

HERTS ASSOCIATION OF ATHLETIC & RUNNING CLUBS

VETERANS CHAMPIONSHIPS

MONDAY, 4 MAY 2009 AT STEVENAGE

Veteran Men

M35	100m	David Olusanya	unatt	12.4
	200m	David Olusanya	unatt	25.5
	1500m	Paul Carter	FVS	5:25.1
M40	100m	Jon Humphries	HPX	12.4
		Ty Holden	BAR	13.0
	200m	Jon Humphries	HPX	25.0
		Ty Holden	BAR	26.4
		David Stephenson	FVS	27.8
		Richard Sidlin	FVS	30.0
		Steve Smithson	FVS	30.3
		Mark Glading	FVS	32.2
	400m	Ty Holden	BAR	57.9
	800m	Robin Baynham	HPX	2:21.9
		Jeremy Rackham	SNH	2:27.5
		Steve Pickett	SNH	2:32.5
	1500m	Jeremy Rackham	SNH	4:55.3
		Steve Smithson	FVS	5:15.4
	5000m	Ian Johnston	SHET	16:08.0
		Richard Sidlin	FVS	19:48.2
		Steve Smithson	FVS	19:50.3
		Mark Glading	FVS	20:58.2
		Andy Jay	FVS	21:56.5
		Christopher Leigh	FVS	22:29.4
	3kW	Costa Michael	BAR	17:45.7
	LJ	Richard Emptage	D&T	4.77m
		Ian Hawtin	D&T	4.71m
		Jeremy Rackham	SNH	4.08m
	TJ	Richard Emptage	D&T	10.20m
	SP	David Lipscomb	SERP	8.39m
		Mark Glading	FVS	7.61m
DT	David Lipscomb	SERP	26.55m	
HT	David Lipscomb	SERP	20.36m	
	Stephen Feely	SNH	20.16m	
M50	100m	Alan Perry	HARR	14.7
	200m	Gregory Hill	WAT	29.7
		Alan Perry	HARR	30.4
		David Newman	GCR	31.8
	400m	Gregory Hill	WAT	66.6
		David Newman	GCR	69.1
	1500m	David Bowker	FVS	4:48.5
		Jim Brown	FVS	5:51.1
		Paul Holgate	FVS	6:27.4
	5000m	Jim Brown	FVS	20:32.9
		Paul Holgate	FVS	23:17.0
	100H	John Mayor	SNH	15.5
	3kW	Steve Allen	BAR	15:56.2
		David Bowker	FVS	19:04.8
	SP	John Mayor	SNH	10.17m
	Tim Saunders-Mullins	WAT	8.81m	

		Patrick Smith	BAR	7.21m
	DT	John Mayor	SNH	30.56m
		Patrick Smith	BAR	24.62m
		Tim Saunders-Mullins	WAT	22.49m
	HT	Tim Saunders-Mullins	WAT	26.46m
		Patrick Smith	BAR	24.00m
	JT	John Mayor	SNH	32.23m
M60	200m	Chris Lawn	HPX	32.4
	400m	Chris Lawn	HPX	72.4
	1500m	Mike Dixon	HPX	5:39.9
		John Cooper	D&T	6:05.2
	3kW	John Borgars	HPX	19:21.5
	PV	Mike Dixon	HPX	2.10m
	SP	Godfrey Leak	SNH	9.90m
		Len Allbrighton	SNH	6.02m
	DT	Godfrey Leak	SNH	34.71m
		Len Allbrighton	SNH	16.34m
	HT	John Lee	HPX	33.52m
		Godfrey Leak	SNH	32.15m
	JT	Brian Yeomans	WAT	31.79m
		Mike Dixon	HPX	30.65m
		Len Allbrighton	SNH	14.48m
M70	100m	Colin Field	TPRC	15.2
		Ron Cohen	FVS	19.7
	200m	Colin Field	TPRC	31.5
		Ron Cohen	FVS	44.0
	5000m	John Steed	HPX	26:11.8
	3kW	Arthur Thomson	E&H	16:04.7
		Ken Livermore	E&H	22:57.9
	SP	Ian Miller	HPX	10.77m
	HT	Ian Miller	HPX	34.79m
Veteran Women				
W40	100m	Monica Brown	FVS	14.1
		Amanda Rochester	BAR	15.0
	200m	Amanda Rochester	BAR	30.4
		Christine Feely	FVS	32.2
	400m	Amanda Rochester	BAR	69.6
	800m	Peta Wilson	FVS	2:53.4
	1500m	Jo Kent	BAR	5:02.6
		Pauline Michael	BAR	5:55.2
	LJ	Monica Brown	FVS	4.67m
		Christine Feely	FVS	4.01m
	SP	Monica Brown	FVS	6.50m
		Christine Feely	FVS	5.66m
W50	100m	Joylyn Saunders-Mullins	SNH	14.6
	200m	Joylyn Saunders-Mullins	SNH	29.3
	1500m	Sharon Crowley	FVS	7:06.1
	3000m	Sharon Crowley	FVS	15:51.1
	PV	Sue Yeomans	WAT	2.30m
	TJ	Sue Yeomans	WAT	8.59m
W60	1500m	Iris Hornsey	FVS	7:08.7