

Southern Counties Veterans Athletics Club
Indoor Track and Field Championships 2nd April 2022
Lee Valley Athletic Centre

M35

		60m		Final			
Pos	No	Athlete	Club	Perf	Medal		
1	2	Nicholas Atwell	Thames Valley Harriers	7.34	G		
2	8	Asha Osei (G)	London Heathside	7.38	-		
3	4	Luke Diggs (G)	Huntingdonshire AC	7.57	-		
4	5	Kaspars Kazemaks (G)	Woking AC	7.61	-		
5	9	Ashley Reid (G)	Blackheath & Bromley Harriers AC	7.78	-		
6	10	Michael Shortall	Thurrock Harriers	7.86	S		
7	11	Mike Smalley (G)	Croydon Harriers	8.50	-		

		200m		Final			
Pos	No	Athlete	Club	Perf	Medal		
1	2	Nicholas Atwell	Thames Valley Harriers	23.11	G	CBP	
2	10	Michael Shortall	Thurrock Harriers	24.91	S		
3	9	Ashley Reid (G)	Blackheath & Bromley Harriers AC	25.27	-		
4	11	Mike Smalley (G)	Croydon Harriers	27.47	-		

		400m		Final			
Pos	No	Athlete	Club	Perf	Medal		
1	5	Kaspars Kazemaks (G)	Woking AC	53.24	-		
2	3	Adam Bernard	Dartford Harriers AC	54.01	G		
3	10	Michael Shortall	Thurrock Harriers	55.07	S		

		3000m		Final			
Pos	No	Athlete	Club	Perf	Medal		
1	6	Chris Loudon (G)	Cambridge Harriers	9:02.85	-		

		60m Hurdles		Final			
Pos	No	Athlete	Club	Perf	Medal		
1	10	Michael Shortall	Thurrock Harriers	8.99	G		

		Long Jump		Final			
Pos	No	Athlete	Club	Perf	Medal		
1	10	Michael Shortall	Thurrock Harriers	5.66	G		

		Triple Jump		Final			
Pos	No	Athlete	Club	Perf	Medal		
1	10	Michael Shortall	Thurrock Harriers	10.93	G		

M40

		60m		Final			
Pos	No	Athlete	Club	Perf	Medal		
1	13	Marvin Edwards (G)	North East Veterans AC	7.32	-		
2	12	Craig Christian	Rugby & Northampton AC	7.69	G		
3	15	Thiru Satkunam	Thames Valley Harriers	8.07	S		
4	14	Nathan Moore	Leamington Cycling and Athletic Club	8.15	B		

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	12	Craig Christian	Rugby & Northampton AC	24.79	G
2	14	Nathan Moore	Leamington Cycling and Athletic Club	26.14	S

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	12	Craig Christian	Rugby & Northampton AC	56.52	G
2	14	Nathan Moore	Leamington Cycling and Athletic Club	58.80	S

M45					
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	18	Richard Brooks	Metropolitan Police AC	7.84	G
2	20	Peter Davey	Ashford AC	8.18	S
3	28	Franck Triolaire (G)	Veterans AC	8.37	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	18	Richard Brooks	Metropolitan Police AC	25.65	G
2	26	Anibal Rodriguez Fuentes (G)	Veterans AC	25.68	-

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	22	Stuart McNally	Dartford Harriers AC	56.13	G
2	26	Anibal Rodriguez Fuentes (G)	Veterans AC	57.53	-

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	22	Stuart McNally	Dartford Harriers AC	2:10.29	G
2	19	Andre Dahlkamp (G)	Victoria Park Harriers and Tower Hamlets AC	2:16.73	-
3	25	Matthew Preston	Cambridge Harriers	2:18.47	S

1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	27	Rob Saunders (G)	Highgate Harriers	5:08.59	-

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	17	Rich Berry (G)	West 4 Harriers	9:44.36	-
2	24	Darren Preston (G)	Huntingdonshire AC	9:50.25	-
3	19	Andre Dahlkamp (G)	Victoria Park Harriers and Tower Hamlets AC	10:26.41	-

60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	20	Peter Davey	Ashford AC	9.74	G

High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	29	Matthew Williams (G)	Cambridge University AC	1.53	-

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	28	Franck Triolaire (G)	Veterans AC	5.21	-

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	28	Franck Triolaire (G)	Veterans AC	10.05	-
2	23	Milton McNichol Jr	Tonbridge AC	8.05	-

M50

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	43	Sean Sutherland	Shaftesbury Barnet Harriers	7.94	G
2	35	Mark Mcallister	Tonbridge AC	7.97	S
3	38	Johnson Ogunniyi	Shaftesbury Barnet Harriers	8.17	B
4	30	Stephen Daly	Tonbridge AC	8.34	-
5	41	Michael Showers	Thanet AC	8.54	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	43	Sean Sutherland	Shaftesbury Barnet Harriers	25.89	G
2	35	Mark Mcallister	Tonbridge AC	25.93	S
3	38	Johnson Ogunniyi	Shaftesbury Barnet Harriers	26.04	B
4	40	David Shortridge	Victoria Park Harriers and Tower Hamlets AC	27.00	-
5	30	Stephen Daly	Tonbridge AC	27.17	-
6	39	Darren O'Leary (G)	Marshall Milton Keynes AC	28.38	-
7	41	Michael Showers	Thanet AC	28.81	-
8	37	Anthony Moffat (G)	Marshall Milton Keynes AC	32.07	-

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	43	Sean Sutherland	Shaftesbury Barnet Harriers	60.93	G
2	40	David Shortridge	Victoria Park Harriers and Tower Hamlets AC	61.16	S

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	31	Robert Datnow (G)	Thames Valley Harriers	2:15.97	-

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	33	Ian Johnston (G)	Veterans AC	10:13.74	-

60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	40	David Shortridge	Victoria Park Harriers and Tower Hamlets AC	12.85	-

High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	43	Sean Sutherland	Shaftesbury Barnet Harriers	1.50	G

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	34	Marek Kowalski (G)	Thurrock Harriers	4.81	-
2	37	Anthony Moffat (G)	Marshall Milton Keynes AC	3.89	-
3	39	Darren O'Leary (G)	Marshall Milton Keynes AC	3.84	-
Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	30	Stephen Daly	Tonbridge AC	9.38	G
2	37	Anthony Moffat (G)	Marshall Milton Keynes AC	7.39	-
Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	39	Darren O'Leary (G)	Marshall Milton Keynes AC	8.10	-
M55					
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	52	Barrie Marsden	Wycombe Phoenix Harriers & AC	8.24	G
2	51	Barrington King	Be Fit Today Track Academy	8.77	S
3	46	Ian Crawley	Tonbridge AC	9.30	B
4	48	Mike Futtit	Walton AC	9.69	-
200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	52	Barrie Marsden	Wycombe Phoenix Harriers & AC	26.48	G
2	46	Ian Crawley	Tonbridge AC	29.76	S
3	47	Trevor Crysell	Paddock Wood AC	30.61	B
400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	57	Paul Sutherland	Belgrave Harriers	64.46	G
	54	Andrew Pringle (G)	Reigate Priory AC	dnf	-
800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	58	Colin Williams (G)	Les Croupiers	2:27.97	-
2	45	Barry Blackwell	Brighton Phoenix	2:29.53	G
3	49	Phil Grabsky	Brighton Phoenix	2:29.92	S
1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	58	Colin Williams (G)	Les Croupiers	5:03.68	-
3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	55	Anthony Roper (G)	Bristol and West AC	10:15.55	-
2	50	Tony Killilea (G)	London Heathside	11:14.53	-
60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	52	Barrie Marsden	Wycombe Phoenix Harriers & AC	9.02	G

CBP

3000m Walk			Final		
Pos	No	Athlete	Club	Perf	Medal
1	44	David Annetts (G)	North Herts Road Runners	14:03.79	- CBP

Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
1	46	Ian Crawley	Tonbridge AC	2.93	G

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	47	Trevor Crysell	Paddock Wood AC	4.35	G
2	48	Mike Futtit	Walton AC	3.16	-

Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	47	Trevor Crysell	Paddock Wood AC	8.78	G

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	46	Ian Crawley	Tonbridge AC	9.91	G
2	48	Mike Futtit	Walton AC	7.44	-

M60					
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	76	Mark Woods	Paddock Wood AC	8.43	G
2	74	Brian Steene (G)	Arena 80 AC	8.75	-
3	71	Wilson Paterson (G)	Corby AC	9.38	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	76	Mark Woods	Paddock Wood AC	27.10	G
2	74	Brian Steene (G)	Arena 80 AC	28.58	-
3	73	Brian Slaughter (G)	Eastbourne Rovers AC	30.61	-
4	71	Wilson Paterson (G)	Corby AC	31.54	-

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	60	Colin Bates	Dartford Harriers AC	62.29	G
2	72	Kevin Pye (G)	Midland Masters AC	65.48	-
3	75	Clifford Warren (G)	Loughton AC	68.93	-

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	60	Colin Bates	Dartford Harriers AC	2:22.50	G
2	72	Kevin Pye (G)	Midland Masters AC	2:29.12	-

1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	66	Richard Holland	Woodford Green AC with Essex Ladies	5:16.70	G

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	66	Richard Holland	Woodford Green AC with Essex Ladies	10:43.70	G
2	64	Peter Hall (G)	West 4 Harriers	11:18.90	-
60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	73	Brian Slaughter (G)	Eastbourne Rovers AC	11.01	-
High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	61	Gary Capon	Dartford Harriers AC	1.45	G
Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
1	67	Allan Leiper	Aldershot Farnham & District	2.73	G
2	65	Alan Hardy	Blackheath & Bromley Harriers AC	2.13	-
	69	Wayne Martin	Hastings AC	nm	-
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	61	Gary Capon	Dartford Harriers AC	4.39	G
2	73	Brian Slaughter (G)	Eastbourne Rovers AC	4.33	-
Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	61	Gary Capon	Dartford Harriers AC	9.86	G CBP
Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	67	Allan Leiper	Aldershot Farnham & District	13.76	G
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	77	David Elderfield (G)	Lonely Goat RC	8.29	-
400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	77	David Elderfield (G)	Lonely Goat RC	62.48	- CBP
High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	82	Duncan Talbot	Abingdon AC	1.33	G
2	84	Trevor Wade	Thames Valley Harriers	1.30	S
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	84	Trevor Wade	Thames Valley Harriers	4.11	G
Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	83	Ian Thomson	Southern Counties Veterans AC	9.43	G CBP

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	78	John Fenton	Dartford Harriers AC	11.41	G
2	81	Trevor Straker (G)	North Shields Polytechnic Club	10.03	-
3	80	Graeme Packman (G)	Bedford & County AC	9.24	-

M70

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	87	David Hinds (G)	Serpentine RC	9.17	-
2	91	Patrick Reynolds	Veterans AC	11.52	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	87	David Hinds (G)	Serpentine RC	30.82	-
2	91	Patrick Reynolds	Veterans AC	41.53	-

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	86	Peter Hamilton	Blackheath & Bromley Harriers AC	3:09.40	G

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	88	Michael Mann (G)	Dulwich Runners AC	13:48.60	-
2	86	Peter Hamilton	Blackheath & Bromley Harriers AC	13:58.61	G

Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
	89	Neal Mason (G)	Midland Masters AC	nm	-

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	91	Patrick Reynolds	Veterans AC	2.69	-

Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	91	Patrick Reynolds	Veterans AC	5.65	-

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	92	Anthony Richards	Highgate Harriers	11.89	G

M75

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	100	Victor Novell	Southampton Athletic Club	9.29	G
2	99	Allan Long (G)	Herne Hill Harriers	9.58	-
3	102	David Whittaker (G)	Epsom & Ewell Harriers	12.47	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	100	Victor Novell	Southampton Athletic Club	31.52	G
2	96	Ron Davies	Southern Counties Veterans AC	34.63	S
3	102	David Whittaker (G)	Epsom & Ewell Harriers	42.15	-
4	101	Bill O'Connor	Queen's Park Harriers	48.14	-
400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	96	Ron Davies	Southern Counties Veterans AC	93.80	G
800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	101	Bill O'Connor	Queen's Park Harriers	3:56.11	G
1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	97	Peter Giles (G)	Hercules Wimbledon AC	6:00.53	- CBP
2	101	Bill O'Connor	Queen's Park Harriers	7:54.79	G
High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	96	Ron Davies	Southern Counties Veterans AC	1.15	G
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	99	Allan Long (G)	Herne Hill Harriers	3.59	-
Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	99	Allan Long (G)	Herne Hill Harriers	7.72	-
M80					
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	104	David Haines	Fleet & Crookham AC	11.41	G
200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	104	David Haines	Fleet & Crookham AC	38.46	G CBP
2	103	Roger Bruck	Barnet & District AC	40.97	S
High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	103	Roger Bruck	Barnet & District AC	1.15	G NCBP
2	104	David Haines	Fleet & Crookham AC	1.06	S
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	104	David Haines	Fleet & Crookham AC	3.15	G CBP
2	103	Roger Bruck	Barnet & District AC	3.00	S

Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	104	David Haines	Fleet & Crookham AC	6.67	G

W35

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	107	Emily Fry	Southampton Athletic Club	8.46	G
2	109	Marianna Morey (G)	Aldershot Farnham & District	8.53	-

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	111	Jennifer Temple	Aldershot Farnham & District	73.42	-

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	105	Sarah Al Sudairy (G)	Serpentine RC	2:50.20	-
2	111	Jennifer Temple	Aldershot Farnham & District	2:50.46	G

Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
1	108	Helen Leadbetter	Ealing Southall & Middlesex AC	2.63	G

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	107	Emily Fry	Southampton Athletic Club	4.90	G

Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	108	Helen Leadbetter	Ealing Southall & Middlesex AC	9.00	G

W40

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	115	Christine Sciberras	Guildford & Godalming AC	4.31	G

W45

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	120	Amy Jackson	Oxford City AC	8.83	G
2	116	Kirstie Cooper	Dartford Harriers AC	8.90	S
3	117	Sharon Dooley	St Mary's Richmond AC	9.54	B
4	125	Sally Parry	Kingston AC And Poly Harriers	9.63	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	122	Stacy McGivern (G)	Cambridge & Coleridge AC	28.46	-
2	126	Nina Ridge	Tonbridge AC	29.71	G
3	120	Amy Jackson	Oxford City AC	29.93	S
4	116	Kirstie Cooper	Dartford Harriers AC	30.66	B
5	125	Sally Parry	Kingston AC And Poly Harriers	31.38	-
6	117	Sharon Dooley	St Mary's Richmond AC	31.99	-
7	127	Kelly Roberts	Aldershot Farnham & District	33.31	-

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	126	Nina Ridge	Tonbridge AC	67.91	G

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	124	Diana Norman	Epsom & Ewell Harriers	2:31.84	G CBP

60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	124	Diana Norman	Epsom & Ewell Harriers	9.59	G

High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	124	Diana Norman	Epsom & Ewell Harriers	1.50	G CBP

Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
1	119	Stacey Gonzalez Betancourt (G)	Shaftesbury Barnet Harriers	2.73	- CBP
2	121	Louise Kelly	St Albans AC	2.33	G

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	122	Stacy McGivern (G)	Cambridge & Coleridge AC	5.01	- CBP

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	124	Diana Norman	Epsom & Ewell Harriers	11.72	G CBP
2	121	Louise Kelly	St Albans AC	8.99	S
3	126	Nina Ridge	Tonbridge AC	7.59	B

W50			Final		
Pos	No	Athlete	Club	Perf	Medal
1	139	Diane Wright	Tonbridge AC	9.03	G
2	138	Popsie Wootten	Oxford City AC	9.20	S
3	130	Stefanie Dornbusch	Brighton & Hove AC	9.71	B
4	131	Nina Ellis	Aldershot Farnham & District	10.09	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	138	Popsie Wootten	Oxford City AC	30.17	G
2	139	Diane Wright	Tonbridge AC	30.57	S
3	130	Stefanie Dornbusch	Brighton & Hove AC	32.71	B
3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	129	Anna Critchlow (G)	West 4 Harriers	11:20.25	-
	136	Julie Wilson (G)	Scottish Veteran Harriers Club	dnf	-
3000m Walk			Final		
Pos	No	Athlete	Club	Perf	Medal
1	134	Grazia Manzotti	Tonbridge AC	15:50.42	G CBP
2	135	Melanie Peddle (G)	Loughton AC	16:36.71	-
Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	132	Vanessa Hannam	Medway and Maidstone AC	11.15	G CBP
2	133	Sharon Hutchings (G)	Midland Masters AC	8.52	-
W55					
1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	144	Lisa Webb (G)	Shaftesbury Barnet Harriers	5:22.42	-
High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	143	Christine Pates	Bexley AC	1.18	G
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	143	Christine Pates	Bexley AC	2.81	-
Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	140	Nicole Celestine (G)	Chelmsford AC	7.86	-
2	143	Christine Pates	Bexley AC	7.20	G
W60					
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	148	Teresa Eades	Dartford Harriers AC	10.02	G
200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	152	Jillian Roginski (G)	Harborough AC	33.56	-
400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	154	Susan Wisdom	Epsom & Ewell Harriers	75.81	G CBP

800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	145	Jeanette Ashton	Witney Road Runners	3:14.81	G	CBP
1500m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	151	Fiona Matheson (G)	Scottish Veteran Harriers Club	5:16.47	-	CBP
3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	151	Fiona Matheson (G)	Scottish Veteran Harriers Club	10:48.13	-	CBP
2	155	Lucy Woolhouse (G)	Veterans AC	12:25.31	-	
60m Hurdles			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	147	Gaye Clarke (G)	Ryston Runners	11.03	-	CBP
2	152	Jillian Roginski (G)	Harborough AC	11.04	-	
3	145	Jeanette Ashton	Witney Road Runners	13.54	G	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	147	Gaye Clarke (G)	Ryston Runners	1.21	-	CBP
2	145	Jeanette Ashton	Witney Road Runners	1.15	G	
Pole Vault			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	148	Teresa Eades	Dartford Harriers AC	2.13	G	
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	147	Gaye Clarke (G)	Ryston Runners	3.73	-	
2	148	Teresa Eades	Dartford Harriers AC	3.73	G	
W65						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	160	Helen Godsell	Blackheath & Bromley Harriers AC	9.07	G	
2	164	Joan Trimble	Kingston AC And Poly Harriers	9.72	S	
3	165	Susan Yeomans	St Albans AC	10.44	B	
4	161	Hel James (G)	Serpentine RC	11.14	-	
5	156	Linda Ahmet	Radley Athletic Club	13.18	-	
200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	160	Helen Godsell	Blackheath & Bromley Harriers AC	30.76	G	
2	162	Angela Owen	Aldershot Farnham & District	34.56	S	
800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	159	Anna Garnier (G)	Hercules Wimbledon AC	3:01.27	-	

1500m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	159	Anna Garnier (G)	Hercules Wimbledon AC	5:53.85	-	CBP

High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	165	Susan Yeomans	St Albans AC	1.12	G	=CBP
2	161	Hel James (G)	Serpentine RC	1.03	-	

Pole Vault			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	165	Susan Yeomans	St Albans AC	2.43	G	CBP

Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	158	Sandra Francis (G)	Striders Of Croydon	3.17	-	
2	161	Hel James (G)	Serpentine RC	3.02	-	
3	156	Linda Ahmet	Radley Athletic Club	2.97	G	

Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	156	Linda Ahmet	Radley Athletic Club	6.63	G	

Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	161	Hel James (G)	Serpentine RC	5.57	-	

W70

60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	172	Moira West	Winchester & District AC	9.90	G	CBP
2	168	Anne Nelson	Epsom & Ewell Harriers	10.39	S	
3	167	Emily McMahon	Enfield and Haringey A C	10.63	B	

200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	172	Moira West	Winchester & District AC	34.06	G	CBP
2	168	Anne Nelson	Epsom & Ewell Harriers	36.37	S	

800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	170	Sarah Roberts	Dacorum Athletic Club	3:03.03	G	CBP

1500m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	170	Sarah Roberts	Dacorum Athletic Club	6:02.20	G	NCBP

Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	167	Emily McMahon	Enfield and Haringey A C	3.18	G	

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	171	Vilma Thompson	Belgrave Harriers	8.27	G

W80

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	174	Evaun Williams	Enfield and Haringey A C	8.66	G CBP