

SOUTH WEST VETS TRACK & FIELD CHAMPIONSHIPS 2010
SUNDAY 20 JUNE 2010 - EXETER ARENA

| | | | | | |
|---------------------|------------------|----------|-----------------|----------|-------------|
| Championship Record | | 11.8 | | Standard | 13.3 |
| 280 | Morey | Andrew | Newton Abbot AC | | 11.6 |
| 287 | Qazi | Imam | Team Bath AC | | 11.7 |
| 4 | Hundley-Appleton | Justin | Bournemouth AC | | 12.0 |
| 276 | Hill | Geoffrey | Exeter Harriers | | 12.5 |

100m - M45

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|---------------------|------------|--------|------------------|----------|-------------|
| Championship Record | | 11.9 | | Standard | 14.1 |
| 110 | Guest | Paul | Yeovil Olympiads | | 13.1 |
| 134 | Turner | Mark | Exeter Harriers | | 13.2 |
| 3 | Taylor | Vicent | Bournemouth AC | | 13.2 |
| 133 | Richardson | David | Yeovil Olympiads | | 13.6 |

100m - M50

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|---------------------|-----------|----------|------------------------|----------|-------------|
| Championship Record | | 12.4 | | Standard | 14.8 |
| 184 | Davies | Roderick | Windsor, Slough, E & H | | 13.5 |
| 002 | Evernden | Chris | Poole Runners | | 13.7 |
| 281 | Steward | Duncan | Yeovil Olympiads | | 14.1 |
| 283 | Blackford | Stephen | City of Plymouth AC | | 14.6 |
| 128 | Barlow | David | Yeovil Olympiads | | 15.0 |
| 123 | Grosjean | Peter | Mendip AC | | 15.3 |

100m - M55

| | | | | | |
|---------------------|------------|-------|------------------|----------|-------------|
| Championship Record | | 12.8 | | Standard | 15.2 |
| 113 | Lapka | Mario | Exeter Harriers | | 13.7 |
| 162 | Jackson | Ken | Swindon Harriers | | 13.8 |
| 199 | Waddington | Steve | South Devon AC | | 15.0 |

100m - M60

| | | | | | |
|---------------------|------------|-------|----------------------------------|----------|-------------|
| Championship Record | | 14.1 | | Standard | 16.0 |
| 270 | Minting | Bob | Blackheath & Bromley Harriers AC | | 14.1 |
| 152 | Applegate | Mike | City of Salisbury ARC | | 14.2 |
| 172 | Williamson | Brian | Rhondda AAC | | 17.3 |

100m - M65

| | | | | | |
|---------------------|--------|-------|------------------|----------|-------------|
| Championship Record | | 13.8 | | Standard | 17.0 |
| 163 | Clarke | Peter | Weymouth | | 17.6 |
| 285 | Turner | Les | Exmouth Harriers | | 18.6 |

100m - M70

| | | | | | |
|---------------------|---------|-------|-------|----------|-------------|
| Championship Record | | 14.6 | | Standard | 19.0 |
| 178 | Whitton | David | SWVAC | | 17.5 |

100m - M75

| | | | | | |
|---------------------|--------|-------|---------------------|----------|-------------|
| Championship Record | | 15.7 | | Standard | 20.0 |
| 297 | Evans | John | Rugby & Northampton | | 16.9 |
| 140 | Morris | Peter | SWVAC | | 20.5 |
| 292 | House | Ken | South Devon AC | | 21.5 |

100m - W35

| | | | | | |
|---------------------|---------|--------|------------------|----------|-------------|
| Championship Record | | 13.0 | | Standard | 15.5 |
| 293 | Gribble | Tamzin | City of Plymouth | | 14.3 |
| 183 | Carter | Trudi | Wimborne AC | | 14.7 |

100m - W40

| | | | | | |
|---------------------|-------|-------|-----------------|----------|-------------|
| Championship Record | | 13.6 | | Standard | 16.5 |
| 135 | Frank | Clare | Exeter Harriers | | 16.1 |

100m - W45

| | | | | | |
|---------------------|--------|------|-------------|----------|-------------|
| Championship Record | | 13.8 | | Standard | 17.5 |
| 145 | Hooper | Sue | Cardiff AAC | Guest | 14.7 |

100m - W55

| | | | | | |
|---------------------|--------|--------|------------------------|----------|-------------|
| Championship Record | | 15.9 | | Standard | 19.5 |
| 165 | Darby | Anne | Newton Abbot AC | | 17.3 |
| 185 | Mahler | Daphne | Windsor, Slough, E & H | | 23.0 |

100m - W70

| | | | | | |
|---------------------|--------|---------|--------------------|----------|-------------|
| Championship Record | | 16.7 | | Standard | 22.0 |
| 153 | Fraser | Dorothy | Lincoln Wellington | Guest | 18.4 |

200m - M35

| | | | | | |
|---------------------|------|------|--------------|----------|-------------|
| Championship Record | | 24.6 | | Standard | 26.5 |
| 287 | Qazi | Imam | Team Bath AC | | 24.4 |

200m - M40

| | | | | | |
|---------------------|-------|------|-----------------|----------|-------------|
| Championship Record | | 24.0 | | Standard | 27.5 |
| 157 | Allen | Ian | Exeter Harriers | | 25.2 |

200m - M45

| | | | | | |
|---------------------|------------|-------|------------------|----------|-------------|
| Championship Record | | 24.5 | | Standard | 28.5 |
| 110 | Guest | Paul | Yeovil Olympiads | | 26.0 |
| 134 | Turner | Mark | Exeter Harriers | | 26.3 |
| 133 | Richardson | David | Yeovil Olympiads | | 27.9 |

200m - M50

| | | | | | |
|---------------------|-----------|----------|------------------------|----------|-------------|
| Championship Record | | 25.1 | | Standard | 30.0 |
| 184 | Davies | Roderick | Windsor, Slough, E & H | | 26.9 |
| 288 | Pengelly | Clive | Newquay Paragon AC | | 26.9 |
| 2 | Evernden | Chris | Poole Runners | | 27.5 |
| 128 | Barlow | David | Yeovil Olympiads | | 28.9 |
| 283 | Blackford | Stephen | City of Plymouth AC | | 29.2 |
| 123 | Grosjean | Peter | Mendip AC | | 30.7 |

200m - M55

| | | | | | |
|---------------------|------------|----------|----------------------|----------|-------------|
| Championship Record | | 26.0 | | Standard | 31.7 |
| 277 | Trueman | Geoffrey | Stroud & District AC | | 29.5 |
| 199 | Waddington | Steve | South Devon AC | | 30.7 |

200m - M60

| | | | | | |
|---------------------|-----------|------|-----------------------|----------|-------------|
| Championship Record | | 28.5 | | Standard | 33.3 |
| 152 | Applegate | Mike | City of Salisbury ARC | | 29.5 |

200m - M65

| | | | | | |
|---------------------|--------|-------|--------------------------|----------|-------------|
| Championship Record | | 29.1 | | Standard | 35.5 |
| 285 | Turner | Les | Exmouth Harriers | | 36.7 |
| 274 | Loten | Brian | Yeovil Olympiads | | 37.1 |
| 163 | Clarke | Pete | Weymouth St Pauls H & AC | | 38.3 |

200m - M70

| | | | | | |
|---------------------|---------|-------|------------------|----------|-------------|
| Championship Record | | 30.6 | | Standard | 37.5 |
| 147 | Perratt | John | Exmouth Harriers | | 35.5 |
| 178 | Whitton | David | SWVAC | | 36.3 |

200m - M75

| | | | | | |
|---------------------|-------|------|---------------------|----------|-------------|
| Championship Record | | 33.8 | | Standard | 39.0 |
| 297 | Evans | John | Rugby & Northampton | | 34.9 |
| 292 | House | Ken | South Devon AC | | 43.6 |

200m - W35

| | | | | | |
|---------------------|---------|--------|------------------|----------|-------------|
| Championship Record | | 27.1 | | Standard | 31.0 |
| 293 | Gribble | Tamzin | City of Plymouth | | 29.2 |

200m - W40

| | | | | | |
|---------------------|-------|-------|-------|----------|-------------|
| Championship Record | | 28.0 | | Standard | 33.0 |
| 135 | Frank | Clare | SWVAC | | 33.8 |

200m - W45

| | | | | | |
|---------------------|--------|------|-------------|----------|-------------|
| Championship Record | | 28.4 | | Standard | 35.5 |
| 145 | Hooper | Sue | Cardiff AAC | Guest | 29.5 |

200m - W55

| | | | | | |
|---------------------|-------|------|-----------------|----------|-------------|
| Championship Record | | 34.0 | | Standard | 39.5 |
| 165 | Darby | Ann | Newton Abbot AC | | 34.9 |

200m - W70

| | | | | | |
|---------------------|--------|---------|--------------------|----------|-------------|
| Championship Record | | 35.4 | | Standard | 46.0 |
| 153 | Fraser | Dorothy | Lincoln Wellington | Guest | 38.7 |

400m - M35

| | | | | | |
|---------------------|--------|-------|--------------------|----------|-------------|
| Championship Record | | None | | Standard | 59.0 |
| 275 | Howard | Simon | Newquay Paragon AC | | 59.1 |

400m - M45

| | | | | | |
|---------------------|------------|--------|------------------|----------|-------------|
| Championship Record | | 53.7 | | Standard | 62.5 |
| 117 | Grew | Robert | Exeter Harriers | | 54.1 |
| 134 | Turner | Mark | Exeter Harriers | | 56.9 |
| 118 | Anderson | Simon | City of Plymouth | | 58.9 |
| 6 | Tunstall | Neil | Serpentine RC | | 59.8 |
| 133 | Richardson | David | Yeovil Olympiads | | 61.1 |

400m - M50

| | | | | | |
|---------------------|----------|---------|---------------------|----------|-------------|
| Championship Record | | 55.1 | | Standard | 64.5 |
| 154 | Cowton | Malcolm | Yate & Dist AC | | 57.5 |
| 295 | Havill | Martin | Exeter Harriers | | 63.6 |
| 128 | Barlow | David | Yeovil Olympiads | Guest | 64.4 |
| 123 | Grosjean | Peter | Mendip AC | | 73.8 |
| 299 | Wythe | Dickie | Wells City Harriers | | 74.2 |
| 174 | Hague | Colin | Poole AC | | 80.1 |

400m - M60

| | | | | | |
|---------------------|---------|------|----------------------------------|----------|-------------|
| Championship Record | | 64.6 | | Standard | 73.0 |
| 270 | Minting | Bob | Blackheath & Bromley Harriers AC | | 58.6 |

400m - M65

| | | | | | |
|---------------------|-------------|--------|-------------------|----------|-------------|
| Championship Record | | 64.6 | | Standard | 78.5 |
| 11 | Fairbrother | Lynsey | Exeter Harriers | | 67.8 |
| 163 | Clarke | Pete | Weymouth St Pauls | | 90.1 |

400m - M70

| | | | | | |
|---------------------|--------|-------|--------------------------|----------|-------------|
| Championship Record | | 76.1 | | Standard | 85.0 |
| 291 | Carney | David | Bromsgrove & Redditch AC | | 92.1 |

800m - M45

| | | | | | |
|---------------------|----------|--------|---------------------|----------|---------------|
| Championship Record | | 2:03.1 | | Standard | 2:28.0 |
| 118 | Anderson | Simon | City of Plymouth AC | | 2.06.6 |

800m - M50

| | | | | | |
|---------------------|--------|---------|-------------------|----------|---------------|
| Championship Record | | 2:07.7 | | Standard | 2:32.0 |
| 154 | Cowton | Malcolm | Yate & Dist AC | | 2.19.9 |
| 179 | Hogan | Jeremy | Bristol & West AC | | 2.21.3 |
| 295 | Havill | Martin | Exeter Harriers | | 2.34.5 |
| 128 | Barlow | David | Yeovil Olympiads | | 2.36.5 |

800m - M55

| | | | | | |
|---------------------|--------|--------|---------------------|----------|---------------|
| Championship Record | | 2:08.0 | | Standard | 2:37.5 |
| 112 | Archer | Kevin | Weymouth & St Pauls | | 2.19.1 |
| 196 | King | David | SWVAC | | 2.52.5 |

800m - M60

| | | | | | |
|---------------------|---------|--------|----------------------------------|----------|---------------|
| Championship Record | | 2:19.9 | | Standard | 2:48.0 |
| 270 | Minting | Bob | Blackheath & Bromley Harriers AC | | 2.11.3 |
| 149 | Chapman | Bob | Royal Navy AC | | 2.43.8 |
| 182 | Lock | Roger | Cornwall AC | | 2.52.1 |
| 175 | Davies | John | Port Talbot Harriers | Guest | 3.02.4 |

800m - M65

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|---------------------|--------|--------|--------------------------|----------|---------------|
| Championship Record | | 2:35.5 | | Standard | 3:00.0 |
| 163 | Clarke | Pete | Weymouth St Pauls H & AC | | 3.21.9 |

800m - M70

| | | | | | |
|---------------------|--------|--------|--------------------------|----------|---------------|
| Championship Record | | 2:51.3 | | Standard | 3:15.0 |
| 130 | Barber | Eric | Torbay AAC | | 3.19.7 |
| 291 | Carney | David | Bromsgrove & Redditch AC | | 3.31.5 |
| 294 | Gaze | Peter | Bournemouth AC | | 3.52.5 |

800m - W55

| | | | | | |
|---------------------|---------|--------|-----------------|----------|---------------|
| Championship Record | | 2:30.5 | | Standard | 3:35.0 |
| 127 | Walpole | Jackie | Exeter Harriers | | 2.36.7 |

800m - W60

| | | | | | |
|---------------------|-----------|----------|-----------------|----------|---------------|
| Championship Record | | 2:54.7 | | Standard | 3:50.0 |
| 151 | Gallagher | Patricia | Yate & District | | 2.54.4 |

1500m - M40

| | | | | | |
|---------------------|------|---------|-----------------|----------|---------------|
| Championship Record | | 04:12.4 | | Standard | 05:00.0 |
| 284 | Goss | Steve | Exeter Harriers | | 4.26.8 |

1500m - M45

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|---------------------|-----------|---------|---------------------|----------|---------------|
| Championship Record | | 04:16.1 | | Standard | 05:15.0 |
| 118 | Anderson | Simon | City of Plymouth AC | | 4.23.4 |
| 1 | Wilkinson | David | Exeter Harriers | | 4.37.0 |

1500m - M50

| | | | | | |
|---------------------|--------|---------|-------------------|----------|---------------|
| Championship Record | | 04:26.4 | | Standard | 05:30.0 |
| 179 | Hogan | Jeremy | Bristol & West AC | | 4.49.0 |
| 128 | Barlow | David | Yeovil Olympiads | | 5.52.9 |

1500m - M55

| | | | | | |
|---------------------|--------|---------|---------------------|----------|---------------|
| Championship Record | | 04:44.8 | | Standard | 05:47.0 |
| 112 | Archer | Kevin | Weymouth & St Pauls | | 4.46.2 |
| 196 | King | David | SWVAC | | 5.44.5 |

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|---------------------|----------|----------------------------------|----------|----------------|
| 1500m - M60 | | | | |
| Championship Record | 04:44.1 | | Standard | 06:03.0 |
| 149 Chapman | Bob | Royal Navy AC | | 5.25.2 |
| 1500m - M65 | | | | |
| Championship Record | 05:30.4 | | Standard | 06:20.0 |
| 143 Horton | John | Newquay & Par AC | | 5.37.6 |
| 163 Clarke | Pete | Weymouth St Pauls | | 6.41.1 |
| 274 Loten | Brian | Yeovil Olympiads | | 7.13.7 |
| 1500m - M70 | | | | |
| Championship Record | 05:48.9 | | Standard | 06:55:00 |
| 147 Perratt | John | Exmouth Harriers | | 6.31.1 |
| 130 Barber | Eric | Torbay AAC | | 6.45.5 |
| 294 Gaze | Pete | Bournemouth | | 7.46.5 |
| 5000m - M40 | | | | |
| Championship Record | 15.37.9 | | Standard | 18:30 |
| 5 Stockman | Peter | Exeter Harriers | | 17.13.2 |
| 5000m - M45 | | | | |
| Championship Record | 16:05.9 | | Standard | 19:30 |
| 1 Wilkinson | David | Exeter Harriers | | 16.31.3 |
| 150 Young | Franklin | Winchester & Dist AC | | 18.39.0 |
| 5000m - M50 | | | | |
| Championship Record | 16:20.4 | | Standard | 20:55 |
| 156 Wright | Ian | Cornwall AC | | 20.14.0 |
| 5000m - M55 | | | | |
| Championship Record | 18:01.2 | | Standard | 22:15 |
| 7 Snow | Ian | Torrington AC | | 19.35.1 |
| 196 King | David | SWVAC | | 20.49.5 |
| 5000m - M60 | | | | |
| Championship Record | 18:16.0 | | Standard | 24:00.0 |
| 139 Hamilton | Peter | Blackheath & Bromley | | 19.38.9 |
| 114 Valentine | William | Torbay AC | | 25.12.2 |
| 5000m - M65 | | | | |
| Championship Record | 20:03.5 | | Standard | 00:26:00 |
| 143 Horton | John | Newquay & Par AC | | 20.50.3 |
| 272 Woodcock | Chris | Blackheath & Bromley Harriers AC | | 22.18.1 |
| 5000m - M70 | | | | |
| Championship Record | 20.14.9 | | Standard | 00:30:00 |
| 147 Perratt | John | Exmouth Harriers | | 22.50.6 |
| 130 Barber | Eric | Torbay AAC | | 23.06.1 |
| 291 Carney | David | Bromsgrove & Redditch AC | | 29.28.4 |

10000m - M35

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|---------------------|---------|--------|-------------|----------|----------------|
| Championship Record | | NR | | Standard | 36:00 |
| 111 | Kitchen | Nathan | Cornwall AC | | 48:53.7 |

10000m - M50

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|---------------------|---------|---------|------------------|----------|----------------|
| Championship Record | | 35:36.3 | | Standard | 41:00 |
| 171 | Kennedy | Andrew | Exmouth Harriers | | 43:15.1 |

10000m - M55

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|---------------------|----------|---------|------------------|----------|----------------|
| Championship Record | | 35:36.3 | | Standard | 42:00 |
| 168 | Eveleigh | David | Exmouth Harriers | | 52:34.0 |

10000m - M70

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|---------------------|-------|---------|-------------|----------|----------------|
| Championship Record | | 47:12.3 | | Standard | 65:00 |
| 170 | Allen | Mick | Sidmouth RC | | 51:36.0 |

1 Hour Run M55

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|-----|----------|-------|------------------|---------------|
| 168 | Eveleigh | David | Exmouth Harriers | 11374m |
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400m Hurdles - M45

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|---------------------|----------|------|---------------|----------|-------------|
| Championship Record | | 64.7 | | Standard | 68.0 |
| 6 | Tunstall | Neil | Serpentine RC | | 59.8 |

400m Hurdles - M50

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|---------------------|-------|--------|---------------------|----------|-------------|
| Championship Record | | 68.2 | | Standard | 72.0 |
| 299 | Wythe | Dickie | Wells City Harriers | | 74.2 |
| 174 | Hague | Colin | Poole AC | | 80.1 |

300m Hurdles - M65

| | | | | | |
|---------------------|--------|------|--------------------------|----------|-------------|
| Championship Record | | | | Standard | 63.0 |
| 163 | Clarke | Pete | Weymouth St Pauls H & AC | | 71.1 |

110m Hurdles - M45

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|---------------------|----------|------|---------------|----------|-------------|
| Championship Record | | 16.6 | | Standard | 20.1 |
| 6 | Tunstall | Neil | Serpentine RC | | 17.3 |

100m hurdles - M50

| | | | | | |
|---------------------|-----------|---------|--------------------|----------|-------------|
| Championship Record | | 16.1 | | Standard | 18.8 |
| 288 | Pengelly | Clive | Newquay Paragon AC | | 16.9 |
| 283 | Blackford | Stephen | City of Plymouth | | 22.1 |

100m hurdles - M55

| | | | | | |
|---------------------|------------|-------|----------------|----------|-------------|
| Championship Record | | 17.7 | | Standard | 19.6 |
| 199 | Waddington | Steve | South Devon AC | | 20.7 |

100m Hurdles - W35

| | | | | |
|---------------------|-------|-------------|----------|-------------|
| Championship Record | N/R | | Standard | None |
| 183 Carter | Trudi | Wimborne AC | | 19.3 |

80m Hurdles - W50

| | | | | |
|---------------------|---------|-------------|----------|-------------|
| Championship Record | N/R | | Standard | 19.6 |
| 271 Tristram | Maureen | Wimborne AC | | 18.1 |

80m Hurdles - W60

| | | | | |
|---------------------|------|----------------|----------|-------------|
| Championship Record | N/R | | Standard | 22.0 |
| 390 Fail | Jean | Bournemouth AC | | 14.6 |

3000m Steeplechase - M50

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|---------------------|---------|---------------------|----------|----------------|
| Championship Record | 11.31.4 | | Standard | 12.45.0 |
| 299 Wythe | Dickie | Wells City Harriers | | 11:43.4 |

3000m Steeplechase - M55

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|---------------------|---------|-----------------|----------|----------------|
| Championship Record | 13:31.9 | | Standard | 13:55.0 |
| 177 Dore | Keiran | Newton Abbot AC | | 13:07.1 |
| 196 King | David | SWVAC | | 14:55.4 |

2000m Steeplechase - M65

| | | | | |
|---------------------|------|--------------------------|----------|---------------|
| Championship Record | NR | | Standard | 10:20.0 |
| 163 Clarke | Pete | Weymouth St Pauls H & AC | | 9:56.7 |

2000m Steeplechase - W55

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|---------------------|------|-----------------|----------|---------------|
| Championship Record | NR | | Standard | None |
| 165 Darby | Anne | Newton Abbot AC | | 9:24.7 |

5000m Walk - M65

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|---------------------|-------|-------|----------|----------------|
| Championship Record | | | Standard | 34.00.0 |
| 286 Hurst | David | SWVAC | | 19.30.1 |

5000m Walk - M70

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|---------------------|---------|------------------------|----------|----------------|
| Championship Record | 30:33.4 | | Standard | 36:00.0 |
| 193 Ballam | Ken | Enfield & Harringey AC | | 19.33.4 |