

Hertfordshire County AAA Veteran Championships
Stevenage 1 May 2017

Veteran Men

100 Metres w/s +1.6

1	9 William Harris (M45)	Veterans AC	12.66
2	11 Nick Jones (M50)	Watford Harriers	12.94
3	7 Alastair Gammell (M45)	Watford Harriers	13.07
4	13 Stephen Mayfield (M50)	Stevenage & NH	13.44
5	23 David Stephenson (M50)	Fairlands Valley S	13.72
6	19 Alan Perry (M60)	Harrow AC	14.68
7	16 David Newman (M55)	Garden City R	16.77
8	2 Leonard Allbrighton (M70)	Stevenage & NH	20.66

200 Metres w/s +1.5

1	11 Nick Jones (M50)	Watford Harriers	27.19
2	13 Stephen Mayfield (M50)	Stevenage & NH	27.26
3	7 Alastair Gammell (M45)	Watford Harriers	27.60
4	19 Alan Perry (M60)	Harrow AC	31.84

400 Metres

1	103 Martin Procter (M50)	The HAWCS	61.7
2	100 Harvey Griffiths (M45)	Watford Harriers	69.0

1500 Metres

1	211 Steffan Ford (M40)	Fairlands Valley S	4:43.1
2	220 John Harris (M55)	Fairlands Valley S	5:09.9
3	233 Thomas Sauka (M40)	Fairlands Valley S	5:15.0
4	239 Steve Smithson (M45)	Fairlands Valley S	6:02.3
5	225 Ken Jude (M50)	Fairlands Valley S	6:12.1
6	207 Jim Brown (M60)	Fairlands Valley S	6:44.7
7	215 Steven Gough (M45)	Fairlands Valley S	7:04.4

5000 Metres

1	101 Ian Johnston (M45)	Veterans AC	16:54.7
2	211 Steffan Ford (M40)	Fairlands Valley S	17:49.7
3	207 Jim Brown (M60)	Fairlands Valley S	24:05.4

3000m Walk

1	131 Steve Allen (M60)	Barnet & District AC	17:27.69
2	255 John Borgars (M70)	Herts Phoenix AC	19:15.03

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High Jump

1 100 Harvey Griffiths (M45) Watford Harriers 1.55 1.45 o;1.50 o;1.55 o;1.60 xxx

Pole Vault

1 13 Stephen Mayfield (M50) Stevenage & NH 2.10 1.60 o;1.70 o;1.80 o;1.90 o;2.00 xo;2.10 xxo;2.20 xx

Long Jump

1 103 Martin Procter (M50) The HAWCS 5.15 5.15/4.94/4.59/4.70/4.94/4.96
 2 9 William Harris (M45) Veterans AC 4.98 4.81/4.98/4.44/x/4.65/4.72
 3 100 Harvey Griffiths (M45) Watford Harriers 4.61 4.56/4.48/4.61/4.33/4.52/4.35
 4 105 Richard Emptage (M50) Dacorum & Tring AC 4.60 x/4.60/x/-/-
 5 23 David Stephenson (M50) Fairlands Valley S 4.35 4.35/3.83/4.07/3.98/3.98/-
 6 137 Stuart Stafford (M45) Dacorum & Tring AC 4.30 4.30/x/3.94/3.92/3.95/4.19
 7 13 Stephen Mayfield (M50) Stevenage & NH 4.29 4.17/4.11/x/4.25/4.21/4.29
 8 136 Richard Harry (M40) St Albans Striders 4.25 3.90/4.25/4.02/4.11/3.87/4.02

Triple Jump

1 105 Richard Emptage (M50) Dacorum & Tring AC 10.37/1.4 x; x; 10.37; x; x; x
 2 100 Harvey Griffiths (M45) Watford Harriers 9.91/1.3 9.30/0.6; 9.66/0.7; 9.91/1.3; 9.87/2.4; 9.69/1.3; 9.68/1.7
 3 137 Stuart Stafford (M45) Dacorum & Tring AC 8.45/4.0 8.00/1.7; 7.82/1.9; 8.34/1.7; 8.45/4.0; 7.79/1.3; 8.31/1.4

Shot

1 147 Ian Miller (M80) The HAWCS 9.02 8.48/8.59/9.02/x/8.73/9.00
 2 150 Mick Shortland (M65) Stevenage & NH 8.90 8.52/8.90/7.91/x/8.17/8.46
 3 23 David Stephenson (M50) Fairlands Valley S 8.16 7.93/8.16/6.53/7.77/6.40/7.91
 4 149 Tim Saunders-Mullins (M60) Stevenage & NH 8.10 6.39/7.53/7.81/7.35/8.10/7.52
 5 137 Stuart Stafford (M45) Dacorum & Tring AC 7.85 7.85/6.89/6.66/7.81/7.42/7.44
 6 145 Dave Faulkner (M60) Garden City R 7.51 7.33/7.21/7.10/6.65/7.51/6.93
 7 2 Leonard Allbrighton (M70) Stevenage & NH 6.77 6.18/6.22/6.76/6.77/6.35/6.39

Discus

1 145 Dave Faulkner (M60) Garden City R 30.78 29.07/28.57/30.78/29.33/30.17/x
 2 150 Mick Shortland (M65) Stevenage & NH 23.58 x/x/21.26/x/19.84/23.58
 3 137 Stuart Stafford (M45) Dacorum & Tring AC 23.19 19.32/17.56/19.42/22.74/20.65/23.19
 4 13 Stephen Mayfield (M50) Stevenage & NH 22.41 22.41/x/21.44/x/21.35/21.65
 5 149 Tim Saunders-Mullins (M60) Stevenage & NH 20.50 20.50/x/x/19.38/x/x
 6 154 John Lee (M70) Herts Phoenix AC 19.63 19.63/x/x/18.10/x/x

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Hammer

1	155 James Goss (F43) (M40)	Stevenage & NH	44.60	x/43.26/44.60/43.28/44.27/44.45
2	148 Trevor Ratcliffe (M50)	Dacorum & Tring AC	32.06	25.71/29.86/x/32.06/x/30.40
3	149 Tim Saunders-Mullins (M60)	Stevenage & NH	31.37	27.31/28.28/28.57/31.37/30.53/31.09
4	150 Mick Shortland (M65)	Stevenage & NH	30.85	x/26.91/26.94/30.85/x/x
5	154 John Lee (M70)	Herts Phoenix AC	30.82	27.40/28.77/30.82/29.33/29.54/x
6	147 Ian Miller (M80)	The HAWCS	30.60	30.26/29.38/x/30.60/26.44/x
7	137 Stuart Stafford (M45)	Dacorum & Tring AC	22.86	20.33/21.90/22.86/21.56/21.45/21.96

Javelin

1	148 Trevor Ratcliffe (M50)	Dacorum & Tring AC	49.95	x/49.59/x/49.95/49.29/48.46
2	11 Nick Jones (M50)	Watford Harriers	29.82	x/27.59/29.40/29.82/x/x
3	137 Stuart Stafford (M45)	Dacorum & Tring AC	28.68	x/23.90/25.34/23.18/28.68/24.08
4	13 Stephen Mayfield (M50)	Stevenage & NH	27.64	24.21/27.64/25.61/x/26.55/25.09
5	150 Mick Shortland (M65)	Stevenage & NH	24.16	22.00/17.11/21.16/x/21.49/24.16
6	2 Leonard Allbrighton (M70)	Stevenage & NH	19.61	17.99/19.61/18.69/18.94/19.14/18.64
7	145 Dave Faulkner (M60)	Garden City R	17.98	17.98/x/14.62/15.27/16.64/14.90

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Veteran Women

200 Metres w/s +2.2

1	38 Charlene Jacobs-Conradie (W35)	Luton AC	29.87
2	58 Dawn Jones (W45)	Harlow AC	31.35
3	50 Peta Wilson (W45)	Fairlands Valley S	35.51

300 Metres

1	109 Christine Feely (W50)	Stevenage & NH	54.0
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400 Metres

1	38 Charlene Jacobs-Conradie (W35)	Luton AC	69.8
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800 Metres

1	38 Charlene Jacobs-Conradie (W35)	Luton AC	2:29.25
	110 Joanna Winfield (W40)	Luton AC	dnf

1500 Metres

1	256 Cathy Craig (W60)	Fairlands Valley S	7:09.46
2	269 Monica Smithson (W50)	Fairlands Valley S	7:12.32
3	268 Penelope Schenkel (W45)	Fairlands Valley S	7:13.61
4	257 Sharon Crowley (W55)	Fairlands Valley S	7:15.01

3000 Metres

1	38 Charlene Jacobs-Conradie (W35)	Luton AC	10:57.3
2	268 Penelope Schenkel (W45)	Fairlands Valley S	15:09.2

80 Metres Hurdles w/s +1.4

	104 Julie Rogers (W50)	Birchfield Harriers	14.01
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300 Metres Hurdles

	104 Julie Rogers (W50)	Birchfield Harriers	51.87
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3k Walk

1	257 Sharon Crowley (W55)	Fairlands Valley S	21:54.31
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High Jump

1	132 Monica Brown (W50)	Fairlands Valley S	1.30	1.15 o;1.20 o;1.25 o;1.30 xo;1.35xxx
1	133 Andrea Westcott (W45)	Fairlands Valley S	1.00	1.00 o;1.05 xxx

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Pole Vault

1 135 Stephanie Mayfield (W40) Fairlands Valley S 1.90 1.60 o;1.70 o;1.80 o;1.90 xxx

Long Jump

1 47 Tessa Stephenson (W55) Fairlands Valley S 3.35/2.0 3.24/0.9; 3.35/2.0; 3.14/1.1; 3.17/2.3; r
2 46 Chris Salvary (W60) Barnet & District AC 3.02/2.9 x;x;2.87/2.4; 3.02/2.9; 2.84/1.3; 2.89/1.9

Triple Jump

1 46 Chris Salvary (W60) Barnet & District AC 6.80/1.6 6.80/1.6; -; x; 6.29/1.7; 6.55/3.0/x

Shot

1 47 Tessa Stephenson (W55) Fairlands Valley S 7.95 7.95/7.64/7.74/x/7.12/7.56
2 153 Joylyn Saunders-Mullins (W65) Stevenage & NH 7.32 6.77/7.32/6.91/7.26/6.61/6.88
3 109 Christine Feely (W50) Stevenage & NH 5.86 5.03/4.71/x/4.84/5.86/5.03

Hammer

1 156 Louise Hampton (W35) Stevenage & NH 33.85 33.02/33.85/32.46/32.65/32.79/x
2 257 Sharon Crowley (W55) Fairlands Valley S 16.95 16.95/16.66/16.69/16.05/16.09/16.86

Javelin

1 153 Joylyn Saunders-Mullins (W65) Stevenage & NH 23.82 17.23/17.57/17.70/20.68/20.83/23.82
2 133 Andrea Westcott (W45) Fairlands Valley S 12.43 12.43/x/12.01/11.14/10.85/11.58