

2011 HERTS COUNTY T&F RANKING LISTS

Veteran Men

Indoor Performances

60m

7.36	Mark Collins	M35	Lut	13/2	Lee Valley
7.9	Peter Ilo	M45	Bar	20/2	Lee Valley
8.5	Lawrence Taylor	M50	Bar	20/2	Lee Valley
9.5	Colin Field	M70	TPRC	20/2	Lee Valley

200m

23.78	Mark Collins	M35	Lut	13/2	Lee Valley
27.9	David Stephenson	M45	FVS	20/2	Lee Valley
33.0	Colin Field	M70	TPRC	20/2	Lee Valley

400m

59.5	Peter Ilo	M45	Bar	20/2	Lee Valley
66.58	Steve Mayfield	M45	FVS	13/2	Lee Valley

800m

2:10.8	Larry Mangelshot	M45	WareJ	20/2	Lee Valley
2:30.03	Steve Mayfield	M45	FVS	13/2	Lee Valley

1000m

3:14.06	John Mayor	M50	SNH	13/2	Lee Valley
5:26.14	Roger Bruck	M70	Bar	13/2	Lee Valley

1500m

4:37.40	Andrew del Nevo	M40	D&T	6/2	Lee Valley
6:48.00	Ted Kimber	M70	Bar	13/2	Lee Valley

3000m

9:26.0	Ian Johnston	M40	Shett	20/2	Lee Valley
10:08.98	Andrew del Nevo	M40	D&T	16/3	Ghent,BEL

5000m

19:58.0	Andrew del Nevo	M40	D&T	20/3	Ghent,BEL
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60mH

9.22	John Mayor	M50	SNH	13/2	Lee Valley
13.48	Roger Bruck	M70	Bar	13/2	Lee Valley

1Mile Walk

7:56.87	Steve Allen	M50	Bar	13/3	Lee Valley
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3kWalk

15:42.3	Steve Allen	M50	Bar	20/2	Lee Valley
18:08.9	David Stephenson	M45	FVS	20/2	Lee Valley

High Jump

1.56	John Mayor	M50	SNH	13/2	Lee Valley
1.27	Roger Bruck	M70	Bar	13/2	Lee Valley

Pole Vault

2.60	Andrew del Nevo	M45	D&T	20/2	Lee Valley
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Long Jump

5.42	John Mayor	M50	SNH	13/2	Lee Valley
5.13	Peter Ilo	M45	Bar	13/2	Lee Valley
4.02	Steve Mayfield	M45	FVS	13/2	Lee Valley
3.54	Roger Bruck	M70	Bar	13/2	Lee Valley

Shot 6k

9.50m	John Mayor	M50	SNH	13/2	Lee Valley
9.28	Tim Saunders-Mullins	M55	Wat	20/2	Lee Valley

Shot ?

10.18	Ian Miller	M75	MMTG	13/2	Lee Valley
8.51m	Roger Bruck	M70	Bar	13/2	Lee Valley

Pentathlon

3814	John Mayor	M50	SNH	13/2	Lee Valley
2572	Roger Bruck	M70	Bar	13/2	Lee Valley

Outdoor performances

100m

11.77/1.8	Steve Maisey	M35	HPx	10/8	Watford
12.1	John Garner	M45	D&T	2/5	Stevenage
12.2	Michael Vassilou	M50	E&H	2/5	Stevenage
12.4	Peter Benedickter	M40	D&T	13/6	Lee Valley
12.5	John Mayor	M50	SNH	2/5	Stevenage
12.7	Jon Humphries	M45	HPx	13/6	Lee Valley
12.8	Steve Dobson	M35	Bar	2/5	Stevenage
12.9	Ty Holden	M40	Bar	2/5	Stevenage
12.9	Comie Campbell	M40	Unatt	2/5	Stevenage
13.3	John Mayor*	M50	HPx	9/5	Lee Valley
13.5	Ian Hawtin	M45	D&T	2/5	Stevenage
13.55/3.3	Mike Maisey	M60	HPx	3/8	Lee Valley
13.7	Dennis Chemweno	M35	D&T	13/6	Lee Valley
13.80/1.4	Mike Maisey	M60	HPx	2/8	Woodford
13.8	Lawrence Taylor	M50	Bar	22/4	WGC
14.3	Alan Perry	M50	Harr	2/5	Stevenage
14.6	Robin Baynham	M45	HPx	9/5	Lee Valley
15.55/1.4	David Newman	M50	GCR	2/8	Woodford
16.0	Chris Lawn	M65	HPx	13/6	Lee Valley

200m

24.2	Steve Maisey	M35	HPx	25/7	Hemel H
26.4	Ty Holden	M40	Bar	2/5	Stevenage
27.2	Steve Dobson	M35	Bar	2/5	Stevenage
25.0	Peter Benedickter	M40	D&T	25/7	Hemel H
25.6	Jon Humphries	M45	HPx	25/7	Hemel H
26.8	Martin Procter	M45	HPx	2/5	Stevenage
27.2	Robin Baynham	M45	HPx	22/4	WGC
24.4	Michael Vassilou	M50	E&H	2/5	Stevenage
25.4	John Mayor	M50	SNH	2/5	Stevenage
28.7	Paul Barfoot	M50	HPx	2/5	Stevenage
28.7	Dennis Chemweno	M35	D&T	25/7	Hemel H
28.76/1.4	Mike Maisey	M60	HPx	2/8	Woodford
29.4	Steve Mayfield	M45	FVS	22/4	WGC
31.4	Pete Bennett	M50	D&T	28/7	Hemel H
31.85	David Newman	M50	GCR	2/8	Woodford
32.0	David Bowker	M50	FVS	2/5	Stevenage
32.5	Chris Lawn	M65	HPx	25/7	Hemel H
34.3	Peter Morris	M75	D&T	25/7	Hemel H
43.2	Mick Shortland	M60	SNH	1/6	Cambridge

400m

54.7	Peter Benedickter	M40	D&T	13/6	Lee Valley
57.1	Andrew Cunningham	M40	Bar	2/5	Stevenage
58.1	Peter Ilo	M40	Bar	2/5	Stevenage
55.5	Michael Vassilou	M50	E&H	2/5	Stevenage
58.43	John Mayor	M50	SNH	10/9	Oxford
59.5	Chris Westcott	M35	FVS	2/5	Stevenage
61.0	Martin Procter	M45	HPx	2/5	Stevenage
63.9	Ian Hawtin	M45	D&T	13/6	Lee Valley
64.9	Roger Armorgie	M50	HPx	13/6	Lee Valley
65.9	Steve Mayfield	M40	FVS	2/5	Stevenage
71.1	Mike Maisey	M60	HPx	13/6	Lee Valley
72.3	Dennis Chemweno	M35	D&T	9/5	Lee Valley
73.8	Chris lawn	M65	HPx	13/6	Lee Valley

800m

2:08.5	Peter Benedickter	M40	D&T	25/7	Hemel H
2:16.98	Rob Walker	M35	D&T	13/8	Woodford
2:20.4	Steven Boyd	M40	D&T	25/7	Hemel H
2:22.5	Neville Porteous	M45	HPx	25/7	Hemel H
2:25.1	Andrew Cunningham	M40	Bar	2/5	Stevenage
2:35.6	Steve Mayfield	M40	FVS	2/5	Stevenage
2:36.20	Graham Mayoh	M45	Wat	7/9	Watford
2:36.5	Paul Pickard	M40	FVS	2/5	Stevenage
2:42.8	Martin Procter	M45	HPx	25/7	Hemel H
2:36.8	Pete Eames	M50	SNH	2/5	Stevenage
2:43.2	David Bowker*	M50	HPx	23/5	Copthall
2:44.9	David Head	M40	HPx	23/5	Copthall
2:43.7	Richard Bloom	M65	HPx	25/7	Hemel H
2:59.9	Roger Head	M65	HPx	25/7	Hemel H
2:38.4	Peter Eames	M50	SNH	22/4	WGC
3:20.7	Malcolm Sargeant	M60	D&T	25/7	Hemel H
4:28.0	Mick Shortland	M60	SNH	1/6	Cambridge

1500m

4:26.1	Rob Walker	M35	D&T	7/5	Hemel H
4:44.2	David Crout	M40	Bar	2/5	Stevenage
4:55.1	David Bowker	M50	FVS	2/5	Stevenage
4:56.4	Chris Westcott	M35	FVS	2/5	Stevenage
4:59.8	Neville Porteous	M45	HPx	9/5	Lee Valley
5:02.8	Robin Baynham	M45	HPx	22/4	WGC
5:09.65	Graham Mayoh	M45	Wat	6/4	Watford
5:16.6	Stewart Dearman	M45	Wat	7/5	West London
5:21.8	Peter Eames	M50	SNH	30/4	Peterborough
5:27.0	Peter Williams	M55	HPx	13/6	Lee Valley
5:32.3	Richard Bloom	M65	HPx	9/5	Lee Valley
5:35.9	Stuart Mann	M65	HPx	9/5	Lee Valley
5:37.2`	John Mayor	M50	SNH	11/9	Oxford
6:10.1	Roger Head	M65	HPx	13/6	Lee Valley
6:12.6	Roy Head	M40	HPx	9/5	Lee Valley
6:26.3	Dennis Chemweno	M35	D&T	13/6	Lee Valley
6:40.0	Paul Holgate	M50	FVS	2/5	Stevenage
6:40.6	Malcolm Sargeant	M60	D&T	9/5	Lee Valley
7:22.9	Pete Bennett	M50	D&T	28/5	Hemel H
7:35.2	Jim Brown	M50	FVS	2/5	Stevenage

1 Mile

5:28.3	Stuart Dearman	M45	Wat	18/9	Watford
5:56.2	Graham Mayoh	M45	Wat	18/9	Watford
6:13.4	Vince Wilson	M50	Wat	18/9	Watford

3000m

9:42.9	Paul Greaves	M45	HPx	21/5	WGC
9:58.4	Rob Walker	M35	D&T	28/5	Hemel H
10:27.9	David Bowker*	M50	FVS	28/5	Hemel H
10:38.7	Steven Boyd	M40	D&T	25/7	Hemel h
10:54.4	Neville Porteous	M45	HPx	23/5	Copthall
11:06.7	Colin Taylor	M50	WatJ	28/5	Hemel H
11:30.2	Richard melvern	M60	HPx	25/7	Hemel H
11:33.32	Andrew Angus	M50	Wat	29/6	Watford
11:48.5	Richard Bloom	M65	HPx	30/7	Milton K
12:00.5	Roy Head	M45	HPx	3/8	Milton K

13:43.2	Malcolm Sargeant	M60	D&T	25/7	Hemel H
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5000m

16:33.2	Paul Greaves	M45	HPx	30/4	Peterborough
16:48.7	Ian Johnston	M40	Shett	2/5	Stevenage
18:41.6	Stephen Shaw	M40	D&T	15/9	Hemel H
19:15.5	Richard Melvern	M60	HPx	13/6	Lee Valley
20:05.8	Richard Bloom	M65	HPx	30/4	Peterborough
18:06.52	David Bowker	M50	FVS	15/5	Watford
21:29.7	Martin Arnold	M40	D&T	15/9	Hemel H
21:33.3	Kenneth Perry	M60	D&T	15/9	Hemel H
23:26.1	Malcolm Sargeant	M60	D&T	13/6	Lee Valley
23:56.3	Simon Palmer	M35??	HPx	13/6	Lee Valley
24:35.5	Paul Holgate	M50	FVS	2/5	Stevenage
26:24.4	Fabian Mills	M60	D&T	15/9	Hemel H
26:26.1	Jim Brown	M50	FVS	2/5	Stevenage

10000m

31:22.2	James Lawler	M35	Bed	14/7	Sandy
44:23.4	Peter Eames	M50	SNH	14/7	Sandy
46:45.1	John Hope	M60	SAS	14/7	Sandy

100mH

15.0	John Mayor	M50	SNH	2/5	Stevenage
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110mH (99.0)

20.1	John Mayor*	M50	HPx	23/5	Copthall
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110mH (106)

17.6	Peter Benedickter	M40	D&T	23/5	Copthall
24.09	Trevor Ratcliffe	M45	D&T	13/8	Woodford
24.4	Lee Copeland	M40	D&T	7/5	Hemel H

400mH

64.30	John Mayor	M50	SNH	25/6	Birmingham
66.5	Lee Copeland	M40	D&T	7/5	Hemel H
77.1	Stuart Dearman	M45	Wat	30/7	Grays
71.5	Robin Baynham	M45	HPx	2/5	Stevenag
77.8	Andrew del Nevo	M40	D&T	21/5	Brauntone

3000SC

12:28.7	Andrew del Nevo	M40	D&T	7/5	Hemel H
12:41.0	Mikk Bradley	M50	Wat	9/7	Watford

High Jump

1.60	John Mayor	M50	SNH	31/7	Kings Lynn
1.40	Roger Armorgie	M50	HPx	25/7	Hemel H
1.35	Richard Emptage	M45	D&T	25/7	Hemel H
1.10	Dick Parles	M65	Wat	7/5	West London
1.10	David Ives	M69	D&T	25/7	Hemel H

Pole Vault

2.85	Andrew del Nevo	M40	D&T	29/5	Kingston
2.40	Trevor Ratcliffe	M45	D&T	13/8	Woodford
1.85	John Mayor*	M50	HPx	23/5	Copthall
1.80	Andrew Jackson	M50	D&T	18/9	Hemel H
1.60	Dick Parles	M65	Wat	13/8	Walthamstow

1.10	Stuart Dearman	M45	Wat	7/5	West London
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Long Jump

5.82	John Garner	M45	D&T	2/5	Stevenage
5.55	John Mayor	M50	SNH	5/6	Oxford
4.96	Richard Emptage	M45	D&T	25/7	Hemel h
4.91	Martin Procter	M45	HPx	2/5	Stevenage
4.87	Ian Hawtin	M45	D&T	2/5	Stevenage
4.77	Steve Dobson	M35	Bar	2/5	Stevenage
4.64	Stuart Dearman	M45	Wat	30/7	Grays
4.41	Steve Mayfield	M40	FVS	2/5	Stevenage
4.30	Pete Bennett	M50	D&T	28/5	Hemel H
3.38	John Gandee	M65	HPx	9/5	Lee Valley
2.96	David Ives	M60	D&T	9/5	Lee Valley
2.79	Kevin Curran	M40	D&T	18/9	Hemel h

Triple Jump

10.37	Richard Emptage	M45	D&T	13/6	Lee Valley
9.70	Comie Campbell	M40	Unatt	2/5	Stevenage
9.51	Martin Procter	M45	HPx	13/6	Lee Valley
8.41	Steve Mayfield	M40	FVS	2/5	Stevenage
7.87	John Gandee	M65	HPx	13/6	Lee Valley
5.70	Mick Shortland	M60	SNH	1/6	Cambridge

Shot 7.26k

10.76	John Garner	M45	D&T	7/5	Hemel H
10.70	Steve Maisey	M35	HPx	13/6	Lee Valley
10.66	Jeremy Tigar	M45	D&T	9/7	Parliament H
9.98	Ray McKenna	M35	Wat	30/7	Grays
9.80	Nick Winwood	M40	Unatt	2/5	Stevenage
9.72	Trevor Ratcliffe	M45	D&T	13/6	Lee Valley
8.62	Tim Saunders-Mullins	M55	Wat	7/5	West London
7.21	Steve Feely	M45	SNH	9/7	Winchester
6.81	Dick Parles	M65	Wat	30/7	Grays
6.03	Stuart Dearman	M45	Wat	7/5	West London
5.62	Kevin Curran	M40	D&T	18/9	Hemel H

Shot 6k

10.64	Pete Bennett	M50	D&T	18/9	Hemel H
10.37	John Mayor	M50	SNH	31/7	Kings Lynn
10.17	Andrew Jackson	M50	D&T	18/9	Hemel H
11.07	Patrick David	M55	SNH	2/5	Stevenage
9.86	Tim Saunders-Mullins	M55	Wat	4/9	Ashford
8.00	Chris Lawn	M65	HPx	13/6	Lee Valley
6.40	David Bowker	M50	FVS	2/5	Stevenage

Shot 5k

9.50	Mick Shortland	M60	SNH	2/5	Stevenage
9.44	David Ives	M60	D&T	9/5	Lee Valley
8.31	Chris Lawn	M65	HPx	9/5	Lee Valley
7.98	Malcolm Wallace	M60	Wat	18/9	Watford
7.79	Brian Yeomans	M65	Wat	18/9	Watford
7.63	Robert Burton	M60	SCVAC	2/5	Stevenage
6.33	Len Allbrighton	M60	SNH	2/5	Stevenage

Shot 4k

10.46	Ian Miller	M75	MMTG	27/8	Belfast
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Discus 2k

32.52	Pete Bennett	M50	D&T	9/7	Parliament H
31.25	Steve Maisey	M35	HPx	9/5	Lee Valley
30.80	Trevor Ratcliffe	M45	D&T	30/7	Gillingham
29.76	Ray McKenna	M35	Wat	30/7	Grays
19.48	Steve Feely	M45	SNH	9/7	Winchester
19.30	Tim Saunders-Mullins	M55	Wat	4/6	Luton
17.21	Steve Mayfield	M40	FVS	2/5	Stevenage
15.66	Stuart Dearman	M45	Wat	7/5	West London
15.15	Kevin Curran	M40	D&T	18/9	Hemel H
18.91	Mick Shortland	M60	SNH	30/4	Peterborough
14.37	Dick Parles	M65	Wat	13/8	Walthamstow

Discus 1.5k

39.49	Pete Bennett	M50	D&T	18/9	Hemel H
30.83	Andrew Jackson	M50	D&T	9/5	Lee Valley
32.45	John Mayor	M50	SNH	31/7	Kings Lynn
27.28	Dave Faulkner	M55	HPx	2/8	Tonbridge
24.35	Tim Saunders-Mullins	M55	Wat	26/2	Lee Valley
19.27	Chris Lawn	M65	HPx	13/6	Lee Valley
11.83	David Bowker	M50	FVS	2/5	Stevenage

Discus 1k

36.47	Paul Dickenson	M60	D&T	8/6	Willesden
33.76	Godfrey Leak	M60	SNH	13/6	Lee Valley
31.45	Malcolm Wallace	M60	Wat	18/9	Watford
28.92	Mick Shortland	M60	SNH	3/8	Milton K
28.33	Brian Yeomans	M65	Wat	18/9	Watford
27.79	Robert Burton	M60	SCVAC	2/5	Stevenage
19.11	Len Allbrighton	M60	SNH	2/5	Stevenage
29.21	Ian Miller	M75	MMTG	4/6	Derby

Hammer 7.26k

43.70	Paul Dickenson	M60	D&T	4/6	Newham
34.67	Nick Winwood	M40	Unatt	17/7	Hemel H
32.06	Trevor Ratcliffe	M45	D&T	7/5	Hemel H
26.45	Tim Saunders-Mullins	M55	Wat	15/5	Watford
27.41	Steve Feely	M40	SNH	9/7	Winchester
18.99	Ray McKenna	M35	Wat	30/7	Grays
17.71	Tim Higman	M35	StA	4/9	Cambridge
22.79	Mick Shortland	M60	SNH	21/5	Chelmsford
13.96	Dick Parles	M65	Wat	13/8	Walthamstow
7.91	Len Allbrighton	M60	SNH	9/7	Winchester

Hammer 6k

31.97	Tim Saunders-Mullins	M55	Wat	2/5	Stevenage
24.16	Andrew Jackson	M50	D&T	18/9	Hemel H
13.88	David Bowker*	M50	HPx	23/5	Copthall

Hammer 5k

52.20	Paul Dickenson	M60	D&T	9/4	Kingston
32.33	Mick Shortland	M60	SNH	25/5	St Ives
31.49	Tim Saunders-Mullins	M55	Wat	18/9	Watford
26.95	Malcolm Wallace	M60	Wat	18/9	Watford
21.42	David Ives	M60	D&T	23/5	Copthall
19.87	Brian Yeomans	M65	Wat	18/9	Watford

Hammer 4k

35.09	Ian Miller	M75	MMTG	26/6	Birmingham
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Javelin 500g

22.58	Ian Miller	M75	MMTG	19/3	Stoke
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Javelin 600g

42.04	Mike Bennett	M60	SCVAC	2/5	Stevenage
28.35	John Gandee	M65	HPx	25/7	Hemel H
26.19	Mick Shortland	M60	SNH	3/8	Milton K
19.80	Len Allbrighton	M60	SNH	2/5	Stevenage
19.55	David Ives	M60	D&T	25/7	Hemel H
21.00?	Ian Miller	M75	MMTG	2/5	Stevenage

Javelin 700g

47.66	Pete Bennett	M50	D&T	18/9	Hemel H
33.17	Andrew Jackson	M50	D&T	18/9	Hemel H
32.29	John Mayor	M50	SNH	11/9	Oxford
21.03	David Bowler	M50	FVS	2/5	Stevenage
20.18	Tim Saunders-Mullins	M55	Wat	16/7	Sacramento,USA
18.89	Chris Lawn	M65	HPx	25/7	Hemel H

Javelin 800g

74.73	Roald Bradstock	M45	D&T	19/5	Tucson,Arizona
56.73	Trevor Ratcliffe	M45	D&T	16/3	Ghent,BEL
45.97	Steve Maisey	M35	HPx	25/7	Hemel H
43.55	Jeremy Tigar	M45	D&T	7/5	Hemel H
21.37	Steve Feely	M45	SNH	9/7	Winchester
30.99	Ray McKenna	M35	Wat	30/7	Grays
29.64	Brian Yeomans	M65	Wat	18/9	Watford
25.77	David Bowker	M50	HPx	17/7	Bedford
23.35	Tim Saunders-Mullins	M55	Wat	7/5	West London
22.01	Steve Mayfield	M40	FVS	2/5	Stevenage
19.83	Stuart Dearman	M45	Wat	7/5	West London
17.97	Kevin Curran	M40	D&T	18/9	Hemel H
19.56	Len Allbrighton	M60	SNH	30/4	Peterborough

Weight

13.41	Ian Miller	M75	MMTG	26/2	Lee Valley
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Weight Pentathlon

2860	Ian Miller	M75	MMTG	12/6	Milton K
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Pentathlon

1655	Martin Procter	M45	HPx	25/9	Peterborough
1564	Pete Bennett	M50	D&T	28/5	Hemel H

Decathlon

6041	John Mayor	M50	SNH	11/9	Oxford
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4x100m

50.7	Herts Phoenix	9/5	Lee Valley
55.2	Stevenage	2/5	Stevenage

4x200m

1:41.9	Herts Phoenix	25/7	Hemel H
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4x400m

3:56.2	Herts Phoenix	23/5	Copthall
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4:25.0	Stevenage	2/5	Stevenage
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WALKS

2k Walk

10:38.1	Paul Reddaway	M50	HPx	9/5	Lee Valley
11:50.9	David Bowker	M50	FVS	9/5	Lee Valley
12:28.3	John Borgars	M65	HPx	25/7	Hemel H
12:42.5	Julie Simmons	W50	HPx	25/7	Hemel H
13:57.1	Margaret Carrier	W55	HPx	9/5	Lee Valley
14:11.9	Peter Morris	M75	D&T	25/7	Hemel H

3k Walk

15:27.37	Steve Allen	M55	Bar	23/4	Parliament H
17:13.7	Arthur Thomson	M70	E&H	2/5	Stevenage
17:44.6	Costa Michael	M45	Bar	2/5	Stevenage
18:49.2	David Bowker	M50	FVS	2/5	Stevenage
19:25.9	John Borgars	M65	HPx	2/5	Stevenage
23:56.1	Ken Livermore	M70	E&H	2/5	Stevenage