

## Southern Counties Veterans League - Herts & Middlesex Division

### Lee Valley - 6th September 2021

#### 4x2248 M35 (medley relay)

Pos	Perf	Name	AG	Year	Club
1	04:21.4	E&H	V35	M	E&H
<b>2</b>	<b>04:38.3</b>	<b>Harrow</b>	<b>V35</b>	<b>M</b>	<b>Harrow</b>
3	04:43.0	B&D	V35	M	B&D
4	04:47.4	London Heathside	V35	M	London Heathside

#### 100 M35

Pos	Perf	Name	AG	Year	Club
1	12.01	Edwin Yamoah	SB V35	M 1	Shaftesbury Barnet
<b>2</b>	<b>13.53</b>	<b>Noel Reid</b>	<b>SB V35</b>	<b>M 5</b>	<b>Harrow/Southern Counties Vets</b>
3	14.52	Michael Martin	SB V35	M 3	St. Albans Striders/Met Police

#### 100 M40

Pos	Perf	Name	AG	Year	Club
1	12.91	Solomon Iyinbor	PB V45	M	Enfield & Haringey
2	13.04	Alan James	V45	M 6	Woodford Green Essex Ladies/Enfield & Haringey
3	13.66	Johnson Ogunniyi	V50	M 12	Shaftesbury Barnet
<b>4</b>	<b>13.87</b>	<b>Jason Kabel</b>	<b>SB V45</b>	<b>M 10</b>	<b>Harrow</b>

#### 100 M50

Pos	Perf	Name	AG	Year	Club
1	12.28	Sean Sutherland	V50	M 1	Shaftesbury Barnet/Southern Counties Vets/Barnet,
2	12.6	Shaun Gitten	PB V55	M	Herts Phoenix
3	12.68	Mike Vassiliou	V60	M 11	Enfield & Haringey/Veterans
<b>4</b>	<b>13.21</b>	<b>Nick Andrews</b>	<b>SB V50</b>	<b>M 2</b>	<b>Harrow</b>
5	14.53	Stuart Amblin	V50	M 4	London Heathside
6	14.6	Sebastian Rowe	SB V50	M 2	St. Albans Striders

#### 100 M60

Pos	Perf	Name	AG	Year	Club
1	14.19	Adrian Day	V60	M 4	London Heathside/Veterans
2	15.03	David Wilcock	V65	M 8	Barnet/Southern Counties Vets
<b>3</b>	<b>15.63</b>	<b>Alan Perry</b>	<b>SB V65</b>	<b>M 9</b>	<b>Harrow/Veterans</b>
<b>4</b>	<b>15.66</b>	<b>Philip Bell</b>	<b>SB V65</b>	<b>M 8</b>	<b>Harrow/Veterans</b>
5	18.59	Bela Nagy	PB V70	M 13	Southern Counties Vets

#### 400 M35

Pos	Perf	Name	AG	Year	Club
1	61.64	Kevin Valaydon	PB V40	M 8	Barnet
<b>2</b>	<b>61.67</b>	<b>Jason Kabel</b>	<b>SB V45</b>	<b>M 15</b>	<b>Harrow</b>
3	66.51	Michael Martin	SB V35	M 3	St. Albans Striders/Met Police

## 400 M50

Pos	Perf	Name	AG	Year	Club
1	57.45	Sean Sutherland	V50	M 1	Shaftesbury Barnet/Southern Counties Vets/Barnet,
2	57.64	Mike Vassiliou	SB V60	M 11	Enfield & Haringey/Veterans
<b>3</b>	<b>58.52</b>	<b>Nick Andrews</b>	<b>SB V50</b>	<b>M 2</b>	<b>Harrow</b>
4	61.26	David Shortridge	SB V50	M 2	Victoria Park & Tower Hamlets/Southern Counties V
5	62.34	Sebastian Rowe	SB V50	M 2	St. Albans Striders
6	64.55	Stuart Amblin	SB V50	M 4	London Heathside
7	66.09	Clifford Warren	SB V55	M 10	Loughton/Veterans/Eastern Masters
8	66.56	Mark Jefford	V55	M 7	London Heathside

## 1500 M35

Pos	Perf	Name	AG	Year	Club
1	04:37.6	Adam Wadley	PB V40	M 6	Garden City Runners
2	04:39.5	Paul Adams	SB V40	M 6	St. Albans Striders
<b>3</b>	<b>04:51.3</b>	<b>Mark Cursons</b>	<b>V55</b>	<b>M 25</b>	<b>Harrow/Veterans</b>
4	04:53.2	Dominic Wilde	PB V40	M 6	Edmonton/Enfield & Haringey
5	05:05.0	Paul Reddaway	SB V60	M 27	Ware Joggers
6	05:06.0	Gareth Beavis	PB V35	M 3	St. Albans Striders
7	05:06.9	Sebastian Rowe	PB V50	M 17	St. Albans Striders
8	05:10.5	Michael Martin	SB V35	M 3	St. Albans Striders/Met Police
9	05:25.0	Peter Ellis	PB V60	M 29	Barnet
10	05:31.1	Steve Holmes	PB V55	M 22	Barnet
11	06:02.5	Amin Koikai	PB V50	M 17	Ilford
12	06:16.6	David Wilcock	V65	M 33	Barnet/Southern Counties Vets
13	06:26.1	Richard Bloom	V75	M 42	Herts Phoenix
14	06:45.7	David Scott	SB V55	M 24	Barnet
15	07:05.4	Mark Pinney	SB V45	M 11	Stevenage & North Herts
16	07:08.6	Rob Sargent	SB V65	M 33	Ilford/Veterans

## 3000 M35

Pos	Perf	Name	AG	Year	Club
1	09:36.4	Paul Adams	SB V40	M 6	St. Albans Striders
2	09:48.9	Malcolm Muir	SB V45	M 13	Ilford
3	10:23.5	Sam Rahman	SB V35	M 4	Ilford
4	10:43.0	Paul Reddaway	SB V60	M 27	Ware Joggers
5	10:47.4	Daniel Johns	SB V40	M 10	London Heathside/Veterans
6	10:52.2	Gareth Beavis	PB V35	M 3	St. Albans Striders
7	10:55.1	Richard Holland	SB V60	M 28	Woodford Green Essex Ladies/Eastern Masters/Enfi
8	11:08.3	Tony Killilea	SB V55	M 23	London Heathside/Veterans
9	11:10.6	Nigel Aston	SB V55	M 21	St. Albans Striders
<b>10</b>	<b>11:37.8</b>	<b>Mike Lepps</b>	<b>SB V60</b>	<b>M 28</b>	<b>Harrow</b>
11	13:32.4	Peter Ellis	V60	M 29	Barnet

## 200H X35

Pos	Perf	Name	AG	Year	Club
<b>1</b>	<b>29.5</b>	<b>Noel Reid</b>	<b>SB V35</b>	<b>M 5</b>	<b>Harrow/Southern Counties Vets</b>
2	30.8	Ivan Ross	SB V45	M 13	London Heathside/Ireland
3	31.7	Peter Stansbury	PB V55	M 22	Dacorum & Tring/Eastern Masters
<b>4</b>	<b>40.5</b>	<b>Philip Bell</b>	<b>PB V65</b>	<b>M 33</b>	<b>Harrow/Veterans</b>

5	41.5	Emily McMahon	PB	V70	W	37	Enfield & Haringey/Eastern Masters/Loughton
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JT700 M50

Pos	Perf	Name		AG		Year	Club
<b>1</b>	<b>34.52</b>	<b>Nick Andrews</b>	<b>PB</b>	<b>V50</b>	<b>M</b>	<b>2</b>	<b>Harrow</b>
2	33.08	Nick Walker	SB	V55	M	8	St. Albans AC/South West Vets
3	29.52	Stuart Amblin	PB	V50	M	4	London Heathside
4	27.31	Henry Ricketts	PB	V50	M	5	Ilford/Eastern Masters
5	25.9	Steve Mayfield	SB	V55	M	6	Stevenage & North Herts/Eastern Masters
6	24.32	Sam Moylan	SB	V55	M	8	Enfield & Haringey/Southern Counties Vets
7	21.2	Clyde Gordon	PB	V50	M	4	Shaftesbury Barnet