VAC and SCVAC Outdoor Track and Field Championships 28th August 2016 Kingston on Thames

M35

M35 Pos 2	100m No 9	Athlete Stuart Channon	Final Club Walton AC	Perf 11.93	w/s -1.9	VAC Medal G	Rec CBP	SCVAC Medal	Rec	Guest Medal
M35 Pos 1 2	200 m No 9 3	Athlete Stuart Channon Jan Barnard	Final Club Walton AC Basildon AC	Perf 24.17 25.57	w/s -2.5 -2.5	VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal G
M35 Pos 3	400m No 121	Athlete Teo Van Well	Final Club Arena 80 AC	Perf 60.86		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
M35 Pos 2 5	800m No 128 121	Athlete Joe Ashley Teo Van Well	Final Club Arena 80 AC Arena 80 AC	Perf 2:08.04 2:19.47		VAC Medal	Rec	SCVAC Medal G S	Rec	Guest Medal
M35 Pos 2	1500 No 128	m Athlete Joe Ashley	Final Club Arena 80 AC	Perf 4:30.75		VAC Medal	Rec	SCVAC Medal G	Rec CBP	Guest Medal
M35 Pos 5	5000 No 179	m Athlete Nicola Barberis Negra	Final Club Serpentine RC	Perf 17:15.79		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M35 Pos 2	400m No 91	Hurdles Athlete Charles Romito	Final Club Shaftesbury Barnet H	Perf 64.97		VAC Medal	Rec	SCVAC Medal G	Rec NCBP	Guest Medal
	M40									
M40 Pos 1 3	100m No 22 2	Athlete Ciaran Harvey Cameron Barlow	Final Club Lewes AC Kingston AC & Poly H	Perf 11.83 13.77	w/s -1.9 -1.9	VAC Medal	Rec	SCVAC Medal G S	Rec	Guest Medal
M40										
Pos 1 2 3 4	200m No 22 85 94 2	Athlete Ciaran Harvey Darren Dods Jason Steel Cameron Barlow	Final Club Lewes AC Guildford & Godalming AC Hillingdon AC Kingston AC & Poly H	Perf 23.97 24.82 26.93 28.47	w/s -1.2 -1.2 -1.2 -1.2	VAC Medal	Rec	SCVAC Medal G S B	Rec	Guest Medal
1 2 3	No 22 85 94 2	Athlete Ciaran Harvey Darren Dods Jason Steel Cameron Barlow	Club Lewes AC Guildford & Godalming AC Hillingdon AC	23.97 24.82 26.93	-1.2 -1.2 -1.2		Rec	Medal G S	Rec	
1 2 3 4 M40 Pos 1	No 22 85 94 2 400m No	Athlete Ciaran Harvey Darren Dods Jason Steel Cameron Barlow Athlete Jason Steel	Club Lewes AC Guildford & Godalming AC Hillingdon AC Kingston AC & Poly H Final Club	23.97 24.82 26.93 28.47 Perf	-1.2 -1.2 -1.2	Medal VAC		Medal G S B - SCVAC Medal		Medal Guest
1 2 3 4 M40 Pos 1 M40 Pos	No 22 85 94 2 400m No 94 800m No	Athlete Ciaran Harvey Darren Dods Jason Steel Cameron Barlow Athlete Jason Steel Athlete Christopher Westcott	Club Lewes AC Guildford & Godalming AC Hillingdon AC Kingston AC & Poly H Final Club Hillingdon AC Final Club	23.97 24.82 26.93 28.47 Perf 60.28 Perf	-1.2 -1.2 -1.2	Medal VAC Medal VAC	Rec	Medal G S B - SCVAC Medal G SCVAC	Rec	Medal Guest Medal Guest Medal

M40 Pos 2	110m Hur No Athl 85 Darr		Final Club Guildford & Godalming AC	Perf 16.03	w/s 0.3	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
M40 Pos 1 2		-	Final Club Veterans AC Guildford & Godalming AC	Perf 1.70 1.58		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M40 Pos 1	Pole Vault No Athl 272 Gree		Final Club Walton AC	Perf 4.05		VAC Medal G	Rec CBP	SCVAC Medal	Rec	Guest Medal
M40 Pos 1 2 3	62 Dan	-	Final Club Guildford & Godalming AC Trafford AC Kingston AC & Poly H	Perf 6.17 4.28 4.18	w/s 1.2 2.3 0.4	VAC Medal G	Rec	SCVAC Medal G -	Rec	Guest Medal
M40 Pos 1	Triple Jun No Athl 275 Step	•	Final Club Ashford AC	Perf 10.73	w/s 3.6	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
M40 Pos 1	Shot No Athl 62 Dan	ete iiel Upton	Final Club Trafford AC	Perf 11.24		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M40 Pos 1	Discus No Athl 62 Dan	ete iel Upton	Final Club Trafford AC	Perf 29.58		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M40 Pos 1	Hammer No Athl 62 Dan	ete iel Upton	Final Club Trafford AC	Perf 27.69		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M40 Pos 1	Javelin No Athl 2 Can	ete neron Barlow	Final Club Kingston AC & Poly H	Perf 29.76		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal
Pos	No Athl		Club				Rec	Medal	Rec	
Pos	No Athl 2 Can M45 100m No Athl 34 Will 30 And 37 Mak 60 Dan	neron Barlow	Club		w/s -1.0 -1.0 -1.0 -1.0 -1.0		Rec	Medal	Rec	
Pos 1 M45 Pos 1 2 3 4 5	No Athl 2 Can M45 No Athl 34 Will 30 And 37 Male 60 Dan 47 Stev No Athl 34 Will 60 Dan 47 Stev	ete MacGee ly Lewis colm McPhail niel Tomlinson we Pethen	Club Kingston AC & Poly H Final Club Bedford & County AC Harrow AC Wakefield Dist H & AC Haslemere Border AC	Perf 12.05 12.50 12.67 13.02	-1.0 -1.0 -1.0 -1.0	Medal VAC		Medal SCVAC Medal G S		Medal Guest Medal
Pos 1 Pos 1 2 3 4 5 M45 Pos 1 2 3	No Athl 2 Can M45 No Athl 34 Will 30 And 37 Male 60 Dan 47 Stev 200m No Athl 34 Will 60 Dan 47 Stev 83 Mar 400m No Athl	ete MacGee ly Lewis colm McPhail niel Tomlinson ve Pethen MacGee niel Tomlinson ve Pethen k Cook	Club Kingston AC & Poly H Final Club Bedford & County AC Harrow AC Wakefield Dist H & AC Haslemere Border AC Winchester & District AC Final Club Bedford & County AC Haslemere Border AC Winchester & District AC	29.76 Perf 12.05 12.50 12.67 13.02 13.69 Perf 24.33 26.08 27.96	-1.0 -1.0 -1.0 -1.0 -1.0 -1.0 w/s -1.2 -1.2 -1.2	VAC Medal VAC Medal	Rec	Medal - SCVAC Medal G S B - SCVAC Medal G S	Rec	Medal Guest Medal G
Pos 1 Pos 1 2 3 4 5 Pos 1 2 3 4 5 M45 Pos 1 2 3 4 M45	No Athl 2 Can M45 100m No Athl 34 Will 30 And 37 Mak 60 Dan 47 Stev 200m No Athl 34 Will 60 Dan 47 Stev 83 Mar 400m No Athl 97 Dav 800m No Athl 133 Rob 143 Nick	lete MacGee ly Lewis colm McPhail hiel Tomlinson ve Pethen lete MacGee hiel Tomlinson ve Pethen k Cook	Club Kingston AC & Poly H Final Club Bedford & County AC Harrow AC Wakefield Dist H & AC Haslemere Border AC Winchester & District AC Club Bedford & County AC Haslemere Border AC Winchester & District AC Guildford & Godalming AC Final Club Victoria Park H & T H AC Final Club	29.76 Perf 12.05 12.50 12.67 13.02 13.69 Perf 24.33 26.08 27.96 28.43 Perf 60.68 Perf 2:12.12 2:13.80	-1.0 -1.0 -1.0 -1.0 -1.0 -1.0 w/s -1.2 -1.2 -1.2	Medal VAC Medal G VAC	Rec	Medal G S B - SCVAC Medal G S B SCVAC Medal	Rec	Medal Guest G Guest Medal Guest

M45 Pos 1 3 4	5000 No 174 192 189	n Athlete Mark Symes Ian Johnston Paul Gaylor	Final Club Aldershot Farnham & D AC Veterans AC Aldershot Farnham & D AC	16:54.95		VAC Medal G	Rec	SCVAC Medal G S	Rec	Guest Medal
M45 Pos 1 3	110m No 1 97	Hurdles Athlete Joe Appiah David Shortridge	Final Club Kent AC Victoria Park H & T H AC	Perf 15.51 27.03	w/s 0.3 0.3	VAC Medal	Rec	SCVAC Medal G	Rec CBP	Guest Medal
M45 Pos 2	400m No 123	Hurdles Athlete Simon Byway	Final Club Kingston AC & Poly H	Perf 66.58		VAC Medal	Rec	SCVAC Medal G	Rec NCBP	Guest Medal
M45 Pos 1 2 3	Long No 1 30 276	Jump Athlete Joe Appiah Andy Lewis Neil Lincoln	Final Club Kent AC Harrow AC Holland Sports AC	Perf 6.24 6.08 5.74	w/s 2.5 1.6 0.6	VAC Medal	Rec	SCVAC Medal G S B	Rec =CBP	Guest Medal
M45 Pos 1	Triple No 276	e Jump Athlete Neil Lincoln	Final Club Holland Sports AC	Perf 11.38	w/s 1.0	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
M45 Pos 1 2 3 4	Shot No 266 235 220 223	Athlete Gintas Degutis Steven McCourt Peter Evans David Glendower	Final Club Newham & Essex B AC Abingdon AC Woking AC Pembrokeshire Harriers	Perf 14.23 10.22 9.22 7.10		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal G
M45 Pos 1 2	Discu No 220 223	is Athlete Peter Evans David Glendower	Final Club Woking AC Pembrokeshire Harriers	Perf 31.67 20.25		VAC Medal G S	Rec	SCVAC Medal	Rec	Guest Medal
M45 Pos 1 2	Hami No 235 223	ner Athlete Steven McCourt David Glendower	Final Club Abingdon AC Pembrokeshire Harriers	Perf 31.02 22.80		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M45 Pos 1 2	Javel No 261 83	in Athlete David Hunt Mark Cook	Final Club Veterans AC Guildford & Godalming AC	Perf 32.74 30.79		VAC Medal G S	Rec	SCVAC Medal	Rec	Guest Medal
M50 Pos 1 2 3 4	M50 100m No 6 43 51 27	Athlete Donald Brown Wole Odele Glen Reddington Barrington King	Final Club Royal Sutton Coldfield AC Cambridge Harriers Windsor Slough Eton & H AC Harrow AC	Perf 12.33 12.76 12.92 13.32	w/s -0.8 -0.8 -0.8 -0.8	VAC Medal G	Rec	SCVAC Medal G S B	Rec	Guest Medal G
M50 Pos 1 2 3 4	200m No 6 78 43 66	Athlete Donald Brown Steve Beak Wole Odele Clifford Warren	Final Club Royal Sutton Coldfield AC Woking AC Cambridge Harriers Loughton AC	Perf 24.95 25.09 26.27 27.62	w/s -0.6 -0.6 -0.6 -0.6	VAC Medal G	Rec	SCVAC Medal G S	Rec	Guest Medal G
M50 Pos 1 2 3 4	400m No 120 78 43 66	Athlete Jonathan Tilt Steve Beak Wole Odele Clifford Warren	Final Club Southampton AC Woking AC Cambridge Harriers Loughton AC	Perf 56.89 57.36 58.77 62.03		VAC Medal G	Rec	SCVAC Medal G S B	Rec	Guest Medal

M50 Pos 1 2 3 7	No 147 142 138	Athlete Tony Roberts Gary Ironmonger Andy Gannaway Bob Fursey	Final Club Chelmsford AC Herne Hill Harriers Winchester & District AC Medway & Maidstone AC	Perf 2:14.97 2:18.54 2:27.90 2:41.18		VAC Medal G S	Rec	SCVAC Medal G	Rec	Guest Medal G
M50 Pos 6 9	142	i Athlete Gary Ironmonger Bob Fursey	Final Club Herne Hill Harriers Medway & Maidstone AC	Perf 4:50.29 5:16.71		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M50 Pos 7 9 11 12 14	186 137 193 180	I Athlete Tony Durey Bob Fursey Don Lawless Lloyd Bevan Mark Wadley	Final Club Dartford Harriers AC Medway & Maidstone AC Thurrock Harriers AC Serpentine RC Serpentine RC	Perf 18:34.98 19:35.87 19:49.71 19:58.80 21:42.51		VAC Medal G S B	Rec	SCVAC Medal G S B	Rec	Guest Medal
M50 Pos 1 2 3 6	No 6 100 51	Hurdles Athlete Donald Brown Greg Dunson Glen Reddington Richard Christian	Final Club Royal Sutton Coldfield AC Shaftesbury Barnet H Windsor Slough Eton & H AC Tonbridge AC	Perf 15.15 15.20 16.28 19.00	w/s 1.2 1.2 1.2 1.2	VAC Medal G	Rec	SCVAC Medal G S	Rec	Guest Medal G S
M50 Pos 1 4	No 120	Hurdles Athlete Jonathan Tilt Richard Christian	Final Club Southampton AC Tonbridge AC	Perf 61.89 72.53		VAC Medal	Rec	SCVAC Medal G S	Rec CBP	Guest Medal
M50 Pos 1		′ault Athlete John Andrews	Final Club Epsom & Ewell Harriers	Perf 3.35		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
M50 Pos 1 2	43	Jump Athlete Wole Odele Rob Lowe	Final Club Cambridge Harriers Kingston AC & Poly H	Perf 4.78 3.40	w/s -0.7 0.2	VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M50 Pos 1		Jump Athlete Clifford Warren	Final Club Loughton AC	Perf 10.68	w/s 3.0	VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M50 Pos 1 2 3	No 250 216	Athlete Anthony Tipping Renzo Di Libero Rob Lowe	Final Club Cambridge Harriers Kingston AC & Poly H Kingston AC & Poly H	Perf 12.49 11.24 8.30		VAC Medal G S B	Rec	SCVAC Medal G	Rec	Guest Medal
M50 Pos 1 2 3 4	250 242 228	s Athlete Anthony Tipping Trevor Ratcliffe Paul Kelly Rob Lowe	Final Club Cambridge Harriers Dacorum & Tring AC Woking AC Kingston AC & Poly H	Perf 38.37 36.65 35.53 23.25		VAC Medal G S	Rec	SCVAC Medal G S B	Rec	Guest Medal
M50 Pos 1 2 3	250 228	l er Athlete Anthony Tipping Paul Kelly Rob Lowe	Final Club Cambridge Harriers Woking AC Kingston AC & Poly H	Perf 41.11 40.06 22.20		VAC Medal G S	Rec	SCVAC Medal G S	Rec	Guest Medal
M50 Pos 1 2 3 4	242 250 231	n Athlete Trevor Ratcliffe Anthony Tipping Rob Lowe Barrington King	Final Club Dacorum & Tring AC Cambridge Harriers Kingston AC & Poly H Harrow AC	Perf 52.15 30.66 26.83 25.15		VAC Medal G S	Rec	SCVAC Medal G S	Rec CBP	Guest Medal

M55

M55	100m		Final	Deuf		VAC	Rec	SCVAC	Rec	Guest
Pos 1	No 56	Athlete Shane Sheridan	Club Dundrum South Dublin AC	Perf 12.49	w/s -0.2	Medal		Medal		Medal G
2	75	Mark Woods	Paddock Wood AC	12.49	-0.2			G		9
3	59	Emil Tomczyk	Poland	13.48	-0.2			Ũ		S
4	54	Kirtley Robbins	Tipton Harriers	14.17	-0.2					В
5	12	Roderick Davies	Southampton AC	14.47	-0.2			S		
6	23	Paul Hewitt	Veterans AC	14.49	-0.2	G				
7	57	Andrew Stewart	Chiltern Harriers AC	15.61	-0.2	S				
8	74	Paul Williams	Veterans AC	25.6	-0.2	В				
M55	200m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal	1.00	Medal	1.00	Medal
1	56	Shane Sheridan	Dundrum South Dublin AC	25.30	-0.3					G
2	31	Pat Logan	Kingston AC & Poly H	25.62	-2.1	G		G		
3	86	Peter IIo	Barnet & District AC	25.73	-2.1			S		
4	75	Mark Woods	Paddock Wood AC	26.59	-2.1			В		
5	88	Bob Lewis	Reading AC	26.74	-2.1	0		-		
6	87 40	Richard Jenkin	Hillingdon AC	29.25	-0.3	S		-		
7 8	12 54	Roderick Davies	Southampton AC Tipton Harriers	29.45 30.05	-0.3 -2.1			-		S
9	54 57	Kirtley Robbins Andrew Stewart	Chiltern Harriers AC	30.05	-0.3	В				3
10	90	Michael May	Kingston AC & Poly H	31.60	-0.3	-		_		
11	74	Paul Williams	Veterans AC	60.09	-2.1	-				
M55	400m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	86	Peter Ilo	Barnet & District AC	59.63		0		G		
2 3	87 57	Richard Jenkin Andrew Stewart	Hillingdon AC Chiltern Harriers AC	67.06 76.00		G S		S		
3 4	57 74	Paul Williams	Veterans AC	157.76		B				
т	7 4		veterans / to	107.70		Б				
M55	800m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
4	136	David Foley	Ealing Southall & Middx AC					G		
5	141	David Gill	Warrington AC	2:35.86		~		S		
6 8	57	Andrew Stewart	Chiltern Harriers AC	2:38.10 2:51.66		G S		Р		
o	134	Alan Dolton	Striders Of Croydon	2.31.00		5		В		
M55	1500r	n	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
7	141	David Gill	Warrington AC	5:12.72				G		
8	136	David Foley	Ealing Southall & Middx AC	5:15.19				S		
M55	5000r	n	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
8	141	David Gill	Warrington AC	19:20.05				G		
10	207	Franklyn Young	Winchester & District AC	19:42.08						G
13	196	Colin Oxlade	Croydon Harriers	21:23.94				S		
M55	100m	Hurdles	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal	1,60	Medal	1,60	Medal
5	54	Kirtley Robbins	Tipton Harriers	18.80	1.2					G
							-	00111	-	•
M55 Pos	400m No	Hurdles Athlete	Final Club	Perf		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal
P05	125	Richard White	Worcester AC	64.40		weudi		weudi		G
	120			UT.TU						0
M55		n Walk	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
2	210	John Ralph	Enfield & Haringey AC	18:08.80		G				
M55	High	Jump	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	268	Gary Capon	Dartford Harriers AC	1.55				G		
2	263	Sean O'Keeffe	Serpentine RC	1.43		G				

M55 Pos 1	Long No 59	Jump Athlete Emil Tomczyk	Final Club Poland	Perf 4.94	w/s 1.9	VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M55 Pos 1 2	Triple No 59 280	3 Jump Athlete Emil Tomczyk David Shields	Final Club Poland Reading AC	Perf 9.71 9.08	w/s 1.1 2.7	VAC Medal G S	Rec	SCVAC Medal	Rec	Guest Medal
M55 Pos 1 2 3 4	Shot No 227 212 263 74	Athlete Michael Hausler Nick Barton Sean O'Keeffe Paul Williams	Final Club Cambridge & Coleridge AC SCVAC Serpentine RC Veterans AC	Perf 11.34 10.16 8.49 4.75		VAC Medal G S	Rec	SCVAC Medal G	Rec	Guest Medal G
M55 Pos 1 2	Discu No 212 227	is Athlete Nick Barton Michael Hausler	Final Club SCVAC Cambridge & Coleridge AC	Perf 37.39 31.70		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M55 Pos 1	Hamı No 212	ner Athlete Nick Barton	Final Club SCVAC	Perf 29.01		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
M55 Pos 1 2 3 4	Javel No 212 227 265 263	in Athlete Nick Barton Michael Hausler Charles Scouller Sean O'Keeffe	Final Club SCVAC Cambridge & Coleridge AC Winchester & District AC Serpentine RC	Perf 35.39 33.43 26.20 20.70		VAC Medal G S B	Rec	SCVAC Medal G	Rec	Guest Medal
	M60									
M60 Pos 1 2 3 4	100m No 48 18 46 40	Athlete Tom Phillips Wally Franklyn Alan Perry Peter Morgan	Final Club Blackheath & Bromley H AC Reading AC Harrow AC Eastbourne Rovers AC	Perf 13.25 13.73 14.86 16.23	w/s -1.7 -1.7 -1.7 -1.7	VAC Medal G S B	Rec	SCVAC Medal G S	Rec	Guest Medal
M60 Pos 1 2 3	200 m No 48 46	Athlete Tom Phillips	Final Club Blackheath & Bromley H AC	Perf 27.56	w/s -0.8	VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal
4	92 40	Alan Perry Edward Skinner Peter Morgan	Harrow AC Tiptree Road Runners Eastbourne Rovers AC	31.67 32.59 34.11	-0.8 -0.8 -0.8 -0.8	G S B		G		
4 M60 Pos 3	40	Edward Skinner Peter Morgan	Harrow AC Tiptree Road Runners	31.67 32.59	-0.8 -0.8	S	Rec	G SCVAC Medal	Rec	Guest Medal
M60 Pos	40 400m No 92	Edward Skinner Peter Morgan Athlete Edward Skinner	Harrow AC Tiptree Road Runners Eastbourne Rovers AC Final Club	31.67 32.59 34.11 Perf	-0.8 -0.8	S B VAC Medal	Rec Rec	SCVAC	Rec Rec	
M60 Pos 3 M60 Pos 1	40 400m No 92 800m No 130 92	Edward Skinner Peter Morgan Athlete Edward Skinner Athlete Bob Bradbury Edward Skinner	Harrow AC Tiptree Road Runners Eastbourne Rovers AC Final Club Tiptree Road Runners Final Club Woking AC	31.67 32.59 34.11 Perf 74.43 Perf 2:31.65	-0.8 -0.8	S B VAC Medal G VAC Medal		SCVAC Medal SCVAC Medal		Medal Guest

M60 Pos 4 7	100m HurdlesNoAthlete101Rob Sibley102Duncan Talbot	Final Club Medway & Maidstone AC Abingdon Amblers AC	Perf 18.74 21.36	w/s 1.2 1.2	VAC Medal	Rec	SCVAC Medal G S	Rec	Guest Medal
M60 Pos 1	300m Hurdles No Athlete 102 Duncan Talbot	Final Club Abingdon Amblers AC	Perf 57.39		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
M60 Pos 1	High Jump No Athlete 102 Duncan Talbot	Final Club Abingdon Amblers AC	Perf 1.40		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
M60 Pos 1 2	Pole VaultNoAthlete274Allan Williams240Paul Oakes	Final Club Blackheath & Bromley H AC Ashford AC	Perf 3.05 2.60		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal G
M60 Pos 1	Long Jump No Athlete 40 Peter Morgan	Final Club Eastbourne Rovers AC	Perf 3.70	w/s 0.8	VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M60 Pos 1 2	Triple JumpNoAthlete282Ian Thomson101Rob Sibley	Final Club SCVAC Medway & Maidstone AC	Perf 9.45 8.53	w/s -0.1 1.6	VAC Medal	Rec	SCVAC Medal G S	Rec	Guest Medal
M60 Pos 1 2 3	ShotNoAthlete240Paul Oakes211Mike Bale237Timothy Needham	Final Club Ashford AC Haywards Heath Harriers Nene Valley Harriers	Perf 10.32 8.47 8.10		VAC Medal G S	Rec	SCVAC Medal G	Rec	Guest Medal
M60 Pos 1 2 3	DiscusNoAthlete237Timothy Needham211Mike Bale40Peter Morgan	Final Club Nene Valley Harriers Haywards Heath Harriers Eastbourne Rovers AC	Perf 33.20 27.48 20.82		VAC Medal G S	Rec	SCVAC Medal G	Rec	Guest Medal
M60 Pos 1 2	HammerNoAthlete211Mike Bale237Timothy Needham	Final Club Haywards Heath Harriers Nene Valley Harriers	Perf 32.23 30.68		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M60 Pos 1	Javelin No Athlete 40 Peter Morgan	Final Club Eastbourne Rovers AC	Perf 24.10		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M65 Pos 1 2 3 4 5	M65 100m No Athlete 24 David Hinds 65 Derek Wardle 11 Tom Clinton 29 Geoffrey Kitchener 52 Patrick Reynolds	Final Club Serpentine RC Veterans AC Unattached Sevenoaks AC Veterans AC	Perf 14.44 14.54 15.32 15.56 18.52	w/s -2.2 -2.2 -2.2 -2.2 -2.2	VAC Medal G S B	Rec	SCVAC Medal	Rec	Guest Medal G
M65 Pos 1 2 3 4 5	200mNoAthlete24David Hinds65Derek Wardle95Roy White29Geoffrey Kitchener11Tom Clinton	Final Club Serpentine RC Veterans AC St Mary's Richmond AC Sevenoaks AC Unattached	Perf 28.83 29.20 30.61 31.57 32.72	w/s -2.1 -2.1 -2.1 -2.1 -2.1	VAC Medal G S B	Rec	SCVAC Medal G	Rec	Guest Medal G
M65 Pos 1 2		Final Club Cambridge Harriers Serpentine RC	Perf 64.89 66.92	-	VAC Medal G S	Rec CBP	SCVAC Medal	Rec	Guest Medal

M65 Pos 2 4 5 6	800m No 114 65 150 131	Athlete Ed Connolly Derek Wardle Trevor Solomon John Clarke	Final Club Southampton AC Veterans AC Veterans AC Barnet & District AC	Perf 2:38.73 2:54.06 2:55.37 3:23.29		VAC Medal G S B	Rec	SCVAC Medal G	Rec	Guest Medal
M65 Pos 2 5 6	1500 No 150 131 158	m Athlete Trevor Solomon John Clarke Alan Davidson	Final Club Veterans AC Barnet & District AC Liss RC	Perf 6:08.87 6:51.33 6:55.90		VAC Medal G S	Rec	SCVAC Medal G S	Rec	Guest Medal
M65 Pos 1 2 3 12	5000 No 201 195 194 158	m Athlete John Skelton Liam O'Hare Michael Mann Alan Davidson	Final Club Marshall Milton Keynes AC Barnet & District AC Dulwich Runners AC Liss RC	Perf 18:31.13 20:49.35 21:10.08 25:03.36		VAC Medal G S B	Rec	SCVAC Medal	Rec	Guest Medal G
M65 Pos 1	High No 29	Jump Athlete Geoffrey Kitchener	Final Club Sevenoaks AC	Perf 1.15		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M65 Pos 1 2	Long No 95 52	Jump Athlete Roy White Patrick Reynolds	Final Club St Mary's Richmond AC Veterans AC	Perf 4.02 2.77	w/s -0.3 -0.6	VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M65 Pos 1	Triple No 52	e Jump Athlete Patrick Reynolds	Final Club Veterans AC	Perf 6.05	w/s -0.4	VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M65 Pos 1 2 3 4	Shot No 225 213 244 52	Athlete Neil Griffin John Blackwell Bunt Scott Patrick Reynolds	Final Club Windsor Slough Eton & H AC Nene Valley Harriers Marshall Milton Keynes AC Veterans AC	Perf 12.06 10.20 10.10 6.93		VAC Medal G S B	Rec	SCVAC Medal G	Rec	Guest Medal
M65 Pos 1 2 3 4 5	Discu No 225 244 213 219 52	Athlete Neil Griffin Bunt Scott John Blackwell Joe Eastwood Patrick Reynolds	Final Club Windsor Slough Eton & H AC Marshall Milton Keynes AC Nene Valley Harriers Walton AC Veterans AC	Perf 41.55 35.41 33.87 30.25 20.58		VAC Medal G S B	Rec	SCVAC Medal G	Rec	Guest Medal
M65 Pos 1 2	Hami No 244 213	ner Athlete Bunt Scott John Blackwell	Final Club Marshall Milton Keynes AC Nene Valley Harriers	Perf 33.66 31.64		VAC Medal G S	Rec	SCVAC Medal	Rec	Guest Medal
M65 Pos 1 2 3 4	Jave No 219 213 244 52	lin Athlete Joe Eastwood John Blackwell Bunt Scott Patrick Reynolds	Final Club Walton AC Nene Valley Harriers Marshall Milton Keynes AC Veterans AC	Perf 34.08 28.90 28.18 12.27		VAC Medal G S B	Rec	SCVAC Medal G	Rec	Guest Medal
	M70									
M70 Pos	100m No	Athlete	Final Club	Perf	w/s	VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal

IVI 7 U	100m	1	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	42	Victor Novell	Southampton AC	14.23	-1.5			G		
2	32	Allan Long	Herne Hill Harriers	14.79	-1.5	G				
3	72	David Whittaker	Epsom & Ewell Harriers	17.79	-1.5	S				
4	35	Michael Martineau	Bromley Veterans AC	18.30	-1.5	В				

M70 Pos 1 2 3	200m No 42 79 72 81	Athlete Victor Novell Terry Bissett David Whittaker Terry Casey	Final Club Southampton AC Epsom & Ewell Harriers Epsom & Ewell Harriers Veterans AC	Perf 29.16 30.89 37.54 dnf	w/s -0.4 -0.4 -0.4	VAC Medal G S	Rec	SCVAC Medal G S	Rec	Guest Medal
M70 Pos 1 3	800m No 140 93	Athlete Peter Giles Richard Somers	Final Club Hercules Wimbledon AC Epsom & Ewell Harriers	Perf 2:43.22 3:07.62		VAC Medal G S	Rec CBP	SCVAC Medal	Rec	Guest Medal
M70 Pos 3 7	1500 No 171 175	m Athlete Tony Rea Dennis Williams	Final Club Dragons RC (Leeds) Hercules Wimbledon AC	Perf 6:15.68 7:10.05		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M70 Pos 7 9	5000 No 157 171	m Athlete Tony Brackstone Tony Rea	Final Club SCVAC Dragons RC (Leeds)	Perf 22:02.21 22:49.34		VAC Medal	Rec	SCVAC Medal G S	Rec	Guest Medal
M70 Pos 4	3000 No 209	m Walk Athlete Peter Hannell	Final Club Surrey WC	Perf 19:23.24		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M70 Pos 1 2	High No 269 270	Jump Athlete Allan Cheers Richard Parles	Final Club Basingstoke & Mid H AC Watford Harriers	Perf 1.20 1.10		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M70 Pos 1	Pole No 226	Vault Athlete Brian Harlick	Final Club Epsom & Ewell Harriers	Perf 1.50		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M70 Pos 1 2 3 4	Long No 32 269 84 35	Jump Athlete Allan Long Allan Cheers Peter Daw Michael Martineau	Final Club Herne Hill Harriers Basingstoke & Mid H AC South West Vets AC Bromley Veterans AC	Perf 3.85 3.73 3.63 2.91	w/s 0.7 1.6 2.7 0.2	VAC Medal G S B	Rec	SCVAC Medal	Rec	Guest Medal
M70 Pos 1 2	Triple No 32 267	e Jump Athlete Allan Long Norman Rice	Final Club Herne Hill Harriers Epsom & Ewell Harriers	Perf 8.16 7.57	w/s -0.3 0.6	VAC Medal G S	Rec	SCVAC Medal	Rec	Guest Medal
M70 Pos 1 2 3	Shot No 222 267 226	Athlete John Gilbert Norman Rice Brian Harlick	Final Club Invicta East Kent AC Epsom & Ewell Harriers Epsom & Ewell Harriers	Perf 8.94 8.84 8.23		VAC Medal G S B	Rec	SCVAC Medal G S	Rec	Guest Medal
M70 Pos 1 2	Discu No 222 226	us Athlete John Gilbert Brian Harlick	Final Club Invicta East Kent AC Epsom & Ewell Harriers	Perf 28.25 20.85		VAC Medal G S	Rec	SCVAC Medal G	Rec	Guest Medal
M70 Pos 1 2 3	Hami No 236 222 226	ner Athlete Christopher Melluish John Gilbert Brian Harlick	Final Club Cambridge Harriers Invicta East Kent AC Epsom & Ewell Harriers	Perf 32.92 31.66 23.48		VAC Medal G S B	Rec	SCVAC Medal G S B	Rec	Guest Medal
M70 Pos 1 2 3	Jave No 84 222 226	l in Athlete Peter Daw John Gilbert Brian Harlick	Final Club South West Vets AC Invicta East Kent AC Epsom & Ewell Harriers	Perf 28.82 22.18 19.34		VAC Medal G S B	Rec	SCVAC Medal G	Rec	Guest Medal

M75

M75 Pos 3	100m No 7	Athlete Roger Bruck	Final Club Barnet & District AC	Perf 17.57	w/s -2.0	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
M75 Pos 3	200 m No 7	Athlete Roger Bruck	Final Club Barnet & District AC	Perf 37.09	w/s -1.8	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
M75 Pos 1	400m No 116	Athlete Arthur Kimber	Final Club Dartford Harriers AC	Perf 90.56		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M75 Pos 2 5	800m No 129 146	Athlete John Batchelor Doug Milsom	Final Club Ilford AC Hillingdon AC	Perf 2:56.45 3:31.17		VAC Medal G S	Rec CBP	SCVAC Medal G S	Rec CBP	Guest Medal
M75 Pos 1 5	1500 No 129 146	m Athlete John Batchelor Doug Milsom	Final Club Ilford AC Hillingdon AC	Perf 6:07.03 6:55.29		VAC Medal G S	Rec CBP	SCVAC Medal G S	Rec	Guest Medal
M75 Pos 16	5000 No 146	m Athlete Doug Milsom	Final Club Hillingdon AC	Perf 27:36.22		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
M75 Pos 1	High No 7	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	Long No 7	Jump Athlete Roger Bruck	Final Club Barnet & District AC	Perf 3.06	w/s 2.6	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
M75 Pos 1	Jave l No 257	l in Athlete Victor Adcock	Final Club City Of Portsmouth AC	Perf 27.48		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
	M80									
M80 Pos										
4 5	100m No 17 49	Athlete Colin Field Richard Pitcairn-Knowles	Final Club Trent Park RC Sevenoaks AC	Perf 17.75 21.75	w/s -2.0 -2.0	VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
	No 17 49	Athlete Colin Field Richard Pitcairn-Knowles	Club Trent Park RC	17.75	-2.0	Medal	Rec Rec	Medal	Rec Rec CBP	
5 M80 Pos 5	No 17 49 200m No	Athlete Colin Field Richard Pitcairn-Knowles Athlete Colin Field	Club Trent Park RC Sevenoaks AC Final Club	17.75 21.75 Perf	-2.0 -2.0 w/s	Medal G VAC		Medal G - SCVAC Medal	Rec	Medal Guest
5 M80 Pos 5 M80 Pos	No 17 49 200m No 17 400m No 113	Athlete Colin Field Richard Pitcairn-Knowles Athlete Colin Field Athlete Cliff Collins	Club Trent Park RC Sevenoaks AC Final Club Trent Park RC Final Club	17.75 21.75 Perf 40.42 Perf	-2.0 -2.0 w/s	Medal G VAC Medal VAC Medal	Rec	Medal G - SCVAC Medal G SCVAC	Rec CBP	Medal Guest Medal Guest
5 M80 Pos 5 M80 Pos 2 M80 Pos 4	No 17 49 200m No 17 400m No 113 800m No 113	Athlete Colin Field Richard Pitcairn-Knowles Athlete Colin Field Athlete Cliff Collins Athlete Cliff Collins Brian Shave	Club Trent Park RC Sevenoaks AC Final Club Trent Park RC Final Club Veterans AC Final Club Veterans AC	17.75 21.75 Perf 40.42 Perf 92.18 Perf 3:27.66	-2.0 -2.0 w/s	Medal G VAC Medal G VAC Medal G VAC	Rec Rec	Medal G - SCVAC Medal G SCVAC Medal SCVAC	Rec CBP Rec	Medal Guest Medal Guest Medal Guest

M80 Pos 1	Triple No 279	e Jump Athlete Colin Sheppard	Final Club Basingstoke & Mid H AC	Perf 5.63	w/s 1.4	VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M80 Pos 1	Shot No 253	Athlete Clifford Taylor	Final Club Veterans AC	Perf 7.41		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M80 Pos 1	Hamı No 253	ner Athlete Clifford Taylor	Final Club Veterans AC	Perf 23.31		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
M80 Pos 1	Javel No 253	l in Athlete Clifford Taylor	Final Club Veterans AC	Perf 14.36		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
	M85									
M85 Pos 1	Shot No 229	Athlete John Kirkham	Final Club Veterans AC	Perf 6.53		VAC Medal G	Rec NCBP	SCVAC Medal	Rec	Guest Medal
M85 Pos 1	Discu No 229	is Athlete John Kirkham	Final Club Veterans AC	Perf 12.50		VAC Medal G	Rec NCBP	SCVAC Medal	Rec	Guest Medal
M85 Pos 1	Hamı No 229	ner Athlete John Kirkham	Final Club Veterans AC	Perf 19.99		VAC Medal G	Rec NCBP	SCVAC Medal	Rec	Guest Medal
M85 Pos 1	Javel No 229	l in Athlete John Kirkham	Final Club Veterans AC	Perf 10.15		VAC Medal G	Rec NCBP	SCVAC Medal	Rec	Guest Medal
	W35									
W35 Pos 2	100 m No 50	Athlete	Final Club Thames Valley Harriers	Perf 13.74	w/s -0.3	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
Pos 2 W35 Pos 3	100 m No 50 200 m No 36	Athlete Sharni Raymond Athlete Susan McLoughlin	Club Thames Valley Harriers Final Club Walton AC	13.74 Perf 26.81	-0.3 w/s -2.5		Rec Rec	Medal G SCVAC Medal	Rec Rec	
Pos 2 W35 Pos 3 4	100m No 50 200m No 36 50	Athlete Sharni Raymond Athlete Susan McLoughlin Sharni Raymond	Club Thames Valley Harriers Final Club Walton AC Thames Valley Harriers	13.74 Perf	-0.3 w/s	Medal VAC Medal G	Rec	Medal G SCVAC Medal G	Rec	Medal Guest Medal
Pos 2 W35 Pos 3	100m No 50 200m No 36 50	Athlete Sharni Raymond Athlete Susan McLoughlin Sharni Raymond	Club Thames Valley Harriers Final Club Walton AC	13.74 Perf 26.81 28.41 Perf	-0.3 w/s -2.5	Medal VAC Medal		Medal G SCVAC Medal		Medal Guest
Pos 2 W35 Pos 3 4 W35 Pos 3 3	100m No 50 200m No 36 50 1500 No	Athlete Sharni Raymond Athlete Susan McLoughlin Sharni Raymond m Athlete Ruth Jones	Club Thames Valley Harriers Final Club Walton AC Thames Valley Harriers Final Club	13.74 Perf 26.81 28.41 Perf 5:27.24 Perf 18:16.67	-0.3 w/s -2.5	Medal VAC Medal G VAC	Rec	Medal G SCVAC Medal G SCVAC Medal	Rec	Medal Guest Medal Guest
Pos 2 Pos 3 4 W35 Pos 3 W35 Pos 3 Pos 1 2	100m No 50 200m No 36 50 1500 No 164 5000 No 177 164	Athlete Sharni Raymond Athlete Susan McLoughlin Sharni Raymond m Athlete Ruth Jones m Athlete Samantha Amend	Club Thames Valley Harriers Club Walton AC Thames Valley Harriers Final Club Aldershot Farnham & D AC Final Club Belgrave Harriers	13.74 Perf 26.81 28.41 Perf 5:27.24 Perf 18:16.67	-0.3 w/s -2.5	Medal VAC Medal G VAC Medal VAC Medal	Rec Rec	Medal G SCVAC Medal G SCVAC Medal G SCVAC Medal	Rec	Medal Guest Medal Guest Guest
Pos 2 W35 Pos 3 4 W35 Pos 3 W35 Pos 1 2 W35 Pos 1 2 N35 Pos 1 2 N35 Pos 1 2 N35 Pos 1 2 N35 Pos 3 1 2 N35 Pos 3 1 2 N35 Pos 3 1 Pos 3 1 Pos 3 Pos 1 Pos	100m No 50 200m No 36 50 1500 No 164 50000 No 177 164 Long No	Athlete Sharni Raymond Athlete Susan McLoughlin Sharni Raymond m Athlete Ruth Jones m Athlete Samantha Amend Ruth Jones Jump Athlete Lindsay Badman	Club Thames Valley Harriers Club Walton AC Thames Valley Harriers Club Aldershot Farnham & D AC Final Club Belgrave Harriers Aldershot Farnham & D AC	13.74 Perf 26.81 28.41 Perf 5:27.24 Perf 18:16.67 19:47.81 Perf	-0.3 w/s -2.5 -2.5	Medal VAC Medal G VAC Medal G VAC	Rec Rec Rec	Medal G SCVAC Medal G SCVAC Medal G SCVAC	Rec Rec Rec	Medal Guest Medal Guest Medal Guest

W35 Pos 1		e r Athlete Debbie McCaw	Final Club Ealing Southall & Middx AC	Perf 46.66		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W35 Pos 1 2	233 234	n Athlete Heather Mballa Debbie McCaw	Final Club Winchester & District AC Ealing Southall & Middx AC	Perf 25.09 22.32		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
	W40									
W40 Pos 1 3	8	Athlete Sarah Burke Sharon Dooley	Final Club Walton AC Ranelagh Harriers	Perf 13.45 14.63	w/s -0.3 -0.3	VAC Medal G	Rec CBP	SCVAC Medal G	Rec	Guest Medal
W40 Pos 3		Athlete Sian Williams	Final Club Brighton & Hove City AC	Perf 32.55	w/s -0.7	VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal G
W40 Pos 1 3 4	110 112	Athlete Diana Norman Rachel Badham Sharon Dooley	Final Club Epsom & Ewell Harriers West 4 Harriers Ranelagh Harriers	Perf 60.29 69.84 70.58		VAC Medal G	Rec	SCVAC Medal G S	Rec	Guest Medal
W40 Pos 1		Athlete Diana Norman	Final Club Epsom & Ewell Harriers	Perf 2:18.28		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W40 Pos 2		i Athlete Nikki Sturzaker	Final Club Herne Hill Harriers	Perf 5:22.17		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
W40 Pos 4		i Athlete Anoushka Johnson	Final Club Bexley AC	Perf 20:32.35		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W40 Pos 1		urdles Athlete Diana Norman	Final Club Epsom & Ewell Harriers	Perf 12.41	w/s -2.3	VAC Medal	Rec	SCVAC Medal G	Rec CBP	Guest Medal
W40 Pos 2	No	Hurdles Athlete Sarah Burke	Final Club Walton AC	Perf 68.44		VAC Medal G	Rec CBP	SCVAC Medal	Rec	Guest Medal
W40 Pos 1		i Walk Athlete Penelope Cummings	Final Club Herne Hill Harriers	Perf 17:06.25		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W40 Pos 1		l ump Athlete Diana Norman	Final Club Epsom & Ewell Harriers	Perf 1.60		VAC Medal	Rec	SCVAC Medal G	Rec CBP	Guest Medal
W40 Pos 1		Jump Athlete Sian Williams	Final Club Brighton & Hove City AC	Perf 3.78	w/s 2.1	VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
W40 Pos 1 2	110	Jump Athlete Diana Norman Eva Gadea	Final Club Epsom & Ewell Harriers Unattached	Perf 10.87 10.40	w/s 0.6 -0.4	VAC Medal G	Rec CBP	SCVAC Medal G	Rec CBP	Guest Medal
	Shot No 110	Athlete Diana Norman Tracey Gould	Final Club Epsom & Ewell Harriers Ealing Southall & Middx AC	Perf 10.71 7.06		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal

W40 Pos 1 2 3	Discu No 215 224 230	Athlete Jacqueline Cherry Tracey Gould Claire Lacey	Final Club Oxford City AC Ealing Southall & Middx AC Radley AC	Perf 26.15 20.67 19.90		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
W40 Pos 1	Hamı No 224	ner Athlete Tracey Gould	Final Club Ealing Southall & Middx AC	Perf 35.19		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
W40 Pos 1 2 3	Javel No 110 230 224	in Athlete Diana Norman Claire Lacey Tracey Gould	Final Club Epsom & Ewell Harriers Radley AC Ealing Southall & Middx AC	Perf 28.37 21.11 17.99		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
	W45									
W45 Pos 4	100m No 4	Athlete Jackie Breslin	Final Club Radley AC	Perf 15.84	w/s -0.3	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W45 Pos 2	800m No 132	Athlete Anna Critchlow	Final Club West 4 Harriers	Perf 2:32.63		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
W45 Pos 6	5000 No 187	n Athlete Vikki Filsell	Final Club Thames Hare & Hounds	Perf 21:17.18		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
W45 Pos 1	Long No 4	Jump Athlete Jackie Breslin	Final Club Radley AC	Perf 3.72	w/s 1.4	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W45 Pos 1	Triple No 4	y Jump Athlete Jackie Breslin	Final Club Radley AC	Perf 7.71	w/s 0.9	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W45 Pos 1	Javel No 264	in Athlete Margaret Pope	Final Club Veterans AC	Perf 25.82		VAC Medal G	Rec CBP	SCVAC Medal	Rec	Guest Medal
	W50									
W50 Pos 1 2 5	100m No 28 64 5	Athlete Kirstin King Michele Wakefield Tracey Brockbank	Final Club Bracknell AC SCVAC Brighton & Hove City AC	Perf 13.77 14.84 16.78	w/s 1.3 1.3 1.3	VAC Medal	Rec	SCVAC Medal G S B	Rec	Guest Medal
W50 Pos 1 2	200m No 28 64	Athlete Kirstin King Michele Wakefield	Final Club Bracknell AC SCVAC	Perf 28.41 30.95	w/s -0.7 -0.7	VAC Medal	Rec	SCVAC Medal G S	Rec	Guest Medal
W50 Pos 2	400m No 122	Athlete Lisa Webb	Final Club Shaftesbury Barnet H	Perf 69.07		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
W50 Pos 3 4	800m No 148 151	Athlete Amanda Rochester Patricia Thomas	Final Club Barnet & District AC Ealing Southall & Middx AC	Perf 2:45.63 3:01.01		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
W50 Pos 1 5	1500 No 122 155	n Athlete Lisa Webb Nichola Atkins	Final Club Shaftesbury Barnet H Kingston AC & Poly H	Perf 5:17.28 6:21.36		VAC Medal G S	Rec CBP	SCVAC Medal	Rec	Guest Medal

W50 Pos 3 5 8 11	5000 No 206 203 190 176	m Athlete Caroline Wood Catherine Ulliott Helen Grant Sarah Allen	Final Club Arena 80 AC Brighton & Hove City AC Cambridge & Coleridge AC Herne Hill Harriers			VAC Medal G S	Rec	SCVAC Medal G	Rec	Guest Medal G
W50 Pos 1	Long No 278	Jump Athlete Mandy Rowley-Jones	Final Club Croydon Harriers	Perf 3.68	w/s -1.1	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W50 Pos 1	Triple No 278	e Jump Athlete Mandy Rowley-Jones	Final Club Croydon Harriers	Perf 7.95	w/s 2.1	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W50 Pos 1 2 3	Shot No 262 239 256	Athlete Charmaine Johnson Barbara Norris Julie Wilson	Final Club Epsom & Ewell Harriers Windsor Slough Eton & H AC Reading AC	Perf 10.47 10.12 10.01		VAC Medal G S	Rec	SCVAC Medal G	Rec	Guest Medal
W50 Pos 1 2	Discu No 239 256	IS Athlete Barbara Norris Julie Wilson	Final Club Windsor Slough Eton & H AC Reading AC	Perf 32.00 29.07		VAC Medal G	Rec CBP	SCVAC Medal G	Rec	Guest Medal
W50 Pos 1 2 3 4	Hami No 239 256 255 5	ner Athlete Barbara Norris Julie Wilson Kim Weir Tracey Brockbank	Final Club Windsor Slough Eton & H AC Reading AC St Mary's Richmond AC Brighton & Hove City AC	Perf 46.59 34.73 33.99 17.41		VAC Medal G S	Rec CBP	SCVAC Medal G	Rec	Guest Medal
W50 Pos 1 2 3 4	Javel No 239 262 256 5 W55	in Athlete Barbara Norris Charmaine Johnson Julie Wilson Tracey Brockbank	Final Club Windsor Slough Eton & H AC Epsom & Ewell Harriers Reading AC Brighton & Hove City AC	Perf 26.50 22.02 20.40 20.10		VAC Medal G S	Rec	SCVAC Medal G S	Rec	Guest Medal
W55 Pos 3 4	100 m No 15 45	Athlete Teresa Eades Lesley Parsons	Final Club Dartford Harriers AC Veterans AC	Perf 15.61 15.97	w/s 1.3 1.3	VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
W55 Pos 4	200m No 45	Athlete Lesley Parsons	Final Club Veterans AC	Perf 33.13	w/s -0.7	VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
	400m No 45	Athlete Lesley Parsons	Final Club Veterans AC	Perf 77.79		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
W55 Pos 4	1500 No 163	n Athlete Carol Jones	Final Club Ealing Southall & Middx AC	Perf 6:13.19		VAC Medal G	Rec	SCVAC Medal	Rec	Guest Medal
W55 Pos 4 11	5000 No 191 181	n Athlete Jenny Hughes Fiona Bishop	Final Club Arena 80 AC Woking AC	Perf 21:37.37 24:53.01		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
W55 Pos 2 3	80m No 106 82	Hurdles Athlete Jane Horder Gaye Clarke	Final Club Cheltenham & County H Ryston Runners AC	Perf 13.60 14.86	w/s -2.3 -2.3	VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal G S

W55	3000	m Walk	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
3	181	Fiona Bishop	Woking AC	18:56.98		G				
W55	High	Jump	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Rec	Medal	Rec	Medal
1	82			1.27		Ineual		IVIEUAI		G
		Gaye Clarke	Ryston Runners AC					~		G
2	15	Teresa Eades	Dartford Harriers AC	1.27		0		G		
3	109	Lucy Moore-Fox	Veterans AC	1.15		G				
W55	Pole	Vault	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	15	Teresa Eades	Dartford Harriers AC	2.50				G		
							_		_	
	-	Jump	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	15	Teresa Eades	Dartford Harriers AC	3.99	0.7			G		
2	82	Gaye Clarke	Ryston Runners AC	3.65	0.6	G				
W55	Triple	e Jump	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal	Rec	Medal	Rec	Medal
1	15	Teresa Eades	Dartford Harriers AC	9.12	1.2	Ineual		G		Meual
I	15	Telesa Eades	Dartiord Hamers AC	9.12	1.2			G		
W55	Shot		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	109	Lucy Moore-Fox	Veterans AC	8.77		G				
2	218	Wendy Dunsford	Epsom & Ewell Harriers	7.98		-		G		
3	252	Angela Morgan	Eastbourne Rovers AC	7.29				S		
								-		
W55	Discu	JS	Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	218	Wendy Dunsford	Epsom & Ewell Harriers	22.15				G		
			-				_		-	•
W55			Final	Б (VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	218	Wendy Dunsford	Epsom & Ewell Harriers	29.64		~		G		
2	82	Gaye Clarke	Ryston Runners AC	29.10		G				
3	109		Veterans AC	26.84						
4		Lucy Moore-Fox				S				
-	252	Lucy Moore-Fox Angela Morgan	Eastbourne Rovers AC	25.01		5		S		
-	252					5		S		
						5		S		
W60	252 W60	Angela Morgan				VAC	Rec	S SCVAC	Rec	Guest
W60 Pos	252 W60	Angela Morgan	Eastbourne Rovers AC		w/s		Rec		Rec	Guest Medal
	252 W60 100m	Angela Morgan	Eastbourne Rovers AC	25.01	w/s -1.5	VAC	Rec	SCVAC	Rec	
Pos	252 W60 100m No	Angela Morgan Athlete	Eastbourne Rovers AC Final Club	25.01 Perf		VAC	Rec	SCVAC Medal	Rec	
Pos 1	252 W60 100m No 20	Angela Morgan Athlete Helen Godsell	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC	25.01 Perf 14.60	-1.5	VAC Medal	Rec	SCVAC Medal G	Rec	
Pos 1 2	252 W60 100m No 20 61	Angela Morgan Athlete Helen Godsell Joan Trimble	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H	25.01 Perf 14.60 15.30	-1.5 -1.5	VAC Medal	Rec	SCVAC Medal G S	Rec	
Pos 1 2 3	252 W60 100m No 20 61 19	Angela Morgan Athlete Helen Godsell Joan Trimble Christine Fry	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC	25.01 Perf 14.60 15.30 16.61	-1.5 -1.5 -1.5	VAC Medal G	Rec	SCVAC Medal G S	Rec	
Pos 1 2 3 4 5	252 W60 100m No 20 61 19 41 26	Angela Morgan Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Hel James	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Serpentine RC	Perf 14.60 15.30 16.61 16.76	-1.5 -1.5 -1.5 -1.5	VAC Medal G S B		SCVAC Medal G S B		Medal
Pos 1 2 3 4 5 W60	252 W60 100m No 20 61 19 41 26 200m	Angela Morgan Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Hel James	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Serpentine RC Final	Perf 14.60 15.30 16.61 16.76 17.41	-1.5 -1.5 -1.5 -1.5 -1.5	VAC Medal G S B VAC	Rec	SCVAC Medal G S B - SCVAC	Rec	Medal
Pos 1 2 3 4 5 W60 Pos	252 W60 100m No 20 61 19 41 26 200m No	Angela Morgan Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Hel James Athlete	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Serpentine RC Final Club	25.01 Perf 14.60 15.30 16.61 16.76 17.41 Perf	-1.5 -1.5 -1.5 -1.5 -1.5 w/s	VAC Medal G S B		SCVAC Medal G S B - SCVAC Medal		Medal
Pos 1 2 3 4 5 W60 Pos 1	252 W60 100m No 20 61 19 41 26 200m No 20	Angela Morgan Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Hel James Athlete Helen Godsell	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Serpentine RC Final Club Blackheath & Bromley H AC	25.01 Perf 14.60 15.30 16.61 16.76 17.41 Perf 31.40	-1.5 -1.5 -1.5 -1.5 -1.5 w/s -1.6	VAC Medal G S B VAC Medal		SCVAC Medal G S B - SCVAC Medal G		Medal
Pos 1 2 3 4 5 W60 Pos 1 2	252 W60 100m No 20 61 19 41 26 200m No 20 61 No 20 61 61 19 41 26 200 61 19 41 26 200 61 19 41 26 200 61 19 41 26 200 61 19 41 26 200 61 19 41 26 200 61 19 41 26 200 61 19 41 26 200 61 19 41 26 200 61 200 61 200 61 200 61 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 200 20	Angela Morgan Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Hel James Athlete Helen Godsell Joan Trimble	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Serpentine RC Final Club Blackheath & Bromley H AC Kingston AC & Poly H	25.01 Perf 14.60 15.30 16.61 16.76 17.41 Perf 31.40 33.62	-1.5 -1.5 -1.5 -1.5 -1.5 -1.5 w/s -1.6 -1.6	VAC Medal G S B VAC		SCVAC Medal G S B - SCVAC Medal G S		Medal
Pos 1 2 3 4 5 W60 Pos 1 2 3	252 W60 100m No 20 61 19 41 26 200m No 20 61 19 20 61 19 20 61 19 20 10 20 20 20 20 20 20 20 20 20 2	Angela Morgan Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Hel James Athlete Helen Godsell Joan Trimble Christine Fry	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Serpentine RC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC	25.01 Perf 14.60 15.30 16.61 16.76 17.41 Perf 31.40 33.62 35.03	-1.5 -1.5 -1.5 -1.5 -1.5 -1.5 -1.5 -1.6 -1.6 -1.6	VAC Medal G S B VAC Medal G		SCVAC Medal G S B - SCVAC Medal G		Medal
Pos 1 2 3 4 5 W60 Pos 1 2 3 4	252 W60 100m No 20 61 19 41 26 200m No 20 61 19 20 61 19 41 26 20 41 26 20 20 41 26 20 20 41 26 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 21 20 20 21 20 21 20 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 21 2	Angela Morgan Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Hel James Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Serpentine RC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers	25.01 Perf 14.60 15.30 16.61 16.76 17.41 Perf 31.40 33.62 35.03 35.88	-1.5 -1.5 -1.5 -1.5 -1.5 -1.5 -1.6 -1.6 -1.6 -1.6	VAC Medal G S B VAC Medal G S		SCVAC Medal G S B - SCVAC Medal G S		Medal
Pos 1 2 3 4 5 W60 Pos 1 2 3	252 W60 100m No 20 61 19 41 26 200m No 20 61 19 20 61 19 20 61 19 20 10 20 20 20 20 20 20 20 20 20 2	Angela Morgan Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Hel James Athlete Helen Godsell Joan Trimble Christine Fry	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Serpentine RC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC	25.01 Perf 14.60 15.30 16.61 16.76 17.41 Perf 31.40 33.62 35.03	-1.5 -1.5 -1.5 -1.5 -1.5 -1.5 -1.5 -1.6 -1.6 -1.6	VAC Medal G S B VAC Medal G		SCVAC Medal G S B - SCVAC Medal G S		Medal
Pos 1 2 3 4 5 W60 Pos 1 2 3 4 5	252 W60 100m No 20 61 19 41 26 200m No 20 61 19 41 76 19 41 76 19 41 76 19 41 76 19 41 76 19 41 76 19 41 76 19 41 76 19 41 76 19 41 76 19 41 76 19 41 76 10 10 10 10 10 10 10 10 10 10	Angela Morgan Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Hel James Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Fiona Argent	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Serpentine RC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Medway & Maidstone AC	25.01 Perf 14.60 15.30 16.61 16.76 17.41 Perf 31.40 33.62 35.03 35.88	-1.5 -1.5 -1.5 -1.5 -1.5 -1.5 -1.6 -1.6 -1.6 -1.6	VAC Medal G S B VAC Medal G S B	Rec	SCVAC Medal G S B - SCVAC Medal G S B -	Rec	Medal Guest Medal
Pos 1 2 3 4 5 W60 Pos 1 2 3 4 5 W60	252 W60 100m No 20 61 19 41 26 200m No 20 61 19 41 76 1500	Angela Morgan Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Hel James Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Fiona Argent	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Serpentine RC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Medway & Maidstone AC Final	25.01 Perf 14.60 15.30 16.61 16.76 17.41 Perf 31.40 33.62 35.03 35.88 36.79	-1.5 -1.5 -1.5 -1.5 -1.5 -1.5 -1.6 -1.6 -1.6 -1.6	VAC Medal G S B VAC Medal G S B VAC		SCVAC Medal G S B - SCVAC Medal G S B - SCVAC		Medal Guest Medal Guest
Pos 1 2 3 4 5 W60 Pos 1 2 3 4 5 W60 Pos	252 W60 100m No 20 61 19 41 26 200m No 20 61 19 41 76 1500n No	Angela Morgan Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Hel James Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Fiona Argent	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Serpentine RC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Medway & Maidstone AC Final Club	25.01 Perf 14.60 15.30 16.61 16.76 17.41 Perf 31.40 33.62 35.03 35.88 36.79 Perf	-1.5 -1.5 -1.5 -1.5 -1.5 -1.5 -1.6 -1.6 -1.6 -1.6	VAC Medal G S B VAC Medal G S B VAC Medal	Rec	SCVAC Medal G S B - SCVAC Medal G S B -	Rec	Medal Guest Medal
Pos 1 2 3 4 5 W60 Pos 1 2 3 4 5 W60	252 W60 100m No 20 61 19 41 26 200m No 20 61 19 41 76 1500	Angela Morgan Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Hel James Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Fiona Argent	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Serpentine RC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Medway & Maidstone AC Final	25.01 Perf 14.60 15.30 16.61 16.76 17.41 Perf 31.40 33.62 35.03 35.88 36.79	-1.5 -1.5 -1.5 -1.5 -1.5 -1.5 -1.6 -1.6 -1.6 -1.6	VAC Medal G S B VAC Medal G S B VAC	Rec	SCVAC Medal G S B - SCVAC Medal G S B - SCVAC	Rec	Medal Guest Medal Guest
Pos 1 2 3 4 5 W60 Pos 1 2 3 4 5 W60 Pos 2	252 W60 100m No 20 61 19 41 26 200m No 20 61 19 41 76 1500 No 172	Angela Morgan Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Hel James Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Fiona Argent Maggie Statham	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Serpentine RC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Medway & Maidstone AC Final Club Holland Sports AC	25.01 Perf 14.60 15.30 16.61 16.76 17.41 Perf 31.40 33.62 35.03 35.88 36.79 Perf 6:11.92	-1.5 -1.5 -1.5 -1.5 -1.5 -1.5 -1.6 -1.6 -1.6 -1.6	VAC Medal G S B VAC Medal G VAC Medal G	Rec	SCVAC Medal G S B - SCVAC Medal G S B - SCVAC	Rec	Medal Guest Medal Guest
Pos 1 2 3 4 5 W60 Pos 1 2 3 4 5 W60 Pos 2	252 W60 100m No 20 61 19 41 26 200m No 20 61 19 41 76 1500 No 172	Angela Morgan Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Hel James Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Fiona Argent m Athlete Maggie Statham Julia Galea	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Serpentine RC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Medway & Maidstone AC Final Club Holland Sports AC	25.01 Perf 14.60 15.30 16.61 16.76 17.41 Perf 31.40 33.62 35.03 35.88 36.79 Perf 6:11.92 6:50.77	-1.5 -1.5 -1.5 -1.5 -1.5 -1.5 -1.6 -1.6 -1.6 -1.6	VAC Medal G S B VAC Medal G S B VAC Medal G S VAC	Rec	SCVAC Medal G S B - SCVAC Medal G S B - SCVAC	Rec	Medal Guest Medal Guest
Pos 1 2 3 4 5 W60 Pos 1 2 3 4 5 W60 Pos 2 4	252 W60 100m No 20 61 19 41 26 200m No 20 61 19 41 76 1500 No 172 159	Angela Morgan Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Hel James Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Fiona Argent m Athlete Maggie Statham Julia Galea	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Serpentine RC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Medway & Maidstone AC Final Club Holland Sports AC Ilford AC Final Club	25.01 Perf 14.60 15.30 16.61 16.76 17.41 Perf 31.40 33.62 35.03 35.88 36.79 Perf 6:11.92 6:50.77 Perf	-1.5 -1.5 -1.5 -1.5 -1.5 -1.5 -1.6 -1.6 -1.6 -1.6	VAC Medal G S B VAC Medal G S B VAC Medal G S	Rec	SCVAC Medal G S B - SCVAC Medal G S B - SCVAC Medal	Rec	Medal Guest Medal Guest Medal
Pos 1 2 3 4 5 W60 Pos 1 2 3 4 5 W60 Pos 2 4 W60 Pos 5	252 W60 100m No 20 61 19 41 26 200m No 20 61 19 41 20 61 19 41 26 10 10 10 10 10 10 10 11 10 10 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 10 11 15 5000 1 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17 17	Angela Morgan Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Hel James Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Fiona Argent m Athlete Maggie Statham Julia Galea m Athlete Maggie Statham	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Serpentine RC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Medway & Maidstone AC Final Club Holland Sports AC Ilford AC Final	25.01 Perf 14.60 15.30 16.61 16.76 17.41 Perf 31.40 33.62 35.03 35.88 36.79 Perf 6:11.92 6:50.77 Perf 21:42.10	-1.5 -1.5 -1.5 -1.5 -1.5 -1.5 -1.6 -1.6 -1.6 -1.6	VAC Medal G S B VAC Medal G S B VAC Medal G S VAC	Rec	SCVAC Medal G S B - SCVAC Medal G S B - SCVAC Medal	Rec	Medal Guest Medal Guest Medal
Pos 1 2 3 4 5 W60 Pos 1 2 3 4 5 W60 Pos 2 4 W60 Pos 5 10	252 W60 100m No 20 61 19 41 26 200m No 20 61 19 41 76 1500 No 172 159 5000 No 172 198	Angela Morgan Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Hel James Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Fiona Argent m Athlete Maggie Statham Julia Galea m Athlete	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Serpentine RC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Medway & Maidstone AC Final Club Holland Sports AC Ilford AC Final Club Holland Sports AC Chiltern Harriers AC	25.01 Perf 14.60 15.30 16.61 16.76 17.41 Perf 31.40 33.62 35.03 35.88 36.79 Perf 6:11.92 6:50.77 Perf 21:42.10 23:13.98	-1.5 -1.5 -1.5 -1.5 -1.5 -1.5 -1.6 -1.6 -1.6 -1.6	VAC Medal G S B VAC Medal G S B VAC Medal G S VAC Medal G S	Rec	SCVAC Medal G S B - SCVAC Medal G S B - SCVAC Medal	Rec	Medal Guest Medal Guest Medal
Pos 1 2 3 4 5 W60 Pos 1 2 3 4 5 W60 Pos 2 4 W60 Pos 5	252 W60 100m No 20 61 19 41 26 200m No 20 61 19 41 76 1500 No 172 159 5000 No 172	Angela Morgan Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Hel James Athlete Helen Godsell Joan Trimble Christine Fry Anne Nelson Fiona Argent m Athlete Maggie Statham Julia Galea m Athlete Maggie Statham	Eastbourne Rovers AC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Serpentine RC Final Club Blackheath & Bromley H AC Kingston AC & Poly H Isle Of Wight AC Epsom & Ewell Harriers Medway & Maidstone AC Final Club Holland Sports AC Ilford AC Final Club Holland Sports AC	25.01 Perf 14.60 15.30 16.61 16.76 17.41 Perf 31.40 33.62 35.03 35.88 36.79 Perf 6:11.92 6:50.77 Perf 21:42.10	-1.5 -1.5 -1.5 -1.5 -1.5 -1.5 -1.6 -1.6 -1.6 -1.6	VAC Medal G S B VAC Medal G S B VAC Medal G S VAC Medal	Rec	SCVAC Medal G S B - SCVAC Medal G S B - SCVAC Medal	Rec	Medal Guest Medal Guest Medal

W60 Pos 2 3	300m Hurdles NoAthlete103Lyn Ahmet76Fiona Argent	Final Club Radley AC Medway & Maidstone AC	Perf 65.02 66.94		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
W60 Pos 1	High Jump No Athlete 105 Carole Filer	Final Club City Of Norwich AC	Perf 1.39		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal G
W60 Pos 1 2 3 4	Long JumpNoAthlete105Carole Filer19Christine Fry103Lyn Ahmet26Hel James	Final Club City Of Norwich AC Isle Of Wight AC Radley AC Serpentine RC	Perf 4.43 3.54 3.48 2.55	w/s 2.1 2.6 2.2 1.3	VAC Medal G	Rec CBP	SCVAC Medal G S	Rec	Guest Medal
W60 Pos 1	Triple Jump No Athlete 103 Lyn Ahmet	Final Club Radley AC	Perf 7.78	w/s -0.3	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W60 Pos 1	ShotNoAthlete248Vilma Thompson	Final Club Belgrave Harriers	Perf 9.37		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W60 Pos 1	Discus No Athlete 248 Vilma Thompson	Final Club Belgrave Harriers	Perf 19.50		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W60 Pos 1	Hammer No Athlete 248 Vilma Thompson	Final Club Belgrave Harriers	Perf 28.05		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W60 Pos 1 2	Javelin No Athlete 248 Vilma Thompson 26 Hel James	Final Club Belgrave Harriers Serpentine RC	Perf 18.39 12.46		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
	W65								
W65 Pos 1 2	100mNoAthlete71Hendricka White16Brenda Fee	Final Club St Mary's Richmond AC Barnet & District AC	Perf 16.20 16.27	w/s -2.0 -2.0	VAC Medal G	Rec	SCVAC Medal G	Rec CBP	Guest Medal
W65 Pos 1 2 6	200mNoAthlete71Hendricka White16Brenda Fee77Ann Bath	Final Club St Mary's Richmond AC Barnet & District AC 26.2 RRC	Perf 34.00 34.32 49.52	w/s -1.8 -1.8 -1.8	VAC Medal G S	Rec	SCVAC Medal G	Rec	Guest Medal
	400mNoAthlete117Caroline Marler16Brenda Fee77Ann Bath	Final Club Otley AC Barnet & District AC 26.2 RRC	Perf 74.72 83.49 115.23		VAC Medal G S	Rec CBP	SCVAC Medal	Rec	Guest Medal G
W65 Pos 5	800m No Athlete 77 Ann Bath	Final Club 26.2 RRC	Perf 3:54.78		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
	1500m No Athlete 167 Margaret Moody 77 Ann Bath	Final Club Basingstoke & Mid H AC 26.2 RRC	Perf 6:26.47 7:25.16		VAC Medal G S	Rec	SCVAC Medal G	Rec	Guest Medal
W65 Pos 6 8 13	5000mNoAthlete202Ros Tabor167Margaret Moody77Ann Bath	Basingstoke & Mid H AC	Perf 21:57.33 22:35.96 25:33.28		VAC Medal G S B	Rec	SCVAC Medal G	Rec	Guest Medal

W65 Pos 1	High No 108	Jump Athlete Emily McMahon	Final Club Enfield & Haringey AC	Perf 1.15		VAC Medal G	Rec NCBP	SCVAC Medal G	Rec =CBP	Guest Medal
W65 Pos 1	Long No 108	Jump Athlete Emily McMahon	Final Club Enfield & Haringey AC	Perf 3.41	w/s 0.7	VAC Medal G	Rec NCBP	SCVAC Medal G	Rec	Guest Medal
W65 Pos 1	Triple No 241	e Jump Athlete Linda Oxlade	Final Club Croydon Harriers	Perf 4.47	w/s 1.0	VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal
W65 Pos 1	Discu No 241	Is Athlete Linda Oxlade	Final Club Croydon Harriers	Perf 12.41		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W65 Pos 1	Hamı No 241	ner Athlete Linda Oxlade	Final Club Croydon Harriers	Perf 15.37		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal
W65 Pos 1	Jave l No 241	l in Athlete Linda Oxlade	Final Club Croydon Harriers	Perf 11.92		VAC Medal	Rec	SCVAC Medal	Rec	Guest Medal
	W70									
W70 Pos 4	200 m No 89	Athlete Sue Lowry	Final Club Reading AC	Perf 39.93	w/s -1.8	VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W70 Pos 4	400m No 89	Athlete Sue Lowry	Final Club Reading AC	Perf 93.36		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal
W70 Pos 14	5000 No 199	m Athlete Pauline Rich	Final Club Worthing Striders	Perf 25:47.67		VAC Medal G	Rec CBP	SCVAC Medal	Rec	Guest Medal
W70 Pos 1	Shot No 247	Athlete Liz Sissons	Final Club Epsom & Ewell Harriers	Perf 8.28		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
	Discu No 247	is Athlete Liz Sissons	Final Club Epsom & Ewell Harriers	Perf 19.52		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
W70 Pos 1	Hamı No 247	ner Athlete Liz Sissons	Final Club Epsom & Ewell Harriers	Perf 21.16		VAC Medal G	Rec	SCVAC Medal G	Rec	Guest Medal
W70 Pos 1 2	Jave No 247 259	l in Athlete Liz Sissons Margaret Coombe	Final Club Epsom & Ewell Harriers Oxford City AC	Perf 20.12 14.38		VAC Medal G	Rec	SCVAC Medal G S	Rec	Guest Medal
	W80									
W80 Pos 6	800m No 144	Athlete Pam Jones	Final Club Ilford AC	Perf 4:23.37		VAC Medal G	Rec NCBP	SCVAC Medal G	Rec NCBP	Guest Medal
	1500 No 144	m Athlete Pam Jones	Final Club Ilford AC	Perf 8:59.52		VAC Medal G	Rec NCBP	SCVAC Medal G	Rec NCBP	Guest Medal
W80 Pos 1	Shot No 217	Athlete Barbara Dunsford	Final Club Belgrave Harriers	Perf 4.47		VAC Medal	Rec	SCVAC Medal G	Rec	Guest Medal

W80	Disc	us	Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	Medal		Medal		Medal
1	217	Barbara Dunsford	Belgrave Harriers	9.44			G		
W80	Ham	mer	Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	Medal		Medal		Medal