

**Southern Counties Veterans Athletics Club**  
**Indoor Track and Field Championships 12th February 2023**  
**Lee Valley Athletic Centre**

**M35**

				<b>60m</b>		<b>Final</b>	
Pos	No	Athlete	Club	Perf	Medal		
1	13	Byron Robinson	Herne Hill Harriers	7.36	G		
2	9	Anthony Meikle (G)	Herts Phoenix AC	7.48	-		
3	8	Michael Louise	Windsor Slough Eton & Hounslow AC	7.50	S		
4	12	Benjamin Richardson	Tonbridge AC	7.63	B		
5	14	Michael Shortall	Thurrock Harriers	7.85	-		
6	10	Michael Omakobia	Woking AC	7.91	-		
7	5	Hansel Gabriel (G)	Sutton & District AC	8.17	-		

				<b>200m</b>		<b>Final</b>	
Pos	No	Athlete	Club	Perf	Medal		
1	13	Byron Robinson	Herne Hill Harriers	23.47	G		
2	7	Kaspars Kazemaks	Woking AC	23.90	S		
3	1	Dave Awde	Woking AC	23.94	B		
4	6	Ian Horlock	Woking AC	24.09	-		
5	8	Michael Louise	Windsor Slough Eton & Hounslow AC	24.16	-		
6	12	Benjamin Richardson	Tonbridge AC	24.40	-		
7	14	Michael Shortall	Thurrock Harriers	24.89	-		
8	10	Michael Omakobia	Woking AC	25.17	-		

				<b>400m</b>		<b>Final</b>	
Pos	No	Athlete	Club	Perf	Medal		
1	1	Dave Awde	Woking AC	52.26	G		
2	6	Ian Horlock	Woking AC	52.50	S		
3	7	Kaspars Kazemaks	Woking AC	52.70	B		
4	15	Alexander Thomas (G)	Kingston AC and Poly Harriers	56.04	-		
5	14	Michael Shortall	Thurrock Harriers	56.09	-		
6	10	Michael Omakobia	Woking AC	56.91	-		

				<b>800m</b>		<b>Final</b>	
Pos	No	Athlete	Club	Perf	Medal		
1	15	Alexander Thomas (G)	Kingston AC and Poly Harriers	2:05.96	-		
2	4	Scott Brewer (G)	Thames Valley Harriers	2:24.98	-		

				<b>1500m</b>		<b>Final</b>	
Pos	No	Athlete	Club	Perf	Medal		
1	16	Gareth Stuart Venables (G)	Andover AC	4:37.15	-		
2	2	Tony Bacon (G)	Haverhill Running Club	5:02.99	-		
3	4	Scott Brewer (G)	Thames Valley Harriers	5:18.64	-		

				<b>60m Hurdles</b>		<b>Final</b>	
Pos	No	Athlete	Club	Perf	Medal		
1	8	Michael Louise	Windsor Slough Eton & Hounslow AC	8.66	G		
2	12	Benjamin Richardson	Tonbridge AC	8.73	S		
3	7	Kaspars Kazemaks	Woking AC	8.74	B		
4	1	Dave Awde	Woking AC	8.90	-		
5	14	Michael Shortall	Thurrock Harriers	9.06	-		

				<b>Long Jump</b>		<b>Final</b>	
Pos	No	Athlete	Club	Perf	Medal		
1	14	Michael Shortall	Thurrock Harriers	5.15	G		
2	5	Hansel Gabriel (G)	Sutton & District AC	4.81	-		

				<b>Triple Jump</b>		<b>Final</b>	
Pos	No	Athlete	Club	Perf	Medal		
1	14	Michael Shortall	Thurrock Harriers	10.71	G		
2	15	Alexander Thomas (G)	Kingston AC and Poly Harriers	10.08	-		

**M40****60m**

Pos	No	Athlete	Club	Perf	Medal
1	19	Neil Barton	Basingstoke & Mid Hants AC	7.73	G
2	28	Ashley Reid (G)	Blackheath & Bromley Harriers AC	7.74	-
3	23	Craig Christian	Rugby & Northampton AC	7.81	S
4	24	Sam Grealy	Veterans AC	7.88	B
5	31	Roger Skedd (G)	Chelmsford AC	7.91	-
6	18	Michael Barough	Oxford City AC	7.94	-

**Final****200m**

Pos	No	Athlete	Club	Perf	Medal
1	22	Matt Cave (G)	Swindon Harriers	25.11	-
2	28	Ashley Reid (G)	Blackheath & Bromley Harriers AC	25.42	-
3	23	Craig Christian	Rugby & Northampton AC	25.49	G
4	18	Michael Barough	Oxford City AC	25.60	S

**Final****400m**

Pos	No	Athlete	Club	Perf	Medal
1	22	Matt Cave (G)	Swindon Harriers	57.25	-
2	23	Craig Christian	Rugby & Northampton AC	58.38	G
3	20	Simon Basey (G)	Hastings AC	59.92	-

**Final****800m**

Pos	No	Athlete	Club	Perf	Medal
1	17	Dan Acheson	Aldershot Farnham & District	2:06.13	G
2	33	David Willett	Southern Counties Veterans AC	2:17.94	S
3	27	Neil Pinnell (G)	Oxford City AC	2:22.72	-

**Final****1500m**

Pos	No	Athlete	Club	Perf	Medal
1	33	David Willett	Southern Counties Veterans AC	4:37.39	G

**Final****3000m**

Pos	No	Athlete	Club	Perf	Medal
1	27	Neil Pinnell (G)	Oxford City AC	10:09.5	-
2	26	Vladimir Kralik (G)	Oxford City AC	11:04.4	-

**Final****60m Hurdles**

Pos	No	Athlete	Club	Perf	Medal
1	31	Roger Skedd (G)	Chelmsford AC	10.11	-
	25	Miguel Headley (G)	Brighton & Hove AC	dnf	-

**Final****High Jump**

Pos	No	Athlete	Club	Perf	Medal
1	31	Roger Skedd (G)	Chelmsford AC	1.55	-
2	23	Craig Christian	Rugby & Northampton AC	1.35	G
3	25	Miguel Headley (G)	Brighton & Hove AC	1.30	-

**Final****Long Jump**

Pos	No	Athlete	Club	Perf	Medal
1	19	Neil Barton	Basingstoke & Mid Hants AC	6.16	G
2	31	Roger Skedd (G)	Chelmsford AC	5.33	-
3	30	Tariq Sheikh (G)	Kingston AC and Poly Harriers	5.33	-
4	28	Ashley Reid (G)	Blackheath & Bromley Harriers AC	5.10	-
5	23	Craig Christian	Rugby & Northampton AC	4.85	S
6	25	Miguel Headley (G)	Brighton & Hove AC	4.53	-

**Final**

<b>Triple Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	19	Neil Barton	Basingstoke & Mid Hants AC	12.62	G
2	30	Tariq Sheikh (G)	Kingston AC and Poly Harriers	11.56	-
3	24	Sam Grealy	Veterans AC	11.04	S

<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	31	Roger Skedd (G)	Chelmsford AC	11.71	-
2	25	Miguel Headley (G)	Brighton & Hove AC	10.22	-

#### **M45**

<b>60m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	42	Ciaran Harvey	Lewes AC	7.64	G
2	36	Stuart Channon (G)	Walton AC	7.64	-
3	35	Richard Brooks	Metropolitan Police AC	7.81	S
4	43	Stephen Lake	Ashford AC	9.08	B

<b>200m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	42	Ciaran Harvey	Lewes AC	24.64	G
2	34	Richard Bennett	Handy Cross Runners	30.26	S

<b>400m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	34	Richard Bennett	Handy Cross Runners	64.67	G

<b>800m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	45	Stuart McNally	Dartford Harriers AC	2:09.98	G
2	46	Robert Norville	Belgrave Harriers	2:20.49	S

<b>1500m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	44	Jamie Mcloughlin (G)	Walton AC	4:35.77	-
2	37	Richard Davidson (G)	City Of Salisbury AC & RC	4:40.94	-
3	38	Mark Dowson (G)	Marshall Milton Keynes AC	4:42.90	-

<b>3000m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	47	Darren Preston (G)	Huntingdonshire AC	9:29.9	-	CBP
2	49	Adrian Russell (G)	Dulwich Runners AC	9:39.3	-	
3	44	Jamie Mcloughlin (G)	Walton AC	9:54.6	-	

<b>60m Hurdles</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	40	Mensah Elliott	Metropolitan Police AC	8.14	G	CBP

<b>3000m Walk</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	39	Matthew Ellerton	Blackheath & Bromley Harriers AC	18:16.32	G	NCBP

<b>Pole Vault</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	50	Grant Stirling	Eastbourne Rovers AC	2.80	G

<b>Long Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	50	Grant Stirling	Eastbourne Rovers AC	5.46	G
2	43	Stephen Lake	Ashford AC	4.60	S

<b>Triple Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	50	Grant Stirling	Eastbourne Rovers AC	12.32	G
2	43	Stephen Lake	Ashford AC	9.31	S

### **M50**

<b>60m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	60	Mark Mcallister	Tonbridge AC	7.83	G
2	68	Sean Sutherland	Shaftesbury Barnet Harriers	7.86	S
3	67	Gary Smith (G)	Luton Athletic Club	7.87	-
4	56	Christopher Bromley	Radley Athletic Club	8.16	B
5	54	Michele Beltramo (G)	Veterans AC	8.22	-
6	57	Stephen Daly	Tonbridge AC	8.39	-
7	64	Darren O'Leary	Marshall Milton Keynes AC	8.45	-

<b>200m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	68	Sean Sutherland	Shaftesbury Barnet Harriers	25.72	G
2	60	Mark Mcallister	Tonbridge AC	25.72	S
3	63	Johnson Ogunniyi	Shaftesbury Barnet Harriers	25.81	B
4	54	Michele Beltramo (G)	Veterans AC	26.49	-
5	56	Christopher Bromley	Radley Athletic Club	26.67	-
6	66	David Shortridge	Victoria Park Harriers and Tower Hamlets AC	26.86	-
7	57	Stephen Daly	Tonbridge AC	27.09	-
8	58	Jasper Ellis	Aldershot Farnham & District	30.99	-

<b>400m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	51	Steven Baldock	Hastings AC	57.83	G
2	55	Peter Benedickter (G)	Bedford & County AC	58.82	-
3	68	Sean Sutherland	Shaftesbury Barnet Harriers	59.25	S
4	69	Oloff Van Zyl	Sevenoaks AC	59.63	B
5	59	Ian Firla	Blackheath & Bromley Harriers AC	59.68	-
6	66	David Shortridge	Victoria Park Harriers and Tower Hamlets AC	59.69	-
7	64	Darren O'Leary	Marshall Milton Keynes AC	62.56	-
8	58	Jasper Ellis	Aldershot Farnham & District	65.89	-

<b>800m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	51	Steven Baldock	Hastings AC	2:10.20	G
2	69	Oloff Van Zyl	Sevenoaks AC	2:17.08	S

<b>3000m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	52	Steven Barnes	Newbury AC	10:11.2	G

<b>60m Hurdles</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	67	Gary Smith (G)	Luton Athletic Club	8.72	-	CBP
2	65	Mark Roberts	Kingston AC and Poly Harriers	9.60	G	
3	59	Ian Firla	Blackheath & Bromley Harriers AC	11.72	S	
4	66	David Shortridge	Victoria Park Harriers and Tower Hamlets AC	13.18	B	

<b>High Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	70	Chris Winter	Brighton & Hove AC	1.60	G
2	68	Sean Sutherland	Shaftesbury Barnet Harriers	1.50	S

<b>Pole Vault</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	65	Mark Roberts	Kingston AC and Poly Harriers	3.20	G

<b>Long Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	62	Emmanuel Ogunniyi (G)	Worthing & District Harriers	5.37	-
2	63	Johnson Ogunniyi	Shaftesbury Barnet Harriers	5.24	G
3	69	Oloff Van Zyl	Sevenoaks AC	4.86	S
4	61	Samuel Nash	Thames Valley Harriers	4.82	B
5	57	Stephen Daly	Tonbridge AC	4.68	-
<b>Triple Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	61	Samuel Nash	Thames Valley Harriers	9.58	G
2	57	Stephen Daly	Tonbridge AC	9.50	S
<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	59	Ian Firla	Blackheath & Bromley Harriers AC	8.16	G
<b>M55</b>					
<b>60m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	91	Boguslaw Zelechowski	Horsham Blue Star Harriers	7.70	G CBP
2	89	Mark White (G)	Hercules Wimbledon AC	8.19	-
3	83	Barrington King	Be Fit Today Track Academy	8.82	S
<b>200m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	91	Boguslaw Zelechowski	Horsham Blue Star Harriers	25.30	G
2	89	Mark White (G)	Hercules Wimbledon AC	26.60	-
3	84	Barrie Marsden	Wycombe Phoenix Harriers & AC	26.70	S
4	78	Trevor Crysell	Paddock Wood AC	29.92	B
<b>800m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	90	Colin Williams (G)	Les Croupiers	2:25.88	-
2	77	Andy Coleman (G)	Basildon AC	2:26.14	-
3	85	Wole Odele	Cambridge Harriers	2:27.51	G
4	86	Steve Roberts (G)	Handy Cross Runners	2:27.68	-
5	75	Barry Blackwell	Brighton Phoenix	2:28.22	S
6	81	Phil Grabsky	Brighton Phoenix	2:32.28	B
7	79	Paul Flynn (G)	Swansea Harriers	2:36.61	-
<b>1500m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	90	Colin Williams (G)	Les Croupiers	4:55.87	-
<b>60m Hurdles</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	84	Barrie Marsden	Wycombe Phoenix Harriers & AC	9.42	G
<b>3000m Walk</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	82	Glen Keegan (G)	Herne Hill Harriers	21:25.39	-
	72	David Annetts (G)	North Herts Road Runners	disq	-
<b>Pole Vault</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	71	John Andrews	Epsom & Ewell Harriers	3.10	G
2	80	Michael Franklin (G)	Veterans AC	2.70	-
<b>Long Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	91	Boguslaw Zelechowski	Horsham Blue Star Harriers	5.75	G CBP
2	78	Trevor Crysell	Paddock Wood AC	4.21	S

<b>Triple Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	78	Trevor Crysell	Paddock Wood AC	9.00	G
<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	74	David Bauer (G)	Harlow AC	10.78	-
<b>M60</b>					
<b>60m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	119	Michael Vassiliou (G)	Enfield and Haringey A C	8.17	-
2	101	Shaun Gittens (G)	Herts Phoenix AC	8.19	-
3	122	Mark Woods	Paddock Wood AC	8.22	G
4	118	Brian Steene (G)	Brighton & Hove AC	8.31	-
5	114	Glen Reddington	Windsor Slough Eton & Hounslow AC	9.12	S
6	100	Terrance Gibbs	Dartford Harriers AC	9.18	B
7	116	Thomas Scrase	Radley Athletic Club	9.53	-
8	108	Chris Michael (G)	Veterans AC	9.79	-
9	112	Wilson Paterson (G)	Corby AC	10.10	-
<b>200m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	122	Mark Woods	Paddock Wood AC	27.20	G
2	114	Glen Reddington	Windsor Slough Eton & Hounslow AC	29.96	S
3	97	Adrian Day (G)	London Heathside	30.38	-
4	116	Thomas Scrase	Radley Athletic Club	31.05	B
5	108	Chris Michael (G)	Veterans AC	33.63	-
6	112	Wilson Paterson (G)	Corby AC	34.56	-
<b>800m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	94	Colin Bates	Dartford Harriers AC	2:25.68	G
2	123	Philip York (G)	Ealing Southall & Middlesex AC	2:37.33	-
3	107	Paul Lemmon (G)	Bingley Harriers & AC	2:52.12	-
<b>1500m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	115	Colin Ridley (G)	Colchester Harriers AC	4:52.54	-
2	110	Colin Oxlade	Croydon Harriers	5:48.85	G
CBP					
<b>3000m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	110	Colin Oxlade	Croydon Harriers	11:58.54	G
<b>60m Hurdles</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	120	Des Wilkinson (G)	Luton Athletic Club	10.24	-
2	114	Glen Reddington	Windsor Slough Eton & Hounslow AC	10.62	G
3	100	Terrance Gibbs	Dartford Harriers AC	11.55	S
<b>3000m Walk</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	93	Mark Ashby	Cambridge Harriers	17:41.44	G
2	92	John Arthur (G)	Ilford AC	18:21.11	-
3	99	Nicholas Fleeman	Southern Counties Veterans AC	20:37.42	S
<b>High Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	95	Gary Capon	Dartford Harriers AC	1.40	G

<b>Pole Vault</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	106	Allan Leiper	Aldershot Farnham & District	2.80	G

<b>Long Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	95	Gary Capon	Dartford Harriers AC	4.17	G

<b>Triple Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	117	David Shields	Reading AC	8.26	G

<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	103	Michael Hausler (G)	Cambridge & Coleridge AC	13.78	-
2	106	Allan Leiper	Aldershot Farnham & District	13.62	G
3	104	Mark Holden-Aikhomu (G)	Shaftesbury Barnet Harriers	10.40	-
4	121	Peter Wishart (G)	Cambridge Harriers	9.68	-
5	108	Chris Michael (G)	Veterans AC	7.63	-

## M65

<b>60m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	125	John Browne (G)	Marshall Milton Keynes AC	8.41	-
2	134	Tom Phillips	Blackheath & Bromley Harriers AC	8.99	G
3	139	Robert Woolliams (G)	Ipswich Harriers	9.66	-
4	127	Nigel Field	Tonbridge AC	10.17	S
5	133	Alan Perry (G)	Harrow AC	10.72	-

<b>200m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	130	Tennyson James (G)	Bedford & County AC	27.27	- CBP
2	135	Brian Slaughter	Eastbourne Rovers AC	30.25	G
3	139	Robert Woolliams (G)	Ipswich Harriers	30.76	-
4	134	Tom Phillips	Blackheath & Bromley Harriers AC	31.49	S
5	127	Nigel Field	Tonbridge AC	35.76	B

<b>400m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	130	Tennyson James (G)	Bedford & County AC	62.92	-
2	135	Brian Slaughter	Eastbourne Rovers AC	69.29	G

<b>800m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	128	David Gill	Warrington A C	2:43.24	G

<b>1500m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	129	Mark Hargreaves	City Of Portsmouth AC	5:15.53	G CBP
2	128	David Gill	Warrington A C	5:27.08	S

<b>3000m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	129	Mark Hargreaves	City Of Portsmouth AC	11:02.90	G
2	128	David Gill	Warrington A C	11:41.53	S

<b>60m Hurdles</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	135	Brian Slaughter	Eastbourne Rovers AC	10.77	G

<b>High Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	124	David Blunt	Epsom & Ewell Harriers	1.35	G
2	135	Brian Slaughter	Eastbourne Rovers AC	1.30	S
3	137	Trevor Wade	Thames Valley Harriers	1.25	B
<b>Pole Vault</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	135	Brian Slaughter	Eastbourne Rovers AC	2.60	G
2	124	David Blunt	Epsom & Ewell Harriers	2.60	S
<b>Long Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	135	Brian Slaughter	Eastbourne Rovers AC	4.25	G
2	137	Trevor Wade	Thames Valley Harriers	3.95	S
					CBP
<b>Triple Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	136	Ian Thomson	Southern Counties Veterans AC	9.23	G
<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	126	John Fenton	Dartford Harriers AC	11.41	G
2	131	Graeme Packman (G)	Bedford & County AC	9.13	-
<b>M70</b>					
<b>60m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	145	Christopher Monk (G)	Leicester Coritanian AC	8.52	-
2	141	David Crouch	Epsom & Ewell Harriers	9.28	G
3	140	Timothy Carter (G)	Cambridge Harriers	9.29	-
4	149	Tony Wells (G)	Corby AC	9.73	-
5	146	Patrick Reynolds	Barnet & District AC	11.22	S
<b>200m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	145	Christopher Monk (G)	Leicester Coritanian AC	30.39	-
2	140	Timothy Carter (G)	Cambridge Harriers	31.85	-
3	149	Tony Wells (G)	Corby AC	33.96	-
4	146	Patrick Reynolds	Barnet & District AC	41.89	G
<b>1500m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	143	Ian Kitching (G)	South London Harriers	5:58.11	-
2	144	Michael Mann (G)	Dulwich Runners AC	6:28.34	-
<b>3000m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	144	Michael Mann (G)	Dulwich Runners AC	13:54.20	-
<b>60m Hurdles</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	149	Tony Wells (G)	Corby AC	11.54	-
<b>Long Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	140	Timothy Carter (G)	Cambridge Harriers	3.37	-
2	146	Patrick Reynolds	Barnet & District AC	2.43	G
<b>Triple Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	146	Patrick Reynolds	Barnet & District AC	5.23	G



<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	147	Geoffrey Tyler (G)	Chelmsford AC	11.29	-
2	146	Patrick Reynolds	Barnet & District AC	7.74	G
<b>M75</b>					
<b>60m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	153	Victor Novell	Southampton Athletic Club	9.41	G
<b>200m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	153	Victor Novell	Southampton Athletic Club	32.53	G
<b>800m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	150	John Exley	Oxford City AC	3:07.88	G
<b>1500m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	151	Peter Giles (G)	Hercules Wimbledon AC	6:03.75	-
<b>3000m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	150	John Exley	Oxford City AC	13:47.66	G
<b>Pole Vault</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	152	Neal Mason (G)	Midland Masters AC	2.70	- CBP
<b>M80</b>					
<b>60m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	158	Allan Long (G)	Herne Hill Harriers	9.72	- CBP
2	157	Charles Isetts (G)	Kingston AC and Poly Harriers	11.76	-
3	155	Roger Bruck	Barnet & District AC	12.17	G
<b>200m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	158	Allan Long (G)	Herne Hill Harriers	34.26	- CBP
2	156	Ron Davies	Southern Counties Veterans AC	36.41	G
3	155	Roger Bruck	Barnet & District AC	47.12	S
<b>High Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	155	Roger Bruck	Barnet & District AC	1.10	G
2	156	Ron Davies	Southern Counties Veterans AC	1.05	S
<b>Long Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	156	Ron Davies	Southern Counties Veterans AC	2.90	G
2	155	Roger Bruck	Barnet & District AC	2.77	S
<b>Triple Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	158	Allan Long (G)	Herne Hill Harriers	7.92	- CBP
<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	156	Ron Davies	Southern Counties Veterans AC	8.07	G

**W35****60m**

Pos	No	Athlete	Club	Perf	Medal
1	173	Michelle Watson	Herne Hill Harriers	8.24	G
2	165	Emily Fry	Southampton Athletic Club	8.36	S
3	161	Krystle Balogun	Ilford AC	8.45	B
4	170	Marianna Morey (G)	Aldershot Farnham & District	8.67	-
5	166	Victoria Johnston (G)	Hercules Wimbledon AC	8.79	-

**Final****200m**

Pos	No	Athlete	Club	Perf	Medal
1	161	Krystle Balogun	Ilford AC	27.09	G
2	166	Victoria Johnston (G)	Hercules Wimbledon AC	28.90	-

**Final****400m**

Pos	No	Athlete	Club	Perf	Medal
1	166	Victoria Johnston (G)	Hercules Wimbledon AC	66.68	-
2	164	Hannah Carson	Dartford Harriers AC	67.88	G
3	168	Rebecca Miah	Southern Counties Veterans AC	73.18	S

**Final****1500m**

Pos	No	Athlete	Club	Perf	Medal	
1	172	Roanna Vickers	City Of Portsmouth AC	4:53.62	G	CBP

**Final****Long Jump**

Pos	No	Athlete	Club	Perf	Medal
1	165	Emily Fry	Southampton Athletic Club	4.80	G

**Final****Shot**

Pos	No	Athlete	Club	Perf	Medal
1	160	Jayne Baldock	Hastings AC	7.51	G
2	167	Natalie Mann (G)	Cambridge Harriers	6.49	-

**Final****W40****60m**

Pos	No	Athlete	Club	Perf	Medal	
1	177	Lisa Boland	Epsom & Ewell Harriers	7.93	G	CBP
2	180	Helen Nyberg-Mitroi	Dartford Harriers AC	9.19	S	

**Final****200m**

Pos	No	Athlete	Club	Perf	Medal	
1	177	Lisa Boland	Epsom & Ewell Harriers	26.35	G	CBP
2	175	Bethan Armory (G)	Tonbridge AC	29.18	-	
3	178	Natasha Hart (G)	Woking AC	31.29	-	

**Final****400m**

Pos	No	Athlete	Club	Perf	Medal
1	181	Claire Spurway	Shaftesbury Barnet Harriers	66.57	G
2	178	Natasha Hart (G)	Woking AC	72.04	-

**Final****800m**

Pos	No	Athlete	Club	Perf	Medal
1	179	Fiona Maddocks	Belgrave Harriers	2:31.20	G

**Final****60m Hurdles**

Pos	No	Athlete	Club	Perf	Medal
1	174	Jodie Albrow	Belgrave Harriers	9.53	G

**Final****High Jump**

Pos	No	Athlete	Club	Perf	Medal
1	174	Jodie Albrow	Belgrave Harriers	1.45	G

**Final**

<b>Long Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	174	Jodie Albrow	Belgrave Harriers	4.92	G
2	180	Helen Nyberg-Mitroi	Dartford Harriers AC	4.05	S

<b>Triple Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	180	Helen Nyberg-Mitroi	Dartford Harriers AC	8.70	G

<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	174	Jodie Albrow	Belgrave Harriers	9.25	G

#### **W45**

<b>60m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	189	Susie McLoughlin (G)	Walton AC	8.30	-
2	194	Leanne Wellings	Wycombe Phoenix Harriers & AC	8.69	G
3	182	Kirstie Cooper	Dartford Harriers AC	8.94	S
4	195	Sarah Westrap	Tonbridge AC	9.51	B

<b>200m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	189	Susie McLoughlin (G)	Walton AC	26.93	-	CBP
2	194	Leanne Wellings	Wycombe Phoenix Harriers & AC	29.32	G	

<b>400m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	189	Susie McLoughlin (G)	Walton AC	61.28	-	CBP

<b>1500m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	186	Bea Lafreniere	Aldershot Farnham & District	5:16.13	G

<b>3000m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	192	Nikki Sturzaker (G)	Herne Hill Harriers	11:04.76	-

<b>High Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	196	Jo Wilding	Brighton & Hove AC	1.30	G

<b>Pole Vault</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	185	Stacey Gonzalez Betancourt (G)	Shaftesbury Barnet Harriers	2.90	-	CBP
2	183	Angie Crush	Tonbridge AC	2.00	G	

<b>Long Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	196	Jo Wilding	Brighton & Hove AC	3.79	G
2	195	Sarah Westrap	Tonbridge AC	3.39	S

<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	184	Eleanor Gatrell	Woking AC	10.74	G
2	195	Sarah Westrap	Tonbridge AC	6.16	S

#### **W50**

<b>60m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	204	Kathryn Miles	Winchester & District AC	8.78	G
2	210	Diane Wright	Tonbridge AC	9.07	S

<b>200m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	204	Kathryn Miles	Winchester & District AC	30.25	G
2	210	Diane Wright	Tonbridge AC	30.34	S
3	205	Kelly Roberts	Aldershot Farnham & District	32.97	B
<b>400m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	208	Tina Wickens (G)	Gloucester AC	71.90	-
2	197	Lisa Carpenter (G)	Swindon Harriers	74.15	-
3	205	Kelly Roberts	Aldershot Farnham & District	79.56	G
<b>800m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	208	Tina Wickens (G)	Gloucester AC	2:47.43	-
2	207	Stephanie Robson (G)	Bingley Harriers & AC	2:54.47	-
<b>3000m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	207	Stephanie Robson (G)	Bingley Harriers & AC	11:46.67	-
<b>3000m Walk</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	203	Grazia Manzotti	Tonbridge AC	16:08.59	G
<b>Long Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	198	Sharon Dooley	St Mary's Richmond AC	3.52	G
<b>Shot</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	206	Suzanne Roberts (G)	Kingston AC and Poly Harriers	9.85	-
<b>W55</b>					
<b>60m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	214	Kay Reynolds	Radley Athletic Club	9.35	G
2	218	Rachel Waters (G)	Epsom & Ewell Harriers	9.51	-
3	215	Danielle Silverman (G)	Charnwood A C	10.05	-
<b>200m</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	218	Rachel Waters (G)	Epsom & Ewell Harriers	32.41	-
<b>3000m Walk</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	211	Sian Baum (G)	Herne Hill Harriers	22:14.25	-
<b>High Jump</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
1	214	Kay Reynolds	Radley Athletic Club	1.25	G =CBP
2	213	Alison Murray (G)	Hercules Wimbledon AC	1.19	-
<b>Pole Vault</b>			<b>Final</b>		
Pos	No	Athlete	Club	Perf	Medal
	213	Alison Murray (G)	Hercules Wimbledon AC	nm	-

**W60****60m**

Pos	No	Athlete	Club	Perf	Medal	
			<b>Final</b>			
1	226	Kirstin King	Bracknell AC	8.62	G	CBP
2	222	Eni Font Freide	Aldershot Farnham & District	9.25	S	
3	224	Melanie Garland (G)	Worcester AC	9.31	-	
4	219	Angela Bryant (G)	Forest of Dean AC	9.80	-	

**200m**

Pos	No	Athlete	Club	Perf	Medal	
			<b>Final</b>			
1	226	Kirstin King	Bracknell AC	29.64	G	CBP
2	219	Angela Bryant (G)	Forest of Dean AC	33.36	-	

**400m**

Pos	No	Athlete	Club	Perf	Medal	
			<b>Final</b>			
1	230	Susan Wisdom	Epsom & Ewell Harriers	77.71	G	

**800m**

Pos	No	Athlete	Club	Perf	Medal	
			<b>Final</b>			
1	221	Celia Findlay	Dacorum Athletic Club	3:17.25	G	

**1500m**

Pos	No	Athlete	Club	Perf	Medal	
			<b>Final</b>			
1	221	Celia Findlay	Dacorum Athletic Club	6:32.11	G	

**3000m**

Pos	No	Athlete	Club	Perf	Medal	
			<b>Final</b>			
1	227	Susan Payne	Haslemere Border AC	13:20.53	G	
2	221	Celia Findlay	Dacorum Athletic Club	13:28.91	S	

**60m Hurdles**

Pos	No	Athlete	Club	Perf	Medal	
			<b>Final</b>			
1	223	Susan Frisby (G)	Leicester Coritanian AC	38.11	-	

**High Jump**

Pos	No	Athlete	Club	Perf	Medal	
			<b>Final</b>			
1	224	Melanie Garland (G)	Worcester AC	1.31	-	CBP

**Pole Vault**

Pos	No	Athlete	Club	Perf	Medal	
			<b>Final</b>			
1	231	Rosalind Zeffertt	Shaftesbury Barnet Harriers	2.20	G	

**Long Jump**

Pos	No	Athlete	Club	Perf	Medal	
			<b>Final</b>			
1	224	Melanie Garland (G)	Worcester AC	4.19	-	CBP
2	223	Susan Frisby (G)	Leicester Coritanian AC	3.76	-	

**Triple Jump**

Pos	No	Athlete	Club	Perf	Medal	
			<b>Final</b>			
1	224	Melanie Garland (G)	Worcester AC	8.73	-	CBP

**Shot**

Pos	No	Athlete	Club	Perf	Medal	
			<b>Final</b>			
1	230	Susan Wisdom	Epsom & Ewell Harriers	7.41	G	
2	220	Wendy Dunsford	Epsom & Ewell Harriers	5.84	S	

**W65****60m**

Pos	No	Athlete	Club	Perf	Medal	
			<b>Final</b>			
1	234	Helen Godsell	Blackheath & Bromley Harriers AC	9.24	G	
2	238	Susan Yeomans	St Albans AC	10.55	S	

<b>200m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	234	Helen Godsell	Blackheath & Bromley Harriers AC	31.29	G	
<b>800m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	232	Jeanette Ashton	Abingdon AC	3:17.90	G	
<b>3000m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	235	Karen Hancock (G)	Serpentine RC	14:35.46	-	
<b>60m Hurdles</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	236	Jane Horder (G)	Cheltenham and County Harriers	10.17	-	CBP
2	232	Jeanette Ashton	Abingdon AC	14.43	G	
<b>High Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	232	Jeanette Ashton	Abingdon AC	1.05	G	
<b>Pole Vault</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	238	Susan Yeomans	St Albans AC	2.40	G	
<b>Shot</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	232	Jeanette Ashton	Abingdon AC	6.86	G	
<b>W70</b>						
<b>60m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	244	Georgina Smith (G)	Midland Masters AC	10.46	-	
2	243	Anne Nelson	Epsom & Ewell Harriers	10.56	G	
<b>200m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	243	Anne Nelson	Epsom & Ewell Harriers	36.57	G	
2	244	Georgina Smith (G)	Midland Masters AC	37.56	-	
<b>High Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	241	Hel James (G)	Serpentine RC	0.95	-	NCBP
<b>Long Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	242	Emily McMahon	Enfield and Haringey A C	3.03	G	
2	239	Linda Ahmet	Radley Athletic Club	2.80	S	
3	241	Hel James (G)	Serpentine RC	2.65	-	
<b>Shot</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	240	Susan Dassie	Epsom & Ewell Harriers	6.60	G	
<b>W75</b>						
<b>Shot</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	246	Elizabeth Sissons	Epsom & Ewell Harriers	7.87	G	CBP

**W80**

<b>60m</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	247	Iris Holder (G)	Worcester AC	12.32	-	CBP

  

<b>Long Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	247	Iris Holder (G)	Worcester AC	2.24	-	CBP

  

<b>Triple Jump</b>			<b>Final</b>			
Pos	No	Athlete	Club	Perf	Medal	
1	247	Iris Holder (G)	Worcester AC	5.36	-	NCBP