



Southampton Athletic Club

Southern Vets League

21-Jun-10

Winchester

Mens Match

1	Basingstoke & Mid Hants	242	8
2	Southampton	220	7
3	City of Portsmouth	209	6
4	Winchester & District	207	5
5	Havant	174	4
6	Aldershot, Farnham & District	164	3
7	Fleet & Crookham	107	2
8	Woking	36	1

100 metres

Men A

1	Jon Tilt	M45	Southampton	12.6
2	David Cornes	M40	Basingstoke & Mid Hants	12.8
3	Tim Brown	M35	Havant	13.2
4	Ian Bridgeman	M40	Aldershot, Farnham & District	13.2
5	Neil Barker	M45	Winchester & District	13.3
6	Nialls Davies	M35	City of Portsmouth	13.3
7	John Dickinson	M45	Fleet & Crookham	13.8

Men B

1	Andy Waddington	M45	Basingstoke & Mid Hants	12.7
2	Gary MacDonald Gray	M40	Southampton	12.9
3	John Coe	M50	Aldershot, Farnham & District	13.7
4	Mark Donovan	M50	City of Portsmouth	14.1
5	Andrew Driver	M45	Fleet & Crookham	14.4
6	John O'Shea	M45	Winchester & District	14.7
7	John Seekings	M40	Havant	15

Men 50

1	Ray Watkins	M55	Basingstoke & Mid Hants	12.8
2	Paul Roker	M60	Aldershot, Farnham & District	13.4
3	Martin Phillips	M50	City of Portsmouth	13.7
4	Vic Novell	M65	Southampton	14
5	Bill Beardsmore	M55	Havant	14.9
6	Martyn West	M55	Winchester & District	16

Non-Scoring

1	Mark West	M35	Southampton, gst	13.5
2	David McAdam	M40	Aldershot, Farnham & District, gst	13.6
3	Derek Warn	M40	Southampton, gst	14.3
4	Graham Kent	M55	Basingstoke & Mid Hants, gst	16.2

400 metres

Men A

1	Jon Tilt	M45	Southampton	53.7
2	David Cornes	M40	Basingstoke & Mid Hants	55.1
3	Neil Barker	M45	Winchester & District	58.3

	4 Nialls Davies	M35	City of Portsmouth	59.5
	5 John Dickinson	M45	Fleet & Crookham	60.8
	6 Chip Wrapson	M50	Havant	69.1
	7 Andy Smith	M45	Woking	92.7
Men B				
	1 Simon Caravella	M35	Southampton	54.2
	2 Andrew Driver	M45	Fleet & Crookham	60
	3 Patrick Symington	M50	Basingstoke & Mid Hants	61.9
	4 Mark Donovan	M50	City of Portsmouth	64.1
	5 Richard Nichols	M40	Winchester & District	66.1
	6 John Seekings	M40	Havant	69.6
Men 50				
	1 David Elderfield	M50	Basingstoke & Mid Hants, gst	54.1
	2 Ray Watkins	M55	Basingstoke & Mid Hants	58.8
	3 Martin Phillips	M50	City of Portsmouth	63.8
	4 Martyn West	M55	Winchester & District	68.2
	5 Stephen Ford	M55	Aldershot, Farnham & District	68.9
	6 Gordon Whelan	M50	Southampton	69.2
	7 Graham Foden	M60	Havant	79
Men 60				
	1 Paul Roker	M60	Aldershot, Farnham & District	62.6
	2 Graham Kent	M55	Basingstoke & Mid Hants, gst	75.6
	3 Ray Lewis	M60	City of Portsmouth	76.6
	4 Roger Osgood	M65	Havant	78.3
	5 Jonathan Kane	M65	Winchester & District	82.3
	6 Alan Cheers	M65	Basingstoke & Mid Hants	97.7
1500 metres				
Men A				
	1 David Blackman	M40	Southampton	04:23.0
	2 Marius Kwint	M45	Winchester & District	04:28.6
	3 Rob Halsey	M45	Basingstoke & Mid Hants	04:35.7
	4 Simon Mitchell	M45	Fleet & Crookham	04:42.4
	5 Dave Symmonds	M45	Havant	05:07.2
	6 Andrew Hislop	M40	Aldershot, Farnham & District	05:10.8
	7 Ed Connolly	M60	City of Portsmouth	05:19.5
	8 Alan Davidson	M60	Woking	06:25.3
Men B				
	1 Andy Morgan-Lee	M40	guest	04:21.9
	2 Robin Houghton	M35	Winchester & District	04:37.2
	3 John Bigg	M45	Basingstoke & Mid Hants	04:49.0
	4 Andy Gannaway	M45	Winchester & District, gst	04:58.5
	5 Alan Doney	M40	Winchester & District, gst	05:03.6
	6 John Macinnes	M45	Southampton, gst	05:14.4
	7 Paul Carter	M45	Havant	05:18.1
	8 Paul Johnson	M45	Southampton	05:21.9
	9 Rob Skripek	M40	Fleet & Crookham	05:37.5
	10 Andy Smith	M45	Woking	06:44.5
Men 50				
	1 Paul Davoile	M50	City of Portsmouth	04:39.3
	2 Paul Cousins	M50	Woking	05:13.5

3	Mike Williamson	M50	Winchester & District	05:16.6
4	Steve Watts	M50	Fleet & Crookham	05:20.5
5	Pete Staunton	M55	Southampton	05:22.2
6	John Errington	M50	Basingstoke & Mid Hants	05:26.0
7	Bill Beardsmore	M55	Havant	06:08.1

5000 metres

Men A

1	Paul Bleach	M40	City of Portsmouth	16:20.7
2	Justin Phillipps	M35	Aldershot, Farnham & District	16:37.9
3	Steve Jeffery	M40	Basingstoke & Mid Hants	17:06.5
4	Mike Davies	M45	Winchester & District	17:16.7
5	Simon Mitchell	M45	Fleet & Crookham	17:22.9
6	Mike Tanner	M35	Southampton	17:28.0
7	Mike Harper	M45	Havant	18:14.7
8	Andy Smith	M45	Woking	22:34.3

Men B

1	Mark Champion	M35	City of Portsmouth	17:21.7
2	Mickael Hegesippe	M40	Fleet & Crookham	17:25.1
3	Jon Grainger	M45	Southampton	18:03.0
4	Tom Meldrum	M35	Winchester & District	18:08.8
5	Franklyn Young	M45	Winchester & District, gst	18:16.7
6	Dave Symmonds	M45	Havant	18:29.0
7	Matthew Hallin	M35	Basingstoke & Mid Hants	18:29.7
8	Rob Halsey	M45	Basingstoke & Mid Hants, gst	18:40.0
9	John Bigg	M45	Basingstoke & Mid Hants, gst	18:41.6
10	Ray Gascoyne	M40	Fleet & Crookham, gst	19:40.0
11	Jon Capel	M35	Fleet & Crookham, gst	20:02.6
12	Gordon Westley	M40	Southampton, gst	20:09.4
13	David Long	M45	Fleet & Crookham, gst	21:02.5

Men 50

1	Russell Burton	M55	Basingstoke & Mid Hants	18:10.2
2	Godfrey Rhimes	M55	City of Portsmouth	18:16.7
3	Malcolm Renyard	M60	Havant	18:30.1
4	Graham Cotterell	M50	Southampton	18:32.5
5	Don Powell	M55	Basingstoke & Mid Hants, gst	19:26.4
6	Gareth Jones	M60	Southampton, gst	19:37.3
7	Martyn West	M55	Winchester & District	20:30.9
8	John Tomlinson	M55	Basingstoke & Mid Hants, gst	20:41.2
9	Alan Davidson	M60	Woking	21:28.6

Medley Relay

1	Southampton	03:55.4	16
2	Basingstoke & Mid Hants	04:08.6	14
3	Winchester & District	04:11.8	12
4	City of Portsmouth	04:18.0	10
5	Fleet & Crookham	04:32.6	8
6	Aldershot, Farnham & District	04:36.3	6
7	Havant	04:41.1	4
8	Southampton (Non-Scoring)	04:41.8 -	

High Jump

Men

	1	Andy Waddington	M45	Basingstoke & Mid Hants	1.7
	2	Phillip Chalke	M40	Aldershot, Farnham & District	1.65
	3	Mark West	M35	Southampton	1.45
	4	Robin Houghton	M35	Winchester & District	1.45
	5	John Dickinson	M45	Fleet & Crookham	1.4
	6	Nialls Davies	M35	City of Portsmouth	1.25
	7	Rob Halsey	M45	Basingstoke & Mid Hants, gst	1.2
	8	John Seekings	M40	Havant	1.15
Men 50					
	1	Chris Berry	M50	Basingstoke & Mid Hants	1.4
	2	Mike Coker	M50	Southampton	1.4
	3	Paul Hillyard	M55	City of Portsmouth	1.35
	4	David Vosser	M50	Winchester & District	1.35
	5	Paul Roker	M60	Aldershot, Farnham & District	1.3
	6	Alan Cheers	M65	Basingstoke & Mid Hants, gst	1.25
	7	Pete Spencer	M65	Havant	1.15
Long Jump					
Men					
	1	Andy Waddington	M45	Basingstoke & Mid Hants	5.41
	2	Ian Bridgeman	M40	Aldershot, Farnham & District	5.18
	3	Derek Warn	M40	Southampton	4.6
	4	Paul Hillyard	M55	City of Portsmouth	4.03
	5	Mike Davies	M45	Winchester & District	3.92
	6	John Seekings	M40	Havant	3.74
	7	John Dickinson	M45	Fleet & Crookham	3.23
Men 50					
	1	Mike Coker	M50	Southampton	4.8
	2	Mark Donovan	M50	City of Portsmouth	4.42
	3	Paul Roker	M60	Aldershot, Farnham & District	4.2
	4	Alan Cheers	M65	Basingstoke & Mid Hants	4.18
	5	Martyn West	M55	Winchester & District	3.86
	6	Pete Spencer	M65	Havant	3.22
Shot					
Men					
	1	Mike Marchant	M45	Winchester & District	10.67
	2	Tim Brown	M35	Havant	9.96
	3	Kim Pullen	M45	Southampton, gst	9.6
	4	Ian Bridgeman	M40	Aldershot, Farnham & District	8.67
	5	Mark West	M35	Southampton	8.65
	6	Chris Berry	M50	Basingstoke & Mid Hants	8.09
	7	Paul Hillyard	M55	City of Portsmouth	8
	8	Rob Skripek	M40	Fleet & Crookham	5.34
Men 50					
	1	Mike Small	M50	Havant	12.25
	2	Mike Coker	M50	Southampton	8.26
	3	Mike Reddick	M65	City of Portsmouth	8.15
	4	Stephen Ford	M55	Aldershot, Farnham & District	8
	5	Patrick Symington	M50	Basingstoke & Mid Hants	7.01
	6	David Vosser	M50	Winchester & District	6.62
Men 60					

	1 Bill Hudson	M65	Basingstoke & Mid Hants	9.01
	2 Pete Spencer	M65	Havant	8.34
	3 Vic Adcock	M70	City of Portsmouth	8.3
	4 John Appledore	M60	Woking	6.79
	5 Ewan Simmonds	M65	Winchester & District	6.65
	6 Richard Simpson	M60	Fleet & Crookham	6.32
	7 Vic Novell	M65	Southampton	6.13
Hammer				
Men				
	1 Mike Marchant	M45	Winchester & District	33.95
	2 Kim Pullen	M45	Southampton, gst	32.97
	3 Tim Brown	M35	Havant	32.3
	4 Chris Berry	M50	Basingstoke & Mid Hants	22.73
	5 David Long	M45	Fleet & Crookham	12.84
	6 John Macinnes	M45	Southampton	11.55
	7 David McAdam	M40	Aldershot, Farnham & District	11.31
	8 Paul Davoile	M50	City of Portsmouth	9.6
Men 50				
	1 Mike Small	M50	Havant	38.94
	2 Stephen Ford	M55	Aldershot, Farnham & District	34.17
	3 Mike Reddick	M65	City of Portsmouth	19.71
	4 David Vossier	M50	Winchester & District	16.69
	5 Richard Simpson	M60	Fleet & Crookham	7.35
	6 Bill Hudson	M65	Basingstoke & Mid Hants	NT

Womens Match Results

	1 Winchester & District	209	7	
	2 City of Portsmouth	187	6	
	3 Basingstoke & Mid Hants	138	5	
	4 Havant	134	4	
	5 Fleet & Crookham	125	3	
	6 Southampton	72	2	
	7 Woking	24	1	
100 metres				
Women A				
	1 Tracy Burrows	W45	City of Portsmouth	14.7
	2 Courtney Davis	W45	Southampton	14.7
	3 Becky Crisp	W35	Basingstoke & Mid Hants	14.8
	4 Alison Fenwick	W45	Winchester & District	15.3
	5 Debbie Pagan	W45	Fleet & Crookham	15.4
	6 Amanda Godfrey	W45	Havant	16.3
Women B				
	1 Adele Forsyth	W40	Winchester & District	15.3
	2 Jayne Anscombe	W40	City of Portsmouth	16
	3 Rebecca Brennan	SW	Fleet & Crookham, gst	16
	4 Vicki Spencer	W45	Havant	16.6
	5 Soph Boot	W35	Southampton	19
	6 Trish Cornes	W40	Basingstoke & Mid Hants	19.7
Women 50				
	1 Moira West	W60	Winchester & District	15.6

	2 Janet Leggett	W50	Fleet & Crookham	17.9
	3 Lyn Lintern	W55	Havant	18.2
	4 Vicky Bright	W50	Southampton	18.5
	5 Lynne Newton	W60	City of Portsmouth	19
	6 Jenny Froud	W55	Basingstoke & Mid Hants	20.7
	7 Linda Baldwin	W60	Woking	21.1
400 metres				
Women A				
	1 Gill Cashell	W45	Southampton	62
	2 Karen Hazlitt	W40	Winchester & District	65.6
	3 Tracy Burrows	W45	City of Portsmouth	65.6
	4 Becky Crisp	W35	Basingstoke & Mid Hants	67.9
	5 Amanda Godfrey	W45	Havant	76
	6 Debbie Pagan	W45	Fleet & Crookham	78.2
Women B				
	1 Jayne Anscombe	W40	City of Portsmouth	71.1
	2 Nicci Blandford	W35	Southampton	71.9
	3 Rebecca Brennan	SW	Fleet & Crookham, gst	73.6
	4 Vicki Spencer	W45	Havant	73.6
	5 Jo Jefferies	W35	Winchester & District	75.4
	6 Julie Keough	W40	Basingstoke & Mid Hants	78.3
	7 Sue Capel	W35	Fleet & Crookham	94.8
Women 50				
	1 Janet Leggett	W50	Fleet & Crookham	82
	2 Ramona Thevenet-Smith	W50	Woking	82
	3 Liz Sandall-Ball	W55	Winchester & District	85.1
	4 Jane Georgiou	W55	City of Portsmouth	86.2
	5 Vicky Bright	W50	Southampton	91.8
	6 Jenny Froud	W55	Basingstoke & Mid Hants	94.7
Women 60				
	1 Moira West	W60	Winchester & District	76.3
	2 Cecilia Morrison	W65	City of Portsmouth	90.1
	3 Sue Graves	W60	Fleet & Crookham	99.9
	4 Marilyn Crocker	W60	Havant	103
	5 Sue Pett	W60	Basingstoke & Mid Hants	106.3
1500 metres				
Women A				
	1 Michaela McCallum	W40	Winchester & District	05:08.2
	2 Charon Baggaley	W40	City of Portsmouth	05:43.1
	3 Debbie Pagan	W45	Fleet & Crookham	06:16.6
	4 Sue Blackall	W40	Basingstoke & Mid Hants	06:26.6
	5 Di Byrne	W40	Havant	06:31.4
Women B				
	1 Audra Dennison	W40	Winchester & District	05:34.3
	2 Rebecca Brennan	SW	Fleet & Crookham, gst	05:40.2
	3 Cecilia Morrison	W65	City of Portsmouth	06:02.9
	4 Jan Rigden	W45	Winchester & District, gst	06:10.0
	5 Sue Capel	W35	Fleet & Crookham	06:44.7
	6 Jane Bradbury	W40	Basingstoke & Mid Hants	06:55.0
	7 Cathy Row	W35	Havant	06:55.9

Women 50

1 Janet Leggett	W50	Fleet & Crookham	05:50.4
2 Jane Georghiou	W55	City of Portsmouth	05:54.6
3 Madeline Vossier	W50	Winchester & District	06:01.0
4 Ramona Thevenet-Smith	W50	Woking	06:14.3
5 Jenny Froud	W55	Basingstoke & Mid Hants	07:01.3
6 Marilyn Crocker	W60	Havant	07:41.6

Medley Relay

1 Winchester & District	04:45.5	14
2 Southampton	04:54.9	12
3 City of Portsmouth	05:09.5	10
4 Basingstoke & Mid Hants	05:46.1	8
5 Havant	05:58.2	6
6 Fleet & Crookham	06:00.8	4

High Jump

Women

1 Debbie Pagan	W45	Fleet & Crookham	1.25
2 Alison Fenwick	W45	Winchester & District	1.2
3 Amanda Godfrey	W45	Havant	1.2
4 Ros Stansbury	W35	City of Portsmouth	1.15
5 Julie Keough	W40	Basingstoke & Mid Hants	1.1
6 Soph Boot	W35	Southampton	1.05

Women 50

1 Moira West	W60	Winchester & District	1.1
2 Sue Pett	W60	Basingstoke & Mid Hants	1.05
3= Kirsten Workman	W55	City of Portsmouth	0.95
3= Janet Leggett	W50	Fleet & Crookham	0.95
3= Marilyn Crocker	W60	Havant	0.95

Triple Jump

Women

1 Alison Fenwick	W45	Winchester & District	8.99
2 Amanda Godfrey	W45	Havant	6.81
3 Jane Bradbury	W40	Basingstoke & Mid Hants	5.5
4 Lynne Newton	W60	City of Portsmouth	5.43
5 Janet Leggett	W50	Fleet & Crookham	NJ

Women 50

1 Sue Pett	W60	Basingstoke & Mid Hants	6.93
2 Joy Radford	W55	Winchester & District	6.4
3 Marilyn Crocker	W60	Havant	5.88
4 Kirsten Workman	W55	City of Portsmouth	5.56
5 Vicky Bright	W50	Southampton	5
6 Sue Graves	W60	Fleet & Crookham	4.99

Hammer

Women

1 Ros Stansbury	W35	City of Portsmouth	18.23
2 Trish Cornes	W40	Basingstoke & Mid Hants	16.33
3 Janet Littlewood	W35	Winchester & District	14.57
4 Lyn Lintern	W55	Havant	13.18

Women 50

1 Sue Hume	W55	Winchester & District	24.31
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	2 Kirsten Workman	W55	City of Portsmouth	23.32
	3 Sue Graves	W60	Fleet & Crookham	18.18
	4 Sue Pett	W60	Basingstoke & Mid Hants	17.14
	5 Iris Mitchell	W65	Havant	15.68
Javelin				
Women				
	1 Ros Stansbury	W35	City of Portsmouth	18.16
	2 Cathy Row	W35	Havant	17.32
	3 Janet Littlewood	W35	Winchester & District	16.91
	4 Trish Cornes	W40	Basingstoke & Mid Hants	7.84
	5 Sue Capel	W35	Fleet & Crookham	NT
	6 Rebecca Brennan	SW	Fleet & Crookham, gst	NT
Women 50				
	1 Kirsten Workman	W55	City of Portsmouth	20.49
	2 Lyn Lintern	W55	Havant	15.76
	3 Sue Hume	W55	Winchester & District	9.68
	4 Janet Leggett	W50	Fleet & Crookham	7.9
Women 60				
	1 Sue Pett	W60	Basingstoke & Mid Hants	18.36
	2 Moira West	W60	Winchester & District	16.66
	3 Sue Graves	W60	Fleet & Crookham	10.93
	4 Lynne Newton	W60	City of Portsmouth	9.98
	5 Iris Mitchell	W65	Havant	9.89
	6 Linda Baldwin	W60	Woking	8.3