

Southern Counties Veterans League - Herts & Middlesex Division

Stevenage - 5th July 2021

100 M35 ns	Pos	Perf	Name	AG	Year	Club
	1	12.5	Sam Malekout	V35	4	Ilford
	2	14.3	Philip Yaxley	V60	27	St. Albans AC
	3	15.7	Adrian Essex	V70	36	London Heathside/Southern Counties Vets
	4	15.8	Philip Bell	V65	33	Harrow/Veterans
	5	17.7	Patrick Reynolds	V70	37	Veterans/Barnet/Ireland
	6	17.7	Milan Balaz	V60	27	Barnet
100 M40	Pos	Perf	Name	AG	Year	Club
	1	12.9	Alan James	V45	6	Woodford Green Essex Ladies/Enfield & H
	2	13.2	Kevin Valaydon	V40	3	Barnet
	3	13.3	Peter Stansbury	V55	17	Dacorum & Tring/Eastern Masters
	4	13.9	Jason Kabel	V45	10	Harrow
	5	13.9	Mark Jefford	V55	16	London Heathside
	6	16.5	Jim King	V45	10	St. Albans Striders
100 M60	Pos	Perf	Name	AG	Year	Club
	1	12.8	Mike Vassiliou	V60	1	Enfield & Haringey/Veterans
	2	15	David Wilcock	V65	8	Barnet/Southern Counties Vets
	3	15.2	Pete Whiting	V60	1	Ilford
	4	15.9	Alan Perry	V65	9	Harrow/Veterans
	5	16.3	John Cooper	V60	1	St. Albans Striders
	6	17.9	Gavin Evans	V60	2	London Heathside
400 M40	Pos	Perf	Name	AG	Year	Club
	1	60.6	Mike Vassiliou	V60	21	Enfield & Haringey/Veterans
	2	63	Jason Kabel	V45	10	Harrow
	3	65.5	Mark Jefford	V55	16	London Heathside
	4	66.1	Matt Leese	V45	6	Dacorum & Tring
	5	68.9	Kevin Valaydon	V40	3	Barnet
	6	71.6	Jim King	V45	10	St. Albans Striders
1500 M35	Pos	Perf	Name	AG	Year	Club
	1	04:25.7	Steve Prosser	V40	8	Bishops Stortford/Herts Phoenix
	2	04:31.7	Christopher Westcott	V45	14	Stevenage & North Herts/Eastern Masters
	3	04:46.1	Adam Searle	V35	3	Stevenage & North Herts
	4	05:04.5	Jim King	V45	15	St. Albans Striders
	5	05:06.5	Robin Potton	V45	13	Dacorum & Tring
	6	05:08.9	Jonathan Bird	V45	15	St. Albans Striders
	7	05:17.6	Mark Jefford	V55	21	London Heathside
	8	05:31.6	Jason Kabel	V45	15	Harrow
	9	05:57.0	Andrew Maher	V45	15	St. Albans Striders
	10	06:46.2	David Scott	V55	23	Barnet
	11	06:59.3	Steve Holmes	V55	21	Barnet

1500 M50	Pos	Perf	Name	AG	Year	Club
	1	04:55.2	Mark Cursons	V55	10	Harrow/Veterans
	2	04:59.3	Matthew W Beard	V50	3	London Heathside
	3	05:13.6	Steve Bowran	V50	3	St. Albans Striders/St. Albans AC
	4	05:15.3	Nigel Aston	V55	6	St. Albans Striders
	5	05:16.5	Gavin Evans	V60	12	London Heathside
	6	05:29.6	Tony Reeve	V60	11	Dacorum & Tring
	7	05:31.3	Steve Crowley	V50	4	London Heathside
	8	05:45.5	Stuart Amblin	V50	4	London Heathside
	9	06:16.3	Peter Ellis	V60	14	Barnet
	10	06:28.8	Stuart Mann	V75	28	Herts Phoenix
11	07:11.2	Rob Sargent	V65	18	Ilford/Veterans	
1500 M60	Pos	Perf	Name	AG	Year	Club
	1	05:09.2	Paul Reddaway	V60	2	Ware Joggers
	2	05:19.8	Richard Holland	V60	3	Woodford Green Essex Ladies/Eastern Ma
	3	05:21.4	John Cooper	V60	1	St. Albans Striders
	4	05:24.9	David Wilcock	V65	8	Barnet/Southern Counties Vets
	5	05:28.7	Pete Crockford	V60	4	London Heathside/Civil Service/Veterans
	6	05:30.9	David Butler	V65	9	Billericay/Eastern Masters/Ilford
	7	05:45.8	Mike Lepps	V60	3	Harrow
	8	06:08.1	Philip Pugh	V60	5	Dacorum & Tring
	9	06:22.1	Richard Bloom	V75	17	Herts Phoenix
	10	06:54.7	Phil Joslin	V70	15	Dacorum & Tring
	11	06:57.3	Adrian Essex	V70	11	London Heathside/Southern Counties Vets
12	08:22.6	John Shirley	V70	15	Barnet	
4x100 M35	Pos	Perf	Name	AG	Year	Club
	1	51.5	Enfield & Haringey V35	V35		Enfield & Haringey
	2	52.6	Stevenage & North Hert	V35		Stevenage & North Herts
	3	55	Barnet V35 Team	V35		Barnet
	4	56.7	Ilford V35 Team	V35		Ilford
	5	58.4	London Heathside V35	V35		London Heathside
	6	60.5	Harrow V35 Team	V35		Harrow
7	60.9	St Albans V35 Team	V35		St. Albans AC	
SP6K M50	Pos	Perf	Name	AG	Year	Club
	1	8.93	Clyde Gordon	V50	4	Shaftesbury Barnet
	2	8.51	Steven Feely	V50	5	Stevenage & North Herts/Eastern Masters
	3	8.29	Andy Jackson	V60	11	Dacorum & Tring
	4	7.94	Stuart Amblin	V50	4	London Heathside
	5	7.5	Mike Ashton	V50	3	Harpenden
	6	6.9	Steve Allen	V50		Harrow
	7	6.9	Pete Whiting	V60	11	Ilford
8	6.89	Steve Mayfield	V55	6	Stevenage & North Herts/Eastern Masters	
HT7.26K M35	Pos	Perf	Name	AG	Year	Club
	1	30.87	Steven Feely	V50	20	Stevenage & North Herts/Eastern Masters
	2	25.85	Robert Allen	V55	25	Harrow/Veterans
3	18.94	Clyde Gordon	V50	19	Shaftesbury Barnet	