

Hertfordshire County AAA Veteran Championships

Stevenage 2 May 2016

Veteran Men

100 Metres w/s -0.5

1	197 Martin Procter (M50)	HAWCS	13.5
2	192 Steve Mayfield (M50)	SNH	13.8
3	183 Kevin Gregory (M55)	SNH	14.0
4	184 Richard Harry (M40)	St A Str	14.8
5	177 Leonard Allbrighton (M70)	SNH	21.6

200 Metres w/s -0.9

1	192 Steve Mayfield (M50)	SNH	27.51
2	185 Ty Holden (M50)	Barnet & D	27.68
3	183 Kevin Gregory (M55)	SNH	28.95
4	184 Richard Harry (M40)	St A Str	30.01

800 Metres

1	196 Marc Phillips (M50)	St A Str	2:44.83
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1500 Metres

1	205 Christopher Westcott (M40)	SNH	4:30.23
2	179 Graham Blackburn (M50)	FVS	5:31.61
3	190 Andrew Maher (M40)	St Albans	5:42.65
4	196 Marc Phillips (M50)	St A Str	5:44.99
5	188 Paul Keeble (M45)	SNH	6:07.64
6	180 Jim Brown (M60)	FVS	7:01.97

5000 Metres

1	186 Ian Johnston (M45)	Vets AC	16:49.44
2	200 Thomas Sauka (M40)	FVS	20:44.75
3	180 Jim Brown (M60)	FVS	24:23.97

100 metres Hurdles w/s -0.2

1	193 John Mayor (M50)	SNH	16.14
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3000m Walk

1	206 Steve Allen (M60)	Barnet & D	16:33.57
2	204 Arthur Thomson (M80)	Enfield & H	19:12.25

High Jump

1	203 David Stephenson (M50)	Fairlands VS	1.40	1.25 o, 1.30 o, 1.35 o, 1.40 xxo, 1.45 xxx
2	181 Richard Emptage (M50)	Dacorum & T	1.35	1.25 o, 1.30 o, 1.35 o, 1.40 xxx
1	184 Richard Harry (M40)	St A Str	1.40	1.25 o, 1.30 o, 1.35 o, 1.40 o, 1.45 xxx

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Pole Vault

1	192 Steve Mayfield (M50)	SNH	2.10	1.80 o, 1.90 xo, 2.00 xo, 2.10 o, 2.20 xxx
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Long Jump

1	197 Martin Procter (M50)	HAWCS	4.98	x/4.73/x/4.98/4.84/x
2	181 Richard Emptage (M50)	Dacorum & T	4.51	x/x/4.50/x/x/4.51
3	192 Steve Mayfield (M50)	SNH	4.51	4.44/4.29/4.27/4.33/x/4.51
4	203 David Stephenson (M50)	Fairlands VS	4.34	4.30/4.19/4.34/3.95/x/4.29
5	183 Kevin Gregory (M55)	SNH	4.32	4.28/4.32/4.32/4.16/-/-
6	184 Richard Harry (M40)	St A Str	4.30	4.24/3.90/4.22/4.10/4.06/4.30

Triple Jump

1	181 Richard Emptage (M50)	Dacorum & T	10.06	-/-/-/10.06/-
2	196 Marc Phillips (M50)	St A Str	8.10	7.78/7.80/7.28/8.10/-/7.87

Shot

1	201 Mick Shortland (M65)	Stevenage & NH	8.29	8.01/8.24/8.29/7.38/7.45/8.11
2	182 Dave Faulkner (M60)	Garden City R	7.86	6.87/6.97/7.00/7.14/7.86/7.80
3	202 Stuart Stafford (M45)	Dacorum & T	7.47	6.22/7.03/6.38/6.65/7.19/7.47
4	192 Steve Mayfield (M50)	SNH	7.00	6.87/6.68/6.69/6.75/7.00/-
5	177 Len Albrighton (M70)		6.83	6.83/6.36/6.52/6.54/6.49/6.44

Discus

1	199 Trevor Ratcliffe (M50)	Dacorum & T	33.27	33.27/33.16/x/x/32.87/x
2	182 Dave Faulkner (M60)	Garden City R	30.26	26.26/27.86/29.76/29.56/29.35/30.26
3	193 John Mayor (M50)	SNH	28.77	27.46/28.25/27.48/x/28.77/28.53
4	192 Steve Mayfield (M50)	SNH	27.37	24.43/24.32/25.48/24.35/27.37/25.75
5	201 Mick Shortland (M65)	Stevenage & NH	25.97	20.77/25.29/22.80/25.97/21.33/25.30
6	202 Stuart Stafford (M45)	Dacorum & T	23.05	22.47/23.05/20.83/22.55/22.83/22.73

Hammer

1	189 John Lee (M70)	Herts Phoenix	4kg	30.27	26.65/29.73/28.84/28.65/29.04/30.27
2	199 Trevor Ratcliffe (M50)	Dacorum & T	6kg	30.25	x/29.85/x/27.26/x/30.25

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3	201 Mick Shortland (M65)	Stevenage & NH	5kg	29.80	29.45/x/25.43/29.10/27.12/29.80
4	202 Stuart Stafford (M45)	Dacorum & T	7.26	21.28	20.86/21.28/x/18.57/19.97/19.49

Javelin

1	199 Trevor Ratcliffe (M50)	Dacorum & T		54.96	54.96/54.38/51.14/54.49/x/x
2	187 Nick Jones (M45)	Watford Harriers		31.16	29.54/30.07/29.78/31.16/31.03/x
3	192 Steve Mayfield (M50)	SNH		28.63	26.88/26.29/27.63/26.06/x/28.63
4	202 Stuart Stafford (M45)	Dacorum & T		25.69	x/24.57/25.69/24.64/x/19.37
5	201 Mick Shortland (M65)	Stevenage & NH		24.02	23.62/24.02/21.20/22.06/22.74/21.34
6	190 Andrew Maher (M40)	St Albans		21.14	16.90/17.24/17.74/16.86/21.14/19.17
7	177 Leonard Allbrighton (M70)	SNH	600g	20.27	11.20/17.44/17.43/18.42/20.27/19.14

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Veteran Women

100 Metres w/s -0.4

1	163 Sally Cooke (W45)	SNH	14.65
2	167 Andrea Harris (W40)	Watford H	15.73
3	165 Brenda Fee (W65)	Barnet & D	16.77

200 Metres w/s -0.9

1	160 Charlotte Astill (W40)	SNH	28.61
2	167 Andrea Harris (W40)	Watford H	32.22
3	165 Brenda Fee (W65)	Barnet & D	34.84

300 Metres

1	166 Christine Feely (W50)	SNH	54.8
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1500 Metres

1	175 Ann Tryssesoone (W50)	FVS	6:07.33
2	162 Hazel Clark (W35)	FVS	6:14.18
3	164 Sharon Crowley (W55)	FVS	7:31.59

1.80 1.60 o, 1.70 o, 1.80 o, 1.90 xxx

3k Walk

1	164 Sharon Crowley (W55)	FVS	22:47.92
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4.82 4.11/4.82/4.36/4.48/4.29/4.42

3.51 3.34/3.51/3.50/3.40/x/3.13

Pole Vault

1	170 Stephanie Mayfield (W40)	Fairlands VS
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Long Jump

1	161 Monica Brown (W50)	Fairlands VS
2	166 Christine Feely (W50)	SNH

8.88 8.54/8.88/8.71/8.53/8.10/8.34

8.03 x/8.00/7.63/7.32/8.03/7.90

7.99 7.43/7.99/7.39/7.19/7.04/7.17

6.13 5.31/5.42/6.13/6.07/retd

Shot

1	241 Louise Hampton (W35)	SNH
2	174 Tessa Stephenson (W55)	FVS
3	161 Monica Brown (W50)	Fairlands VS

30.78 x/29.49/x/28.29/30.73/30.78

18.03 17.73/18.03/17.14/16.48/17.10/16.40

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	4	166 Christine Feely (W50)	SNH		
Hammer				17.12	x/10.93/x/16.17/17.12/15.99
	1	241 Louise Hampton (W35)	SNH	4kg	
	2	164 Sharon Crowley (W55)	FVS	3kg	
Discus					
	1	174 Tessa Stephenson (W55)	FVS		