

**Hertfordshire County AAA Veteran Championships**  
**Stevenage 4 May 2015**

**Veteran Men**

**100 Metres (w/s -1.3)**

1	15 Steve Mayfield	Unattached	M40	13.63
2	14 Andrew Maher	St Albans Striders	M40	14.43

**100 Metres (w/s -1.4)**

1	18 Martin Procter	HAWCS	M50	13.18
2	16 John Mayor	Stevenage & North Herts AC	M50	13.29
3	12 Ty Holden	Barnet & District AC	M50	13.69
4	11 Adrian Day	Trent Park RC	M50	14.34

**200 Metres (w/s -1.2)**

1	12 Ty Holden	Barnet & District AC	M50	26.83
2	15 Steve Mayfield	Unattached	M40	27.11
3	11 Adrian Day	Trent Park RC	M50	28.50
4	14 Andrew Maher	St Albans Striders	M40	30.60
5	56 David Newman	Garden City Runners	M50	34.37

**400 Metres**

1	98 Christopher Westcott	Stevenage & North Herts AC	M40	57.38
2	15 Steve Mayfield	Unattached	M40	61.10
3	56 David Newman	Garden City Runners	M50	77.33

**800 Metres**

1	89 John Harris	Fairlands Valley Spartans	M50	2.26.43
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**1500 Metres**

1	98 Christopher Westcott	Stevenage & North Herts AC	M40	4.26.41
2	84 Jim Brown	Fairlands Valley Spartans	M60	6.44.71

**5000 Metres**

1	90 Ian Johnston	Veterans AC	M40	16:53.32
2	14 Andrew Maher	St Albans Striders	M40	22:46.85
3	84 Jim Brown	Fairlands Valley Spartans	M60	23:47.01

**100 Metres Hurdles w/s -0.4**

1	16 John Mayor	Stevenage & North Herts AC	M50	15.78
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**400 metres Hurdles**

1	14 Andrew Maher	St Albans Striders	M40	82.86
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**3000m Walk**

1	193 Steve Allen	Barnet & District AC	M50	15:36.05
2	83 David Bowker	Fairlands Valley Spartans	M50	18:24.58
3	97 Arthur Thomson	Enfield & Haringey AC	M70	18:37.60
4	82 John Borgars	Herts Phoenix AC	M60	19:58.39

**High Jump**

1	86 Richard Emptage	Dacorum & Tring AC	M50	1.40
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**Pole Vault**

1	15 Steve Mayfield	Unattached	M45	2.00
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**Long Jump**

1	18 Martin Procter	HAWCS	M50	5.10
2	86 Richard Emptage	Dacorum & Tring AC	M50	4.82
3	15 Steve Mayfield	Unattached	M45	4.45

**Triple Jump**

1	86 Richard Emptage	Dacorum & Tring AC	Master:	10.35
2	17 Marc Phillips	St Albans Striders	Master:	7.80

**Shot**

1	93 Trevor Ratcliffe	Dacorum & Tring AC	M50	9.08 6k
2	95 Mick Shortland	Stevenage & North Herts AC	M65	8.99 5k
3	94 Tim Saunders-Mullins	St Albans AC	M60	7.78 5k
4	87 Dave Faulkner	Garden City Runners	M60	7.38 5k
5	81 Len Allbrighton	Stevenage & North Herts AC	M70	6.74 4k

**Discus**

1	93 Trevor Ratcliffe	Dacorum & Tring AC	M50	33.32
2	18 Martin Procter	HAWCS	M50	32.30
3	87 Dave Faulkner	Garden City Runners	M60	30.34
4	95 Mick Shortland	Stevenage & North Herts AC	M65	28.57
5	94 Tim Saunders-Mullins	St Albans AC	M60	23.05
6	100 Brian Yeomans	St Albans AC	M65	22.53
7	15 Steve Mayfield	Unattached	M45	21.89

**Hammer**

1	91 John Lee	Herts Phoenix AC	M70	33.31
2	94 Tim Saunders-Mullins	St Albans AC	M65	32.91
3	95 Mick Shortland	Stevenage & North Herts AC	M65	30.84
4	93 Trevor Ratcliffe	Dacorum & Tring AC	M50	30.78

**Javelin**

1	93 Trevor Ratcliffe	Dacorum & Tring AC	M50	52.22
2	15 Steve Mayfield	Unattached	M45	27.25
3	100 Brian Yeomans	St Albans AC	M65	26.87
4	95 Mick Shortland	Stevenage & North Herts AC	M65	26.80
5	81 Len Allbrighton	Stevenage & North Herts AC	M70	20.54
6	14 Andrew Maher	St Albans Striders	M40	17.15

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**Veteran Women**

**200 Metres (w/s -1.1)**

1	63 Dawn Jones	Harlow AC	W40	29.93
2	62 Christine Feely	Stevenage & North Herts AC	W50	32.05

**300 Metres**

1	74 Colette Hurley	Shaftesbury Barnet Harriers	W50	48.92
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**1500 Metres**

1	71 Sharon Crowley	Fairlands Valley Spartans	W55	7.39.77
2	73 Iris Hornsey	Fairlands Valley Spartans	W70	8.03.28

**3000 Metres**

1	78 Wendy Walsh	St Albans Striders	W40	11:11.39
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**300 Metres Hurdles**

1	76 Julie Rogers	Birchfield Harriers	W50	53.05
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**400 Metres Hurdles**

1	47 Samantha Sullivan	Dacorum & Tring AC	W40	85.13
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**3k Walk**

1	71 Sharon Crowley	Fairlands Valley Spartans	W50	23:02.95
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**High Jump**

1	80 Sue Yeomans	St Albans AC	W60	1.20
2	72 Fiona Groom	Shaftesbury Barnet Harriers	W40	1.15

**Pole Vault**

1	80 Sue Yeomans	St Albans AC	W60	2.60
2	75 Stephanie Mayfield	Fairlands Valley Spartans	W40	1.70

**Shot**

1	77 Joylyn Saunders-Mullins	Stevenage & North Herts AC	W60	8.09
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**Hammer**

1	71 Sharon Crowley	Fairlands Valley Spartans	W55	18.51
2	79 Andrea Westcott	Fairlands Valley Spartans	W40	12.14

**Javelin**

1	77 Joylyn Saunders-Mullins	Stevenage & North Herts AC	W60	23.48
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