

Southern Counties Veterans Athletics Club
Indoor Track and Field Championships 18th February 2018
Lee Valley Athletic Centre

M35

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	13	Amr Ziko (G)	Braintree & District AC	7.69	-
2	2	Aaron Bollu (G)	Colchester & Tendring AC	7.89	-
3	10	Noel Reid	Harrow AC	7.91	G
4	5	Justin Hubbard (G)	Colchester & Tendring AC	7.93	-
5	7	Rory Macfarlane (G)	Kingston AC & Poly H	8.08	-
6	12	Kevin Wheeler	City Of Portsmouth AC	8.51	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	13	Amr Ziko (G)	Braintree & District AC	25.56	-
2	5	Justin Hubbard (G)	Colchester & Tendring AC	25.81	-
3	12	Kevin Wheeler	City Of Portsmouth AC	27.27	G

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	4	Paul Howard	Brighton & Hove AC	54.95	G
2	10	Noel Reid	Harrow AC	55.80	S
3	8	Bartosz Porzuczek	Serpentine RC	55.97	B

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	8	Bartosz Porzuczek	Serpentine RC	2:06.02	G
2	4	Paul Howard	Brighton & Hove AC	2:06.03	S
3	12	Kevin Wheeler	City Of Portsmouth AC	2:25.51	-

1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	1	Joe Ashley	Arena 80 AC	4:24.69	G
2	4	Paul Howard	Brighton & Hove AC	4:40.07	S

High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	10	Noel Reid	Harrow AC	1.75	G

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	10	Noel Reid	Harrow AC	6.08	G
2	13	Amr Ziko (G)	Braintree & District AC	4.28	-

Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	2	Aaron Bollu (G)	Colchester & Tendring AC	11.46	-

M40

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	16	Stuart Channon (G)	Walton AC	7.48	-
2	20	Andrew Gordon (G)	Kingston AC & Poly H	7.93	-
3	18	Peter Davey	Ashford AC	8.07	G
4	23	Nigel Hayman (G)	Ipswich Harriers	8.23	-
	17	Mark Collins (G)	Southampton AC	dnf	-

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	27	Robert Norville	Belgrave Harriers	2:10.94	G
2	22	Dan Hallam (G)	Herne Hill Harriers	2:23.81	-
1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	14	Rich Berry (G)	West 4 Harriers	4:42.68	-
60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	18	Peter Davey	Ashford AC	9.06	G
2	23	Nigel Hayman (G)	Ipswich Harriers	9.18	-
High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	19	Darren Dods	Guildford & Godalming AC	1.79	G CBP
Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
1	26	Chris Mills	Windsor Slough Eton & H AC	4.00	G
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	15	Samuel Bobb	Metropolitan Police AC	5.87	G
Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	15	Samuel Bobb	Metropolitan Police AC	12.96	G
2	18	Peter Davey	Ashford AC	10.45	S
Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	25	Ray Mckenna	Watford Harriers	10.88	G
M45					
200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	32	Leon Braithwaite	Bedford & County AC	25.42	G
2	50	Daniel Tomlinson	Haslemere Border AC	26.29	S
3	39	Nick Lauder (G)	Veterans AC	28.13	-
4	44	Steve Pethen	Winchester & District AC	28.23	B
400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	38	Glenn Gray	SCVAC	57.24	G
2	47	Julian Smith (G)	Nene Valley Harriers	57.32	-
3	31	Peter Benedickter (G)	Bedford & County AC	57.92	-
4	49	Jason Steel	Hillingdon AC	58.81	S
5	46	David Shortridge	Victoria Park H's & Tower H AC	59.54	B
800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	46	David Shortridge	Victoria Park H's & Tower H AC	2:26.31	G
3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	45	Justin Reid (G)	Hercules Wimbledon AC	9:31.63	-
60m Hurdles			Final		

Pos	No	Athlete	Club	Perf	Medal
1	46	David Shortridge	Victoria Park H's & Tower H AC	12.38	-

Long Jump

Pos	No	Athlete	Club	Perf	Medal
1	40	Neil Lincoln	Holland Sports AC	5.33	G

Shot

Pos	No	Athlete	Club	Perf	Medal
1	36	Gintas Degutis (G)	Newham & Essex Beagles	14.37	-

M50

60m

Pos	No	Athlete	Club	Perf	Medal
1	55	Dominic Bokor-Ingram	Hercules Wimbledon AC	7.78	G
2	56	Paul Canning (G)	Marshall Milton Keynes AC	7.94	-
3	62	Wole Odele	Cambridge Harriers	8.06	S
4	61	Barrington King	Harrow AC	8.20	B
5	67	Derek Warn	Southampton AC	9.03	-
6	59	Nigel Herron (G)	Brighton Phoenix	9.21	-

200m

Pos	No	Athlete	Club	Perf	Medal
1	56	Paul Canning (G)	Marshall Milton Keynes AC	25.82	-
2	51	Ian Allen (G)	Yeovil Olympiads AC	26.18	-
3	62	Wole Odele	Cambridge Harriers	26.99	G
4	61	Barrington King	Harrow AC	29.37	S
5	59	Nigel Herron (G)	Brighton Phoenix	30.29	-

400m

Pos	No	Athlete	Club	Perf	Medal	
1	55	Dominic Bokor-Ingram	Hercules Wimbledon AC	53.47	G	CBP
2	65	Chris Taplin (G)	Walton AC	56.07	-	
3	62	Wole Odele	Cambridge Harriers	59.13	S	
4	59	Nigel Herron (G)	Brighton Phoenix	69.79	-	

800m

Pos	No	Athlete	Club	Perf	Medal
1	57	Andy Coleman (G)	Billericay Striders RC	2:18.31	-
2	63	Andrew Simms (G)	Herne Hill Harriers	2:30.84	-
3	64	Sean Smith	Farnham Runners	2:37.82	-

1500m

Pos	No	Athlete	Club	Perf	Medal
1	54	Steve Atkinson (G)	Brighton Phoenix	4:42.04	-
2	64	Sean Smith	Farnham Runners	5:18.43	G

3000m

Pos	No	Athlete	Club	Perf	Medal
1	60	Ian Johnston (G)	Veterans AC	9:46.01	-

60m Hurdles

Pos	No	Athlete	Club	Perf	Medal
1	67	Derek Warn	Southampton AC	11.63	G

3000m Walk

Pos	No	Athlete	Club	Perf	Medal
1	53	David Annetts (G)	North Herts RRC	14:44.68	-

High Jump

Final

Pos	No	Athlete	Club	Perf	Medal	
1	51	Ian Allen (G)	Yeovil Olympiads AC	1.68	-	CBP
2	67	Derek Warn	Southampton AC	1.30	-	

Pole Vault

Pos	No	Athlete	Club	Perf	Medal
1	52	John Andrews	Epsom & Ewell Harriers	3.30	G
2	66	Nicholas Walker (G)	Swindon Harriers	3.00	-
3	67	Derek Warn	Southampton AC	2.90	S

Long Jump

Pos	No	Athlete	Club	Perf	Medal
1	51	Ian Allen (G)	Yeovil Olympiads AC	5.64	-
2	67	Derek Warn	Southampton AC	4.45	G

Shot

Pos	No	Athlete	Club	Perf	Medal
1	67	Derek Warn	Southampton AC	8.87	-
2	68	Simon Wills (G)	Birchfield Harriers	7.75	-

M55

60m

Pos	No	Athlete	Club	Perf	Medal
1	92	Pat Logan (G)	Kingston AC & Poly H	8.01	-
2	102	Mark Woods	Paddock Wood AC	8.41	G
3	84	Adam Garel	Epsom & Ewell Harriers	8.79	S
4	97	Lawrence Taylor (G)	Barnet & District AC	9.08	-
5	93	Chris Michael (G)	Veterans AC	9.34	-
6	79	Adrian Day (G)	Enfield & Haringey AC	9.36	-

200m

Pos	No	Athlete	Club	Perf	Medal
1	73	Kermitt Bentham	Thames Valley Harriers	25.89	G
2	86	Paul Guest (G)	Yeovil Olympiads AC	26.24	-
3	102	Mark Woods	Paddock Wood AC	26.85	S
4	95	Andy Smerdon (G)	Fleet & Crookham AC	28.31	-
5	84	Adam Garel	Epsom & Ewell Harriers	29.34	B
6	79	Adrian Day (G)	Enfield & Haringey AC	30.42	-
7	93	Chris Michael (G)	Veterans AC	32.23	-
	80	John Dickinson	Haslemere Border AC	dnf	-
	99	Steve Toogood (G)	Buckley RC	dnf	-

400m

Pos	No	Athlete	Club	Perf	Medal	
1	98	Jonathan Tilt	Southampton AC	56.49	G	CBP
2	101	Clifford Warren (G)	Loughton AC	64.28	-	

800m

Pos	No	Athlete	Club	Perf	Medal
1	99	Steve Toogood (G)	Buckley RC	2:13.16	-
2	89	Gary Ironmonger (G)	Herne Hill Harriers	2:16.42	-
3	83	Andy Gannaway (G)	Winchester & District AC	2:21.70	-
4	100	Tony Tuohy (G)	Dulwich Runners AC	2:22.73	-
5	69	Dean Angell	Horsham Joggers	2:24.20	G
6	75	Geoffrey Brewster (G)	Huntingdonshire AC	2:25.90	-
7	70	Mark Ashby	Cambridge Harriers	2:27.38	S
8	78	Austin Davies (G)	West Suffolk AC	2:32.50	-
9	96	Andrew Stewart (G)	Chiltern Harriers AC	2:39.64	-

1500m

Final

Pos	No	Athlete	Club	Perf	Medal
1	89	Gary Ironmonger (G)	Herne Hill Harriers	4:46.20	-
2	100	Tony Tuohy (G)	Dulwich Runners AC	4:56.46	-
3	96	Andrew Stewart (G)	Chiltern Harriers AC	5:36.58	-

3000m

Final

Pos	No	Athlete	Club	Perf	Medal	
1	89	Gary Ironmonger (G)	Herne Hill Harriers	9:52.99	-	CBP
2	100	Tony Tuohy (G)	Dulwich Runners AC	9:57.69	-	
3	69	Dean Angell	Horsham Joggers	10:15.80	G	
	78	Austin Davies (G)	West Suffolk AC	dnf	-	

60m Hurdles

Final

Pos	No	Athlete	Club	Perf	Medal
1	91	Allan Leiper	Aldershot Farnham & D AC	10.82	G

3000m Walk

Final

Pos	No	Athlete	Club	Perf	Medal
1	74	David Bowker	Fairlands Valley Spartans	19:14.33	G

High Jump

Final

Pos	No	Athlete	Club	Perf	Medal
1	76	Gary Capon	Dartford Harriers AC	1.50	G
2	95	Andy Smerdon (G)	Fleet & Crookham AC	1.35	-

Long Jump

Final

Pos	No	Athlete	Club	Perf	Medal	
1	86	Paul Guest (G)	Yeovil Olympiads AC	5.40	-	CBP
2	76	Gary Capon	Dartford Harriers AC	4.71	G	
3	80	John Dickinson	Haslemere Border AC	4.48	S	
4	91	Allan Leiper	Aldershot Farnham & D AC	3.61	-	

Triple Jump

Final

Pos	No	Athlete	Club	Perf	Medal
1	101	Clifford Warren (G)	Loughton AC	9.85	-

Shot

Final

Pos	No	Athlete	Club	Perf	Medal
1	87	Michael Hausler (G)	Cambridge & Coleridge AC	12.04	-
2	91	Allan Leiper	Aldershot Farnham & D AC	11.45	G
3	71	Nick Barton	South London Harriers	10.28	S
4	93	Chris Michael (G)	Veterans AC	7.31	-

M60

60m

Final

Pos	No	Athlete	Club	Perf	Medal
1	117	Brian Slaughter (G)	Eastbourne Rovers AC	8.69	-
2	111	Clem Leon	Blackheath & Bromley H AC	8.83	G
3	108	Stephen Ford	Aldershot Farnham & D AC	9.42	S
4	118	Duncan Talbot	Abingdon AC	9.67	B
5	105	Peter Coote (G)	Stratford-upon-Avon AC	9.85	-

200m

Final

Pos	No	Athlete	Club	Perf	Medal
1	116	Tom Phillips	Blackheath & Bromley H AC	28.56	G
2	111	Clem Leon	Blackheath & Bromley H AC	29.08	S
3	121	Robert Woolliams (G)	Ipswich Harriers	30.47	-
4	108	Stephen Ford	Aldershot Farnham & D AC	30.68	B

400m

Final

Pos	No	Athlete	Club	Perf	Medal	
1	111	Clem Leon	Blackheath & Bromley H AC	67.16	G	
800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	114	Peter Mountain (G)	Bristol & West AC	2:30.40	-	
2	117	Brian Slaughter (G)	Eastbourne Rovers AC	2:31.31	-	
60m Hurdles			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	118	Duncan Talbot	Abingdon AC	12.17	G	
3000m Walk			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	113	Malcolm Martin	Paddock Wood AC	16:37.35	G	
2	119	Ian Torode (G)	South West Veterans AC	19:09.63	-	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	111	Clem Leon	Blackheath & Bromley H AC	1.40	G	
2	117	Brian Slaughter (G)	Eastbourne Rovers AC	1.35	-	
3	118	Duncan Talbot	Abingdon AC	1.35	S	
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	110	Mario Lapka (G)	Exeter Harriers	4.64	-	CBP
2	117	Brian Slaughter (G)	Eastbourne Rovers AC	4.46	-	
3	111	Clem Leon	Blackheath & Bromley H AC	4.32	G	
Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	111	Clem Leon	Blackheath & Bromley H AC	9.65	G	
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	106	John Fenton	Dartford Harriers AC	11.00	G	
2	105	Peter Coote (G)	Stratford-upon-Avon AC	8.82	-	
M65						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	124	Wally Franklyn	Reading AC	8.71	G	
2	129	Geoffrey Kitchener (G)	Sevenoaks AC	9.25	-	
3	133	Patrick Reynolds (G)	Veterans AC	11.11	-	
200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	124	Wally Franklyn	Reading AC	28.56	G	
2	128	Bruce Hendrie (G)	Banbury Harriers AC	31.47	-	
3	129	Geoffrey Kitchener (G)	Sevenoaks AC	31.57	-	
4	133	Patrick Reynolds (G)	Veterans AC	37.64	-	
400m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	123	Timothy Carter (G)	Cambridge Harriers	66.31	-	
800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	131	David Oxland (G)	Notts AC	2:31.46	-	CBP
2	123	Timothy Carter (G)	Cambridge Harriers	2:39.31	-	

3	128	Bruce Hendrie (G)	Banbury Harriers AC	2:53.74	-
4	130	Michael Mann (G)	Dulwich Runners AC	2:54.75	-

1500m

Pos	No	Athlete	Club	Perf	Medal
1	132	Don Powell	Basingstoke & Mid Hants AC	5:33.95	G
2	130	Michael Mann (G)	Dulwich Runners AC	5:50.51	-

3000m

Pos	No	Athlete	Club	Perf	Medal	
1	131	David Oxland (G)	Notts AC	11:02.03	-	CBP

3000m Walk

Pos	No	Athlete	Club	Perf	Medal
1	126	John Hall (G)	Belgrave Harriers	16:39.46	-

High Jump

Pos	No	Athlete	Club	Perf	Medal
1	129	Geoffrey Kitchener (G)	Sevenoaks AC	1.21	-

Long Jump

Pos	No	Athlete	Club	Perf	Medal
1	133	Patrick Reynolds (G)	Veterans AC	3.05	-

Triple Jump

Pos	No	Athlete	Club	Perf	Medal
1	133	Patrick Reynolds (G)	Veterans AC	5.84	-

Shot

Pos	No	Athlete	Club	Perf	Medal
1	125	Neil Griffin	Windsor Slough Eton & H AC	11.80	G
2	127	Peter Hawney	Cambridge Harriers	9.15	S
3	133	Patrick Reynolds (G)	Veterans AC	6.93	-

M70

60m

Pos	No	Athlete	Club	Perf	Medal
1	144	Victor Novell	Southampton AC	9.04	G
2	139	Alan Forse	Southampton TC	9.53	S
3	146	David Whittaker (G)	Epsom & Ewell Harriers	10.55	-

200m

Pos	No	Athlete	Club	Perf	Medal
1	144	Victor Novell	Southampton AC	29.97	G
2	137	Terry Bissett	Epsom & Ewell Harriers	30.64	S
3	139	Alan Forse	Southampton TC	31.86	B
4	146	David Whittaker (G)	Epsom & Ewell Harriers	35.80	-

400m

Pos	No	Athlete	Club	Perf	Medal	
1	137	Terry Bissett	Epsom & Ewell Harriers	75.56	G	CBP
2	139	Alan Forse	Southampton TC	76.05	S	
3	144	Victor Novell	Southampton AC	76.06	B	

800m

Pos	No	Athlete	Club	Perf	Medal
1	141	Peter Hamilton	Blackheath & Bromley H AC	2:52.98	G
2	138	John Exley	Oxford City AC	2:59.71	S
3	145	Tony Rea	Dragons RC (Leeds)	3:12.49	B

1500m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	138	John Exley	Oxford City AC	5:59.77	G	
3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	141	Peter Hamilton	Blackheath & Bromley H AC	12:32.32	G	
2	145	Tony Rea	Dragons RC (Leeds)	12:57.55	S	
Pole Vault			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	143	Neal Mason (G)	South West Veterans AC	3.00	-	CBP
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	143	Neal Mason (G)	South West Veterans AC	3.98	-	
M75						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	156	Allan Long (G)	Herne Hill Harriers	9.19	-	CBP
2	150	Ron Davies	Reading AC	9.90	G	
3	154	Charles Isetts (G)	Kingston AC & Poly H	9.94	-	
200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	150	Ron Davies	Reading AC	33.37	G	
2	151	Barry Ferguson	Cambridge Harriers	34.51	S	
3	154	Charles Isetts (G)	Kingston AC & Poly H	36.01	-	
4	148	Roger Bruck	Barnet & District AC	38.95	B	
400m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	147	John Batchelor	Ilford AC	78.16	G	CBP
800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	147	John Batchelor	Ilford AC	2:56.40	G	
1500m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	147	John Batchelor	Ilford AC	6:35.09	G	
3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	147	John Batchelor	Ilford AC	12:52.86	G	
60m Hurdles			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	151	Barry Ferguson	Cambridge Harriers	12.06	G	CBP
3000m Walk			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	152	Peter Hannell	Surrey WC	22:24.07	G	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	148	Roger Bruck	Barnet & District AC	1.21	G	CBP
Long Jump			Final			

Pos	No	Athlete	Club	Perf	Medal	
1	156	Allan Long (G)	Herne Hill Harriers	3.97	-	CBP
2	148	Roger Bruck	Barnet & District AC	3.18	G	
3	150	Ron Davies	Reading AC	3.17	S	

Triple Jump

Pos	No	Athlete	Club	Perf	Medal	
1	156	Allan Long (G)	Herne Hill Harriers	7.96	-	CBP

Shot

Pos	No	Athlete	Club	Perf	Medal	
1	155	Ivan Ivanovic (G)	Achilles Club	9.43	-	
2	150	Ron Davies	Reading AC	7.67	G	

M85

60m

Pos	No	Athlete	Club	Perf	Medal	
1	157	Richard Pitcairn-Knowles	Sevenoaks AC	12.81	G	NCBP

200m

Pos	No	Athlete	Club	Perf	Medal	
1	157	Richard Pitcairn-Knowles	Sevenoaks AC	47.42	G	NCBP

400m

Pos	No	Athlete	Club	Perf	Medal	
1	157	Richard Pitcairn-Knowles	Sevenoaks AC	123.30	G	NCBP

W35

60m

Pos	No	Athlete	Club	Perf	Medal	
1	160	Lisa Boland	Epsom & Ewell Harriers	8.41	G	
2	159	Gokce Baydar	Nene Valley Harriers	9.06	S	

200m

Pos	No	Athlete	Club	Perf	Medal	
1	160	Lisa Boland	Epsom & Ewell Harriers	26.28	G	CBP

Pole Vault

Pos	No	Athlete	Club	Perf	Medal	
1	159	Gokce Baydar	Nene Valley Harriers	2.30	G	

Long Jump

Pos	No	Athlete	Club	Perf	Medal	
1	159	Gokce Baydar	Nene Valley Harriers	3.98	G	

Triple Jump

Pos	No	Athlete	Club	Perf	Medal	
1	162	Tina Howell (G)	Walton AC	10.06	-	

W40

60m

Pos	No	Athlete	Club	Perf	Medal	
1	172	Kim Valente	Aldershot Farnham & D AC	8.41	G	
2	173	Leanne Wellings	Wycombe Phoenix H & AC	8.82	S	
3	171	Christine Sciberras	Guildford & Godalming AC	8.95	B	

200m

Pos	No	Athlete	Club	Perf	Medal	
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1	165	Lourdes Camos	Aldershot Farnham & D AC	32.49	G
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400m

Pos	No	Athlete	Club	Perf	Medal
1	168	Bea Lafreniere	Aldershot Farnham & D AC	66.76	G
2	164	Victoria Buck (G)	Kent AC	69.05	-

800m

Pos	No	Athlete	Club	Perf	Medal
1	170	Ana Ramos-Villaverde	Radley AC	2:33.97	G

60m Hurdles

Pos	No	Athlete	Club	Perf	Medal
1	165	Lourdes Camos	Aldershot Farnham & D AC	11.54	G

High Jump

Pos	No	Athlete	Club	Perf	Medal
1	166	Anja Fairbairn	City Of Portsmouth AC	1.20	-
2	165	Lourdes Camos	Aldershot Farnham & D AC	1.10	-

Pole Vault

Pos	No	Athlete	Club	Perf	Medal
1	166	Anja Fairbairn	City Of Portsmouth AC	2.10	G

Long Jump

Pos	No	Athlete	Club	Perf	Medal
1	171	Christine Sciberras	Guildford & Godalming AC	4.32	G
2	165	Lourdes Camos	Aldershot Farnham & D AC	4.09	S

Shot

Pos	No	Athlete	Club	Perf	Medal
1	167	Emma Hickmott	Epsom & Ewell Harriers	6.44	-

W45

60m

Pos	No	Athlete	Club	Perf	Medal
1	179	Kathryn Miles	Winchester & District AC	8.73	G
2	181	Diane Wright	Tonbridge AC	9.14	S
3	176	Carey Hollick (G)	Colchester & Tendring AC	11.28	-

200m

Pos	No	Athlete	Club	Perf	Medal
1	179	Kathryn Miles	Winchester & District AC	30.36	G
2	181	Diane Wright	Tonbridge AC	31.06	S
3	180	Kelly Roberts	Aldershot Farnham & D AC	32.50	B

1500m

Pos	No	Athlete	Club	Perf	Medal
1	175	Rachel Badham (G)	West 4 Harriers	5:21.76	-

Shot

Pos	No	Athlete	Club	Perf	Medal
1	178	Sue Lawrence	Thurrock Harriers AC	9.84	G
2	176	Carey Hollick (G)	Colchester & Tendring AC	6.88	-

W50

60m

Pos	No	Athlete	Club	Perf	Medal
1	182	Angela Bates (G)	Epsom & Ewell Harriers	8.73	-

2	191	Michele Wakefield	Oxford City AC	9.38	G
3	187	Wendy Lewis (G)	Reading AC	9.51	-
4	190	Sally Vine	Tonbridge AC	10.12	S

200m

Final

Pos	No	Athlete	Club	Perf	Medal
1	182	Angela Bates (G)	Epsom & Ewell Harriers	30.14	-
2	192	Rachel Waters (G)	Epsom & Ewell Harriers	30.93	-
3	191	Michele Wakefield	Oxford City AC	32.25	G
4	190	Sally Vine	Tonbridge AC	34.08	S

400m

Final

Pos	No	Athlete	Club	Perf	Medal
1	192	Rachel Waters (G)	Epsom & Ewell Harriers	78.19	-

800m

Final

Pos	No	Athlete	Club	Perf	Medal
1	189	Cathy Stewart	Aldershot Farnham & D AC	2:53.76	G

1500m

Final

Pos	No	Athlete	Club	Perf	Medal	
1	189	Cathy Stewart	Aldershot Farnham & D AC	5:54.61	G	CBP

60m Hurdles

Final

Pos	No	Athlete	Club	Perf	Medal
1	187	Wendy Lewis (G)	Reading AC	11.46	-

High Jump

Final

Pos	No	Athlete	Club	Perf	Medal
1	187	Wendy Lewis (G)	Reading AC	1.30	-
2	192	Rachel Waters (G)	Epsom & Ewell Harriers	1.15	-

Shot

Final

Pos	No	Athlete	Club	Perf	Medal
1	188	Deborah Montgomery	Team Kennet Triathlon & AC	10.40	G

W55

60m

Final

Pos	No	Athlete	Club	Perf	Medal
1	199	Kirstin King	Bracknell AC	8.61	G
2	196	Melanie Garland (G)	Worcester AC	9.11	-
3	203	Angela Sonn (G)	Forest of Dean AC	9.42	-
4	193	Mary Brown	Barnet & District AC	9.71	S
5	197	Julie Hicken (G)	Warrington AC	9.85	-
6	202	Lyn Sole	Thanet AC	10.45	B

200m

Final

Pos	No	Athlete	Club	Perf	Medal
1	203	Angela Sonn (G)	Forest of Dean AC	32.72	-
2	203	Angela Sonn (G)	Forest of Dean AC	32.72	-
3	193	Mary Brown	Barnet & District AC	32.41	S
4	197	Julie Hicken (G)	Warrington AC	32.77	-

400m

Final

Pos	No	Athlete	Club	Perf	Medal
1	193	Mary Brown	Barnet & District AC	76.78	G
2	203	Angela Sonn (G)	Forest of Dean AC	77.83	-

Long Jump

Final

Pos	No	Athlete	Club	Perf	Medal
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1	202	Lyn Sole	Thanet AC	3.64	G	
Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	196	Melanie Garland (G)	Worcester AC	9.18	-	CBP
2	201	Mandy Rowley-Jones	Croydon Harriers	7.73	G	
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	204	Anne Thacker	Dartford Harriers AC	8.65	G	
2	195	Wendy Dunsford	Epsom & Ewell Harriers	7.92	S	
W60						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	207	Helen Godsell	Blackheath & Bromley H AC	8.91	G	
2	212	Joan Trimble	Kingston AC & Poly H	9.39	S	
3	210	Christine Salvary	Barnet & District AC	10.39	B	
200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	207	Helen Godsell	Blackheath & Bromley H AC	30.50	G	
2	209	Edna Roe (G)	Windsor Slough Eton & H AC	32.19	-	
1500m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	208	Carol Jones (G)	Ealing Southall & Mddx AC	6:19.20	-	NCBP
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	210	Christine Salvary	Barnet & District AC	3.00	G	
Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	210	Christine Salvary	Barnet & District AC	6.89	G	
W65						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	219	Joylyn Saunders-Mullins	Stevenage & North Herts AC	9.56	G	
2	218	Emily McMahon	Enfield & Haringey AC	10.25	S	
200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	214	Sue Dassie	Epsom & Ewell Harriers	36.04	G	
2	213	Lyn Ahmet	Radley AC	37.69	S	
3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	220	Ros Tabor (G)	Dulwich Runners AC	12:54.34	-	
60m Hurdles			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	218	Emily McMahon	Enfield & Haringey AC	12.50	G	CBP
2	213	Lyn Ahmet	Radley AC	13.20	S	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	216	Hel James (G)	Serpentine RC	0.95	-	

Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
1	214	Sue Dassie	Epsom & Ewell Harriers	2.03	G
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	216	Hel James (G)	Serpentine RC	3.03	-
Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	213	Lyn Ahmet	Radley AC	7.38	G
Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	221	Vilma Thompson	Belgrave Harriers	9.74	G
2	214	Sue Dassie	Epsom & Ewell Harriers	7.89	S
3	216	Hel James (G)	Serpentine RC	5.51	-
W70					
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	223	Patricia Oakes (G)	Ashford AC	12.59	-
800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	222	Patricia Gallagher (G)	Westbury Harriers	3:50.47	- NCBP
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	223	Patricia Oakes (G)	Ashford AC	2.63	-
Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	223	Patricia Oakes (G)	Ashford AC	5.86	-
Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	224	Liz Sissons	Epsom & Ewell Harriers	8.13	G
W75					
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	225	Iris Holder (G)	Worcester AC	11.45	- CBP
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	225	Iris Holder (G)	Worcester AC	2.97	-
Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	225	Iris Holder (G)	Worcester AC	6.50	- NCBP
W80					
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	226	Dorothy Fraser (G)	Lincoln Wellington AC	14.46	- NCBP
2	228	Dorothy McLennan	Windsor Slough Eton & H AC	15.27	G

200m

Pos	No	Athlete	Club	Perf	Medal	
1	226	Dorothy Fraser (G)	Lincoln Wellington AC	51.47	-	NCBP
2	228	Dorothy McLennan	Windsor Slough Eton & H AC	66.00	G	

Final**Long Jump**

Pos	No	Athlete	Club	Perf	Medal
1	228	Dorothy McLennan	Windsor Slough Eton & H AC	1.72	G

Final