

SOUTH WEST VETS AC

TRACK & FIELD CHAMPIONSHIPS 2013

RESULTS - TRACK

100m - M35

Championship Record	11.59			Medal Standard	13.3
115	Muggeridge	Mathew	Yate & Dist AC		11.94
501	Imam	Qazi	Team Bath AC		12.32

100m - M45

Championship Record	11.9			Medal Standard	14.1
198	Scott	Belment	SWVAC		12.49
166	Hellingsworth	Lee	City of Plymouth		14.64

100m - M50

Championship Record	12.4			Medal Standard	14.8
189	Turner	Mark	Exeter Harriers		13.24
138	Richardson	David	Yeovil Olympiads		13.59
163	Blackford	Stephen	City of Plymouth AC		14.21
510	Steward	Duncan	Clevedon AC		14.44
124	Flicos	David	Bournemouth AC		16.34

100m - M65

Championship Record	13.8			Medal Standard	17.0
165	Steel	John	Cheltenham & County H		14.36
199	Mardles	Derek	Exeter Harriers		15.77
190	Bowles	Keith	Tavistock		17.40
128	Clarke	Pete	Weymouth St Pauls AC		18.89

100m - M70

Championship Record	14.6			Medal Standard	19.0
187	Turner	Les	Exmouth Harriers		19.31

100m - W35

Championship Record	12.65			Medal Standard	15.5
506	Burton	Emma	Cornwall AC		15.32

100m - W40

Championship Record	13.6			Medal Standard	16.5
519	Gribble	Tamzin	Plymouth AC		14.10
116	Frank	Clare	Exeter Harriers		16.02

100m - W50

Championship Record	14.2			Medal Standard	18.5
150	Endacott	Jan	Radley AC		14.29

100m - W55					
Championship Record	13.97			Medal Standard	19.5
188	Powell	Caroline	Bristol & West AC		13.98
100m - W75					
Championship Record	18.9			Medal Standard	23.4
176	Fraser	Dorothy	Weymouth St Pauls H & AC		19.13
200m - JM					
514	Ellacott	Matty	Radley AC		27.19
200m - M35					
Championship Record	24.25			Medal Standard	26.5
115	Muggeridge	Matthew	Exeter Harriers		23.87
501	Imam	Qazi	Team Bath AC		24.99
186	Glover	Anthony	Westbury Harriers		26.87
200m - M40					
Championship Record	24.0			Medal Standard	27.5
136	Baker	Nathan	Yeovil Olympiads		26.26
200m - M45					
Championship Record	24.5			Medal Standard	28.5
166	Hellingsworth	Lee	City of Plymouth AC		30.03
200m - M50					
Championship Record	25.1			Medal Standard	30.0
189	Turner	Mark	Exeter H		26.34
138	Richardson	David	Yeovil Olympiads		28.01
163	Blackford	Steven	City of Plymouth AC		28.50
200m - M55					
Championship Record	25.22			Medal Standard	31.7
513	Pengelly	Clive	Newquay & Par		27.57
200m - M60					
Championship Record	28.5			Medal Standard	33.3
153	Hemming	Roger	Great Western R		33.62
200m - M65					
Championship Record	29.1			Medal Standard	35.5
165	Steel	John	Cheltenham & County H		29.56
199	Mardles	Derek	Exeter Harriers		32.38
190	Bowles	Keith	Tavistock AC		33.20
128	Clarke	Pete	Weymouth St Pauls		39.36
152	Howells	Phillip	Tewkesbury AC		41.00

200m - M70

Championship Record	30.6			Medal Standard	37.5
159	Fairbrother	Lyndsey	Exeter H		30.78
117	Dugan	Mike	Cornwall AC		34.89
183	Loten	Brian	Yeovil Olympiads		38.46
187	Turner	Les	Exmouth Harriers		41.36

200m - W35

Championship Record	25.63			Medal Standard	31.0
506	Burton	Emma	Cornwall AC		32.08

200m - W40

Championship Record	28.0			Medal Standard	33.0
116	Frank	Clare	Exeter Harriers		32.44

200m - W50

Championship Record	29.1			Medal Standard	37.5
150	Ellacott	Jan	Radley AC		29.34

200m - W55

Championship Record	28.12			Medal Standard	39.5
188	Powell	Caroline	Bristol & West AC		28.74

200m - W75

Championship Record	42.8			Medal Standard	50.0
176	Fraser	Dorothy	Weymouth St Pauls H & AC		39.61

400m - M50

Championship Record	55.1			Medal Standard	64.5
189	Turner	Mark	Exeter Harriers		57.19
155	Cowton	Malcolm	Yate & Dist AC		59.73
138	Richardson	David	Yeovil Olympiads		01.02.13
163	Blackford	Stephen	City of Plymouth AC		01.08.28

400m - M60

Championship Record	58.6			Medal Standard	73.0
158	Herdman	Allan	Tavistock AC		01.00.79

400m - M65

Championship Record	66.3			Medal Standard	78.5
165	Steel	John	Cheltenham & County H		01.13.01
128	Clarke	Pete	Weymouth St Pauls H & AC		01.42.56

400m - W55

Championship Record	62.72			Medal Standard	1:54.0
188	Powell	Caroline	Bristol & West AC	62.20	CR

800m - M35

Championship Record	2:03.97			Medal Standard	2:20.0
186	Glover	Anthony	Westbury H		02.07.05
505	Milner	Alan	Cornwall AC		02.36.68

800m - M50

Championship Record	2:07.6			Medal Standard	2:32.0
155	Cowton	Mal	Yate & Dist AC		02.21.64

800m - M60

Championship Record	2:11.3			Medal Standard	2:48.0
158	Herdman	Allan	Tavistock AC		02.22.60
121	Snow	Ian	Torrington AC		02.46.89

800m - M65

Championship Record	2:35.5			Medal Standard	3:00.0
191	Chapman	Bob	Tavistock AC		02.50.39
128	Clarke	Pete	Weymouth St Pauls H & AC		03.37.05

1500m - M35

Championship Record	4:34:4			Medal Standard	4:45.0	
186	Glover	Anthony	Westbury Harriers		4.28.56	CR

1500m - M40

Championship Record	4:12.4			Medal Standard	5:00.0
144	Hawkins	Tim	Wells City Harriers		4.47.72

1500m - M55

Championship Record	4:44.8			Medal Standard	5:47.0
185	Proffitt	David	Newport Harriers		5.21.82

1500m - M60

Championship Record	4:44.1			Medal Standard	6:03.0
192	Shapland	John	Bideford AAC		5.06.51
153	Hemming	Roger	Great Western Runners		6.35.76

1500m - M65

Championship Record	5:30.4			Medal Standard	6:20.0
191	Chapman	Bob	Tavistock AC		5.47.55
167	Summerfield	Raymond	SWVAC		6.13.60
128	Clarke	Pete	Weymouth St Pauls		7.07.99
152	Howells	Phillip	Tewkesbury AC		7.18.44

1500m - M70

Championship Record	5:48.9			Medal Standard	06:55:00
200	Woodcock	Chris	Blackheath & Bromley		6.37.02
187	Turner	Les	Exmouth Harriers		7.41.71
183	Loten	Brian	Yeovil Olympiads		8.02.74

1500m - W45					
Championship Record	5:02.0			Medal Standard	6:30.0
149	Jolliffe	Clare	Bristol & West AC	5.23.59	
1500m - W50					
Championship Record	5:38.5			Medal Standard	6:50.0
174	Harrison	Jill	Yeovil Olympiads	5.30.83	CR
504	Blair	Marilyn	Torrington AC	6.07.46	
1500m - W55					
Championship Record	6:00.04			Medal Standard	7:25.0
161	Walpole	Jacqueline	Exeter Harriers	5.37.75	CR
3000m - M40					
Championship Record	8:48.8			Medal Standard	11:00.0
144	Hawkins	Tim	Wells City Harriers	09.44.97	
3000m - M65					
Championship Record	11:42.0			Medal Standard	13:30.0
167	Summerfield	Raymond	SWVAC	12.50.02	
3000m - M80					
Championship Record	N.R			Medal Standard	17:00.0
184	Davies	William	Winchester & Dist (Guest)	16.10.26	BR
3000m - W45					
Championship Record	10:26.7			Medal Standard	14:10.0
148	Everitt	Sarah	Bristol & West AC	11.04.36	
3000m - W50					
Championship Record	11:45.4			Medal Standard	15:00.0
193	Newman	Cathy	Exmouth Harriers	10.49.70	CR
174	Harrison	Jill	Yeovil Olympiads	11.17.57	
504	Blair	Marilyn	Torrington AC	12.33.59	
3000m - W55					
Championship Record	12:47.9			Medal Standard	16:45.0
173	Darby	Anne	Newton Abbot AC	14.22.10	
3000m - W60					
Championship Record	12:23.2			Medal Standard	18:00.0
178	Marchant	Zina	City of Bath AC	13.22.20	
5000m - M50					
Championship Record	16:20.4			Medal Standard	20:55.0
125	Maggs	Andrew	Team Bath AC	18.07.32	

5000m - M55					
Championship Record	18:01.2			Medal Standard	22:15.0
122	Havill	Martin	SWVAC		19.09.85
5000m - M60					
Championship Record	18:16.0			Medal Standard	24:00.0
192	Shapland	John	Bideford AAC		17.59.85 CR
5000m - M75					
Championship Record	26:15.3			Medal Standard	31:00.00
168	Berry	Tony	Truro AC		23.53.51 CR
5000m - W50					
Championship Record	20:35.6			Medal Standard	25:00.0
504	Blair	Marilyn	Torrington AC		21.10.74
5000m - W55					
Championship Record	19:50.5			Medal Standard	28:20.0
127	Cook	Karen	South West RR		19.58.53
5000m - W60					
Championship Record	21:31.5			Medal Standard	29:35.0
178	Marchant	Zina	City of Bath AC		22.14.30
3000m Steeplechase - M50					
Championship Record	11:34.1			Medal Standard	12:45.0
104	Ham	Ken	Westbury H		12.42.90
2000m Steeplechase - M55					
Non Championship Event					
113	King	David	SWVAC		9.26.47
2000m Steeplechase - M60					
Championship Record	07:48.1			Medal Standard	09:40.0
121	Snow	Ian	Torrington AAC		8.42.50
80m Hurdles - W50					
Championship Record	13.6			Medal Standard	19.60
177	Weir	Helen	City of Plymouth AC		14.85
110m Hurdles - M35					
Championship Record	16.09			Medal Standard	18.20
114	Cox	Neil	Swindon H		19.84
110m Hurdles - M40					
Championship Record	16.5			Medal Standard	19.20
136	Baker	Nathan	Yeovil Olympiads		18.91

100m hurdles - M50					
Championship Record	15.09			Medal Standard	18.8
124	Flicos	David	Bournemouth AC		25.27
100m hurdles - M55					
Championship Record	17.50			Medal Standard	19.60
513	Pengelly	Clive	Newquay & Par		17.62
80m Hurdles - M70					
Championship Record	14.8			Medal Standard	19.00
183	Loten	Brian	Yeovil Olympiads		18.60
400m Hurdles - SG					
518	Edworthy	Thuza	Newton Abbott		68.02
400m Hurdles - M35					
Championship Record	56.27			Medal Standard	64.00
114	Cox	Neil	Swindon H		75.42
400m Hurdles - W40					
Championship Record	70.8			Medal Standard	84.00
519	Gribble	Tamzin	Plymouth AC		76.81
400m Hurdles - M50					
Championship Record	59.30			Medal Standard	72.00
507	Lord	Derrick	Cheltenham & County Harriers		78.30
300m Hurdles - M60					
Championship Record	53.21			Medal Standard	56.00
121	Snow	Ian	Torrington AC		59.13
300m Hurdles - M65					
Championship Record	53.0			Medal Standard	63.00
128	Clarke	Pete	Weymouth St Pauls H & AC		87.82
300m Hurdles - M70					
Championship Record	57.4			Medal Standard	70.00
183	Loten	Brian	Yeovil Olympiads		72.30
300m Hurdles - W50					
Championship Record	56.3			Medal Standard	75.00
177	Weir	Helen	City of Plymouth AC		55.69
300m Hurdles - W55					
Championship Record	N.R			Medal Standard	82.00
503	Order	Jane	Cheltenham & County (Guest)		50.28
3000m Walk - M70					
Championship Record	17:42.99			Medal Standard	20:40
102	Shillabeer	Ed	Ilford AC		18.26.23

5000m Walk- M70				
Championship Record	30:33.5			Medal Standard 36:00.0
516	Shillabeer	Edmund	Ilford AC	30.06.75 CR
1 Hour Run - M40				
British Record	18,900m			
106	Waumsley	Pete	Tamar Trotters	17,007m
1 Hour Run - M47				
British Record	16,626m			
180	Feighan	Mike	South West RR	16,372m
1 Hour Run - M55				
British Record	15,748m			
103	Baker	Steve	Tamar Trotters	15,520m
1 Hour Run - M60				
British Record	14,864m			
139	Phillips	David	South West RR	13,822m
1 Hour Run - M66				
British Record	14,460m			
181	Lewis	Ray	City of Portsmouth AC	11,531m
152	Howells	Phillip	Tewkesbury AC	11,282m
1 Hour Run - M73				
British Record	14,644m			
129	Allen	Mick	Exmouth Harriers	10.941m
1 Hour Run - W53				
British Record	14,310m			
140	Sadler	Angie	Tewkesbury AC	14,013m
10000m - M40				
Championship Record	33:20.2			Medal Standard 37:00.00
106	Waumsley	Pete	Tamar Trotters	36.05.98
10000m - M45				
Championship Record	35:37.6			Medal Standard 39:00.0
180	Feighan	Mike	South West RR	36:27.47
196	Hawes	Richard	Exmouth Harriers	38.28.02
195	Henstridge	Nicholas	Cornwall AC	45.57.21
10000m - M55				
Championship Record	36:26.6			Medal Standard 42:00.0
103	Baker	Steve	Tamar Trotters	38.15.21

10000 - M60

Championship Record	N.R			Medal Standard	54:00.0	
139	Phillips	David	South West RR	42.49.89		CR

10000 - M65

Championship Record	42:44.5			Medal Standard	57:00.0	
181	Lewis	Ray	City of Portsmouth AC	51:08.00		
152	Howells	Phillip	Tewkesbury AC	53:05.84		

10000- M70

Championship Record	47:12.3			Medal Standard	65:00.0	
129	Allen	Mick	Exmouth Harriers	54.28.30		

10000m - M75 N.R.

Championship Record				Medal Standard	66:00.0	
168	Berry	Tony	Truro AC	47.40.98		CR

10000m - W50

Championship Record	46:34.4			Medal Standard	49:00.0	
140	Sadler	Angie	Tewkesbury AC	42.27.00		CR