

**SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - Hampshire Division**  
**Aldershot - Monday 8 July 2019**

**Men's Match**

1=	Aldershot, Farnham & District	138 pts
1=	Basingstoke & Mid Hants	138 pts
3	Southampton	123 pts
4	Winchester & District	112 pts
5	City of Portsmouth	82 pts
6	Havant	77 pts
7=	Fleet & Crookham	45 pts
7=	Overton Harriers	45 pts

**200 metres M35 A**

1	Mark Vallier	M40 Ports	24.8	8
2	Darren Dods	M40 AFD	25.7	7
3	Miguel Headley	M35 BMH	26.0	6
4	Steve Pethen	M45 Win	29.4	5
5	Kit Lau	M35 Soton	29.6	4
6	Gareth Juliff	M40 Over	31.7	3
7	Steve Davy	M45 Havant	32.1	2

**200 metres M35 B**

1	Robert Tyson	M40 BMH	26.3	8
2	David Blackman	M50 Soton	28.8	7
3	Dave Roberts	M50 Win	30.7	6
4	David Evans	M35 Havant	34.1	5
5	Koji Miyazaki	M55 AFD	34.5	4
6	Sean Holmes	M45 Over	34.7	3

**200 metres M50**

1	Richard Wheeler	M55 Ports	26.7	8
2	Dan Tomlinson	M50 AFD	27.2	7
3	Andy McCrum	M60 BMH	27.6	6
4	Andy Smerdon	M55 Fleet	29.2	5
5	Henry Hopkins	M60 Win	29.4	4
6	Richard Turner	M50 Havant	29.9	3
7	Sid Delara	M60 Soton	33.7	2
8	Keith Vallis	M50 Over	41.8	1

**200 metres Non-Scoring**

1	Neil Barton	M35 BMH, n/s	26.3	
2	Ray Watkins	M65 BMH, n/s	29.7	
3	Graham Kent	M65 BMH, n/s	35.2	

**800 metres M35 A**

1	Matt Hibberd	M35 Soton	2:11.1	8
2	Simon Cooper	M45 AFD	2:13.7	7
3	Nick Ambler	M45 Win	2:19.7	6
4	Damian Spreckley	M40 Ports	2:19.7	5
5	Alastair Bridgman	M45 BMH	2:25.3	4
6	Steve Davy	M45 Havant	2:34.6	3
7	Gareth Juliff	M40 Over	2:46.7	2

**800 metres M35 B**

1	Gavin Jackman	M45 AFD	2:16.4	8
2	Andrew Lewis	M35 Soton	2:17.4	7
3	Tom Glancy	M40 AFD, n/s	2:18.3	
4	Neil Martin	M45 Over	2:25.8	6
5	Peat Allan	M50 Win	2:26.8	5
6	Adam O'Hara	M40 Ports	2:29.5	4
7	Michael Hill	M40 BMH	2:30.2	3
8	David Evans	M35 Havant	3:15.5	2

**800 metres M50**

1	David Blackman	M50 Soton	2:16.2	8
2	Andy Gannaway	M55 Win	2:21.7	7
3	Colin Addison	M55 AFD	2:29.9	6
4	Tony Watkins	M55 BMH	2:36.7	5
5	Richard Turner	M50 Havant	2:40.0	4
6	Steve Oliver	M55 Win, n/s	2:50.3	
7	Keith Vallis	M50 Over	3:09.8	3

**800 metres M60**

1	Ed Connolly	M65 Soton	2:39.9	8
2	Henry Hopkins	M60 Win	2:47.4	7
3	Paul Hillyard	M65 Havant	2:51.4	6
4	Andy McCrum	M60 BMH	3:08.3	5
5	Stephen Ford	M65 AFD	4:11.5	4

**3000 metres M35 A, M35 B**

1	Paul Cardy	M35 Ports	9:27.6	8	A
2	Alistair Smith	M35 AFD	9:31.3	7	A
3	Gareth Klepacz	M35 Soton	9:44.8	6	A
4	Adam O'Hara	M40 Ports	9:44.9	8	B
5	Paul Mitchinson	M35 Havant	9:45.1	5	A
6	Chris Tizzard	M35 AFD	9:59.0	7	B
7	Matthew Morgan	M40 Fleet	10:07.9	4	A
8	Alastair Bridgman	M45 BMH	10:11.1	3	A
9	Marius Kwint	M50 Win	10:25.2	2	A
10	Sean Holmes	M45 Over	10:33.3	1	A
11	Ian Thompson	M45 BMH	10:45.0	6	B
12	Neil Martin	M45 Over	10:59.1	5	B
13	Steve Davy	M45 Havant	11:10.2	4	B
14	David Mitchell	M45 Win	12:04.9	3	B
-	Matt Hibberd	M35 Soton	9:48.0		DQ
-	James Wallace	M35 Fleet	10:06.9		DQ

**3000 metres M50, M60, Non-Scoring**

1	Paul Gaylor	M50 AFD	10:02.0	8	M50
2	Andrew Lewis	M35 Soton, n/s	10:16.0		
3	Rob Bentley	M50 Soton	10:17.7	7	M50
4	Tom Glancy	M40 AFD, n/s	10:21.1		
5	Koji Miyazaki	M55 AFD, n/s	10:42.7		
6	Tony Watkins	M55 BMH, n/s	10:50.2		
7	Mark Hargreaves	M60 Ports	11:03.4	8	M60
8	Michael Hill	M40 BMH, n/s	11:12.0		
9	Matt Dellar	M45 AFD, n/s	11:26.1		
10	Noel O'Dowd	M60 Soton	11:26.6	7	M60
11	Michael Hickey	M55 BMH	11:33.4	6	M50
12	Steve Oliver	M55 Win	11:46.7	5	M50
13	Matt Cornish	M45 AFD, n/s	11:59.2		
14	Mike Bell	M65 Ports	12:12.7	4	M50
15	Keith Vallis	M50 Over	12:16.0	3	M50
16	Don Powell	M65 BMH	12:17.9	6	M60
17	Steve Goodwin	M60 Win	12:32.3	5	M60
18	Andrew Hislop	M50 AFD, n/s	12:45.1		
19	John Dickinson	M55 Fleet	13:05.5	2	M50
20	Riaan Ferreira	M35 AFD, n/s	13:31.4		
21	Roger Jones	M60 Havant	13:52.3	4	M60

**2000 metres Walk M35, M50**

1	Keith Vallis	M50 Over	11:31.4	8	M50
2	David Mitchell	M45 Win	11:37.5	8	M35
3	Derek Smith	M60 Win	12:15.4	7	M50
4	John MacInnes	M55 Soton	12:17.5	6	M50
5	Wayne Vincent	M55 Soton	12:19.7	7	M35
6	Adrian Sutton	M45 BMH	13:36.0	6	M35
7	Tom Steckiwi	M55 BMH	13:36.8	5	M50
8	Paul Bleach	M50 Ports	14:23.6	4	M50
9	Sean Holmes	M45 Over	14:24.9	5	M35
10	Ian Jennings	M45 AFD	14:28.4	4	M35
11	David Evans	M35 Havant	15:42.8	3	M35

**4x200m Relay**

1		BMH	1:43.3	8
2		AFD	1:51.2	7
3		Ports	1:53.8	6
4		Soton	1:54.8	5
5		Win	1:56.0	4
6		Havant	2:09.5	3

**Pole Vault M35**

1	John Dickinson	M35 BMH	3.40	8
2	Darren Dods	M40 AFD	2.80	7
3	John Dickinson	M55 Fleet	2.60	6
4	Graham Lay	M40 Soton	NM	

**Pole Vault M50**

1	Allan Leiper	M55 AFD	2.80	8
2	Paul Hillyard	M65 Havant	2.60	7
3=	Michael Hickey	M55 BMH	1.50	5
3=	Dave Roberts	M50 Win	1.50	5
3=	Andy Morgan-Lee	M50 Soton	1.50	5
6	David Haines	M75 Fleet	1.20	3

**Pole Vault Non-Scoring**

1	Gavin Berry	SM AFD, n/s	3.20	
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**Triple Jump M35**

1	Neil Barton	M35 BMH	12.10	8
2	Darren Dods	M40 AFD	11.26	7
3	Brian Thompson	M40 Soton	10.88	6
4	Dave Roberts	M50 Win	10.08	5
5	David Evans	M35 Havant	5.49	4

**Triple Jump M50**

1	Andy Waddington	M55 BMH	9.46	8
2	Henry Hopkins	M60 Win	9.41	7
3	Richard Turner	M50 Havant	8.74	6
4	Michael Coker	M60 Soton	8.57	5
5	Allan Leiper	M55 AFD	8.26	4

**Discus M35**

1	John Dickinson	M35 BMH	34.39	8
2	Graham Lay	M40 Soton	33.46	7
3	Darren Dods	M40 AFD	31.73	6
4	Jeremy Clifton	M45 Win	30.94	5
5	Peter Evans	M50 Fleet	28.56	4
6	Paul Williams	M45 Ports	19.34	3
7	Mark Scarborough	M55 Havant	17.31	2
8	Piers Puntan	M45 Over	12.98	1

**Discus M50**

1	Allan Leiper	M55 AFD	35.21	8
2	Paul Kelly	M50 Fleet	31.70	7
3	Richard Wheeler	M55 Ports	28.86	6
4	Andy Waddington	M55 BMH	24.62	5
5	Paul Hillyard	M65 Havant	23.52	4
6	Michael Coker	M60 Soton	21.05	3
7	Mike Marchant	M55 Win	18.05	2
8	Steve Torrance	M55 Win, n/s	17.78	
9	Keith Vallis	M50 Over	14.31	1

**Discus M60**

1	Richard Healey	M60 Ports, n/s	37.87	
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**Javelin M35**

1	Graham Lay	M40 Soton	42.27	8
2	John Dickinson	M35 BMH	37.07	7
3	Darren Dods	M40 AFD	36.01	6
4	Jeremy Clifton	M45 Win	31.75	5
5	Robert Tyson	M40 BMH, n/s	26.24	
6	Andy Smerdon	M55 Fleet	21.94	4
7	Paul Williams	M45 Ports	20.72	3
8	Piers Puntan	M45 Over	17.70	2
9	David Evans	M35 Havant	5.88	1

**Javelin M50**

1	Allan Leiper	M55 AFD	37.52	8
2	Peter Evans	M50 Fleet	36.11	7
3	Andy Waddington	M55 BMH	30.17	6
4	Richard Wheeler	M55 Ports	27.89	5
5	Mike Marchant	M55 Win	26.50	4
6	Gordon Westley	M50 Soton	23.92	3
7	Richard Turner	M50 Havant	22.12	2
8	Keith Vallis	M50 Over	12.73	1

**Javelin M60**

1	Stephen Ford	M65 AFD	24.46	8
2	Paul Hillyard	M65 Havant	20.51	7
3	Andy McCrum	M60 BMH	20.50	6
4	Henry Hopkins	M60 Win	13.40	5
5	Sid Delara	M60 Soton	11.93	4
6	David Haines	M75 Fleet	10.49	3
7	Richard Healey	M60 Ports	5.73	2

**Final League Position**

1	Southampton	29 (548.5)
2	Basingstoke & Mid Hants	27.5 (509)
3	Aldershot, Farnham & District	27.5 (503.5)
4	Winchester & District	19 (405.5)
5	Havant	15 (342)
6	City of Portsmouth	14 (314.5)
7	Overton Harriers	6.5 (206)
8	Fleet & Crookham	5.5 (158)

**SOUTHERN COUNTIES VETERANS A.C. TRACK & FIELD LEAGUE - Hampshire Division****Aldershot - Monday 8 July 2019****Women's Match**

1	Southampton	145 pts
2	Winchester & District	137 pts
3	Aldershot, Farnham & District	108 pts
4	Fleet & Crookham	84 pts
5	Havant	79 pts
6	Basingstoke & Mid Hants	78 pts
7	City of Portsmouth	62 pts
8	Overton Harriers	absent

**200 metres W35 A**

1	Natasha Norris	W40 AFD	28.8	8
2	Tracy Bezance	W55 Soton	29.5	7
3	Kathryn Miles	W45 Win	30.4	6
4	Victoria Harfield	W35 Ports	30.6	5
5	Sarah Al-Romaithi	W35 Havant	31.6	4
6	Sarah Cleland	W40 Fleet	34.6	3
7	Lisa Gottwald	W40 BMH	36.7	2

**200 metres W35 B**

1	Joy Wright	W40 Soton	29.3	8
2	Bea Lafreniere	W40 AFD	30.6	7
3	Sue True	W40 Win	31.6	6
4	Kelly Roberts	W45 AFD, n/s	32.3	
5	Debbie Mangan	W45 Fleet	33.4	5
6	Dee Barrett	W45 BMH	36.7	4
7	Charon Baggaley	W50 Ports	38.5	3
8	Cathy Row	W50 Havant	44.7	2

**200 metres W50**

1	Janet Dickinson	W50 Soton	29.0	8
2	Alison Fenwick	W55 Win	33.9	7
3	Nicki Turner	W50 Havant	36.9	6
4	Nick Walshe	W55 BMH	42.2	5
5	Janet Leggett	W55 Fleet	44.2	4
6	Kirsten Workman	W65 AFD	48.0	3
7	Denise Perrett	W65 Ports	48.5	2

**200 metres W60**

1	Angela Owen	W60 AFD	33.4	8
2	Joy Radford	W65 Win	34.9	7
3	Vicky Bright	W60 Soton	42.0	6
4	Margaret Moody	W70 BMH	42.9	5
5	Jane Georghiou	W65 Ports	45.2	4
6	Marilyn Crocker	W70 Havant	54.5	3

**800 metres W35 A**

1	Joy Wright	W40 Soton	2:30.3	8
2	Lucy Elliott	W50 Win	2:31.1	7
3	Sarah Hill	W45 AFD	2:33.0	6
4	Sarah Cleland	W40 Fleet	2:49.3	5
5	Lisa Gottwald	W40 BMH	3:01.7	4
6	Sarah Al-Romaithi	W35 Havant	3:24.7	3

**800 metres W35 B**

1	Sue True	W40 Win	2:35.1	8
2	Claire McErlean	W35 Soton	2:40.2	7
3	Nicky McKenzie	W40 AFD	2:46.5	6
4	Debbie Mangan	W45 Fleet	2:52.8	5
5	Dee Barrett	W45 BMH	2:54.0	4
6	Marilyn Crocker	W70 Havant	4:30.4	3

**800 metres W50**

1	Jane Gandee	W50 Win	2:52.2	8
2	Charon Baggaley	W50 Ports	3:05.4	7
3	Penny Forse	W70 Soton	3:19.6	6
4	Margaret Moody	W70 BMH	3:24.8	5
5	Nicki Turner	W50 Havant	3:28.4	4
6	Janet Leggett	W55 Fleet	3:32.1	3

**3000 metres W35 A, W35 B, W50**

1	Sarah Hill	W45 AFD	10:41.6	8	A
2	Lucy Elliott	W50 Win	10:42.2	7	A
3	Lesley Locks	W40 Fleet	10:43.3	6	A
4	Ruth Wallace	W35 Fleet	10:52.2	8	B
5	Claire McErlean	W35 Soton	11:13.8	5	A
6	Kate Towerton	W35 Win	11:14.8	7	B
7	Nicci Blandford	W40 Soton	11:27.4	6	B
8	Jane Gandee	W50 Win	11:38.6	8	W50
9	Nicky McKenzie	W40 AFD	12:05.9	5	B
10	Dee Barrett	W45 BMH	13:00.6	4	A
11	Penny Forse	W70 Soton	13:38.4	7	W50
12	Diane Byrne	W50 Havant	14:03.5	3	A
13	Nick Walshe	W55 BMH	14:09.8	6	W50
14	Janet Leggett	W55 Fleet	14:11.5	5	W50
15	Jane Georghiou	W65 Ports	14:17.3	4	W50
16	Nicki Turner	W50 Havant	15:30.9	3	W50
17	Marilyn Crocker	W70 Havant	19:01.8	4	B

**2000 metres Walk W35, W50**

1	Harriet Hide	W45 Win	10:48.1	8	W35
2	Charlotte Wallis	U15G AFD, n/s	11:20.9		
3	Sue Davies	W50 AFD	12:22.8	8	W50
4	Carrie Oliver	W55 Win	13:17.5	7	W50
5	Ruth Wallace	W35 Fleet	13:18.2	7	W35
6	Elaine Garrett-Simpson	W60 Havant	13:27.3	6	W50
7	Caroline Barnfield	W55 Soton	13:49.1	6	W35
8	Paula Steckiw	W65 BMH	15:21.0	5	W50
9	Diane Byrne	W50 Havant	15:36.9	5	W35
10	Rosemary Hutton	W70 Soton	15:42.3	4	W50
11	Janet Leggett	W55 Fleet	16:24.9	3	W50
12	Denise Perrett	W65 Ports	16:37.8	2	W50

**4x200m Relay**

1	Soton	1:58.7	8
2	AFD	2:03.1	7
3	Win	2:14.2	6
4	Fleet	2:25.7	5
5	Havant	2:43.3	4

**Pole Vault W35**

1	Claudia Cabbage	W45 Ports	2.00	8
2	Becky Mulley	W35 Soton	2.00	7
3	Bea Lafreniere	W40 AFD	1.50	6
4	Ruth Wallace	W35 Fleet	1.20	5
5	Fiona Bolton	W45 Win	NM	

**Pole Vault W50**

1	Vicky Bright	W60 Soton	1.20	8
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**Long Jump W35**

1	Victoria Harfield	W35 Ports	4.42	8
2	Becky Mulley	W35 Soton	4.04	7
3	Kathryn Miles	W45 Win	3.72	6
4	Natasha Norris	W40 AFD	3.71	5
5	Ruth Wallace	W35 Fleet	3.61	4
6	Dee Barrett	W45 BMH	2.49	3
7	Cathy Row	W50 Havant	2.32	2

**Long Jump W50**

1	Janet Dickinson	W50 Soton	4.43	8
2	Alison Fenwick	W55 Win	3.65	7
3	Nicki Turner	W50 Havant	2.52	6
4	Kirsten Workman	W65 AFD	1.96	5
5	Janet Leggett	W55 Fleet	1.92	4

**Long Jump W60**

1	Joy Radford	W65 Win	2.77	8
2	Angela Owen	W60 AFD	2.34	7
3	Vicky Bright	W60 Soton	2.30	6
4	Marilyn Crocker	W70 Havant	2.24	5
5	Paula Steckiw	W65 BMH	1.11	4

**Shot W35**

1	Claudia Cabbage	W45 Ports	8.43	8
2	Katy Odell	W45 Soton	8.24	7
3	Anja Fairbairn	W40 Ports, n/s	7.85	
4	Heather Sheffield	W35 Win	7.79	6
5	Susanne Jacob-Williams	W45 BMH	7.13	5
6	Lindsay Badman	W35 AFD	5.45	4
7	Christine Strode	W60 Havant	5.22	3
8	Ruth Wallace	W35 Fleet	4.99	2

**Shot W50**

1	Deborah Montgomery	W50 BMH	10.24	8
2	Janet Dickinson	W50 Soton	8.95	7
3	Helen Wilson	W55 AFD	7.13	6
4	Cathy Row	W50 Havant	6.63	5
5	Sue Hume	W60 Win	5.55	4
6	Janet Leggett	W55 Fleet	4.75	3
7	Denise Perrett	W65 Ports	4.26	2

**Discus W35**

1	Heather Sheffield	W35 Win	25.82	8
2	Anja Fairbairn	W40 Ports	25.15	7
3	Susanne Jacob-Williams	W45 BMH	24.37	6
4	Janet Dickinson	W50 Soton	20.68	5
5	Ruth Wallace	W35 Fleet	17.53	4
6	Cathy Row	W50 Havant	15.47	3
7	Lindsay Badman	W35 AFD	14.80	2

**Discus W50**

1	Deborah Montgomery	W50 BMH	21.98	8
2	Helen Wilson	W55 AFD	17.52	7
3	Sue Hume	W60 Win	15.99	6
4	Christine Strode	W60 Havant	15.72	5
5	Tracey Jones	W50 Soton	14.36	4
6	Janet Leggett	W55 Fleet	11.78	3
7	Denise Perrett	W65 Ports	8.12	2

**Final League Position**

1	Southampton	31 (539.5)
2	Winchester & District	29 (523)
3	Havant	20 (354.5)
4	Aldershot, Farnham & District	18 (336)
5	City of Portsmouth	15 (290)
6	Basingstoke & Mid Hants	14 (271)
7	Fleet & Crookham	13 (259)
8	Overton Harriers	3 (33)