

Southern Counties Veterans Athletics Club
Indoor Track and Field Championships 19th February 2017
Lee Valley Athletic Centre

M35

60m					
Pos	No	Athlete	Club	Perf	Medal
1	5	Amr Ziko (G)	Braintree & District AC	7.9	-

200m					
Pos	No	Athlete	Club	Perf	Medal
1	5	Amr Ziko (G)	Braintree & District AC	25.89	-

800m					
Pos	No	Athlete	Club	Perf	Medal
1	4	Kevin Wheeler	City Of Portsmouth AC	2:21.64	G

1500m					
Pos	No	Athlete	Club	Perf	Medal
1	1	Joe Ashley	Arena 80 AC	4:23.02	G
	4	Kevin Wheeler	City Of Portsmouth AC	4:58.17	-

3000m					
Pos	No	Athlete	Club	Perf	Medal
1	3	Hermann Kruger	Hillingdon AC	10:47.94	-

3000m Walk					
Pos	No	Athlete	Club	Perf	Medal
1	2	Adam Hills (G)	Bedford Harriers AC	16:53.28	- NCBP

M40

60m					
Pos	No	Athlete	Club	Perf	Medal
1	12	Andrew Gordon (G)	Kingston AC & Poly H	7.5	-
2	8	Stuart Channon (G)	Walton AC	7.5	-
3	10	Darren Dods	Guildford & Godalming AC	7.6	G
4	16	David Robinson (G)	Serpentine RC	8.6	-

200m					
Pos	No	Athlete	Club	Perf	Medal
1	10	Darren Dods	Guildford & Godalming AC	24.55	G
2	8	Stuart Channon (G)	Walton AC	24.66	-

400m					
Pos	No	Athlete	Club	Perf	Medal
1	10	Darren Dods	Guildford & Godalming AC	56.39	G

800m					
Pos	No	Athlete	Club	Perf	Medal
1	6	David Allworthy (G)	Lincoln Wellington AC	2:11.19	-

3000m					
Pos	No	Athlete	Club	Perf	Medal
1	16	David Robinson (G)	Serpentine RC	10:27.51	-

60m Hurdles					
Pos	No	Athlete	Club	Perf	Medal
1	9	Peter Davey	Ashford AC	10.17	G
2	17	Daniel Upton	Trafford AC	11.46	-

High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	16	David Robinson (G)	Serpentine RC	1.30	-

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	17	Daniel Upton	Trafford AC	12.49	G

M45

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	33	Neil Lincoln	Holland Sports AC	7.93	G
2	43	Daniel Tomlinson	Haslemere Border AC	7.94	S
3	34	Mark Mcallister	Tonbridge AC	8.09	B
4	19	Michele Beltramo (G)	VAC	8.10	-
5	38	Ben Radcliffe	Haywards Heath Harriers	8.18	-
6	32	Nick Lauder (G)	VAC	8.22	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	28	Glenn Gray	SCVAC	25.89	G
2	35	Malcolm McPhail (G)	Northern Masters AC	26.11	-
3	43	Daniel Tomlinson	Haslemere Border AC	26.16	S
4	32	Nick Lauder (G)	VAC	26.43	-

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	42	Jason Steel	Hillingdon AC	58.34	G
2	40	David Shortridge	Victoria Park H's & T H AC	59.47	S
	21	Simon Byway	Kingston AC & Poly H	dnf	-

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	25	Robert Datnow (G)	Thames Valley Harriers	2:10.33	-
2	24	Andy Coleman (G)	Billericay Striders RC	2:13.50	-
3	40	David Shortridge	Victoria Park H's & T H AC	2:21.22	G
4	23	Mark Champion	Istead & Ifield Harriers	2:22.37	S
5	39	Bobby Riddaway (G)	Amphill & Flitwick Flyers RC	2:23.54	-

1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	23	Mark Champion	Istead & Ifield Harriers	4:50.13	G

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	30	Ian Johnston (G)	VAC	9:41.19	-
2	29	Daniel Johnson	Epsom & Ewell Harriers	10:35.42	G

60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	41	Gary Smith (G)	Bedford & County AC	9.05	-
2	28	Glenn Gray	SCVAC	10.63	G

Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
1	31	Egryn Jones	Windsor Slough Eton & H AC	4.21	G =CBP
2	20	Andrew Buchanan	Aldershot Farnham & D AC	3.01	S

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	33	Neil Lincoln	Holland Sports AC	5.87	G
2	36	John Munroe	SCVAC	5.78	S

Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	33	Neil Lincoln	Holland Sports AC	11.23	G
2	38	Ben Radcliffe	Haywards Heath Harriers	10.79	S

M50

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	58	Wole Odele	Cambridge Harriers	7.94	G
2	46	Donald Brown (G)	Royal Sutton Coldfield AC	7.95	-
3	52	Barrington King	Harrow AC	8.25	S
4	59	Glen Reddington	Windsor Slough Eton & H AC	8.45	B
5	51	Tony Killilea (G)	London Heathside R AC	8.66	-
6	57	Chris Michael (G)	VAC	9.44	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	58	Wole Odele	Cambridge Harriers	26.82	G
2	46	Donald Brown (G)	Royal Sutton Coldfield AC	27.45	-
3	56	Steve Mayfield (G)	Stevenage & North Herts AC	28.16	-
4	57	Chris Michael (G)	VAC	31.94	-

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	58	Wole Odele	Cambridge Harriers	59.71	G
2	56	Steve Mayfield (G)	Stevenage & North Herts AC	63.40	-

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	62	Tony Tuohy (G)	Dulwich Runners AC	2:18.32	-

1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	62	Tony Tuohy (G)	Dulwich Runners AC	4:40.60	-
2	55	Larry Mangelshot	Ware Joggers	4:42.51	G
3	60	Steve Roberts (G)	Handy Cross Runners	4:45.48	-
4	45	Mike Bannister	Brighton & Hove City AC	4:50.83	S

3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	62	Tony Tuohy (G)	Dulwich Runners AC	9:40.47	-	CBP
2	54	Jonny Lowe (G)	Mansfield Harriers & AC	10:08.41	-	

60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	46	Donald Brown (G)	Royal Sutton Coldfield AC	9.34	-
2	59	Glen Reddington	Windsor Slough Eton & H AC	9.59	G
3	58	Wole Odele	Cambridge Harriers	10.99	S

High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	47	Mike Darcey	Kingston AC & Poly H	1.50	G

Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
1	44	John Andrews	Epsom & Ewell Harriers	3.21	G
	49	Simon Eastwood (G)	Bedford & County AC	nhr	-
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	47	Mike Darcey	Kingston AC & Poly H	4.55	G
Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	57	Chris Michael (G)	VAC	6.85	-
M55					
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	79	Pat Logan	Kingston AC & Poly H	7.85	G
2	74	Peter Ilo	Barnet & District AC	8.12	S
3	85	Mark Woods	Paddock Wood AC	8.41	B
4	66	Gary Capon	Dartford Harriers AC	8.55	-
200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	74	Peter Ilo	Barnet & District AC	26.27	G
2	85	Mark Woods	Paddock Wood AC	26.63	S
400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	74	Peter Ilo	Barnet & District AC	58.87	G
2	78	Bob Lewis	Reading AC	60.08	S
3	75	Gary Ironmonger (G)	Herne Hill Harriers	61.04	-
4	83	Andrew Stewart (G)	Chiltern Harriers AC	71.74	-
800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	67	Andrew Cunningham	Barnet & District AC	2:23.81	G
2	81	Peter Mountain (G)	Bristol and West AC	2:25.55	-
3	65	Geoffrey Brewster (G)	Huntingdonshire AC	2:28.34	-
1500m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	75	Gary Ironmonger (G)	Herne Hill Harriers	4:42.28	-
2	67	Andrew Cunningham	Barnet & District AC	4:51.85	G
3	69	David Foley	Ealing Southall & Mddx AC	5:11.35	S
4	82	Colin Oxlade	Croydon Harriers	5:30.41	B
3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	82	Colin Oxlade	Croydon Harriers	11:37.61	G
60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
	77	Allan Leiper	Aldershot Farnham & D AC	dnf	-
High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	66	Gary Capon	Dartford Harriers AC	1.56	G
					CBP

Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
1	77	Allan Leiper	Aldershot Farnham & D AC	3.11	G

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	71	Julien Gittens (G)	Leeds City AC	5.27	- CBP
2	66	Gary Capon	Dartford Harriers AC	4.68	G

Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	71	Julien Gittens (G)	Leeds City AC	11.59	- CBP
2	66	Gary Capon	Dartford Harriers AC	9.05	G

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	77	Allan Leiper	Aldershot Farnham & D AC	12.41	G
2	72	Michael Hausler (G)	Cambridge & Coleridge AC	12.04	-
3	68	Renzo Di Libero (G)	Kingston AC & Poly H	11.25	-
4	84	Peter Wishart (G)	Cambridge Harriers	9.64	-

M60

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	92	Clem Leon	Blackheath & Bromley H AC	8.77	G
2	89	Peter Coote (G)	Stratford-upon-Avon AC	9.87	-

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	91	Wally Franklyn	Reading AC	27.95	G
2	92	Clem Leon	Blackheath & Bromley H AC	28.37	S
3	102	Ray Watkins	Basingstoke & Mid Hants AC	29.64	B
4	98	Alan Perry (G)	Harrow AC	34.28	-

400m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	86	Simon Barrett	Newbury AC	62.82	G
2	92	Clem Leon	Blackheath & Bromley H AC	64.16	S
3	102	Ray Watkins	Basingstoke & Mid Hants AC	65.93	B

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
	100	Stewart Thorp	Oxford City AC	2:40.19	-
2	96	Alan Newman	Paddock Wood AC	2:47.94	G
3	95	Ian McCarthy	Cambridge Harriers	2:48.27	S

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	100	Stewart Thorp	Oxford City AC	11:37.25	G
2	96	Alan Newman	Paddock Wood AC	11:49.71	S

3000m Walk			Final		
Pos	No	Athlete	Club	Perf	Medal
1	94	Malcolm Martin	Paddock Wood AC	16:23.64	G

High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	88	David Blunt (G)	Epsom & Ewell Harriers	1.40	-
2	92	Clem Leon	Blackheath & Bromley H AC	1.35	G
3	101	Trevor Wade	Thames Valley Harriers	1.30	S

Pole Vault			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	103	Allan Williams	Blackheath & Bromley H AC	3.21	G	CBP
2	88	David Blunt (G)	Epsom & Ewell Harriers	2.91	-	

Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	101	Trevor Wade	Thames Valley Harriers	4.59	G	CBP
2	88	David Blunt (G)	Epsom & Ewell Harriers	4.34	-	
3	92	Clem Leon	Blackheath & Bromley H AC	4.16	S	

Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	101	Trevor Wade	Thames Valley Harriers	9.23	G	
2	88	David Blunt (G)	Epsom & Ewell Harriers	9.20	-	
3	99	Ian Thomson	SCVAC	9.04	S	
4	92	Clem Leon	Blackheath & Bromley H AC	8.79	B	

Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	90	John Fenton	Dartford Harriers AC	12.11	G	
2	87	Kevin Bates (G)	Huntingdonshire AC	10.13	-	
3	89	Peter Coote (G)	Stratford-upon-Avon AC	8.91	-	

M65

60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	111	Geoffrey Kitchener (G)	Sevenoaks AC	9.34	-	
2	114	Patrick Reynolds (G)	VAC	11.16	-	

200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	115	David Spencer	Brighton & Hove City AC	28.74	G	
2	111	Geoffrey Kitchener (G)	Sevenoaks AC	31.19	-	
3	112	Mike Maisey	Herts Phoenix AC	32.04	S	
4	114	Patrick Reynolds (G)	VAC	40.07	-	

400m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	115	David Spencer	Brighton & Hove City AC	64.97	G	
2	106	John Exley	Oxford City AC	81.90	-	

800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	113	Michael Mann (G)	Dulwich Runners AC	2:45.95	-	
2	109	Peter Hamilton	Blackheath & Bromley H AC	2:48.43	G	
3	106	John Exley	Oxford City AC	2:50.51	S	

1500m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	113	Michael Mann (G)	Dulwich Runners AC	5:38.41	-	
2	110	Mick Jefferies	Dragons RC (Leeds)	6:27.55	G	

3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	113	Michael Mann (G)	Dulwich Runners AC	11:42.54	-	CBP
2	104	Dave Beattie	Crawley AC	12:13.58	G	
3	109	Peter Hamilton	Blackheath & Bromley H AC	12:21.15	S	
4	110	Mick Jefferies	Dragons RC (Leeds)	13:43.90	B	

3000m Walk			Final			
Pos	No	Athlete	Club	Perf	Medal	
	116	Peter Watts	Swanley & District AC	disq	-	
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	112	Mike Maisey	Herts Phoenix AC	3.76	G	
2	114	Patrick Reynolds (G)	VAC	2.78	-	
Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	114	Patrick Reynolds (G)	VAC	5.87	-	
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	108	Neil Griffin	Windsor Slough Eton & H AC	11.08	G	
M70						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	119	Victor Novell	Southampton AC	9.05	G	
2	117	Ron Davies	Reading AC	9.66	S	
3	118	Charles Isetts (G)	Kingston AC & Poly H	10.48	-	
200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	119	Victor Novell	Southampton AC	30.41	G	
2	117	Ron Davies	Reading AC	32.15	S	
3	118	Charles Isetts (G)	Kingston AC & Poly H	36.94	-	
400m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	119	Victor Novell	Southampton AC	77.64	G	
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	117	Ron Davies	Reading AC	3.62	G	
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	117	Ron Davies	Reading AC	8.47	G	
M75						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	122	Barry Ferguson	Cambridge Harriers	9.99	G	
200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	122	Barry Ferguson	Cambridge Harriers	33.35	G	CBP
2	121	Roger Bruck	Barnet & District AC	35.97	S	
800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	120	John Batchelor	Ilford AC	2:52.05	G	CBP

1500m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	120	John Batchelor	Ilford AC	6:02.19	G	CBP
3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	120	John Batchelor	Ilford AC	12:40.66	G	
60m Hurdles			Final			
Pos	No	Athlete	Club	Perf	Medal	
	122	Barry Ferguson	Cambridge Harriers	dnf	-	
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	121	Roger Bruck	Barnet & District AC	1.20	G	=CBP
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	121	Roger Bruck	Barnet & District AC	3.14	G	
M80						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	124	Richard Pitcairn-Knowles	Sevenoaks AC	13.40	-	
800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
	124	Richard Pitcairn-Knowles	Sevenoaks AC	dnf	-	
3000m Walk			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	125	Norbert Will (G)	Northern Ireland Masters	21:06.34	-	CBP
W35						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	126	Lindsay Badman	Aldershot Farnham & D AC	9.28	G	
200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	126	Lindsay Badman	Aldershot Farnham & D AC	30.18	G	
W40						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	134	Kirstie Taylor	Dartford Harriers AC	8.39	G	
200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	134	Kirstie Taylor	Dartford Harriers AC	28.69	G	
2	131	Sharon Dooley	Ranelagh Harriers	30.44	S	
400m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	133	Diana Norman	Epsom & Ewell Harriers	60.24	G	CBP
2	131	Sharon Dooley	Ranelagh Harriers	73.02	S	

800m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	133	Diana Norman	Epsom & Ewell Harriers	2:19.63	G	CBP
High Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	133	Diana Norman	Epsom & Ewell Harriers	1.56	G	
2	130	Claudia Cabbage	City Of Portsmouth AC	1.40	S	
Pole Vault			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	130	Claudia Cabbage	City Of Portsmouth AC	2.41	G	
Long Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	133	Diana Norman	Epsom & Ewell Harriers	4.96	G	
Triple Jump			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	133	Diana Norman	Epsom & Ewell Harriers	10.90	G	CBP
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	133	Diana Norman	Epsom & Ewell Harriers	11.10	G	
2	130	Claudia Cabbage	City Of Portsmouth AC	9.40	S	
W45						
1500m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	135	Lynne Champion	Istead & Ifield Harriers	5:28.65	G	
3000m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	135	Lynne Champion	Istead & Ifield Harriers	11:34.40	G	
Shot			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	139	Lesley Richardson	Enfield and Haringey AC	6.81	G	
W50						
60m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	141	Angela Bates (G)	Epsom & Ewell Harriers	8.73	-	
2	145	Michele Wakefield	Oxford City AC	9.36	G	
200m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	141	Angela Bates (G)	Epsom & Ewell Harriers	29.64	-	
2	145	Michele Wakefield	Oxford City AC	31.70	G	
400m			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	142	Alison Collins	South London Harriers	68.70	G	
3000m Walk			Final			
Pos	No	Athlete	Club	Perf	Medal	
1	143	Angela Martin	Paddock Wood AC	20:17.34	G	

Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
1	144	Jacqueline Montgomery	Blackheath & Bromley H AC	2.51	G
W55					
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	147	Teresa Eades	Dartford Harriers AC	9.76	G
2	151	Rosalind Zeffertt	Shaftesbury Barnet Harriers	10.12	S
High Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	147	Teresa Eades	Dartford Harriers AC	1.25	G =CBP
Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
1	147	Teresa Eades	Dartford Harriers AC	2.41	G
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	147	Teresa Eades	Dartford Harriers AC	4.07	G
2	149	Mandy Rowley-Jones	Croydon Harriers	3.66	S
3	151	Rosalind Zeffertt	Shaftesbury Barnet Harriers	3.65	B
Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	147	Teresa Eades	Dartford Harriers AC	8.59	G
Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	146	Wendy Dunsford	Epsom & Ewell Harriers	8.11	G
W60					
60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	153	Helen Godsell	Blackheath & Bromley H AC	9.00	G
2	156	Joan Trimble	Kingston AC & Poly H	9.50	S
3	152	Sue Dassie	Epsom & Ewell Harriers	10.02	B
4	155	Christine Salvary	Barnet & District AC	10.38	-
200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	153	Helen Godsell	Blackheath & Bromley H AC	30.55	G
2	156	Joan Trimble	Kingston AC & Poly H	33.52	S
Pole Vault			Final		
Pos	No	Athlete	Club	Perf	Medal
1	157	Sue Yeomans	St Albans AC	2.51	G
2	152	Sue Dassie	Epsom & Ewell Harriers	2.01	S
Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	155	Christine Salvary	Barnet & District AC	3.10	G
Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	155	Christine Salvary	Barnet & District AC	6.44	G
2	152	Sue Dassie	Epsom & Ewell Harriers	6.28	S

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	152	Sue Dassie	Epsom & Ewell Harriers	8.24	G

W65

60m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	164	Hendricka White	SMRAC	10.03	G
2	161	Anne Nelson	Epsom & Ewell Harriers	10.55	S

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	164	Hendricka White	SMRAC	32.98	G
2	161	Anne Nelson	Epsom & Ewell Harriers	36.85	S
3	159	Sue James	Paddock Wood AC	42.42	B

800m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	159	Sue James	Paddock Wood AC	3:34.58	G

3000m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	162	Ros Tabor (G)	Dulwich Runners AC	12:51.63	-

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	163	Vilma Thompson	Belgrave Harriers	9.76	G

W70

200m			Final		
Pos	No	Athlete	Club	Perf	Medal
1	165	Patricia Oakes (G)	Ashford AC	43.77	-
2	167	Patricia Stanley	Jersey Spartan AC	49.27	G

60m Hurdles			Final		
Pos	No	Athlete	Club	Perf	Medal
1	165	Patricia Oakes (G)	Ashford AC	14.51	- NCBP

Long Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	165	Patricia Oakes (G)	Ashford AC	2.96	-

Triple Jump			Final		
Pos	No	Athlete	Club	Perf	Medal
1	165	Patricia Oakes (G)	Ashford AC	6.16	-

Shot			Final		
Pos	No	Athlete	Club	Perf	Medal
1	166	Liz Sissons	Epsom & Ewell Harriers	7.50	G