

**SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - Hampshire Division**  
**Portsmouth - Monday 22 May 2017**

**Men's Match**

1	Southampton	154 pts
2	Basingstoke & Mid Hants	115 pts
3	Winchester & District	103 pts
4	Havant	94 pts
5	City of Portsmouth	81 pts
6	Aldershot, Farnham & District	52 pts
7	Overton Harriers	48 pts
8	Fleet & Crookham	31 pts

**200 metres M35 A**

1	Mark Collins	M40 Soton	23.9	8
2	Mark Vallier	M40 Ports	23.9	7
3	Colin French	M35 Win	25.6	6
4	Lee Mawson	M35 Havant	26.3	5
5	Dan Tomlinson	M45 AFD	26.3	4
6	Robert Tyson	M40 BMH	26.6	3
7	Matthew Wateridge	M45 Over	28.1	2
8	Elias Mtshweni	M50 Win, gst	29.6	

**200 metres M35 B**

1	Simon Ciaravella	M40 Soton	25.9	8
2	Richard Wheeler	M50 Ports	26.8	7
3	Steve Pethen	M45 Win	27.5	6
4	Gareth Juliff	M35 Over	28.2	5
5	Graham Cooper	M50 BMH	28.7	4
6	David Evans	M35 Havant	31.2	3
7	Graham Kent	M65 BMH, gst	33.3	
8	Mike Smears	M65 Soton, gst	34.5	

**200 metres M50**

1	Steve Beak	M50 Soton	25.1	8
2	Richard Cooper	M50 Ports	26.3	7
3	Neil Eames	M50 Havant	27.1	6
4	Loba Olopade	M35 BMH, gst	28.5	
5	Ray Watkins	M60 BMH	28.9	5
6	Henry Hopkins	M55 Win	29.1	4
7	Alan Forse	M70 SCVAC, gst	31.3	
8	Keith Vallis	M50 Over	37.1	3

**200 metres M60**

1	Vic Novell	M70 Soton	29.5	8
2	Derek Wardle	M70 BMH	29.8	7
3	Stephen Ford	M60 AFD	31.2	6
4	Mark Hargreaves	M60 Ports	31.9	5
5	Keith Stone	M70 Win	33.6	4
6	David Haines	M75 Fleet	38.7	3

**200 metres Non-Scoring**

1	Phil Brame	M45 Ports, gst	26.9	
2	Alan Powell	M40 Ports, gst	27.9	
3	Tom Vamos	M45 Win, gst	29.6	
4	Mike Applegate	M65 Soton, gst	32.1	

**800 metres M35 A, M35 B**

1	Peter Watkeys	M35 BMH	2:03.8	8	A
2	Mike Chambers	M35 Win	2:13.2	7	A
3	Jon Tilt	M50 Soton	2:14.9	6	A
4	Kevin Wheeler	M35 Ports	2:16.8	5	A
5	Nick Ambler	M40 Win	2:17.1	8	B
6	Peter Collins	M40 Havant	2:19.5	4	A
7	Adam O'Hara	M35 Ports	2:22.9	7	B
8	Andy Morgan-Lee	M45 Soton	2:27.4	6	B
9	Adrian Weston	M45 AFD	2:29.7	3	A
10	Sean Holmes	M45 Over	2:30.3	2	A
11	Michael Hickey	M55 BMH	2:32.0	5	B
12	Matthew Wateridge	M45 Over	2:44.6	4	B
13	?	Fleet	3:01.7	1	A

**800 metres M50, Non-scoring**

1	Jon Grainger	M50 Soton	2:19.5	8	M50
2	Peat Allan	M50 Win	2:19.8	7	M50
3	Andy Gannaway	M50 Win, gst	2:20.2		
4	Terry Wegg	M50 BMH	2:28.6	6	M50
5	Mike Harper	M55 Havant	2:35.7	5	M50
6	David Evans	M35 Havant, gst	2:42.7		
7	Steve Torrance	M55 Win, gst	2:43.1		
8	John Collis	M45 Havant, gst	2:43.3		
9	Mike Bell	M60 Ports, gst	2:43.9		
10	Reg Ball	M60 Ports	2:45.2	4	M50
11	Gordon Westley	M45 Soton, gst	2:45.3		
12	Martin Garrod	M55 Ports, gst	2:49.3		
13	Keith Vallis	M50 Over	2:56.7	3	M50
14	Graham Kent	M65 BMH, gst	3:58.5		

**3000 metres M35 A, M35 B, M50, M60**

1	Tim Smales	M35 Win	9:25.4	8	A
2	Mark Causebrook	M35 Soton	9:26.8	7	A
3	Andrew Griggs	M35 Soton	9:29.9	8	B
4	Paul Mitchinson	M35 Havant	9:35.9	6	A
5	Pete Sansome	M40 Win	9:36.6	7	B
6	Aaron Froukhians	M35 Soton, gst	9:44.7		
7	Andrew Tappin	M40 AFD	9:53.4	5	A
8	Darrel May	M35 BMH	9:53.9	4	A
9	Peter Costley	M50 Soton	10:02.9	8	M50
10	Sean Holmes	M45 Over	10:11.1	3	A
11	Marc Soane	M40 BMH	10:16.8	6	B
12	Danny Kyle	M45 Win, gst	10:19.2		
13	Peter Collins	M40 Havant	10:22.9	5	B
14	Marius Kwint	M50 Win	10:42.8	7	M50
15	Mark Hargreaves	M60 Ports	10:46.3	8	M60
16	Nialls Davies	M40 Ports	10:49.9	2	A
17	Russell Burton	M60 BMH	10:55.8	7	M60
18	Nicholas Willson	M35 Soton, gst	10:58.0		
19	Martin Williams	M55 Ports	11:07.3	6	M50
20	Andy Hoare	M50 BMH	11:11.7	5	M50
21	Mike Harper	M55 Havant, gst	11:13.6		
22	Adrian Weston	M45 AFD	11:20.1	4	B
23	Sid Delara	M60 Soton	11:21.8	6	M60
24	Ray Gartland	M50 BMH, gst	11:26.2		
25	Martyn West	M60 Win	11:40.7	5	M60
26	Mickael Hegesippe	M45 Fleet	11:42.9	1	A
27	Steve Oliver	M55 Win, gst	11:50.4		
28	Keith Vallis	M50 Over	11:51.9	4	M50
29	Gordon Westley	M45 Soton, gst	11:52.4		
30	Piers Puntan	M45 Over	11:56.7	3	B
31	Malcolm Renyard	M70 Havant, gst	11:57.6		
32	Roger Jones	M60 Havant	12:10.0	4	M60
33	Lutz Preuss	M50 Win, gst	12:59.9		

**4x400m Relay**

1	Soton	3:53.3	8
2	Win	3:56.5	7
3	Havant	3:59.5	6
4	BMH	4:13.4	5
5	Ports	4:15.0	4
6	Non-scoring	Ports, gst	4:23.3
7	Over	4:34.6	3

**Pole Vault M35**

1	Darren Clissold	M45 Soton	2.60	8
2	Frank Blackwell	M60 Havant	2.00	7
3	Geoff Butler	M45 BMH	1.80	6
4	Gareth Juliff	M35 Over	NM	

**Pole Vault M50**

1	Allan Leiper	M55 AFD	3.30	8
2	Paul Hillyard	M60 Havant	2.40	7
3	Derek Warn	M50 Soton	2.20	6
4	Chris Berry	M55 BMH	2.00	5
5	David Haines	M75 Fleet	1.60	4

**Triple Jump M35**

1	Loba Olopade	M35 BMH	10.90	8
2	Darren Clissold	M45 Soton	10.51	7
3	Matthew Wateridge	M45 Over	8.87	6
4	Lee Mawson	M35 Havant	8.72	5
5	Tom Vamos	M45 Win	8.52	4

**Triple Jump M50**

1	Henry Hopkins	M55 Win	9.79	8
2	Andy Waddington	M55 BMH	9.37	7
3	Steve Beak	M50 Soton	9.34	6
4	Terry Wegg	M50 BMH, gst	8.80	5
5	Greg Roulston	M55 Havant	7.87	5

**Discus M35**

1	Graham Lay	M40 Soton	35.26	8
2	Peter Evans	M45 Fleet	31.13	7
3	Tim Brown	M40 Havant	24.85	6
4	Geoff Butler	M45 BMH	22.24	5
5	Piers Puntan	M45 Over	18.90	4
6	David Vosser	M55 Win	17.51	3
7	Paul Williams	M40 Ports	13.30	2

**Discus M50**

1	Andy Turner	M50 Soton	34.41	8
2	Paul Kelly	M50 Fleet	34.40	7
3	Allan Leiper	M55 AFD	32.65	6
4	Richard Wheeler	M50 Ports	29.02	5
5	Andy Waddington	M55 BMH	25.82	4
6	Mark Scarborough	M55 Havant	23.36	3
7	Steve Torrance	M55 Win	17.25	2

**Discus M60**

1	Mike Ferne	M65 Soton	38.01	8
2	Frank Blackwell	M60 Havant	31.94	7
3	Stephen Ford	M60 AFD	23.89	6
4	Derek Wardle	M70 BMH	19.30	5
5	Martyn West	M60 Win	18.98	4
6	David Haines	M75 Fleet	17.85	3
7	Peter Newton	M70 Ports	11.17	2

**Javelin M35**

1	Graham Lay	M40 Soton	43.45	8
2	Allan Leiper	M55 AFD	32.85	7
3	Tim Brown	M40 Havant	32.22	6
4	Peter Evans	M45 Fleet	29.84	5
5	Matthew Wateridge	M45 Over	28.05	4
6	Geoff Butler	M45 BMH	23.30	3
7	Paul Williams	M40 Ports	21.57	2
8	Elias Mtshweni	M50 Win	18.36	1

**Javelin M50**

1	Richard Wheeler	M50 Ports	33.21	8
2	Andy Waddington	M55 BMH	31.99	7
3	Stephen Dobson	M55 Soton	30.37	6
4	Charles Scouller	M55 Win	26.18	5
5	Mark Scarborough	M55 Havant	23.61	4
6	Stephen Ford	M60 AFD	22.22	3
7	Keith Vallis	M50 Over	13.69	2

**League Position after two matches**

1	Southampton	16 (307.5)
2	Basingstoke & Mid Hants	14 (233)
3	Winchester & District	11 (208.5)
4	Havant	9 (195.5)
5	Aldershot, Farnham & District	9 (160.5)
6	City of Portsmouth	7 (164)
7	Overton Harriers	4 (109)
8	Fleet & Crookham	2 (52)

**SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - Hampshire Division****Portsmouth - Monday 22 May 2017****Women's Match**

1	Winchester & District	123 pts
2	Southampton	115 pts
3	City of Portsmouth	107 pts
4	Basingstoke & Mid Hants	99 pts
5	Aldershot, Farnham & District	88 pts
6	Havant	81 pts
7	Overton Harriers	8 pts

**200 metres W35 A**

1	Kim Valente	W40 AFD	27.9	8
2	Tracy Bezance	W50 Soton	29.0	7
3	Kathryn Miles	W40 Win	29.8	6
4	Gail Tyson	W45 BMH	32.8	5
5	Amanda Godfrey	W55 Havant	35.2	4
6	Katie Carew-Robinson	W40 Ports	37.6	3

**200 metres W35 B**

1	Niki Le Bas	W35 Win	27.7	8
2	Danielle Marshall	W40 Soton	29.9	7
3	Linda Van der Wel	W40 BMH	31.7	6
4	Lourdes Camos	W40 AFD	31.8	5
5	Maira West	W65 Win, gst	33.0	4
6	Helen Lockyer	W50 Ports	40.3	4

**200 metres W50**

1	Alison Fenwick	W50 Win	32.6	8
2	Christine Fry	W60 Havant	34.6	7
3	Tracey Grigoleit	W55 BMH	36.4	6
4	Vicky Bright	W55 Soton	40.3	5
5	Jane Georgioui	W60 Ports	47.8	4

**800 metres W35A, W35B**

1	Sue True	W40 Win	2:35.9	8	A
2	Nicci Blandford	W40 Soton	2:41.1	7	A
3	Bea Lafreniere	W40 AFD	2:46.5	6	A
4	Karen Rushton	W45 Win	2:47.6	8	B
5	Linda Van der Wel	W40 BMH	2:49.2	5	A
6	Lisa Gottwald	W35 BMH	2:51.4	7	B
7	Justine Bacon	W45 Havant	2:54.2	4	A
8	Hannah Willson	W35 Soton	2:58.8	6	B
9	Karen McGovern	W45 AFD	3:01.0	5	B
10	Katie Carew-Robinson	W40 Ports	3:04.1	3	A
11	Elizabeth Prinsep	W50 Havant	3:32.4	4	B

**800 metres W50, W60**

1	Zara Hyde-Peters	W50 Over	2:38.2	8	W50
2	Karen Hazlitt	W50 Win	2:52.8	7	W50
3	Helen Lockyer	W50 Ports	3:05.3	6	W50
4	Penny Forse	W65 Ports	3:10.3	8	W60
5	Margaret Moody	W65 BMH	3:17.5	7	W60
6	Vicki Spencer	W50 Havant	3:28.3	5	W50
7	Maira West	W65 Win	3:30.4	6	W60
8	Tracey Grigoleit	W55 BMH	3:38.5	4	W50
9	Kathryn York	W35 BMH, gst	4:13.5		
10	Marilyn Crocker	W65 Havant	4:16.6	5	W60
11	Astrid Mangel	W65 Soton	4:36.1	4	W60
12	Paola King	W55 Soton	4:41.0	3	W50

**3000 metres W35 A, W35 B, W50**

1	Vicky Gill	W35 Win	10:45.4	8	A
2	Kelley Haniver	W40 Ports	11:05.4	7	A
3	Nicci Blandford	W40 Soton	11:11.9	6	A
4	Mitch Lloyd	W40 BMH	11:25.4	5	A
5	Rhiannon Perryment	W45 BMH	11:44.3	8	B
6	Karen Hazlitt	W50 Win	11:57.2	8	W50
7	Jo Jefferies	W40 Win	11:59.2	7	B
8	Elizabeth Stewart	W35 Havant	12:17.7	4	A
9	Cathy Stewart	W50 AFD	12:18.9	7	W50
10	Lisa Gottwald	W35 BMH, gst	12:19.8		
11	Hannah Willson	W35 Soton	12:37.0	6	B
12	Bea Lafreniere	W40 AFD	12:53.0	3	A
13	Charon Baggaley	W50 Ports	13:00.9	5	B
14	Margaret Moody	W65 BMH	13:07.4	6	W50
15	Karen McGovern	W45 AFD	13:31.9	4	B
16	Jane Georghiou	W60 Ports	13:49.7	5	W50
17	Nicola Fowlie	W35 Havant	14:43.2	3	B
18	Marilyn Crocker	W65 Havant	18:12.0	4	W50
19	Kathryn York	W35 BMH, gst	18:50.8		

**4x400m Relay**

1	Win	4:40.9	8
2	Soton	4:52.9	7
3	BMH	4:56.8	6
4	AFD	5:06.1	5
5	Ports	5:22.7	4
6	Havant	5:28.3	3

**Pole Vault W35**

1	Claudia Cabbage	W40 Ports	2.40	8
2	Janet Dickinson	W50 Soton	1.40	7
3	Linda Van der Wel	W40 BMH	1.10	6

**Pole Vault W50**

1=	Vicky Bright	W55 Soton	1.10	7
1=	Lynne Newton	W70 Ports	1.10	7
1=	Kirsten Workman	W60 AFD	1.10	7

**Long Jump W35**

1	Lourdes Camos	W40 AFD	4.12	8
2	Claudia Cabbage	W40 Ports	3.83	7
3	Danielle Marshall	W40 Soton	3.81	6
4	Kathryn Miles	W40 Win	3.70	5
5	Christine Fry	W60 Havant	3.50	4
6	Maria Butler	W40 BMH	3.50	3

**Long Jump W50**

1	Tracy Bezance	W50 Soton	3.96	8
2	Alison Fenwick	W50 Win	3.85	7
3	Amanda Godfrey	W55 Havant	3.10	6
4	Tracey Grigoleit	W55 BMH	2.80	5
5	Astrid Mangel	W65 Soton, gst	2.49	
6	Kirsten Workman	W60 AFD	2.34	4
7	Lynne Newton	W70 Ports	1.91	3

**Shot W35**

1	Claudia Cabbage	W40 Ports	9.84	8
2	Katy Odell	W40 Soton	8.49	7
3	Heather Mballa	W35 Win	8.48	6
4	Ruth Elkins	W40 Soton, gst	8.37	
5	Maria Butler	W40 BMH	7.88	5
6	Lindsay Badman	W35 AFD	5.71	4
7	Iris Mitchell	W75 Havant	4.29	3

**Shot W50**

1	Karon Curnow	W50 Havant	8.15	8
2	Janet Smith	W55 Ports	7.15	7
3	Cathy Stewart	W50 AFD	6.84	6
4	Rosemary Hutton	W65 Soton	5.06	5
5	Alison Fenwick	W50 Win	4.85	4
6	Tracey Grigoleit	W55 BMH	3.58	3

**Shot W60**

1	Kirsten Workman	W60 AFD	6.50	8
2	June Whittle	W60 Havant	6.01	7
3	Christine Strode	W60 Havant, gst	5.98	
4	Sue Hume	W60 Win	5.14	6
5	Lynne Newton	W70 Ports	5.00	5
6	Margaret Moody	W65 BMH	4.59	4
7	Christine Smears	W65 Soton	3.77	3

**Discus W35**

1	Heather Mballa	W35 Win	28.45	8
2	Claudia Cabbage	W40 Ports	23.71	7
3	Ruth Elkins	W40 Soton	20.82	6
4	Linda Van der Wel	W40 BMH	17.36	5
5	Lindsay Badman	W35 AFD	15.23	4
6	Karon Curnow	W50 Havant	10.24	3

**Discus W50**

1	Janet Dickinson	W50 Soton	26.19	8
2	Chris Strode	W60 Havant	21.73	7
3	Janet Smith	W55 Ports	17.46	6
4	Sue Hume	W60 Win	15.09	5
5	Kirsten Workman	W60 AFD	15.00	4
6	Tracey Grigoleit	W55 BMH	10.38	3

**League Positions after two matches**

1	Winchester & District	16 (268)
2	Southampton	14 (251)
3	City of Portsmouth	12 (227)
4	Basingstoke & Mid Hants	8 (185)
5	Aldershot, Farnham & District	8 (181)
6	Havant	8 (175)
7	Overton Harriers	4 (37)
8	Fleet & Crookham	0 (0)