VAC and SCVAC Outdoor Track and Field Championships 27th August 2017 Kingston on Thames

M35

M35 Pos 1 2	100m No 4 3	Athlete Kevin Wheeler Tony Macdowall	Final Club City Of Portsmouth AC Victoria Park H & T H AC	Perf 13.69 14.16	w/s 1.7 1.7	VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M35 Pos 1	200 m No 4	Athlete Kevin Wheeler	Final Club City Of Portsmouth AC	Perf 27.10	w/s 1.4	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
M35 Pos 1 2	400m No 1 4	Athlete Paul Howard Kevin Wheeler	Final Club Brighton & Hove City AC City Of Portsmouth AC	Perf 56.63 60.37		VAC Medal	Rec	SCVAC Medal G S	Rec	Guest Medal
M35 Pos 1 2 3 4	800m No 1 2 3 4	Athlete Paul Howard Jon Ladley Tony Macdowall Kevin Wheeler	Final Club Brighton & Hove City AC Walton AC Victoria Park H & T H AC City Of Portsmouth AC	Perf 2:04.19 2:09.27 2:10.77 2:20.88		VAC Medal G S	Rec CBP	SCVAC Medal G	Rec	Guest Medal
M35 Pos 1 2	1500 No 1 4	m Athlete Paul Howard Kevin Wheeler	Final Club Brighton & Hove City AC City Of Portsmouth AC	Perf 4:44.01 5:10.34		VAC Medal	Rec	SCVAC Medal G S	Rec	Guest Medal
M35 Pos 1	High No 2	Jump Athlete Jon Ladley	Final Club Walton AC	Perf 1.50		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
	Shot No 3	Athlete Tony Macdowall	Final Club Victoria Park H & T H AC	Perf 6.49		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M35 Pos 1	Discu No 2	us Athlete Jon Ladley	Final Club Walton AC	Perf 25.31		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M35 Pos 1	Javel No 2 M40	l in Athlete Jon Ladley	Final Club Walton AC	Perf 29.88		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M40 Pos 1	100m	Athlete Peter Davey	Final Club Ashford AC	Perf 12.49	w/s 1.7	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
M40 Pos 1	200 m No 7	Athlete Jaran Finn	Final Club Serpentine RC	Perf 27.87	w/s 1.4	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
	800m No 7	Athlete Jaran Finn	Final Club Serpentine RC	Perf 2:16.92		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
	1500 No 9	m Athlete Jamie Mcloughlin	Final Club Veterans AC	Perf 4:46.07		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
	110m No 6	Hurdles Athlete Peter Davey	Final Club Ashford AC	Perf 16.98	w/s -1.9	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal

M40 Pos 1	Pole No 10	Vault Athlete Chris Mills	Final Club Windsor Slough Eton & H AC	Perf 3.80		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
M40 Pos	No	e Jump Athlete	Final Club	Perf	w/s	VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal
1 2	8 6	Stephen Lake Peter Davey	Ashford AC Ashford AC	11.31 11.18	-			G S		
	M45									

M45	100m	1	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	23	Drako Mkpa	Southern Counties Vets AC	12.3	-			G		
2	22	Mark Mcallister	Tonbridge AC	12.3	-			G		
3	20	Andy Lewis	Harrow AC	12.4	-			В		
4	14	Michele Beltramo	Veterans AC	12.8	-	G				
5	24	James Morgan	Newport Harriers AC	13.3	-					G
6	28	Steve Pethen	Winchester & District AC	13.6	-			-		
7	29	Dave Roberts	Brighton & Hove City AC	14.3	-			-		
M45	200m	1	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	23	Drako Mkpa	Southern Counties Vets AC	25.05	1.7			G		
2	22	Mark Mcallister	Tonbridge AC	25.40	1.7			S		
3	24	James Morgan	Newport Harriers AC	26.33	1.7					G
4	20	Andy Lewis	Harrow AC	26.38	1.7			В		
5	14	Michele Beltramo	Veterans AC	26.54	1.7	G				
6	28	Steve Pethen	Winchester & District AC	28.53	1.7			-		
7	29	Dave Roberts	Brighton & Hove City AC	29.47	1.7			-		
8	16	Gareth George	Epsom & Ewell Harriers	31.09	1.7	S				
M45	400m	1	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	31	Jason Steel	Hillingdon AC	58.20				G		
2	30	David Shortridge	Victoria Park H & T H AC	59.99				S		
3	24	James Morgan	Newport Harriers AC	63.19						G
4	28	Steve Pethen	Winchester & District AC	63.58				В		
5	16	Gareth George	Epsom & Ewell Harriers	68.97		G				
M45	800m	1	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	15	Mark Champion	Istead & Ifield Harriers	2:22.84				G		
M45	1500	m	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	1,000	Medal	1.00	Medal
1	15	Mark Champion	Istead & Ifield Harriers	4:57.23				G		
M45	5000	m	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Rec	Medal	Rec	Medal
1	19	lan Johnston	Veterans AC	16:54.65		G		Medal		weda
		11	Elect.				D	001/10		0
		Hurdles	Final	Derf	/-	VAC	Rec	SCVAC	Rec	Guest
	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	30	David Shortridge	Victoria Park H & T H AC	24.09	-1.9			-		
M45	High	Jump	Final			VAC	Rec	SCVAC	Rec	Guest
	No	Athlete	Club	Perf		Medal		Medal		Medal
1	25	Andrew Morrod	Veterans AC	1.60		G				
2	18	David Hunt	Veterans AC	1.25		S				

2	18	David Hunt	Veterans AC	1.25		S				
M45	Long	y Jump	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	27	Samuel Nash	Thames Valley Harriers	5.85	1.2			G		
2	26	John Munroe	Southern Counties Vets AC	5.51	1.8			S		
3	13	Craig Beecham	Southern Counties Vets AC	5.23	1.6			В		
4	29	Dave Roberts	Brighton & Hove City AC	4.67	1.1			-		
5	18	David Hunt	Veterans AC	4.15	0.4	G				

M45 Pos 1 2 3	Triple No 27 13 29	e Jump Athlete Samuel Nash Craig Beecham Dave Roberts	Final Club Thames Valley Harriers Southern Counties Vets AC Brighton & Hove City AC	Perf 10.77 9.90 9.73	w/s _ _ _	VAC Medal	Rec	SCVAC Medal G S B	Rec	Guest Medal
M45 Pos 1 2 3	Shot No 20 18 17	Athlete Andy Lewis David Hunt David Glendower	Final Club Harrow AC Veterans AC Pembrokeshire Harriers	Perf 12.03 8.26 7.32		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal G
M45 Pos 1 2 3	Discu No 18 17 29	Athlete David Hunt David Glendower Dave Roberts	Final Club Veterans AC Pembrokeshire Harriers Brighton & Hove City AC	Perf 22.46 21.11 16.82		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal G
M45 Pos 1	Ham i No 17	mer Athlete David Glendower	Final Club Pembrokeshire Harriers	Perf 23.43		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal G
M45 Pos 1	Jave No 18	lin Athlete David Hunt	Final Club Veterans AC	Perf 29.12		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
	M50									
M50 Pos 1 2 3	100m No 44 47 37	Athlete Malcolm McPhail Wole Odele Paul Canning	Final Club Northern Masters AC Cambridge Harriers Marshall Milton Keynes AC	Perf 12.35 12.68 12.84	w/s 0.3 0.3 0.3	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal G S
4 5	39 40	Sholto Douglas-Home Jason Drake	Southern Counties Vets AC West 4 Harriers	14.12 14.21	0.3 0.3	G		S		В
M50 Pos 1 2 3	200m No 44 47 37	Athlete Malcolm McPhail Wole Odele Paul Canning	Final Club Northern Masters AC Cambridge Harriers Marshall Milton Keynes AC	Perf 25.73 25.90 26.10	w/s 0.1 0.1 0.1	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal G S
M50 Pos 1	400m No 47	Athlete Wole Odele	Final Club Cambridge Harriers	Perf 58.43		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
M50 Pos 1 2	800m No 46 41	Athlete Tim Nash Bob Fursey	Final Club Blackheath & Bromley H AC Medway & Maidstone AC			VAC Medal	Rec	SCVAC Medal G S	Rec	Guest Medal
M50 Pos 1	1500 No 41	m Athlete Bob Fursey	Final Club Medway & Maidstone AC	Perf 5:21.34		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
	5000 No 41	m Athlete Bob Fursey	Final Club Medway & Maidstone AC	Perf 19:19.48		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
M50 Pos 1	100m No 43	Hurdles Athlete Barrie Marsden	Final Club Wycombe Ph'x Harr & AC	Perf 15.90	w/s -0.4	VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal G
M50 Pos 1	400m No 43	Hurdles Athlete Barrie Marsden	Final Club Wycombe Ph'x Harr & AC	Perf 69.01		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal G

M50 Pos 1 2 3	3000 No 38 34 42	m Walk Athlete Mark Culshaw William Arbury Glen Keegan	Final Club Ilford AC Epsom & Ewell Harriers Herne Hill Harriers	Perf 16:20.1 18:37.9 20:14.5		VAC Medal G S B	Rec	SCVAC Medal	Rec	Guest Medal
M50 Pos 1	Pole No 33	Vault Athlete John Andrews	Final Club Epsom & Ewell Harriers	Perf nhr		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal
M50 Pos 1	Shot No 54	Athlete Simon Wills	Final Club Birchfield Harriers	Perf 7.25		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal G
M50 Pos 1 2	Discu No 54 38	u s Athlete Simon Wills Mark Culshaw	Final Club Birchfield Harriers Ilford AC	Perf 25.62 22.14		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal G
M50 Pos 1	Jave l No 48	l in Athlete Trevor Ratcliffe	Final Club Dacorum & Tring AC	Perf 52.39		VAC Medal	Rec	SCVAC Medal G	Rec CBP	Guest Medal
M55 Pos 1 2 3	M55 100m No 63 83 87	Athlete Adrian Day Andrew Stewart Paul Williams	Final Club Enfield & Haringey AC Chiltern Harriers AC Veterans AC	Perf 15.01 15.51 32.0	w/s -1.2 -1.2 -1.2	VAC Medal G S B	Rec	SCVAC Medal	Rec	Guest Medal
M55 Pos 1 2 3	200m No 63 76 87	Athlete Adrian Day Sean O'Keeffe Paul Williams	Final Club Enfield & Haringey AC Serpentine RC Veterans AC	Perf 30.23 31.09 77.72	w/s 0.8 0.8 0.8	VAC Medal G S B	Rec	SCVAC Medal	Rec	Guest Medal
M55 Pos 1 2 3	400m No 84 62 87	Athlete Jonathan Tilt Tom Conlon Paul Williams	Final Club Southampton AC Herne Hill Harriers Veterans AC	Perf 55.97 62.31 233.17		VAC Medal G S	Rec	SCVAC Medal G	Rec	Guest Medal
M55 Pos 1 2 3	800m No 83 89 85	Athlete Andrew Stewart Philip York Francis Ward	Final Club Chiltern Harriers AC Ealing Southall & Middx AC Belgrave Harriers	Perf 2:33.39 2:34.99 2:39.49		VAC Medal G S	Rec	SCVAC Medal	Rec	Guest Medal G
M55 Pos 1 2 3 4 5	1500 No 78 77 85 68 67	m Athlete Robert O'Rourke Steve Oliver Francis Ward Tony Harran Peter Hall	Final Club Veterans AC Winchester & District AC Belgrave Harriers Herne Hill Harriers West 4 Harriers	Perf 5:14.90 5:23.41 5:31.12 5:35.94 5:38.05		VAC Medal G S B -	Rec	SCVAC Medal	Rec	Guest Medal G
M55 Pos 1 2 3	5000 No 70 77 68	m Athlete Paul Johnson Steve Oliver Tony Harran	Final Club Southampton AC Winchester & District AC Herne Hill Harriers	Perf 19:05.76 19:29.81 20:51.70		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal G S
M55 Pos 1	100m No 72	Hurdles Athlete Allan Leiper	Final Club Aldershot Farnham & D AC	Perf 18.18	w/s -0.4	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
M55 Pos 1	400m No 84	Hurdles Athlete Jonathan Tilt	Final Club Southampton AC	Perf 61.36		VAC Medal	Rec	SCVAC Medal G	Rec CBP	Guest Medal

M55 Pos 1 2 3	High No 60 76 72	Jump Athlete Gary Capon Sean O'Keeffe Allan Leiper	Final Club Dartford Harriers AC Serpentine RC Aldershot Farnham & D AC	Perf 1.50 1.45 1.35		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M55 Pos 1	Pole No 72	Vault Athlete Allan Leiper	Final Club Aldershot Farnham & D AC	Perf nhr		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal
M55 Pos 1	Long No 76	Jump Athlete Sean O'Keeffe	Final Club Serpentine RC	Perf ndr	w/s	VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal
M55 Pos 1 2	Triple No 71 82	a Jump Athlete Stephen Langford David Shields	Final Club Ashford AC Reading AC	Perf 9.79 8.96	w/s _ _	VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M55 Pos 1 2 3 4 5 6 7	Shot No 59 72 64 88 81 76 87	Athlete Robert Broadbridge Allan Leiper Renzo Di Libero Peter Wishart Keith Seldon Sean O'Keeffe Paul Williams	Final Club Newbury AC Aldershot Farnham & D AC Kingston AC & Poly H Cambridge Harriers Hillingdon AC Serpentine RC Veterans AC	Perf 12.52 12.20 10.94 10.14 9.52 8.70 5.27		VAC Medal G S B	Rec CBP	SCVAC Medal G	Rec	Guest Medal
M55 Pos 1 2 3 4 5 6 7	Discu No 79 66 55 72 88 81 76	Athlete Chris Privett Jacek Drzewiecki Nick Barton Allan Leiper Peter Wishart Keith Seldon Sean O'Keeffe	Final Club Belgrave Harriers Bracknell AC South London Harriers Aldershot Farnham & D AC Cambridge Harriers Hillingdon AC Serpentine RC	Perf 37.38 36.40 34.76 34.55 31.68 27.98 24.64		VAC Medal G S B	Rec CBP	SCVAC Medal G S B	Rec	Guest Medal
M55 Pos 1 2 3 4	Hami No 79 59 81 76	ner Athlete Chris Privett Robert Broadbridge Keith Seldon Sean O'Keeffe	Final Club Belgrave Harriers Newbury AC Hillingdon AC Serpentine RC	Perf 43.17 41.55 26.85 18.51		VAC Medal G S B	Rec	SCVAC Medal	Rec	Guest Medal
M55 Pos 1 2	Jave No 81 55 M60	l in Athlete Keith Seldon Nick Barton	Final Club Hillingdon AC South London Harriers	Perf 35.48 33.94		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M60 Pos 1 2 3	100m No 113 98 104	Athlete Ray Watkins Barry Gibbs Peter Morgan	Final Club Basingstoke & Mid H AC Southern Counties Vets AC Eastbourne Rovers AC	Perf 14.42 15.50 16.19	w/s -1.2 -1.2 -1.2	VAC Medal G	Rec	SCVAC Medal G S	Rec	Guest Medal
M60 Pos 1 2	200m No 113 104	Athlete Ray Watkins Peter Morgan	Final Club Basingstoke & Mid H AC Eastbourne Rovers AC	Perf 29.72 34.79	w/s 0.1 0.1	VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M60 Pos 1 2	400 m No 113 98	Athlete Ray Watkins Barry Gibbs	Final Club Basingstoke & Mid H AC Southern Counties Vets AC	Perf 71.48 76.87		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal

M60 Pos 1	800m No 105	Athlete Peter Mountain	Final Club Bristol & West AC	Perf 2:29.62		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal G
M60 Pos 1 2 3	1500 No 100 115 96	n Athlete Mark Hargreaves Rob Wintemute Alan Dolton	Final Club City Of Portsmouth AC London Frontrunners Striders Of Croydon	Perf 5:11.52 5:23.39 5:47.59		VAC Medal G	Rec	SCVAC Medal G S B	Rec	Guest Medal
M60 Pos 1 2 3 4 5	5000 No 93 100 95 116 99	n Athlete Alan Camp Mark Hargreaves Sidney Delara Ian Wright David Greenfield	Final Club Blackheath & Bromley H AC City Of Portsmouth AC Southampton RC Rugby & Northampton AC Kingston AC & Poly H	19:05.62 20:31.21		VAC Medal G	Rec CBP	SCVAC Medal G	Rec	Guest Medal G S
M60 Pos 1		Hurdles Athlete Rob Sibley	Final Club Medway & Maidstone AC	Perf 17.75	w/s -0.4	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
M60 Pos 1	300m No 110	Hurdles Athlete Duncan Talbot	Final Club Abingdon AC	Perf 57.45		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
M60 Pos 1 2	3000 No 111 101	n Walk Athlete Ian Torode David Hoben	Final Club South West Vets AC Striders Of Croydon	Perf 18:54.1 21:45.1		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal G
M60 Pos 1 2 3	High No 110 112 102	Jump Athlete Duncan Talbot Trevor Wade Chris Humble	Final Club Abingdon AC Thames Valley Harriers Oxford City AC	Perf 1.40 1.35 0.90		VAC Medal G	Rec	SCVAC Medal G S	Rec	Guest Medal
M60 Pos 1	Pole No 98	Vault Athlete Barry Gibbs	Final Club Southern Counties Vets AC	Perf 1.70		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal
M60 Pos 1 2 3	Long No 112 98 104	Jump Athlete Trevor Wade Barry Gibbs Peter Morgan	Final Club Thames Valley Harriers Southern Counties Vets AC Eastbourne Rovers AC	Perf 4.68 4.19 3.80	w/s 0.4 0.7 0.9	VAC Medal G	Rec	SCVAC Medal G S	Rec	Guest Medal
M60 Pos 1 2	Triple No 108 98	Jump Athlete Rob Sibley Barry Gibbs	Final Club Medway & Maidstone AC Southern Counties Vets AC	Perf 9.08 8.40	w/s - -	VAC Medal	Rec	SCVAC Medal G S	Rec	Guest Medal
M60 Pos 1 2 3 4	Shot No 112 98 91 102	Athlete Trevor Wade Barry Gibbs Mike Bale Chris Humble	Final Club Thames Valley Harriers Southern Counties Vets AC Haywards Heath Harriers Oxford City AC	Perf 9.37 8.95 8.44 7.72		VAC Medal G	Rec	SCVAC Medal G S B	Rec	Guest Medal
M60 Pos 1 2 3 4	Discu No 112 106 91 107	Is Athlete Trevor Wade Tim Needham Mike Bale Jack Rutherford	Final Club Thames Valley Harriers Nene Valley Harriers Haywards Heath Harriers Walton AC	Perf 31.43 30.94 28.97 25.75		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal G
4 5 6	107 104 102	Peter Morgan Chris Humble	Eastbourne Rovers AC Oxford City AC	25.75 19.47 18.50		S B				

Pos 1 2	Hami No 91 107	Athlete Mike Bale Jack Rutherford	Final Club Haywards Heath Harriers Walton AC	27.94		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
3	106	Tim Needham	Nene Valley Harriers	26.63						G
M60	Jave		Final			VAC	Rec	SCVAC	Rec	Guest
Pos 1	No 97	Athlete John Fenton	Club Dartford Harriers AC	Perf 44.48		Medal		Medal G	CBP	Medal
2	97 98	Barry Gibbs	Southern Counties Vets AC	44.40 32.40				S	CDP	
3	102	Chris Humble	Oxford City AC	23.86		G				
4	104	Peter Morgan	Eastbourne Rovers AC	23.59		S				
	M65									
M65	100m	1	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	131	Christopher Monk	Leicester Coritanian AC	13.50	-0.1					G
2	127	David Hinds	Serpentine RC	14.04	-0.1	G		G		
3 4	121 119	David Crouch Tom Clinton	Epsom & Ewell Harriers Ireland	15.03 15.05	-0.1 -0.1			S		S
5	134	Patrick Reynolds	Veterans AC	17.14	-0.1	S				0
MCE	000		Final			¥40	Dee	001/40	Dee	Quest
M65 Pos	200 m No	ı Athlete	Final Club	Perf	w/s	VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal
1	138	David Spencer	Brighton & Hove City AC		0.5	medal		G		Weddi
2	127	David Hinds	Serpentine RC	28.58	0.5	G		S		
3	121	David Crouch	Epsom & Ewell Harriers		0.5			В		_
4 5	119	Tom Clinton	Ireland	30.98 32.09	0.5 0.5					G S
5 6	117 134	Mike Applegate Patrick Reynolds	City Of Salisbury AC & RC Veterans AC	32.09 37.20	0.5	S				3
		-				-				
M65	400m		Final	D (VAC	Rec	SCVAC	Rec	Guest
Pos 1	No 138	Athlete David Spencer	Club Brighton & Hove City AC	Perf 64.57		Medal		Medal G		Medal
2	127	David Hinds	Serpentine RC	68.42		G		S		
3	120	Ed Connolly	Southampton AC	68.69		S		C C		
4	129	William Lonsdale	Aberdeen AAC	70.94						G
M65	800m	ı	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	120	Ed Connolly	Southampton AC	2:35.07		G				
2	137	Trevor Solomon	Veterans AC	3:11.71		S				
M65	1500	m	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1 2	133 122	Don Powell Peter Durrans	Basingstoke & Mid H AC Veterans AC	5:26.63 6:02.68		G		G		
2	122	Trevor Solomon	Veterans AC	6:21.70		S				
							_		_	. .
M65 Pos	5000	m Athlete	Final Club	Perf		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal
1	122	Peter Durrans	Veterans AC	22:40.18		G		ivieuai		weudi
							-		-	• •
M65 Pos	300m No	Hurdles Athlete	Final Club	Perf		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal
1	129	William Lonsdale	Aberdeen AAC	59.26		Medal		Medal		G
							Dee		Dee	• •
M65 Pos	3000 No	m Walk Athlete	Final Club	Perf		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal
1	126	John Hall	Belgrave Harriers	17:33.6		G		Medal		weda
			-				-		-	A .
M65	High No	Jump Athlete	Final Club	Dorf		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal
Pos 1	NO 129	Athlete William Lonsdale	Aberdeen AAC	Perf 1.40		Medal		INFOR		G
		Jump	Final	D		VAC	Rec	SCVAC	Rec	Guest
Pos 1	No 129	Athlete William Lonsdale	Club Aberdeen AAC	Perf 3.97	w/s 0.5	Medal		Medal		Medal G
2	129 134	Patrick Reynolds	Veterans AC	3.97 3.12	0.5 1.7	G				G
-						-				

M65 Pos 1 2 3	Triple No 129 135 134	e Jump Athlete William Lonsdale Tony Richards Patrick Reynolds	Final Club Aberdeen AAC Croydon Harriers Veterans AC	Perf 8.85 6.70 5.84	w/s - -	VAC Medal G S	Rec	SCVAC Medal	Rec	Guest Medal G
M65 Pos 1 2 3	Shot No 135 136 134	Athlete Tony Richards Bunt Scott Patrick Reynolds	Final Club Croydon Harriers Marshall Milton Keynes AC Veterans AC	Perf 11.18 9.74 6.68		VAC Medal G S	Rec	SCVAC Medal G	Rec	Guest Medal G
M65 Pos 1 2 3 4 5	Discu No 125 135 136 123 134	Athlete Neil Griffin Tony Richards Bunt Scott Joe Eastwood Patrick Reynolds	Final Club Windsor Slough Eton & H AC Croydon Harriers Marshall Milton Keynes AC Walton AC Veterans AC	Perf 42.46 36.16 35.84 25.25 17.90		VAC Medal G S	Rec	SCVAC Medal G S B	Rec	Guest Medal G
M65 Pos 1 2 3 4 5 6	Hami No 125 136 139 135 118 134	mer Athlete Neil Griffin Bunt Scott Clive Thomson Tony Richards John Blackwell Patrick Reynolds	Final Club Windsor Slough Eton & H AC Marshall Milton Keynes AC Southern Counties Vets AC Croydon Harriers Nene Valley Harriers Veterans AC	Perf 37.99 35.15 28.82 28.49 26.71 16.38		VAC Medal G S	Rec	SCVAC Medal G S B	Rec	Guest Medal G S
M65 Pos 1 2 3 4	Jave No 123 135 136 134	lin Athlete Joe Eastwood Tony Richards Bunt Scott Patrick Reynolds	Final Club Walton AC Croydon Harriers Marshall Milton Keynes AC Veterans AC	Perf 34.09 32.45 30.12 12.31		VAC Medal G S	Rec	SCVAC Medal G S	Rec	Guest Medal G
M70 Pos 1 2 3 4	M70 100m No 152 150 142 149	Athlete Victor Novell Neal Mason Terry Bissett Gerry Lustig	Final Club Southampton AC South West Vets AC Epsom & Ewell Harriers Brighton & Hove City AC	Perf 14.01 14.88 15.27 15.38	w/s -1.7 -1.7 -1.7 -1.7	VAC Medal G S	Rec	SCVAC Medal G S	Rec	Guest Medal G
M70 Pos 1 2 3 4	200m No 152 142 149 157	Athlete Victor Novell Terry Bissett Gerry Lustig John Trory	Final Club Southampton AC Epsom & Ewell Harriers Brighton & Hove City AC Road Runners Club	Perf 28.97 31.11 32.08 37.21	w/s -0.4 -0.4 -0.4 -0.4	VAC Medal G S	Rec	SCVAC Medal G S B	Rec	Guest Medal
M70 Pos 1	400m No 157	Athlete John Trory	Final Club Road Runners Club	Perf 87.82		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal
M70 Pos 1	800m No 157	n Athlete John Trory	Final Club Road Runners Club	Perf 3:19.92		VAC Medal	Rec	SCVAC Medal G	Rec #####	Guest Medal
M70 Pos 1 2	1500 No 154 144	m Athlete Tony Rea Alan Davidson	Final Club Dragons RC (Leeds) Liss RC	Perf 6:11.39 7:30.90		VAC Medal G	Rec	SCVAC Medal G S	Rec	Guest Medal

M70 Pos 1 2 3	5000 No 155 144 141 154	m Athlete Richard Solomons Alan Davidson Edwin Bartlett Tony Rea	Final Club Highgate Harriers Liss RC Veterans AC Dragons RC (Leeds)	Perf 23:45.69 27:52.12 34:23.72 dnf		VAC Medal G S B	Rec	SCVAC Medal G	Rec	Guest Medal
M70 Pos 1	3000 No 148	m Walk Athlete Peter Hannell	Final Club Surrey WC	Perf 20:24.8		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M70 Pos 1 2	Long No 159 143	Jump Athlete Roy White Allan Cheers	Final Club St Mary's Richmond AC Basingstoke & Mid H AC	Perf 4.01 3.43	w/s 0.4 0.6	VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M70 Pos 1	Triple No 143	e Jump Athlete Allan Cheers	Final Club Basingstoke & Mid H AC	Perf 7.72	w/s _	VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M70 Pos 1	Shot No 147	Athlete John Gilbert	Final Club Invicta East Kent AC	Perf 8.50		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M70 Pos 1	Discu No 147	is Athlete John Gilbert	Final Club Invicta East Kent AC	Perf ndr		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal
M70 Pos 1 2	Hamı No 147 151	ner Athlete John Gilbert Christopher Melluish	Final Club Invicta East Kent AC Cambridge Harriers	Perf 31.07 29.26		VAC Medal G S	Rec	SCVAC Medal G S	Rec	Guest Medal
M70 Pos 1 2 3	Jave No 150 159 147	l in Athlete Neal Mason Roy White John Gilbert	Final Club South West Vets AC St Mary's Richmond AC Invicta East Kent AC	Perf 28.39 25.08 23.71		VAC Medal G	Rec	SCVAC Medal G S	Rec	Guest Medal G
	M75									
M75 Pos 1 2 3	100m No 167 162 163	Athlete Allan Long Roger Bruck Terry Casey	Final Club Herne Hill Harriers Barnet & District AC Veterans AC	Perf 14.96 18.54 21.55	w/s 0.3 0.3 0.3	VAC Medal G S	Rec CBP	SCVAC Medal G	Rec	Guest Medal
M75 Pos 1 2	200 m No 162 163	Athlete Roger Bruck Terry Casey	Final Club Barnet & District AC Veterans AC	Perf 39.69 45.77	w/s -0.7 -0.7	VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M75 Pos 1	400m No 163	Athlete Terry Casey	Final Club Veterans AC	Perf 109.50		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M75 Pos 1	High No 162	Jump Athlete Roger Bruck	Final Club Barnet & District AC	Perf 1.15		VAC Medal	Rec	SCVAC Medal G	Rec =CBP	Guest Medal
M75 Pos 1 2	Long No 167 162	Jump Athlete Allan Long Roger Bruck	Final Club Herne Hill Harriers Barnet & District AC	Perf 3.88 3.27	w/s -1.7 1.8	VAC Medal G	Rec CBP	SCVAC Medal G	Rec	Guest Medal
M75 Pos 1	Triple No 167	a Jump Athlete Allan Long	Final Club Herne Hill Harriers	Perf 8.34	w/s -	VAC Medal G	Rec CBP	SCVAC Medal	Rec	Guest Medal

M75 Pos 1	Discus No Athlete 169 John Webster	Final Club Hercules Wimbledon AC	Perf 18.91		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M75 Pos 1	Hammer No Athlete 169 John Webster	Final Club Hercules Wimbledon AC	Perf 24.81		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M75 Pos 1 2	Javelin No Athlete 160 Victor Adcock 169 John Webster	Final Club City Of Portsmouth AC Hercules Wimbledon AC	Perf 30.60 22.31		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
	M80								
M80 Pos 1	100m No Athlete 171 Richard Pitcairn-Kno	Final Club wles Sevenoaks AC	Perf 21.52	w/s 0.3	VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M80 Pos 1	200m No Athlete 171 Richard Pitcairn-Kno	Final Club wles Sevenoaks AC	Perf 48.63	w/s -0.7	VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M80 Pos 1	400m No Athlete 170 Cliff Collins	Final Club Veterans AC	Perf 93.71		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M80 Pos 1 2	1500m No Athlete 170 Cliff Collins 172 Brian Shave	Final Club Veterans AC Herne Hill Harriers	Perf 6:55.75 10:14.27		VAC Medal G S	Rec	SCVAC Medal	Rec	Guest Medal
M80 Pos 1	5000m No Athlete 171 Richard Pitcairn-Kno	Final Club wles Sevenoaks AC	Perf 34:23.66		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M80 Pos 1	Long Jump No Athlete 173 Colin Sheppard	Final Club Basingstoke & Mid H AC	Perf 2.68	w/s -0.8	VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
	Triple Jump No Athlete 173 Colin Sheppard	Final Club Basingstoke & Mid H AC	Perf 5.43	w/s	VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M80 Pos 1	Javelin No Athlete 171 Richard Pitcairn-Kno	Final Club wles Sevenoaks AC	Perf 7.37		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
	M85								
M85 Pos 1	100m No Athlete 176 Clifford Taylor	Final Club Veterans AC	Perf 24.03	w/s 0.3	VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M85 Pos 1	Long Jump No Athlete 176 Clifford Taylor	Final Club Veterans AC	Perf 2.16	w/s -0.4	VAC Medal G	Rec CBP	SCVAC Medal	Rec	Guest Medal
M85 Pos 1	Shot No Athlete 176 Clifford Taylor	Final Club Veterans AC	Perf 7.59		VAC Medal G	Rec CBP	SCVAC Medal	Rec	Guest Medal
2 3	175 James Switzer 174 John Kirkham	Epsom & Ewell Harriers Veterans AC	6.51 6.04		S				G
M85 Pos 1	No Athlete 174 John Kirkham	Final Club Veterans AC	Perf 15.62		VAC Medal G	Rec CBP	SCVAC Medal	Rec	Guest Medal
2	175 James Switzer	Epsom & Ewell Harriers	14.64						G

M85 Pos 1 2	Hami No 176 174	mer Athlete Clifford Taylor John Kirkham	Final Club Veterans AC Veterans AC	Perf 20.03 18.51		VAC Medal G S	Rec CBP	SCVAC Medal	Rec	Guest Medal
M85 Pos 1	Jave No 176	Athlete Clifford Taylor	Final Club Veterans AC	Perf 16.34		VAC Medal G	Rec CBP	SCVAC Medal	Rec	Guest Medal
2 3	175 174	James Switzer John Kirkham	Epsom & Ewell Harriers Veterans AC	15.26 11.30		S				G
	W40									
W40 Pos 1 2	100m No 186 185	Athlete Tasha Norris Kathryn Miles	Final Club Bracknell AC Winchester & District AC	Perf 13.33 14.05	w/s 1.0 1.0	VAC Medal	Rec	SCVAC Medal G S	Rec	Guest Medal
W40	200m	1	Final			VAC	Rec	SCVAC	Rec	Guest
Pos 1	No 186	Athlete Tasha Norris	Club Bracknell AC	Perf 28.1	w/s	Medal		Medal G		Medal
2	185	Kathryn Miles	Winchester & District AC	29.9	-			S		
W40	5000		Final			VAC	Rec	SCVAC	Rec	Guest
Pos 1	No 184	Athlete Anoushka Johnson	Club Dartford Harriers AC	Perf 20:08.56		Medal		Medal G		Medal
W40	Hiah	Jump	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	182	Sarah Hewitt	Brighton & Hove City AC	1.26				G		
W40	-	Jump	Final	Dauf		VAC	Rec	SCVAC	Rec	Guest
Pos 1	No 186	Athlete Tasha Norris	Club Bracknell AC	Perf 4.21	w/s -0.8	Medal		Medal G		Medal
3	185	Kathryn Miles	Winchester & District AC	3.77	-0.6			-		
W40	Shot		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1 2	182 180	Sarah Hewitt Ruth Elkins	Brighton & Hove City AC Poole AC	9.14 8.89				G		G
3	181	Tracey Gould	Ealing Southall & Middx AC	6.94		G				0
W40	Discu	JS	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1 2	182 178	Sarah Hewitt Jacqueline Cherry	Brighton & Hove City AC Oxford City AC	33.60 26.24				G S		
3	181	Tracey Gould	Ealing Southall & Middx AC	20.77		G		-		
W40	Hamı		Final			VAC	Rec	SCVAC	Rec	Guest
Pos 1	No 180	Athlete Ruth Elkins	Club Poole AC	Perf 34.43		Medal		Medal		Medal G
2	181	Tracey Gould	Ealing Southall & Middx AC	32.68		G				G
3	182	Sarah Hewitt	Brighton & Hove City AC	31.82				G		
W40	Jave		Final			VAC	Rec	SCVAC	Rec	Guest
Pos 1	No 182	Athlete Sarah Hewitt	Club Brighton & Hove City AC	Perf 23.41		Medal		Medal G		Medal
2	182	Tracey Gould	Ealing Southall & Middx AC	19.68		G		0		
3	180	Ruth Elkins	Poole AC	19.67						G
	W45									
	100m		Final	_		VAC	Rec	SCVAC	Rec	Guest
Pos 1	No 191	Athlete Joanna Flowers	Club Walton AC	Perf 13.92	w/s 1.0	Medal G		Medal		Medal
2	191	Sharon Dooley	Ranelagh Harriers	14.65	1.0	0		G		
3	195	Linda Pitts	Newbury AC	15.15	1.0	S				

W45 Pos 1 2	200m No 191 190	Athlete Joanna Flowers Sharon Dooley	Final Club Walton AC Ranelagh Harriers	Perf 28.8 31.0	w/s - -	VAC Medal G	Rec CBP	SCVAC Medal G	Rec	Guest Medal
W45 Pos 1 2	1500 No 187 188	m Athlete Rachel Badham Lynne Champion	Final Club West 4 Harriers Istead & Ifield Harriers	Perf 5:09.6 5:40.2		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
W45 Pos 1	5000 No 197	m Athlete Mary Setyabule	Final Club Herne Hill Harriers	Perf 22:29.72		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
W45 Pos 1	High No 194	Jump Athlete Jenny O'Connor	Final Club Newbury AC	Perf 1.38		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W45 Pos 1	Pole No 194	Vault Athlete Jenny O'Connor	Final Club Newbury AC	Perf 2.22		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W45 Pos 1	Shot No 193	Athlete Sue Lawrence	Final Club Thurrock Harriers AC	Perf 9.40		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W45 Pos 1	Discu No 193	us Athlete Sue Lawrence	Final Club Thurrock Harriers AC	Perf 28.70		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W45 Pos 1	Hamı No 193	ner Athlete Sue Lawrence	Final Club Thurrock Harriers AC	Perf 33.04		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W45 Pos 1	Jave l No 196	l in Athlete Margaret Pope	Final Club Veterans AC	Perf 25.40		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
	W50									
W50 Pos 1	100 m No 209	Athlete Rachel Waters	Final Club Epsom & Ewell Harriers	Perf 15.00	w/s -0.6	VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
W50 Pos 1 2	200 m No 201 209	Athlete Janet Dickinson Rachel Waters	Final Club Bournemouth AC Epsom & Ewell Harriers	Perf 29.15 31.10	w/s 0.2 0.2	VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal G
W50 Pos 1 2	400 m No 201 210	Athlete Janet Dickinson Lisa Webb	Final Club Bournemouth AC Shaftesbury Barnet H	Perf 67.80 69.15		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal G
W50 Pos 1	800m No 208	Athlete Patricia Thomas	Final Club Ealing Southall & Middx AC	Perf 3:01.07		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
W50 Pos 1 2	No 210 199	Athlete Lisa Webb Julia Austin	Final Club Shaftesbury Barnet H Vale Of Aylesbury AC	Perf 5:18.8 5:34.9		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal G
3	198	Nichola Atkins	Kingston AC & Poly H	6:12.20		S	-		-	
W50 Pos 1	5000 No 212	m Athlete Caroline Wood	Final Club Arena 80 AC	Perf 20:34.48		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal

W50 Pos 1 2	High No 201 209	Jump Athlete Janet Dickinson Rachel Waters	Final Club Bournemouth AC Epsom & Ewell Harriers	Perf 1.41 1.11		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal G
W50 Pos 1	Long No 201	Jump Athlete Janet Dickinson	Final Club Bournemouth AC	Perf 4.60	w/s 0.7	VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal G
W50 Pos 1 2	Shot No 205 206	Athlete Deborah Montgomery	Final Club Team Kennet Tri & AC Windsor Slough Eton & H AC	Perf 10.96 10.67		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
2 3 4	200 211 207	Barbara Norris Julie Wilson Janet Smith	Reading AC Windsor Slough Eton & H AC	9.59 8.86		G		S		G
W50 Pos 1	Discu No 206	Athlete Barbara Norris	Final Club Windsor Slough Eton & H AC	Perf 32.21		VAC Medal G	Rec CBP	SCVAC Medal	Rec	Guest Medal
2 3	207 211	Janet Smith Julie Wilson	Windsor Slough Eton & H AC Reading AC	28.99 28.77				G		G
W50 Pos 1	Hamı No 206	ner Athlete Barbara Norris	Final Club Windsor Slough Eton & H AC	Perf 46.58		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
2 3 4 5	207 211 205 200	Janet Smith Julie Wilson Deborah Montgomery Tracey Brockbank	Windsor Slough Eton & H AC Reading AC Team Kennet Tri & AC Brighton & Hove City AC	42.19 34.41 26.20 22.10				G S B	CBP	G
W50 Pos 1	Javel No 206	Athlete Barbara Norris	Final Club Windsor Slough Eton & H AC	Perf 30.08		VAC Medal G	Rec CBP	SCVAC Medal	Rec	Guest Medal
2 3 4	205 211 200	Deborah Montgomery Julie Wilson Tracey Brockbank	Team Kennet Tri & AC Reading AC Brighton & Hove City AC	27.77 21.26 20.10				G S		G
	W55									
W55 Pos 1 2	100m No 219 221	Athlete Kirstin King Lesley Parsons	Final Club Bracknell AC Veterans AC	Perf 13.97 15.80	w/s -0.6 -0.6	VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
3	224	Clare St John-Coleman	Chelmsford AC	15.94	-0.6					G
	200m No 218 221	Athlete Susan Frisby Lesley Parsons	Final Club Leicester Coritanian AC Veterans AC	Perf 29.01 32.37	w/s 0.2 0.2	VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal G
	219	Kirstin King	Bracknell AC	dns	0.2			-		
	400 m No 221	Athlete Lesley Parsons	Final Club Veterans AC	Perf 74.07		VAC Medal G	Rec CBP	SCVAC Medal	Rec	Guest Medal
	5000 No 214	n Athlete Fiona Bishop	Final Club Woking AC	Perf 23:29.44		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
2	213	Camilla Allwood	Serpentine RC	29:27.31						G
W55 Pos 1 2	80m No 218 215	Hurdles Athlete Susan Frisby Gaye Clarke	Final Club Leicester Coritanian AC Ryston Runners AC	Perf 13.16 14.77	w/s 1.1 1.1	VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal G S
W55 Pos 1	3000 No 214	m Walk Athlete Fiona Bishop	Final Club Woking AC	Perf 18:56.5		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal

W55 Pos 1	High No 215	Jump Athlete Gaye Clarke	Final Club Ryston Runners AC	Perf 1.29		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal G
W55 Pos 1 2 3	Long No 215 224 213	Jump Athlete Gaye Clarke Clare St John-Coleman Camilla Allwood	Final Club Ryston Runners AC Chelmsford AC Serpentine RC	Perf 3.80 3.46 2.70	w/s 0.6 0.8 -0.3	VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal G S B
W55 Pos 1	Tripl e No 222	e Jump Athlete Mandy Rowley-Jones	Final Club Croydon Harriers	Perf 8.27	w/s 1,2	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W55 Pos 1 2 3	Shot No 216 220 226	Athlete Wendy Dunsford Angela Morgan Helen Wilson	Final Club Epsom & Ewell Harriers Eastbourne Rovers AC Aldershot Farnham & D AC	Perf 7.88 6.95 6.03		VAC Medal	Rec	SCVAC Medal G S	Rec	Guest Medal G
W55 Pos 1 2 3 4	Disce No 223 216 226 213	Js Athlete Deborah Singleton Wendy Dunsford Helen Wilson Camilla Allwood	Final Club Walton AC Epsom & Ewell Harriers Aldershot Farnham & D AC Serpentine RC	Perf 21.91 21.88 16.41 12.32		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal G S
W55 Pos 1 2 3 4 5	Hami No 225 215 216 223 220	mer Athlete Kim Weir Gaye Clarke Wendy Dunsford Deborah Singleton Angela Morgan	Final Club St Mary's Richmond AC Ryston Runners AC Epsom & Ewell Harriers Walton AC Eastbourne Rovers AC	Perf 32.94 31.68 29.86 25.39 23.55		VAC Medal G S	Rec	SCVAC Medal G S	Rec	Guest Medal G
		5 5								
W55 Pos 1	No 226	l in Athlete Helen Wilson	Final Club Aldershot Farnham & D AC	Perf 14.17		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal G
Pos 1	No	Athlete Helen Wilson	Club		w/s -1.6 -1.6		Rec Rec CBP		Rec	Medal
Pos 1 W60 Pos 1	No 226 W60 100m No 241 237	Athlete Helen Wilson Athlete Joan Trimble Ed Roe	Club Aldershot Farnham & D AC Final Club Kingston AC & Poly H	14.17 Perf 14.86	-1.6	Medal VAC Medal G	Rec	Medal SCVAC Medal		Medal G Guest
Pos 1 Pos 1 2 W60 Pos 1 2 W60	No 226 W60 100m No 241 237 200m No 241	Athlete Helen Wilson Athlete Joan Trimble Ed Roe Athlete Joan Trimble Ed Roe	Club Aldershot Farnham & D AC Final Club Kingston AC & Poly H Windsor Slough Eton & H AC Final Club Kingston AC & Poly H	14.17 Perf 14.86 15.22 Perf 31.53	-1.6 -1.6 w/s -0.8	Medal VAC Medal G S VAC Medal G	Rec CBP	Medal SCVAC Medal G SCVAC Medal	Rec	Medal G Guest Medal Guest
Pos 1 Pos 1 2 W60 Pos 1 2 W60 Pos 1	No 226 W60 100m No 241 237 200m No 241 237 400m No	Athlete Helen Wilson Athlete Joan Trimble Ed Roe Athlete Joan Trimble Ed Roe Athlete Adhlete Andrea Sanders-Reece	Club Aldershot Farnham & D AC Final Club Kingston AC & Poly H Windsor Slough Eton & H AC Final Club Kingston AC & Poly H Windsor Slough Eton & H AC Final Club	14.17 Perf 14.86 15.22 Perf 31.53 32.12 Perf	-1.6 -1.6 w/s -0.8	Medal VAC Medal G S VAC Medal G S VAC Medal	Rec CBP Rec	Medal SCVAC Medal G SCVAC Medal G	Rec	Medal G Guest Medal Guest Medal
Pos 1 Pos 1 2 W60 Pos 1 2 W60 Pos 1 W60 Pos 1 1	No 226 W60 100m No 241 237 200m No 241 237 400m No 238 800m No	Athlete Helen Wilson Athlete Joan Trimble Ed Roe Athlete Joan Trimble Ed Roe Athlete Andrea Sanders-Reece	Club Aldershot Farnham & D AC Final Club Kingston AC & Poly H Windsor Slough Eton & H AC Final Club Kingston AC & Poly H Windsor Slough Eton & H AC Final Club Mornington Chasers Final Club	14.17 Perf 14.86 15.22 Perf 31.53 32.12 Perf 88.08 Perf	-1.6 -1.6 w/s -0.8	Medal VAC Medal G S VAC Medal G VAC Medal G VAC Medal	Rec CBP Rec Rec	Medal SCVAC Medal G SCVAC Medal G SCVAC Medal	Rec Rec Rec	Medal G Guest Medal Guest Medal Guest Medal
Pos 1 Pos 1 2 W60 Pos 1 2 W60 Pos 1 W60 Pos 1 W60 Pos 1 1	No 226 W60 100m No 241 237 200m No 241 237 400m No 238 800m No 238 1500 No	Athlete Helen Wilson Athlete Joan Trimble Ed Roe Athlete Joan Trimble Ed Roe Athlete Andrea Sanders-Reece M Athlete Andrea Sanders-Reece	Club Aldershot Farnham & D AC Final Club Kingston AC & Poly H Windsor Slough Eton & H AC Final Club Kingston AC & Poly H Windsor Slough Eton & H AC Final Club Mornington Chasers Final Club Mornington Chasers	14.17 Perf 14.86 15.22 Perf 31.53 32.12 Perf 88.08 Perf 3:09.13 Perf	-1.6 -1.6 w/s -0.8	Medal VAC Medal G S VAC Medal G VAC Medal G VAC Medal G VAC	Rec CBP Rec Rec Rec	Medal SCVAC Medal G SCVAC Medal SCVAC Medal SCVAC	Rec Rec Rec	Medal G Guest Medal Guest Medal Guest Medal Guest Medal

W60 Pos 1 2	300m HurdlesNoAthlete228Judith Carder227Fiona Argent	Final Club Brighton & Hove City AC Medway & Maidstone AC	Perf 64.54 76.87		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
W60 Pos 1	3000m Walk No Athlete 232 Lesley Hall	Final Club Ashford AC	Perf 19:04.5		VAC Medal	Rec	SCVAC Medal G	Rec CBP	Guest Medal
W60 Pos 1	High Jump No Athlete 229 Carole Filer	Final Club City Of Norwich AC	Perf 1.38		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal G
W60 Pos 1	Long Jump No Athlete 229 Carole Filer	Final Club City Of Norwich AC	Perf 4.47	w/s -0.2	VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal G
W60 Pos 1	Triple JumpNoAthlete228Judith Carder	Final Club Brighton & Hove City AC	Perf 7.38	w/s 1.9	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W60 Pos 1 2	ShotNoAthlete235Barbara Macanas227Fiona Argent	Final Club Herne Hill Harriers Medway & Maidstone AC	Perf 6.33 6.28		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
W60 Pos 1 2	No Athlete 235 Barbara Macanas	Final Club Herne Hill Harriers Medway & Maidstone AC	Perf 19.39 12.35		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
W60 Pos 1	0	Final Club Herne Hill Harriers	Perf 24.11		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W60 Pos 1	Javelin No Athlete 235 Barbara Macanas	Final Club Herne Hill Harriers	Perf 12.82		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal
	W65								
W65 Pos 1	100m No Athlete 247 Moira West	Final Club Winchester & District AC	Perf 15.95	w/s -1.6	VAC Medal	Rec	SCVAC Medal G	Rec CBP	Guest Medal
W65 Pos 1	200m No Athlete 247 Moira West	Final Club Winchester & District AC	Perf 34.19	w/s -0.8	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W65 Pos 1	1500m No Athlete 244 Margaret Moody	Final Club Basingstoke & Mid H AC	Perf 6:15.2		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
W65 Pos 1 2	5000m No Athlete 245 Ros Tabor 244 Margaret Moody	Final Club Dulwich Runners AC Basingstoke & Mid H AC	Perf 22:22.52 22:33.53		VAC Medal G S	Rec	SCVAC Medal	Rec	Guest Medal
W65 Pos 1	80m Hurdles No Athlete 243 Emily McMahon	Final Club Enfield & Haringey AC	Perf 16.93	w/s 1.1	VAC Medal G	Rec NCBP	SCVAC Medal G	Rec CBP	Guest Medal
W65 Pos 1	Long Jump No Athlete 243 Emily McMahon	Final Club Enfield & Haringey AC	Perf 3.61	w/s -1.0	VAC Medal G	Rec CBP	SCVAC Medal G	Rec CBP	Guest Medal
W65 Pos 1	ShotNoAthlete246Vilma Thompson	Final Club Belgrave Harriers	Perf 9.58		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal

W65 Pos 1	Discu No 246	u s Athlete Vilma Thompson	Final Club Belgrave Harriers	Perf 21.29		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W65 Pos 1	Ham i No 246	mer Athlete Vilma Thompson	Final Club Belgrave Harriers	Perf 29.58		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W65 Pos 1	Jave No 246	lin Athlete Vilma Thompson	Final Club Belgrave Harriers	Perf 19.25		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
	W70									
W70 Pos 1	100m No 249	n Athlete Brenda Fee	Final Club Barnet & District AC	Perf 16.19	w/s -1.6	VAC Medal G	Rec CBP	SCVAC Medal	Rec	Guest Medal
W70	200m	1	Final			VAC	Rec	SCVAC	Rec	Guest
Pos 1	No 249	Athlete Brenda Fee	Club Barnet & District AC	Perf 33.92	w/s -0.8	Medal G	CBP	Medal		Medal
W70 Pos 1	5000 No 251	m Athlete Pauline Rich	Final Club Run Academy Worthing	Perf 25:17.24		VAC Medal G	Rec CBP	SCVAC Medal	Rec	Guest Medal
W70 Pos 1 2	Shot No 252 248	Athlete Liz Sissons Elizabeth Brandon	Final Club Epsom & Ewell Harriers Eastbourne Rovers AC	Perf 8.11 5.53		VAC Medal G	Rec	SCVAC Medal G S	Rec	Guest Medal
W70 Pos 1	Discu No 252	u s Athlete Liz Sissons	Final Club Epsom & Ewell Harriers	Perf 17.55		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
W70 Pos 1 2	Ham No 252 248	mer Athlete Liz Sissons Elizabeth Brandon	Final Club Epsom & Ewell Harriers Eastbourne Rovers AC	Perf 20.47 18.78		VAC Medal G	Rec	SCVAC Medal G S	Rec	Guest Medal
W70 Pos 1	Jave No 252	lin Athlete Liz Sissons	Final Club Epsom & Ewell Harriers	Perf 19.19		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
	W80									
W80 Pos 1	Shot No 253	Athlete Barbara Dunsford	Final Club Belgrave Harriers	Perf 3.95		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W80 Pos 1	Discu No 253	u s Athlete Barbara Dunsford	Final Club Belgrave Harriers	Perf 8.94		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W80 Pos 1	Hami No 253	mer Athlete Barbara Dunsford	Final Club Belgrave Harriers	Perf 15.86		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal