

## SCVAC LEAGUE FINALS - Julie Rose, Ashford 04/09/2011

A String				
Pos	Club	Athlete	Club	Perf

### M35 100m

1	43	Henry Chitsenga (M50)	Oxford City	12.7
2	53	Bobby Cooper (M45)	Herne Hill Harriers	12.8
3	13	Jonathan Tilt (M45)	Southampton	12.9
4	33	Mitch Bellham (M40)	Enfield and Haringey	13.1
5	83	Renrick Samuel	Cambridge Harriers	13.5
6	73	Mike Van Den Dobbelen (M40)	Blackheath & Bromley H AC	13.6
7	63	Dave Coulson (M45)	Eastbourne & Hailsham	14.7

### M35 200m

1	13	Jonathan Tilt (M45)	Southampton	25.9
2	43	Henry Chitsenga (M50)	Oxford City	25.7
3	33	Alan James	Enfield and Haringey	26.2
4	53	Bobby Cooper (M45)	Herne Hill Harriers	26.3
5	83	Wole Odele (M45)	Cambridge Harriers	28.1
6	73	Adrian Stocks	Blackheath & Bromley H AC	28.9
7	63	Dave Coulson (M45)	Eastbourne & Hailsham	29.1

### M35 400m

1	33	Mike Vassiliou (M50)	Enfield and Haringey	54.5
2	13	Jonathan Tilt (M45)	Southampton	55.6
3	43	Henry Chitsenga (M50)	Oxford City	56.5
4	73	Richard Holt	Blackheath & Bromley H AC	56.8
5	83	Dave Reader	Cambridge Harriers	58.6
6	53	Bobby Cooper (M45)	Herne Hill Harriers	61.8
7	63	Dave Coulson (M45)	Eastbourne & Hailsham	62.6

### M35 800m

1	73	Alex Gibbins	Blackheath & Bromley H AC	2:02.8
2	53	Dave Peters (M40)	Herne Hill Harriers	2:03.3
3	13	David Blackman (M40)	Southampton	2:09.6
4	33	Larry Mangelshot (M45)	Enfield and Haringey	2:11.6
5	83	Dave Reader	Cambridge Harriers	2:14.7
6	63	Dave Coulson (M45)	Eastbourne & Hailsham	2:20.9
7	43	Steve Overton (M45)	Oxford City	2:24.9
8	23	Dominic Malins (M40)	Epsom & Ewell	2:29.8

### M35 1500m

1	73	Alex Gibbins	Blackheath & Bromley H AC	4:14.7
2	53	Dave Peters (M40)	Herne Hill Harriers	4:15.7
3	13	Andy Morgan-Lee (M40)	Southampton	4:21.2
4	33	Larry Mangelshot (M45)	Enfield and Haringey	4:38.6
5	83	Mark Ashby (M45)	Cambridge Harriers	4:53.2
6	43	Steve Overton (M45)	Oxford City	4:58.9
7	23	Jeff Butler (M45)	Epsom & Ewell	5:14.1
8	63	Andy Ruffell (M40)	Eastbourne & Hailsham	5:18.3

### M35 3000m

1	13	Andy Morgan-Lee (M40)	Southampton	9:26.1
2	53	Francis Marsh (M45)	Herne Hill Harriers	9:27.6
3	74	Eamonn Prendergast	Blackheath & Bromley H AC	10:00.6
4	44	John Exley (M60)	Oxford City	10:56.0
5	84	Mark Cross (M50)	Cambridge Harriers	10:59.0
6	23	Jeff Butler (M45)	Epsom & Ewell	11:02.3
7	64	Dave Mercer	Eastbourne & Hailsham	11:22.2

B String				
Pos	Club	Athlete	Club	Perf

1	14	Mark West	Southampton	13.0
2	34	Nick Lauder (M40)	Enfield and Haringey	13.0
3	54	Masakatsu Kondo (M45)	Herne Hill Harriers	13.0
4	44	Tony Palman-Brown (M45)	Oxford City	13.3
5	84	Wole Odele (M45)	Cambridge Harriers	13.9
6	74	Ian Montgomery	Blackheath & Bromley H AC	14.7
7	64	-	Eastbourne & Hailsham	18.5

1	14	Mark West	Southampton	25.9
2	34	Nick Lauder (M40)	Enfield and Haringey	26.5
3	44	Gareth Davies (M40)	Oxford City	26.7
4	54	Masakatsu Kondo (M45)	Herne Hill Harriers	27.2
5	84	Renrick Samuel	Cambridge Harriers	28.2
6	74	Clem Leon (M55)	Blackheath & Bromley H AC	28.3
7	64	-	Eastbourne & Hailsham	38.3

1	84	Jamie Wass	Cambridge Harriers	57.4
2	14	David Blackman (M40)	Southampton	57.9
3	34	Winston McFarlane (M45)	Enfield and Haringey	58.1
4	74	Adrian Stocks	Blackheath & Bromley H AC	62.9
5	54	Mark White	Herne Hill Harriers	63.3
6	64	Dave Mercer	Eastbourne & Hailsham	65.0
7	44	Steve Overton (M45)	Oxford City	82.3

1	14	Jon Granger (M45)	Southampton	2:13.8
2	54	Vic Maughn (M45)	Herne Hill Harriers	2:14.7
3	84	Mark Ashby (M45)	Cambridge Harriers	2:15.5
4	74	Matt de Freitas	Blackheath & Bromley H AC	2:15.5
5	34	Eddie Bayne (M40)	Enfield and Haringey	2:20.6
6	24	Jeff Butler (M45)	Epsom & Ewell	2:34.3
7	44	John Exley (M60)	Oxford City	2:50.0
8	64	Dale Martin (M50)	Eastbourne & Hailsham	3:08.1

1	74	Keith Ewing (M50)	Blackheath & Bromley H AC	4:35.2
2	14	Jon Granger (M45)	Southampton	4:35.9
3	54	Vic Maughn (M45)	Herne Hill Harriers	4:38.4
4	64	Dave Mercer	Eastbourne & Hailsham	5:01.0
5	84	Mark Cross (M50)	Cambridge Harriers	5:01.1
6	34	Eddie Bayne (M40)	Enfield and Haringey	5:12.5
7	44	Roy Treadwell (M60)	Oxford City	5:15.8

1	54	Keith Newton (M45)	Herne Hill Harriers	9:52.6
2	73	Richard Hall	Blackheath & Bromley H AC	10:31.4
3	83	Jerry Carnell (M55)	Cambridge Harriers	11:08.9
4	14	Paul Johnson (M45)	Southampton	11:16.2
5	63	Andy Ruffell (M40)	Eastbourne & Hailsham	11:26.5
6	43	Roy Treadwell (M60)	Oxford City	11:47.0

## SCVAC LEAGUE FINALS - Julie Rose, Ashford 04/09/2011

A String				
Pos	Club	Athlete	Club	Perf

B String				
Pos	Club	Athlete	Club	Perf

### M35 2000m Walks

1	43	Graham Chapman (M55)	Oxford City	10:12.1
2	53	Valdis Pauzers (M55)	Herne Hill Harriers	10:50.2
3	73	Peter Hannell (M65)	Blackheath & Bromley H AC	11:38.5
4	33	Sean Pender (M55)	Enfield and Haringey	12:11.2
5	83	Stephen Shrimplin (M50)	Cambridge Harriers	13:18.6
6	23	Bill Arbury	Epsom & Ewell	13:56.4
7	63	Andy Ruffell (M40)	Eastbourne & Hailsham	14:43.2
	13	John Macinnes (M45)	Southampton	disq

### 4x100m Relays

1	53	Herne Hill Harriers	Bobby Cooper, Akin Oyediran, Masakatsu Kondo, Kwei Sankofa	48.5
2	33	Enfield and Haringey	Alan James, Nick Lauder, Mike Vassiliou, Mitch Bellham	48.6
3	13	Southampton	Derek Warn, Mark West, David Blackman, Jonathan Tilt	50.4
4	43	Oxford City	Henry Chitsenga, Tony Palman-Brown, Gareth Davies, Richard Hart	50.9
5	83	Cambridge Harriers	Renrick Samuel, Jamie Wass, Wole Odele, Ian Gower	51.0
6	73	Blackheath & Bromley H AC	Tom Phillips, Clem Leon, Richard Holt, Rob Brown	51.7
7	63	Eastbourne & Hailsham	Dave Coulson, Dale Martin, Andy Ruffell, Dave Mercer	60.7

### 4x400m Relays

1	73	Blackheath & Bromley H AC	Clem Leon, Keith Ewing, Alex Gibbins, Richard Holt	3:51.7
2	33	Enfield and Haringey	Winston Mcfarlane, Alan James, Nick Lauder, Mike Vassiliou	3:55.7
3	13	Southampton	Michael Tanner, Mark West, David Blackman, Jonathan Tilt	3:56.9
4	53	Herne Hill Harriers	Keith Newton, Bobby Cooper, Francis Marsh, Kwei Sankofa	4:12.2
5	83	Cambridge Harriers	Ian Gower, Mark Ashby, Wole Odele, Jamie Wass	4:13.9

### M35 High Jump

1	33	Alwyn Lombaard	Enfield and Haringey	1.81
2	43	Matthew Reece (M40)	Oxford City	1.70
3	23	Jason Dronfield (M40)	Epsom & Ewell	1.65
4	13	Michael Tanner (M40)	Southampton	1.60
5	73	Richard Holt	Blackheath & Bromley H AC	1.50
6	53	Akin Oyediran (M60)	Herne Hill Harriers	1.45
7	63	Dave Coulson (M45)	Eastbourne & Hailsham	1.35

### M35 Pole Vault

1	73	Murray Hillborne (M45)	Blackheath & Bromley H AC	3.10
2	13	Derek Warn (M45)	Southampton	2.80
3	43	Tony Palman-Brown (M45)	Oxford City	2.50
4	23	John Andrews (M45)	Epsom & Ewell	nhr

### M35 Long Jump

1	43	Gareth Davies (M40)	Oxford City	5.82
2	53	Masakatsu Kondo (M45)	Herne Hill Harriers	5.79
3	33	Mitch Bellham (M40)	Enfield and Haringey	5.56
4	13	Mark West	Southampton	5.53
5	73	Mark Purser	Blackheath & Bromley H AC	5.35
6	23	John Andrews (M45)	Epsom & Ewell	4.81
7	83	Wole Odele (M45)	Cambridge Harriers	4.80

### M35 Triple Jump

1	53	Akin Oyediran (M60)	Herne Hill Harriers	12.63
2	43	Gareth Davies (M40)	Oxford City	12.05
3	33	Alwyn Lombaard	Enfield and Haringey	11.47
4	13	Mark West	Southampton	11.12
5	73	Adrian Stocks	Blackheath & Bromley H AC	9.47
6	83	Wole Odele (M45)	Cambridge Harriers	8.78

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A String				
Pos	Club	Athlete	Club	Perf

B String				
Pos	Club	Athlete	Club	Perf

### M35 Shot Putt

1	73	Steve Timmins	Blackheath & Bromley H AC	12.97
2	53	Garry Power (M45)	Herne Hill Harriers	9.92
3	13	Mark West	Southampton	9.69
4	23	Jason Dronfield (M40)	Epsom & Ewell	9.35
5	33	Sam Moylan (M45)	Enfield and Haringey	9.10
6	43	Tony Palman-Brown (M45)	Oxford City	7.79
7	83	Stephen Shrimplin (M50)	Cambridge Harriers	5.42

### M35 Discus

1	53	Garry Power (M45)	Herne Hill Harriers	38.49
2	73	Steve Timmins	Blackheath & Bromley H AC	36.59
3	33	Pat Teape (M40)	Enfield and Haringey	29.79
4	43	Richard Hart (M50)	Oxford City	24.44
5	13	Derek Warn (M45)	Southampton	22.55
6	83	Stephen Shrimplin (M50)	Cambridge Harriers	13.36

### M35 Hammer

1	73	Steve Timmins	Blackheath & Bromley H AC	48.49
2	53	Des Austin	Herne Hill Harriers	31.98
3	33	Sam Moylan (M45)	Enfield and Haringey	30.26
4	43	Tony Palman-Brown (M45)	Oxford City	19.83
5	23	Jason Dronfield (M40)	Epsom & Ewell	17.02
6	13	Derek Warn (M45)	Southampton	16.37
7	83	John Corcoran (M50)	Cambridge Harriers	11.01

### M35 Javelin

1	73	Mike Van Den Dobbelen (M40)	Blackheath & Bromley H AC	50.70
2	53	David Millard (M45)	Herne Hill Harriers	38.94
3	13	Mark West	Southampton	34.95
4	33	Sam Moylan (M45)	Enfield and Haringey	34.67
5	23	Jason Dronfield (M40)	Epsom & Ewell	33.57
6	43	Richard Hart (M50)	Oxford City	21.23
7	83	John Corcoran (M50)	Cambridge Harriers	14.70

### M50 100m

1	35	Mike Vassiliou	Enfield and Haringey	12.6
2	55	Kwei Sankofa	Herne Hill Harriers	12.8
3	75	Tom Phillips (M55)	Blackheath & Bromley H AC	13.4
4	25	Rob Shephard	Epsom & Ewell	13.4
5	85	Ian Gower	Cambridge Harriers	13.5
6	65	Brian Slaughter	Eastbourne & Hailsham	14.1
7	45	Richard Hart	Oxford City	14.1
8	15	Sidney De Lara (M55)	Southampton	15.8

### M50 200m

1	35	Mike Vassiliou	Enfield and Haringey	25.2
2	55	Kwei Sankofa	Herne Hill Harriers	26.0
3	85	Ian Gower	Cambridge Harriers	27.3
4	75	Tom Phillips (M55)	Blackheath & Bromley H AC	27.3
5	25	Rob Shephard	Epsom & Ewell	27.5
6	45	Richard Hart	Oxford City	29.2
7	15	Malcolm Riddle	Southampton	48.3

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A String				
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B String				
Pos	Club	Athlete	Club	Perf

### M50 400m

1	55	Kwei Sankofa	Herne Hill Harriers	56.7
2	75	Clem Leon (M55)	Blackheath & Bromley H AC	61.0
3	45	Howard Papworth (M55)	Oxford City	61.9
4	35	Peter Ley	Enfield and Haringey	62.0
5	85	Ray Daniel	Cambridge Harriers	62.8
6	15	Sidney De Lara (M55)	Southampton	67.6
7	65	Paul Eccles	Eastbourne & Hailsham	71.4

### M50 800m

1	75	Keith Ewing	Blackheath & Bromley H AC	2:13.3
2	85	Ray Daniel	Cambridge Harriers	2:19.1
3	45	Howard Papworth (M55)	Oxford City	2:19.1
4	55	Tom Conlon	Herne Hill Harriers	2:22.5
5	65	Brian Slaughter	Eastbourne & Hailsham	2:23.9
6	35	Richard Holland	Enfield and Haringey	2:26.1
7	25	Simon Bean	Epsom & Ewell	2:26.8
8	15	Sidney De Lara (M55)	Southampton	2:31.1

### M50 1500m

1	45	Brian Green	Oxford City	4:41.2
2	75	Alan Camp (M55)	Blackheath & Bromley H AC	4:47.9
3	35	Richard Holland	Enfield and Haringey	4:53.2
4	65	Paul Eccles	Eastbourne & Hailsham	4:56.1
5	25	Simon Bean	Epsom & Ewell	4:58.6
6	85	Paul Kent	Cambridge Harriers	5:07.3
7	55	Mike Mann (M60)	Herne Hill Harriers	5:10.8
8	15	Graham Cotterell	Southampton	5:36.3

### M50 3000m

1	45	Brian Green	Oxford City	10:09.8
2	75	Alan Camp (M55)	Blackheath & Bromley H AC	10:16.8
3	35	Richard Holland	Enfield and Haringey	10:29.7
4	55	Tony Harran	Herne Hill Harriers	10:38.7
5	65	Paul Eccles	Eastbourne & Hailsham	10:47.5
6	85	Clem Dixon	Cambridge Harriers	11:00.9
7	15	Graham Cotterell	Southampton	12:13.5
8	25	Gerry Smith (M60)	Epsom & Ewell	12:30.5

### M50 2000m Walk

1	75	Roger Michell (M60)	Blackheath & Bromley H AC	10:56.2
2	55	Micky Harran (M70)	Herne Hill Harriers	11:24.8
3	65	Dale Martin	Eastbourne & Hailsham	11:29.0
4	45	Pete O'Keefe (M55)	Oxford City	13:45.4
5	85	John Corcoran	Cambridge Harriers	14:07.5
6	25	Dave Mitchell	Epsom & Ewell	14:30.6
7	35	Bernie Hercock (M70)	Enfield and Haringey	15:04.7
	15	Graham Cotterell	Southampton	disq

### M50 High Jump

1	75	Clem Leon (M55)	Blackheath & Bromley H AC	1.45
2	55	Tom Conlon	Herne Hill Harriers	1.40
3	35	Peter Ley	Enfield and Haringey	1.30
4	85	Ian Gower	Cambridge Harriers	1.25
5	45	Richard Hart	Oxford City	1.25
6	15	Sidney De Lara (M55)	Southampton	nhr

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A String				
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B String				
Pos	Club	Athlete	Club	Perf

### M50 Pole Vault

1	65	Brian Slaughter	Eastbourne & Hailsham	3.00
2	35	Peter Ley	Enfield and Haringey	2.50
3	45	Bruce Henrie (M60)	Oxford City	2.40
4	25	Brian Harlick (M65)	Epsom & Ewell	2.10
5	75	Clem Leon (M55)	Blackheath & Bromley H AC	2.10
6	55	Tom Conlon	Herne Hill Harriers	1.70

### M50 Long Jump

1	55	Akin Oyediran (M60)	Herne Hill Harriers	5.70
2	65	Brian Slaughter	Eastbourne & Hailsham	4.92
3	35	Peter Ley	Enfield and Haringey	4.67
4	75	Clem Leon (M55)	Blackheath & Bromley H AC	4.61
5	85	Ian Gower	Cambridge Harriers	4.22
6	45	Richard Hart	Oxford City	3.98
7	15	Malcolm Riddle	Southampton	3.32

### M50 Triple Jump

1	75	Clem Leon (M55)	Blackheath & Bromley H AC	11.06
2	45	Howard Papworth (M55)	Oxford City	9.53
3	55	Tom Conlon	Herne Hill Harriers	8.85
4	35	Peter Ley	Enfield and Haringey	8.80
5	85	Ian Gower	Cambridge Harriers	8.21
6	25	Norman Rice (M65)	Epsom & Ewell	8.19
7	15	Sidney De Lara (M55)	Southampton	6.48

### M50 Shot Putt

1	65	Brian Slaughter	Eastbourne & Hailsham	10.13
2	35	Tim Saunders-Mullins (M55)	Enfield and Haringey	9.86
3	55	Akin Oyediran (M60)	Herne Hill Harriers	8.95
4	45	Richard Hart	Oxford City	8.84
5	75	Gordon Hickey (M75)	Blackheath & Bromley H AC	7.95
6	85	Peter Wishart	Cambridge Harriers	7.84
7	15	Graham Cotterell	Southampton	5.23

### M50 Discus

1	65	Brian Slaughter	Eastbourne & Hailsham	34.99
2	35	Peter Ley	Enfield and Haringey	34.25
3	85	Peter Wishart	Cambridge Harriers	33.09
4	45	Pete O'Keefe (M55)	Oxford City	27.69
5	55	Akin Oyediran (M60)	Herne Hill Harriers	26.88
6	75	Colin Brand (M70)	Blackheath & Bromley H AC	25.70
7	25	Brian Harlick (M65)	Epsom & Ewell	22.90
8	15	Graham Cotterell	Southampton	14.01

### M50 Hammer

1	65	Brian Slaughter	Eastbourne & Hailsham	31.56
2	35	Tim Saunders-Mullins (M55)	Enfield and Haringey	30.48
3	85	Peter Wishart	Cambridge Harriers	25.98
4	45	Pete O'Keefe (M55)	Oxford City	24.44
5	55	Derek Prentice (M60)	Herne Hill Harriers	24.28
6	15	Graham Cotterell	Southampton	11.46
7	75	Colin Brand (M70)	Blackheath & Bromley H AC	ntr

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A String				
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B String				
Pos	Club	Athlete	Club	Perf

### M50 Javelin

1	75	Steve Langdon	Blackheath & Bromley H AC	45.62
2	55	Garth Francis (M55)	Herne Hill Harriers	35.02
3	35	Peter Ley	Enfield and Haringey	32.90
4	45	Dave Kuester (M65)	Oxford City	28.71
5	25	Brian Harlick (M65)	Epsom & Ewell	19.95
6	85	Warwick Dixon (M75)	Cambridge Harriers	17.57
7	15	Malcolm Riddle	Southampton	16.45

### M60 100m

1	26	Terry Bissett (M65)	Epsom & Ewell	14.3
2	76	Rob Brown	Blackheath & Bromley H AC	14.5
3	86	Barry Ferguson (M65)	Cambridge Harriers	14.7
4	56	Allan Long (M65)	Herne Hill Harriers	15.0
5	46	Bruce Hendrie	Oxford City	15.1
6	36	Alan Carter (M70)	Enfield and Haringey	15.4
7	16	Richard Pearson (M65)	Southampton	18.2

### M60 400m

1	76	Bob Minting	Blackheath & Bromley H AC	63.7
2	36	Keith Crew	Enfield and Haringey	64.9
3	46	Bruce Hendrie	Oxford City	70.4
4	56	Mike Mann	Herne Hill Harriers	72.1
5	86	Peter Hadley (M65)	Cambridge Harriers	73.3
6	16	Richard Pearson (M65)	Southampton	91.7

### M60 1500m

1	76	Ken Daniel	Blackheath & Bromley H AC	5:14.3
2	46	John Exley	Oxford City	5:18.8
3	56	Steve Knight	Herne Hill Harriers	5:26.0
4	26	Gerry Smith	Epsom & Ewell	5:49.3
5	86	Russell Williams (M65)	Cambridge Harriers	6:11.8
6	16	Richard Pearson (M65)	Southampton	6:21.8

### M60 High Jump

1	76	Bob Minting	Blackheath & Bromley H AC	1.30
2	56	Derek Prentice	Herne Hill Harriers	1.25
3	86	Barry Ferguson (M65)	Cambridge Harriers	1.25
4	46	Bruce Hendrie	Oxford City	1.20
5	36	Alan Carter (M70)	Enfield and Haringey	1.10

### M60 Long Jump

1	46	Bruce Hendrie	Oxford City	4.23
2	76	Dennis Wallington	Blackheath & Bromley H AC	4.15
3	56	Allan Long (M65)	Herne Hill Harriers	4.05
4	36	Keith Crew	Enfield and Haringey	4.01
5	26	Norman Rice (M65)	Epsom & Ewell	3.43
6	86	Derek Briscoe (M65)	Cambridge Harriers	3.23
7	16	Richard Pearson (M65)	Southampton	1.71

### M60 Shot Putt

1	46	Dave Kuester (M65)	Oxford City	9.78
2	56	Derek Prentice (M60)	Herne Hill Harriers	9.71
3	36	Ray Gibbins (M60)	Enfield and Haringey	9.71
4	26	Norman Rice (M65)	Epsom & Ewell	9.62
5	76	Colin Brand (M70)	Blackheath & Bromley H AC	9.27
6	16	Pat Morgan-Lee (M65)	Southampton	5.66

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B String				
Pos	Club	Athlete	Club	Perf

## M60 Hammer

1	46	Dave Kuester (M65)	Oxford City	30.85
2	26	Brian Harlick (M65)	Epsom & Ewell	29.49
3	86	Warwick Dixon (M75)	Cambridge Harriers	26.67
4	56	J P West	Herne Hill Harriers	25.11
5	36	Ray Gibbins	Enfield and Haringey	23.27
6	76	Gordon Hickey (M75)	Blackheath & Bromley H AC	19.50

## Match Details

	Pts
1 Herne Hill Harriers	266
2 Blackheath & Bromley H AC	265
3 Enfield and Haringey	234
4 Oxford City	232
5 Cambridge Harriers	173
6 Southampton	172
7 Epsom & Ewell	96
8 Eastbourne & Hailsham	91

BC-SCVAC-2009