

HERTFORDSHIRE & MIDDLESEX VETERANS CHAMPIONSHIPS & OPEN VETERANS EVENTS

Sunday 28th July 1996 at Jarman Park, Hemel Hempstead

HERTFORDSHIRE

M40	100m	P Pinnington	Enfield	12.2
		M Jackson	Enfield	12.3
		A Keenleyside	Dacorum & Tring	13.0
	200m	M Jackson	Enfield	24.2
		P Pinnington	Enfield	24.6
	400m	D Wilcock	Barnet	53.1
		M Jackson	Enfield	54.0
		P Hopkins	Verlea	59.9
	800m	D Wilcock	Barnet	2:07.6
		P Hopkins	Verlea	2:15.2
		J Cooper (M45)	Dacorum & Tring	2:33.8
	1500m	D Wilcock	Barnet	4:12.9
		F Gormer (M45)	Fairlands Valley Spartans	4:54.6
		J Cooper (M45)	Dacorum & Tring	5:13.0
	5000m	F Gormer (M45)	Fairlands Valley Spartans	18:49.4
	3000S/CG Reader		Haringey	10:52.6
	3kW	S Allwood	Enfield	14:36.8
	HJ	A Keenleyside	Dacorum & Tring	1.45m
	LJ	I Thompson	Old Gaytonians	5.80m
		P Pinnington	Enfield	5.75m
	TJ	I Thompson	Old Gaytonians	12.15m
		P Pinnington	Enfield	11.83m
		A Keenleyside	Dacorum & Tring	10.94m
	DT	M Bennett (M45)	Barnet	29.26m
	JT	M Bennett (M45)	Barnet	44.50m
	M50	100m	T Ryan	Barnet
J Lee			Verlea	13.6
R Bruck (M55)			Barnet	13.7
200m		T Ryan	Barnet	27.4
		R Bruck (M55)	Barnet	28.1
400m		T Kimber (M55)	Barnet	65.3
800m		T Kimber (M55)	Barnet	2:26.0
5000m		L Mussett	Hertford & Ware	18:53.0
3kW		J Whyte (M55)	Vets AC	15:58.9
		A Newman	Hertford & Ware	17:32.5
HJ		J Lee	Verlea	1.40m
LJ		R Bruck	Barnet	4.75m
		J Lee	Verlea	4.73m
TJ		J Lee	Verlea	10.11m
SP		G Leake	Stevenage	10.34m
		J Lee	Verlea	8.67m
DT		G Leake	Stevenage	36.58m
		J Lee	Verlea	28.76m
HT		G Leake	Stevenage	32.12m
		J Lee	Verlea	29.86m
JT		J Lee	Verlea	28.08m

M60	100m	C Field	SCVAC	13.9
		P Madura (M65)	Hertford & Ware	15.6
		B Thomas (M65)	Verlea	15.8
	200m	C Field	SCVAC	30.1
		P Madura (M65)	Hertford & Ware	33.5
		S Morter	Hertford & Ware	33.5
	400m	P Madura (M65)	Hertford & Ware	82.2
	3kW	H Jaquest (M65)	Watford	19:42.3
	PV	B Thomas (M65)	Verlea	2.70m
	LJ	C Field	SCVAC	4.55m
	TJ	B Thomas (M65)	Verlea	8.00m
	SP	T McNab	St Albans	10.13m
		P Ferguson	Verlea	8.07m
		S Morter	Hertford & Ware	7.28m
	DT	T McNab	St Albans	33.02m
		P Ferguson	Verlea	25.64m
	HT	T McNab	St Albans	38.08m
		S Morter	Hertford & Ware	21.16m
M70	1500m	G Meech	Verlea	6:23.2
	5000m	G Meech	Verlea	23:33.9
M80	HJ	T Rawlinson	Verlea	1.00m
	DT	T Rawlinson	Verlea	17.38m (British best)
	JT	T Rawlinson	Verlea	21.12m
W35	200m	J Simmonds	Garden City J	30.4
		T Rashford	Fairlands Valley Spartans	66.7
	400m	J Simmonds	Garden City J	67.1
		T Rashford	Fairlands Valley Spartans	2:33.4
	800m	J Simmonds	Garden City J	2:34.5
		A Jeeves	Shaftesbury BH	2:37.8
		A Brewster	Shaftesbury BH	5:25.0
	3000m	A Jeaves (W40)	Shaftesbury BH	10:26.2
	80H	D Keenleyside	Dacorum & Tring	13.0
	3kW	C Pardoe (W40)	Garden City J	17:14.0
		A Brewster	Shaftesbury BH	17:39.9
	HJ	A Lovell	Dacorum & Tring	1.40m
		D Keenleyside	Dacorum & Tring	1.25m
	SP	D Keenleyside	Dacorum & Tring	8.22m
		B Johnson (W40)	Dacorum & Tring	7.75m
	JT	D Keenleyside	Dacorum & Tring	26.42m
		B Johnson (W40)	Shaftesbury BH	24.64m
	HT	B Johnson (W40)	Shaftesbury BH	21.90m
W45	100m	A Cowley	Verlea	14.7
	200m	A Cowley	Verlea	30.0
	1500m	L Elmore (W50)	Shaftesbury BH	6:05.7
	400H	A Cowley	Verlea	90.9
	3kW	C Brown	Shaftesbury BH	18:08.4
	SP	H Ewings (W50)	Barnet	5.66m
	DT	H Ewings (W50)	Barnet	18.10m
	HT	L Shrosbree	Harlow	32.10m
W55	3kW	J Evans	Shaftesbury BH	20:10.4
	SP	J Evans	Shaftesbury BH	7.87m
	JT	B Atkinson (W60)	Shaftesbury BH	19.50m
W65	400m	T Borthwick	Trent Park Trotters	79.2 (British best)
	800m	T Borthwick	Trent Park Trotters	2:54.5 (world best)
	1500m	J Ross	Garden City J	6:36.5
	3000m	J Ross	Garden City J	13:42.8
		B Forster	Shaftesbury BH	14:23.3

MIDDLESEX

M40	100m	D Benjamin	TVH	13.8
	200m	D Benjamin	TVH	28.2
	400m	P Stiles	Enfield	56.4
		T Adams	Tower Hamlets	60.5
	800m	P Stiles	Enfield	2:10.6
		M Beakhouse	N London	2:14.3
	5000m	D Michael	Barnet	17:47.9
	400H	J Owen	Hercules Wimbledon	59.9
		D Benjamin	TVH	75.8
	LJ	J Rayner	V of Aylesbury	5.10m
M50	HT	J Rayner	V of Aylesbury	21.42m
	1500m	M Sawyer	Barnet	4:55.4
	5000m	M Sawyer	Barnet	18:19.6
	SP	W Banks	QPH	10.67m
		J Curtin	Richmond & Twickenham	9.09m
	DT	J Curtin	Richmond & Twickenham	32.00m
	HT	J Curtin	Richmond & Twickenham	33.24m
M60		W Banks	QPH	21.48m
	100m	B Metcalfe		18.1
	800m	R Stewart	Barnet	2:35.0
	1500m	R Stewart	Barnet	5:09.8
	5000m	R Stewart	Barnet	19:42.9
		J Atkinson	Barnet	21:48.8
		J Cox	Barnet	22:47.0
	3kW	R Powell	Enfield	16:19.6
	LJ	A Kalirai	TVH	3.62m
	TJ	A Kalirai	TVH	8.54m
	SP	J Hanus	Barnet	10.10m
		P McEvoy	London Irish	8.34m
	DT	J Hanus	Barnet	37.48m
		P McEvoy	London Irish	32.10m
	HT	P McEvoy	London Irish	39.20m
M75		J Hanus	Barnet	34.40m
	SP	B Metcalfe		7.01m
	DT	B Metcalfe		19.34m
W35	400m	C Heemskirk	Hillingdon	64.4
W45	100m	A Bolitho	Trent Park Trotters	16.8
	200m	A Bolitho	Trent Park Trotters	35.5

OPEN VETERANS

M40	100m	J Browne	Herne Hill H	11.6
	200m	J Browne	Herne Hill H	23.3
		D Lucas	Cambridge H	23.9
	400m	W Wessely (M45)	Windsor, Slough & Eton	63.4
	800m	G Potts	NVH	2:16.1
		W Wessely (M45)	WSE	2:21.5
	5000m	A Amraoui (M45)	Exeter H	15:52.7
		F Benedikesson	Shaftesbury BH	19:06.1
	110H	Y Ballard	Croydon	19.7
	3kW	P Dyble	SCVAC	15:04.6
	HJ	Y Ballard	Croydon	1.55m
	LJ	Y Ballard	Croydon	5.26m
		P Copplestone	Woking	5.10m
	TJ	P Copplestone	Woking	10.28m
M50		Y Ballard	Croydon	10.21m
	100m	G Pope	Croydon	12.6
	200m	T Cox	Nuneaton	25.9
	1500m	D Austin	Muswell Hill R	4:30.8
	5000m	R Black	Barnet	18:34.2
	HJ	B Harlick	Epsom & Ewell	1.35m
	PV	B Harlick	Epsom & Ewell	2.90m
	SP	P Hallett	Bedford	10.64m
		M Taylor	Oxford	9.70m
	DT	M Taylor	Oxford	34.34m
		P Hallett	Bedford	33.20m
	HT	M Taylor	Oxford	34.84m
		B Sly (M55)	Richmond & Twickenham	22.56m
	JT	M Taylor	Oxford	34.04m
M60	100m	L Benning	S Africa	14.0
	200m	L Benning	S Africa	30.1
	300H	L Benning	S Africa	53.2
	HJ	L Benning	S Africa	1.45m
	SP	D Duchemin	Bromley Vets	10.13m
		I Briggs (M65)	Redhill * SB	8.80m
	DT	I Briggs (M65)	Redhill & SB	36.96m
	JT	B Harlick	Epsom & Ewell	35.22m
		L Benning	S Africa	32.10m
W35	200m	S Burridge (W40)	Woking	29.8
	3000m	S McCarthy	Woodford Green	11:45.2
	80H	S Burridge (W40)	Woking	14.7
	HJ	H Dyble (W40)	Essex ladies	1.40m
	LJ	H Dyble	Essex Ladies	4.73m
	TJ	S Burridge (W40)	Woking	8.88m
	SP	B Russell	V of Aylesbury	8.58m
	HT	B Russell	V of Aylesbury	31.86m
W45	100m	V Kirkland	Nuneaton	14.5
	200m	V Kirkland	Nuneaton	31.7
	800m	I Hornsey (W50)	Cambridge & C	2:49.5
	1500m	C Oxtan (W50)	Parkside	4:50.5 (world best)

COUNTY 3000m CHAMPIONSHIPS

<u>U/20 Men</u>	Darren Treadaway	Enfield	1st	9:42.5
<u>U/17 Men</u>	Ben Wilcock	Barnet	1st	10:35.8
<u>U/15 Boys</u>	Patrick Pearce	Verlea	1st	10:20.9
	Chris Hamilton	Dacorum & Tring	2nd	10:45.4
	Colin Gower	Dacorum & Tring	3rd	11:13.5
	William Langley	Verlea	4th	11:20.1
<u>Senior Women</u>	Karen Black	Royston Runners	1st	10:25.4
	Victoria Hill	Enfield	2nd	10:55.5
	Debbie Knott	Hertford & Ware	3rd	12:48.8