

SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - Hampshire Division
Aldershot - Monday 10 July 2017

Men's Match

1	Southampton	134 pts
2	Aldershot, Farnham & District	133 pts
3	Winchester & District	115 pts
4	Havant	101 pts
5	City of Portsmouth	97.5 pts
6	Basingstoke & Mid Hants	93.5 pts
7	Overton Harriers	59 pts
8	Fleet & Crookham	57 pts

200 metres M35 A

1	Mark Vallier	M40 Ports	23.9	8
2	Mark Collins	M40 Soton	24.5	7
3	Darren Dods	M40 AFD	24.9	6
4	Colin French	M35 Win	26.0	5
5	Lee Mawson	M35 Havant	26.5	4
6	Robert Tyson	M40 BMH	27.1	3
7	Matthew Wateridge	M45 Over	28.5	2
8	Ben O'Connor	M45 Fleet	29.5	1

200 metres M35 B

1	Dan Tomlinson	M45 AFD	25.8	8
2	Simon Ciaravella	M40 Soton	26.4	7
3	Neil Eames	M50 Havant	26.8	6
4	Alan Powell	M40 Ports	27.8	5
5	Steve Pethen	M45 Win	28.1	4
6	John Dickinson	M55 Fleet	28.3	3
7	Gareth Juliff	M35 Over	28.3	2
8	Graham Cooper	M50 BMH	28.8	1

200 metres M50

1	Jon Tilt	M50 Soton	25.8	8
2	Richard Wheeler	M50 Ports	26.0	7
3	Nick Grocock	M55 Havant	26.5	6
4	Allan Leiper	M55 AFD	28.1	5
5	Andy Smerdon	M55 Fleet	28.7	4
6	Ray Watkins	M60 BMH	28.8	3
7	Henry Hopkins	M55 Win	29.0	2
8	Keith Vallis	M50 Over	36.7	1

200 metres Non-Scoring

1	David Evans	M35 Havant, gst	31.6
2	Graham Kent	M65 BMH, gst	33.0
3	Keith Stone	M70 Win, gst	33.9
4	Mike Smears	M65 Soton, gst	35.0

800 metres M35 A, M35 B

1	Tim Smales	M35 Win	2:05.3	8	A
2	Mike Chambers	M40 Win	2:06.3	8	B
3	Lee Mawson	M35 Havant	2:11.9	7	A
4	Paul Mitchinson	M35 Havant	2:13.7	7	B
5	Jez Curtis	M35 Soton	2:15.0	6	A
6	Jim Bennett	M40 Soton	2:17.4	6	B
7	Kevin Wheeler	M35 Ports	2:19.0	5	A
8	Marc Soane	M40 BMH	2:19.5	4	A
9	Patrick Falkner	M35 BMH	2:24.8	5	B
10	Brendan Cottrell	M45 AFD	2:28.7	3	A
11	Neil Martin	M45 Over	2:29.6	2	A
12	Adrian Weston	M45 AFD	2:32.1	4	B
13	Sean Holmes	M45 Over	2:34.4	3	B
14	Mark Ferguson	M45 Ports	2:41.7	2	B

800 metres M50, M60, Non-Scoring

1	Jon Tilt	M50 Soton	2:17.7	8	M50
2	Nick Ambler	M40 Win, gst	2:18.4		
3	Jon Plomer	M40 Havant, gst	2:19.6		
4	Andy Gannaway	M50 Win	2:19.8	7	M50
5	Jim Garland	M50 Havant	2:20.4	6	M50
6	Austin Soane	M60 AFD	2:31.3	8	M60
7	Patrick Symington	M55 BMH	2:32.1	5	M50
8	Ed Connolly	M65 Soton	2:36.2	7	M60
9	David Evans	M35 Havant, gst	2:39.5		
10	Steve Torrance	M55 Win, gst	2:42.5		
11	Martin Williams	M55 Ports	2:46.7	4	M50
12	Andrew Hislop	M50 AFD	2:48.1	3	M50
13	Steve Oliver	M55 Win, gst	2:48.6		
14	Martin Garrod	M55 Ports, gst	2:49.3		
15	Malcolm Renyard	M70 Havant	2:50.3	6	M60
16	Keith Vallis	M50 Over	2:52.3	2	M50
17	Steve Goodwin	M60 Win	2:57.2	5	M60
18	Godfrey Rhimes	M60 Ports	3:06.8	4	M60
19	Graham Kent	M65 BMH	DNF		M60

3000 metres M35 A, M35 B, M50, M60, Non-Scoring

1	Mark Symes	M45 AFD	9:10.0	8	A
2	Tim Smales	M35 Win	9:17.1	7	A
3	Aaron Froukhians	M35 Soton	9:31.4	6	A
4	Mark Causebrook	M35 Soton	9:37.3	8	B
5	James Knight	M40 Over	9:39.6	5	A
6	Paul Mitchinson	M35 Havant	9:40.3	4	A
7	Andrew Lewis	M35 Soton, gst	9:50.5		
8	Darrel May	M35 BMH	9:50.8	3	A
9	Pete Sansome	M40 Win	9:59.1	7	B
10	Leonard Passingham	M45 Over	10:09.8	6	B
11	Jon Hannan	M40 Soton, gst	10:12.5		
12	Darren Bradley	M45 AFD	10:13.1	5	B
13	Jon Grainger	M50 Soton	10:14.2	8	M50
14	Sean Holmes	M45 Over, gst	10:20.6		
15	Andy Morgan-Lee	M45 Soton, gst	10:21.9		
16	Lee Tolhurst	M40 Over, gst	10:22.9		
17	Gareth Hier	M45 AFD, gst	10:26.0		
18	Mark Hayter	M35 Soton, gst	10:30.0		
19	Koji Miyazaki	M55 AFD	10:30.9	7	M50
20	Austin Soane	M60 AFD	10:35.3	8	M60
21	Brendan Cottrell	M45 AFD, gst	10:36.3		
22	Steve Jeffery	M45 BMH	10:43.3	4	B
23	Mark Ferguson	M45 Ports	10:43.8	6	M50
24	Paul Johnson	M50 Soton, gst	10:48.8		
25	Russell Burton	M60 BMH	10:50.7	7	M60
26	Steve Davy	M45 Havant	10:51.9	3	B
27	Richard Guy Smith	M40 AFD, gst	10:53.2		
28	Tony Watkins	M50 BMH	10:58.4	5	M50
29	Patrick Falkner	M35 BMH, gst	11:03.0		
30	Kevin Wheeler	M35 Ports	11:15.7	2	A
31	Reg Ball	M60 Ports	11:23.1	6	M60
32	Steve Oliver	M55 Win	11:25.3	4	M50
33	David Vossier	M55 Win, gst	11:37.2		
34	Sid Delara	M60 Soton	11:43.1	5	M60
35	Roger Jones	M60 Havant	11:44.2	4	M60
36	Keith Vallis	M50 Over	12:01.1	3	M50
37	Mark Ferguson	M45 Ports	12:15.2	2	B
38	Godfrey Rhimes	M60 Ports, gst	12:20.1		
39	Andrew Hislop	M50 AFD, gst	12:23.0		
40	Steve Goodwin	M60 Win	12:33.4	3	M60
41	Frazer Phipps	M45 Over, gst	13:29.2		

2000 metres Walk		M35, M50		
1	Keith Vallis	M50 Over	11:10.2	8 M50
2	Lee Tolhurst	M40 Over	11:42.3	8 M35
3	Don Powell	M65 BMH	12:08.2	7 M50
4	Roger Osgood	M75 Havant	12:16.0	6 M50
5	Wayne Vincent	M55 Soton	12:19.8	5 M50
6	Simon Harvey	M50 Win	12:45.6	4 M50
7	Paul Hillyard	M60 Havant	12:52.2	7 M35
8	John MacInnes	M50 Soton	12:59.3	6 M35
9	Derek Smith	M60 Win	13:43.3	5 M35
10	Andy Smerdon	M55 Fleet	14:32.5	3 M50
11	Murray Croton	M45 AFD	14:39.4	4 M35
12	Stephen Ford	M60 AFD	15:05.4	2 M50
13	Peter Newton	M70 Ports	15:53.2	1 M50

4x200m Relay

1		AFD	1:44.2	8
2		Ports	1:45.4	7
3		Soton	1:47.2	6
4		BMH	1:49.2	5
5		Win	1:50.0	4
6		Havant	1:50.3	3
7		Over	1:58.7	2

Pole Vault M35

1	Darren Dods	M40 AFD	3.20	8
2	Darren Clissold	M45 Soton	2.60	7
3	John Dickinson	M55 Fleet	2.60	6
4	Pete Sansome	M40 Win	2.20	5
5	Frank Blackwell	M60 Havant	2.00	4
6	Lee Tolhurst	M40 Over	2.00	3
7	Graham Lay	M40 Soton, gst	2.00	
8=	Geoff Butler	M45 BMH	2.00	1.5
8=	Dave Stephenson	M50 Ports	2.00	1.5

Pole Vault M50

1	Allan Leiper	M55 AFD	3.00	8
2	Alan Smith	M55 Ports	2.60	7
3	Paul Hillyard	M60 Havant	2.40	6
4	David Haines	M75 Fleet	1.80	5
5	Elias Mtshweni	M50 Win	1.60	4

Triple Jump M35

1	Ian Bridgeman	M45 AFD, gst	10.76	
2	Loba Olopade	M35 BMH	10.60	8
3	Pete Sansome	M40 Win	10.43	7
4	Darren Clissold	M45 Soton	10.30	6
5	Brian Thompson	M40 Soton, gst	10.26	
6	Ben O'Connor	M45 Fleet	9.94	5
7	Matthew Wateridge	M45 Over	8.86	4
8	Dave Stephenson	M50 Ports	8.71	3
9	Murray Croton	M45 AFD	8.50	2
10	Lee Mawson	M35 Havant	8.29	1

Triple Jump M50

1	Henry Hopkins	M55 Win	9.71	8
2	Andy Waddington	M55 BMH	9.36	7
3	Alan Smith	M55 Ports	8.97	6
4	Greg Roulston	M60 Havant	7.79	5
5	David Haines	M75 Fleet	7.25	4
6	John MacInnes	M50 Soton	NM	
7	Keith Vallis	M50 Over	NM	

Discus M35

1	Darren Dods	M40 AFD	33.20	8
2	Graham Lay	M40 Soton	32.59	7
3	Andrew Sheerin	M45 Soton, gst	31.22	
4	Peter Evans	M45 Fleet	29.47	6
5	Geoff Butler	M45 BMH	22.43	5
6	Alan Smith	M55 Ports	21.13	4
7	David Vosser	M55 Win	15.59	3
8	Gareth Juliff	M35 Over	14.94	2
9	Greg Roulston	M60 Havant	14.65	1

Discus M50

1	Hans-Jürgen Schomburg	M60 TSV09, gst	42.05	
2	Allan Leiper	M55 AFD	33.67	8
3	Paul Kelly	M50 Fleet	32.71	7
4	Frank Blackwell	M60 Havant	25.88	6
5	Stephen Dobson	M55 Soton	25.59	5
6	Andy Waddington	M55 BMH	25.40	4
7	Richard Wheeler	M50 Ports	25.36	3
8	Chris Berry	M55 BMH, gst	21.47	
9	Steve Torrance	M55 Win	20.14	2
10	Keith Vallis	M50 Over	16.35	1

Javelin M35

1	Colin French	M35 Win	37.71	8
2	Graham Lay	M40 Soton	37.53	7
3	Darren Dods	M40 AFD	36.37	6
4	Alan Smith	M55 Ports	29.55	5
5	Peter Evans	M45 Fleet	28.85	4
6	Andrew Sheerin	M45 Soton, gst	28.75	
7	Matthew Wateridge	M45 Over	25.27	3
8	Geoff Butler	M45 BMH	23.05	2
9	Darren Clissold	M45 Soton, gst	21.64	
10	Peter Spencer	M70 Havant	15.45	1

Javelin M50

1	Allan Leiper	M55 AFD	33.48	8
2	Andy Waddington	M55 BMH	33.01	7
3	Richard Wheeler	M50 Ports	32.23	6
4	Stephen Dobson	M55 Soton	26.99	5
5	Andy Smerdon	M55 Fleet	26.53	4
6	Charles Scouller	M55 Win	24.03	3
7	Chris Berry	M55 BMH, gst	19.37	
8	Keith Vallis	M50 Over	11.22	2

Javelin M60

1	Frank Blackwell	M60 Havant	27.48	8
2	Derek Wardle	M70 BMH	26.28	7
3	Stephen Ford	M60 AFD	20.38	6
4	David Haines	M75 Fleet	16.91	5
5	Mike Smears	M65 Soton	13.30	4
6	Peter Newton	M70 Ports	10.60	3
7	Derek Smith	M60 Win	10.40	2

Final League Positions

1	Southampton	32 (595.5)
2	Basingstoke & Mid Hants	24 (466.5)
3	Winchester & District	21 (415.5)
4	Havant	20 (403.5)
5	Aldershot, Farnham & District	19 (373.5)
6	City of Portsmouth	16 (364.5)
7	Overton Harriers	8 (229)
8	Fleet & Crookham	4 (158)

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Aldershot - Monday 10 July 2017

Women's Match

1	Winchester & District	135 pts
2	City of Portsmouth	120 pts
3	Southampton	116.5 pts
4	Basingstoke & Mid Hants	107.5 pts
5	Aldershot, Farnham & District	90 pts
6	Havant	88 pts
7	Overton Harriers	14 pts

200 metres W35 A

1	Niki Le Bas	W40 Win	27.2	8
2	Joy Wright	W35 Havant	28.5	7
3	Tracy Bezance	W50 Soton	29.6	6
4	Gail Tyson	W45 BMH	33.5	5
5	Karen McGovern	W45 AFD	36.0	4
6	Claudia Cabbage	W40 Ports	36.1	3

200 metres W35 B

1	Kathryn Miles	W40 Win	29.6	8
2	Mitch Lloyd	W40 BMH	30.2	7
3	Danielle Marshall	W40 Soton	30.5	6
4	Kelly Roberts	W40 AFD	32.1	5
5	Justine Bacon	W45 Havant	33.3	4
6	Charon Baggaley	W50 Ports	37.9	3

200 metres W50

1	Janet Dickinson	W50 Soton	29.5	8
2	Eni Font Freide	W50 AFD	30.7	7
3	Tessa Stephenson	W55 Ports	32.7	6
4	Alison Fenwick	W50 Win	33.2	5
5	Tracey Grigoleit	W55 BMH	36.7	4
6	Marilyn Crocker	W65 Havant	55.3	3

200 metres W60

1	Moira West	W65 Win	33.8	8
2	Christine Fry	W60 Havant	35.7	7
3	Mary Axtell	W75 Soton	42.2	6
4	Jane Georghiou	W60 Ports	44.2	5
5	Kirsten Workman	W60 AFD	44.6	4
6	Paula Stecki	W60 BMH	47.5	3

800 metres W35 A, W35B, W50

1	Joy Wright	W35 Havant	2:30.3	8	A
2	Kelley Haniver	W40 Ports	2:34.6	7	A
3	Monique Hoare-Van Nueten	W60 Over	2:36.6	8	W50
4	Sue True	W40 Win	2:37.0	6	A
5	Nicci Blandford	W40 Soton	2:38.4	5	A
6	Bea Lafreniere	W40 AFD	2:41.2	4	A
7	Danielle Marshall	W40 Soton	2:43.9	8	B
8	Lisa Gottwald	W35 BMH	2:51.4	3	A
9	Lynne Whitaker	W55 Win	2:52.7	7	W50
10	Cathy Stewart	W50 AFD	2:53.6	6	W50
11	Kelly Roberts	W40 AFD	2:58.0	7	B
12	Alison Sheltrum	W35 BMH	3:00.0	6	B
13	Charon Baggaley	W50 Ports	3:00.6	5	B
14	Karen McGovern	W45 AFD, gst	3:05.0		
15	Penny Forse	W65 Ports	3:06.5	5	W50
16	Joy Radford	W60 Win	3:11.2	4	B
17	Tracey Grigoleit	W55 BMH	3:14.1	4	W50
18	Di Byrne	W50 Havant	3:20.9	3	B
19	Marilyn Crocker	W65 Havant	4:22.3	3	W50
20	Astrid Mangel	W65 Soton	4:29.4	2	W50

3000 metres W35 A, W35B, W50

1	Kelley Haniver	W40 Ports	11:06.2	8	A
2	Nicci Blandford	W40 Soton	11:07.9	7	A
3	Mitch Lloyd	W40 BMH	11:47.3	6	A
4	Jo Jefferies	W40 Win	11:47.7	5	A
5	Ruth Jones	W35 AFD	12:02.4	4	A
6	Tina Chantry	W45 Ports	12:07.2	8	B
7	Harriet Hide	W45 Win	12:17.5	7	B
8	Sian Davies	W45 Over	12:21.5	3	A
9	Lynne Whitaker	W55 Win	12:23.7	8	W50
10	Cathy Stewart	W50 AFD	12:25.7	7	W50
11	Amanda Pinckney	W35 Soton, gst	12:28.8		
12	Hannah Willson	W35 Soton	12:32.1	6	B
13	Joy Radford	W60 Win, gst	13:02.0		
14	Alison Sheltrum	W35 BMH	13:18.3	5	B
15	Jane Georghiou	W60 Ports	13:43.3	6	W50
16	Nick Walshe	W55 BMH	14:12.8	5	W50
17	Marilyn Crocker	W65 Havant	18:10.9	4	W50

2000 metres Walk W35, W50

1	Harriet Hide	W45 Win	10:48.2	8	W35
2	Suzanne Beardsmore	W45 AFD	12:02.1	7	W35
3	Rhiannon Perryment	W45 BMH	12:23.9	6	W35
4	Di Byrne	W50 Havant	13:46.0	5	W35
5	Brenda Whitby	W65 Ports	13:55.6	8	W50
6	Amanda Pinckney	W35 Soton	15:08.1	4	W35
7	Paula Stecki	W60 BMH	15:22.2	7	W50
8	Roz Hutton	W65 Soton	15:26.1	6	W50
9	Rachel Thornewill	W60 Ports	15:47.2	3	W35
10	Sue Hume	W60 Win	16:00.7	5	W50
11	Marilyn Crocker	W65 Havant	16:47.2	4	W50

4x200m Relay

1	Win	2:00.6	8
2	AFD	2:04.7	7
3	BMH	2:19.1	6
4	Havant	2:20.9	5
5	Ports	2:22.6	4

Pole Vault W35

1	Claudia Cabbage	W40 Ports	2.40	8
2=	Susanne Jacob-Williams	W45 BMH	1.80	6.5
2=	Danielle Marshall	W40 Soton	1.80	6.5
4	Linda Van Der Wel	W40 BMH, gst	1.60	

Pole Vault W50

1	Janet Dickinson	W50 Soton	1.80	8
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Long Jump W35

1	Kathryn Miles	W40 Win	3.89	8
2	Claudia Cabbage	W40 Ports	3.85	7
3	Danielle Marshall	W40 Soton	3.83	6
4	Lindsay Badman	W35 AFD	3.59	5
5	Di Byrne	W50 Havant	1.73	4

Long Jump W50

1	Tracy Bezance	W50 Soton	4.14	8
2	Alison Fenwick	W50 Win	3.76	7
3	Tessa Stephenson	W55 Ports	3.40	6
4	Tracey Grigoleit	W55 BMH	2.67	5
5	Marilyn Crocker	W65 Havant	1.80	4

Long Jump W60

1	Moira West	W65 Win	3.42	8
2	Christine Fry	W60 Havant	3.35	7
3	Sue Pett	W65 BMH	3.03	6
4	Astrid Mangel	W65 Soton	2.22	5
5	Lynne Newton	W70 Ports	2.22	4
6	Kirsten Workman	W60 AFD	2.17	3

Shot W35

1	Claudia Cubbage	W40 Ports	9.69	8
2	Katy Odell	W40 Soton	8.16	7
3	Heather Mballa	W35 Win	7.62	6
4	Vicki Spencer	W50 Havant	7.19	5
5	Linda Van Der Wel	W40 BMH	6.57	4
6	Lindsay Badman	W35 AFD	5.74	3

Shot W50

1	Eni Font Freide	W50 AFD	7.59	8
2	Janet Smith	W55 Ports	7.27	7
3	Sue Pett	W65 BMH	6.54	6
4	Helen Wilson	W55 AFD, gst	6.07	
5	Karon Curnow	W50 Havant	5.28	5
6	Sue Hume	W60 Win	5.20	4
7	Christine Smears	W65 Soton	4.08	3

Discus W35

1	Heather Mballa	W35 Win	25.31	8
2	Susanne Jacob-Williams	W45 BMH	21.85	7
3	Janet Dickinson	W50 Soton	19.05	6
4	Claudia Cubbage	W40 Ports	18.50	5
5	Lindsay Badman	W35 AFD	18.14	4
6	Linda Van Der Wel	W40 BMH, gst	17.87	
7	Sian Davies	W45 Over	16.93	3
8	Karon Curnow	W50 Havant	16.02	2

Discus W50

1	Chris Strode	W60 Havant	20.46	8
2	Sue Hume	W60 Win	15.88	7
3	Sue Pett	W65 BMH	15.60	6
4	Kirsten Workman	W60 AFD	15.14	5
5	Janet Smith	W55 Ports	15.02	4
6	Helen Wilson	W55 AFD, gst	14.89	
7	Roz Hutton	W65 Soton	13.66	3
8	Cathy Stewart	W50 AFD, gst	12.86	

Final League Positions

1	Winchester & District	32 (542)
2	Southampton	27 (486)
3	City of Portsmouth	25 (459)
4	Basingstoke & Mid Hants	18 (386.5)
5	Aldershot, Farnham & District	15 (353.5)
6	Havant	15 (348.5)
7	Overton Harriers	8 (76)
8	Fleet & Crookham	0 (0)