
3	42	Mike Bale	Haywards Heath Harriers	7.75	S

<b>Discus</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	48	Keith Seldon (G)	Hillingdon AC	29.71	-
2	42	Mike Bale	Haywards Heath Harriers	28.35	G

<b>Hammer</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	42	Mike Bale	Haywards Heath Harriers	32.43	G
2	48	Keith Seldon (G)	Hillingdon AC	29.50	-

<b>Javelin</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	48	Keith Seldon (G)	Hillingdon AC	37.81	-
2	46	Christopher Hobbs	Ashford AC	32.05	G
3	41	Alex Ahmet	Radley Athletic Club	26.04	S

## **M65**

<b>100m</b>			<b>Final</b>	w/s 2.3	
Pos	No	Athlete	Club	Perf	Medal
1	54	Ray Watkins	Basingstoke & Mid Hants AC	13.81	G

<b>200m</b>			<b>Final</b>	w/s 0.4	
Pos	No	Athlete	Club	Perf	Medal
1	54	Ray Watkins	Basingstoke & Mid Hants AC	28.92	G

<b>400m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	54	Ray Watkins	Basingstoke & Mid Hants AC	67.33	G

<b>Shot</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	53	Tony Richards	Highgate Harriers	10.43	G	
2	50	Joe Eastwood	Walton AC	9.51	S	

<b>Discus</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	53	Tony Richards	Highgate Harriers	38.15	G	
2	52	Paul Oakes (G)	Ryston Runners	31.03	-	
3	50	Joe Eastwood	Walton AC	26.18	S	

<b>Hammer</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	52	Paul Oakes (G)	Ryston Runners	31.64	-	
2	53	Tony Richards	Highgate Harriers	26.41	G	

<b>Javelin</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	50	Joe Eastwood	Walton AC	31.73	G	
2	53	Tony Richards	Highgate Harriers	28.98	S	
3	52	Paul Oakes (G)	Ryston Runners	27.65	-	

## M70

<b>100m</b>			<b>Final</b>		w/s 2.3	
Pos	No	Athlete	Club	Perf	Medal	
1	61	Victor Novell	Southampton Athletic Club	14.16	G	

<b>200m</b>			<b>Final</b>		w/s 0.4	
Pos	No	Athlete	Club	Perf	Medal	
1	61	Victor Novell	Southampton Athletic Club	30.21	G	

<b>5000m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	59	Mick Jefferies	Dragons Running Club (Leeds)	24:54.57	G	

<b>Pole Vault</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	60	Neal Mason (G)	South West Veterans AC	2.80	-	CBP

<b>Long Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	60	Neal Mason (G)	South West Veterans AC	4.37	-	CBP

<b>Shot</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	56	David Chambers	Ashford AC	10.72	G	
2	58	John Gilbert	Invicta East Kent AC	8.12	S	

<b>Discus</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	56	David Chambers	Ashford AC	32.21	G	
2	58	John Gilbert	Invicta East Kent AC	25.52	S	

<b>Hammer</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	58	John Gilbert	Invicta East Kent AC	29.60	G	

<b>Javelin</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	56	David Chambers	Ashford AC	27.46	G	
2	58	John Gilbert	Invicta East Kent AC	22.78	S	

**M75**

<b>100m</b>			<b>Final</b>	w/s 2.3		
Pos	No	Athlete	Club	Perf	Medal	
1	65	Allan Long (G)	Herne Hill Harriers	14.67	-	CBP
2	64	Charles Isetts (G)	Kingston AC & Poly Harriers	16.29	-	

<b>200m</b>			<b>Final</b>	w/s 0.4		
Pos	No	Athlete	Club	Perf	Medal	
1	64	Charles Isetts (G)	Kingston AC & Poly Harriers	36.78	-	

<b>300m Hurdles</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	63	Barry Ferguson	Cambridge Harriers	66.24	G	

<b>Long Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	65	Allan Long (G)	Herne Hill Harriers	4.17	-	CBP

<b>Triple Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	65	Allan Long (G)	Herne Hill Harriers	8.33	-	CBP

**M80**

<b>Shot</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	66	Warwick Dixon	Cambridge Harriers	8.37	G	CBP

<b>Discus</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	66	Warwick Dixon	Cambridge Harriers	27.88	G	CBP

<b>Hammer</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	66	Warwick Dixon	Cambridge Harriers	32.87	G	CBP

<b>Javelin</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	66	Warwick Dixon	Cambridge Harriers	16.75	G	NCBP

**W40**

<b>200m</b>			<b>Final</b>	w/s 1.4		
Pos	No	Athlete	Club	Perf	Medal	
1	70	Jo Wilding	Brighton & Hove AC	30.31	G	

<b>400m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	70	Jo Wilding	Brighton & Hove AC	66.97	G	

<b>80m Hurdles</b>			<b>Final</b>	w/s 2.8		
Pos	No	Athlete	Club	Perf	Medal	
1	70	Jo Wilding	Brighton & Hove AC	16.30	G	

<b>High Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	70	Jo Wilding	Brighton & Hove AC	1.39	G	

<b>Long Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	69	Helen Nyberg-Mitroi	Dartford Harriers AC	3.76	-	

<b>Triple Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	69	Helen Nyberg-Mitroi	Dartford Harriers AC	8.26	G	
<b>Shot</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	68	Sarah Hewitt	Brighton & Hove AC	9.22	G	
<b>Discus</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	68	Sarah Hewitt	Brighton & Hove AC	37.30	G	
<b>Hammer</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	68	Sarah Hewitt	Brighton & Hove AC	30.69	G	
<b>Javelin</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	68	Sarah Hewitt	Brighton & Hove AC	23.55	G	
<b>W45</b>						
<b>100m</b>			<b>Final</b>	w/s 3.0		
Pos	No	Athlete	Club	Perf	Medal	
1	73	Stefanie Dornbusch (G)	Brighton & Hove AC	14.33	-	
<b>200m</b>			<b>Final</b>	w/s 1.4		
Pos	No	Athlete	Club	Perf	Medal	
1	72	Sharon Dooley	Ranelagh Harriers	29.94	G	
2	73	Stefanie Dornbusch (G)	Brighton & Hove AC	30.47	-	
<b>400m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	72	Sharon Dooley	Ranelagh Harriers	68.41	G	
<b>Long Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	73	Stefanie Dornbusch (G)	Brighton & Hove AC	4.21	-	
<b>Shot</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	74	Vanessa Hannam	Medway and Maidstone AC	9.73	G	
<b>Discus</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	74	Vanessa Hannam	Medway and Maidstone AC	35.38	G	CBP
2	71	Alexandra Denye	Barnet & District AC	16.19	-	
<b>Hammer</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	71	Alexandra Denye	Barnet & District AC	16.28	-	
<b>W50</b>						
<b>100m</b>			<b>Final</b>	w/s 3.0		
Pos	No	Athlete	Club	Perf	Medal	
1	75	Tracey Brockbank	Brighton & Hove AC	17.05	G	
<b>80m Hurdles</b>			<b>Final</b>	w/s 2.8		
Pos	No	Athlete	Club	Perf	Medal	
1	75	Tracey Brockbank	Brighton & Hove AC	19.72	G	

<b>Hammer</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	75	Tracey Brockbank	Brighton & Hove AC	23.73	G

<b>Javelin</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	75	Tracey Brockbank	Brighton & Hove AC	18.24	-

### W55

<b>100m</b>			<b>Final</b>	w/s 3.0	
Pos	No	Athlete	Club	Perf	Medal
1	82	Clare St John-Coleman (G)	Chelmsford AC	15.49	-
2	81	Lyn Sole	Thanet AC	16.31	G

<b>200m</b>			<b>Final</b>	w/s 1.4	
Pos	No	Athlete	Club	Perf	Medal
1	80	Lesley Parsons (G)	Veterans AC	32.85	-

<b>400m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	80	Lesley Parsons (G)	Veterans AC	74.93	-

<b>5000m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	83	Vicky Talbot-Rosner	Invicta East Kent AC	23:11.59	G

<b>Long Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	81	Lyn Sole	Thanet AC	3.47	G

<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	76	Wendy Dunsford	Epsom & Ewell Harriers	7.61	G
2	79	Angela Morgan	Eastbourne Rovers AC	7.19	S
3	78	Diane Godin	Barnet & District AC	5.59	-

<b>Discus</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	76	Wendy Dunsford	Epsom & Ewell Harriers	20.21	G
2	78	Diane Godin	Barnet & District AC	15.82	S

<b>Hammer</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	76	Wendy Dunsford	Epsom & Ewell Harriers	27.68	G
2	79	Angela Morgan	Eastbourne Rovers AC	23.60	S
3	78	Diane Godin	Barnet & District AC	19.06	B

<b>Javelin</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	78	Diane Godin	Barnet & District AC	13.99	-

### W60

<b>100m</b>			<b>Final</b>	w/s 3.0	
Pos	No	Athlete	Club	Perf	Medal
1	86	Helen Godsell	Blackheath & Bromley H AC	14.38	G
2	84	Nicky Buckwell	Tonbridge AC	16.44	S

<b>200m</b>			<b>Final</b>	w/s 1.4	
Pos	No	Athlete	Club	Perf	Medal
1	86	Helen Godsell	Blackheath & Bromley H AC	30.39	G
2	84	Nicky Buckwell	Tonbridge AC	34.91	S



<b>400m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	85	Judith Carder	Brighton & Hove AC	81.68	G	
<b>300m Hurdles</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	85	Judith Carder	Brighton & Hove AC	64.07	G	
<b>Triple Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	85	Judith Carder	Brighton & Hove AC	6.97	G	
<b>W65</b>						
<b>100m</b>			<b>Final</b>	w/s 3.0		
Pos	No	Athlete	Club	Perf	Medal	
1	88	Emily McMahon	Enfield and Haringey A C	16.44	G	
<b>80m Hurdles</b>			<b>Final</b>	w/s 2.8		
Pos	No	Athlete	Club	Perf	Medal	
1	88	Emily McMahon	Enfield and Haringey A C	16.66	G	CBP
2	87	Lyn Ahmet	Radley Athletic Club	18.01	S	
<b>Long Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	88	Emily McMahon	Enfield and Haringey A C	3.65	G	CBP
2	87	Lyn Ahmet	Radley Athletic Club	3.40	S	
<b>Triple Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	87	Lyn Ahmet	Radley Athletic Club	7.49	G	CBP
<b>Discus</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	89	Linda Oxlade	Croydon Harriers	9.75	-	
<b>Hammer</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	89	Linda Oxlade	Croydon Harriers	14.11	-	
<b>Javelin</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	89	Linda Oxlade	Croydon Harriers	9.10	-	
<b>W70</b>						
<b>100m</b>			<b>Final</b>	w/s 3.0		
Pos	No	Athlete	Club	Perf	Medal	
1	90	Patricia Oakes (G)	Ashford AC	20.30	-	
<b>Long Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	90	Patricia Oakes (G)	Ashford AC	2.89	-	CBP
<b>Triple Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	90	Patricia Oakes (G)	Ashford AC	5.98	-	NCBP
<b>Shot</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	91	Liz Sissons	Epsom & Ewell Harriers	7.61	G	

<b>Discus</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	91	Liz Sissons	Epsom & Ewell Harriers	18.25	G

<b>Hammer</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	91	Liz Sissons	Epsom & Ewell Harriers	19.01	G

<b>Javelin</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	91	Liz Sissons	Epsom & Ewell Harriers	18.40	G