

# Eastern Vets/Vets AC Indoor Championships

Lee Valley - Sunday, 24 January 2010

## Men

| 60m           |     |                    |                |                             |          |       |
|---------------|-----|--------------------|----------------|-----------------------------|----------|-------|
| Pos.          | E/V | Name               | Association    | Club                        | Category | Time  |
| <b>Race 3</b> |     |                    |                |                             |          |       |
| 1             | 1   | Terry Bissett      | VAC            | Epson & Ewell Harriers      | M65      | 8.49  |
| 2             | 1   | Ian Foster         | EVAC           | EVAC                        | M65      | 8.51  |
| 3             | 1   | Geoffrey Kitchener | VAC            | Sevenoaks AC                | M60      | 8.63  |
| 4             | 2   | Charles Isetts     | VAC            | Kingston AC & Poly Harriers | M65      | 8.8   |
| 5             | 3   | David Whittaker    | VAC            | Epson & Ewell Harriers      | M65      | 9.51  |
| 6             | 1   | John Godbeer       | VAC            | Cambridge Harriers          | M70      | 10.86 |
| <b>Race 4</b> |     |                    |                |                             |          |       |
| 1             | 1   | Milton Mcintosh    | VAC            | VAC                         | M40      | 7.61  |
| 2             | 2   | Barrington King    | VAC            | Harrow AC                   | M40      | 7.85  |
| 3             | 1   | Nick Lauder        | VAC            | E&H AC                      | M35      | 7.89  |
| 4             |     | Marcel Gray        | NVAC           | Sale Harriers               | M45      | 7.92  |
| 5             | 3   | Gary Palmer        | VAC            | St. Mary's Richmond AC      | M40      | 8     |
| 6             | 1   | Simon Emmings      | EVAC           | Cambridge & Coleridge       | M40      | 8.29  |
| <b>Race 5</b> |     |                    |                |                             |          |       |
| 1             | 1   | Pat Logan          | VAC            | Kingston AC & Poly Harriers | M45      | 7.57  |
| 2             | 1   | Favsto Furlotti    | EVAC           | EVAC                        | M45      | 7.7   |
| 3             | 2   | Glen Reddington    | VAC            | WSEH                        | M45      | 7.78  |
| 4             | 2   | Petros Anastasi    | EVAC           | Enfield & Haringey          | M45      | 7.89  |
| 5             | 3   | Andy Woods         | EVAC           | EVAC                        | M45      | 7.98  |
| 6             | 3   | Peter Ilo          | VAC            | Barnet & District AC        | M45      | 8.03  |
| <b>Race 6</b> |     |                    |                |                             |          |       |
| 1             | 1   | Esa Salminen       | VAC            | Finland                     | M50      | 7.96  |
| 2             | 1   | Wilson Paterson    | EVAC           | Corby AC                    | M50      | 8.37  |
| 3             | 2   | Brian Mathews      | VAC            | Worthing Harriers           | M50      | 8.39  |
| 4             | 2   | Joseph Tucker      | EVAC           | Cambridge & Coleridge       | M50      | 9.56  |
| <b>Race 7</b> |     |                    |                |                             |          |       |
| 1             | 1   | John Browne        | EVAC           | Enfield & Haringey          | M55      | 8.04  |
| 2             | 1   | Mike O'Reilly      | VAC            | Wycombe Phoenix             | M55      | 8.33  |
| 3             | 2   | Philip Bell        | VAC            | Harrow                      | M55      | 8.8   |
| 4             | 3   | Bill Birmingham    | VAC            | London Heathside            | M55      | 9.48  |
| <b>200m</b>   |     |                    |                |                             |          |       |
| Pos.          | E/V | Name               | Association    | Club                        | Category | Time  |
| <b>Race 3</b> |     |                    |                |                             |          |       |
| 1             |     | Andrew Lewis       | SCVAC          | Harrow AC                   | M40      | 24.85 |
| 2             | 1   | Lance Croft        | EVAC           | Luton AC                    | M40      | 26.32 |
| 3             | 2   | Antony Babbs       | EVAC           | Loughton AC                 | M40      | 26.68 |
| 4             | 3   | Eli Barnett        | Non-affiliated | Telford AC                  | M40      | 27.38 |
| <b>Race 4</b> |     |                    |                |                             |          |       |
| 1             | 1   | Milton Mcintosh    | VAC            | VAC                         | M40      | 25.2  |
| 2             | 1   | Nick Lauder        | VAC            | E&H AC                      | M35      | 25.85 |
| 3             | 2   | Gary Palmer        | VAC            | St. Mary's Richmond AC      | M40      | 26.23 |
| 4             | 3   | Barrington King    | VAC            | Harrow AC                   | M40      | 26.85 |
| <b>Race 5</b> |     |                    |                |                             |          |       |
| 1             | 1   | Favsto Furlotti    | EVAC           | EVAC                        | M45      | 25.21 |
| 2             | 2   | Petros Anastasi    | EVAC           | Enfield & Haringey          | M45      | 26.17 |
| 3             | 3   | Andy Woods         | EVAC           | EVAC                        | M45      | 26.65 |
| 4             | 4   | Julian Courtney    | EVAC           | Cambridge & Coleridge       | M45      | 27.37 |
| <b>Race 6</b> |     |                    |                |                             |          |       |
| 1             | 1   | Pat Logan          | VAC            | Kingston AC & Poly Harriers | M45      | 24.68 |
| 2             | 2   | Glen Reddington    | VAC            | WSEH                        | M45      | 25.62 |
| 3             |     | Marcel Gray        | NVAC           | Sale Harriers               | M45      | 26.5  |
| 4             |     | Ty Holden          | SCVAC          | Barnet & District AC        | M45      | 27.32 |
| 5             | 3   | Michael May        | VAC            | Kingston AC & Poly Harriers | M45      | 27.99 |
| <b>Race 7</b> |     |                    |                |                             |          |       |
| 1             | 1   | Tennyson James     | EVAC           | Bedford & County            | M50      | 26.04 |
| 2             | 1   | Brian Mathews      | VAC            | Worthing Harriers           | M50      | 27.5  |
| 3             | 1   | Philip Bell        | VAC            | Harrow                      | M55      | 27.75 |
| 4             |     | Roderick Davies    | SCVAC          | Team Southampton            | M50      | 27.79 |
| 5             | 2   | Wilson Paterson    | EVAC           | Corby AC                    | M50      | 27.98 |
| 6             |     | Bruce Hendrie      | MMAC           | Banbury Harriers            | M60      | 29.47 |
| <b>Race 8</b> |     |                    |                |                             |          |       |
| 1             | 1   | Terry Bissett      | VAC            | Epson & Ewell Harriers      | M65      | 27.85 |

|   |   |                 |       |                             |     |       |
|---|---|-----------------|-------|-----------------------------|-----|-------|
| 2 |   | Victor Novell   | SCVAC | Team Southampton            | M65 | 28.29 |
| 3 | 1 | Ian Foster      | EVAC  | EVAC                        | M65 | 28.89 |
| 4 | 2 | Charles Isetts  | VAC   | Kingston AC & Poly Harriers | M65 | 29.95 |
| 5 | 3 | David Whittaker | VAC   | Epson & Ewell Harriers      | M65 | 31.76 |
| 6 |   | Allan Sowden    | SCVAC | Highgate Harriers           | M65 | 34.21 |

| <b>400m</b>   |     |                    |                |                             |          |       |
|---------------|-----|--------------------|----------------|-----------------------------|----------|-------|
| Pos.          | E/V | Name               | Association    | Club                        | Category | Time  |
| <b>Race 3</b> |     |                    |                |                             |          |       |
| 1             | 1   | Lance Croft        | EVAC           | Luton AC                    | M40      | 56.97 |
| 2             | 2   | Antony Babbs       | EVAC           | Loughton AC                 | M40      | 57.79 |
| 3             | 1   | Andy Hunt          | VAC            | Worthing Harriers           | M40      | 58.14 |
| 4             |     | Eli Barnett        | Non-affiliated | Telford AC                  | M40      | 60.43 |
| <b>Race 4</b> |     |                    |                |                             |          |       |
| 1             |     | Ty Holden          | SCVAC          | Barnet & District AC        | M45      | 60.4  |
| 2             | 1   | Michael May        | VAC            | Kingston AC & Poly Harriers | M45      | 64.58 |
| 3             | 1   | Julian Courtney    | EVAC           | Cambridge & Coleridge       | M45      | 66.01 |
|               |     | Peter Ilo          | VAC            | Barnet & District AC        | M45      | dns   |
| <b>Race 5</b> |     |                    |                |                             |          |       |
| 1             | 1   | Tennyson James     | EVAC           | Bedford & County            | M50      | 60.28 |
| 2             | 1   | Philip Bell        | VAC            | Harrow                      | M55      | 64.44 |
| 3             | 2   | Wilson Paterson    | EVAC           | Corby AC                    | M50      | 65.37 |
|               |     | Alasdair Gibson    | EVAC           | MMKAC                       | M55      | dns   |
|               |     | Ray Daniel         | VAC            | Cambridge Harriers          | M50      | dns   |
| <b>Race 6</b> |     |                    |                |                             |          |       |
| 1             | 1   | Derek Wardle       | VAC            | VAC                         | M60      | 64.4  |
| 2             | 2   | David Hayward      | VAC            | Croydon                     | M60      | 64.71 |
| 3             | 3   | Geoffrey Kitchener | VAC            | Sevenoaks AC                | M60      | 65.68 |
| 4             |     | Bruce Hendrie      | MMAC           | Banbury Harriers            | M60      | 66    |
| <b>Race 7</b> |     |                    |                |                             |          |       |
| 1             | 1   | Terry Bissett      | VAC            | Epson & Ewell Harriers      | M65      | 68.25 |
| 2             |     | Victor Novell      | SCVAC          | Team Southampton            | M65      | 68.35 |
| 3             | 1   | Ian Pearce         | EVAC           | Havering AC                 | M65      | 70.07 |
| 4             | 2   | John Garber        | EVAC           | Herne Hill Harriers         | M65      | 75.4  |
| 5             | 2   | David Whittaker    | VAC            | Epson & Ewell Harriers      | M65      | 79.04 |

| <b>800m</b>   |     |                   |             |                       |          |         |
|---------------|-----|-------------------|-------------|-----------------------|----------|---------|
| Pos.          | E/V | Name              | Association | Club                  | Category | Time    |
| <b>Race 3</b> |     |                   |             |                       |          |         |
| 1             | 1   | Andy Hunt         | VAC         | Worthing Harriers     | M40      | 02:17.4 |
| 2             |     | Stephen Winter    | SCVAC       | Oxford City AC        | M35      | 02:27.1 |
|               |     | Edward Williams   | SCVAC       | TVH                   | M35      | dns     |
| <b>Race 4</b> |     |                   |             |                       |          |         |
| 1             | 1   | Michael Scott     | EVAC        | Hunts AC              | M45      | 02:19.7 |
| 2             | 2   | Kevin Steed       | EVAC        | Benfleet Running Club | M45      | 02:21.3 |
| 3             | 1   | Cliff Warren      | VAC         | Loughton AC           | M45      | 02:24.8 |
| 4             | 3   | James Wilson      | EVAC        | Chelmsford AC         | M45      | 02:26.6 |
| <b>Race 5</b> |     |                   |             |                       |          |         |
| 1             | 1   | Geoffrey Brewster | EVAC        | Huntingdon            | M50      | 02:19.8 |
| 2             | 1   | Ray Daniel        | VAC         | Cambridge Harriers    | M50      | 02:22.7 |
| 3             | 2   | Joseph Tucker     | EVAC        | Cambridge & Coleridge | M50      | 02:33.8 |
| 4             | 1   | Alasdair Gibson   | EVAC        | MMKAC                 | M55      | 02:34.3 |
| 5             | 1   | Bill Birmingham   | VAC         | London Heathside      | M55      | 02:41.4 |
| 6             | 2   | Michael Elwell    | VAC         | Cobra AC              | M55      | 02:50.4 |
| <b>Race 6</b> |     |                   |             |                       |          |         |
| 1             | 1   | Michael Mann      | VAC         | Dulwich Runners AC    | M60      | 02:29.5 |
| 2             | 2   | Ed Connolly       | VAC         | City of Portsmouth AC | M60      | 02:31.1 |
| 3             | 3   | Stephen Knight    | VAC         | Herne Hill Harriers   | M60      | 02:34.8 |
| 4             | 4   | Peter Hamilton    | VAC         | Blackheath Harriers   | M60      | 02:37.3 |
| 5             |     | Bruce Hendrie     | MMAC        | Banbury Harriers      | M60      | 02:41.7 |
|               |     | Derek Wardle      | VAC         | VAC                   | M60      | dnf     |
| <b>Race 7</b> |     |                   |             |                       |          |         |
| 1             | 1   | John Garber       | EVAC        | Herne Hill Harriers   | M65      | 02:51.5 |
| 2             | 1   | Arthur Kimber     | VAC         | Dartford Harriers AC  | M70      | 03:15.3 |
|               |     | John Seymour      | SCVAC       | SCVAC                 | M75      | dns     |

| <b>1500m</b>  |     |               |             |                      |          |         |
|---------------|-----|---------------|-------------|----------------------|----------|---------|
| Pos.          | E/V | Name          | Association | Club                 | Category | Time    |
| <b>Race 1</b> |     |               |             |                      |          |         |
| 1             | 1   | Chris Daniels | VAC         | Thames Hare & Hounds | M40      | 04:27.6 |
| 2             | 1   | Malcolm Tuff  | EVAC        | Ryston Runners       | M40      | 04:31.4 |
| 3             |     | Jeremy Hogan  | SCVAC       | Bristol & West AC    | M50      | 04:51.9 |

|               |   |                 |      |                        |     |         |
|---------------|---|-----------------|------|------------------------|-----|---------|
| 4             | 1 | Derek Darnell   | EVAC | Huntingdon             | M50 | 05:16.6 |
| 5             | 1 | Steve Kemp      | EVAC | EVAC                   | M45 | 05:34.5 |
|               |   | James Wilson    | EVAC | Chelmsford AC          | M45 | dns     |
| <b>Race 2</b> |   |                 |      |                        |     |         |
| 1             |   | David Oxland    | MMAC | Notts AC               | M55 | 04:47.2 |
| 2             | 1 | Ken Daniel      | VAC  | Blackheath & Bromley   | M55 | 05:01.3 |
| 3             |   | Cara Oliver     |      | Dartford Harriers      | W35 | 05:19.4 |
| 4             | 2 | Michael Elwell  | VAC  | Cobra AC               | M55 | 05:54.4 |
|               |   | Alasdair Gibson | EVAC | Marshall Milton Keynes | M55 | dns     |
| <b>Race 3</b> |   |                 |      |                        |     |         |
| 1             | 1 | Michael Mann    | VAC  | Dulwich Runners AC     | M60 | 05:03.2 |
| 2             | 2 | Stephen Knight  | VAC  | Herne Hill Harriers    | M60 | 05:17.6 |
| 3             | 3 | Ed Connolly     | VAC  | City of Portsmouth AC  | M60 | 05:22.7 |
| 4             | 4 | Peter Hamilton  | VAC  | Blackheath Harriers    | M60 | 05:24.3 |
| 5             | 1 | John Garber     | EVAC | Herne Hill Harriers    | M65 | 06:11.4 |
| 6             | 1 | Betty Stracey   | EVAC | Lincoln Wellington AC  | W70 | 07:41.9 |

### 60mH

| Pos. | E/V | Name               | Association | Club               | Category | Time  |
|------|-----|--------------------|-------------|--------------------|----------|-------|
| 1    |     | Glen Reddington    | VAC         | WSEH               | M45      | 9.15  |
| 1    |     | Tennyson James     | EVAC        | Bedford & County   | M50      | 9.24  |
| 1    |     | Geoffrey Kitchener | VAC         | Sevenoaks AC       | M60      | 11.85 |
| 1    |     | Barry Ferguson     | VAC         | Cambridge Harriers | M65      | 11.36 |

### High Jump

| Pos. | E/V | Name        | Association | Club     | Category | Height |
|------|-----|-------------|-------------|----------|----------|--------|
| 1    | 1   | Colin Hague | SWVAC       | Poole AC | M50      | 1.45   |

### Pole Vault

| Pos. | E/V | Name           | Association | Club                         | Category | Height |
|------|-----|----------------|-------------|------------------------------|----------|--------|
| 1    | 1   | Simon Eastwood | EVAC        | Bedford & County             | M40      | 3.4    |
| 2    | 1   | Alan Easey     | VAC         | Worthing & District Harriers | M45      | 2.8    |
| 3    | 1   | Noel Moss      | EVAC        | Cambridge & Coleridge        | M65      | 2.2    |

### Long Jump

| Pos. | E/V | Name         | Association | Club                  | Category | Distance |
|------|-----|--------------|-------------|-----------------------|----------|----------|
| 1    | 1   | Peter Ilo    | VAC         | Barnet & District AC  | M45      | 5.41     |
| 2    | 2   | Dave Shields | VAC         | Reading AC            | M45      | 4.44     |
| 3    | 1   | Noel Moss    | EVAC        | Cambridge & Coleridge | M65      | 3.39     |

### Triple Jump

| Pos. | E/V | Name         | Association | Club        | Category | Distance |
|------|-----|--------------|-------------|-------------|----------|----------|
| 1    | 1   | Cliff Warren | VAC         | Loughton AC | M45      | 10.67    |
| 2    | 2   | Dave Shields | VAC         | Reading AC  | M45      | 9.49     |

### Shot

| Pos. | E/V | Name            | Association | Club                    | Category | Distance |
|------|-----|-----------------|-------------|-------------------------|----------|----------|
| 1    | 1   | Rob Earle       | EVAC        | Colchester Harriers     | M45      | 12.71    |
| 2    | 2   | David Burrell   | EVAC        | Luton AC                | M45      | 11.73    |
| 1    | 1   | John Mayor      | EVAC        | Stevenage & North Herts | M50      | 10.65    |
| 2    | 2   | Graeme Packman  | EVAC        | Bedford & County        | M50      | 10.11    |
| 1    | 1   | Philip Bramford | EVAC        | Cambridge & Coleridge   | M55      | 9.39     |
| 1    | 1   | Neil Griffin    | VAC         | WSE+H AC                | M60      | 13.46    |
| 2    | 2   | Tony Richards   | VAC         | Croydon AC              | M60      | 12.13    |
| 1    | 1   | Richard Jegou   | MMAC        | White Horse Harriers    | M65      | 10.76    |
| 1    | 1   | Ian Miller      | EVAC        | EVAC                    | M75      | 11.03    |
| 1    | 1   | Jaroslav Hanus  | VAC         | VAC                     | M75      | 7.55     |

## Women

### 60m

| Pos.          | E/V | Name             | Association | Club                               | Category | Time |
|---------------|-----|------------------|-------------|------------------------------------|----------|------|
| <b>Race 1</b> |     |                  |             |                                    |          |      |
| 1             | 1   | Angela Bates     | VAC         | Epsom & Ewell Harriers             | W40      | 8.51 |
| 2             | 1   | Karen Hindle     | EVAC        | Diss AC                            | W40      | 8.57 |
| 3             | 1   | Lesley Hopkins   | VAC         | Enfield & Haringay AC              | W45      | 8.97 |
| 4             | 1   | Amanda Rochester | EVAC        | Barnet & District                  | W45      | 9.27 |
| 5             | 1   | Chris Salvary    | EVAC        | Trent Park AC                      | W50      | 9.9  |
| <b>Race 2</b> |     |                  |             |                                    |          |      |
| 1             | 1   | Joan Trimble     | VAC         | Kingston AC & Polytechnic Harriers | W55      | 9.14 |
| 2             | 1   | Brenda Fee       | VAC         | Barnet & District AC               | W60      | 9.68 |
| 3             | 2   | Anne Nelson      | VAC         | Epsom & Ewell                      | W55      | 9.77 |

|   |   |                 |      |             |     |       |
|---|---|-----------------|------|-------------|-----|-------|
| 4 | 1 | Julia Ryan      | EVAC | Loughton AC | W55 | 10.42 |
| 5 | 2 | Barbara Higgins | EVAC | Loughton AC | W55 | 10.44 |

### 200m

| Pos.          | E/V | Name               | Association | Club                               | Category | Time  |
|---------------|-----|--------------------|-------------|------------------------------------|----------|-------|
| <b>Race 1</b> |     |                    |             |                                    |          |       |
| 1             | 1   | Jayne Willock      | EVAC        | Luton Athletic                     | W45      | 27.98 |
| 2             | 1   | Karen Hindle       | EVAC        | Diss AC                            | W40      | 28.36 |
| 3             | 2   | Denise Morley      | EVAC        | Colchester Harriers                | W40      | 28.5  |
| 4             | 1   | Lesley Hopkins     | VAC         | Enfield & Haringay AC              | W45      | 29.69 |
| 5             | 2   | Amanda Rochester   | EVAC        | Barnet & District                  | W45      | 30.63 |
| 6             | 3   | Elizabeth Welbourn | EVAC        | Ipswich Harriers                   | W45      | 32.23 |
| <b>Race 2</b> |     |                    |             |                                    |          |       |
| 1             |     | Lynn Talbert       |             | Thurrock Harriers                  | W50      | 30.03 |
| 2             | 1   | Joan Trimble       | VAC         | Kingston AC & Polytechnic Harriers | W55      | 30.78 |
| 3             | 1   | Brenda Fee         | VAC         | Barnet & District AC               | W60      | 32.5  |
| 4             | 1   | Chris Salvary      | EVAC        | Trent Park AC                      | W50      | 32.64 |
| 5             | 2   | Anne Nelson        | VAC         | Epsom & Ewell                      | W55      | 33.28 |

### 400m

| Pos.          | E/V | Name             | Association | Club                      | Category | Time  |
|---------------|-----|------------------|-------------|---------------------------|----------|-------|
| <b>Race 1</b> |     |                  |             |                           |          |       |
| 1             | 1   | Denise Morley    | EVAC        | Colchester Harriers       | W40      | 62.47 |
| 2             | 1   | Angela Bates     | VAC         | Epsom & Ewell Harriers    | W40      | 64.59 |
| 3             |     | Tracy Burrows    |             | City of Portsmouth        | W45      | 66.17 |
| 4             |     | Lynn Talbert     |             | Thurrock Harriers         | W50      | 66.31 |
| 5             |     | Jayne Anscombe   |             | City of Portsmouth        | W40      | 67.63 |
| 6             | 1   | Amanda Rochester | EVAC        | Barnet & District         | W45      | 69.8  |
| <b>Race 2</b> |     |                  |             |                           |          |       |
| 1             | 1   | Susan Barnett    | EVAC        | Cambridge & Coleridge     | W60      | 88.87 |
| 2             | 1   | Iris Hornsey     | EVAC        | Fairlands Valley Spartans | W65      | 92.3  |

### 800m

| Pos.          | E/V | Name               | Association | Club                       | Category | Time    |
|---------------|-----|--------------------|-------------|----------------------------|----------|---------|
| <b>Race 1</b> |     |                    |             |                            |          |         |
| 1             | 1   | Denise Morley      | EVAC        | Colchester Harriers        | W40      | 02:22.8 |
| 2             |     | Cara Oliver        |             | Dartford Harriers          | W35      | 02:28.9 |
| 3             |     | Tracy Burrows      |             | City of Portsmouth         | W45      | 02:32.5 |
| <b>Race 2</b> |     |                    |             |                            |          |         |
| 1             | 1   | Iris Hornsey       | EVAC        | Fairlands Valley Spartans  | W65      | 03:33.1 |
| 2             | 1   | Dorothy Fraser     | EVAC        | Lincoln Wellington AC      | W70      | 03:49.4 |
| 3             | 2   | Betty Stracey      | EVAC        | Lincoln Wellington AC      | W70      | 03:50.4 |
|               |     | Patricia Gallagher |             | Westbury H/Yate & District | W60      | dnf     |
|               |     | Susan Barnett      | EVAC        | Cambridge & Coleridge      | W60      | dns     |

### 60mH

| Pos. | E/V | Name            | Association | Club        | Category | Time  |
|------|-----|-----------------|-------------|-------------|----------|-------|
| 1    | 1   | Barbara Higgins | EVAC        | Loughton AC | W55      | 14.32 |

### Pole Vault

| Pos. | E/V | Name                  | Association | Club                         | Category | Height |
|------|-----|-----------------------|-------------|------------------------------|----------|--------|
| 1    | 1   | Alison Duke           | VAC         | Worthing & District Harriers | W40      | 2.4    |
| 1    | 1   | Clare St.John Coleman | EVAC        | Chelmsford                   | W45      | 1.5    |
| 1    | 1   | Barbara Higgins       | EVAC        | Loughton AC                  | W55      | 1.5    |

### Long Jump

| Pos. | E/V | Name                  | Association | Club                         | Category | Distance |
|------|-----|-----------------------|-------------|------------------------------|----------|----------|
| 1    | 1   | Alison Duke           | VAC         | Worthing & District Harriers | W40      | 4.21     |
| 1    | 1   | Clare St.John Coleman | EVAC        | Chelmsford                   | W45      | 3.69     |
| 1    | 1   | Chris Salvary         | EVAC        | Trent Park AC                | W50      | 3.8      |

### Triple Jump

| Pos. | E/V | Name                  | Association | Club       | Category | Distance |
|------|-----|-----------------------|-------------|------------|----------|----------|
| 1    | 1   | Clare St.John Coleman | EVAC        | Chelmsford | W45      | 7.63     |

### Shot

| Pos. | E/V | Name              | Association | Club                  | Category | Distance |
|------|-----|-------------------|-------------|-----------------------|----------|----------|
| 1    | 1   | Anthea Bamford    | EVAC        | Cambridge & Coleridge | W60      | 6.95     |
| 1    | 1   | Wendy Dunsford    | VAC         | Epsom & Ewell         | W45      | 8.93     |
| 1    | 1   | Susan Dassie      | VAC         | Epsom & Ewell         | W55      | 8.33     |
| 1    | 1   | Elizabeth Sissons | VAC         | Epsom & Ewell         | W65      | 9.77     |
| 1    | 1   | Camilla Thrush    |             | Kingston & Poly AC    | W40      | 10.46    |