

SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - Hampshire Division

Portsmouth - Monday 25 April 2016

revised 3 May

Men's Match

1	Southampton	144 pts
2	Havant	114 pts
3	Aldershot, Farnham & District	108 pts
4	City of Portsmouth	95.5 pts
5=	Basingstoke & Mid Hants	89 pts
5=	Winchester & District	89 pts
7	Overton Harriers	84.5 pts
8	Fleet & Crookham	45 pts

100 metres M35 A

1	Mark Collins	M40 Soton	11.6	8
2	Darren Dods	M40 AFD	12.0	7
3	Steve Squires	M35 Havant	12.6	6
4	Mark Vallier	M35 Ports	12.6	5
5	Steve Pethen	M45 Win	12.7	4
6	Matthew Wateridge	M45 Over	13.5	3
7	Ben O'Connor	M45 Fleet	13.9	2
8	Terry Wegg	M45 BMH	14.8	1

100 metres M35 B

1	Steve Beak	M50 Soton	12.1	8
2	Dan Tomlinson	M45 AFD	12.5	7
3	Lee Mawson	M35 Havant	12.8	6
4	Richard Cooper	M45 Ports	13.4	5
5	Gareth Juliff	M35 Over	13.5	4
6	Derek Wardle	M65 BMH	13.9	3
7	Henry Hopkins	M55 Win	14.4	2
8	Rich Jackson	M45 Fleet	15.8	1

100 metres M50

1	Jon Tilt	M50 Soton	12.8	8
2	Allan Leiper	M55 AFD	13.0	7
3	Ray Watkins	M60 BMH	13.7	6
4	Alan Smith	M50 Ports	14.3	5
5	Greg Roulston	M55 Havant	16.2	4
6	David Long	M50 Fleet	16.7	3
7	John Hodge	M70 Over	16.8	2

100 metres Non-Scoring

1	Derek Warn	M50 Soton, gst	13.2
2	Phil Brame	M45 Ports, gst	13.2
3	Mike Applegate	M65 Soton, gst	15.3
4	Warren Johns	M40 Ports, gst	15.8
5	Graham Kent	M65 BMH, gst	16.2
6	Ray Hall	M75 Soton, gst	16.7

400 metres M35 A

1	Jon Tilt	M50 Soton	57.5	8
2	Paul Mitchinson	M35 Havant	58.0	7
3	Darren Dods	M40 AFD	59.0	6
4	Mark Vallier	M35 Ports	59.2	5
5	Paul Yarham	M35 Win	64.3	4
6	Ben O'Connor	M45 Fleet	66.2	3
7	Richard Clifford	M40 Over	69.4	2
8	Chris Irvine	M45 BMH	180.0	1

400 metres M35 B

1	Simon Ciaravella	M40 Soton	58.8	8
2	Lee Mawson	M35 Havant	61.0	7
3	Steve Pethen	M45 Win	63.0	6
4	Gavin Roberts	M45 Over	64.5	5
5	Murray Croton	M45 AFD	65.9	4
6	Alan Smith	M50 Ports	66.4	3
7	Derek Wardle	M65 BMH	68.0	2
8	Nigel Duke	M45 Fleet	73.8	1

400 metres M50

1	Steve Beak	M50 Soton	57.2	8
2	Henry Hopkins	M55 Win	67.5	7
3	Ray Watkins	M60 BMH	67.8	6
4	Paul Carter	M50 Havant	72.6	5

(continued in next column)

5	Andrew Hislop	M50 AFD	72.9	4
6	Martin Williams	M55 Ports	76.0	3
7	John Hodge	M70 Over	84.4	2

400 metres Non-Scoring

1	Simon Hargreaves	M50 Soton, gst	65.9
2	Steve Torrance	M55 Win, gst	75.0
3	Graham Kent	M65 BMH, gst	78.2
4	Keith Stone	M70 Win, gst	90.5

1500 metres M35 A (cancelled due to insufficient light)

-	Mark Symes	M45 AFD	-	4.5
-	Terry Wegg	M45 BMH	-	4.5
-	Nialls Davies	M40 Ports	-	4.5
-	Rich Jackson	M45 Fleet	-	4.5
-	Paul Mitchinson	M35 Havant	-	4.5
-	Neil Martin	M40 Over	-	4.5
-	Jon Grainger	M50 Soton	-	4.5
-	Nick Ambler	M40 Win	-	4.5

1500 metres M35 B (cancelled due to insufficient light)

-	Nick Jacobs	M40 AFD	-	4.5
-	Steve Fisher	M50 BMH	-	4.5
-	Mark Champion	M40 Ports	-	4.5
-	Nigel Duke	M45 Fleet	-	4.5
-	Peter Collins	M40 Havant	-	4.5
-	Chris Dewey	M45 Over	-	4.5
-	David Blackman	M45 Soton	-	4.5
-	Peat Allan	M45 Win	-	4.5

1500 metres M50 (cancelled due to insufficient light)

-	Tad Dicker	M50 AFD	-	5
-	Andy Hoare	M50 BMH	-	5
-	Martin Williams	M55 Ports	-	5
-	Jim Garland	M50 Havant	-	5
-	Keith Vallis	M50 Over	-	5
-	Paul Johnson	M50 Soton	-	5
-	Mark Curtis	M50 Win	-	5

1500 metres M60 (cancelled due to insufficient light)

-	Austin Soane	M60 AFD	-	5
-	Don Powell	M65 BMH	-	5
-	Reg Ball	M60 Ports	-	5
-	Graham Foden	M65 Havant	-	5
-	Steve Spence	M65 Over	-	5
-	Sid Delara	M60 Soton	-	5
-	Martyn West	M60 Win	-	5

2000 metres Walk M35

1	Lee Tolhurst	M40 Over	12:40.7	8
2	Derek Smith	M60 Win	12:54.3	7
3	David Blackman	M45 Soton	13:36.2	6
4	Rich Jackson	M45 Fleet	14:19.5	5
5	Pete Spencer	M70 Havant	14:30.4	4
6	Chris Irvine	M45 BMH	14:48.7	3
7	Paul Bleach	M45 Ports	14:49.1	2

2000 metres Walk M50

1	Keith Vallis	M50 Over	11:37.7	8
2	Steve Fisher	M50 BMH	11:42.7	7
3	Dave Stephenson	M50 Ports	12:01.5	6
4	Roger Osgood	M70 Havant	12:38.9	5
5	Simon Hargreaves	M50 Soton	15:41.0	4
6	Richard Simpson	M65 Fleet	17:57.8	3
7	Gerry O'Brien	M60 Win	17:57.8	2

4x100m Relay (cancelled due to insufficient light)

-	AFD	-	5
-	BMH	-	5
-	Ports	-	5
-	Havant	-	5
-	Over	-	5
-	Soton	-	5
-	Win	-	5

High Jump M35

1	Jeremy Clifton	M40 Win	1.60	8
2	Darren Clissold	M40 Soton	1.55	7
3	Darren Dods	M40 AFD	1.45	6
4	Steve Squires	M35 Havant	1.45	5
5=	Matthew Wateridge	M45 Over	1.40	3.5
5=	Alan Smith	M50 Ports	1.40	3.5
5=	Murray Croton	M45 AFD, gst	1.40	
8	Chris Berry	M55 BMH	1.20	2

High Jump M50

1	Andy Waddington	M50 BMH	1.60	8
2	Allan Leiper	M55 AFD	1.35	7
3	Dave Stephenson	M50 Ports	1.30	6
4	Derek Warn	M50 Soton	1.30	5
5	Greg Roulston	M55 Havant	1.20	4
6	Keith Vallis	M50 Over	1.10	3
7	Nick Bryant	M55 Soton, gst	1.10	

Long Jump M35

1	Darren Dods	M40 AFD	5.36	8
2	Paul Mitchinson	M35 Havant	5.07	7
3	Darren Clissold	M40 Soton	4.49	6
4	Ben O'Connor	M45 Fleet	4.26	5
5	Alan Smith	M50 Ports	4.00	4
6	Gareth Juliff	M35 Over	3.90	3
7	Warren Johns	M40 Ports, gst	3.54	
8	Terry Wegg	M45 BMH	3.41	2

Long Jump M50

1	Andy Waddington	M50 BMH	4.64	8
2	Henry Hopkins	M55 Win	4.43	7
3	Mike Coker	M55 Soton	4.14	6
4	Dave Stephenson	M50 Ports	3.78	5
5	Greg Roulston	M55 Havant	3.60	4
6	Allan Leiper	M55 AFD	3.52	3
7	Keith Vallis	M50 Over	2.83	2

Long Jump M60

1	Vic Novell	M70 Soton	3.82	8
2	David Haines	M75 Fleet	3.07	7
3	Derek Smith	M60 Win	2.59	6
4	Steve Spence	M65 Over	2.35	5
5	Mike Reddick	M70 Ports	1.59	4
6	Graham Kent	M65 BMH	NJ	

Shot M35

1	Graham Lay	M40 Soton	12.54	8
2	Steve Dobson	M50 Soton, gst	9.98	
3	Darren Dods	M40 AFD	9.93	7
4	Tim Brown	M40 Havant	9.91	6
5	Jeremy Clifton	M40 Win	9.91	5
6	Chris Irvine	M45 BMH	9.45	4
7	Andrew Sheerin	M45 Soton, gst	9.43	
8	Ben O'Connor	M45 Fleet	7.40	3
9	Piers Puntan	M45 Over	7.20	2
10	Philip Gowers	M45 Ports	6.33	1

Shot M50

1	Allan Leiper	M55 AFD	11.63	8
2	Andy Turner	M50 Soton	11.11	7
3	Ray Hall	M75 Soton, gst	9.73	
4	Richard Healey	M60 Ports	9.39	6
5	Mark Scarborough	M55 Havant	8.99	5
6	Paul Kelly	M50 Woking, gst	8.70	
7	Chris Berry	M55 BMH	8.47	4
8	Derek Warn	M50 Soton, gst	8.02	
9	David Long	M50 Fleet	7.03	3
10	Keith Vallis	M50 Over	5.91	2
11	Steve Torrance	M55 Win	5.40	1

Hammer M35

1	Tim Brown	M40 Havant	33.56	8
2	Andrew Sheerin	M45 Soton	25.64	7
3	Jeremy Clifton	M40 Win	25.24	6
4	Steve Dobson	M50 Soton, gst	21.44	
5	Darren Dods	M40 AFD	19.66	5
6	Chris Berry	M55 BMH	17.84	4
7	Piers Puntan	M45 Over	14.01	3
8	Alan Smith	M50 Ports	6.96	2

Hammer M50

1	Paul Kelly	M50 Woking, gst	43.10	
2	Andy Turner	M50 Soton	38.20	8
3	Andy Hall	M65 Havant	36.12	7
4	Laurence Bryce	M70 Ports	27.60	6
5	Allan Leiper	M55 AFD	22.73	5
6	Andy Waddington	M50 BMH	21.46	4
7	Keith Vallis	M50 Over	15.56	3
8	Mike Reddick	M70 Ports, gst	14.53	

**SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - Hampshire Division
Portsmouth - Monday 25 April 2016****Women's Match**

1	Winchester & District	127.5 pts
2	City of Portsmouth	121.5 pts
3	Southampton	108 pts
4	Aldershot, Farnham & District	107 pts
5	Basingstoke & Mid Hants	97 pts
6	Havant	84.5 pts
7	Overton Harriers	47 pts
8	Fleet & Crookham	16.5 pts

100 metres W35 A

1	Sam Bickley-Vaile	W35 Ports	12.9	8
2	Kim Valente	W40 AFD	13.6	7
3	Kathryn Miles	W40 Win	14.0	6
4	Janet Dickinson	W45 Soton	14.2	5
5	Tracy Duke	W40 Fleet	14.9	4
6	Becky Wilson	W40 BMH	15.0	3
7	Claire Spencer	W40 Over	17.1	2
8	Chris Strode	W55 Havant	19.5	1

100 metres W35 B

1	Katy Odell	W40 Soton	13.9	8
2	Lindsay Badman	W35 AFD	14.0	7
3	Claudia Cabbage	W40 Ports	15.5	6
4	Linda Van Der Wel	W40 BMH	16.0	5
5	Karen Hazlitt	W45 Win	16.1	4
6	Katie Edwards	W40 Over	16.2	3
7	Cath Row	W50 Havant	18.5	2

100 metres W50

1	Tracy Bezance	W50 Soton	14.2	8
2	Eni Font Freide	W50 AFD	14.7	7
3	Maira West	W65 Win	15.0	6
4	Ann Pocock	W50 Ports	16.6	5
5	Christine Fry	W60 Havant	16.6	4
6	Mary Axtell	W70 Soton, gst	18.0	
7	Viv Walters	W55 BMH	18.6	3
8	Monique Van Nueten	W55 Over	18.8	2

400 metres W35 A

1	Becky Wilson	W40 BMH	69.1	8
2	Sue True	W35 Win	69.6	7
3	Danielle Marshall	W40 Soton	71.4	6
4	Sian Hawkes	W40 Ports	74.9	5
5	Tracy Duke	W40 Fleet	75.4	4
6	Karen McGovern	W45 AFD	76.7	3
7	Claire Spencer	W40 Over	84.5	2
8	Dee Abel	W45 Havant	100.2	1

400 metres W35 B

1	Becky Mulley	W35 Soton	72.4	8
2	Kathryn Miles	W40 Win	75.1	7
3	Linda Van Der Wel	W40 BMH	75.2	6
4	Lourdes Camos	AFD	81.4	5
5	Ann Pocock	W50 Ports	82.6	4
6	Katie Edwards	W40 Over	95.1	3
7	Ann Wood	W60 Havant	97.4	2

400 metres W50

1	Moira West	W65 Win	78.6	8
2	Tessa Stephenson	W55 Ports	79.6	7
3	Tracey Grigoleit	W50 BMH	82.9	6
4	Christine Fry	W60 Havant	86.1	5
5	Monique Van Nueten	W55 Over	89.8	4
6	Paola King	W50 Soton	98.3	3

1500 metres W35 A (cancelled due to insufficient light)

-	Ruth Jones	W35 AFD	-	4.5
-	Linda Van Der Wel	W40 BMH	-	4.5
-	Jo Payze	W40 Ports	-	4.5
-	Tracy Duke	W40 Fleet	-	4.5
-	Dee Abel	W45 Havant	-	4.5
-	Claire Spencer	W40 Over	-	4.5
-	Danielle Marshall	W40 Soton	-	4.5
-	Jane Gandee	W45 Win	-	4.5

1500 metres W35 B (cancelled due to insufficient light)

-	Beatrix Lafreniere	W35 AFD	-	5
-	Becky Wilson	W40 BMH	-	5
-	Emma Montiel	W40 Ports	-	5
-	Cath Row	W50 Havant	-	5
-	Katie Edwards	W40 Over	-	5
-	Becky Mulley	W35 Soton	-	5
-	Jo Jefferies	W40 Win	-	5

1500 metres W50 (cancelled due to insufficient light)

-	Cathy Stewart	W50 AFD	-	5
-	Nick Walshe	W55 BMH	-	5
-	Tessa Stephenson	W55 Ports	-	5
-	Viv Geary	W55 Havant	-	5
-	Monique Van Nueten	W55 Over	-	5
-	Vicky Bright	W55 Soton	-	5
-	Carrie Oliver	W50 Win	-	5

1500 metres W60 (cancelled due to insufficient light)

-	Margaret Moody	W65 BMH	-	6.5
-	Jane Georghiou	W60 Ports	-	6.5
-	Marilyn Crocker	W65 Havant	-	6.5
-	Sue Hume	W60 Win	-	6.5

2000 metres Walk W35

1	Suzanne Beardsmore	W45 AFD	11:18.3	8
2	Harriet Hide	W45 Win	11:44.5	7
3	Claire Spencer	W40 Over	14:14.1	6
4	Hannah Coombs	W35 Soton	14:28.2	5
5	Rachel Thornewill	W55 Ports	15:39.7	4
6	Margaret Moody	W65 BMH	16:07.9	3
7	Marilyn Crocker	W65 Havant	16:22.1	2

2000 metres Walk W50

1	Sue Davies	W50 AFD	12:41.2	8
2	Cath Row	W50 Havant	13:54.6	7
3	Carrie Oliver	W50 Win	13:59.1	6
4	Brenda Whitby	W60 Ports	14:16.9	5
5	Tracey Grigoleit	W50 BMH	15:55.7	4
6	Paola King	W50 Soton	16:10.2	3

4x100m Relay (cancelled due to insufficient light)

-	AFD	-	5.5
-	BMH	-	5.5
-	Ports	-	5.5
-	Havant	-	5.5
-	Soton	-	5.5
-	Win	-	5.5

High Jump W35

1	Claudia Cabbage	W40 Ports	1.40	8
2	Janet Dickinson	W45 Soton	1.35	7
3	Lourdes Camos	AFD	1.20	6
4	Heather Mballa	W35 Win	1.20	5
5=	Becky Wilson	W40 BMH	1.10	3.5
5=	Katie Edwards	W40 Over	1.10	3.5

High Jump W50

1	Alison Fenwick	W50 Win	1.15	8
2	Tessa Stephenson	W55 Ports	1.10	7

High Jump W60

1	Sue Pett	W65 BMH	1.05	8
2	Kirsten Workman	W60 AFD	1.00	7
3	Marilyn Crocker	W65 Havant	0.95	6
4	Lynne Newton	W65 Ports	0.82	5

Triple Jump W35

1	Becky Mulley	W35 Soton	9.03	8
2	Lourdes Camos	AFD	8.65	7
3	Sue True	W35 Win	7.94	6
4	Becky Wilson	W40 BMH	7.81	5
5	Tracy Duke	W40 Fleet	6.85	4
6	Cath Row	W50 Havant	5.47	3
7	Tessa Stephenson	W55 Ports	5.22	2

Triple Jump W50

1	Alison Fenwick	W50 Win	7.99	8
2	Kirsten Workman	W60 AFD	5.66	7
3	Marilyn Crocker	W65 Havant	4.63	6
4	Monique Van Nueten	W55 Over	4.35	5
5	Lynne Newton	W65 Ports	4.34	4
6	Viv Walters	W55 BMH	3.13	3
7	Vicky Bright	W55 Soton	NJ	

Hammer W35

1	Ros Stansbury	W40 Ports	37.54	8
2	Janet Dickinson	W45 Soton	28.94	7
3	Becky Wilson	W40 BMH	19.35	6
4	Heather Mballa	W35 Win	19.33	5
5	Kelly Andrews	W35 Havant	NT	

Hammer W50

1	Rosemary Hutton	W65 Soton	27.15	8
2	Chris Strobe	W55 Havant	26.12	7
3	Sue Hume	W60 Win	21.67	6
4	Janet Smith	W55 Ports	19.31	5
5	Kirsten Workman	W60 AFD	19.08	4
6	Sue Pett	W65 BMH	18.53	3

Javelin W35

1	Katy Odell	W40 Soton	28.22	8
2	Heather Mballa	W35 Win	25.66	7
3	Helen Lockyer	W50 Ports	19.79	6
4	Vicki Spencer	W50 Havant	15.91	5
5	Becky Wilson	W40 BMH	15.67	4
6	Lindsay Badman	W35 AFD	10.65	3
7	Claire Spencer	W40 Over	9.75	2

Javelin W50

1	Kirsten Workman	W60 AFD	20.18	8
2	Karon Curnow	W50 Havant	15.75	7
3	Janet Smith	W55 Ports	14.96	6
4	Sue Hume	W60 Win	10.94	5
5	Marian Bray	W50 Ports, gst	10.48	
6	Christine Smears	W65 Soton	6.19	4
7	Sue Pett	W65 BMH	NT	