

Southern Counties Veterans Athletics Club
Indoor Track and Field Championships 21st February 2016
Lee Valley Athletic Centre

M35

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	2	Stuart Channon (G)	Walton AC	7.48	-
2	7	Amr Ziko (G)	Braintree & District AC	7.99	-
3	6	Steven Squires	Havant AC	8.21	G

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	2	Stuart Channon (G)	Walton AC	24.27	-
2	5	Paul Hindle (G)	Newton Abbot AC	25.48	-
3	7	Amr Ziko (G)	Braintree & District AC	26.42	-

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	5	Paul Hindle (G)	Newton Abbot AC	54.79	-
2	4	Brian Hawkins (G)	Lincoln Wellington AC	61.42	-

1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	1	Joe Ashley	Arena 80 AC	4:25.53	G

60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	3	Mensah Elliott	Metropolitan Police AC	8.33	G CBP

M40

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	12	Ashley McMahon (G)	Unattached	7.21	-
2	9	Ciaran Harvey	Lewes AC	7.46	G
3	14	Emmanuel Ogunniyi (G)	Worthing & District H	7.49	-
4	11	Neil Lincoln	Holland Sports AC	7.90	S

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	12	Ashley McMahon (G)	Unattached	23.53	- CBP
2	9	Ciaran Harvey	Lewes AC	24.73	G
3	11	Neil Lincoln	Holland Sports AC	25.32	S
4	17	Jason Steel	Hillingdon AC	27.16	B

400m

Pos	No	Athlete	Club	Perf	Medal
1	17	Jason Steel	Hillingdon AC	58.93	G
	12	Ashley McMahon (G)	Unattached	disq	-

Final**800m**

Pos	No	Athlete	Club	Perf	Medal
1	22	Scott West (G)	Owls AC Leicester	2:07.18	-
2	10	Richard Holt	Blackheath & Bromley H AC	2:21.60	G

Final**1500m**

Pos	No	Athlete	Club	Perf	Medal	
1	19	Christopher Symonds	Enfield & Haringey AC	4:23.82	G	CBP
2	15	Grant Ramsay (G)	Fairlands Valley Spartans	4:43.80	-	

Final**3000m**

Pos	No	Athlete	Club	Perf	Medal
1	22	Scott West (G)	Owls AC Leicester	9:25.22	-
2	15	Grant Ramsay (G)	Fairlands Valley Spartans	9:54.33	-

Final**Pole Vault**

Pos	No	Athlete	Club	Perf	Medal	
1	13	Chris Mills	Windsor Slough Eton & H AC	4.20	G	CBP
	18	Gavin Sunshine	Enfield & Haringey AC	nhr	-	

Final**Long Jump**

Pos	No	Athlete	Club	Perf	Medal	
1	18	Gavin Sunshine	Enfield & Haringey AC	6.44	G	CBP
2	8	Samuel Bobb	Metropolitan Police AC	6.35	S	
3	11	Neil Lincoln	Holland Sports AC	5.80	B	

Final**Triple Jump**

Pos	No	Athlete	Club	Perf	Medal	
1	8	Samuel Bobb	Metropolitan Police AC	13.48	G	CBP
2	11	Neil Lincoln	Holland Sports AC	11.49	S	

Final**Shot**

Pos	No	Athlete	Club	Perf	Medal
1	20	Daniel Upton (G)	Trafford AC	10.98	-
2	18	Gavin Sunshine	Enfield & Haringey AC	9.45	G

Final

M45

60m

Pos	No	Athlete	Club	Perf	Medal
1	37	Stephen Terry-Short (G)	Cannock & Stafford AC	8.05	-
2	35	Philip Rogers	East Grinstead & Dist AC	8.10	G
3	25	Paul Canning (G)	Marshall Milton Keynes AC	8.11	-
4	32	Nick Lauder (G)	VAC	8.20	-
5	38	Daniel Tomlinson	Haslemere Border AC	8.22	S
6	34	Stephen Pethen	Winchester & District AC	8.37	B

Final

200m

Pos	No	Athlete	Club	Perf	Medal
1	24	Peter Benedickter (G)	Bedford & County AC	25.42	-
2	30	Glenn Gray	SCVAC	25.44	G
3	25	Paul Canning (G)	Marshall Milton Keynes AC	26.39	-
4	37	Stephen Terry-Short (G)	Cannock & Stafford AC	26.50	-
5	32	Nick Lauder (G)	VAC	26.80	-
6	34	Stephen Pethen	Winchester & District AC	27.68	S

Final

400m

Pos	No	Athlete	Club	Perf	Medal
1	24	Peter Benedickter (G)	Bedford & County AC	55.68	-
2	36	David Shortridge	Victoria Park H's & Tower H AC	60.22	G

Final

800m

Pos	No	Athlete	Club	Perf	Medal
1	36	David Shortridge	Victoria Park H's & Tower H AC	2:24.12	G
2	26	Mark Champion	Istead & Ifield Harriers	2:27.16	S

Final

1500m

Pos	No	Athlete	Club	Perf	Medal
1	26	Mark Champion	Istead & Ifield Harriers	4:55.07	G

Final

3000m

Pos	No	Athlete	Club	Perf	Medal	
1	31	Ian Johnston (G)	None	9:31.31	-	CBP
2	29	Paul Gaylor	None	10:01.36	G	
3	28	Andrew Del Nevo	Croydon Harriers	11:09.70	S	

Final

60m Hurdles

Pos	No	Athlete	Club	Perf	Medal
1	30	Glenn Gray	SCVAC	9.37	G
2	24	Peter Benedickter (G)	Bedford & County AC	9.73	-

Final

Long Jump

Pos	No	Athlete	Club	Perf	Medal
1	35	Philip Rogers	East Grinstead & Dist AC	5.06	G

Final

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	27	Gintas Degutis (G)	Newham & Essex Beagles	14.93	-
2	39	Mark Wiseman	Bracknell AC	13.77	G

CBP

M50

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	58	Wole Odele	Cambridge Harriers	8.00	G
2	53	David Kemp	Dartford Harriers AC	8.14	S
3	54	Barrington King	Harrow AC	8.16	B
4	50	Peter Ilo	Barnet & District AC	8.21	-
5	44	Richard Christian	Tonbridge AC	8.65	-
6	66	Derek Warn	Southampton AC	8.81	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	53	David Kemp	Dartford Harriers AC	26.10	G
2	60	Glen Reddington	Windsor Slough Eton & H AC	26.77	S
3	50	Peter Ilo	Barnet & District AC	26.84	B
4	58	Wole Odele	Cambridge Harriers	27.92	-
5	44	Richard Christian	Tonbridge AC	28.12	-
6	47	Leroy Gould	Newham & Essex Beagles	29.06	-

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	64	Jonathan Tilt	Southampton AC	56.64	G
2	48	Robert Grew (G)	Exeter Harriers	57.85	-
3	40	Simon Anderson (G)	City of Plymouth AC	60.77	-
4	50	Peter Ilo	Barnet & District AC	61.14	S
5	58	Wole Odele	Cambridge Harriers	63.14	B
6	44	Richard Christian	Tonbridge AC	63.38	-
7	67	Clifford Warren (G)	Loughton AC	64.07	-

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	64	Jonathan Tilt	Southampton AC	2:11.52	G
2	40	Simon Anderson (G)	City of Plymouth AC	2:13.11	-
3	42	Mark Ashby	Cambridge Harriers	2:25.03	S
4	55	Don Lawless	Thurrock Harriers AC	2:34.35	B

1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	40	Simon Anderson (G)	City of Plymouth AC	4:31.48	-
2	51	Gary Ironmonger (G)	Herne Hill Harriers	4:38.45	-
3	61	Stephen Roberts (G)	Handy Cross Runners	4:40.47	-
4	45	Stewart Fountain (G)	EVAC	5:01.20	-

CBP

3000m

Pos	No	Athlete	Club	Perf	Medal
1	49	Martin Hawkins	Cambridge Harriers	11:19.80	G
2	55	Don Lawless	Thurrock Harriers AC	11:27.88	S

Final**60m Hurdles**

Pos	No	Athlete	Club	Perf	Medal
1	60	Glen Reddington	Windsor Slough Eton & H AC	9.40	G
2	47	Leroy Gould	Newham & Essex Beagles	10.85	S
3	44	Richard Christian	Tonbridge AC	11.14	B
4	66	Derek Warn	Southampton AC	11.60	-
5	63	David Stephenson (G)	Fairlands Valley Spartans	12.68	-

Final**High Jump**

Pos	No	Athlete	Club	Perf	Medal
1	66	Derek Warn	Southampton AC	1.35	G

Final**Pole Vault**

Pos	No	Athlete	Club	Perf	Medal	
1	52	Mark Johnson (G)	Leeds City AC	4.64	-	CBP
2	66	Derek Warn	Southampton AC	2.40	-	

Final**Long Jump**

Pos	No	Athlete	Club	Perf	Medal
1	46	Julien Gittens (G)	Leeds City AC	5.29	-
2	66	Derek Warn	Southampton AC	4.52	G
3	47	Leroy Gould	Newham & Essex Beagles	4.36	S

Final**Triple Jump**

Pos	No	Athlete	Club	Perf	Medal	
1	46	Julien Gittens (G)	Leeds City AC	11.60	-	CBP
2	67	Clifford Warren (G)	Loughton AC	9.84	-	

Final**Shot**

Pos	No	Athlete	Club	Perf	Medal
1	68	Stephen Whyte (G)	Thames Valley Harriers	14.61	-
2	65	Anthony Tipping	Cambridge Harriers	12.89	G
3	63	David Stephenson (G)	Fairlands Valley Spartans	7.32	-

Final

M55

60m

Pos	No	Athlete	Club	Perf	Medal
1	91	Mark Woods	Paddock Wood AC	8.27	G
2	73	Dominic Browne (G)	Leamington C & AC	8.33	-
3	87	Lawrence Taylor (G)	Barnet & District AC	8.60	-
4	85	Kirtley Robbins (G)	Tipton Harriers	8.61	-
5	90	Nicholas Woodhead (G)	Kingston AC & Poly H	8.66	-
6	79	Richard Jenkin	Hillingdon AC	9.03	S
7	81	Michael May	Kingston AC & Poly H	9.72	-

Final

200m

Pos	No	Athlete	Club	Perf	Medal
1	78	Tennyson James (G)	Bedford & County AC	26.97	-
2	73	Dominic Browne (G)	Leamington C & AC	27.81	-
3	90	Nicholas Woodhead (G)	Kingston AC & Poly H	29.13	-
4	79	Richard Jenkin	Hillingdon AC	29.92	G
5	74	Roderick Davies	Southampton AC	31.47	-
6	81	Michael May	Kingston AC & Poly H	32.24	-

Final

400m

Pos	No	Athlete	Club	Perf	Medal
1	78	Tennyson James (G)	Bedford & County AC	59.66	-
2	79	Richard Jenkin	Hillingdon AC	66.46	G

Final

800m

Pos	No	Athlete	Club	Perf	Medal
1	83	Kevin Pye (G)	Charnwood AC	2:25.31	-
2	72	Geoffrey Brewster (G)	Huntingdonshire AC	2:26.78	-
3	76	David Foley	Ealing Southall & Mddx AC	2:31.87	G

Final

1500m

Pos	No	Athlete	Club	Perf	Medal
1	76	David Foley	Ealing Southall & Mddx AC	5:16.50	G
2	71	David Bowker	Fairlands Valley Spartans	5:16.89	S
3	82	Colin Oxlade	Croydon Harriers	5:28.17	B

Final

3000m

Pos	No	Athlete	Club	Perf	Medal
1	71	David Bowker	Fairlands Valley Spartans	11:13.76	G
2	82	Colin Oxlade	Croydon Harriers	11:30.96	S

Final

60m Hurdles

Pos	No	Athlete	Club	Perf	Medal
1	78	Tennyson James (G)	Bedford & County AC	9.90	-
2	85	Kirtley Robbins (G)	Tipton Harriers	10.86	-

Final

3000m Walk

Pos	No	Athlete	Club	Perf	Medal	
1	84	Francisco Reis	Ilford AC	14:06.43	G	CBP
2	69	Stephen Allen	Barnet & District AC	15:35.87	S	

Final**Pole Vault**

Pos	No	Athlete	Club	Perf	Medal
	80	Allan Leiper	Aldershot Farnham & D AC	nhr	-

Final**Shot**

Pos	No	Athlete	Club	Perf	Medal
1	80	Allan Leiper	Aldershot Farnham & D AC	12.22	G
2	75	John Fenton	Dartford Harriers AC	10.98	S
3	70	Nick Barton	South London Harriers	10.13	B
4	89	Peter Wishart (G)	Cambridge Harriers	8.93	-

Final**M60****60m**

Pos	No	Athlete	Club	Perf	Medal
1	102	Tom Phillips	Blackheath & Bromley H AC	8.34	G
2	97	Walwyn Franklyn	Reading AC	8.40	S
3	98	Clement Leon	Blackheath & Bromley H AC	8.45	B
4	96	Peter Coote (G)	Stratford-upon-Avon AC	9.99	-

Final**200m**

Pos	No	Athlete	Club	Perf	Medal
1	102	Tom Phillips	Blackheath & Bromley H AC	28.13	G
2	98	Clement Leon	Blackheath & Bromley H AC	28.44	S
3	108	Robert Woolliams (G)	Ipswich Harriers	31.20	-

Final**400m**

Pos	No	Athlete	Club	Perf	Medal
1	98	Clement Leon	Blackheath & Bromley H AC	62.27	G
2	105	Stewart Thorp	Oxford City AC	71.67	S

Final**800m**

Pos	No	Athlete	Club	Perf	Medal	
1	106	David Wilcock	Barnet & District AC	2:21.31	G	CBP

Final**1500m**

Pos	No	Athlete	Club	Perf	Medal
1	106	David Wilcock	Barnet & District AC	5:08.09	G

Final**3000m**

Pos	No	Athlete	Club	Perf	Medal
1	105	Stewart Thorp	Oxford City AC	11:13.65	G

Final

3000m Walk			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	99	Malcolm Martin	Paddock Wood AC	15:40.17	G	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	93	David Blunt (G)	Epsom & Ewell Harriers	1.45	-	CBP
2	103	Duncan Talbot	Abingdon Amblers AC	1.40	G	
3	98	Clement Leon	Blackheath & Bromley H AC	1.40	S	
Pole Vault			Final			
Pos	No	Athlete	Club	Perf	Medal	
	93	David Blunt (G)	Epsom & Ewell Harriers	nhr	-	
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	93	David Blunt (G)	Epsom & Ewell Harriers	4.16	-	
2	104	Ian Thomson	None	4.10	G	
3	98	Clement Leon	Blackheath & Bromley H AC	3.88	S	
4	96	Peter Coote (G)	Stratford-upon-Avon AC	3.40	-	
Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	98	Clement Leon	Blackheath & Bromley H AC	9.82	G	CBP
2	93	David Blunt (G)	Epsom & Ewell Harriers	9.56	-	
3	104	Ian Thomson	None	9.26	S	
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	96	Peter Coote (G)	Stratford-upon-Avon AC	8.66	-	
M65						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	116	Michael Maisey	Herts Phoenix AC	9.15	G	
2	122	Roy White	St Mary's Richmond AC	9.35	S	
3	118	Patrick Reynolds (G)	VAC	11.28	-	
200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	121	David Spencer	London Heathside R AC	28.67	G	
2	122	Roy White	St Mary's Richmond AC	31.27	S	
3	118	Patrick Reynolds (G)	VAC	38.49	-	
400m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	121	David Spencer	London Heathside R AC	63.58	G	CBP
2	111	John Exley	Oxford City AC	83.39	-	

800m

Pos	No	Athlete	Club	Perf	Medal
1	117	Michael Mann (G)	Dulwich Runners AC	2:45.76	-
2	114	Bruce Hendrie (G)	Banbury Harriers AC	2:48.03	-
3	113	Peter Hamilton	Blackheath & Bromley H AC	2:50.26	G

Final**1500m**

Pos	No	Athlete	Club	Perf	Medal	
1	117	Michael Mann (G)	Dulwich Runners AC	5:29.54	-	CBP
2	113	Peter Hamilton	Blackheath & Bromley H AC	5:52.40	G	
3	115	Michael Jefferies	Dragons RC	6:42.71	-	

Final**3000m**

Pos	No	Athlete	Club	Perf	Medal
1	109	David Beattie	Crawley AC	11:57.10	G
2	111	John Exley	Oxford City AC	11:58.31	S
3	110	Alan Davidson	Liss RC	14:06.07	B
4	115	Michael Jefferies	Dragons RC	14:11.67	-

Final**Long Jump**

Pos	No	Athlete	Club	Perf	Medal
1	118	Patrick Reynolds (G)	VAC	2.74	-

Final**Shot**

Pos	No	Athlete	Club	Perf	Medal
1	112	Neil Griffin	Windsor Slough Eton & H AC	12.06	G

Final**M70****60m**

Pos	No	Athlete	Club	Perf	Medal	
1	133	Glyn Sutton (G)	Newport Harriers AC	8.12	-	CBP
2	131	Victor Novell	Southampton AC	8.90	G	
3	130	Allan Long (G)	Herne Hill Harriers	9.01	-	

Final**200m**

Pos	No	Athlete	Club	Perf	Medal	
1	133	Glyn Sutton (G)	Newport Harriers AC	27.60	-	CBP
2	131	Victor Novell	Southampton AC	29.67	G	
3	123	Terry Bissett	Epsom & Ewell Harriers	30.41	S	
4	124	Barry Ferguson	Cambridge Harriers	33.49	B	

Final**1500m**

Pos	No	Athlete	Club	Perf	Medal
1	132	Tony Rea	Dragons RC	6:35.97	G

Final

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	132	Tony Rea	Dragons RC	13:22.39	G

60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	124	Barry Ferguson	Cambridge Harriers	11.21	G

3000m Walk			Final		
Pos	No	Athlete	Club	Perf	Medal
1	126	Peter Hannell	Surrey Walking Club	19:37.41	G

Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
	127	Brian Harlick	Epsom & Ewell Harriers	nhr	-

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	130	Allan Long (G)	Herne Hill Harriers	3.99	-

M75

200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	135	Roger Bruck	Barnet & District AC	39.14	G	CBP

800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	134	John Batchelor	Ilford AC	2:52.16	G	CBP

3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	134	John Batchelor	Ilford AC	12:38.47	G	NCBP

High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	135	Roger Bruck	Barnet & District AC	1.15	G

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	135	Roger Bruck	Barnet & District AC	3.23	G

M80

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	139	Richard Pitcairn-Knowles (G)	Sevenoaks AC	12.38	-
2	140	Clifford Taylor (G)	VAC	12.61	-

200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	138	John Evans (G)	Rugby & North'ton AC	39.30	-	CBP
2	139	Richard Pitcairn-Knowles (G)	Sevenoaks AC	44.00	-	

Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	138	John Evans (G)	Rugby & North'ton AC	3.07	-	NCBP
2	140	Clifford Taylor (G)	VAC	2.31	-	

Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	138	John Evans (G)	Rugby & North'ton AC	6.99	-	NCBP

Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	140	Clifford Taylor (G)	VAC	8.60	-	CBP

W35

60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	146	Claire Spurway	Newham & Essex Beagles	8.06	G	
2	143	Susan McLoughlin (G)	Walton AC	8.12	-	
3	144	Natasha Norris	Bracknell AC	8.33	S	
4	141	Samantha Bickley-Vaile	City of Portsmouth AC	8.37	B	
5	145	Sharni Raymond	Thames Valley Harriers	8.58	-	

200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	143	Susan McLoughlin (G)	Walton AC	26.32	-	CBP
2	144	Natasha Norris	Bracknell AC	28.43	G	

60m Hurdles			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	141	Samantha Bickley-Vaile	City of Portsmouth AC	10.16	G	

Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	144	Natasha Norris	Bracknell AC	3.53	-	

W40

60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	151	Kathryn Miles	Winchester & District AC	8.80	G	
2	153	Stephanie Pain (G)	City of Norwich AC	8.90	-	

200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	151	Kathryn Miles	Winchester & District AC	29.89	G	
400m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	152	Diana Norman	Epsom & Ewell Harriers	60.26	G	CBP
2	154	Joanna Paterson (G)	South London Harriers	81.56	-	
800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	152	Diana Norman	Epsom & Ewell Harriers	2:21.69	G	CBP
60m Hurdles			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	153	Stephanie Pain (G)	City of Norwich AC	10.51	-	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	147	Ayamba Akim (G)	Woodford Green AC with E L	1.63	-	CBP
2	148	Claudia Cabbage	City of Portsmouth AC	1.35	G	
3	153	Stephanie Pain (G)	City of Norwich AC	1.30	-	
4	155	Kirsty Tanner	Witney Road Runners	1.25	S	
Pole Vault			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	148	Claudia Cabbage	City of Portsmouth AC	2.50	G	=CBP
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	152	Diana Norman	Epsom & Ewell Harriers	5.29	G	CBP
2	153	Stephanie Pain (G)	City of Norwich AC	4.35	-	
3	155	Kirsty Tanner	Witney Road Runners	3.86	S	
Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	155	Kirsty Tanner	Witney Road Runners	7.87	G	
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	152	Diana Norman	Epsom & Ewell Harriers	11.26	G	CBP
2	148	Claudia Cabbage	City of Portsmouth AC	9.62	S	
W45						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	156	Jacqueline Breslin	Oxford City AC	9.89	G	
2	163	Lesley Richardson	Enfield & Haringey AC	10.00	S	

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	158	Dawn Jones (G)	Harlow AC	29.99	-

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	158	Dawn Jones (G)	Harlow AC	67.62	-

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	157	Lynne Champion	Istead & Ifield Harriers	11:58.39	G

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	161	Margaret Pope (G)	VAC	3.94	-
2	156	Jacqueline Breslin	Oxford City AC	3.66	G
3	163	Lesley Richardson	Enfield & Haringey AC	3.27	-

Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	161	Margaret Pope (G)	VAC	8.32	-
2	156	Jacqueline Breslin	Oxford City AC	7.91	G

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	163	Lesley Richardson	Enfield & Haringey AC	7.30	G

W50

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	167	Kirstin King	Bracknell AC	8.65	G
2	175	Susan Wisdom	Epsom & Ewell Harriers	9.28	S
3	165	Mary Brown	Barnet & District AC	9.53	B
4	166	Helene Marie Kehoe	London Heathside R AC	9.69	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	165	Mary Brown	Barnet & District AC	31.42	G
2	175	Susan Wisdom	Epsom & Ewell Harriers	31.64	S
3	166	Helene Marie Kehoe	London Heathside R AC	35.50	B

400m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	172	Sally Read-Cayton (G)	VAC	63.79	-	CBP
2	170	Virginia Mitchell	Guildford & Godalming AC	64.61	G	
3	165	Mary Brown	Barnet & District AC	75.50	S	
4	166	Helene Marie Kehoe	London Heathside R AC	85.67	-	

800m**Final**

Pos	No	Athlete	Club	Perf	Medal
1	168	Lindsay Lister (G)	Biggleswade AC	2:42.77	-

3000m Walk**Final**

Pos	No	Athlete	Club	Perf	Medal	
1	169	Angela Martin	Paddock Wood AC	20:14.30	G	CBP

Pole Vault**Final**

Pos	No	Athlete	Club	Perf	Medal
1	171	Jacqueline Montgomery	Blackheath & Bromley H AC	2.60	G

Shot**Final**

Pos	No	Athlete	Club	Perf	Medal
1	174	Julie Wilson	Reading AC	10.19	G

W55**60m****Final**

Pos	No	Athlete	Club	Perf	Medal
1	178	Teresa Eades	Dartford Harriers AC	9.59	G
2	181	Clare St John-Coleman (G)	Chelmsford AC	9.68	-

High Jump**Final**

Pos	No	Athlete	Club	Perf	Medal
1	178	Teresa Eades	Dartford Harriers AC	1.20	G

Long Jump**Final**

Pos	No	Athlete	Club	Perf	Medal	
1	178	Teresa Eades	Dartford Harriers AC	4.15	G	CBP
2	183	Denise Timmis (G)	Lincoln Wellington AC	4.00	-	
3	181	Clare St John-Coleman (G)	Chelmsford AC	3.51	-	
4	182	Tessa Stephenson (G)	Fairlands Valley Spartans	3.02	-	

Triple Jump**Final**

Pos	No	Athlete	Club	Perf	Medal
1	178	Teresa Eades	Dartford Harriers AC	8.50	G
	181	Clare St John-Coleman (G)	Chelmsford AC	ndr	-

Shot**Final**

Pos	No	Athlete	Club	Perf	Medal
1	182	Tessa Stephenson (G)	Fairlands Valley Spartans	8.57	-
2	177	Wendy Dunsford	Epsom & Ewell Harriers	8.05	G

W60

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	186	Helen Godsell	Blackheath & Bromley H AC	8.96	G
2	191	Joan Trimble	Kingston AC & Poly H	9.32	S
3	184	Linda Ahmet	Radley AC	10.76	B
4	187	Helen James (G)	Serpentine RC	10.85	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	186	Helen Godsell	Blackheath & Bromley H AC	30.01	G
2	191	Joan Trimble	Kingston AC & Poly H	31.69	S
3	189	Edna Francis Roe (G)	VAC	31.90	-

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	184	Linda Ahmet	Radley AC	3.25	G
2	187	Helen James (G)	Serpentine RC	3.16	-

Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	184	Linda Ahmet	Radley AC	7.46	G

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	190	Vilma Athelma Thompson	Belgrave Harriers	9.98	G
2	187	Helen James (G)	Serpentine RC	5.46	-

W65

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	196	Hendricka White	St Mary's Richmond AC	9.89	G
2	192	Emily McMahon	Enfield & Haringey AC	10.04	S

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	196	Hendricka White	St Mary's Richmond AC	33.49	G

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	195	Ros Tabor (G)	Dulwich Runners AC	2:55.06	-

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	195	Ros Tabor (G)	Dulwich Runners AC	12:35.68	-

60m Hurdles

Pos	No	Athlete	Club	Perf	Medal
	192	Emily McMahon	Enfield & Haringey AC	dnf	-

Final**Long Jump**

Pos	No	Athlete	Club	Perf	Medal
1	194	Linda Oxlade	Croydon Harriers	2.04	-

Final**Triple Jump**

Pos	No	Athlete	Club	Perf	Medal
1	194	Linda Oxlade	Croydon Harriers	4.49	-

Final**W70****200m**

Pos	No	Athlete	Club	Perf	Medal
1	198	Patricia Stanley	Jersey Spartan AC	45.93	G

Final**Shot**

Pos	No	Athlete	Club	Perf	Medal
1	197	Elizabeth Sissons	Epsom & Ewell Harriers	8.33	G

Final