

# Final: Men's Results

## Ashford, Kent - 4

### September 2011

#### Match

1	Herne Hill Harriers	266
2	Blackheath & Bromley Harriers	265
3	Enfield & Haringey	234
4	Oxford City	232
5	Cambridge Harriers	173
6	Southampton	172
7	Eastbourne Rovers/Hailsham Harriers	98
8	Epsom & Ewell Harriers	96

#### 100 metres

##### M35 A

1	<b>Henry Chitsenga</b>	<i>M50</i>	Oxford City	<b>12.7</b>	8
2	<b>Bobby Cooper</b>	<i>M45</i>	Herne Hill Harriers	<b>12.8</b>	7
3	<b>Jonathan Tilt</b>	<i>M45</i>	Southampton	<b>12.9</b>	6
4	<b>Mitch Bellham</b>	<i>M40</i>	Enfield & Haringey	<b>13.1</b>	5
5	<b>Renrick Samuel</b>		Cambridge Harriers	<b>13.5</b>	4
6	<b>Mike Van Den Dobelsteen</b>	<i>M40</i>	Blackheath & Bromley Harriers	<b>13.6</b>	3
7	<b>Dave Coulson</b>	<i>M45</i>	Eastbourne R/Hailsham H	<b>14.7</b>	2

##### M35 B

1	<b>Mark West</b>	<i>M35</i>	Southampton	<b>13.0</b>	8
2	<b>Nick Lauder</b>	<i>M40</i>	Enfield & Haringey	<b>13.0</b>	7
3	<b>Masakatsu Kondo</b>	<i>M45</i>	Herne Hill Harriers	<b>13.0</b>	6
4	<b>Tony Palman-Brown</b>	<i>M45</i>	Oxford City	<b>13.3</b>	5
5	<b>Wole Odele</b>	<i>M45</i>	Cambridge Harriers	<b>13.9</b>	4
6	<b>Ian Montgomery</b>	<i>M45</i>	Blackheath & Bromley Harriers	<b>14.7</b>	3
7	<b>Dale Martin</b>	<i>M50</i>	Eastbourne R/Hailsham H	<b>18.5</b>	2

##### M50

1	<b>Mike Vassiliou</b>		Enfield & Haringey	<b>12.6</b>	8
---	-----------------------	--	--------------------	-------------	---

2	<b>Kwei Sankofa</b>		Herne Hill Harriers	<b>12.8</b>	7
3	<b>Tom Phillips</b>	<i>M55</i>	Blackheath & Bromley Harriers	<b>13.4</b>	6
4	<b>Rob Shephard</b>		Epsom & Ewell Harriers	<b>13.4</b>	5
5	<b>Ian Gower</b>		Cambridge Harriers	<b>13.5</b>	4
6	<b>Brian Slaughter</b>		Eastbourne R/Hailsham H	<b>14.1</b>	3
7	<b>Richard Hart</b>		Oxford City	<b>14.1</b>	2
8	<b>Sidney Delara</b>	<i>M55</i>	Southampton	<b>15.8</b>	1

#### M60

1	<b>Terry Bissett</b>	<i>M65</i>	Epsom & Ewell Harriers	<b>14.3</b>	8
2	<b>Rob Brown</b>		Blackheath & Bromley Harriers	<b>14.5</b>	7
3	<b>Barry Ferguson</b>	<i>M65</i>	Cambridge Harriers	<b>14.7</b>	6
4	<b>Allan Long</b>	<i>M65</i>	Herne Hill Harriers	<b>15.0</b>	5
5	<b>Bruce Hendrie</b>		Oxford City	<b>15.1</b>	4
6	<b>Alan Carter</b>	<i>M70</i>	Enfield & Haringey	<b>15.4</b>	3
7	<b>Richard Pearson</b>	<i>M65</i>	Southampton	<b>18.2</b>	2

### 200 metres

#### M35 A

1	<b>Jonathan Tilt</b>	<i>M45</i>	Southampton	<b>25.9</b>	8
2	<b>Henry Chitsenga</b>	<i>M50</i>	Oxford City	<b>25.7</b>	7
3	<b>Alan James</b>		Enfield & Haringey	<b>26.2</b>	6
4	<b>Bobby Cooper</b>	<i>M45</i>	Herne Hill Harriers	<b>26.3</b>	5
5	<b>Wole Odele</b>	<i>M45</i>	Cambridge Harriers	<b>28.1</b>	4
6	<b>Adrian Stocks</b>		Blackheath & Bromley Harriers	<b>28.9</b>	3
7	<b>Dave Coulson</b>	<i>M45</i>	Eastbourne R/Hailsham H	<b>29.1</b>	2

#### M35 B

1	<b>Mark West</b>	<i>M35</i>	Southampton	<b>25.9</b>	8
2	<b>Nick Lauder</b>	<i>M40</i>	Enfield & Haringey	<b>26.5</b>	7
3	<b>Gareth Davies</b>	<i>M40</i>	Oxford City	<b>26.7</b>	6
4	<b>Masakatsu Kondo</b>	<i>M45</i>	Herne Hill Harriers	<b>27.2</b>	5
5	<b>Renrick Samuel</b>		Cambridge Harriers	<b>28.2</b>	4
6	<b>Clem Leon</b>	<i>M55</i>	Blackheath & Bromley Harriers	<b>28.3</b>	3
7	<b>Dale Martin</b>	<i>M50</i>	Eastbourne R/Hailsham H	<b>38.3</b>	2

#### M50

1	<b>Mike Vassiliou</b>		Enfield & Haringey	<b>25.2</b>	8
2	<b>Kwei Sankofa</b>		Herne Hill Harriers	<b>26.0</b>	7
3	<b>Ian Gower</b>		Cambridge Harriers	<b>27.3</b>	6
4	<b>Tom Phillips</b>	<i>M55</i>	Blackheath & Bromley Harriers	<b>27.3</b>	5
5	<b>Rob Shephard</b>		Epsom & Ewell Harriers	<b>27.5</b>	4
6	<b>Richard Hart</b>		Oxford City	<b>29.2</b>	3
7	<b>Malcolm Riddle</b>	<i>M50</i>	Southampton	<b>48.3</b>	2

## 400 metres

### M35 A

1	<b>Mike Vassiliou</b>	<i>M50</i>	Enfield & Haringey	<b>54.5</b>	8
2	<b>Jonathan Tilt</b>	<i>M45</i>	Southampton	<b>55.6</b>	7
3	<b>Henry Chitsenga</b>	<i>M50</i>	Oxford City	<b>56.5</b>	6
4	<b>Richard Holt</b>		Blackheath & Bromley Harriers	<b>56.8</b>	5
5	<b>Dave Reader</b>		Cambridge Harriers	<b>58.6</b>	4
6	<b>Bobby Cooper</b>	<i>M45</i>	Herne Hill Harriers	<b>61.8</b>	3
7	<b>Dave Coulson</b>	<i>M45</i>	Eastbourne R/Hailsham H	<b>62.6</b>	2

### M35 B

1	<b>Jamie Wass</b>		Cambridge Harriers	<b>57.4</b>	8
2	<b>David Blackman</b>	<i>M40</i>	Southampton	<b>57.9</b>	7
3	<b>Winston Mcfarlane</b>	<i>M45</i>	Enfield & Haringey	<b>58.1</b>	6
4	<b>Adrian Stocks</b>		Blackheath & Bromley Harriers	<b>62.9</b>	5
5	<b>Mark White</b>		Herne Hill Harriers	<b>63.3</b>	4
6	<b>Dave Mercer</b>		Eastbourne R/Hailsham H	<b>65.0</b>	3
7	<b>Steve Overton</b>	<i>M45</i>	Oxford City	<b>82.3</b>	2

### M50

1	<b>Kwei Sankofa</b>		Herne Hill Harriers	<b>56.7</b>	8
2	<b>Clem Leon</b>	<i>M55</i>	Blackheath & Bromley Harriers	<b>61.0</b>	7
3	<b>Howard Papworth</b>	<i>M55</i>	Oxford City	<b>61.9</b>	6
4	<b>Peter Ley</b>		Enfield & Haringey	<b>62.0</b>	5
5	<b>Ray Daniel</b>		Cambridge Harriers	<b>62.8</b>	4
6	<b>Sidney Delara</b>	<i>M55</i>	Southampton	<b>67.6</b>	3
7	<b>Paul Eccles</b>		Eastbourne R/Hailsham H	<b>71.4</b>	2

### M60

1	<b>Bob Minting</b>		Blackheath & Bromley Harriers	<b>63.7</b>	8
2	<b>Keith Crew</b>		Enfield & Haringey	<b>64.9</b>	7
3	<b>Bruce Hendrie</b>		Oxford City	<b>70.4</b>	6
4	<b>Mike Mann</b>		Herne Hill Harriers	<b>72.1</b>	5
5	<b>Peter Hadley</b>	<i>M65</i>	Cambridge Harriers	<b>73.3</b>	4
6	<b>Richard Pearson</b>	<i>M65</i>	Southampton	<b>91.7</b>	3

## 800 metres

### M35 A

1	<b>Alex Gibbins</b>		Blackheath & Bromley Harriers	<b>2:02.8</b>	8
2	<b>Dave Peters</b>	<i>M40</i>	Herne Hill Harriers	<b>2:03.3</b>	7
3	<b>David Blackman</b>	<i>M40</i>	Southampton	<b>2:09.6</b>	6
4	<b>Larry Mangelshot</b>	<i>M45</i>	Enfield & Haringey	<b>2:11.6</b>	5
5	<b>Dave Reader</b>		Cambridge Harriers	<b>2:14.7</b>	4
6	<b>Dave Coulson</b>	<i>M45</i>	Eastbourne R/Hailsham H	<b>2:20.9</b>	3
7	<b>Steve Overton</b>	<i>M45</i>	Oxford City	<b>2:24.9</b>	2
8	<b>Dominic Malins</b>	<i>M40</i>	Epsom & Ewell Harriers	<b>2:29.8</b>	1

### M35 B

1	<b>Jon Grainger</b>	<i>M45</i>	Southampton	<b>2:13.8</b>	8
2	<b>Vic Maughn</b>	<i>M45</i>	Herne Hill Harriers	<b>2:14.7</b>	7
3	<b>Mark Ashby</b>	<i>M45</i>	Cambridge Harriers	<b>2:15.5</b>	6
4	<b>Matt De Freitas</b>	<i>M40</i>	Blackheath & Bromley Harriers	<b>2:15.5</b>	5
5	<b>Eddie Bayne</b>	<i>M40</i>	Enfield & Haringey	<b>2:20.6</b>	4
6	<b>Jeff Butler</b>	<i>M45</i>	Epsom & Ewell Harriers	<b>2:34.3</b>	3
7	<b>John Exley</b>	<i>M60</i>	Oxford City	<b>2:50.0</b>	2
8	<b>Dale Martin</b>	<i>M50</i>	Eastbourne R/Hailsham H	<b>3:08.1</b>	1

### M50

1	<b>Keith Ewing</b>		Blackheath & Bromley Harriers	<b>2:13.3</b>	8
2	<b>Ray Daniel</b>		Cambridge Harriers	<b>2:19.1</b>	7
3	<b>Howard Papworth</b>	<i>M55</i>	Oxford City	<b>2:19.1</b>	6
4	<b>Tom Conlon</b>		Herne Hill Harriers	<b>2:22.5</b>	5
5	<b>Brian Slaughter</b>		Eastbourne R/Hailsham H	<b>2:23.9</b>	4
6	<b>Richard Holland</b>		Enfield & Haringey	<b>2:26.1</b>	3
7	<b>Simon Bean</b>		Epsom & Ewell Harriers	<b>2:26.8</b>	2

8                      Sidney Delara    M55                      Southampton                      2:31.1    1

## 1500 metres

### M35 A

1	<b>Alex Gibbins</b>		Blackheath & Bromley Harriers	<b>4:14.7</b>	8
2	<b>Dave Peters</b>	M40	Herne Hill Harriers	<b>4:15.7</b>	7
3	<b>Andy Morgan-Lee</b>	M40	Southampton	<b>4:21.2</b>	6
4	<b>Larry Mangelshot</b>	M45	Enfield & Haringey	<b>4:38.6</b>	5
5	<b>Mark Ashby</b>	M45	Cambridge Harriers	<b>4:53.2</b>	4
6	<b>Steve Overton</b>	M45	Oxford City	<b>4:58.9</b>	3
7	<b>Jeff Butler</b>	M45	Epsom & Ewell Harriers	<b>5:14.1</b>	2
8	<b>Andy Ruffell</b>	M40	Eastbourne R/Hailsham H	<b>5:18.3</b>	1

### M35 B

1	<b>Keith Ewing</b>	M50	Blackheath & Bromley Harriers	<b>4:35.2</b>	8
2	<b>Jon Grainger</b>	M45	Southampton	<b>4:35.9</b>	7
3	<b>Vic Maughn</b>	M45	Herne Hill Harriers	<b>4:38.4</b>	6
4	<b>Dave Mercer</b>		Eastbourne R/Hailsham H	<b>5:01.0</b>	5
5	<b>Mark Cross</b>	M50	Cambridge Harriers	<b>5:01.1</b>	4
6	<b>Eddie Bayne</b>	M40	Enfield & Haringey	<b>5:12.5</b>	3
7	<b>Roy Treadwell</b>	M60	Oxford City	<b>5:15.8</b>	2

### M50

1	<b>Brian Green</b>		Oxford City	<b>4:41.2</b>	8
2	<b>Alan Camp</b>	M55	Blackheath & Bromley Harriers	<b>4:47.9</b>	7
3	<b>Richard Holland</b>		Enfield & Haringey	<b>4:53.2</b>	6
4	<b>Paul Eccles</b>		Eastbourne R/Hailsham H	<b>4:56.1</b>	5
5	<b>Simon Bean</b>		Epsom & Ewell Harriers	<b>4:58.6</b>	4
6	<b>Paul Kent</b>		Cambridge Harriers	<b>5:07.3</b>	3
7	<b>Mike Mann</b>	M60	Herne Hill Harriers	<b>5:10.8</b>	2
8	<b>Graham Cotterell</b>	M50	Southampton	<b>5:36.3</b>	1

### M60

1	<b>Ken Daniel</b>		Blackheath & Bromley Harriers	<b>5:14.3</b>	8
2	<b>John Exley</b>		Oxford City	<b>5:18.8</b>	7
3	<b>Steve Knight</b>		Herne Hill Harriers	<b>5:26.0</b>	6

4	<b>Gerry Smith</b>		Epsom & Ewell Harriers	<b>5:49.3</b>	5
5	<b>Russell Williams</b>	<i>M65</i>	Cambridge Harriers	<b>6:11.8</b>	4
6	<b>Richard Pearson</b>	<i>M65</i>	Southampton	<b>6:21.8</b>	3

### 3000 metres

#### M35 A

1	<b>Andy Morgan-Lee</b>	<i>M40</i>	Southampton	<b>9:26.1</b>	8
2	<b>Francis Marsh</b>	<i>M45</i>	Herne Hill Harriers	<b>9:27.6</b>	7
3	<b>Eamonn Prendergast</b>		Blackheath & Bromley Harriers	<b>10:00.6</b>	6
4	<b>Roy Treadwell</b>	<i>M60</i>	Oxford City	<b>10:56.0</b>	5
5	<b>Mark Cross</b>	<i>M50</i>	Cambridge Harriers	<b>10:59.0</b>	4
6	<b>Jeff Butler</b>	<i>M45</i>	Epsom & Ewell Harriers	<b>11:02.3</b>	3
7	<b>Dave Mercer</b>		Eastbourne R/Hailsham H	<b>11:22.2</b>	2

#### M35 B

1	<b>Keith Newton</b>	<i>M45</i>	Herne Hill Harriers	<b>9:52.6</b>	8
2	<b>Richard Hall</b>		Blackheath & Bromley Harriers	<b>10:31.4</b>	7
3	<b>Jerry Carnell</b>	<i>M55</i>	Cambridge Harriers	<b>11:08.9</b>	6
4	<b>Paul Johnson</b>	<i>M45</i>	Southampton	<b>11:16.2</b>	5
5	<b>Andy Ruffell</b>	<i>M40</i>	Eastbourne R/Hailsham H	<b>11:26.5</b>	4
6	<b>John Exley</b>	<i>M60</i>	Oxford City	<b>11:47.0</b>	3

#### M50

1	<b>Brian Green</b>		Oxford City	<b>10:09.8</b>	8
2	<b>Alan Camp</b>	<i>M55</i>	Blackheath & Bromley Harriers	<b>10:16.8</b>	7
3	<b>Richard Holland</b>		Enfield & Haringey	<b>10:29.7</b>	6
4	<b>Tony Harran</b>		Herne Hill Harriers	<b>10:38.7</b>	5
5	<b>Paul Eccles</b>		Eastbourne R/Hailsham H	<b>10:47.5</b>	4
6	<b>Clem Dixon</b>		Cambridge Harriers	<b>11:00.9</b>	3
7	<b>Graham Cotterell</b>	<i>M50</i>	Southampton	<b>12:13.5</b>	2
8	<b>Gerry Smith</b>	<i>M60</i>	Epsom & Ewell Harriers	<b>12:30.5</b>	1

### 2000 metres Walk

#### M35

1	<b>Graham Chapman</b>	<i>M55</i>	Oxford City	<b>10:12.1</b>	8
---	-----------------------	------------	-------------	----------------	---

2	<b>Valdis Pauzers</b>	<i>M55</i>	Herne Hill Harriers	<b>10:50.2</b>	7
3	<b>Peter Hannell</b>	<i>M65</i>	Blackheath & Bromley Harriers	<b>11:38.5</b>	6
4	<b>Sean Pender</b>	<i>M55</i>	Enfield & Haringey	<b>12:11.2</b>	5
5	<b>Stephen Shrimplin</b>	<i>M50</i>	Cambridge Harriers	<b>13:18.6</b>	4
6	<b>Bill Arbury</b>	<i>M45</i>	Epsom & Ewell Harriers	<b>13:56.4</b>	3
7	<b>Andy Ruffell</b>	<i>M40</i>	Eastbourne R/Hailsham H	<b>14:43.2</b>	2
-	<b>John Macinnes</b>	<i>M45</i>	Southampton	<b>DQ</b>	

#### M50

1	<b>Roger Michell</b>	<i>M60</i>	Blackheath & Bromley Harriers	<b>10:56.2</b>	8
2	<b>Micky Harran</b>	<i>M70</i>	Herne Hill Harriers	<b>11:24.8</b>	7
3	<b>Dale Martin</b>		Eastbourne R/Hailsham H	<b>11:29.0</b>	6
4	<b>Pete O'Keefe</b>	<i>M55</i>	Oxford City	<b>13:45.4</b>	5
5	<b>John Corcoran</b>		Cambridge Harriers	<b>14:07.5</b>	4
6	<b>Dave Mitchell</b>		Epsom & Ewell Harriers	<b>14:30.6</b>	3
7	<b>Bernie Hercock</b>	<i>M70</i>	Enfield & Haringey	<b>15:04.7</b>	2
-	<b>Graham Cotterell</b>	<i>M50</i>	Southampton	<b>DQ</b>	-

#### 4x100m Relay

1	<b>Herne Hill Harriers</b>	<b>48.5</b>	8
2	<b>Enfield &amp; Haringey</b>	<b>48.6</b>	7
3	<b>Southampton</b>	<b>50.4</b>	6
4	<b>Oxford City</b>	<b>50.9</b>	5
5	<b>Cambridge Harriers</b>	<b>51.0</b>	4
6	<b>Blackheath &amp; Bromley Harriers</b>	<b>51.7</b>	3
7	<b>Eastbourne Rovers/Hailsham Harriers</b>	<b>60.7</b>	2

#### 4x400m Relay

1	<b>Blackheath &amp; Bromley Harriers</b>	<b>3:51.7</b>	8
2	<b>Enfield &amp; Haringey</b>	<b>3:55.7</b>	7
3	<b>Southampton</b>	<b>3:56.9</b>	6
4	<b>Herne Hill Harriers</b>	<b>4:12.2</b>	5
5	<b>Cambridge Harriers</b>	<b>4:13.9</b>	4

#### High Jump

#### M35

1	<b>Alwyn</b>	Enfield & Haringey	<b>1.81</b>	8
---	--------------	--------------------	-------------	---

<b>Lombaard</b>						
2	<b>Matthew Reece</b>	<i>M40</i>	Oxford City	<b>1.70</b>	7	
3	<b>Jason Dronfield</b>	<i>M40</i>	Epsom & Ewell Harriers	<b>1.65</b>	6	
4	<b>Michael Tanner</b>	<i>M40</i>	Southampton	<b>1.60</b>	5	
5	<b>Richard Holt</b>		Blackheath & Bromley Harriers	<b>1.50</b>	4	
6	<b>Akin Oyediran</b>	<i>M50</i>	Herne Hill Harriers	<b>1.45</b>	3	
7	<b>Dave Coulson</b>	<i>M45</i>	Eastbourne R/Hailsham H	<b>1.35</b>	2	

#### M50

1	<b>Clem Leon</b>	<i>M55</i>	Blackheath & Bromley Harriers	<b>1.45</b>	8	
2	<b>Tom Conlon</b>		Herne Hill Harriers	<b>1.40</b>	7	
3	<b>Peter Ley</b>		Enfield & Haringey	<b>1.30</b>	6	
4	<b>Ian Gower</b>		Cambridge Harriers	<b>1.25</b>	5	
5	<b>Richard Hart</b>		Oxford City	<b>1.25</b>	4	
6	<b>Sidney Delara</b>	<i>M55</i>	Southampton	<b>No ht</b>	-	

#### M60

1	<b>Bob Minting</b>		Blackheath & Bromley Harriers	<b>1.30</b>	8	
2	<b>Derek Prentice</b>		Herne Hill Harriers	<b>1.25</b>	7	
3	<b>Barry Ferguson</b>	<i>M65</i>	Cambridge Harriers	<b>1.25</b>	6	
4	<b>Bruce Hendrie</b>		Oxford City	<b>1.20</b>	5	
5	<b>Alan Carter</b>	<i>M70</i>	Enfield & Haringey	<b>1.10</b>	4	

### Pole Vault

#### M35

1	<b>Murray Hillborne</b>	<i>M45</i>	Blackheath & Bromley Harriers	<b>3.10</b>	8	
2	<b>Derek Warn</b>	<i>M45</i>	Southampton	<b>2.80</b>	7	
3	<b>Tony Palman-Brown</b>	<i>M45</i>	Oxford City	<b>2.50</b>	6	
4	<b>John Andrews</b>	<i>M45</i>	Epsom & Ewell Harriers	<b>No ht</b>	-	

#### M50

1	<b>Brian Slaughter</b>		Eastbourne R/Hailsham H	<b>3.00</b>	8	
2	<b>Peter Ley</b>		Enfield & Haringey	<b>2.50</b>	7	
3	<b>Bruce Henrie</b>	<i>M60</i>	Oxford City	<b>2.40</b>	6	
4	<b>Brian Harlick</b>	<i>M65</i>	Epsom & Ewell Harriers	<b>2.10</b>	5	
5	<b>Clem Leon</b>	<i>M55</i>	Blackheath & Bromley Harriers	<b>2.10</b>	4	
6	<b>Tom Conlon</b>		Herne Hill Harriers	<b>1.70</b>	3	

## Long Jump

### M35

1	<b>Gareth Davies</b>	<i>M40</i>	Oxford City	<b>5.82</b>	8
2	<b>Masakatsu Kondo</b>	<i>M45</i>	Herne Hill Harriers	<b>5.79</b>	7
3	<b>Mitch Bellham</b>	<i>M40</i>	Enfield & Haringey	<b>5.56</b>	6
4	<b>Mark West</b>	<i>M35</i>	Southampton	<b>5.53</b>	5
5	<b>Mark Purser</b>		Blackheath & Bromley Harriers	<b>5.35</b>	4
6	<b>John Andrews</b>	<i>M45</i>	Epsom & Ewell Harriers	<b>4.81</b>	3
7	<b>Wole Odele</b>	<i>M45</i>	Cambridge Harriers	<b>4.80</b>	2

### M50

1	<b>Akin Oyediran</b>		Herne Hill Harriers	<b>5.70</b>	8
2	<b>Brian Slaughter</b>		Eastbourne R/Hailsham H	<b>4.92</b>	7
3	<b>Peter Ley</b>		Enfield & Haringey	<b>4.67</b>	6
4	<b>Clem Leon</b>	<i>M55</i>	Blackheath & Bromley Harriers	<b>4.61</b>	5
5	<b>Ian Gower</b>		Cambridge Harriers	<b>4.22</b>	4
6	<b>Richard Hart</b>		Oxford City	<b>3.98</b>	3
7	<b>Malcolm Riddle</b>	<i>M50</i>	Southampton	<b>3.32</b>	2

### M60

1	<b>Bruce Hendrie</b>		Oxford City	<b>4.23</b>	8
2	<b>Dennis Wallington</b>		Blackheath & Bromley Harriers	<b>4.15</b>	7
3	<b>Allan Long</b>	<i>M65</i>	Herne Hill Harriers	<b>4.05</b>	6
4	<b>Keith Crew</b>		Enfield & Haringey	<b>4.01</b>	5
5	<b>Norman Rice</b>	<i>M65</i>	Epsom & Ewell Harriers	<b>3.43</b>	4
6	<b>Derek Briscoe</b>	<i>M65</i>	Cambridge Harriers	<b>3.23</b>	3
7	<b>Richard Pearson</b>	<i>M65</i>	Southampton	<b>1.71</b>	2

## Triple Jump

### M35

1	<b>Akin Oyediran</b>	<i>M50</i>	Herne Hill Harriers	<b>12.63</b>	8
2	<b>Gareth Davies</b>	<i>M40</i>	Oxford City	<b>12.05</b>	7
3	<b>Alwyn Lombaard</b>		Enfield & Haringey	<b>11.47</b>	6
4	<b>Mark West</b>	<i>M35</i>	Southampton	<b>11.12</b>	5
5	<b>Adrian Stocks</b>		Blackheath & Bromley Harriers	<b>9.47</b>	4
6	<b>Wole Odele</b>	<i>M45</i>	Cambridge Harriers	<b>8.78</b>	3

### M50

1	<b>Clem Leon</b>	<i>M55</i>	Blackheath & Bromley Harriers	<b>11.06</b>	8
2	<b>Howard Papworth</b>	<i>M55</i>	Oxford City	<b>9.53</b>	7
3	<b>Tom Conlon</b>		Herne Hill Harriers	<b>8.85</b>	6
4	<b>Peter Ley</b>		Enfield & Haringey	<b>8.80</b>	5
5	<b>Ian Gower</b>		Cambridge Harriers	<b>8.21</b>	4
6	<b>Norman Rice</b>	<i>M65</i>	Epsom & Ewell Harriers	<b>8.19</b>	3
7	<b>Sidney Delara</b>	<i>M55</i>	Southampton	<b>6.48</b>	2

## Shot

### M35

1	<b>Steve Timmins</b>		Blackheath & Bromley Harriers	<b>12.97</b>	8
2	<b>Garry Power</b>	<i>M45</i>	Herne Hill Harriers	<b>9.92</b>	7
3	<b>Mark West</b>	<i>M35</i>	Southampton	<b>9.69</b>	6
4	<b>Jason Dronfield</b>	<i>M40</i>	Epsom & Ewell Harriers	<b>9.35</b>	5
5	<b>Sam Moylan</b>	<i>M45</i>	Enfield & Haringey	<b>9.10</b>	4
6	<b>Tony Palman-Brown</b>	<i>M45</i>	Oxford City	<b>7.79</b>	3
7	<b>Stephen Shrimplin</b>	<i>M50</i>	Cambridge Harriers	<b>5.42</b>	2

### M50

1	<b>Brian Slaughter</b>		Eastbourne R/Hailsham H	<b>10.13</b>	8
2	<b>Tim Saunders-Mullins</b>	<i>M55</i>	Enfield & Haringey	<b>9.86</b>	7
3	<b>Akin Oyediran</b>		Herne Hill Harriers	<b>8.95</b>	6
4	<b>Richard Hart</b>		Oxford City	<b>8.84</b>	5
5	<b>Gordon Hickey</b>	<i>M75</i>	Blackheath & Bromley Harriers	<b>7.95</b>	4
6	<b>Peter Wishart</b>		Cambridge Harriers	<b>7.84</b>	3
7	<b>Graham Cotterell</b>	<i>M50</i>	Southampton	<b>5.23</b>	2

### M60

1	<b>Dave Kuester</b>	<i>M65</i>	Oxford City	<b>9.78</b>	8
2	<b>Derek Prentice</b>	<i>M60</i>	Herne Hill Harriers	<b>9.71</b>	7
3	<b>Ray Gibbins</b>	<i>M60</i>	Enfield & Haringey	<b>9.71</b>	6
4	<b>Norman Rice</b>	<i>M65</i>	Epsom & Ewell Harriers	<b>9.62</b>	5
5	<b>Colin Brand</b>	<i>M70</i>	Blackheath & Bromley Harriers	<b>9.27</b>	4
6	<b>Pat Morgan-Lee</b>	<i>M65</i>	Southampton	<b>5.66</b>	3

## Discus

### M35

1	<b>Garry Power</b>	<i>M45</i>	Herne Hill Harriers	<b>38.49</b>	8
2	<b>Steve Timmins</b>		Blackheath & Bromley Harriers	<b>36.59</b>	7
3	<b>Pat Teape</b>	<i>M40</i>	Enfield & Haringey	<b>29.79</b>	6
4	<b>Richard Hart</b>	<i>M50</i>	Oxford City	<b>24.44</b>	5
5	<b>Derek Warn</b>	<i>M45</i>	Southampton	<b>22.55</b>	4
6	<b>Stephen Shrimplin</b>	<i>M50</i>	Cambridge Harriers	<b>13.36</b>	3

### M50

1	<b>Brian Slaughter</b>		Eastbourne R/Hailsham H	<b>34.99</b>	8
2	<b>Peter Ley</b>		Enfield & Haringey	<b>34.25</b>	7
3	<b>Peter Wishart</b>		Cambridge Harriers	<b>33.09</b>	6
4	<b>Pete O'Keefe</b>	<i>M55</i>	Oxford City	<b>27.69</b>	5
5	<b>Akin Oyediran</b>		Herne Hill Harriers	<b>26.88</b>	4
6	<b>Colin Brand</b>	<i>M70</i>	Blackheath & Bromley Harriers	<b>25.70</b>	3
7	<b>Brian Harlick</b>	<i>M65</i>	Epsom & Ewell Harriers	<b>22.90</b>	2
8	<b>Graham Cotterell</b>	<i>M50</i>	Southampton	<b>14.01</b>	1

## Hammer

### M35

1	<b>Steve Timmins</b>		Blackheath & Bromley Harriers	<b>48.49</b>	8
2	<b>Des Austin</b>	<i>M45</i>	Herne Hill Harriers	<b>31.98</b>	7
3	<b>Sam Moylan</b>	<i>M45</i>	Enfield & Haringey	<b>30.26</b>	6
4	<b>Tony Palman-Brown</b>	<i>M45</i>	Oxford City	<b>19.83</b>	5
5	<b>Jason Dronfield</b>	<i>M40</i>	Epsom & Ewell Harriers	<b>17.02</b>	4
6	<b>Derek Warn</b>	<i>M45</i>	Southampton	<b>16.37</b>	3
7	<b>John Corcoran</b>	<i>M50</i>	Cambridge Harriers	<b>11.01</b>	2

### M50

1	<b>Brian Slaughter</b>		Eastbourne R/Hailsham H	<b>31.56</b>	8
2	<b>Tim Saunders-Mullins</b>	<i>M55</i>	Enfield & Haringey	<b>30.48</b>	7
3	<b>Peter Wishart</b>		Cambridge Harriers	<b>25.98</b>	6
4	<b>Pete O'Keefe</b>	<i>M55</i>	Oxford City	<b>24.44</b>	5
5	<b>Derek Prentice</b>	<i>M60</i>	Herne Hill Harriers	<b>24.28</b>	4

6	<b>Graham Cotterell</b>	<i>M50</i>	Southampton	<b>11.46</b>	3
7	<b>Colin Brand</b>	<i>M70</i>	Blackheath & Bromley Harriers	<b>NT</b>	-
<b>M60</b>					
1	<b>Dave Kuester</b>	<i>M65</i>	Oxford City	<b>30.85</b>	8
2	<b>Brian Harlick</b>	<i>M65</i>	Epsom & Ewell Harriers	<b>29.49</b>	7
3	<b>Warwick Dixon</b>	<i>M75</i>	Cambridge Harriers	<b>26.67</b>	6
4	<b>JP West</b>		Herne Hill Harriers	<b>25.11</b>	5
5	<b>Ray Gibbins</b>		Enfield & Haringey	<b>23.27</b>	4
6	<b>Gordon Hickey</b>	<i>M75</i>	Blackheath & Bromley Harriers	<b>19.50</b>	3

## Javelin

<b>M35</b>					
1	<b>Mike Van Den Dobbelsteen</b>	<i>M40</i>	Blackheath & Bromley Harriers	<b>50.70</b>	8
2	<b>David Millard</b>	<i>M45</i>	Herne Hill Harriers	<b>38.94</b>	7
3	<b>Mark West</b>	<i>M35</i>	Southampton	<b>34.95</b>	6
4	<b>Sam Moylan</b>	<i>M45</i>	Enfield & Haringey	<b>34.67</b>	5
5	<b>Jason Dronfield</b>	<i>M40</i>	Epsom & Ewell Harriers	<b>33.57</b>	4
6	<b>Richard Hart</b>	<i>M50</i>	Oxford City	<b>21.23</b>	3
7	<b>John Corcoran</b>	<i>M50</i>	Cambridge Harriers	<b>14.70</b>	2
<b>M50</b>					
1	<b>Steve Langdon</b>		Blackheath & Bromley Harriers	<b>45.62</b>	8
2	<b>Garth Francis</b>	<i>M55</i>	Herne Hill Harriers	<b>35.02</b>	7
3	<b>Peter Ley</b>		Enfield & Haringey	<b>32.90</b>	6
4	<b>Dave Kuester</b>	<i>M65</i>	Oxford City	<b>28.71</b>	5
5	<b>Brian Harlick</b>	<i>M65</i>	Epsom & Ewell Harriers	<b>19.95</b>	4
6	<b>Warwick Dixon</b>	<i>M75</i>	Cambridge Harriers	<b>17.57</b>	3
7	<b>Malcolm Riddle</b>	<i>M50</i>	Southampton	<b>16.45</b>	2