

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

M35

M35 100m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
2	9	Stuart Channon	Walton AC	11.93	-1.9	G		CBP		

M35 200m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	9	Stuart Channon	Walton AC	24.17	-2.5	G				
2	3	Jan Barnard	Basildon AC	25.57	-2.5					G

M35 400m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
3	121	Teo Van Well	Arena 80 AC	60.86				G		

M35 800m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
2	128	Joe Ashley	Arena 80 AC	2:08.04				G		
5	121	Teo Van Well	Arena 80 AC	2:19.47				S		

M35 1500m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
2	128	Joe Ashley	Arena 80 AC	4:30.75				G	CBP	

M35 5000m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
5	179	Nicola Barberis Negra	Serpentine RC	17:15.79		G				

M35 400m Hurdles			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
2	91	Charles Romito	Shaftesbury Barnet H	64.97				G	NCBP	

M40

M40 100m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	22	Ciaran Harvey	Lewes AC	11.83	-1.9			G		
3	2	Cameron Barlow	Kingston AC & Poly H	13.77	-1.9			S		

M40 200m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	22	Ciaran Harvey	Lewes AC	23.97	-1.2			G		
2	85	Darren Dods	Guildford & Godalming AC	24.82	-1.2			S		
3	94	Jason Steel	Hillingdon AC	26.93	-1.2			B		
4	2	Cameron Barlow	Kingston AC & Poly H	28.47	-1.2			-		

M40 400m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	94	Jason Steel	Hillingdon AC	60.28				G		

M40 800m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	152	Christopher Westcott	Stevenage & N H AC	2:07.67						G

M40 1500m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
3	152	Christopher Westcott	Stevenage & N H AC	4:33.31						G
4	156	Rich Berry	West 4 Harriers	4:34.93		G				
5	170	Matthew Preston	Cambridge Harriers	4:49.62		S				

M40 5000m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
2	185	Paul Cheetham	The Stragglers RC	16:47.50		G				
6	156	Rich Berry	West 4 Harriers	17:29.74		S				

M40	110m Hurdles		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
2	85	Darren Dods	Guildford & Godalming AC	16.03	0.3			G		
M40	High Jump		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	283	Andrew Morrod	Veterans AC	1.70		G				
2	85	Darren Dods	Guildford & Godalming AC	1.58				G		
M40	Pole Vault		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	272	Greg Conlon	Walton AC	4.05		G	CBP			
M40	Long Jump		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	85	Darren Dods	Guildford & Godalming AC	6.17	1.2			G		
2	62	Daniel Upton	Trafford AC	4.28	2.3	G		-		
3	2	Cameron Barlow	Kingston AC & Poly H	4.18	0.4			-		
M40	Triple Jump		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	275	Stephen Lake	Ashford AC	10.73	3.6			G		
M40	Shot		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	62	Daniel Upton	Trafford AC	11.24		G		G		
M40	Discus		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	62	Daniel Upton	Trafford AC	29.58		G		-		
M40	Hammer		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	62	Daniel Upton	Trafford AC	27.69		G		-		
M40	Javelin		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	2	Cameron Barlow	Kingston AC & Poly H	29.76				-		
M45										
M45	100m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	34	Will MacGee	Bedford & County AC	12.05	-1.0			G		
2	30	Andy Lewis	Harrow AC	12.50	-1.0			S		
3	37	Malcolm McPhail	Wakefield Dist H & AC	12.67	-1.0					G
4	60	Daniel Tomlinson	Haslemere Border AC	13.02	-1.0			B		
5	47	Steve Pethen	Winchester & District AC	13.69	-1.0			-		
M45	200m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	34	Will MacGee	Bedford & County AC	24.33	-1.2			G		
2	60	Daniel Tomlinson	Haslemere Border AC	26.08	-1.2			S		
3	47	Steve Pethen	Winchester & District AC	27.96	-1.2			B		
4	83	Mark Cook	Guildford & Godalming AC	28.43	-1.2	G				
M45	400m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
2	97	David Shortridge	Victoria Park H & T H AC	60.68				G		
M45	800m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
3	133	Robert Datnow	Thames Valley Harriers	2:12.12		G				
4	143	Nick Jacobs	Aldershot Farnham & D AC	2:13.80				G		
6	139	Gareth George	Epsom & Ewell Harriers	2:42.59		S				
M45	1500m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	173	Darren Symes	Aldershot Farnham & D AC	4:30.46				G		

M45 5000m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	Medal		Medal		Medal
1	174	Mark Symes	Aldershot Farnham & D AC	16:16.97			G		
3	192	Ian Johnston	Veterans AC	16:54.95	G				
4	189	Paul Gaylor	Aldershot Farnham & D AC	16:58.61			S		

M45 110m Hurdles			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal	Medal		Medal
1	1	Joe Appiah	Kent AC	15.51	0.3		G	CBP	
3	97	David Shortridge	Victoria Park H & T H AC	27.03	0.3		-		

M45 400m Hurdles			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Medal		Medal
2	123	Simon Byway	Kingston AC & Poly H	66.58			G	NCPB	

M45 Long Jump			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal	Medal		Medal
1	1	Joe Appiah	Kent AC	6.24	2.5		G	=CBP	
2	30	Andy Lewis	Harrow AC	6.08	1.6		S		
3	276	Neil Lincoln	Holland Sports AC	5.74	0.6		B		

M45 Triple Jump			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal	Medal		Medal
1	276	Neil Lincoln	Holland Sports AC	11.38	1.0		G		

M45 Shot			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Medal		Medal
1	266	Gintas Degutis	Newham & Essex B AC	14.23					G
2	235	Steven McCourt	Abingdon AC	10.22			G		
3	220	Peter Evans	Woking AC	9.22		G			
4	223	David Glendower	Pembrokeshire Harriers	7.10					S

M45 Discus			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Medal		Medal
1	220	Peter Evans	Woking AC	31.67		G			
2	223	David Glendower	Pembrokeshire Harriers	20.25		S			

M45 Hammer			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Medal		Medal
1	235	Steven McCourt	Abingdon AC	31.02			G		
2	223	David Glendower	Pembrokeshire Harriers	22.80		G			

M45 Javelin			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Medal		Medal
1	261	David Hunt	Veterans AC	32.74		G			
2	83	Mark Cook	Guildford & Godalming AC	30.79		S			

M50

M50 100m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal	Medal		Medal
1	6	Donald Brown	Royal Sutton Coldfield AC	12.33	-0.8				G
2	43	Wole Odele	Cambridge Harriers	12.76	-0.8		G		
3	51	Glen Reddington	Windsor Slough Eton & H AC	12.92	-0.8	G	S		
4	27	Barrington King	Harrow AC	13.32	-0.8		B		

M50 200m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal	Medal		Medal
1	6	Donald Brown	Royal Sutton Coldfield AC	24.95	-0.6				G
2	78	Steve Beak	Woking AC	25.09	-0.6		G		
3	43	Wole Odele	Cambridge Harriers	26.27	-0.6		S		
4	66	Clifford Warren	Loughton AC	27.62	-0.6	G			

M50 400m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Medal		Medal
1	120	Jonathan Tilt	Southampton AC	56.89			G		
2	78	Steve Beak	Woking AC	57.36			S		
3	43	Wole Odele	Cambridge Harriers	58.77			B		
4	66	Clifford Warren	Loughton AC	62.03		G			

M50 800m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	147	Tony Roberts	Chelmsford AC	2:14.97						G
2	142	Gary Ironmonger	Herne Hill Harriers	2:18.54		G				
3	138	Andy Gannaway	Winchester & District AC	2:27.90		S				
7	137	Bob Fursey	Medway & Maidstone AC	2:41.18				G		
M50 1500m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
6	142	Gary Ironmonger	Herne Hill Harriers	4:50.29		G				
9	137	Bob Fursey	Medway & Maidstone AC	5:16.71				G		
M50 5000m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
7	186	Tony Durey	Dartford Harriers AC	18:34.98				G		
9	137	Bob Fursey	Medway & Maidstone AC	19:35.87				S		
11	193	Don Lawless	Thurrock Harriers AC	19:49.71		G		B		
12	180	Lloyd Bevan	Serpentine RC	19:58.80		S				
14	205	Mark Wadley	Serpentine RC	21:42.51		B				
M50 100m Hurdles			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	6	Donald Brown	Royal Sutton Coldfield AC	15.15	1.2					G
2	100	Greg Dunson	Shaftesbury Barnet H	15.20	1.2					S
3	51	Glen Reddington	Windsor Slough Eton & H AC	16.28	1.2	G		G		
6	99	Richard Christian	Tonbridge AC	19.00	1.2			S		
M50 400m Hurdles			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	120	Jonathan Tilt	Southampton AC	61.89				G	CBP	
4	99	Richard Christian	Tonbridge AC	72.53				S		
M50 Pole Vault			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	271	John Andrews	Epsom & Ewell Harriers	3.35				G		
M50 Long Jump			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	43	Wole Odele	Cambridge Harriers	4.78	-0.7			G		
2	231	Rob Lowe	Kingston AC & Poly H	3.40	0.2	G				
M50 Triple Jump			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	66	Clifford Warren	Loughton AC	10.68	3.0	G				
M50 Shot			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	250	Anthony Tipping	Cambridge Harriers	12.49		G		G		
2	216	Renzo Di Libero	Kingston AC & Poly H	11.24		S				
3	231	Rob Lowe	Kingston AC & Poly H	8.30		B				
M50 Discus			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	250	Anthony Tipping	Cambridge Harriers	38.37		G		G		
2	242	Trevor Ratcliffe	Dacorum & Tring AC	36.65				S		
3	228	Paul Kelly	Woking AC	35.53				B		
4	231	Rob Lowe	Kingston AC & Poly H	23.25		S				
M50 Hammer			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	250	Anthony Tipping	Cambridge Harriers	41.11		G		G		
2	228	Paul Kelly	Woking AC	40.06				S		
3	231	Rob Lowe	Kingston AC & Poly H	22.20		S				
M50 Javelin			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	242	Trevor Ratcliffe	Dacorum & Tring AC	52.15				G	CBP	
2	250	Anthony Tipping	Cambridge Harriers	30.66		G		S		
3	231	Rob Lowe	Kingston AC & Poly H	26.83		S				
4	27	Barrington King	Harrow AC	25.15				-		

M55

M55 100m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	56	Shane Sheridan	Dundrum South Dublin AC	12.49	-0.2					G
2	75	Mark Woods	Paddock Wood AC	13.01	-0.2			G		
3	59	Emil Tomczyk	Poland	13.48	-0.2					S
4	54	Kirtley Robbins	Tipton Harriers	14.17	-0.2					B
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	B				

M55 200m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		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 Ilo	Barnet & District AC	25.73	-2.1			S		
4	75	Mark Woods	Paddock Wood AC	26.59	-2.1			B		
5	88	Bob Lewis	Reading AC	26.74	-2.1			-		
6	87	Richard Jenkin	Hillingdon AC	29.25	-0.3	S		-		
7	12	Roderick Davies	Southampton AC	29.45	-0.3			-		
8	54	Kirtley Robbins	Tipton Harriers	30.05	-2.1					S
9	57	Andrew Stewart	Chiltern Harriers AC	31.27	-0.3	B				
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				G		
2	87	Richard Jenkin	Hillingdon AC	67.06		G		S		
3	57	Andrew Stewart	Chiltern Harriers AC	76.00		S				
4	74	Paul Williams	Veterans AC	157.76		B				

M55 800m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
4	136	David Foley	Ealing Southall & Middx AC	2:33.92				G		
5	141	David Gill	Warrington AC	2:35.86				S		
6	57	Andrew Stewart	Chiltern Harriers AC	2:38.10		G				
8	134	Alan Dolton	Striders Of Croydon	2:51.66		S		B		

M55 1500m			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 5000m			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		Medal		Medal
5	54	Kirtley Robbins	Tipton Harriers	18.80	1.2					G

M55 400m Hurdles			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	125	Richard White	Worcester AC	64.40						G

M55 3000m 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'Keefe	Serpentine RC	1.43		G				

M55	Long Jump			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal			Medal		Medal
1	59	Emil Tomczyk	Poland	4.94	1.9	G					
M55	Triple Jump			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal			Medal		Medal
1	59	Emil Tomczyk	Poland	9.71	1.1	G					
2	280	David Shields	Reading AC	9.08	2.7	S					
M55	Shot			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf			Medal		Medal		Medal
1	227	Michael Hausler	Cambridge & Coleridge AC	11.34							G
2	212	Nick Barton	SCVAC	10.16					G		
3	263	Sean O'Keeffe	Serpentine RC	8.49			G				
4	74	Paul Williams	Veterans AC	4.75			S				
M55	Discus			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf			Medal		Medal		Medal
1	212	Nick Barton	SCVAC	37.39					G		
2	227	Michael Hausler	Cambridge & Coleridge AC	31.70			G				
M55	Hammer			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf			Medal		Medal		Medal
1	212	Nick Barton	SCVAC	29.01					G		
M55	Javelin			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf			Medal		Medal		Medal
1	212	Nick Barton	SCVAC	35.39					G		
2	227	Michael Hausler	Cambridge & Coleridge AC	33.43			G				
3	265	Charles Scouller	Winchester & District AC	26.20			S				
4	263	Sean O'Keeffe	Serpentine RC	20.70			B				
M60											
M60	100m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal			Medal		Medal
1	48	Tom Phillips	Blackheath & Bromley H AC	13.25	-1.7				G		
2	18	Wally Franklyn	Reading AC	13.73	-1.7		G		S		
3	46	Alan Perry	Harrow AC	14.86	-1.7		S				
4	40	Peter Morgan	Eastbourne Rovers AC	16.23	-1.7		B				
M60	200m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal			Medal		Medal
1	48	Tom Phillips	Blackheath & Bromley H AC	27.56	-0.8				G		
2	46	Alan Perry	Harrow AC	31.67	-0.8		G				
3	92	Edward Skinner	Tiptree Road Runners	32.59	-0.8		S				
4	40	Peter Morgan	Eastbourne Rovers AC	34.11	-0.8		B				
M60	400m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf			Medal		Medal		Medal
3	92	Edward Skinner	Tiptree Road Runners	74.43			G				
M60	800m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf			Medal		Medal		Medal
1	130	Bob Bradbury	Woking AC	2:31.65					G		
3	92	Edward Skinner	Tiptree Road Runners	2:53.23			G				
M60	1500m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf			Medal		Medal		Medal
1	130	Bob Bradbury	Woking AC	5:08.96					G		
4	168	Andy Murray	Dulwich Runners AC	6:17.10			G				
M60	5000m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf			Medal		Medal		Medal
7	204	Tom Ulliott	Brighton & Hove City AC	21:36.54			G				
9	168	Andy Murray	Dulwich Runners AC	22:38.16			S				
10	200	Robert Sargent	Ilford AC	25:12.27			B				

M60	100m Hurdles		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
4	101	Rob Sibley	Medway & Maidstone AC	18.74	1.2			G		
7	102	Duncan Talbot	Abingdon Amblers AC	21.36	1.2			S		
M60	300m Hurdles		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	102	Duncan Talbot	Abingdon Amblers AC	57.39				G		
M60	High Jump		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	102	Duncan Talbot	Abingdon Amblers AC	1.40				G		
M60	Pole Vault		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	274	Allan Williams	Blackheath & Bromley H AC	3.05				G		
2	240	Paul Oakes	Ashford AC	2.60						G
M60	Long Jump		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	40	Peter Morgan	Eastbourne Rovers AC	3.70	0.8			G		
M60	Triple Jump		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	282	Ian Thomson	SCVAC	9.45	-0.1			G		
2	101	Rob Sibley	Medway & Maidstone AC	8.53	1.6			S		
M60	Shot		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	240	Paul Oakes	Ashford AC	10.32				G		
2	211	Mike Bale	Haywards Heath Harriers	8.47						G
3	237	Timothy Needham	Nene Valley Harriers	8.10				S		
M60	Discus		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	237	Timothy Needham	Nene Valley Harriers	33.20				G		
2	211	Mike Bale	Haywards Heath Harriers	27.48						G
3	40	Peter Morgan	Eastbourne Rovers AC	20.82				S		
M60	Hammer		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	211	Mike Bale	Haywards Heath Harriers	32.23				G		
2	237	Timothy Needham	Nene Valley Harriers	30.68				G		
M60	Javelin		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	40	Peter Morgan	Eastbourne Rovers AC	24.10				G		
M65										
M65	100m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	24	David Hinds	Serpentine RC	14.44	-2.2			G		
2	65	Derek Wardle	Veterans AC	14.54	-2.2			S		
3	11	Tom Clinton	Unattached	15.32	-2.2					G
4	29	Geoffrey Kitchener	Sevenoaks AC	15.56	-2.2			B		
5	52	Patrick Reynolds	Veterans AC	18.52	-2.2			-		
M65	200m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	24	David Hinds	Serpentine RC	28.83	-2.1			G		
2	65	Derek Wardle	Veterans AC	29.20	-2.1			S		
3	95	Roy White	St Mary's Richmond AC	30.61	-2.1					G
4	29	Geoffrey Kitchener	Sevenoaks AC	31.57	-2.1			B		
5	11	Tom Clinton	Unattached	32.72	-2.1					G
M65	400m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	33	Douglas Lucas	Cambridge Harriers	64.89				G	CBP	
2	24	David Hinds	Serpentine RC	66.92				S		

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

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

M75

M75	100m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
3	7	Roger Bruck	Barnet & District AC	17.57	-2.0			G		
M75	200m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
3	7	Roger Bruck	Barnet & District AC	37.09	-1.8			G		
M75	400m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	116	Arthur Kimber	Dartford Harriers AC	90.56		G		G		
M75	800m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
2	129	John Batchelor	Iford AC	2:56.45		G	CBP	G	CBP	
5	146	Doug Milsom	Hillingdon AC	3:31.17		S		S		
M75	1500m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	129	John Batchelor	Iford AC	6:07.03		G	CBP	G		
5	146	Doug Milsom	Hillingdon AC	6:55.29		S		S		
M75	5000m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
16	146	Doug Milsom	Hillingdon AC	27:36.22		G		G		
M75	High Jump		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	7	Roger Bruck	Barnet & District AC	1.15				G	=CBP	
M75	Long Jump		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	7	Roger Bruck	Barnet & District AC	3.06	2.6			G		
M75	Javelin		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	257	Victor Adcock	City Of Portsmouth AC	27.48				G		

M80

M80	100m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
4	17	Colin Field	Trent Park RC	17.75	-2.0			G		
5	49	Richard Pitcairn-Knowles	Sevenoaks AC	21.75	-2.0	G		-		
M80	200m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
5	17	Colin Field	Trent Park RC	40.42	-1.8			G	CBP	
M80	400m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
2	113	Cliff Collins	Veterans AC	92.18		G				
M80	800m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
4	113	Cliff Collins	Veterans AC	3:27.66		G				
6	149	Brian Shave	Herne Hill Harriers	4:44.74		S				
M80	1500m		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
7	49	Richard Pitcairn-Knowles	Sevenoaks AC	8:53.86		G		G		
9	149	Brian Shave	Herne Hill Harriers	9:31.48		S				
M80	Long Jump		Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	279	Colin Sheppard	Basingstoke & Mid H AC	2.73	2.0	G				

M80 Triple Jump	Final		VAC	Rec	SCVAC	Rec	Guest
Pos No Athlete	Club	Perf w/s	Medal		Medal		Medal
1 279 Colin Sheppard	Basingstoke & Mid H AC	5.63 1.4	G				
M80 Shot	Final		VAC	Rec	SCVAC	Rec	Guest
Pos No Athlete	Club	Perf	Medal		Medal		Medal
1 253 Clifford Taylor	Veterans AC	7.41	G				
M80 Hammer	Final		VAC	Rec	SCVAC	Rec	Guest
Pos No Athlete	Club	Perf	Medal		Medal		Medal
1 253 Clifford Taylor	Veterans AC	23.31	G				
M80 Javelin	Final		VAC	Rec	SCVAC	Rec	Guest
Pos No Athlete	Club	Perf	Medal		Medal		Medal
1 253 Clifford Taylor	Veterans AC	14.36	G				
M85							
M85 Shot	Final		VAC	Rec	SCVAC	Rec	Guest
Pos No Athlete	Club	Perf	Medal		Medal		Medal
1 229 John Kirkham	Veterans AC	6.53	G	NCBP			
M85 Discus	Final		VAC	Rec	SCVAC	Rec	Guest
Pos No Athlete	Club	Perf	Medal		Medal		Medal
1 229 John Kirkham	Veterans AC	12.50	G	NCBP			
M85 Hammer	Final		VAC	Rec	SCVAC	Rec	Guest
Pos No Athlete	Club	Perf	Medal		Medal		Medal
1 229 John Kirkham	Veterans AC	19.99	G	NCBP			
M85 Javelin	Final		VAC	Rec	SCVAC	Rec	Guest
Pos No Athlete	Club	Perf	Medal		Medal		Medal
1 229 John Kirkham	Veterans AC	10.15	G	NCBP			
W35							
W35 100m	Final		VAC	Rec	SCVAC	Rec	Guest
Pos No Athlete	Club	Perf w/s	Medal		Medal		Medal
2 50 Sharni Raymond	Thames Valley Harriers	13.74 -0.3			G		
W35 200m	Final		VAC	Rec	SCVAC	Rec	Guest
Pos No Athlete	Club	Perf w/s	Medal		Medal		Medal
3 36 Susan McLoughlin	Walton AC	26.81 -2.5	G				
4 50 Sharni Raymond	Thames Valley Harriers	28.41 -2.5			G		
W35 1500m	Final		VAC	Rec	SCVAC	Rec	Guest
Pos No Athlete	Club	Perf	Medal		Medal		Medal
3 164 Ruth Jones	Aldershot Farnham & D AC	5:27.24			G		
W35 5000m	Final		VAC	Rec	SCVAC	Rec	Guest
Pos No Athlete	Club	Perf	Medal		Medal		Medal
1 177 Samantha Amend	Belgrave Harriers	18:16.67	G				
2 164 Ruth Jones	Aldershot Farnham & D AC	19:47.81			G		
W35 Long Jump	Final		VAC	Rec	SCVAC	Rec	Guest
Pos No Athlete	Club	Perf w/s	Medal		Medal		Medal
1 98 Lindsay Badman	Aldershot Farnham & D AC	3.76 1.7			-		
W35 Shot	Final		VAC	Rec	SCVAC	Rec	Guest
Pos No Athlete	Club	Perf	Medal		Medal		Medal
1 234 Debbie McCaw	Ealing Southall & Middx AC	9.75			G		
2 233 Heather Mballa	Winchester & District AC	8.18			S		
3 238 Heather Nelson	Oxford University AC	7.44	G				
W35 Discus	Final		VAC	Rec	SCVAC	Rec	Guest
Pos No Athlete	Club	Perf	Medal		Medal		Medal
1 234 Debbie McCaw	Ealing Southall & Middx AC	30.51			G		
2 233 Heather Mballa	Winchester & District AC	27.08			S		
3 238 Heather Nelson	Oxford University AC	26.24	G				

W35 Hammer		Final				VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	234	Debbie McCaw	Ealing Southall & Middx AC	46.66				G		
W35 Javelin		Final				VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	233	Heather Mballa	Winchester & District AC	25.09				G		
2	234	Debbie McCaw	Ealing Southall & Middx AC	22.32				-		
W40										
W40 100m		Final				VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	8	Sarah Burke	Walton AC	13.45	-0.3	G	CBP			
3	14	Sharon Dooley	Ranelagh Harriers	14.63	-0.3			G		
W40 200m		Final				VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
3	96	Sian Williams	Brighton & Hove City AC	32.55	-0.7					G
W40 400m		Final				VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	110	Diana Norman	Epsom & Ewell Harriers	60.29				G		
3	112	Rachel Badham	West 4 Harriers	69.84		G				
4	14	Sharon Dooley	Ranelagh Harriers	70.58				S		
W40 800m		Final				VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	110	Diana Norman	Epsom & Ewell Harriers	2:18.28				G		
W40 1500m		Final				VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
2	119	Nikki Sturzaker	Herne Hill Harriers	5:22.17		G				
W40 5000m		Final				VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
4	162	Anoushka Johnson	Bexley AC	20:32.35				G		
W40 80m Hurdles		Final				VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	110	Diana Norman	Epsom & Ewell Harriers	12.41	-2.3			G	CBP	
W40 400m Hurdles		Final				VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
2	8	Sarah Burke	Walton AC	68.44		G	CBP			
W40 3000m Walk		Final				VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	208	Penelope Cummings	Herne Hill Harriers	17:06.25				G		
W40 High Jump		Final				VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	110	Diana Norman	Epsom & Ewell Harriers	1.60				G	CBP	
W40 Long Jump		Final				VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	96	Sian Williams	Brighton & Hove City AC	3.78	2.1	G				
W40 Triple Jump		Final				VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	110	Diana Norman	Epsom & Ewell Harriers	10.87	0.6			G	CBP	
2	281	Eva Gadea	Unattached	10.40	-0.4	G	CBP			
W40 Shot		Final				VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	110	Diana Norman	Epsom & Ewell Harriers	10.71				G		
2	224	Tracey Gould	Ealing Southall & Middx AC	7.06		G				

W40 Discus			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	Medal		Medal		Medal
1	215	Jacqueline Cherry	Oxford City AC	26.15			G		
2	224	Tracey Gould	Ealing Southall & Middx AC	20.67	G				
3	230	Claire Lacey	Radley AC	19.90			-		

W40 Hammer			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	Medal		Medal		Medal
1	224	Tracey Gould	Ealing Southall & Middx AC	35.19	G				

W40 Javelin			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	Medal		Medal		Medal
1	110	Diana Norman	Epsom & Ewell Harriers	28.37			G		
2	230	Claire Lacey	Radley AC	21.11			-		
3	224	Tracey Gould	Ealing Southall & Middx AC	17.99	G				

W45

W45 100m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal	Medal		Medal
4	4	Jackie Breslin	Radley AC	15.84	-0.3		G		

W45 800m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Medal		Medal
2	132	Anna Critchlow	West 4 Harriers	2:32.63		G			

W45 5000m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Medal		Medal
6	187	Vikki Filsell	Thames Hare & Hounds	21:17.18		G			

W45 Long Jump			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal	Medal		Medal
1	4	Jackie Breslin	Radley AC	3.72	1.4		G		

W45 Triple Jump			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal	Medal		Medal
1	4	Jackie Breslin	Radley AC	7.71	0.9		G		

W45 Javelin			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Medal		Medal
1	264	Margaret Pope	Veterans AC	25.82		G	CBP		

W50

W50 100m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal	Medal		Medal
1	28	Kirstin King	Bracknell AC	13.77	1.3		G		
2	64	Michele Wakefield	SCVAC	14.84	1.3		S		
5	5	Tracey Brockbank	Brighton & Hove City AC	16.78	1.3		B		

W50 200m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal	Medal		Medal
1	28	Kirstin King	Bracknell AC	28.41	-0.7		G		
2	64	Michele Wakefield	SCVAC	30.95	-0.7		S		

W50 400m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Medal		Medal
2	122	Lisa Webb	Shaftesbury Barnet H	69.07		G			

W50 800m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Medal		Medal
3	148	Amanda Rochester	Barnet & District AC	2:45.63			G		
4	151	Patricia Thomas	Ealing Southall & Middx AC	3:01.01		G			

W50 1500m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Medal		Medal
1	122	Lisa Webb	Shaftesbury Barnet H	5:17.28		G	CBP		
5	155	Nichola Atkins	Kingston AC & Poly H	6:21.36		S			

W50 5000m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	Medal		Medal		Medal
3	206	Caroline Wood	Arena 80 AC	20:18.52			G		
5	203	Catherine Ulliott	Brighton & Hove City AC	21:07.11	G				
8	190	Helen Grant	Cambridge & Coleridge AC	22:23.08					G
11	176	Sarah Allen	Herne Hill Harriers	25:57.96	S		S		

W50 Long Jump			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal	Medal		Medal
1	278	Mandy Rowley-Jones	Croydon Harriers	3.68	-1.1		G		

W50 Triple Jump			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal	Medal		Medal
1	278	Mandy Rowley-Jones	Croydon Harriers	7.95	2.1		G		

W50 Shot			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Medal		Medal
1	262	Charmaine Johnson	Epsom & Ewell Harriers	10.47		G			
2	239	Barbara Norris	Windsor Slough Eton & H AC	10.12		S			
3	256	Julie Wilson	Reading AC	10.01			G		

W50 Discus			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Medal		Medal
1	239	Barbara Norris	Windsor Slough Eton & H AC	32.00		G	CBP		
2	256	Julie Wilson	Reading AC	29.07				G	

W50 Hammer			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Medal		Medal
1	239	Barbara Norris	Windsor Slough Eton & H AC	46.59		G	CBP		
2	256	Julie Wilson	Reading AC	34.73				G	
3	255	Kim Weir	St Mary's Richmond AC	33.99		S			
4	5	Tracey Brockbank	Brighton & Hove City AC	17.41				-	

W50 Javelin			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Medal		Medal
1	239	Barbara Norris	Windsor Slough Eton & H AC	26.50		G			
2	262	Charmaine Johnson	Epsom & Ewell Harriers	22.02		S			
3	256	Julie Wilson	Reading AC	20.40				G	
4	5	Tracey Brockbank	Brighton & Hove City AC	20.10				S	

W55

W55 100m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal	Medal		Medal
3	15	Teresa Eades	Dartford Harriers AC	15.61	1.3			G	
4	45	Lesley Parsons	Veterans AC	15.97	1.3	G			

W55 200m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal	Medal		Medal
4	45	Lesley Parsons	Veterans AC	33.13	-0.7	G			

W55 400m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Medal		Medal
2	45	Lesley Parsons	Veterans AC	77.79		G			

W55 1500m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Medal		Medal
4	163	Carol Jones	Ealing Southall & Middx AC	6:13.19		G			

W55 5000m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal	Medal		Medal
4	191	Jenny Hughes	Arena 80 AC	21:37.37				G	
11	181	Fiona Bishop	Woking AC	24:53.01		G			

W55 80m Hurdles			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal	Medal		Medal
2	106	Jane Horder	Cheltenham & County H	13.60	-2.3				G
3	82	Gaye Clarke	Ryston Runners AC	14.86	-2.3				S

W55 3000m 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		Medal		Medal
1	82	Gaye Clarke	Ryston Runners AC	1.27						G
2	15	Teresa Eades	Dartford Harriers AC	1.27				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		
W55 Long 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 Jump			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	15	Teresa Eades	Dartford Harriers 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 Discus			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 Hammer			Final			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	Lucy Moore-Fox	Veterans AC	26.84		S				
4	252	Angela Morgan	Eastbourne Rovers AC	25.01				S		
W60										
W60 100m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	20	Helen Godsell	Blackheath & Bromley H AC	14.60	-1.5			G		
2	61	Joan Trimble	Kingston AC & Poly H	15.30	-1.5	G		S		
3	19	Christine Fry	Isle Of Wight AC	16.61	-1.5			B		
4	41	Anne Nelson	Epsom & Ewell Harriers	16.76	-1.5	S		-		
5	26	Hel James	Serpentine RC	17.41	-1.5	B				
W60 200m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	20	Helen Godsell	Blackheath & Bromley H AC	31.40	-1.6			G		
2	61	Joan Trimble	Kingston AC & Poly H	33.62	-1.6	G		S		
3	19	Christine Fry	Isle Of Wight AC	35.03	-1.6			B		
4	41	Anne Nelson	Epsom & Ewell Harriers	35.88	-1.6	S		-		
5	76	Fiona Argent	Medway & Maidstone AC	36.79	-1.6	B				
W60 1500m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
2	172	Maggie Statham	Holland Sports AC	6:11.92		G				
4	159	Julia Galea	Ilford AC	6:50.77		S				
W60 5000m			Final			VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
5	172	Maggie Statham	Holland Sports AC	21:42.10		G				
10	198	Barbara Ralph	Chiltern Harriers AC	23:13.98				G		
15	159	Julia Galea	Ilford AC	26:05.99		S				

W60	300m Hurdles			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
2	103	Lyn Ahmet	Radley AC	65.02				G		
3	76	Fiona Argent	Medway & Maidstone AC	66.94		G				
W60	High Jump			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	105	Carole Filer	City Of Norwich AC	1.39						G
W60	Long Jump			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	105	Carole Filer	City Of Norwich AC	4.43	2.1	G	CBP			
2	19	Christine Fry	Isle Of Wight AC	3.54	2.6			G		
3	103	Lyn Ahmet	Radley AC	3.48	2.2			S		
4	26	Hel James	Serpentine RC	2.55	1.3	S				
W60	Triple Jump			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	103	Lyn Ahmet	Radley AC	7.78	-0.3			G		
W60	Shot			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	248	Vilma Thompson	Belgrave Harriers	9.37				G		
W60	Discus			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	248	Vilma Thompson	Belgrave Harriers	19.50				G		
W60	Hammer			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	248	Vilma Thompson	Belgrave Harriers	28.05				G		
W60	Javelin			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	248	Vilma Thompson	Belgrave Harriers	18.39				G		
2	26	Hel James	Serpentine RC	12.46		G				
W65										
W65	100m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	71	Hendricka White	St Mary's Richmond AC	16.20	-2.0			G	CBP	
2	16	Brenda Fee	Barnet & District AC	16.27	-2.0	G				
W65	200m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	w/s	Medal		Medal		Medal
1	71	Hendricka White	St Mary's Richmond AC	34.00	-1.8			G		
2	16	Brenda Fee	Barnet & District AC	34.32	-1.8	G				
6	77	Ann Bath	26.2 RRC	49.52	-1.8	S		-		
W65	400m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
1	117	Caroline Marler	Otley AC	74.72						G
3	16	Brenda Fee	Barnet & District AC	83.49		G	CBP			
5	77	Ann Bath	26.2 RRC	115.23		S		-		
W65	800m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
5	77	Ann Bath	26.2 RRC	3:54.78		G		G		
W65	1500m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
3	167	Margaret Moody	Basingstoke & Mid H AC	6:26.47		G				
6	77	Ann Bath	26.2 RRC	7:25.16		S		G		
W65	5000m			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf		Medal		Medal		Medal
6	202	Ros Tabor	Dulwich Runners AC	21:57.33		G				
8	167	Margaret Moody	Basingstoke & Mid H AC	22:35.96		S				
13	77	Ann Bath	26.2 RRC	25:33.28		B		G		

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

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

W80 Hammer			Final		VAC	Rec	SCVAC	Rec	Guest
Pos	No	Athlete	Club	Perf	Medal		Medal		Medal
1	217	Barbara Dunsford	Belgrave Harriers	15.49			G		