

SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - Hampshire Division
Aldershot - Monday 4 July 2016

Men's Match

1	Southampton	143 pts
2	Aldershot, Farnham & District	138 pts
3	Havant	123 pts
4	Basingstoke & Mid Hants	96 pts
5	City of Portsmouth	86 pts
6	Overton Harriers	79 pts
7	Winchester & District	76 pts
8	Fleet & Crookham	46 pts

200 metres M35 A

1	Mark Collins	M40 Soton	24.7	8
2	Mark Vallier	M35 Ports	25.3	7
3	Darren Dods	M40 AFD	25.8	6
4	Lee Mawson	M35 Havant	26.9	5
5	Steve Pethen	M45 Win	28.1	4
6	Gareth Juliff	M35 Over	28.9	3
7	Ben O'Connor	M45 Fleet	29.8	2
8	Simon Crute	M45 BMH	37.6	1

200 metres M35 B

1	Guy Giffin	M45 Ports	26.4	8
2	Simon Ciaravella	M40 Soton	26.6	7
3	Neil Eames	M50 Havant	27.3	6
4	Mark Hyde	M40 AFD	27.8	5
5	Paul Neville	M45 Win	29.0	4
6	Gavin Roberts	M45 Over	29.8	3
7	Graham Kent	M65 BMH	34.3	2
8	Mickael Hegesippe	M40 Fleet	43.5	1

200 metres M50

1	Steve Beak	M50 Soton	25.8	8
2	Nick Grocock	M50 Havant	27.0	7
3	Glen Reddington	M50 AFD	27.2	6
4	Ray Watkins	M60 BMH	28.6	5
5	Elias Mtshweni	M50 Win	29.2	4
6	Dave Stephenson	M50 Ports	29.4	3
7	Martin Crawshaw	M55 Over	39.6	2

200 metres Non-Scoring

1	Phil Brame	M45 Ports, gst	28.2	
2	Toren Grainger	M50 C'ley, gst	28.7	
3	Stephen Ford	M60 AFD, gst	30.5	
4	Mark Byrne	M35 Havant, gst	33.3	

800 metres M35 A

1	Darren Symes	M45 AFD	2:11.7	8
2	Matt Hibberd	M35 Soton	2:11.7	7
3	Paul Mitchinson	M35 Havant	2:11.7	6
4	Nialls Davies	M40 Ports	2:13.5	5
5	Chris Dewey	M45 Over	2:23.3	4
6	Paul Neville	M45 Win	2:27.0	3
7	John Bigg	M50 BMH	2:27.5	2
8	Mickael Hegesippe	M40 Fleet	3:04.6	1

800 metres M35 B

1	Lee Mawson	M35 Havant	2:12.3	8
2	David Blackman	M45 Soton	2:16.2	7
3	Andrew Tappin	M40 AFD	2:17.0	6
4	Adam O'Hara	M35 Ports	2:19.4	5
5	Neil Martin	M40 Over	2:26.1	4
6	Terry Wegg	M45 BMH	2:30.4	3
7	Steve Torrance	M55 Win	2:43.1	2

800 metres M50

1	Jon Grainger	M50 Soton	2:13.9	8
2	Jim Garland	M50 Havant	2:14.1	7
3	Jon Plomer	M40 Havant, gst	2:22.5	
4	Andy Gannaway	M50 Win	2:29.9	6
5	Patrick Symington	M55 BMH	2:36.7	5
6	Martin Garrod	M55 Ports	2:52.8	4
7	Martin Crawshaw	M55 Over	3:07.3	3

800 metres M60

1	Austin Soane	M60 AFD	2:28.0	8
2	Ed Connolly	M65 Soton	2:42.2	7
3	Reg Ball	M60 Ports	2:47.6	6
4	Roger Jones	M60 Havant	2:48.6	5
5	Derek Wardle	M65 BMH	2:56.6	4
6	Derek Smith	M60 Win	3:00.9	3
7	David Haines	M75 Fleet	3:16.9	2
8	Graham Kent	M65 BMH, gst	3:28.8	

3000 metres M35 A

1	Mark Symes	M45 AFD	9:21.2	8
2	Paul Mitchinson	M35 Havant	9:38.8	7
3	Lee Tolhurst	M40 Over	9:39.5	6
4	Andy Griggs	M35 Soton	9:45.0	5
5	Darrel May	M35 BMH	10:00.5	4
6	Marius Kwint	M50 Win	10:12.5	3
7	Adam O'Hara	M35 Ports	10:37.9	2
8	Nigel Duke	M45 Fleet	10:53.9	1

3000 metres M35 B

1	Paul Gaylor	M45 AFD	9:55.8	8
2	David Castle	M40 Havant	10:06.2	7
3	Sean Holmes	M45 Over	10:15.6	6
4	Jon Hannan	M35 Soton	10:29.7	5
5	Ian Ralph	M40 Havant, gst	10:43.2	
6	Brendan Cottrell	M45 AFD, gst	10:44.2	
7	Richard Clifford	M40 Over, gst	10:46.1	
8	Neil Martin	M40 Over, gst	10:51.2	
9	Mark Ferguson	M45 Ports	10:53.4	4
10	Adam Burnett	M40 Ports, gst	10:54.0	
11	Rohan Chaffey	M35 BMH	10:54.4	3
12	Richard Guy Smith	M40 AFD, gst	11:00.4	
13	Tony Davies	M65 AFD, gst	11:29.8	
14	Mickael Hegesippe	M40 Fleet	11:33.5	2

3000 metres M50

1	Martin Mannion	M50 Win	9:49.8	8
2	Chris Try	M50 AFD	10:26.7	7
3	Jim Garland	M50 Havant	10:27.9	6
4	Chris Dewey	M45 Over, gst	10:31.7	
5	Martin Williams	M55 Ports	10:33.1	5
6	Paul Johnson	M50 Soton	11:11.9	4
7	Mark Hargreaves	M55 Ports, gst	11:26.1	
8	Keith Vallis	M50 Over	11:28.1	3
9	Ray Gartland	M50 BMH	11:29.2	2
10	Toren Grainger	M50 C'ley, gst	11:29.5	
11	Terry Wegg	M45 BMH, gst	11:39.9	
12	Gordon Westley	M45 Soton, gst	11:53.4	
13	Dave McAdam	M45 AFD, gst	16:01.3	

3000 metres M60

1	Austin Soane	M60 AFD	10:50.4	8
2	Martyn West	M60 Win	11:23.5	7
3	Reg Ball	M60 Ports	11:28.7	6
4	Roger Jones	M60 Havant	11:41.0	5
5	Godfrey Rhimes	M60 Ports, gst	12:20.9	
6	Peter Staunton	M60 Soton	12:28.9	4

2000 metres Walk M35

1	Lee Tolhurst	M40 Over	11:41.9	8
2	Derek Smith	M60 Win	12:35.2	7
3	Andy Morgan-Lee	M45 Soton	12:36.7	6
4	Adrian Sutton	M40 BMH	13:05.6	5
5	Richard Jackson	M45 Fleet	13:08.7	4
6	Pete Spencer	M70 Havant	14:41.0	3

2000 metres Walk M50

1	Keith Vallis	M50 Over	11:27.9	8
2	Steve Fisher	M50 BMH	11:36.4	7
3	Paul Hillyard	M60 Havant	12:15.7	6
4	Dave Stephenson	M50 Ports	12:23.6	5
5	Simon Hargreaves	M50 Soton	14:18.1	4
6	David Long	M50 Fleet	16:11.7	3
7	Alfie Packett	U13 AFD, gst	16:46.2	

4x200m Relay

1		Soton	1:44.5	8
2		Ports	1:45.0	7
3		AFD	1:51.1	6
4		Over	1:53.4	5
5		Havant	1:53.6	4
6		Win	1:56.8	3
7		BMH	1:59.3	2

Pole Vault M35

1	Derek Warn	M50 Soton	3.00	8
2	Andy Buchanan	M45 AFD	2.80	7
3	Chris Irvine	M45 BMH	2.00	6
4	Dave Bush	M45 Over	2.00	5
5	Pete Spencer	M70 Havant	1.20	4
6	Mike Reddick	M70 Ports	NM	

Pole Vault M50

1	Allan Leiper	M55 AFD	3.20	8
2	Paul Hillyard	M60 Havant	2.80	7
3	David Haines	M75 Fleet	2.00	6
4	Dave Stephenson	M50 Ports	2.00	5
5	Michael Hickey	M55 BMH	1.80	4
6	Nick Bryant	M55 Soton	1.60	3
7	Martin Crawshaw	M55 Over	NM	

Triple Jump M35

1	Ian Bridgeman	M45 AFD	10.92	8
2	Ben O'Connor	M45 Fleet	10.13	7
3	Steve Beak	M50 Soton	9.15	6
4	Terry Wegg	M45 BMH	8.93	5
5	Mark Byrne	M35 Havant	7.95	4
6	Gareth Juliff	M35 Over	6.24	3

Triple Jump M50

1	Michael Coker	M55 Soton	9.96	8
2	Andy Waddington	M50 BMH	9.92	7
3	Dave Stephenson	M50 Ports	7.98	6
4	Greg Roulston	M55 Havant	7.92	5
5	Martin Crawshaw	M55 Over	6.45	4
6	Elias Mtshweni	M50 Win	NM	

Discus M35

1	Darren Dods	M40 AFD	34.66	8
2	Peter Evans	M45 Woking, gst	31.31	
3	Graham Lay	M40 Soton	29.58	7
4	Chris Irvine	M45 BMH	24.81	6
5	Matthew Wateridge	M45 Over, gst	21.69	
6	Elias Mtshweni	M50 Win	19.80	5
7	Mark Scarborough	M55 Havant	19.35	4
8	Nigel Duke	M45 Fleet	17.90	3
9	Piers Puntan	M45 Over	17.30	2
10	Dave Stephenson	M50 Ports	12.90	1

Discus M50

1	Paul Kelly	M50 Woking, gst	36.30	
2	Allan Leiper	M55 AFD	36.05	8
3	Stephen Ford	M60 AFD, gst	28.80	
4	Doug Kelson	M65 BMH	27.18	7
5	Steve Dobson	M50 Soton	26.17	6
6	Pete Spencer	M70 Havant	19.36	5
7	Steve Torrance	M55 Win	18.04	4
8	David Long	M50 Fleet	17.19	3
9	Keith Vallis	M50 Over	16.12	2
10	Mike Reddick	M70 Ports	15.58	1

Javelin M35

1	Graham Lay	M40 Soton	38.05	8
2	Darren Dods	M40 AFD	36.69	7
3	Matthew Wateridge	M45 Over	29.24	6
4	Ben O'Connor	M45 Fleet	26.44	5
5	Steve Pethen	M45 Win	22.88	4
6	Gordon Westley	M45 Soton, gst	21.13	
7	Dean Pocock	M45 Havant	20.87	3
8	Chris Irvine	M45 BMH	20.47	2
9	Nialls Davies	M40 Ports	13.90	1

Javelin M50

1	Allan Leiper	M55 AFD	33.45	8
2	Andy Waddington	M50 BMH	31.93	7
3	Steve Dobson	M50 Soton	28.56	6
4	Charles Scouller	M55 Win	27.95	5
5	Mark Scarborough	M55 Havant	24.99	4
6	Dave Stephenson	M50 Ports	20.26	3
7	Martin Crawshaw	M55 Over	15.81	2

Javelin M60

1	Stephen Ford	M60 AFD	26.62	8
2	Doug Kelson	M65 BMH	22.92	7
3	David Haines	M75 Fleet	20.14	6
4	Pete Spencer	M70 Havant	19.81	5
5	Derek Smith	M60 Win	15.56	4
6	Mike Smears	M65 Soton	11.18	3
7	Mike Reddick	M70 Ports	11.01	2

Final League Positions

1	Southampton	32 (575)
2	Aldershot, Farnham & District	25 (471)
3	Havant	25 (465.5)
4	Basingstoke & Mid Hants	20.5 (402)
5	City of Portsmouth	15 (360)
6	Winchester & District	12.5 (330)
7	Overton Harriers	10 (322.5)
8	Fleet & Crookham	4 (147)

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Women's Match

1	Southampton	134 pts
2	Winchester & District	126 pts
3	City of Portsmouth	113 pts
4	Basingstoke & Mid Hants	99 pts
5	Havant	90 pts
6	Aldershot, Farnham & District	64 pts
7	Overton Harriers	37 pts
8	Fleet & Crookham	12 pts

200 metres W35 A

1	Kim Valente	W40 AFD	28.5	8
2	Janet Dickinson	W45 Soton	29.3	7
3	Becky Wilson	W40 BMH	30.1	6
4	Kathryn Miles	W40 Win	30.3	5
5	Tracy Duke	W40 Fleet	31.2	4
6	Sian Hawkes	W40 Ports	34.1	3
7	Sian Davies	W40 Over	35.0	2
8	Ann Wood	W60 Havant	38.7	1

200 metres W35 B

1	Becky Mulley	W35 Soton	30.9	8
2	Sue True	W35 Win	31.5	7
3	Joanne Kitching	W40 Ports	32.6	6
4	Lourdes Camos	W40 AFD	33.1	5
5	Sarah Cleland	W35 BMH	33.9	4
6	Cath Row	W50 Havant	44.3	3

200 metres W50

1	Tracy Bezance	W50 Soton	29.4	8
2	Alison Fenwick	W50 Win	33.0	7
3	Zara Hyde-Peters	W50 Over	33.4	6
4	Ann Pocock	W50 Ports	35.0	5
5	Vicki Spencer	W50 Havant	37.9	4
6	Nick Walshe	W55 BMH	41.3	3

200 metres W60

1	Maira West	W65 Win	34.0	8
2	Christine Fry	W60 Havant	36.3	7
3	Mary Axtell	W70 Soton	41.3	6
4	Margaret Moody	W65 BMH	43.4	5
5	Jane Georghiou	W60 Ports	44.0	4
6	Liz Sandall-Ball	W60 Over	45.5	3

800 metres W35 A

1	Becky Wilson	W40 BMH	2:36.1	8
2	Sue True	W35 Win	2:36.3	7
3	Nicci Blandford	W40 Soton	2:40.0	6
4	Sian Hawkes	W40 Ports	2:44.7	5
5	Sian Davies	W40 Over	2:46.7	4
6	Marilyn Crocker	W65 Havant	4:20.4	3

800 metres W35 B

1	Sarah Cleland	W35 BMH	2:43.0	8
2	Jane Gandee	W45 Win	2:46.8	7
3	Joanne Kitching	W40 Ports	2:54.4	6
4	Hannah Coombs	W35 Soton	2:57.1	5
5	Cath Row	W50 Havant	3:31.5	4

800 metres W50

1	Zara Hyde-Peters	W50 Over	2:41.7	8
2	Alison Fenwick	W50 Win	2:57.0	7
3	Amanda Godfrey	W55 Havant	3:03.9	6
4	Penny Forse	W65 Ports	3:07.0	5
5	Paola King	W50 Soton	4:05.8	4

3000 metres W35 A

1	Nicci Blandford	W40 Soton	11:30.9	8
2	Jane Gandee	W45 Win	11:52.1	7
3	Dee Barrett	W45 BMH	12:18.5	6
4	Katie Carew-Robinson	W35 Ports	12:35.1	5
5	Cath Row	W50 Havant	15:51.4	4

3000 metres W35 B

1	Hannah Coombs	W35 Soton	12:28.6	8
2	Jo Payze	W40 Ports	13:10.3	7
3	Melissa Pinder	W40 BMH	14:30.5	6
4	Marilyn Crocker	W65 Havant	18:09.4	5

3000 metres W50

1	Lynne Whitaker	W55 Win	12:21.5	8
2	Margaret Moody	W65 BMH	13:29.3	7
3	Jane Georghiou	W60 Ports	13:43.6	6
4	Ann Wood	W60 Havant	17:10.3	5
5	Paola King	W50 Soton	17:20.4	4

2000 metres Walk W35

1	Harriet Hide	W45 Win	11:39.1	8
2	Amanda Pinckney	W35 Soton	14:44.2	7
3	Charlotte Packett	W40 AFD	14:49.9	6
4	Melissa Pinder	W40 BMH	14:58.0	5
5	Rachel Thornewill	W55 Ports	15:29.8	4
6	Marilyn Crocker	W65 Havant	16:44.1	3

2000 metres Walk W50

1	Sue Davies	W50 AFD	12:59.7	8
2	Cath Row	W50 Havant	13:26.3	7
3	Brenda Whitby	W60 Ports	13:59.7	6
4	Sue Hume	W60 Win	15:31.0	5
5	Astrid Mangel	W65 Soton	15:32.2	4

4x200m Relay

1		Soton	2:02.8	8
2		Win	2:06.3	7
3		Ports	2:16.5	6
4		BMH	2:21.2	5
5		Havant	2:56.3	4

Pole Vault W35

1	Becky Mulley	W35 Soton	2.00	8
2	Becky Wilson	W40 BMH	1.80	7

Pole Vault W50

1	Kirsten Workman	W60 AFD	1.20	8
2	Lynne Newton	W65 Ports	1.20	7
3	Paola King	W50 Soton	NM	

Long Jump W35

1	Becky Mulley	W35 Soton	4.01	8
2	Kathryn Miles	W40 Win	3.92	7
3	Lourdes Camos	W40 AFD	3.75	6
4	Becky Wilson	W40 BMH	3.59	5
5	Tracy Duke	W40 Fleet	3.46	4
6	Dee Barrett	W45 BMH, gst	3.15	
7	Sian Davies	W40 Over	2.94	3
8	Melissa Pinder	W40 BMH, gst	2.38	
9	Katie Carew-Robinson	W35 Ports	2.15	2
10	Cath Row	W50 Havant	2.01	1

Long Jump W50

1	Tracy Bezance	W50 Soton	4.01	8
2	Alison Fenwick	W50 Win	3.73	7
3	Amanda Godfrey	W55 Havant	3.26	6
4	Tessa Stephenson	W55 Ports	3.23	5

Long Jump W60

1	Moira West	W65 Win	3.54	8
2	Christine Fry	W60 Havant	3.37	7
3	Sue Pett	W65 BMH	2.79	6
4	Astrid Mangel	W65 Soton	2.46	5
5	Kirsten Workman	W60 AFD	2.36	4
6	Liz Sandall-Ball	W60 Over	2.13	3
7	Lynne Newton	W65 Ports	1.73	2

Shot W35

1	Ros Stansbury	W40 Ports	9.78	8
2	Janet Dickinson	W45 Soton	8.00	7
3	Heather Mballa	W35 Win	7.95	6
4	Mary Keet	W40 AFD	7.54	5
5	Susanne Jacob-Williams	W45 BMH	7.05	4
6	Vicki Spencer	W50 Havant	6.04	3
7	Tracy Duke	W40 Fleet	5.59	2

Shot W50

1	Karon Curnow	W50 Havant	7.89	8
2	Eni Font Freide	W50 AFD	7.81	7
3	Janet Smith	W55 Ports	7.30	6
4	Sue Pett	W65 BMH	6.75	5
5	Marian Bray	W50 Ports, gst	6.38	
6	Christine Strode	W55 Havant, gst	5.53	
7	Sue Hume	W60 Win	5.51	4
8	Liz Sandall-Ball	W60 Over	3.73	3
9	Christine Smears	W65 Soton	3.72	2

Discus W35

1	Ros Stansbury	W40 Ports	26.51	8
2	Janet Dickinson	W45 Soton	25.60	7
3	Heather Mballa	W35 Win	22.58	6
4	Susanne Jacob-Williams	W45 BMH	20.88	5
5	Mary Keet	W40 AFD	19.51	4
6	Sian Davies	W40 Over	17.68	3
7	Tracy Duke	W40 Fleet	16.34	2
8	Karon Curnow	W50 Havant	16.17	1

Discus W50

1	Chris Strode	W55 Havant	20.49	8
2	Janet Smith	W55 Ports	18.74	7
3	Paola King	W50 Soton	16.46	6
4	Sue Hume	W60 Win	15.67	5
5	Sue Pett	W65 BMH	15.00	4
6	Kirsten Workman	W60 AFD	13.79	3
7	Liz Sandall-Ball	W60 Over	13.11	2

Final League Positions

1	Winchester & District	30.5 (491)
2	Southampton	27 (475.5)
3	City of Portsmouth	25.5 (461)
4	Basingstoke & Mid Hants	20 (403.5)
5	Aldershot, Farnham & District	15 (306)
6	Havant	13 (328)
7	Overton Harriers	9 (197.5)
8	Fleet & Crookham	4 (55.5)