

HERTFORDSHIRE & MIDDLESEX COUNTY AAA VETERANS T & F CHAMPIONSHIPS

Sunday 30th July 1995 at Welwyn Garden City

MEN

100 metres

11.8	J Browne	M40	Andover	Open
12.5	D Brown	M40	Hertford & Ware	Herts
12.6	P Pinnington	M40	Enfield	Herts
13.0	G Chalstrey	M45	Dacorum & Tring	Herts
12.6	D Brander	M50	Barnet	Middx
12.6	R Austin	M50	Neath	Middx
13.1	J Lee	M50	Verlea	Herts
13.2	T Ryan	M50	Barnet	Herts
13.8	R Bruck	M55	Barnet	Herts
13.5	A Blackman	M60	Barnet	Middx
14.8	A Kalirai	M65	TVH	Middx
15.0	C Taylor	M60	VAC	Middx
17.7	B Metcalfe	M75		Middx

200 metres

24.0	J Browne	M40	Andover	Open
25.5	D Brown	M40	Hertford & Ware	Herts
25.5	G Chalstrey	M45	Dacorum & Tring	Herts
26.1	I Hay	M40	Barnet	Herts
28.3	J Fricke	M45	N Herts RR	Herts
25.9	D Brander	M50	Barnet	Middx
26.5	R Austin	M50	Neath	Middx
27.3	T Ryan	M50	Barnet	Herts
27.4	A Blackman	M60	Barnet	Herts
30.2	R Bruck	M55	Barnet	Herts
31.8	J Hemming	M60	VAC	Open

400 metres

56.2	G Chalstrey	M45	Dacorum & Tring	Herts
58.7	P Hopkins	M40	Verlea	Herts
64.7	R Austin	M50	Neath	Middx

800 metres

2:11.8	P Hopkins	M40	Verlea	Herts
2:11.8	P Fitzpatrick	M40	Verlea	Herts
2:14.0	K MacDonald	M45	Watford	Herts
2:26.9	A Stedman	M45	Verlea	Herts
2:29.1	J Atkinson	M45	N Herts RR	Herts
2:30.5	J Cooper	M45	Dacorum & Tring	Herts
2:35.3	J Fricke	M45	N Herts RR	Herts

1500 metres

4:34.4	P Fitzpatrick	M40	Verlea	Herts
4:42.1	A Stedman	M45	Verlea	Herts
4:54.1	F Gormer	M45	Fairlands Valley	Herts
4:54.9	J Atkinson	M45	N Herts RR	Herts
5:11.4	R Stewart	M60	Barnet	Middx
6:05.6	J Cox	M60	Barnet	Middx
8:02.7	T Rawlinson	M75	Verlea	Herts

5000 metres

18:32.9	R Bloom	M50	Verlea	Herts
18:45.6	F Gormer	M45	Fairlands Valley	Herts
18:58.7	J Clare	M55	Stevenage	Herts
19:12.0	J Atkinson	M45	N Herts RR	Herts
20:02.7	D Beane	M55	Verlea	Herts
21:45.0	J Cox	M60	Barnet	Middx

110m Hurdles

16.5	T Wells	M45	Corby	Open
19.6	Y Ballard	M40	Croydon	Open
19.9	D Talbot	M40	Oxford	Open

300m Hurdles

49.1	W Lane	M60	Verlea	Herts
58.1	J Hemming	M60	VAC	Open

400m Hurdles

59.4	T Wells	M45	Corby	Open
65.2	D Talbot	M40	Oxford	Open
66.9	D Spencer	M45		Middx

3000m Steeplechase

10:49.3	A Stedman	M45	Verlea	Herts
12:02.1	H Artiss	M50	Verlea	Herts

3000m Walk

13:37.4	D Cross	M45	Verlea	Herts
16:00.5	J Whyte	M55	Verlea	Herts
17:07.6	R Purkis	M60	SWVAC	Open
19:27.0	H Jaquest	M65	Watford	Herts

4x100 Relay

53.8	Verlea			
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High Jump

1.65	D Talbot	M40	Oxford	Open
1.55m	Y Ballard	M40	Croydon	Open
1.45m	J Lee	M50	Verlea	Herts
1.35m	S Varney	M65	USA	Open
1.33m	C Taylor	M60	VAC	Middx

Pole Vault

2.60m	B Thomas	M65	Verlea	Herts
2.50m	P Ferguson	M60	Verlea	Herts
2.40m	J Lee	M50	Verlea	Herts

<u>Long Jump</u>					28.16m C Taylor	M60	VAC	Open
					19.30m T Coleman	M60		Middx
5.95m	P Pinnington	M40	Enfield	Herts				
5.66m	I Thomson	M40	Old Gaytonians	Herts	<u>Hammer (3k)</u>			
5.22m	Y Ballard	M40	Croydon	Open				
5.16m	J Lee	M50	Verlea	Herts	21.02m B Metcalfe	M75		Middx
5.09m	J Fricke	M45	N Herts RR	Herts	<u>Javelin (800g)</u>			
4.66m	R Bruck	M55	Barnet	Herts				
4.19m	P Browning	M45	Stevenage	Herts				
4.17m	A Kalirai	M65	TVH	Middx	41.12m C Sills	M40	Watford	Herts
<u>Triple Jump</u>					34.80m J Atkinson	M45	N Herts RR	Herts
					33.40m J Fricke	M45	N Herts RR	Herts
					27.14m J Lee	M50	Verlea	Herts
11.68m	I Thomson	M40	Old Gaytonians	Herts	<u>Javelin (600g)</u>			
10.34m	Y Ballard	M40	Croydon	Open				
9.92m	J Lee	M50	Verlea	Herts				
9.63m	J Fricke	M45	N Herts RR	Herts				
9.09m	A Kalirai	M65	TVH	Middx	25.54m T Coleman	M60		Middx
<u>Shot (7.26k)</u>					21.28m T Rawlinson	M75	Verlea	Herts
9.47m	W Banks	M40	QPR	Open	<u>WOMEN</u>			
<u>Shot (6k)</u>					<u>100 metres</u>			
8.72m	J Lee	M50	Verlea	Herts	14.1	D Keenleyside	W35	Dacorum & Tring
<u>Shot (5k)</u>					14.2	B Mottley	W35	Verlea
					14.6	E McMahon	W45	Enfield
					14.7	K Dodsworth	W35	Bedford
11.12m	J Hanus	M65	Barnet	Middx	14.7	A Cowley	W45	Verlea
10.33m	I Miller	M60	Verlea	Herts	15.3	I Holder	W50	Woking
10.14m	C Taylor	M60	VAC	Open	15.4	E Hallimond	W40	Livingston
9.35m	I Briggs	M65	Redhill & SB	Open	15.9	V Hazelton	W40	Woking
7.56m	T Coleman	M60		Middx	16.6	L Miller	W40	Enfield
<u>Discus (2k)</u>					19.0	B Green	W65	Serpentine
27.66m	A Douglas	M45	SCVAC	Open	<u>200 metres</u>			
<u>Discus (1.5k)</u>					29.4	B Mottley	W35	Verlea
					29.9	K Dodsworth	W35	Bedford
					31.6	J Simmons	W35	Garden City J
28.80m	J Lee	M50	Verlea	Herts	30.1	A Cowley	W45	Verlea
22.88m	B Sly	M55	Richmond & T	Open	31.7	V Hazelton	W40	Woking
<u>Discus (1k)</u>					31.9	I Holder	W50	Woking
35.32m	I Briggs	M65	Redhill & SB	Open	32.4	E Hallimond	W40	Livingston
30.40m	C Taylor	M60	VAC	Open	38.4	B Green	W65	Serpentine
24.94m	T Coleman	M60		Middx	<u>400 metres</u>			
20.96m	B Metcalfe	M75		Middx	66.0	C Heemskirk	W35	Hillingdon
20.74m	D Birch	M60	E Grinstead	Open	67.0	J Simmons	W35	Garden City J
18.76m	T Rawlinson	M75	Verlea	Herts	70.9	K Dodsworth	W35	Bedford
<u>Hammer (6k)</u>					<u>800 metres</u>			
25.40m	J Lee	M50	Verlea	Herts	2:31.6	C Heemskirk	W35	Hillingdon
19.34m	B Sly	M55	Richmond & T	Open	2:36.4	J Simmons	W35	Garden City J
<u>Hammer (5k)</u>					2:41.2	K Dodsworth	W35	Bedford
					2:51.2	A Nally	W50	Middx
35.32m	J Hanus	M65	Barnet	Middx				
30.52m	I Miller	M60	Verlea	Herts				
28.56m	D Birch	M60	E Grinstead	Open				

1500 metres

4:57.4	C Oxtan	W50	Parkside	Open
5:22.8	L Skinner	W40	Verlea	Herts
5:39.5	A Cowan	W40	N Herts RR	Herts
5:39.8	A Nally	W50		Middx

300 metres

11:25.2	L Skinner	W40	Verlea	Herts
11:49.0	A Cowan	W40	N Herts RR	Herts
12:39.8	J Allen	W45	Verlea	Herts

80m Hurdles

15.0	E McMahon	W45	Enfield	Middx
15.5	S Burridge	W40	Woking	Open

400m Hurdles

86.6	V Hazelton	W40	Woking	Open
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3000m Walk

19:40.4	C Brown	W45	SBH	Herts
20:08.4	J Evans	W50	SBH	Herts

4x100 Relay

58.7	Verlea			
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High Jump

1.40m	D Keenleyside	W35	Dacorum & Tring	Herts
1.40m	S Burridge	W40	Woking	Open

Long Jump

4.43m	E McMahon	W45	Enfield	Middx
4.42m	B Mottley	W35	Verlea	Herts
4.39m	S Burridge	W40	Woking	Open

Triple Jump

8.86m	B Mottley	W35	Verlea	Herts
8.52m	K Dodsworth	W35	Bedford	Herts
5.66m	A Smith	W45	Hounslow	Middx

Shot (4k)

10.17m	W Dunsford	W35	Parkside	Middx
8.32m	D Keenleyside	W35	Dacorum & Tring	Herts
8.00m	A Griffin	W40	Verlea	Herts
7.10m	A Smith	W45	Hounslow	Middx

Shot (3k)

7.39m	J Evans	W50	SBH	Herts
7.16m	M Grant-Stevens	W60	SCVAC	Herts
5.88m	D Daborn	W60	unattached	Herts

Discus (1k)

27.40m	D Pearce	W40	Harlow	Herts
27.36m	W Dunsford	W35	Parkside	Middx
23.82m	K Dodsworth	W35	Bedford	Herts
21.70m	A Griffin	W40	Verlea	Herts
21.18m	E McMahon	W45	Enfield	Middx
18.04m	M Grant-Stevens	W60	SCVAC	Herts
16.58m	L Miller	W40	Enfield	Middx
16.40m	A Smith	W45	Hounslow	Middx
15.38m	D Daborn	W60	unattached	Herts

Hammer (4k)

27.20m	W Dunsford	W35	Parkside	Middx
26.36m	A Smith	W45	Hounslow	Middx
25.72m	L Shrosbree	W45	Harlow	Herts
23.72m	A Griffin	W40	Verlea	Herts

Hammer (3k)

19.52m	J Evans	W50	SBH	Herts
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Javelin (600g)

29.08m	D Keenleyside	W35	Dacorum & Tring	Herts
16.96m	A Griffin	W40	Verlea	Herts
16.04m	A Smith	W45	Hounslow	Middx

Javelin (400g)

8.66m	D Daborn	W60	unattached	Herts
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HERTFORDSHIRE COUNTY AAA COMBINED EVENTS CHAMPIONSHIPS

Sat/Sun 29th/30th July 1995 at Welwyn Garden City

Name	Club	Event	Age-Group	100m	LJ	SP	HJ	400m	110H	DT	PV	JT	1500m	Total pts
J Mayor	Stevenage	Decathlon	SM	12.6 495	5.67m 516	8.60m 402	1.71m 552	55.9 558	17.4 559	25.20m 371	2.60m 264	28.90m 284	4:47.7 636	4637 1st
G Easton	St Albans GD	Decathlon	JM	12.5 513	6.09m 606	7.98m 365	1.71m 552	60.5 392	18.9 420	24.68m 361	2.40m 220	36.02m 385	6:01.4 258	4072 1st
E Johnson	St Albans GD	Decathlon	JM	12.1 586	5.90m 565	6.80m 296	1.47m 367	55.9 558	20.8 272	15.94m 197	1.40m 40	20.72m 171	5:02.3 547	3599 2nd
J Hopkins (guest)	St Albans GD	Decathlon	JM	13.0 428	4.50m 290	6.03m 251	1.44m 345	54.3 622	26.0 27	18.04m 236	1.80m 103	20.48m 168	5:04.1 537	3007 3rd
L Hopkins (guest)	St Albans GD	Octathlon	U/17M	13.3 380	5.08m 398	7.44m 333	1.47m 367	58.0 479		19.86m 269		26.30m 247	4:40.2 679	3152 1st
				80H	SP	HJ	LJ	800m						
A Johnson	Hertford & Ware	Pentathlon	U/15B	14.3 457	7.51m 337	1.45m 352	4.52m 294	2:36.5 249						1689 1st
J Bradley	Dacorum & Tring	Pentathlon	U/15B	17.5 214	8.72m 409	1.30m 250	4.34m 262	2:20.7 442						1577 2nd
J Guess	Dacorum & Tring	Pentathlon	U/13B	17.6 207	5.66m 229	1.09m 126	3.80m 174	2:49.7 127						863 1st
J Kotey	St Albans GD	Pentathlon	U/17W	13.7 599	8.41m 426	1.42m 534	4.93m 540	2:49.6 468						2567 1st
E Dundjerovic	St Albans GD	Pentathlon	U/17W	13.6 609	6.46m 301	1.42m 534	4.68m 474	2:50.4 459						2377 2nd
M Basu	St Albans GD	Pentathlon	U/17W	13.5 620	6.95m 332	1.36m 470	4.65m 466	2:49.5 469						2357 3rd
L Lee	Verlea	Pentathlon	U/17W	15.1 471	7.50m 367	1.36m 470	4.42m 408	3:13.5 250						1966 4th
				75H	SP	HJ	LJ	800m						
L Brewster	Hertford & Ware	Pentathlon	U/15G	15.8 341	9.45m 494	1.24m 350	3.78m 259	3:22.6 184						1628 1st
L Johnson	Hertford & Ware	Pentathlon	U/15G	18.3 190	6.84m 325	1.15m 266	3.19m 140	2:56.4 399						1320 2nd
				70H	SP	HJ	LJ	800m						
L Johnson	Hertford & Ware	Pentathlon	U/13G	14.8 341	5.89m 264	1.30m 409	3.83m 270	2:51.7 446						1730 1st

Senior Men 10000m Championship

1	I Johnston	TVH	33:40.7
2	A Currell	S'end	34:42.4

U/15B & U/17M 3000m Championship

1	P Storey (U/15)	SNH	10:17.5
2	K Lawlor(U/17)	SNH	10:29.9

U/17W & SW 3000m Championship

1	M Hall (SW)	VER	11:47.0
2	J Browning (U/17)	SNH	12:33.3