

HERTFORDSHIRE & MIDDLESEX VETERANS TRACK & FIELD CHAMPIONSHIPS

INCORPORATING OPEN VETERANS EVENTS

HERTFORDSHIRE MEN

100 metres

12.4	B Rowlands	D&T	M40
12.7	M Jackson	ENF	M40
12.9	T Ryan	BAR	M50
13.5	G Daborn	SNH	M60
16.5	P Madura	H&W	M60

200 metres

24.9	M Jackson	ENF	M40
25.5	B Rowlands	D&T	M40
26.0	I Hay	BAR	M40
30.8	T Kimber	BAR	M55
28.2	G Daborn	SNH	M60
35.1	P Madura	H&W	M60
48.5	T Rawlinson	VER	M80

400 metres

57.3	P West	SNH	M40
60.2	P Fitzpatrick	VER	M40
62.4	P Mottram	NHRR	M40
75.2	G Daborn	SNH	M60

800 metres

2:14.5	P Fitzpatrick	VER	M40
2:21.1	P Mottram	NHRR	M40
2:36.0	J Cooper	D&T	M40
2:29.5	T Kimber	BAR	M55
2:39.7	J Clare	SNH	M55

1500 metres

4:50.7	P Mottram	NHRR	M40
4:50.7	A Stedman	VER	M45
4:52.7	F Gormer	FVS	M45
4:57.1	J Atkinson	NHRR	M45
5:15.8	J Cooper	D&T	M45
5:07.3	R Bloom	VER	V50
5:16.9	J Clare	SNH	V55
6:39.1	G Meech	VER	M70

5000 metres

16:53.7	N Morrison	VER	M45
18:14.8	F Gormer	FVS	M45
18:29.3	J Atkinson	NHRR	M45
18:38.8	D Surrey	SBH	M60
24:55.4	G Meech	VER	M70

110m Hurdles

17.2	P West	SNH	M40
19.2	I Thompson	HARR	M40
21.6	C Sills	D&T	M45

100m Hurdles

18.7	G Daborn	SNH	M60
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300m Hurdles

50.9	G Daborn	SNH	M60
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400m Hurdles

64.2	P West	SNH	M40
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3000m Steeplechase

11:28.4	A Stedman	VER	M45
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3k Walk

16:00.8	J Whyte	VETS	M55
20:41.5	H Jaquest	WAT	M70

Pole Vault

1.70m	T Rawlinson	VER	M80
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Long Jump

5.52m	S Smith	ENF	M40
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Triple Jump

11.75m	S Smith	ENF	M40
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Shot

9.39m	D Hill	NHRR	M40
9.32m	S Broadhead	H&W	M45
8.04m	P Ferguson	VER	M60

Discus

20.02m	D Hill	NHRR	M40
29.18m	S Broadhead	H&W	M45
23.28m	J Atkinson	NHRR	M45
25.28m	J West	VER	M55
34.68m	T McNab	STGD	M60

Hammer

27.70	S Broadhead	H&W	M45
27.08m	M Bennett	BAR	M45
36.70m	J West	VER	M55
35.42m	T McNab	STGD	M60

Javelin

28.16m	D Hill	NHRR	M40
39.60m	M Bennett	BAR	M45
39.08m	C Sills	D&T	M45
34.26m	J Atkinson	NHRR	M45
44.20m	G Ratcliffe	D&T	M60
31.70m	G Daborn	SNH	M60
19.30m	T Rawlinson	VER	M80

HERTFORDSHIRE WOMEN

100 metres

14.6	T Rashford	FVS	W35
13.7	J Saunders	SNH	W40
14.7	A Cowley	VER	W45

200 metres

29.4	T Rashford	FVS	W35
27.9	J Saunders	SNH	W40
30.4	A Cowley	VER	W45
41.1	M Lane	VER	W60

400 metres

69.1	T Rashford	FVS	W35
63.1	J Saunders	SNH	W40
102.3	M Lane	VER	W60

3k Walk

18:57.2	P Knowles	VER	W55
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Pole Vault

2.00m	C James	WAT	W40
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Long Jump

3.15m	R Bass	ENF	W50
2.74m	M Lane	VER	W60

Triple Jump

6.10m	M Lane	VER	W60
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Shot

8.59m	R Bass	ENF	W50
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Discus

23.68m	R Bass	ENF	W50
13.04m	D Daborn	SNH	W60

Hammer

19.64m	C James	WAT	W40
31.38m	R Bass	ENF	W50

Javelin

19.40m	R Bass	ENF	W50
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MIDDLESEX MEN

100 metres

13.7	A Perry	M40
13.7	A Blackburn	M60

200 metres

28.5	A Perry	M40
28.4	A Blackman	M60

400 metres

55.7	P Stiles	M40
57.6	D Spencer	M40

800 metres

2:08.3	P Stiles	M40
2:22.1	E J Shirley	M40
2:24.4	G Collins	M40

1500 metres

4:53.7	G Collins	M40
4:56.9	M Doughty	M40

5000 metres

17:27.2	D Michael	M40
18:23.3	R Black	M50

3k Walk

21:32.4	S Pender	M40
16:36.3	R Powell	M60

High Jump

1.55m	E J Shirley	M40
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Long Jump

3.76m S Pender M40
3.67m E Shirley M60

Shot

9.33m K Poole M40
10.16m W Banks M50

Discus

21.96m K Poole M40
31.42m J Curtin M50

Hammer

31.96m J Curtin M50
26.72m W Banks M50

Javelin

31.56m K Poole M50

MIDDLESEX WOMEN

100 metres

14.0 E McMahan W45

200 metres

29.2 E McMahan W45

High Jump

1.55m C Saunders W35

Long Jump

4.27m C Saunders W35
4.41m E McMahan W45

Shot

8.03m C Saunders W35

OPEN MEN

100 metres

12.9 B Bostock HARL M45

200 metres

25.6 B Bostock HARL M45

400 metres

64.7 W Wessely WSE M50

800m W Wessaly WSE M50

3000m Steeplechase

11:10.4 D Paterson SERP M45

Pole Vault

2.70m D Paterson SERP M45

Triple Jump

8.06m B Thomas VER M65

Shot

10.35m G Leek SNH M50

Discus

36.28m G Leek SNH M50

Hammer

34.00m G Leek SNH M50
26.64m R Sly R&T M55

OPEN WOMEN

200 metres

34.9 J Kimber MED W50

800 metres

3:04.1 J Kimber MED W50

Long Jump

3.14m M Coombe ENF W50

Javelin

22.60m M Coombe ENF W50

HERTFORDSHIRE COUNTY AAA 3000m CHAMPIONSHIPS

Sunday 20th July 1997

Ridlins Wood, Stevenage

<u>Senior Men</u>	Andrew Colvin	H&W	8:48.1
	Ian Johnston	TVH	8:50.7
	Ian Chalk	TSOL	9:16.8
	Allan Currell	SNH	9:32.9
<u>Junior Men</u>	Sean Hunt	HARR	9:28.0
<u>U/13 Boys</u>	Daniel Hill	NHRR	12:42.9