

**SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - Hampshire Division
Winchester - Monday 24 April 2017**

Men's Match

1	Southampton	153.5 pts
2	Basingstoke & Mid Hants	118 pts
3	Aldershot, Farnham & District	108.5 pts
4	Winchester & District	105.5 pts
5	Havant	101.5 pts
6	City of Portsmouth	83 pts
7	Overton Harriers	61 pts
8	Fleet & Crookham	21 pts

100 metres M35 A

1	Mark Collins	M40 Soton	11.6	8
2	Mark Vallier	M40 Ports	11.7	7
3	Darren Dods	M40 AFD	11.9	6
4	Robert Tyson	M40 BMH	12.7	5
5	Lee Mawson	M35 Havant	12.9	4
6	Steve Pethen	M45 Win	13.1	3
7	Matthew Wateridge	M45 Over	13.6	2
8	Ben O'Connor	M45 Fleet	14.0	1

100 metres M35 B

1	Dan Tomlinson	M45 AFD	12.6	8
2	Guy Giffin	M45 Ports	12.6	7
3	Simon Ciaravella	M40 Soton	12.7	6
4	Neil Eames	M50 Havant	13.3	5
5	Graham Cooper	M50 BMH	14.2	4
6	Tom Vamos	M45 Win	14.4	3
7	Sean Holmes	M45 Over	16.3	2

100 metres M50

1	Steve Beak	M50 Soton	11.9	8
2	Richard Cooper	M50 Ports	12.6	7
3	Allan Leiper	M55 AFD	13.5	6
4	Elias Mtshweni	M50 Win	13.8	5
5	Ray Watkins	M60 BMH	14.1	4
6	Frank Blackwell	M60 Havant	15.3	3
7	Keith Vallis	M50 Over	17.3	2

100 metres Non-Scoring

1	Colin French	M35 Win, gst	12.4
2	Richard Wheeler	M50 Ports, gst	12.9
3	Phil Brame	M45 Ports, gst	13.0
4	Alan Powell	M40 Ports, gst	13.3
5	Henry Hopkins	M55 Win, gst	14.0
6	Graham Kent	M65 BMH, gst	16.1
7	Mike Smears	M65 Soton, gst	16.3

400 metres M35 A

1	Darren Dods	M40 AFD	56.3	8
2	Jon Tilt	M50 Soton	56.6	7
3	Ian Debnam	M35 Win	58.9	6
4	Neil Eames	M50 Havant	59.4	5
5	Chris Dewey	M50 Over	66.2	4
6	Andy Hoare	M50 BMH	68.8	3

400 metres M35 B

1	Simon Ciaravella	M40 Soton	57.3	8
2	Colin French	M35 Win	59.4	7
3	Lee Mawson	M35 Havant	60.7	6
4	Patrick Symington	M55 BMH	66.4	5
5	Richard Clifford	M40 Over	71.8	4
6	Dave McAdam	M45 AFD	82.7	3

400 metres M50

1	Steve Beak	M50 Soton	57.4	8
2	Henry Hopkins	M55 Win	64.4	7
3	Mike Harper	M55 Havant	64.6	6
4	Ray Watkins	M60 BMH	66.8	5
5	Dave Stephenson	M50 Ports	70.0	4
6	Keith Vallis	M50 Over	83.1	3

400 metres Non-Scoring

1	Phil Brame	M45 Ports	67.4
2	Derek Wardle	M70 BMH, gst	69.2
3	Ed Connolly	M65 Soton, gst	70.0
4	Mike Applegate	M65 Soton, gst	77.5
5	Graham Kent	M65 BMH, gst	79.1
6	Keith Stone	M70 Win, gst	80.7
7	Mike Smears	M65 Soton, gst	81.2

1500 metres M35 A, M35 B, M50

1	James Smith	M40 Soton	4:32.6	8	A
2	Jim Bennett	M40 Soton	4:40.6	8	B
3	David Blackman	M50 Soton	4:40.7	8	M50
4	Andrew Tappin	M40 AFD	4:42.2	7	A
5	Jim Garland	M50 Havant	4:43.0	7	M50
6	Darrel May	M35 BMH	4:46.0	6	A
7	Marc Soane	M40 BMH	4:47.3	7	B
8	Darren Bradley	M45 AFD	4:48.0	6	B
9	Peat Allan	M50 Win	4:48.5	6	M50
10	Lee Tolhurst	M40 Over	4:48.8	5	A
11	Nick Ambler	M40 Win	4:49.5	4	A
12	Danny Kyle	M45 Win	4:50.2	5	B
13	Ian Ralph	M40 Havant	4:53.9	3	A
14	Adam O'Hara	M35 Ports	4:56.1	2	A
15	Sean Holmes	M45 Over	5:01.0	4	B
16	Kevin Wheeler	M35 Ports	5:02.1	3	B
17	Tim Ellis	M55 BMH	5:06.5	5	M50
18	Steve Davy	M45 Havant	5:10.6	2	B
19	Reg Ball	M60 Ports	5:31.3	4	M50
20	Andrew Hislop	M50 AFD	5:55.7	3	M50
21	Dave Titcomb	M55 Over	6:22.6	2	M50

1500 metres M60, Non-Scoring

1	Andy Gannaway	M50 Win, gst	5:07.8		
2	Austin Soane	M60 AFD	5:09.5	8	M60
3	Mark Hargreaves	M60 Ports	5:10.3	7	M60
4	Brendan Cottrell	M45 AFD, gst	5:10.9		
5	Paul Johnson	M50 Soton, gst	5:12.6		
6	Russell Burton	M60 BMH	5:17.1	6	M60
7	Michael Hickey	M55 BMH, gst	5:19.9		
8	Mike Harper	M55 Havant, gst	5:21.6		
9	Paul Cox	M40 Win, gst	5:24.5		
10	Franklyn Young	M55 Win, gst	5:31.4		
11	Sid Delara	M60 Soton	5:33.3	5	M60
12	Gordon Westley	M45 Soton, gst	5:36.4		
13	Paul Carter	M50 Havant, gst	5:38.7		
14	Martyn West	M60 Win	5:46.0	4	M60
15	Malcolm Renyard	M70 Havant	5:47.4	3	M60
16	Lutz Preuss	M50 Win, gst	5:52.6		
17	Martin Garrod	M55 Ports, gst	6:10.8		

2000 metres Walk M35, M50

1	Keith Vallis	M50 Over	11:07.2	8	M50
2	Lee Tolhurst	M40 Over	11:10.2	8	M35
3	Don Powell	M65 BMH	12:23.5	7	M50
4	Michael Hickey	M55 BMH	12:29.4	7	M35
5	Wayne Vincent	M55 Soton	12:31.9	6	M50
6	Roger Osgood	M75 Havant	12:40.8	6	M35
7	Derek Smith	M60 Win	12:55.7	5	M35
8	Simon Harvey	M50 Win	12:58.5	5	M50
9	Pete Spencer	M70 Havant	14:35.7	4	M50
10	David Blackman	M50 Soton	15:10.8	4	M35

4x100m Relay

1	Soton	49.7	8
2	Ports	50.1	7
3	Win	52.0	6
4	AFD	52.2	5
5	Havant	55.6	4
6	BMH	57.9	3
7	Over	59.2	2

High Jump M35

1=	Jeremy Clifton	M40 Win	1.55	7.5
1=	Darren Clissold	M45 Soton	1.55	7.5
3	Ian Bridgeman	M45 AFD	1.55	6
4	Geoff Butler	M45 BMH	1.45	5
5	Adam O'Hara	M35 Ports	1.40	4
6	Matthew Wateridge	M45 Over	1.30	3
7	Greg Roulston	M55 Havant	1.20	2

High Jump M50

1	Andy Waddington	M55 BMH	1.60	8
2	Dave Stephenson	M50 Ports	1.40	7
3	David Vosser	M55 Win	1.35	6
4	Derek Warn	M50 Soton	1.35	5
5=	Frank Blackwell	M60 Havant	1.30	3.5
5=	Allan Leiper	M55 AFD	1.30	3.5
7	Keith Vallis	M50 Over	1.10	2

Long Jump M35

1	Darren Dods	M40 AFD	5.95	8
2	Darren Clissold	M45 Soton	4.90	7
3	Lee Mawson	M35 Havant	4.89	6
4	Guy Giffin	M45 Ports	4.64	5
5	Ben O'Connor	M45 Fleet, gst	4.58	4
6	Ian Bridgeman	M45 AFD, gst	4.38	
7	Ian Debnam	M35 Win	4.37	3
8	Geoff Butler	M45 BMH	3.93	2
9	Keith Vallis	M50 Over	2.90	1
10	Tom Stecki	M55 BMH, gst	2.76	

Long Jump M50

1	Andy Waddington	M55 BMH	4.87	8
2	Henry Hopkins	M55 Win	4.74	7
3	Derek Warn	M50 Soton	4.26	6
4	Dave Stephenson	M50 Ports	4.13	5
5	Greg Roulston	M55 Havant	3.54	4
6	Chris Dewey	M50 Over	3.38	3
7	Allan Leiper	M55 AFD	2.88	2

Long Jump M60

1	Frank Blackwell	M60 Havant	3.93	8
2	Vic Novell	M70 Soton	3.84	7
3	Graham Kent	M65 BMH	2.96	6
4	Stephen Ford	M60 AFD	2.68	5
5	Derek Smith	M60 Win	2.59	4

Shot M35

1	Graham Lay	M40 Soton	13.19	8
2	Rafer Joseph	M45 BMH	11.37	7
3	Andrew Sheerin	M45 Soton, gst	10.98	
4	Darren Dods	M40 AFD	10.80	6
5	Stephen Dobson	M55 Soton, gst	10.51	
6	Tim Brown	M40 Havant	9.73	5
7	Jeremy Clifton	M40 Win	8.94	4
8	Daniel Johnson	M35 BMH, gst	8.45	
9	Paul Williams	M40 Ports	8.31	3
10	Geoff Butler	M45 BMH, gst	8.09	
11	David Long	M50 Fleet	7.17	2
12	Piers Puntan	M45 Over	6.80	1

Shot M50

1	Allan Leiper	M55 AFD	11.71	8
2	Andy Turner	M50 Soton	10.96	7
3	Ray Hall	M75 Soton, gst	10.03	
4	Paul Kelly	M50 Fleet	9.62	6
5	Mark Scarborough	M55 Havant	9.54	5
6	Andy Waddington	M55 BMH	8.53	4
7	Dave Stephenson	M50 Ports	8.35	3
8	Richard Francis	M55 Over	5.68	2
9	Steve Torrance	M55 Win	5.51	1

Hammer M35

1	Rafer Joseph	M45 BMH	40.90	8
2	Andrew Sheerin	M45 Soton	33.94	7
3	Tim Brown	M40 Havant	28.86	6
4	Graham Lay	M40 Soton, gst	29.82	
5	Jeremy Clifton	M40 Win	23.40	5
6	Allan Leiper	M55 AFD	23.36	4
7	Richard Wheeler	M50 Ports	18.92	3
8	Geoff Butler	M45 BMH, gst	17.94	
9	Piers Puntan	M45 Over	16.33	2

Hammer M50

1	Paul Kelly	M50 Fleet	38.99	8
2	Andy Turner	M50 Soton	37.29	7
3	Stephen Ford	M60 AFD	28.10	6
4	Laurence Bryce	M70 Ports	26.82	5
5	Stephen Dobson	M55 Soton, gst	25.29	
6	Mark Scarborough	M55 Havant	20.89	4
7	Andy Waddington	M55 BMH	20.78	3
8	David Vosser	M55 Win	14.08	2
9	Richard Francis	M55 Over	11.01	1

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Winchester - Monday 24 April 2017****Women's Match**

1	Winchester & District	145 pts
2	Southampton	136 pts
3	City of Portsmouth	120 pts
4	Havant	94 pts
5	Aldershot, Farnham & District	93 pts
6	Basingstoke & Mid Hants	86 pts
7	Overton Harriers	29 pts

100 metres W35 A

1	Kathryn Miles	W40 Win	13.8	8
2	Lindsay Badman	W35 AFD	14.1	7
3	Tracy Bezance	W50 Soton	14.1	6
4	Gail Tyson	W45 BMH	15.4	5
5	Claudia Cabbage	W40 Ports	15.6	4
6	Ophelia Matthias	W35 Havant	16.3	3
7	Kay Noyce	W50 Over	16.7	2

100 metres W35 B

1	Danielle Marshall	W40 Soton	15.0	8
2	Lourdes Camos	W40 AFD	15.3	7
3	Linda Van Der Wel	W40 BMH	15.6	6
4	Sue True	W40 Win	15.8	5
5	Jo Kitching	W40 Ports	16.9	4
6	Elizabeth Steward	W35 Havant	17.4	3
7	Liz Sandall-Ball	W65 Over	22.0	2

100 metres W50

1	Janet Dickinson	W50 Soton	13.9	8
2	Maira West	W65 Win	15.2	7
3	Tessa Stephenson	W55 Ports	15.9	6
4	Delia Abel	W45 Havant, gst	16.4	
5	Amanda Godfrey	W55 Havant	16.6	5
6	Nick Walshe	W55 BMH	18.3	4
7	Monique H-Van Nueten	W60 Over	19.3	3

400 metres W35 A

1	Sue True	W40 Win	66.6	8
2	Tracy Bezance	W50 Soton	66.7	7
3	Jayne Ancombe	W45 Ports	67.1	6
4	Bea Lafreniere	W40 AFD	68.5	5
5	Kay Noyce	W50 Over	77.5	4
6	Elizabeth Steward	W35 Havant	78.5	3

400 metres W35 B

1	Danielle Marshall	W40 Soton	70.9	8
2	Kelly Roberts	W40 AFD	76.8	7
3	Jo Kitching	W40 Ports	79.7	6
4	Lisa Gottwald	W35 BMH	80.6	5
5	Karen Rushton	W45 Win	82.3	4
6	Monique H-Van Nueten	W60 Over	94.0	3

400 metres W50

1	Lynne Whitaker	W55 Win	77.4	8
2	Tessa Stephenson	W55 Ports	82.2	7
3	Elizabeth Princep	W50 Havant	91.6	6
4	Paola King	W55 Soton	102.1	5
5	Liz Sandall-Ball	W65 Over	103.9	4
6	Kathryn York	W35 BMH, gst	110.1	

1500 metres W35 A, W35 B, W50, W60

1	Vicky Gill	W35 Win	5:12.6	8	A
2	Mitch Lloyd	W40 BMH	5:19.2	7	A
3	Zara Hyde-Peters	W50 Over	5:19.7	8	W50
4	Nicci Blandford	W40 Soton	5:28.2	6	A
5	Karen Rushton	W45 Win, gst	5:33.0		
6	Jo Jefferies	W40 Win	5:34.5	8	B
7	Rhiannon Perryment	W45 BMH	5:35.7	7	B
8	Elizabeth Steward	W35 Havant	5:44.6	5	A
9	Lisa Gottwald	W35 BMH, gst	5:51.4		
10	Lynne Whitaker	W55 Win	5:52.6	7	W50
11	Hannah Wilson	W35 Soton	5:56.4	6	B
12	Cathy Stewart	W50 AFD	5:56.8	6	W50
13	Jo Kitching	W40 Ports	5:58.5	4	A
14	Helen Lockyer	W50 Ports	5:59.6	5	W50
15	Alison Sheltrum	W35 BMH, gst	6:05.6		
16	Di Byrne	W50 Havant	6:20.7	5	B
17	Margaret Moody	W65 BMH	6:26.0	8	W60
18	Jayne Ancombe	W45 Ports	6:40.8	4	B
19	Jane Georghiou	W60 Ports	6:41.2	7	W60
20	Nick Walshe	W55 BMH	6:42.5	4	W50
21	Joy Radford	W60 Win	6:47.3	6	W60
22	Elizabeth Princep	W50 Havant	7:35.0	3	W50
23	Paola King	W55 Soton	8:18.3	2	W50
24	Marilyn Crocker	W65 Havant	8:35.2	5	W60
25	Astrid Mangel	W65 Soton	9:28.3	4	W60

2000 metres Walk W35, W50

1	Harriet Hide	W45 Win	10:49.2	8	W35
2	Sue Davies	W50 AFD	11:28.7	8	W50
3	Di Byrne	W50 Havant	13:08.3	7	W35
4	Brenda Whitby	W65 Ports	13:49.3	7	W50
5	Linda Van Der Wel	W40 BMH	13:57.5	6	W35
6	Amanda Pinckney	W35 Soton	14:04.3	5	W35
7	Charlotte Packett	W40 AFD	14:44.8	4	W35
8	Paola King	W55 Soton	14:49.7	6	W50
9	Vicki Spencer	W50 Havant	14:49.7	5	W50
10	H Yadsan-Applebey	W40 Over	15:32.2	3	W35
11	Rachel Thornewill	W60 Ports	15:36.3	2	W35
12	Sue Hume	W60 Win	15:39.6	4	W50

4x100m Relay

1		AFD	59.7	8
2		Win	60.5	7
3		Soton	61.3	6
4		BMH	64.7	5
5		Ports	66.5	4
6		Havant	71.9	3

High Jump W35

1	Janet Dickinson	W50 Soton	1.35	8
2	Claudia Cabbage	W40 Ports	1.30	7
3	Linda Van Der Wel	W40 BMH	1.25	6
4	Lourdes Camos	W40 AFD	1.20	5
5	Delia Abel	W45 Havant	1.10	4
6	Heather Mballa	W35 Win	1.05	3

High Jump W50

1	Alison Fenwick	W50 Win	1.15	8
2	Amanda Godfrey	W55 Havant	1.10	7
3	Tessa Stephenson	W55 Ports	1.05	6
4	Vicky Bright	W55 Soton	0.90	5

High Jump W60

1	Moira West	W65 Win	1.05	8
2=	Kirsten Workman	W60 AFD	0.90	6
2=	Lynne Newton	W65 Ports	0.90	6
2=	Marilyn Crocker	W65 Havant	0.90	6
5	Astrid Mangel	W65 Soton	0.80	4

Triple Jump W35

1	Lourdes Camos	W40 AFD	8.95	8
2	Claudia Cabbage	W40 Ports	8.40	7
3	Danielle Marshall	W40 Soton	8.37	6
4	Sue True	W40 Win	8.01	5
5	Maria Butler	W40 BMH	7.39	4

Triple Jump W50

1	Alison Fenwick	W50 Win	7.71	8
2	Amanda Godfrey	W55 Havant	6.73	7
3	Tessa Stephenson	W55 Ports	6.65	6
4	Vicky Bright	W55 Soton	5.73	5
5	Kirsten Workman	W60 AFD	5.62	4

Hammer W35

1	Ruth Elkins	W40 Soton	33.22	8
2	Claudia Cabbage	W40 Ports	20.58	7
3	Susanne Jacob-Williams	W45 BMH	17.96	6
4	Heather Mballa	W35 Win	17.03	5
5	Vicki Spencer	W50 Havant	14.26	4
6	Lindsay Badman	W35 AFD	11.61	3

Hammer W50

1	Roz Hutton	W65 Soton	26.25	8
2	Chris Strode	W60 Havant	25.27	7
3	Kirsten Workman	W60 AFD	23.56	6
4	Sue Hume	W60 Win	20.82	5
5	Janet Smith	W55 Ports	18.09	4
6	Sue Pett	W65 BMH	17.21	3

Javelin W35

1	Heather Mballa	W35 Win	27.14	8
2	Katy Odell	W40 Soton	25.01	7
3	Susanne Jacob-Williams	W45 BMH	22.66	6
4	Claudia Cabbage	W40 Ports	20.43	5
5	Lindsay Badman	W35 AFD	10.61	4
6	Iris Mitchell	W75 Havant	8.06	3

Javelin W50

1	Janet Dickinson	W50 Soton	26.94	8
2	Sally Serridge	W50 Win	24.65	7
3	Helen Lockyer	W50 Ports	20.05	6
4	Kirsten Workman	W60 AFD	18.37	5
5	Sue Pett	W65 BMH	17.71	4
6	Vicki Spencer	W50 Havant	15.20	3
7	Kay Noyce	W50 Over, gst	8.39	