

# SOUTH WEST VETS AC TRACK & FIELD CHAMPIONSHIPS 2012

## RESULTS -TRACK

### 100m - SM (Guest)

69	Gibb	Ben	Yeovil Olympiads	12.34
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### 100m - M35

Championship Record	11.6		Standard	13.3
3	Qazi	Imam	Team Bath AC	11.99

### 100m - M40

Championship Record	11.6		Standard	13.5
199	Morey	Andrew	Newton Abbot AC	11.59
54	Kevern	Jerry	Plymouth AC	13.54

### 100m - M45

Championship Record	11.9		Standard	14.1
56	Allen	Ian	Exeter Harriers	11.96
22	Cooper	Richard	Poole Runners	12.92
196	Walker	Nicholas	Swindon Harriers	13.25
171	Richardson	David	Yeovil Olympiads	13.26
84	Warhurst	Edward	Poole Runners	14.09

### 100m - M50

Championship Record	12.4		Standard	14.8
169	Guest	Paul	Yeovil Olympiads	12.59
25	Tunstall	Neil	Cornwall AC	12.69
14	Turner	Mark	Exeter Harriers	13.59
197	Blackford	Stephen	City of Plymouth AC	14.00
85	Lord	Derrick	Cheltenham	14.38

### 100m - M55

Championship Record	12.34		Standard	15.2
190	Watkins	Ray	Basingstoke & Mid Hants	12.96
6	Grosjean	Peter	Mendip AC	14.91

### 100m - M60

Championship Record	14.1		Standard	16.0
179	Applegate	Mike	City of Salisbury ARC	14.23
15	Steel	John	Cheltenham AC	14.45
24	Trueman	Geoffrey	Stroud & Dist AC	14.50
62	Waddington	Steve	S Devon AC	15.36
7	Pope	Keith	North Vets AC	15.46

**100m - M65**

Championship Record	13.8			Standard	17.0
4	Sutton	Glyn	Newport Harriers	Guest	12.62
72	Clarke	Pete	Weymouth St Pauls AC		17.93
34	Turner	Les	Exmouth Harriers		18.23

**100m - M70**

Championship Record	14.6			Standard	19.0
168	Rees	Phil	Cardiff AAC		18.52

**100m - M80**

Championship Record	17.5			Standard	21.0
17	Davies	William	Winchester & Dist AC		19.40

**100m - W35**

Championship Record	12.65			Standard	15.5
28	Hubbard	Julia	SWVAC		13.37
67	Burton	Emma	Cornwall AC		15.65

**100m - W40**

Championship Record	13.6			Standard	16.5
64	Gribble	Tamzin	Plymouth AC		13.88
176	Frank	Clare	Exeter Harriers		15.43

**100m - W50**

Championship Record	14.2			Standard	18.5
164	Hooper	Sue	Cardiff AAC		14.69

**100m - W55**

Championship Record	14.05			Standard	19.5
21	Powell	Caroline	Bristol & West AC		13.97

**100m - W65**

Championship Record	15.7			Standard	21.0
20	Bovell	Val	Yeovil Olympiads		18.28

**100m - W75**

Championship Record				Standard	
9	Fraser	Dorothy	Lincoln & Wellington AC	Guest	19.15

**200m - M35**

Championship Record	24.43			Standard	26.5
3	Qazi	Imam	Team Bath AC		24.25
74	Scott	Richard	Exeter Harriers		24:33
178	Kitching	Nathan	Cornwall AC		27.80
68	Milner	Alan	Cornwall AC		29.11

**200m - M40**

Championship Record	24.0			Standard	27.5
173	Baker	Nathan	Yeovil Olympiads		25.62
54	Kevern	Jerry	Plymouth AC		27:96

**200m - M45**

Championship Record	24.5			Standard	28.5
174	Muggeridge	Matthew	Yate & Dist AC		23:64
22	Cooper	Richard	Poole Runners		27:12
171	Richardson	David	Yeovil Olympiads		27.48
88	Bell	Shaun	Erme Valley Harriers		28:77
84	Warhurst	Edward	Poole Runners		29:97

**200m - M50**

Championship Record	25.1			Standard	30.0
193	Cowton	Malcolm	Yate & Dist AC		27:05
197	Blackford	Steven	City of Plymouth AC		28:09
50	Cole	Richard	City of Salisbury ARC		28:63
61	Barlow	David	Yeovil Olympiads		28:71

**200m - M55**

Championship Record	26.0			Standard	31.7
190	Watkins	Ray	Basingstoke & Mid Hants		25:35
32	Pengelly	Clive	Newquay Paragon AC		27:82
6	Grosjean	Peter	Mendip AC		30:72

**200m - M60**

Championship Record	28.5			Standard	33.3
15	Steel	John	Cheltenham AC		28.99
179	Applegate	Mike	City of Salisbury ARC		29.41
24	Trueman	Geoffrey	Stroud & Dist AC	Guest	29.80
7	Pope	Keith	North Vets AC		30.79

**200m - M65**

Championship Record	29.1			Standard	35.5
4	Sutton	Glyn	Newport Harriers	Guest	26.30
49	Loten	Brian	Yeovil Olympiads		36.90
34	Turner	Les	Exmouth Harriers		37.58
72	Clarke	Pete	Weymouth St Pauls H & AC		38.08
19	Howells	Phillip	Tewkesbury AC		47.04

**200m - M70**

Championship Record	30.6			Standard	37.5
187	Dugan	Mike	Cornwall AC		33.26
168	Rees	Phil	Cardiff AC		41.81

**200m - W35**

Championship Record	26.63			Standard	31.0
28	Hubbard	Julia	SWVAC		26.64
67	Burton	Emma	Cornwall AC		33.40

**200m - W40**

Championship Record	28.0			Standard	33.0
44	Gribble	Tamzin	City of Plymouth		28.37
176	Frank	Clare	Exeter Harriers		32.87

**200m - W50**

Championship Record	29.1			Standard	37.5
164	Hooper	Sue	Cardiff AAC		30.20

**200m - W55**

Championship Record	34.0			Standard	39.5
21	Powell	Caroline	Bristol & West AC		29.13

**200m - W75**

Championship Record	42.8			Standard	50.0
9	Fraser	Dorothy	Lincoln Wellington	Guest	39.81

**400m - M35**

Championship Record	None			Standard	59.0
174	Muggeridge	Matthew	Yate & Dist AC		53.12

**400m - M45**

Championship Record	53.7			Standard	62.5
192	Anderson	Simon	City of Plymouth		58.99
171	Richardson	David	Yeovil Olympiads		01:03.13
88	Bell	Shaun	Erme Valley Harriers		01:03.8

**400m - M50**

Championship Record	55.1			Standard	64.5
193	Cowton	Malcolm	Yate & Dist AC		01:03.02
197	Blackford	Stephen	City of Plymouth AC		01:07.10

**400m - M55**

Championship Record	57.7			Standard	67.5
190	Watkins	Ray	Basingstoke		58.24

**400m - M60**

Championship Record	58.6			Standard	73.0
24	Trueman	Geoffrey	Stroud & Dist AC	Guest	01:07.55
15	Steel	John	Stroud & Dist AC	Guest	01:15.31

**400m - M65**

Championship Record	66.3			Standard	78.5
72	Clarke	Pete	Weymouth St Pauls H & AC		01:32.28

**400m - W55**

Championship Record	62.72			Standard	1:54.0
21	Powell	Caroline	Bristol & West AC		01:03:39

**800m - M35**

Championship Record	2:10.7			Standard	2:20.0
74	Scott	Richard	Exeter Harriers		2:03.97

**800m - M45**

Championship Record	2:03.1			Standard	2:28.0
192	Anderson	Simon	City of Plymouth AC		2:04.71
88	Bell	Shaun	Erme Valley Harriers		02:26.5

**800m - M50**

Championship Record	2:07.7			Standard	2:32.0
14	Turner	Mark	Exeter Harriers		2:11.95
58	Symons	Tony	Tavistock AC		2:21.42
61	Barlow	David	Yeovil Olympiads		3:00.24

**800m - M55**

Championship Record	2:08.0			Standard	2:37.5
8	Proffitt	David	Newport Harriers		2:51.97

**800m - M65**

Championship Record	2:35.5			Standard	3:00.0
18	Chapman	Bob	Tavistock AC		2:41.32
72	Clarke	Pete	Weymouth St Pauls H & AC		3:31.83

**800m - M75**

Championship Record	3:07.6			Standard	3:30.0
2	Barber	Eric	Torbay AAC		3:35.84

**800m - W50**

Championship Record	2:25.6			Standard	3.00
78	Blair	Marilyn	Torrington		2:48.69

**1500m - M35**

Championship Record	4:34:4			Standard	4:45.0
89	Barlow	Paul	Cirencester AC		4:30.70
178	Kitchen	Nathan	Cornwall AC		5:19.60
68	Milner	Alan	Cornwall AC		5:39.18

**1500m - M40**

Championship Record	4:12.4	Standard	5:00.0
173 Baker	Nathan	Yeovil Olympiads	5:17.26

**1500m - M45**

Championship Record	4:16.1	Standard	5:15.0
192 Anderson	Simon	City of Plymouth AC	4:27.92

**1500m - M50**

Championship Record	4:26.4	Standard	5:30.0
58 Symons	Tony	Tavistock AC	4:57.23

**1500m - M55**

Championship Record	4:44.8	Standard	5:47.0
79 Wright	Ian	Cornwall AC	5:13.73
8 Proffitt	David	Newport Harriers	5:52.69
65 Privett	Bob	Exeter Harriers	5:52.65

**1500m - M60**

Championship Record	4:44.1	Standard	6:03.0
13 Snow	Ian	Torrington AC	5:11.07

**1500m - M65**

Championship Record	5:30.4	Standard	6:20.0
18 Chapman	Bob	Tavistock AC	5:31.29
30 Clarke	Pete	Weymouth St Pauls	6:44.52
34 Turner	Les	Exmouth Harriers	7:11.87
19 Howells	Phillip	Tewkesbury AC	7:43.78
49 Loten	Brian	Yeovil Olympiads	7:52.70

**1500m - M70**

Championship Record		Standard	07:30:00
187 Dugan	Mick	Cornwall AC	7:03.18
168 Rees	Phil	Cardiff AC	10:17.73

**1500m - M75**

Championship Record		Standard	07:30:00
2 Barber	Eric	Torbay AAC	7:07.28

**1500m - W50**

Championship Record	5:38.5	Standard	6:50.0
78 Blair	Marilyn	Torrington	5:38.91
27 Sadler	Angie	Tewkesbury AC	5:57.55

**1500m - W55**

Championship Record	6:00.4	Standard	7:25.0
183 Darby	Anne	Newton Abbot AC	6:13.38

**1500m - W60**

Championship Record				Standard	8:30:00
70	Marchant	Zina	Team Bath ac		6:16.57

**3000m - M35**

Championship Record				Standard	10:50.0
29	Williams	Adrian	Cirencester AC		9:36.66
89	Barlow	Paul	Cirencester AC		9:39.14

**3000m - M50** 9:05.5

Championship Record				Standard	12:00
172	Harry	Chris	Cornwall AC		9:33.0

**3000m - M65**

Championship Record	11:42.0			Standard	13.30
59	Summerfield	Raymond	SWVAC		13:25.93

**3000m - M80**

Championship Record				Standard	17:00
17	Davies	William	Winchester & Dist AC		15:45.74

**3000m - W50**

Championship Record	11:45.4			Standard	15:00
160	Craig	Ginette	SWVAC		14:16.32

**3000m Walk - M70**

Championship Record	17:42.999			Standard	20:40
175	Shillabeer	Edmund	Ilford AC		18:24.17

**5000m - M35**

Championship Record				Standard	17:30.0
29	Williams	Adrian	Cirencester AC		16:20.08

**5000m - M40**

Championship Record	15:37.9			Standard	18:30
16	Porter	John	Plymouth Harriers		16:13.23

**5000m - M45**

Championship Record	16:05.9			Standard	19:30
45	Scott	John	Newquay & Paragon AC		16:53.42

**5000m - M50**

Championship Record	16:20.4			Standard	20:55
55	Baker	Steve	Tamar Trotters		17:58.60

**5000m - M55**

Championship Record	18:01.2			Standard	22:15.0
181	Havill	Martin	SWVAC		18:43.16
23	Lang	Steve	SWVAC		19:34.46
182	Martin	Chris	Mile High AC		19:49.89

**5000m - M60**

Championship Record	18:16.0			Standard	24:00.0
1	Valentine	William	Torbay AC		29:42.5

**5000m - M65**

Championship Record	20:03.5			Standard	26:00.0
46	Wright	Paul	Newquay & Paragon AC		20:55.29
43	Horton	John	Newquay & Paragon AC		21:33.39

**5000m - M75**

Championship Record				Standard	31.00
2	Barber	Eric	Torbay AAC		26:15.3

**5000m - W35**

Championship Record	17:34.6			Standard	21:00
82	Heathcote	Miranda	Newquay & Paragon AC		16:53.50

**5000m - W40**

Championship Record	18:57.4			Standard	21:45
44	Martin	Stephanie	Newquay & Paragon AC		19:20.61

**5000m - W55**

Championship Record	21:40:06			Standard	28:20
57	Cook	Karen	SWRR		19:50.50
80	Wright	Lesley	Cornwall AC		22:21.59

**5000m - W60**

Championship Record				Standard	
70	Marchant	Zina	Team Bath AC		21:58.01

**5000m Walk - M70**

Championship Record	30:33.4			Standard	36:00.0
175	Shillabeer	Edmund	Ilford AC		30:55.4

**2000m Steeplechase - M60**

Championship Record	9:20:0			Standard	09:40.0
13	Snow	Ian	Torrington AAC		7:51.17

**2000m Steeplechase - M65**

Championship Record	9:56:.7			Standard	10:20.0
72	Clarke	Pete	Weymouth St Pauls H & AC		10:45.78



**110m Hurdles - M35**

Championship Record				Standard	
74	Scott	Richard	Exeter Harriers		16.09

**110m Hurdles - M40**

Championship Record	16.5			Standard	00:00.0
173	Baker	Nathan	Yeovil Olympiads		17.91

**100m hurdles - M50**

Championship Record	16.1			Standard	18.8
25	Tunstall	Neil	Cornwall AC		15.09

**100m Hurdles - M55**

Championship Record	17.7			Standard	19.6
32	Pengelly	Clive	Newquay Paragon AC		17.50

**100m Hurdles - M60**

Championship Record				Standard	20.8
62	Waddington	Steve	S Devon AC		19.91

**80m Hurdles - W40**

Championship Record	12.4			Standard	17.2
64	Gribble	Tamzin	Plymouth AC		13.51

**80m Hurdles - W60**

Championship Record	14.6			Standard	21.0
170	Fail	Jean	Rugby & Northampton		14.51

**400m Hurdles - SM**

86	Horder	Jamie	Cheltenham	Guest	55.20
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**400m Hurdles - M35**

Championship Record				Standard	
74	Scott	Richard	Exeter Harriers		56.27

**400m Hurdles - M40**

Championship Record	59.8			Standard	65.7
87	Edwards	Neal	SWVAC		58.20

**400m Hurdles - M50**

Championship Record	68.20			Standard	72.0
25	Tunstall	Neil	Cornwall AC		59.30
85	Lord	Derrick	Cheltenham		01:15.70

**300m Hurdles - M60**

Championship Record	57.4			Standard	56.0
13	Snow	Ian	Torrington AC		53.21
62	Waddington	Steve	S Devon AC		56.61

**300m Hurdles - M65**

Championship Record	53.0			Standard	63.0
72	Clarke	Pete	Weymouth St Pauls H & AC		01:21.45

**300m Hurdles - W55**

Championship Record	None			Standard	82.0
11	Horder	Jane	Cheltenham AC		49.45

**10000m - M70**

Championship Record				Standard	
177	Panter	Roberto	Egdon Heath Harriers		50:23.6
188	Allen	Mick	Exmouth Harriers		51:34.5

**10000m - W50**

Championship Record	NR			Standard	
27	Sadler	Angie	Tewkesbury AC		46:34.4

**1 Hour Run - M65**

Championship Record				Standard	13,900m
19	Howells	Philip	Tewkesbury AC		9,889

**1 Hour Run - M70**

Championship Record	47:12.3			Standard	13,300m
188	Allen	Mick	Exmouth Harriers		11,476
175	Shillabeer	Edmund	Ilford AC		9,298

**1 Hour Run - W50**

Championship Record				Standard	
27	Sadler	Angie	Tewkesbury AC		13,069