

SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - Hampshire Division
Basingstoke - Monday 12 June 2017

Men's Match

1	Southampton	154 pts
2	Basingstoke & Mid Hants	140 pts
3	Havant	107 pts
4	City of Portsmouth	103 pts
5	Winchester & District	94 pts
6	Aldershot, Farnham & District	80 pts
7	Overton Harriers	61 pts
8	Fleet & Crookham	49 pts

100 metres M35 A

1	Mark Collins	M40 Soton	11.7	8
2	Mark Vallier	M40 Ports	11.7	7
3	Darren Dods	M40 AFD	12.2	6
4	Colin French	M35 Win	12.5	5
5	Robert Tyson	M40 BMH	13.4	4
6	Neil Eames	M50 Havant	13.5	3
7	Matthew Wateridge	M45 Over	13.9	2
8	Ben O'Connor	M45 Fleet	14.1	1

100 metres M35 B

1	Simon Ciaravella	M40 Soton	12.0	8
2	Dan Tomlinson	M45 AFD	12.0	7
3	Loba Olopade	M35 BMH	13.0	6
4	Lee Mawson	M35 Havant	13.0	5
5	Phil Brame	M45 Ports	13.0	4
6	Steve Pethen	M45 Win	13.5	3
7	Gareth Juliff	M35 Over	14.2	2

100 metres M50

1	Steve Beak	M50 Soton	12.5	8
2	Richard Wheeler	M50 Ports	13.0	7
3	Nick Grocock	M55 Havant	13.5	6
4	Ray Watkins	M60 BMH	14.1	5
5	Elias Mtshweni	M50 Win	14.2	4
6	David Evans	M35 Havant, gst	15.2	
7	Keith Vallis	M50 Over	17.2	3
8	David Long	M50 Fleet	25.9	2

100 metres Non-Scoring

1	Alan Powell	M40 Ports, gst	13.6	
2	Henry Hopkins	M55 Win, gst	14.1	
3	Vic Novell	M70 Soton, gst	14.1	
4	Tom Vamos	M45 Win, gst	14.4	
5	Daniel Johnson	M35 BMH, gst	14.7	
6	Alan Forse	M70 Soton, gst	14.8	
7	Derek Wardle	M70 BMH, gst	14.8	

400 metres M35 A

1	Peter Watkeys	M35 BMH	55.7	8
2	Jon Tilt	M50 Soton	56.2	7
3	Mark Vallier	M40 Ports	56.3	6
4	Darren Dods	M40 AFD	56.5	5
5	Mike Chambers	M40 Win	56.9	4
6	Neil Eames	M50 Havant	61.0	3
7	Ben O'Connor	M45 Fleet	66.6	2
8	Lee Tolhurst	M40 Over	68.8	1

400 metres M35 B

1	Simon Ciaravella	M40 Soton	57.1	8
2	Gareth Hier	M45 AFD	58.2	7
3	Colin French	M35 Win	58.6	6
4	Kevin Wheeler	M35 Ports	60.1	5
5	Andrew Cackett	M35 BMH	63.8	4
6	David Evans	M35 Havant	68.7	3
7	Sean Holmes	M45 Over	71.4	2

400 metres M50

1	Steve Beak	M50 Soton	57.9	8
2	Nick Grocock	M55 Havant	59.6	7
3	Richard Wheeler	M50 Ports	62.8	6
4	Graham Cooper	M50 BMH	64.5	5
5	Henry Hopkins	M55 Win	65.8	4

400 metres M60

1	Ray Watkins	M60 BMH	66.9	8
2	Ed Connolly	M65 Soton	68.9	7
3	Greg Roulston	M60 Havant	78.4	6
4	Reg Ball	M60 Ports	78.5	5
5	Keith Stone	M70 Win	82.4	4
6	Stephen Ford	M60 AFD	87.5	3
7	Steve Spence	M65 Over	95.5	2

400 metres Non-Scoring

1	Robert Tyson	M40 BMH, gst	62.9	
2	Andy Gannaway	M50 Win, gst	63.9	
3	Alan Forse	M70 Soton, gst	72.8	
4	Mike Applegate	M65 Soton, gst	76.5	

1500 metres M35 A, M35 B

1	Tim Smales	M35 Win	4:28.8	8	A
2	Alex Hamilton	M40 BMH	4:30.2	7	A
3	Aaron Froukhians	M35 Soton	4:32.7	6	A
4	Andy Goddard	M35 BMH	4:36.8	8	B
5	Jez Curtis	M35 Soton	4:39.4	7	B
6	Darren Bradley	M45 AFD	4:46.7	5	A
7	Nick Ambler	M40 Win	4:48.9	6	B
8	Lee Mawson	M35 Havant	4:56.5	4	A
9	Sean Holmes	M45 Over	4:58.7	3	A
10	Richard Batchelor	M40 AFD	5:02.9	5	B
11	Neil Martin	M45 Over	5:11.0	4	B
12	Mark Ferguson	M45 Ports	5:13.6	2	A
13	Kevin Wheeler	M35 Ports	5:23.1	3	B
14	David Evans	M35 Havant	5:23.6	2	B

1500 metres M50, Non-Scoring

1	Jon Grainger	M50 Soton	4:44.5	8	
2	Jim Garland	M50 Havant	4:45.4	7	
3	Andrew Lewis	M35 Soton, gst	4:45.8		
4	Jon Hannan	M40 Soton, gst	4:49.2		
5	Marius Kwint	M50 Win	4:50.9	6	
6	Nick Jacobs	M45 AFD, gst	4:57.0		
7	Mark Hayter	M35 Soton, gst	4:58.2		
8	Austin Soane	M60 AFD	5:00.8	5	
9	Brendan Cottrell	M45 AFD, gst	5:01.6		
10	Paul Johnson	M50 Soton, gst	5:02.1		
11	Adrian Weston	M45 AFD, gst	5:07.3		
12	Ray Gartland	M50 BMH, gst	5:08.1		
13	Terry Wegg	M50 BMH	5:14.4	4	
14	Martin Williams	M55 Ports	5:22.2	3	
15	Reg Ball	M60 Ports, gst	5:29.5		
16	Mike Bell	M60 Ports, gst	5:36.8		
17	Steve Torrance	M55 Win, gst	5:39.6		
18	Martin Garrod	M55 Ports, gst	5:59.3		

3000 metres Steeplechase M35 A, M35 B, M50

1	Alex Hamilton	M40 BMH	10:35.8	8	A
2	Pete Sansome	M40 Win	11:02.7	7	A
3	Lee Tolhurst	M40 Over	11:12.4	6	A
4	Nialls Davies	M40 Ports	11:17.7	5	A
5	Kit Lau	M35 Soton	11:19.0	4	A
6	Danny Kyle	M45 Win	11:24.6	8	B
7	Mark Gardiner	M40 Soton	12:00.1	7	B
8	Steve Davy	M45 Havant	12:01.0	3	A
9	Steve Jeffery	M45 BMH	12:03.9	6	B
10	Paul Bleach	M50 Ports	12:24.9	5	B
11	Mike Peters	M50 Over	12:32.6	8	M50
12	Piers Puntan	M45 Over	12:33.9	4	B
13	Mark Hargreaves	M60 Ports	12:33.9	7	M50
14	Franklyn Young	M55 Win	13:12.0	6	M50
15	Michael Hickey	M55 BMH	13:24.6	5	M50
16	Sid Delara	M60 Soton	14:46.8	4	M50
17	Mark Byrne	M35 Havant	15:25.3	3	B

Medley Relay

1		Win	3:55.0	8
2		Soton	3:57.5	7
3		AFD	4:22.0	6
4		Havant	4:27.7	5
5		Ports	4:30.1	4
6		BMH	4:32.0	3
7	Non-scoring	Soton, gst	4:36.7	
8		Over	4:39.2	2

High Jump M35

1	Mark Collins	M40 Soton, gst	1.55	
2	Peter Evans	M45 Fleet	1.50	8
3	Geoff Butler	M45 BMH	1.50	7
4	Murray Croton	M45 AFD	1.45	6
5	Darren Clissold	M45 Soton	1.45	5
6	Daniel Johnson	M35 BMH, gst	1.40	
7	Gareth Juliff	M35 Over	1.30	4
8	Graham Lay	M40 Soton, gst	1.25	
9	Greg Roulston	M60 Havant	1.20	3

High Jump M50

1	Andy Waddington	M55 BMH	1.60	8
2	Andy Smerdon	M55 Fleet	1.40	7
3	Alan Smith	M55 Ports	1.40	6
4	Derek Warn	M50 Soton	1.35	5
5	Chris Berry	M55 BMH, gst	1.30	
6	Michael Hickey	M55 BMH, gst	1.30	
7	Frank Blackwell	M60 Havant	1.25	4
8	Keith Vallis	M50 Over	1.15	3
9	Franklyn Young	M55 Win	NM	

Long Jump M35

1	Lee Mawson	M35 Havant	5.00	8
2	Loba Olopade	M35 BMH	4.96	7
3	Darren Clissold	M45 Soton	4.91	6
4	Ben O'Connor	M45 Fleet	4.69	5
5	Phil Brame	M45 Ports	4.23	4
6	Tom Vamos	M45 Win	4.14	3
7	Murray Croton	M45 AFD	4.08	2
8	Gareth Juliff	M35 Over	3.87	1

Long Jump M50

1	Andy Waddington	M55 BMH	4.84	8
2	Henry Hopkins	M55 Win	4.79	7
3	Derek Warn	M50 Soton	4.78	6
4	Alan Smith	M55 Ports	4.20	5
5	Frank Blackwell	M60 Havant	3.56	4
6	Keith Vallis	M50 Over	2.98	3

Shot M35

1	Graham Lay	M40 Soton	12.54	8
2	Rafer Joseph	M45 BMH	10.90	7
3	Darren Dods	M40 AFD	10.26	6
4	Andy Hall	M65 Havant	9.22	5
5	Peter Evans	M45 Fleet	9.11	4
6	Paul Williams	M40 Ports	7.68	3
7	Piers Puntan	M45 Over	6.25	2
8	Franklyn Young	M55 Win	3.54	1
9	Andrew Sheerin	M45 Soton, gst	9.94	
10	Chris Irvine	M45 BMH, gst	8.76	
11	Mark Collins	M40 Soton, gst	8.37	
12	Geoff Butler	M45 BMH, gst	7.59	

Shot M50

1	Andy Turner	M50 Soton	10.96	8
2	Stephen Dobson	M55 Soton, gst	9.90	
3	Mark Scarborough	M55 Havant	8.97	7
4	Paul Kelly	M50 Fleet	8.70	6
5	Alan Smith	M55 Ports	8.31	5
6	Chris Berry	M55 BMH	8.13	4
7	Keith Vallis	M50 Over	5.12	3
8	Steve Torrance	M55 Win	5.03	2

Shot M60

1	Paul Hillyard	M60 Havant	10.01	8
2	Stephen Ford	M60 AFD	7.83	7
3	Derek Wardle	M70 BMH	7.61	6
4	Vic Novell	M70 Soton	6.64	5
5	David Haines	M75 Fleet	5.14	4
6	Steve Spence	M65 Over	4.80	3
7	Peter Newton	M70 Ports	4.45	2
8	Keith Stone	M70 Win	NM	

Hammer M35

1	Andy Hall	M65 Havant	36.38	8
2	Rafer Joseph	M45 BMH	35.83	7
3	Andrew Sheerin	M45 Soton	33.09	6
4	Graham Lay	M40 Soton, gst	29.50	
5	Richard Wheeler	M50 Ports	24.45	5
6	Stephen Dobson	M55 Soton, gst	23.81	
7	Darren Dods	M40 AFD	22.29	4
8	Geoff Butler	M45 BMH, gst	18.35	
9	Peter Evans	M45 Fleet	16.80	3
10	Chris Irvine	M45 BMH, gst	16.73	
11	Piers Puntan	M45 Over	14.80	2

Hammer M50

1	Andy Turner	M50 Soton	38.20	8
2	Paul Kelly	M50 Fleet	37.83	7
3	Stephen Ford	M60 AFD	31.00	6
4	Chris Berry	M55 BMH	28.08	5
5	Laurence Bryce	M70 Ports	24.18	4
6	Mark Scarborough	M55 Havant	23.93	3
7	Andy Gannaway	M50 Win	18.78	2
8	Keith Vallis	M50 Over	5.40	1

League Position after three matches

1	Southampton	24 (461.5)
2	Basingstoke & Mid Hants	21 (373)
3	Havant	15 (302.5)
4	Winchester & District	15 (300.5)
5	City of Portsmouth	12 (267)
6	Aldershot, Farnham & District	12 (240.5)
7	Overton Harriers	6 (170)
8	Fleet & Crookham	3 (101)

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Basingstoke - Monday 12 June 2017

Women's Match

1	Winchester & District	139.5 pts
2	Southampton	118.5 pts
3	City of Portsmouth	112 pts
4	Basingstoke & Mid Hants	94 pts
5	Havant	86.5 pts
6	Aldershot, Farnham & District	82.5 pts
7	Overton Harriers	25 pts

100 metres W35 A

1	Kim Valente	W40 AFD	13.2	8
2	Niki Le Bas	W40 Win	13.3	7
3	Danielle Marshall	W40 Soton	14.8	6
4	Gail Tyson	W45 BMH	15.7	5
5	Claudia Cabbage	W40 Ports	16.1	4
6	Ophelia Matthias	W35 Havant	17.0	3

100 metres W35 B

1	Kathryn Miles	W40 Win	13.9	8
2	Jayne Ancombe	W45 Ports	15.0	7
3	Kelly Roberts	W40 AFD	15.4	6
4	Amanda Pinckney	W35 Soton	15.9	5
5	Nikki Pickering	W40 BMH	16.5	4
6	Elizabeth Prinsep	W50 Havant	17.8	3

100 metres W50

1	Tracy Bezance	W50 Soton	14.5	8
2	Eni Font Freide	W50 AFD	14.8	7
3	Moira West	W65 Win	15.7	6
4	Tessa Stephenson	W55 Ports	15.9	5
5	Christine Fry	W60 Havant	16.4	4
6	Tracey Grigoleit	W55 BMH	17.2	3

400 metres W35 A

1	Tracy Bezance	W50 Soton	66.0	8
2	Kelley Haniver	W40 Ports	66.6	7
3	Sue True	W40 Win	68.5	6
4	Linda Van Der Wel	W40 BMH	72.6	5
5	Justine Bacon	W45 Havant	75.3	4
6	Kelly Roberts	W40 AFD	77.7	3

400 metres W35 B

1	Jayne Ancombe	W45 Ports	68.1	8
2	Danielle Marshall	W40 Soton	69.3	7
3	Karen Rushton	W45 Win	73.2	6
4	Lourdes Camos	W40 AFD	77.3	5
5	Cat Coveney	W45 BMH	79.0	4
6	Elizabeth Prinsep	W50 Havant	89.5	3

400 metres W50

1	Janet Dickinson	W50 Soton	71.4	8
2	Alison Fenwick	W50 Win	74.0	7
3	Tessa Stephenson	W55 Ports	79.5	6
4	Vicki Spencer	W50 Havant	81.0	5
5	Tracey Grigoleit	W55 BMH	81.9	4
6	Liz Sandall-Ball	W65 Over	106.7	3

400 metres W60

1	Joy Radford	W60 Win	80.0	8
2	Christine Fry	W60 Havant	81.6	7
3	Penny Forse	W65 Ports	85.2	6
4	Monique H-Van Nueten	W60 Over	90.9	5
5	Margaret Moody	W65 BMH	91.8	4
6	Astrid Mangel	W65 Soton	116.5	3

1500 metres W35 A, W35 B, W50

1	Vicky Gill	W35 Win	4:55.3	8	A
2	Mitch Lloyd	W40 BMH	5:16.6	7	A
3	Nicci Blandford	W40 Soton	5:23.0	6	A
4	Jo Jefferies	W40 Win	5:38.1	8	B
5	Elizabeth Steward	W35 Havant	5:43.6	5	A
6	Tina Chantry	W45 Ports, gst	5:48.3		
7	Cathy Stewart	W50 AFD	5:48.7		8M50
8	Amanda Pinckney	W35 Soton, gst	5:49.9		
9	Alison Sheltrum	W35 BMH	5:51.9	7	B
10	Hannah Willson	W35 Soton	5:52.8	6	B
11	Kay Noyce	W50 Over	5:57.1		7M50
12	Helen Lockyer	W50 Ports	5:59.0		6M50
13	Katie Carew-Robinson	W40 Ports	6:05.9	4	A
14	Charon Baggaley	W50 Ports	6:15.2	5	B
15	Joy Radford	W60 Win	6:21.7		5M50
16	Margaret Moody	W65 BMH	6:23.9		4M50
17	Kelly Roberts	W40 AFD	6:24.6	3	A
18	Sandra Dancer	W45 Soton, gst	6:40.2		
19	Jane Georghiou	W60 Ports, gst	6:49.7		
20	Kathryn York	W35 BMH, gst	8:30.4		
21	Marilyn Crocker	W65 Havant	8:32.1		3M50
22	Astrid Mangel	W65 Soton	9:23.3		2M50

Medley Relay

1	Win	4:47.6	8
2	Soton	4:48.1	7
3	Ports	5:01.6	6
4	BMH	5:14.0	5
5	Havant	5:25.7	4

High Jump W35

1	Claudia Cabbage	W40 Ports	1.30	8
2	Heather Mballa	W35 Win	1.30	7
3	Danielle Marshall	W40 Soton	1.25	6
4	Linda Van Der Wel	W40 BMH	1.25	5
5	Lourdes Camos	W40 AFD	1.20	4
6	Elizabeth Prinsep	W50 Havant	0.90	3
7	Susanne Jacob-Williams	W45 BMH, gst	NM	

High Jump W50

1=	Amanda Godfrey	W55 Havant	1.15	7.5
1=	Alison Fenwick	W50 Win	1.15	7.5
3	Tessa Stephenson	W55 Ports	1.10	6
4	Tracey Grigoleit	W55 BMH	1.05	5
5=	Vicky Bright	W55 Soton	0.95	3.5
5=	Kirsten Workman	W60 AFD	0.95	3.5

Triple Jump W35

1	Lourdes Camos	W40 AFD	9.08	8
2	Sue True	W40 Win	8.34	7
3	Danielle Marshall	W40 Soton	8.31	6
4	Claudia Cabbage	W40 Ports	8.12	5
5	Maria Butler	W40 BMH	7.74	4
6	Marilyn Crocker	W65 Havant	5.09	3

Triple Jump W50

1	Alison Fenwick	W50 Win	8.06	8
2	Amanda Godfrey	W55 Havant	6.81	7
3	Tessa Stephenson	W55 Ports	6.57	6
4	Tracey Grigoleit	W55 BMH	6.21	5
5	Kirsten Workman	W60 AFD	5.73	4
6	Vicky Bright	W55 Soton	5.26	3

Hammer W35

1	Ruth Elkins	W40 Soton	34.42	8
2	Heather Mballa	W35 Win	22.78	7
3	Claudia Cabbage	W40 Ports	19.54	6
4	Nikki Pickering	W40 BMH	15.46	5
5	Karon Curnow	W50 Havant	13.73	4
6	Lindsay Badman	W35 AFD	11.96	3

Hammer W50

1	Roz Hutton	W65 Soton	24.91	8
2	Chris Strode	W60 Havant	24.19	7
3	Sue Hume	W60 Win	20.78	6
4	Kirsten Workman	W60 AFD	19.37	5
5	Helen Wilson	W55 AFD, gst	19.05	
6	Janet Smith	W55 Ports	18.62	4
7	Sue Pett	W65 BMH	18.25	3

Javelin W35

1	Heather Mballa	W35 Win	28.19	8
2	Katy Odell	W40 Soton	27.92	7
3	Susanne Jacob-Williams	W45 BMH	23.39	6
4	Claudia Cabbage	W40 Ports	19.92	5
5	Tina Chantry	W45 Ports, gst	18.39	
6	Karon Curnow	W50 Havant	16.14	4
7	Sian Davies	W45 Over	15.77	3
8	Rhiannon Perryment	W45 BMH, gst	14.31	
9	Lindsay Badman	W35 AFD	13.47	2

Javelin W50

1	Janet Dickinson	W50 Soton	26.58	8
2	Sally Serridge	W50 Win	26.43	7
3	Helen Lockyer	W50 Ports	21.73	6
4	Helen Wilson	W55 AFD	12.10	5
5	Iris Mitchell	W75 Havant	10.98	4
6	Kay Noyce	W50 Over	7.52	3
7	Margaret Moody	W65 BMH	6.74	2

Javelin W60

1	Kirsten Workman	W60 AFD	20.87	8
2	Sue Pett	W65 BMH	15.54	7
3	Chris Strode	W60 Havant	11.96	6
4	Sue Hume	W60 Win	10.31	5
5	Liz Sandall-Ball	W65 Over	8.61	4
6	Astrid Mangel	W65 Soton	8.27	3
7	Lynne Newton	W70 Ports	6.17	2

League Positions after three matches

1	Winchester & District	24 (407)
2	Southampton	21 (369.5)
3	City of Portsmouth	18 (339)
4	Basingstoke & Mid Hants	13 (279)
5	Havant	12 (260.5)
6	Aldershot, Farnham & District	11 (263.5)
7	Overton Harriers	6 (62)
8	Fleet & Crookham	0 (0)