

SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - Hampshire Division
Basingstoke - Monday 17 June 2019

Men's Match

1	Basingstoke & Mid Hants	150 pts
2	Southampton	140.5 pts
3	Aldershot, Farnham & District	125.5 pts
4	Winchester & District	96.5 pts
5	City of Portsmouth	92.5 pts
6	Havant	78 pts
7	Overton Harriers	67 pts
8	Fleet & Crookham	34 pts

100 metres M35 A

1	Mark Collins	M45 Soton	12.0	8
2	Ben Green	M40 AFD	12.1	7
3	Mark Vallier	M40 Ports	12.1	6
4	Robert Tyson	M40 BMH	12.6	5
5	Kevin Wheeler	M35 Havant	12.9	4
6	Gareth Juliff	M40 Over	13.8	3
7	Steve Pethen	M45 Win	13.9	2

100 metres M35 B

1	Darren Dods	M40 AFD	12.3	8
2	Steve Beak	M55 Soton	12.5	7
3	Neil Barton	M35 BMH	12.7	6
4	Phil Brame	M50 Ports	13.5	5
5	Ben Johnson	M35 Over	13.7	4
6	Henry Hopkins	M60 Win	14.4	3
7	David Evans	M35 Havant	16.0	2

100 metres M50

1	Dan Tomlinson	M50 AFD	13.1	8
2	Richard Wheeler	M55 Ports	13.1	7
3	Andy McCrum	M60 BMH	13.4	6
4	Derek Warn	M50 Soton	13.8	5
5	Andy Smerdon	M55 Fleet	14.0	4
6	Dave Roberts	M50 Win	14.4	3
7	Richard Turner	M50 Havant	14.8	2
8	Keith Vallis	M50 Over	19.4	1

100 metres Non-Scoring

1	Glen Reddington	M55 AFD, n/s	13.4
2	James Foster	M45 AFD, n/s	13.6
3	Garry Bell	M40 Soton, n/s	14.2
4	Ray Watkins	M65 BMH, n/s	14.4
5	Adrian Weston	M45 AFD, n/s	14.9
6	Paul Hillyard	M65 Havant, n/s	15.2

400 metres M35 A

1	Ben Green	M40 AFD	55.1	8
2	Mark Vallier	M40 Ports	58.9	7
3	Kevin Wheeler	M35 Havant	59.2	6
4	Simon Ciaravella	M45 Soton	60.2	5
5	Robert Tyson	M40 BMH	62.0	4
6	Nick Ambler	M45 Win	62.5	3
7	Gareth Juliff	M40 Over	70.1	2

400 metres M35 B

1	Miguel Headley	M35 BMH	57.5	8
2	Darren Dods	M40 AFD	58.1	7
3	Steve Beak	M55 Soton	58.2	6
4	Steve Pethen	M45 Win	65.4	5
5	Ben Johnson	M35 Over	67.8	4
6	Alan Smith	M55 Ports	68.6	3
7	David Evans	M35 Havant	76.7	2

400 metres M50

1	David Blackman	M50 Soton	61.3	8
2	Andy McCrum	M60 BMH	64.1	7
3	Glen Reddington	M55 AFD	65.3	6
4	Chris Dewey	M50 Over	66.9	5
5	Tom Vamos	M50 Win	70.6	4
6	Chris Hutber	M55 Ports	70.8	3

400 metres M60

1	Patrick Symington	M60 BMH	67.7	8
2	Mark Hargreaves	M60 Ports	68.5	7
3	Henry Hopkins	M60 Win	69.0	6
4	Paul Hillyard	M65 Havant	70.5	5
5	Terry Clarke	M60 Over	71.9	4
6	Vic Novell	M70 Soton	73.1	3
7	Stephen Ford	M65 AFD	81.2	2

400 metres Non-Scoring

1	Garry Bell	M40 Soton, n/s	61.6
2	Andrew Cackett	M35 BMH, n/s	62.1
3	James Foster	M45 AFD, n/s	66.9
4	Adrian Weston	M45 AFD, n/s	68.5
5	Ray Watkins	M65 BMH, n/s	70.7

1500 metres M35 A, M35 B

1	Dave Ragan	M35 BMH	4:26.2	8	A
2	Paul Laslett	M35 Soton	4:29.0	7	A
3	Simon Cooper	M45 AFD	4:31.1	6	A
4	Tom Glancy	M40 AFD	4:43.7	8	B
5	James Wallace	M35 Fleet	4:45.9	5	A
6	Jon Hannan	M40 Soton	4:50.6	7	B
7	Andy Gannaway	M55 Win	4:54.5	4	A
8	Sean Holmes	M45 Over	5:01.8	3	A
9	David Vossier	M55 Win	5:06.4	6	B
10	Neil Martin	M45 Over	5:08.1	5	B
11	Steve Jeffery	M50 BMH	5:08.9	4	B
12	Steve Davy	M45 Havant	5:12.7	2	A
13	Chris Hutber	M55 Ports	5:20.8	1	A
14	Matt Gill	M35 Havant	5:23.5	3	B

1500 metres M50, Non-Scoring

1	Jon Grainger	M55 Soton	4:46.9	8	M50
2	Andrew Lewis	M35 Soton, n/s	4:48.4		
3	Chris Dewey	M50 Over	4:49.6	7	M50
4	Greg Warder	M45 Soton, n/s	4:51.2		
5	Garry Bell	M40 Soton, n/s	4:53.5		
6	Marius Kwint	M50 Win	4:56.4	6	M50
7	Andrew Cackett	M35 BMH, n/s	5:07.1		
8	Tony Watkins	M55 BMH	5:10.7	5	M50
9	Mark Hayter	M35 Soton, n/s	5:12.6		
10	Mark Hargreaves	M60 Ports	5:14.3	4	M50
11	Michael Hickey	M55 BMH, n/s	5:15.4		
12	Colin Addison	M55 AFD	5:21.3	3	M50
13	Noel O'Dowd	M60 Soton, n/s	5:22.9		

3000 metres Steeplechase M35 A, M35 B, M50

1	Paul Cardy	M35 Ports	10:24.3	8	A
2	Simon Gill	M40 Havant	10:40.6	7	A
3	Lee Tolhurst	M45 Over	11:11.7	6	A
4	Andy Morgan-Lee	M50 Soton	11:51.0	5	A
5	Matthew Morgan	M40 Fleet	11:59.2	4	A
6	Kit Lau	M35 Soton	12:03.8	8	B
7	Steve Jeffery	M50 BMH	12:06.9	8	M50
8	Alastair Bridgman	M45 BMH	12:35.5	3	A
9	Peat Allan	M50 Win	12:51.8	7	M50
10	David Blackman	M50 Soton	13:08.7	6	M50
11	Robert Agar	M35 Havant	13:25.6	7	B
12	Keith Vallis	M50 Over	13:39.8	5	M50
13	David Mitchell	M45 Win	13:42.7	2	A
14	Steve Oliver	M55 Win	13:45.6	6	B
15	Richard Turner	M50 Havant	13:45.6	4	M50
16	Andrew Hislop	M50 AFD	14:45.0	3	M50
17	Adrian Sutton	M45 BMH	16:42.0	5	B

Medley Relay

1	BMH	4:00.6	8
2	AFD	4:04.3	7
3	Soton	4:21.1	6
4	Havant	4:24.2	5
5	Win	4:31.0	4
6	Over	4:42.9	3
7	Ports	4:50.7	2

High Jump M35

1=	Darren Dods	M40 AFD	1.70	7.5
1=	Brian Thompson	M40 Soton	1.70	7.5
3	John Dickinson	M35 BMH	1.60	6
4	Greg Warder	M45 Soton, n/s	1.40	
5	Richard Price	M35 Win	1.35	5
6	Richard Wheeler	M55 Ports	1.25	4
7	Lee Tolhurst	M45 Over	1.25	3
-	Adrian Sutton	M45 BMH, n/s	NM	

High Jump M50

1	Andy Waddington	M55 BMH	1.60	8
2	Allan Leiper	M55 AFD	1.40	7
3	Andy Smerdon	M55 Fleet	1.40	6
4=	Alan Smith	M55 Ports	1.30	4.5
4=	David Vosser	M55 Win	1.30	4.5
6	Andy Morgan-Lee	M50 Soton	1.25	3
7	Michael Coker	M60 Soton, n/s	1.20	

Long Jump M35

1	Darren Dods	M40 AFD	5.59	8
2	John Dickinson	M35 BMH	5.47	7
3	Brian Thompson	M40 Soton	4.84	6
4	Robert Tyson	M40 BMH, n/s	4.39	
5	Dave Roberts	M50 Win	4.21	5
6	Ben Johnson	M35 Over	4.07	4
7	Richard Wheeler	M55 Ports	3.18	3
8	Kevin Wheeler	M35 Havant	2.84	2

Long Jump M50

1	Andy McCrum	M60 BMH, n/s	4.85	
2	Derek Warn	M50 Soton	4.67	8
3	Andy Waddington	M55 BMH	4.53	7
4	Henry Hopkins	M60 Win	4.29	6
5	Alan Smith	M55 Ports	4.09	5
6	Paul Hillyard	M65 Havant	3.73	4
7	Michael Coker	M60 Soton, n/s	3.52	

Shot M35

1	John Dickinson	M35 BMH	11.79	8
2	Darren Dods	M40 AFD	10.72	7
3	Andrew Sheerin	M45 Soton	10.10	6
4	Martin McBriar	M40 Win	8.83	5
5	Andy Hall	M65 Havant	8.60	4
6	Paul Williams	M45 Ports	7.27	3
7	Piers Puntan	M45 Over	6.39	2

Shot M50

1	Rafer Joseph	M50 BMH	13.38	8
2	Allan Leiper	M55 AFD	12.30	7
3	Peter Evans	M50 Fleet	10.58	6
4	Richard Wheeler	M55 Ports	8.02	5
5	Derek Warn	M50 Soton	7.87	4
6	Pete Spencer	M70 Havant	6.17	3
7	Keith Vallis	M50 Over	5.46	2
8	Steve Torrance	M55 Win	5.19	1

Shot M60

1	Paul Hillyard	M65 Havant	9.66	8
2	Richard Healey	M60 Ports	9.60	7
3	Andy McCrum	M60 BMH	9.22	6
4	Michael Coker	M60 Soton	9.18	5
5	Stephen Ford	M65 AFD	7.89	4
6	Henry Hopkins	M60 Win	7.25	3
7	Terry Clarke	M60 Over	4.58	2

Hammer M35

1	Andrew Sheerin	M45 Soton	34.27	8
2	John Dickinson	M35 BMH	32.56	7
3	Darren Dods	M40 AFD	30.15	6
4	Andy Hall	M65 Havant	29.71	5
5	Martin McBriar	M40 Win	23.46	4
6	Paul Williams	M45 Ports	20.25	3
7	Peter Evans	M50 Fleet	19.90	2
8	Piers Puntan	M45 Over	16.20	1

Hammer M50

1	Rafer Joseph	M50 BMH	41.94	8
2	Paul Kelly	M50 Fleet	38.11	7
3	Allan Leiper	M55 AFD	36.55	6
4	Richard Wheeler	M55 Ports	28.05	5
5	Derek Warn	M50 Soton	24.87	4
6	Paul Hillyard	M65 Havant	20.85	3
7	Andy Gannaway	M55 Win	17.68	2
8	Keith Vallis	M50 Over	10.86	1

Hammer M60

1	Stephen Ford	M65 AFD, n/s	33.81	
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League Position after three matches

1	Southampton	23 (425.5)
2	Basingstoke & Mid Hants	20 (371)
3	Aldershot, Farnham & District	20 (365.5)
4	Winchester & District	14 (293.5)
5	Havant	12 (265)
6	City of Portsmouth	10 (232.5)
7	Overton Harriers	5 (161)
8	Fleet & Crookham	4 (113)

**SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - Hampshire Division
Basingstoke - Monday 17 June 2019****Women's Match**

1	Southampton	135 pts
2	Winchester & District	127 pts
3	Basingstoke & Mid Hants	91 pts
4	Havant	90 pts
5	Aldershot, Farnham & District	73 pts
6	Fleet & Crookham	69 pts
7	City of Portsmouth	55 pts
8	Overton Harriers	10 pts

100 metres W35 A

1	Natasha Norris	W40 AFD	13.9	8
2	Joy Wright	W40 Soton	14.2	7

3	Sarah Al-Romaihi	W35 Havant	14.5	6
4	Victoria Harfield	W35 Ports	14.8	5
5	Ruth Wallace	W35 Fleet	16.1	4
6	Karen Rushton	W50 Win	16.7	3
7	Dee Barrett	W45 BMH	18.6	2

100 metres W35 B

1	Janet Dickinson	W50 Soton	14.3	8
2	Kelly Roberts	W45 AFD	15.2	7
3	Nicki Turner	W50 Havant	17.1	6
4	Louise Apsey	W40 Fleet	17.4	5
5	Elaine Liversage	W40 BMH	17.4	4
6	Fiona Bolton	W45 Win	17.4	3
7	Claudia Cabbage	W45 Ports	18.1	2

100 metres W50

1	Tracy Bezance	W55 Soton	14.5	8
2	Angela Owen	W60 AFD	15.9	7
3	Alison Fenwick	W55 Win	16.7	6
4	Nick Walshe	W55 BMH	18.3	5
5	Alison Ball	W50 BMH, n/s	19.5	
6	Janet Leggett	W55 Fleet	19.9	4
7	Christine Strode	W60 Havant	21.0	3
8	Jane Georghiou	W65 Ports	22.0	2

400 metres W35 A

1	Joy Wright	W40 Soton	64.5	8
2	Sue True	W40 Win	67.1	7
3	Ruth Wallace	W35 Fleet	71.5	6
4	Tracy Duke	W40 AFD	71.8	5
5	Sarah Al-Romaihi	W35 Havant	75.3	4
6	Elaine Liversage	W40 BMH	82.2	3

400 metres W35 B

1	Tracy Bezance	W55 Soton	66.2	8
2	Lucy Elliott	W50 Win	71.0	7
3	Cat Coveney	W50 BMH	77.9	6
4	Louise Apsey	W40 Fleet	80.5	5
5	Nicki Turner	W50 Havant	83.5	4
-	Kelly Roberts	W45 AFD	75.5 DQ	

400 metres W50

1	Karen Rushton	W50 Win	72.1	8
2	Cathy Row	W50 Havant	89.1	7
3	Caroline Barnfield	W55 Soton	90.3	6
4	Alison Ball	W50 BMH	91.3	5
5	Janet Leggett	W55 Fleet	97.1	4
6	Denise Perrett	W65 Ports	128.6	3

400 metres W60

1	Joy Radford	W65 Win	85.4	8
2	Monique Van Nueten	W60 Over	94.0	7
3	Margaret Moody	W70 BMH	95.4	6
4	Jane Georghiou	W65 Ports	101.3	5
5	Vicky Bright	W60 Soton	106.1	4
6	Susan Hanley	W65 BMH, n/s	106.4	
7	Marilyn Crocker	W70 Havant	129.6	3

1500 metres W35 A, W35 B, W50

1	Lucy Elliott	W50 Win	5:02.6	8	A
2	Lesley Locks	W40 Fleet	5:06.2	7	A
3	Ruth Wallace	W35 Fleet	5:08.6	8	B
4	Jane Gandee	W50 Win	5:28.1	8	W50
5	Nicci Blandford	W40 Soton	5:31.4	6	A
6	Kate Towerton	W35 Win	5:32.6	7	B
7	Hannah Willson	W35 Soton	5:50.3	6	B
8	Dee Barrett	W45 BMH	6:03.3	5	A
9	Cat Coveney	W50 BMH	6:09.6	5	B
10	Sandra Dancer	W50 Soton	6:16.2	7	W50
11	Nick Walshe	W55 BMH, n/s	6:41.2		
12	Margaret Moody	W70 BMH	6:42.6	6	W50
13	Jane Georghiou	W65 Ports	7:01.4	5	W50
14	Nicki Turner	W50 Havant	7:04.6	4	A
15	Janet Leggett	W55 Fleet	7:05.1	4	W50
16	Monique Van Nueten	W60 Over	7:06.8	3	W50
17	Alison Ball	W50 BMH, n/s	7:33.7		
18	Marilyn Crocker	W70 Havant	9:08.9	4	B

Medley Relay

1	Soton	4:47.6	8
2	AFD	4:54.8	7
3	Win	4:57.9	6
4	Fleet	5:31.8	5
5	BMH	5:53.0	4
6	Havant	5:55.2	3
7	Ports	6:34.3	2

High Jump W35

1	Joy Wright	W40 Soton	1.35	8
2	Victoria Harfield	W35 Ports	1.30	7
3	Natasha Norris	W40 AFD	1.20	6

4	Heather Sheffield	W35 Win	1.20	5
5	Cathy Row	W50 Havant	1.00	4

High Jump W50

1	Janet Dickinson	W50 Soton	1.25	8
2	Amanda Godfrey	W55 Havant	1.15	7
3	Alison Fenwick	W55 Win	1.10	6
4	Kirsten Workman	W65 AFD	0.75	5

Triple Jump W35

1	Becky Mulley	W35 Soton	9.27	8
2	Claudia Cabbage	W45 Ports	7.80	7
3	Ruth Wallace	W35 Fleet	7.45	6
4	Heather Sheffield	W35 Win	7.33	5
5	Natasha Norris	W40 AFD	6.82	4
6	Marilyn Crocker	W70 Havant	4.68	3
7	Dee Barrett	W45 BMH	4.47	2

Triple Jump W50

1	Alison Fenwick	W55 Win	7.91	8
2	Amanda Godfrey	W55 Havant	6.51	7
3	Tracey Jones	W50 Soton	6.38	6
4	Cat Coveney	W50 BMH	4.80	5
5	Janet Leggett	W55 Fleet	4.52	4

Hammer W35

1	Janet Dickinson	W50 Soton	25.25	8
2	Heather Sheffield	W35 Win	22.48	7
3	Claudia Cabbage	W45 Ports	18.52	6
4	Susanne Jacob-Williams	W45 BMH	16.19	5
5	Sandra Balcombe	W35 Havant	13.57	4
6	Kirsten Workman	W65 AFD	12.52	3

Hammer W50

1	Deborah Montgomery	W50 BMH	31.08	8
2	Christine Strode	W60 Havant	23.03	7
3	Rosemary Hutton	W70 Soton	21.20	6
4	Helen Wilson	W55 AFD	18.36	5
5	Sue Hume	W60 Win	18.28	4
6	Kirsten Workman	W65 AFD, n/s	16.36	
7	Denise Perrett	W65 Ports	10.51	3

Javelin W35

1	Heather Sheffield	W35 Win	26.70	8
2	Janet Dickinson	W50 Soton	23.58	7
3	Susanne Jacob-Williams	W45 BMH	18.94	6
4	Claudia Cabbage	W45 Ports	18.72	5
5	Ruth Wallace	W35 Fleet	16.64	4
6	Tracy Duke	W40 AFD	14.79	3
7	Vicki Spencer	W55 Havant	12.88	2

Javelin W50

1	Sally Serridge	W50 Win	24.88	8
2	Deborah Montgomery	W50 BMH	20.45	7
3	Sandra Balcombe	W35 Havant	18.06	6
4	Helen Wilson	W55 AFD	13.67	5
5	Tracey Jones	W50 Soton	11.51	4
6	Janet Leggett	W55 Fleet	9.75	3

Javelin W60

1	Kirsten Workman	W65 AFD	17.16	8
2	Sue Pett	W65 BMH	15.12	7
3	Christine Strode	W60 Havant	11.91	6
4	Sue Hume	W60 Win	9.24	5
5	Astrid Mangel	W65 Soton	8.45	4
6	Denise Perrett	W65 Ports	5.78	3

League Position after three matches

1	Southampton	23 (394.5)
2	Winchester & District	22 (386)
3	Havant	16 (275.5)
4	City of Portsmouth	13 (228)
5	Aldershot, Farnham & District	12 (228)
6	Basingstoke & Mid Hants	11 (193)
7	Fleet & Crookham	8 (175)
8	Overton Harriers	3 (33)