

**SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - FINALS**  
**Ashford - Sunday 4 September 2016**

**Men's Match**

1	Southampton	250 pts
2	Herne Hill Harriers	213.5 pts
3	Hercules Wimbledon	185 pts
4	Cambridge Harriers	179.5 pts
5	Dartford Harriers	169.5 pts
6	Abingdon	163.5 pts
7	Barnet & District	53 pts

**100 metres M35 A**

1	Giuseppe Minetti	M45 Herne H	12.32	7
2	Dominic Bokor-Ingram	M45 HW	12.59	6
3	Wole Odele	M50 Camb H	12.98	5
4	Steve Jones	M40 Dartf	13.09	4
5	Ian Matt	M40 Soton	13.33	3
6	Steve Pomeroy	M50 Abing	14.08	2

(Wind: -2.4m/sec)

**100 metres M35 B**

1	Mark West	M40 Soton	12.72	7
2	Doug Christie	M50 Dartf	13.55	6
3	Mohammed Ismail	M35 Herne H	13.63	5
4	Mike Amsden	M35 HW	13.80	4
5	Paris Hunt	M50 Camb H	13.86	3
6	Marc Juffkins	M50 Abing	14.26	2

(Wind: -0.5m/sec)

**100 metres M50**

1	Mark White	M50 HW	12.76	7
2	David Kemp	M50 Dartf	12.77	6
3	Jon Tilt	M50 Soton	12.85	5
4	Stanley Thomas	M55 Camb H	13.38	4
5	Paul Marriott	M50 Herne H	13.56	3
6	Adrian Walley	M55 Abing	14.01	2

(Wind: -2.0m/sec)

**100 metres M60**

1	David Wilcock	M60 Barn	13.89	7
2	Vic Novell	M70 Soton	13.93	6
3	Allan Long	M70 Herne H	14.41	5
4	Tim Carter	M60 Camb H	14.42	4
5	Paul Wignall	M60 HW	15.09	3
6	John Oliver	M60 Abing	16.69	2
7	Mick Cox	M70 Dartf	20.04	1

(Wind: -1.5m/sec)

**200 metres M35 A**

1	Dominic Bokor-Ingram	M45 HW	24.54	7
2	Giuseppe Minetti	M45 Herne H	24.81	6
3	Wole Odele	M50 Camb H	26.05	5
4	Stuart Waterman	M35 Dartf	26.16	4
5	Ian Matt	M40 Soton	26.73	3
6	Marc Juffkins	M50 Abing	30.37	2

(Wind: -1.3m/sec)

**200 metres M35 B**

1	Victor Ray	M35 HW	25.20	7
2	Simon Ciaravella	M40 Soton	26.23	6
3	Lloyd Collier	M40 Herne H	26.81	5
4	Steve Jones	M40 Dartf	26.93	4
5	Stanley Thomas	M55 Camb H	28.35	3
6	James Bolton	M40 Abing	29.68	2

(Wind: -2.4m/sec)

**200 metres M50**

1	Jon Tilt	M50 Soton	25.48	7
2	Mark White	M50 HW	25.93	6
3	David Kemp	M50 Dartf	26.01	5
4	Paul Marriott	M50 Herne H	27.61	4
5	Paris Hunt	M50 Camb H	29.25	3
6	Adrian Walley	M55 Abing	29.26	2
7	Patrick Reynolds	M65 Barn	36.41	1

(Wind: -0.8m/sec)

**400 metres M35 A**

1	Dominic Bokor-Ingram	M45 HW	53.94	7
2	Mark West	M40 Soton	56.22	6
3	Craig Sharp	M40 Dartf	56.38	5
4	Mohammed Ismail	M35 Herne H	57.32	4
5	Phil Egerton	M40 Abing	57.77	3
6	Wole Odele	M50 Camb H	59.32	2

**400 metres M35 B**

1	Simon Ciaravella	M40 Soton	57.18	7
2	Lloyd Collier	M40 Herne H	61.50	6
3	Victor Ray	M35 HW	62.77	5
4	Steve Jones	M40 Dartf	64.29	4
5	Mark Ashby	M50 Camb H	69.03	3
6	Mark Lewy	M50 Abing	71.63	2

**400 metres M50**

1	Jon Tilt	M50 Soton	57.82	7
2	Mark White	M50 HW	59.40	6
3	David Kemp	M50 Dartf	61.28	5
4	Andrew Cunningham	M55 Barn	61.77	4
5	Pete Stepney	M55 Abing	65.69	3
6	Stanley Thomas	M55 Camb H	67.63	2
7	Andy Simms	M50 Herne H	69.22	1

**400 metres M60**

1	David Wilcock	M60 Barn	62.70	7
2	Doug Lucas	M65 Camb H	65.65	6
3	Paul Wignall	M60 HW	69.65	5
4	Vic Novell	M70 Soton	72.49	4
5	Steve Fabes	M60 Abing	80.27	3
6	Steve Knight	M65 Herne H	88.52	2
7	Bob Coombes	M65 Dartf	96.67	1

**800 metres M35 A**

1	Mohammed Ismail	M35 Herne H	2:04.70	7
2	Craig Sharp	M40 Dartf	2:06.83	6
3	Phil Egerton	M40 Abing	2:09.73	5
4	David Blackman	M45 Soton	2:13.92	4
5	Matthew Preston	M40 Camb H	2:17.74	3
6	Victor Ray	M35 HW	2:27.31	2

**800 metres M35 B**

1	Lloyd Collier	M40 Herne H	2:08.96	7
2	Stuart McNally	M35 Dartf	2:09.59	6
3	James Bolton	M40 Abing	2:10.86	5
4	Steve Marcer	M40 Soton	2:12.93	4
5	Phil Dickens	M35 Camb H	2:54.18	3
6	David Orchard	M55 HW	3:50.10	2

**800 metres M50**

1	Gary Ironmonger	M50 Herne H	2:20.67	7
2	Jon Grainger	M50 Soton	2:21.19	6
3	Andrew Cunningham	M55 Barn	2:22.34	5
4	Colin Bates	M55 Dartf	2:23.84	4
5	Mark Ashby	M50 Camb H	2:28.10	3
6	Graham Wallace	M50 Abing	2:29.94	2
7	Peter Giles	M70 HW	2:45.90	1

**1500 metres M35 A**

1	Simon Coombes	M40 Herne H	4:14.37	7
2	James Bolton	M40 Abing	4:24.33	6
3	Richard McDowell	M35 HW	4:28.54	5
4	Steve Marcer	M40 Soton	4:36.20	4
5	Dom Fiore	M40 Camb H	4:56.29	3
6	Matt Erwood	M45 Dartf	4:58.99	2

**1500 metres M35 B**

1	Paul Fernandez	M40 Abing	4:41.11	7
2	David Blackman	M45 Soton	4:42.04	6
3	Jon Key	M40 Herne H	4:42.37	5
4	Nick Varley	M45 Dartf	5:01.14	4
5	Steve Smythe	M55 Camb H	5:39.82	3
6	?	HW	6:59.74	2

**1500 metres M50**

1	Jon Grainger	M50 Soton	4:41.20	7
2	Gary Ironmonger	M50 Herne H	4:46.55	6
3	David Hall	M50 Dartf	4:48.90	5
4	Christian Poulton	M50 Camb H	4:54.47	4
5	Andrew Cunningham	M55 Barn	4:55.55	3
6	Peter Lee	M50 HW	5:04.09	2
7	Graham Wallace	M50 Abing	5:10.66	1

**1500 metres M60**

1	David Wilcock	M60 Barn	4:58.73	7
2	Sid Delara	M60 Soton	5:26.55	6
3	Jerry Carnell	M60 Camb H	5:29.60	5
4	Peter Giles	M70 HW	5:33.08	4
5	Mike Mann	M65 Herne H	5:40.84	3
6	James Wigmore	M60 Abing	6:06.40	2
7	Steve Roberts	M60 Dartf	6:40.71	1

**3000 metres M35 A**

1	Simon Coombes	M40 Herne H	9:15.70	7
2	Richard McDowell	M35 HW	9:18.69	6
3	James Bolton	M40 Abing	9:21.37	5
4	Daniel Hunt	M35 Soton	9:21.38	4
5	Andy Inglis	M35 Camb H	9:26.37	3
6	Mark Champion	M45 Dartf	10:05.51	2

**3000 metres M35 B**

1	Paul Fernandez	M40 Abing	9:23.50	7
2	Andy Griggs	M35 Soton	9:26.38	6
3	Robin Jones	M40 Herne H	9:28.74	5
4	Phil Dickens	M35 Camb H	9:35.28	4
5	Andy Green	M45 Dartf	10:32.56	3
6	Dennis Williams	M70 HW	13:30.94	2

**3000 metres M50**

1	Gary Ironmonger	M50 Herne H	10:13.18	7
2	Christian Poulton	M50 Camb H	10:25.01	6
3	Peter Costley	M50 Soton	10:33.49	5
4	Peter Lee	M50 HW	10:42.81	4
5	David Hall	M50 Dartf	10:47.30	3
6	Mark Lewy	M50 Abing	11:03.36	2

**2000 metres Walk M35**

1	Valdis Pauzers	M60 Herne H	10:47.01	7
2	Andy Morgan-Lee	M45 Soton	12:49.97	6
3	Richard McDowell	M35 HW	12:59.68	5
4	John Murphy	M55 Camb H	12:59.75	4
5	James Wigmore	M60 Abing	13:02.85	3
6	Carl Gardner	M35 Dartf	13:09.37	2

**2000 metres Walk M50**

1	Steve Allen	M60 Barn	10:44.61	7
2	Wayne Vincent	M55 Soton	12:21.58	6
3	John Oliver	M60 Abing	13:14.40	5
4	Robert Healey	M60 Herne H	13:21.06	4
5	Tim Orr	M55 Dartf	16:04.01	3
6	David Riches	M50 HW	16:40.82	2
7	Steve Smythe	M55 Camb H	DQ	

**4x100m Relay**

1		HW	49.97	7
2		Soton	50.01	6
3		Dartf	50.72	5
4		Herne H	53.58	4
5		Abing	54.23	3
6		Camb H	54.93	2

**4x400m Relay**

1		Soton	3:48.96	7
2		HW	3:52.22	6
3		Dartf	4:05.63	5
4		Abing	4:06.60	4
5		Herne H	4:11.05	3
6		Camb H	4:41.02	2

**High Jump M35**

1	Dean Cheeseman	M40 HW	1.50	7
2	Darren Clissold	M40 Soton	1.40	5.5
2=	Dave Adam	M45 Herne H	1.40	5.5
4=	Pete Stepney	M55 Abing	1.30	3.5
4=	Paris Hunt	M50 Camb H	1.30	3.5
6	Doug Christie	M50 Dartf	1.20	2

**High Jump M50**

1	Gary Capon	M55 Dartf	1.58	7
2	Marc Juffkins	M50 Abing	1.40	6
3=	Michael Coker	M55 Soton	1.35	4.5
3=	Wole Odele	M50 Camb H	1.35	4.5
5	Paul Marriott	M50 Herne H	1.35	3
6	David Orchard	M55 HW	1.30	2

**High Jump M60**

1	Garth Francis	M60 Herne H	1.25	7
2	Sid Delara	M60 Soton	1.20	6
3	John Oliver	M60 Abing	1.15	5
4	Charles Lawrie	M65 HW	1.10	4
5	Bela Nagy	M65 Barn	NM	
6	Bob Coombes	M65 Dartf	NM	
7	Tim Carter	M60 Camb H	NM	

**Pole Vault M35**

1	Darren Clissold	M40 Soton	2.90	7
2	Pete Stepney	M55 Abing	2.40	6
3	Paris Hunt	M50 Camb H	1.80	5

**Pole Vault M50**

1	Derek Warn	M50 Soton	2.90	7
2	David Orchard	M55 HW	2.50	6
3=	Tony Tipping	M50 Camb H	2.40	4.5
3=	Gary Capon	M55 Dartf	2.40	4.5
5	Marc Juffkins	M50 Abing	2.40	3
6	Bela Nagy	M65 Barn	1.70	2

**Long Jump M35**

1	Mark West	M40 Soton	5.47	7
2	Dean Cheeseman	M40 HW	4.63	6
3	Stanley Thomas	M55 Camb H	4.51	5
4	Marc Juffkins	M50 Abing	4.41	4
5	Giuseppe Minetti	M45 Herne H	4.35	3
6	Doug Christie	M50 Dartf	4.13	2

**Long Jump M50**

1	Gary Capon	M55 Dartf	5.02	7
2	Derek Warn	M50 Soton	5.02	6
3	Wole Odele	M50 Camb H	4.85	5
4	Pete Stepney	M55 Abing	4.57	4
5	Paul Marriott	M50 Herne H	4.51	3
6	Mark White	M50 HW	4.33	2
7	Patrick Reynolds	M65 Barn	3.12	1

**Long Jump M60**

1	Charles Lawrie	M65 HW	4.04	7
2	Tim Carter	M60 Camb H	3.99	6
3	Vic Novell	M70 Soton	3.92	5
4	Allan Long	M70 Herne H	3.84	4
5	Steve Fabes	M60 Abing	3.60	3
6	Mick Cox	M70 Dartf	2.28	2

**Triple Jump M35**

1	Mark West	M40 Soton	10.70	7
2	Dean Cheeseman	M40 HW	10.14	6
3	Dave Adam	M45 Herne H	9.57	5
4	Stuart McNally	M35 Dartf	9.45	4
5	Marc Juffkins	M50 Abing	9.18	3
6	Paris Hunt	M50 Camb H	8.96	2

**Triple Jump M50**

1	Gary Capon	M55 Dartf	10.20	7
2	Wole Odele	M50 Camb H	9.79	6
3	Michael Coker	M55 Soton	9.75	5
4	Pete Stepney	M55 Abing	9.13	4
5	Charles Lawrie	M65 HW	8.78	3
6	Allan Long	M70 Herne H	8.23	2
7	Patrick Reynolds	M65 Barn	6.69	1

**Shot M35**

1	Graham Lay	M40 Soton	12.28	7
2	Stuart Thurgood	M40 Herne H	11.98	6
3	Andy Kruszewski	M55 Camb H	10.85	5
4	Steve McCourt	M45 Abing	10.23	4
5	Stuart Milton	M35 HW	9.63	3
6	Scott Harvey	M40 Dartf	9.28	2

**Shot M50**

1	Tony Tipping	M50 Camb H	12.36	7
2	Steve Pomeroy	M50 Abing	10.93	6
3	John Fenton	M55 Dartf	10.80	5
4	Andy Turner	M50 Soton	10.74	4
5	Garry Power	M50 Herne H	10.09	3
6	David Orchard	M55 HW	10.08	2
7	Patrick Reynolds	M65 Barn	6.47	1

**Shot M60**

1	Mike Ferne	M65 Soton	9.89	7
2	Peter Hawney	M65 Camb H	9.40	6
3	Garth Francis	M60 Herne H	8.48	5
4	Trevor Bent	M70 Dartf	7.88	4
5	Bela Nagy	M65 Barn	6.80	3
6	Steve Fabes	M60 Abing	6.49	2
7	John Webster	M75 HW	5.21	1

**Discus M35**

1	Andy Kruszewski	M55 Camb H	38.44	7
2	Stuart Thurgood	M40 Herne H	32.71	6
3	Steve McCourt	M45 Abing	29.71	5
4	Andrew Sheerin	M45 Soton	28.65	4
5	Stuart Milton	M35 HW	26.22	3
6	Scott Harvey	M40 Dartf	21.68	2

**Discus M50**

1	Garry Power	M50 Herne H	39.07	7
2	Tony Tipping	M50 Camb H	38.29	6
3	Steve Pomeroy	M50 Abing	36.60	5
4	Andy Turner	M50 Soton	33.10	4
5	David Orchard	M55 HW	32.08	3
6	Paul Searing	M50 Dartf	29.21	2

**Discus M60**

1	Mike Ferne	M65 Soton	42.59	7
2	Peter Hawney	M65 Camb H	32.30	6
3	Andy Lea-Gerard	M60 Herne H	21.68	5
4	Trevor Bent	M70 Dartf	21.67	4
5	Patrick Reynolds	M65 Barn	19.74	3
6	John Webster	M75 HW	19.16	2
7	James Wigmore	M60 Abing	16.40	1

**Hammer M35**

1	Stuart Thurgood	M40 Herne H	49.26	7
2	Scott Harvey	M40 Dartf	32.00	6
3	Steve McCourt	M45 Abing	31.54	5
4	Andrew Sheerin	M45 Soton	30.15	4
5	Stuart Milton	M35 HW	25.75	3
6	Peter Wishart	M55 Camb H	21.67	2

**Hammer M50**

1	Tony Tipping	M50 Camb H	42.71	7
2	Andy Turner	M50 Soton	36.66	6
3	Des Austin	M50 Herne H	34.72	5
4	Steve Pomeroy	M50 Abing	34.57	4
5	Paul Searing	M50 Dartf	32.02	3
6	Kevin Snelling	M55 HW	21.31	2

**Javelin M35**

1	Graham Lay	M40 Soton	40.10	7
2	Stuart Milton	M35 HW	37.43	6
3	Marc Juffkins	M50 Abing	28.77	5
4	Nick Nicola	M60 Herne H	27.86	4
5	Scott Harvey	M40 Dartf	27.83	3
6	Peter Hawney	M65 Camb H	21.77	2

**Javelin M50**

1	Paul Searing	M50 Dartf	35.35	7
2	Garth Francis	M60 Herne H	33.41	6
3	Paris Hunt	M50 Camb H	31.99	5
4	David Orchard	M55 HW	31.68	4
5	Steve Pomeroy	M50 Abing	30.36	3
6	Steve Dobson	M50 Soton	28.93	2
7	Patrick Reynolds	M65 Barn	12.35	1

**SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - FINALS**  
**Ashford - Sunday 4 September 2016**

**Women's Match**

1	Epsom & Ewell Harriers	241 pts
2	Dartford Harriers	227 pts
3	Winchester & District	188 pts
4	Stevenage & North Herts	163 pts
5	Herne Hill Harriers	156 pts
6	Blackheath & Bromley Harriers	129 pts
7	Abingdon	112 pts

**100 metres W35 A**

1	Kirstie Taylor	W40 Dartf	14.12	7
2	Angela Bates	W50 E&E	14.24	6
3	Sue Van Vuuren	W45 Win	14.39	5
4	Clare Elms	W50 B&B	16.10	4
5	Gillian Wheeldon	W55 Herne H	16.20	3
6	Sarah Dawson	W45 Abing	16.76	2
7	Charlotte Astill	W40 SNH	16.80	1

*(Wind: -2.1m/sec)*

**100 metres W35 B**

1	Di Norman	W40 E&E	13.35	7
2	Sally Cooke	W45 SNH	14.10	6
3	Fleur Hardie	W40 Dartf	14.43	5
4	Philippa Terry	W50 Abing	15.53	4
5	Mandy Brown	W50 Herne H	17.70	3
6	Carrie Oliver	W55 Win	20.65	2
7	Maz Turner	W65 B&B	20.79	1

*(Wind: -1.0m/sec)*

**100 metres W50**

1	Monica Brown	W50 SNH	15.01	7
2	Teresa Eades	W55 Dartf	15.45	6
3	Maureen Miller	W50 B&B	15.53	5
4	Moira West	W65 Win	15.55	4
5	Nikki Gregory	W55 Abing	16.25	3
6	Sue Dassie	W60 E&E	16.30	2
7	Hilary Sutcliffe	W50 Herne H	16.97	1

*(Wind: +1.0m/sec)*

**100 metres W60**

1	Helen Godsell	W60 B&B	15.35	7
2	Joy Radford	W60 Win	16.03	6
3	Anne Nelson	W60 E&E	16.63	5
4	Christine Clements	W60 Dartf	16.77	4
5	Barbara Macanas	W60 Herne H	20.59	3
6	Iris Hornsey	W70 SNH	20.90	2

*(Wind: +0.4m/sec)*

**200 metres W35 A**

1	Julia Machin	W45 E&E	28.75	7
2	Sally Cooke	W45 SNH	29.83	6
3	Sue Van Vuuren	W45 Win	30.56	5
4	Fleur Hardie	W40 Dartf	31.10	4
5	Clare Elms	W50 B&B	33.14	3
6	Rebecca Barrow	W45 Herne H	34.45	2
7	Sarah Dawson	W45 Abing	35.33	1

*(Wind: -2.1m/sec)*

**200 metres W35 B**

1	Sandra Reed	W50 SNH	29.66	7
2	Sally Parry	W40 E&E	31.04	6
3	Kim Taylor	W35 Dartf	31.12	5
4	Moira West	W65 Win	33.98	4
5	Gillian Wheeldon	W55 Herne H	34.74	3
6	Gina Lodowski	W50 Abing	41.56	2
7	Maz Turner	W65 B&B	45.90	1

*(Wind: -0.2m/sec)*

**200 metres W50**

1	Angela Bates	W50 E&E	30.90	7
2	Helen Godsell	W60 B&B	31.79	6
3	Alison Fenwick	W50 Win	32.17	5
4	Philippa Terry	W50 Abing	32.34	4
5	Chris Feely	W50 SNH	33.64	3
6	Hilary Sutcliffe	W50 Herne H	35.89	2
7	Denise Rose	W50 Dartf	37.60	1

*(Wind: -1.4m/sec)*

**400 metres W35 A**

1	Di Norman	W40 E&E	60.33	7
2	Sally Cooke	W45 SNH	68.11	6
3	Clare Elms	W50 B&B	68.71	5
4	Patrizia Gnoato	W45 Herne H	69.06	4
5	Allison Page	W45 Dartf	70.66	3
6	Sarah Dawson	W45 Abing	80.81	2
7	Marie Kille	W55 Win	87.78	1

**400 metres W35 B**

1	Julia Machin	W45 E&E	62.43	7
2	Sandra Reed	W50 SNH	67.53	6
3	Kirstie Taylor	W40 Dartf	70.69	5
4	Gillian Wheeldon	W55 Herne H	79.78	4
5	Harriet Hide	W45 Win	79.91	3
6	Gina Lodowski	W50 Abing	94.12	2
7	?	B&B	110.09	1

**400 metres W50**

1	Maureen Miller	W50 B&B	71.10	7
2	Alison Fenwick	W50 Win	71.29	6
3	Angela Bates	W50 E&E	72.65	5
4	Philippa Terry	W50 Abing	76.76	4
5	Chris Feely	W50 SNH	78.76	3
6	Denise Rose	W50 Dartf	79.46	2
7	Mandy Brown	W50 Herne H	84.84	1

**400 metres W60**

1	Helen Godsell	W60 B&B	74.93	7
2	Joy Radford	W60 Win	79.40	6
3	Claire Steward	W60 Herne H	90.71	5
4	Liz Neville	W60 E&E	91.23	4
5	Iris Hornsey	W70 SNH	98.65	3
6	Noel Blatchford	W65 Abing	106.27	2
7	Janet Pyne	W65 Dartf	123.38	1

**800 metres W35 A**

1	Di Norman	W40 E&E	2:20.64	7
2	Hannah Roberts	W35 Dartf	2:32.56	6
3	Nikki Sturzaker	W40 Herne H	2:41.38	5
4	Jane Gandee	W45 Win	2:45.08	4
5	Sally Cooke	W45 SNH	2:59.81	3
6	Becks Compton	W40 Abing	3:19.63	2
7	Maz Turner	W65 B&B	4:21.15	1

**800 metres W35 B**

1	Emily Alden	W35 E&E	2:32.79	7
2	Anoushka Johnson	W40 Dartf	2:35.21	6
3	Sandra Reed	W50 SNH	2:46.09	5
4	Rebecca Barrow	W45 Herne H	2:49.39	4
5	Jo Jefferies	W40 Win	2:52.23	3

**800 metres W50**

1	Clare Elms	W50 B&B	2:48.88	7
2	Denise Rose	W50 Dartf	3:00.51	6
3	Jane Davies	W65 E&E	3:05.19	5
4	Chris Feely	W50 SNH	3:10.93	4
5	Marie Kille	W55 Win	3:19.00	3
6	Claire Steward	W60 Herne H	3:24.11	2
7	Gina Lodowski	W50 Abing	3:40.91	1

**1500 metres W35 A**

1	Emily Alden	W35 E&E	5:10.18	7
2	Hannah Roberts	W35 Dartf	5:17.25	6
3	Jane Gandee	W45 Win	5:24.87	5
4	Nikki Sturzaker	W40 Herne H	5:28.28	4

**1500 metres W35 B**

1	Anoushka Johnson	W40 Dartf	5:19.97	7
2	Natalie Zara	W35 Herne H	5:39.12	6
3	Laura Gillen	W35 E&E	5:42.20	5
4	Jo Jefferies	W40 Win	5:42.33	4
5	Kim Raymont	W35 SNH	7:15.20	3

**1500 metres W50**

1	Clare Elms	W50 B&B	5:26.88	7
2	Lynne Whitaker	W55 Win	5:48.20	6
3	Jane Davies	W65 E&E	6:06.85	5
4	Steph Wood	W50 Dartf	6:14.47	4
5	Jane Krammer	W50 Herne H	6:40.40	3
6	Gina Lodowski	W50 Abing	7:05.29	2
7	Julie Mason	W50 SNH	7:07.32	1

**1500 metres W60**

1	Joy Radford	W60 Win	6:22.73	7
2	Claire Steward	W60 Herne H	6:43.41	6
3	Liz Neville	W60 E&E	6:46.84	5
4	Ann Moyles	W60 Dartf	7:56.06	4
5	Iris Hornsey	W70 SNH	8:00.99	3
6	Noel Blatchford	W65 Abing	8:20.58	2
7	Maz Turner	W65 B&B	8:26.21	1

**3000 metres W35 A**

1	Hannah Roberts	W35 Dartf	11:39.84	7
2	Catherine Crawford	W35 Herne H	11:41.46	6
3	Jane Gandee	W45 Win	11:56.11	5
4	Laura Gillen	W35 E&E	12:29.73	4
5	Becks Compton	W40 Abing	13:30.32	3
6	Kim Raymont	W35 SNH	15:43.21	2
7	Maz Turner	W65 B&B	17:47.93	1

**3000 metres W35 B**

1	Anoushka Johnson	W40 Dartf	11:50.09	7
2	Natalie Zara	W35 Herne H	11:51.46	6
3	Jo Jefferies	W40 Win	12:34.54	5
4	Sharmila Franks	W45 E&E	12:43.56	4

**3000 metres W50**

1	Clare Elms	W50 B&B	11:16.80	7
2	Lynne Whitaker	W55 Win	12:20.80	6
3	Jane Davies	W65 E&E	12:34.93	5
4	Steph Wood	W50 Dartf	12:54.82	4
5	Claire Steward	W60 Herne H	13:51.74	3
6	Julie Mason	W50 SNH	15:19.75	2
7	Judy Howard	W55 Abing	17:14.79	1

**2000 metres Walk W35**

1	Harriet Hide	W45 Win	11:17.48	7
2	Judy Howard	W55 Abing	12:42.24	6
3	Natalie Zara	W35 Herne H	13:23.85*5	
4	Sue Boyman	W60 E&E	13:27.01*4	
5	Allison Page	W45 Dartf	16:21.31	3
6	Helen Beddall	W50 SNH	16:55.58	2

**2000 metres Walk W50**

1	Noel Blatchford	W65 Abing	13:01.32	7
2	Liz Neville	W60 E&E	13:17.58*6	
3	Carrie Oliver	W55 Win	13:52.68	5
4	Mandy Brown	W50 Herne H	16:20.77	4
5	Gill Skellon	W55 Dartf	16:36.14	3
6	Sue Spicer	W50 SNH	17:32.92	2
7	Clare Elms	W50 B&B	18:45.69	1

**4x100m Relay**

1		Dartf	56.51	7
2		SNH	57.70	6
3		E&E	58.49	5
4		Herne H	63.55	4
5		Win	65.39	3
6		Abing	65.76	2
7		B&B	68.30	1

**4x400m Relay**

1		E&E	4:44.85	7
2		Dartf	4:48.61	6
3		SNH	5:02.42	5
4		Herne H	5:04.73	4
5		Win	5:07.21	3
6		B&B	5:44.78	2
7		Abing	5:52.60	1

**High Jump W35**

1	Julia Machin	W45 E&E	1.65†	7
2	Patrizia Gnoato	W45 Herne H	1.30	6
3	Sandra Reed	W50 SNH	1.30	5
4	Heather Mballa	W35 Win	1.20	4
5	Kim Taylor	W35 Dartf	1.15	3
6	Nikki Gregory	W55 Abing	1.15	2

*(†new UK W45 Record)***High Jump W50**

1	Monica Brown	W50 SNH	1.30	7
2	Teresa Eades	W55 Dartf	1.25	6
3	Alison Fenwick	W50 Win	1.20	5
4	Jeanette Ashton	W55 Abing	1.15	4
5	Jackie Montgomery	W50 B&B	1.10	3
6	Sharon St Luce	W55 Herne H	1.10	2
7	Anne Nelson	W60 E&E	NM	

**High Jump W60**

1	Christine Clements	W60 Dartf	1.20	7
2	Maira West	W65 Win	1.10	6
3	Sue Dassie	W60 E&E	1.00	5
4	Helen Godsell	W60 B&B	0.95	4
5	Barbara Macanas	W60 Herne H	0.95	3

**Pole Vault W35**

1	Jackie Montgomery	W50 B&B	2.50	7
2	Julia Machin	W45 E&E	1.90	6
3	Anne Thacker	W55 Dartf	1.80	5
4	Denise Bridges	W45 Abing	1.50	4

**Pole Vault W50**

1	Teresa Eades	W55 Dartf	2.10	7
2	Sue Dassie	W60 E&E	1.90	6
3	Jeanette Ashton	W55 Abing	1.60	5

**Long Jump W35**

1	Di Norman	W40 E&E	5.17	7
2	Sandra Reed	W50 SNH	4.08	6
3	Kirstie Taylor	W40 Dartf	4.07	5
4	Joy Radford	W60 Win	3.03	4
5	Catherine Crawford	W35 Herne H	2.91	3
6	Becks Compton	W40 Abing	2.62	2

**Long Jump W50**

1	Monica Brown	W50 SNH	4.28	7
2	Teresa Eades	W55 Dartf	4.10	6
3	Alison Fenwick	W50 Win	4.00	5
4	Jackie Montgomery	W50 B&B	3.70	4
5	Philippa Terry	W50 Abing	3.55	3
6	Angela Bates	W50 E&E	3.50	2
7	Sharon St Luce	W55 Herne H	3.49	1

**Long Jump W60**

1	Christine Clements	W60 Dartf	3.65	7
2	Maira West	W65 Win	3.57	6
3	Helen Godsell	W60 B&B	3.04	5
4	Noel Blatchford	W65 Abing	2.74	4
5	Sue Dassie	W60 E&E	2.68	3
6	Iris Hornsey	W70 SNH	2.36	2
7	Barbara Macanas	W60 Herne H	2.19	1

**Triple Jump W35**

1	Julia Machin	W45 E&E	10.40	7
2	Sandra Reed	W50 SNH	9.39	6
3	Jackie Montgomery	W50 B&B	8.05	5
4	Nikki Gregory	W55 Abing	7.75	4
5	Allison Page	W45 Dartf	7.60	3
6	Patrizia Gnoato	W45 Herne H	7.55	2
7	Heather Mballa	W35 Win	7.33	1

**Triple Jump W50**

1	Monica Brown	W50 SNH	9.05	7
2	Teresa Eades	W55 Dartf	9.01	6
3	Alison Fenwick	W50 Win	8.14	5
4	Philippa Terry	W50 Abing	7.86	4
5	Sharon St Luce	W55 Herne H	7.64	3
6	Helen Godsell	W60 B&B	6.81	2
7	Sue Dassie	W60 E&E	5.95	1

**Shot W35**

1	Julia Machin	W45 E&E	9.98	7
2	Heather Mballa	W35 Win	7.65	6
3	Vivien Brown	W45 SNH	7.31	5
4	Claire Grundy	W40 Dartf	6.62	4
5	Kathleen Moeller	W40 Herne H	6.26	3
6	Jackie Montgomery	W50 B&B	5.43	2
7	Tracey Fernandez	W40 Abing	4.87	1

**Shot W50**

1	Sharon St Luce	W55 Herne H	9.21	7
2	Anne Thacker	W55 Dartf	9.11	6
3	Wendy Dunsford	W55 E&E	8.18	5
4	Monica Brown	W50 SNH	7.69	4
5	Jeanette Ashton	W55 Abing	6.51	3
6	Maureen Miller	W50 B&B	6.44	2
7	Marie Kille	W55 Win	5.36	1

**Shot W60**

1	Liz Sissons	W70 E&E	8.57	7
2	Joylyn Saunders-Mullins	W60 SNH	7.98	6
3	Barbara Terry	W70 B&B	7.32	5
4	Christine Clements	W60 Dartf	7.21	4
5	Barbara Macanas	W60 Herne H	6.77	3
6	Noel Blatchford	W65 Abing	5.50	2
7	Sue Hume	W60 Win	4.75	1

**Discus W35**

1	Heather Mballa	W35 Win	26.22	7
2	Claire Grundy	W40 Dartf	25.37	6
3	Sarah Dawson	W45 Abing	23.82	5
4	Wendy Dunsford	W55 E&E	23.70	4
5	Kathleen Moeller	W40 Herne H	17.07	3
6	Vivien Brown	W45 SNH	16.93	2
7	Jackie Montgomery	W50 B&B	16.48	1

**Discus W50**

1	Anne Thacker	W55 Dartf	22.86	7
2	Sharon St Luce	W55 Herne H	19.73	6
3	Sue Dassie	W60 E&E	16.81	5
4	Joy Radford	W60 Win	16.27	4
5	Nikki Gregory	W55 Abing	15.26	3
6	Helen Beddall	W50 SNH	13.55	2
7	Maz Turner	W65 B&B	6.78	1

**Discus W60**

1	Liz Sissons	W70 E&E	19.49	7
2	Barbara Terry	W70 B&B	17.31	6
3	Barbara Macanas	W60 Herne H	16.99	5
4	Joylyn Saunders-Mullins	W60 SNH	14.32	4
5	Sue Hume	W60 Win	12.42	3
6	Noel Blatchford	W65 Abing	11.98	2
7	Janet Pyne	W65 Dartf	11.16	1

**Hammer W35**

1	Wendy Dunsford	W55 E&E	25.03	7
2	Stacy Taylor	W35 Dartf	24.10	6
3	Heather Mballa	W35 Win	17.19	5
4	Vivien Brown	W45 SNH	16.73	4
5	Tracey Fernandez	W40 Abing	12.95	3
6	Mandy Brown	W50 Herne H	11.81	2

**Hammer W50**

1	Anne Thacker	W55 Dartf	24.05	7
2	Barbara Macanas	W60 Herne H	22.53	6
3	Liz Sissons	W70 E&E	21.12	5
4	Sue Hume	W60 Win	20.94	4
5	Barbara Terry	W70 B&B	18.05	3
6	Helen Beddall	W50 SNH	16.89	2
7	Judy Howard	W55 Abing	7.78	1

**Javelin W35**

1	Di Norman	W40 E&E	31.60	7
2	Heather Mballa	W35 Win	27.44	6
3	Kirstie Taylor	W40 Dartf	24.86	5
4	Sarah Dawson	W45 Abing	22.49	4
5	Barbara Terry	W70 B&B	12.76	3
6	Kathleen Moeller	W40 Herne H	12.65	2

**Javelin W50**

1	Anne Thacker	W55 Dartf	23.45	7
2	Joylyn Saunders-Mullins	W60 SNH	22.49	6
3	Sharon St Luce	W55 Herne H	22.19	5
4	Liz Sissons	W70 E&E	20.47	4
5	Nikki Gregory	W55 Abing	16.95	3
6	Sue Hume	W60 Win	10.30	2
7	Clare Elms	W50 B&B	7.68	1