

**SOUTH WEST VETS AC TRACK & FIELD CHAMPIONSHIPS 2011**  
**Exeter Arena - Sunday 19 June 2011**

**TRACK RESULTS**

**100m - M35**

38	Morey	Andrew	Newton Abbot AC	11.64
93	Qazi	Imam	Team Bath AC	11.67

**100m - M45**

108	Bates	Robert	SWVAC	13.6
140	Warhurst	Edward	Poole Runner	14.01
33	van der Vyver	Daniel	N Gauteng Pretoria	15.11

**100m - M50**

66	Powell	Keith	Newport AC	12.60
30	Turner	Mark	Exeter Harriers	12.89
114	Rosser	Norbert	Taunton AC	12.96
139	Evernden	Christopher	Poole Runner	13.39
43	Steward	Duncan	Yeovil Olympiads	13.72
88	Blackford	Stephen	City of Plymouth AC	14.12
109	Barlow	David	Yeovil Olympiads	14.96

**100m - M55**

19	Watkins	Ray	Basingstoke & Mid Hants	12.34
106	Lapka	Mario	Exeter Harriers	12.85
96	Lang	Steve	SWVAC	12.92
118	Marshall	John	SWVAC	13.64
138	Bell	Philip	Harrow AC	13.66
89	Grosjean	Peter	Meddip AC	14.34

**100m - M60**

75	Williamson	Brian	Rhondda AAC	13.88
107	Trueman	Geoffrey	Stroud & District AC	13.94
18	Frith	Ray	Newquay & Par AC	16.04

**100m - M65**

55	Sutton	Glyn	Newport Harriers	12.66
32	Rees	Phil	Cardiff AAC	19.49

**100m - M70**

61	Fairbrother	Lyndsey	Exeter Harriers	15.04
40	Panter	Robert	Eddon Heath Harriers	16.41
144	Bursill	Donald	SWVAC	37.19

**100m - M75**

53	Evans	John	Rugby & Northampton	16.72
21	Goulding	John	Andover AC	18.26

**100m - W35**

45	Hubbard	Julia	SWVAC	12.65
65	Carter	Trudi	Wimborne AC	14.35

**100m - W40**

127	Gribble	Tamsin	Plymouth AC	13.70
14	Frank	Clare	Exeter Harriers	15.88

**100m - W45**

26	Hooper	Sue	Cardiff AAC	14.50
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**100m - W50**

67	Endacott	Jan	Rudley AC	15.07
78	Richards	Suzanne	Pltmouth AC	

**100m - W55**

46	Powell	Caroline	Bristol & West AC	14.05
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**100m - W70**

60	Fraser	Dorothy	Lincoln Wellington	18.34
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<b>200m - SM</b>				
154	Elderfield	Jonathan	Basingstoke	23.52
<b>200m - M35</b>				
93	Qazi	Imam	Team Bath AC	24.43
<b>200m - M40</b>				
74	Whittock	Neil	SWVAC	27.81
<b>200m - M45</b>				
140	Warhurst	Edward	Poole Runner	28.97
145	Bell	Shaun	Erme Valley Harriers	29.99
<b>200m - M50</b>				
66	Powell	Keith	Newport AC	25.95
30	Turner	Mark	Exeter Harriers	26.19
114	Rosser	Norbert	Taunton AC	26.50
139	Evernden	Christopher	Poole Runners	27.80
88	Blackford	Steven	City of Plymouth AC	28.94
109	Barlow	David	Yeovil Olympiads	28.98
<b>200m - M55</b>				
19	Watkins	Ray	Basingstoke & Mid Hants	25.22
96	Lang	Steve	SWVAC	26.90
121	Pengelly	Clive	Newquay & Par AC	27.09
138	Bell	Philip	Harrow AC	27.99
4	Havill	Martin	Exeter Harriers	28.53
118	Marshall	John	SWVAC	28.77
89	Grosjean	Peter	Mendip AC	30.71
56	Waddington	Steve	S Devon AC	31.90
<b>200m - M60</b>				
107	Trueman	Geoffrey	Stroud & District AC	29.00
75	Williamson	Brian	Rhondda AC	29.48
10	Lewis	Ray	Ciy of Portsmouth AC	32.42
18	Frith	Ray	Newquay & Par AC	33.58
<b>200m - M65</b>				
55	Sutton	Glyn	Newport Harriers	26.75
<b>200m - M70</b>				
61	Fairbrother	Lyndsey	Exeter Harriers	31.14
40	Panter	Robert	Egdon Heath Harriers	34.82
<b>200m - M75</b>				
53	Evans	John	Rugby & Northampton	35.82
21	Goulding	John	Andover AC	38.03
<b>200m - W35</b>				
45	Hubbard	Julia	SWVAC	25.63
<b>200m - W40</b>				
127	Gribble	Tamsin	Plymouth AC	28.17
14	Frank	Clare	Exeter Harriers	33.65
<b>200m - W45</b>				
26	Hooper	Sue	Cardiff AAC	29.44
<b>200m - W50</b>				
67	Ellacott	Jan	Radley AC	30.77
78	Richards	Suzanne	Plymouth AC	
<b>200m - W55</b>				
46	Powell	Caroline	Bristol & West AC	28.12
<b>200m - W70</b>				
60	Fraser	Dorothy	Lincoln Wellington	50:24.00

<b>400m - SM</b>				
154	Elderfield	Jonathan	Basingstoke	51.42
156	Bailey	Stephen	Exeter Harriers	52.16
<b>400m - M35</b>				
90	Howard	Ray	City of Portsmouth AC	01:00.48
<b>400m - M45</b>				
141	Grew	Robert	Exeter Harriers	55.65
<b>400m - M50</b>				
30	Turner	Mark	Exeter Harriers	58.09
109	Barlow	David	Yeovil Olympiads	01:05.77
<b>400m - M55</b>				
155	Elderfield	David	SCVAC/VAC	54.69
19	Watkins	Ray	Basingstoke	57.54
82	Herdman	Allan	Tavistock AC	01:01.24
89	Grosjean	Peter	Mendip AC	01:15.12
<b>400m - M60</b>				
123	Erith	Micheal	Tavistock AC	01:04.99
10	Lewis	Ray	Ciy of Portsmouth AC	01:13.08
18	Frith	Ray	Newquay & Par AC	01:17.56
<b>400m - M70</b>				
61	Fairbrother	Lyndsey	Exeter Harriers	01:09.15
40	Panter	Robert	Egdon Heath Harriers	01:20.70
<b>400m - W55</b>				
46	Powell	Caroline	Bristol & West AC	01:02.72
<b>800m - M35</b>				
90	Howard	Ray	City of Portsmouth AC	2:14.79
<b>800m - M45</b>				
145	Bell	Shaun	Erme Valley Harriers	02:35.28
149	Carter	Gary	Tavistock AC	02:37.44
<b>800m - M50</b>				
62	Symonds	Tony	Tavistock AC	02:19.59
146	Cowton	Malcolm	Yate & Dist AC	02:26.26
54	Hogan	Jeremy	Bristol & West AC	02:26.52
109	Barlow	David	Yeovil Olympiads	02:33.88
<b>800m - M55</b>				
7	Archer	Kevin	Weymouth & St Pauls	02:18.63
82	Herdman	Allan	Tavistock AC	02:22.21
126	Reid	Andy	Team Bath	02:54.65
<b>800m - M60</b>				
123	Erith	Micheal	Tavistock AC	02:28.28
29	Snow	Ian	Torrington AC	02:35.19
63	Chapman	Bob	Tavistock AC	02:45.23
151	Carpenter	Mike	Tavistock AC	03:03.16
95	Lock	Roger	Cornwall AC	03:08.83
<b>800m - M70</b>				
40	Panter	Robert	Egdon Heath Harriers	03:14.16
<b>800m - W40</b>				
150	Steven	Caroline	Tavistock AC	02:30.79
110	Dabbs	Linda	Newton Abbot AC	02:38.88
<b>800m - W55</b>				
11	Walpole	Jackie	Exeter Harriers	02:33.60
<b>800m - W65</b>				
34	Gallagher	Patricia	Yate & District AC	02:58.05

<b>1500m - M40</b>					
131	Marsden	Jon	SWVAC		04:35.21
<b>1500m - M50</b>					
57	Drage	Richard	Tavistock AC		04:29.47
62	Symonds	Tony	Tavistock AC		04:46.19
7	Archer	Kevin	Weymouth & St Pauls		04:48.88
54	Hogan	Jeremy	Bristol & West AC		04:50.32
92	Wadley	Steven	Newport Harriers		04:51.94
<b>1500m - M55</b>					
126	Reid	Andy	Team Bath		06:13.76
<b>1500m - M60</b>					
29	Snow	Ian	Torrington AC		05:16.66
63	Chapman	Bob	Royal Navy AC		05:30.83
123	Erith	Micheal	Tavistock AC		05:35.99
151	Carpenter	Mike	Tavistock AC		06:25.71
20	Valentine	William	Torbay AAC		06:46.05
<b>1500m - M65</b>					
71	Turner	Les	Exmouth Harriers		07:24.82
<b>1500m - M75</b>					
21	Goulding	John	Andover AC		06:47.77
<b>1500m - SW</b>					
142	Allen	Anna	UNA		05:10.46
<b>1500m - W40</b>					
150	Steven	Caroline	Tavistock AC		05:24.10
<b>1500m - W60</b>					
135	Marchant	Zina	Team Bath AC		06:13.25
<b>1500m - W65</b>					
34	Gallagher	Patricia	Yate & District		05:45.05
<b>5000m - M50</b>					
42	Young	Franklin	Winchester & Dist AC		18:18.62
120	Baker	Steve	Tamar Trotters		18:26.88
<b>5000m - M55</b>					
4	Havill	Martin	Exeter Harriers		18:43.64
8	Wright	Ian	Cornwall AC		19:47.63
73	King	David	SWVAC		20:43.42
126	Reid	Andy	Team Bath		23:08.17
<b>5000m - M60</b>					
35	Wright	Paul	Newquay RR		20:33.15
20	Valentine	William	Torbay AC		25:51.04
<b>5000m - M65</b>					
119	Woodcock	Christopher	Blackheath & Bromley		22:17.01
<b>5000m - M70</b>					
40	Panter	Robert	Egdon Heath Harriers		22:59.70
<b>5000m - W45</b>					
128	Hewitt	Caroline	Tiverton Harriers		19:15.03
<b>5000m - W50</b>					
9	Wright	Lesley	Cornwall AC		22:50.93
<b>5000m - W60</b>					
135	Marchant	Zina	Team Bath		21:45.50

<b>10000m - M45</b>				
102	Feighan	Mike	Exeter Harriers	36:04.7
<b>10000m - M55</b>				
80	Shapland	John	N. Devon RR	36:26.6
87	Depledge	Bob	SWVAC	42:52.7
39	Eveleigh	David	Exmouth Harriers	49:52.7
<b>10000m - M60</b>				
134	Hollier	Steve	Clevedon AC	38:37.8
<b>10000m - M65</b>				
51	Moyse	Michael	SWVAC	47:33.2
<b>10000m - M70</b>				
12	Allen	Mick	Exeter Harriers	52:30.2
<b>10000m - M75</b>				
37	Barber	Eric	Torbay AAC	53:17.2
<b>10000m - M80</b>				
50	Davies	William	Winchester & Dist AC	52:28.9

**ALL THESE RUNNERS CARRIED ON TO COMPLETE THE ONE HOUR RACE**

<b>110 Hurdles - M45</b>				
111	Tunstall	Neill	Cornwall AC	16.94
79	Flicos	David	Bournemouth AC	26.84
<b>100 Hurdles - M50</b>				
16	Guest	Paul	Yeovil Olympiads	16.28
121	Pengelly	Clive	Newquay and Par	16.66
66	Powell	Keith	Newport AC	18.86
<b>100 Hurdles - M55</b>				
56	Waddington	Steve	S Devon Ac	20.82
<b>80 Hurdles - W35</b>				
124	Fletcher	Sharon	Newport Harriers	14.55
<b>400 Hurdles - SM</b>				
152	Salter	Lee	Exeter Harriers	59.18
<b>400 Hurdles - M45</b>				
111	Tunstall	Neill	Cornwall AC	1.00.90
<b>400 Hurdles - W40</b>				
124	Fletcher	Sharon	Newport Harriers	1.22.84
<b>2000m Steeplechase - M60</b>				
29	Snow	Ian	Torrington AAC	7.48.10
<b>2000m Steeplechase - W55</b>				
25	Darby	Anne	Newton Abbot AC	9.19.10
<b>3000m Walk - M65</b>				
76	Hurst	David	SWVAC	20.10.20
<b>3000m Walk - M70</b>				
49	Shillabeer	Ed	Ilford AC	17.42.99

## One Hour Track Run

<b>M45</b>	102	Feighan	Mike	Exeter Harriers	16,507m
<b>M58</b>	80	Shapland	John	N. Devon RR	16,276m
<b>M61</b>	134	Hollier	Steve	Clevedon AC	15,498m
<b>M56</b>	87	Depledge	Bob	SWVAC	13,574m
<b>M65</b>	51	Moyse	Michael	SWVAC	12,611m
<b>M57</b>	39	Eveleigh	David	Exmouth Harriers	11,980m
<b>M72</b>	12	Allen	Mick	Exeter Harriers	11,441m
<b>M80</b>	50	Davies	William	Winchester & Dist AC	11,431m
<b>M75</b>	37	Barber	Eric	Torbay AAC	10,776m
<b>W75</b>	132	Anstey	Mary	SWVAC	10,570m

**THE PERFORMANCES BY JOHN SHAPLAND, STEVE HOLLIER AND BILL  
DAVIES HAVE BEEN ACCEPTED AS BRITISH AGE RECORDS**