

EMAC/VAC Indoor Champs - Sunday, 11th February 2024 - Lee Valley Athletic Centre

60m	Athlete	Area Club	Age Group	Result SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
176	Peter Phillips	HHH	M35	7.43		-		-	T05/6
201	Michael Shortall (V)	EMAC	M35	7.89	.	Gold		-	T05/6
201	Michael Shortall (V)	VAC	M35	7.89		-	.	Gold	T05/6
282	Aaron Broderick	KEN	M35	7.90		-		-	T05/6
151	Oscar Morrell	SCVAC	M35	8.23		-		-	T05/6
142	Anthony Meikle	SCVAC	M40	7.42		-		-	T05/7
136	Allan Mc Sween	EMAC	M40	7.47	CBP	Gold		-	T05/7
219	Steven Tester	VAC	M40	7.49		-	.	Gold	T05/8
88	Daniel Halapciuc	EMAC	M40	7.50	CBP	Silver		-	T05/7
78	George Gavriel (V)	EMAC	M40	7.62	.	Bronze		-	T05/7
78	George Gavriel (V)	VAC	M40	7.62		-	.	Silver	T05/7
91	Mike Harwood	SCVAC	M40	7.70		-		-	T05/8
9	Jan Barnard	EMAC	M40	7.92	.	.		-	T05/8
162	Michael Omakobia	WOK	M40	7.93		-		-	T05/8
217	Gavin Stephens	VAC	M45	7.37		-	.	Gold	T05/9
64	Ade Elegbede	EMAC	M45	7.69	.	Gold		-	T05/9
45	Craig Christian (V)	EMAC	M45	7.76	.	Silver		-	T05/9
45	Craig Christian (V)	VAC	M45	7.76		-	.	Silver	T05/9
280	Nathan Moore	EMAC	M45	8.24	.	Bronze		-	T05/9
281	Leon Braithwaite	SCVAC	M50	7.73		-		-	T05/10
163	Yinka Opaleye	EMAC	M50	7.97	.	Gold		-	T05/10
153	Samuel Nash	VAC	M50	8.22		-	.	Gold	T05/10
271	Stephen Bass	EMAC	M50	8.31	.	Silver		-	T05/10
47	Dave Cobb	VAC	M50	8.69		-	.	Silver	T05/10
132	James Lumsden	VAC	M50	8.70		-	.	Bronze	T05/10
116	Philip Krinks	VAC	M50	8.90		-	.	.	T05/10
250	Boguslaw Zelechowski	HBS	M55	7.68		-		-	T05/11
38	Paul Canning (V)	EMAC	M55	7.83	.	Gold		-	T05/11
38	Paul Canning (V)	VAC	M55	7.83		-	.	Gold	T05/11
265	Rohan Samuel	VAC	M55	8.19		-	.	Silver	T05/11
160	Darren O'Leary	EMAC	M55	8.37	.	Silver		-	T05/11
145	Neil Middleton	HIGH	M55	8.51		-		-	T05/11
113	Barrington King	SCVAC	M55	8.57		-		-	T05/11
198	Conrad Salthouse	EMAC	M55	8.95	.	Bronze		-	T05/11
224	Michael Vassiliou	VAC	M60	8.14		-	.	Gold	T05/12
244	Mark Woods	SCVAC	M60	8.32		-		-	T05/12
102	Ricardo Huskisson	EMAC	M60	8.61	.	Gold		-	T05/13
233	Stuart White	VAC	M60	8.74		-	.	Silver	T05/13
206	Andy Smerdon	FLEET	M60	8.86		-		-	T05/12
154	Roy Nelson	SCVAC	M60	8.95		-		-	T05/12
197	Michael Salousti	VAC	M60	9.16		-	.	Bronze	T05/13
144	Chris Michael	VAC	M60	9.98		-	.	.	T05/13
275	Andrew Stewart	EMAC	M60	10.72	.	Silver		-	T05/13
205	Brian Slaughter (V)	EMAC	M65	9.13	.	Gold		-	T05/14
205	Brian Slaughter (V)	VAC	M65	9.13		-	.	Gold	T05/14
17	Philip Bell	VAC	M65	10.21		-	.	Silver	T05/14
170	Wilson Paterson	EMAC	M65	10.27	.	Silver		-	T05/14
35	John Browne	EMAC	M70	8.41	CBP	Gold		-	T05/15
97	David Hinds	VAC	M70	9.16		-	.	Gold	T05/15
41	Timothy Carter	VAC	M70	9.21		-	.	Silver	T05/15
114	Geoffrey Kitchener	VAC	M70	9.77		-	.	Bronze	T05/15
167	Chris Palmer	EMAC	M70	10.20	.	Silver		-	T05/15
174	Alan Perry	VAC	M70	11.23		-	.	.	T05/15
187	Patrick Reynolds	VAC	M70	11.56		-	.	.	T05/15
231	Tony Wells	EMAC	M75	9.96	.	Gold		-	T05/16
6	Jonathan Ashman	VAC	M75	11.11		-	.	Gold	T05/16
129	Allan Long	VAC	M80	9.66		-	CBP	Gold	T05/16

251	Krystle Balogun	SCVAC	W35	8.33		-		-	T05/1
37	Louise Brydon	EMAC	W35	8.67	.	Gold		-	T05/1
135	Alexandra Marginean	VAC	W35	8.75		-	.	Gold	T05/1
74	Emily Fry	SCVAC	W40	8.34		-		-	T05/1
100	Tina Howell	VAC	W40	9.05		-	.	Gold	T05/1
58	Kalina Detko	VAC	W40	9.28		-	.	Silver	T05/1
79	Sally Gilding	EMAC	W40	9.46	.	Gold		-	T05/1
126	Dawn Leek	EMAC	W45	8.99	.	Gold		-	T05/2
232	Sarah Westrap	VAC	W45	9.06		-	.	Gold	T05/2
257	Lowri Chatfield	EMAC	W45	9.45	.	Silver		-	T05/2
146	Kathryn Miles	VAC	W50	8.69		-	.	Gold	T05/3
223	Sue Van Vuuren	VAC	W50	9.03		-	.	Silver	T05/3
60	Sharon Dooley	VAC	W50	9.59		-	.	Bronze	T05/3
229	Rachel Waters	VAC	W55	9.23		-	.	Gold	T05/3
59	Janet Dickinson	SWVAC	W55	9.57		-		-	T05/3
70	Eni Font Freide	SCVAC	W60	9.25		-		-	T05/4
214	Clare St John-Coleman	EMAC	W60	9.71	CBP	Gold		-	T05/4
157	Janice Nottingham	EMAC	W60	9.73	CBP	Silver		-	T05/4
230	Elizabeth Welbourn	EMAC	W60	10.08	.	Bronze		-	T05/4
99	Lesley Hopkins	VAC	W60	10.36		-	.	Gold	T05/4
82	Helen Godsell	SCVAC	W70	9.34		-		-	T05/5
211	Georgina Smith	MMAC	W70	10.46		-		-	T05/5
138	Emily McMahon (V)	EMAC	W70	10.56	CBP	Gold		-	T05/5
138	Emily McMahon (V)	VAC	W70	10.56		-	CBP	Gold	T05/5
101	Lorraine Hunte	VAC	W70	10.86		-	.	Silver	T05/5
200m	Athlete	Area Club	Age Group	Result SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
19	Damaine Benjamin	SCVAC	M35	23.43		-		-	T07/4
201	Michael Shortall (V)	EMAC	M35	25.13	.	Gold		-	T07/4
201	Michael Shortall (V)	VAC	M35	25.13		-	.	Gold	T07/4
51	Chris Cooper	EMAC	M35	25.56	.	Silver		-	T07/4
252	Andrew Caruana	EMAC	M35	27.04	.	Bronze		-	T07/4
216	David Stephens	VAC	M35	28.94		-	.	Silver	T07/4
88	Daniel Halapciuc	EMAC	M40	23.84	.	Gold		-	T07/5
136	Allan Mc Sween	EMAC	M40	24.29	.	Silver		-	T07/5
162	Michael Omakobia	WOK	M40	25.42		-		-	T07/5
78	George Gavriel (V)	EMAC	M40	26.73	.	Bronze		-	T07/5
78	George Gavriel (V)	VAC	M40	26.73		-	.	Gold	T07/5
217	Gavin Stephens	VAC	M45	23.31		-	CBP	Gold	T07/6
45	Craig Christian (V)	EMAC	M45	25.73	.	Gold		-	T07/6
45	Craig Christian (V)	VAC	M45	25.73		-	.	Silver	T07/6
192	Anibal Rodriguez Fuentes	VAC	M45	26.21		-	.	Bronze	T07/6
193	James Rodwell	SWVAC	M45	26.88		-		-	T07/6
34	Antony Brown	GBR	M45	27.21		-		-	T07/6
207	Julian Smith	EMAC	M50	26.54	.	Gold		-	T07/7
47	Dave Cobb	VAC	M50	27.72		-	.	Gold	T07/7
116	Philip Krinks	VAC	M50	30.10		-	.	Silver	T07/7
250	Boguslaw Zelechowski	HBS	M55	25.25		-		-	T07/8
38	Paul Canning (V)	EMAC	M55	25.64	.	Gold		-	T07/8
38	Paul Canning (V)	VAC	M55	25.64		-	CBP	Gold	T07/8
274	Barrie Marsden	SCVAC	M55	26.60		-		-	T07/8
160	Darren O'Leary	EMAC	M55	27.30	.	Silver		-	T07/8
255	Michele Beltramo	VAC	M55	28.63		-	.	Silver	T07/8
198	Conrad Salthouse	EMAC	M55	30.28	.	Bronze		-	T07/9
123	John Lawrence	EMAC	M55	33.36	.	.		-	T07/9
224	Michael Vassiliou	VAC	M60	26.45		-	CBP	Gold	T07/10
244	Mark Woods	SCVAC	M60	27.76		-		-	T07/10
12	Colin Bates	VAC	M60	28.65		-	.	Silver	T07/10
206	Andy Smerdon	FLEET	M60	29.07		-		-	T07/11
233	Stuart White	VAC	M60	29.13		-	.	Bronze	T07/10
197	Michael Salousti	VAC	M60	30.65		-	.	.	T07/11
62	Jason Drake	VAC	M60	32.47		-	.	.	T07/11
144	Chris Michael	VAC	M60	35.77		-	.	.	T07/11
275	Andrew Stewart	EMAC	M60	37.47	.	Gold		-	T07/11
205	Brian Slaughter (V)	EMAC	M65	30.04	.	Gold		-	T07/12
205	Brian Slaughter (V)	VAC	M65	30.04		-	.	Gold	T07/12
17	Philip Bell	VAC	M65	34.86		-	.	Silver	T07/12

170	Wilson Paterson	EMAC	M65	36.27	.	Silver		-	T07/12
97	David Hinds	VAC	M70	30.80		-	.	Gold	T07/13
114	Geoffrey Kitchener	VAC	M70	33.73		-	.	Silver	
167	Chris Palmer	EMAC	M70	33.90	.	Gold		-	
231	Tony Wells	EMAC	M75	34.61	.	Gold		-	
159	Bill O'Connor	VAC	M75	64.69		-	.	Gold	
129	Allan Long	VAC	M80	33.52		-	CBP	Gold	
251	Krystle Balogun	SCVAC	W35	26.99		-		-	T07/1
37	Louise Brydon	EMAC	W35	29.32	.	Gold		-	T07/1
218	Jennifer Temple	VAC	W35	33.38		-	.	Gold	T07/1
58	Kalina Detko	VAC	W40	30.93		-	.	Gold	T07/1
3	Liz Amos	VAC	W45	27.20		-	CBP	Gold	T07/2
127	Sarah Loades	VAC	W50	28.96		-	.	Gold	T07/2
146	Kathryn Miles	VAC	W50	29.99		-	.	Silver	T07/2
223	Sue Van Vuuren	VAC	W50	30.87		-	.	Bronze	T07/2
229	Rachel Waters	VAC	W55	31.38		-	.	Gold	T07/2
5	Christine Anthony	EMAC	W60	33.07	.	Gold		-	T07/3
157	Janice Nottingham	EMAC	W60	33.69	.	Silver		-	T07/3
214	Clare St John-Coleman	EMAC	W60	34.73	.	Bronze		-	T07/3
99	Lesley Hopkins	VAC	W60	35.56		-	.	Gold	T07/3
43	Edith Caux	EMAC	W65	33.09	CBP	Gold		-	T07/4
194	Jill Roginski	EMAC	W65	33.71	.	Silver		-	T07/4
111	Jill Kent	EMAC	W65	37.81	.	Bronze		-	T07/4
82	Helen Godsell	SCVAC	W70	31.87		-		-	T07/4
400m	Athlete	Area Club	Age Group	Result SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
108	Kaspars Kazemaks	WOK	M35	52.39		-		-	T03/4
220	Alexander Thomas	VAC	M35	54.36		-	.	Gold	T03/4
119	Chris Lamb	EMAC	M35	54.62	.	Gold		-	T03/4
201	Michael Shortall (V)	EMAC	M35	55.61	.	Silver		-	T03/5
201	Michael Shortall (V)	VAC	M35	55.61		-	.	Silver	T03/5
51	Chris Cooper	EMAC	M35	55.62	.	Bronze		-	T03/5
219	Steven Tester	VAC	M40	52.94		-	CBP	Gold	T03/5
162	Michael Omakobia	WOK	M40	55.50		-		-	T03/5
57	Ian Debnam	EMAC	M40	63.00	.	Gold		-	T03/5
33	David Brown	EMAC	M45	54.46	CBP	Gold		-	T03/6
189	Glen Richardson	EMAC	M45	58.72	.	Silver		-	T03/6
280	Nathan Moore	EMAC	M45	58.87	.	Bronze		-	T03/6
36	Richard Bruce	EMAC	M50	59.16	.	Gold		-	T03/7
47	Dave Cobb	VAC	M50	59.31		-	.	Gold	T03/7
207	Julian Smith	EMAC	M50	59.34	.	Silver		-	T03/7
164	Michael Osunsami	GBR	M50	63.61		-		-	T03/7
160	Darren O'Leary	EMAC	M55	62.70	.	Gold		-	T03/8
55	Neil Davies	WMAL	M55	63.43		-		-	T03/8
279	Kevin McAlinden	EMAC	M55	64.93	.	Silver		-	T03/8
95	Nigel Herron	VAC	M55	68.69		-	.	Gold	T03/8
228	Gary Walsh	VAC	M55	74.79		-	.	Silver	T03/8
224	Michael Vassiliou	VAC	M60	59.73		-	.	Gold	T03/10
154	Roy Nelson	SCVAC	M60	62.79		-		-	T03/10
12	Colin Bates	VAC	M60	62.98		-	.	Silver	T03/10
143	Jonathan Metcalf	EMAC	M60	69.24	.	Gold		-	T03/11
62	Jason Drake	VAC	M60	71.06		-	.	Bronze	T03/11
105	Tennyson James	EMAC	M65	63.47	CBP	Gold		-	T03/11
56	Adrian Day	VAC	M65	67.82		-	.	Gold	T03/11
97	David Hinds	VAC	M70	70.81		-	CBP	Gold	T03/12
41	Timothy Carter	VAC	M70	71.20		-	CBP	Silver	T03/12
167	Chris Palmer	EMAC	M70	81.09	.	Gold		-	T03/12
80	Peter Giles	VAC	M75	84.65		-	.	Gold	T03/12
159	Bill O'Connor	VAC	M75	166.16		-	.	Silver	T03/12

73	Amy Frith	EMAC	W35	68.22	.	Gold	.	-	T03/1
218	Jennifer Temple	VAC	W35	75.40		-	.	Gold	T03/1
94	Alice Hector	GBR	W40	62.81		-		-	T03/1
270	Samantha Williams	SCVAC	W40	64.05		-		-	T03/1
3	Liz Amos	VAC	W45	60.84		-	CBP	Gold	T03/2
126	Dawn Leek	EMAC	W45	72.41	.	Gold		-	T03/2
127	Sarah Loades	VAC	W50	65.17		-	.	Gold	T03/2
39	Lisa Carpenter	SWVAC	W50	72.57		-		-	T03/2
5	Christine Anthony	EMAC	W60	72.10	CBP	Gold		-	T03/3
241	Sue Wisdom	VAC	W60	75.73		-	CBP	Gold	T03/3
157	Janice Nottingham	EMAC	W60	79.45	.	Silver		-	T03/3
43	Edith Caux	EMAC	W65	76.41	CBP	Gold		-	T03/3
800m	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
130	Chris Loudon	VAC	M35	02:03.46		-	.	Gold	T06/2
119	Chris Lamb	EMAC	M35	02:03.66	CBP	Gold		-	T06/2
220	Alexander Thomas	VAC	M35	02:07.52		-	.	Silver	T06/2
268	Scott Thrush	EMAC	M35	02:21.85	.	Silver		-	T06/2
216	David Stephens	VAC	M35	02:34.99		-	.	Bronze	T06/2
150	John Morley	EMAC	M40	02:14.28	.	Gold		-	T06/3
189	Glen Richardson	EMAC	M45	02:15.35	.	Gold		-	T06/3
260	Robert Datnow	VAC	M50	02:11.67		-	.	Gold	T06/3
178	Will Pitt	VAC	M50	02:21.43		-	.	Silver	T06/3
98	Richard Holt	BB	M50	02:37.37		-		-	T06/3
279	Kevin McAlinden	EMAC	M55	02:38.78	.	Gold		-	T06/4
95	Nigel Herron	VAC	M55	02:41.78		-	.	Gold	T06/4
52	Steve Corfield	VAC	M60	02:23.37		-	CBP	Gold	T06/5
84	Phil Grabsky	SCVAC	M60	02:28.68		-		-	T06/5
225	Andrew Waddington	SCVAC	M60	02:30.91		-		-	T06/5
143	Jonathan Metcalf	EMAC	M60	02:50.46	.	Gold		-	T06/5
275	Andrew Stewart	EMAC	M60	03:05.70	.	Silver		-	T06/5
28	Geoffrey Brewster	EMAC	M65	02:55.81	.	Gold		-	T06/4
109	Alastair Kendrick	EMAC	M70	03:49.74	.	Gold		-	T06/4
159	Bill O'Connor	VAC	M75	05:12.31		-	.	Gold	T06/4
177	Rebecca Pickard	VAC	W45	02:45.55		-	.	Gold	T06/1
5	Christine Anthony	EMAC	W60	02:54.96	.	Gold		-	T06/1
1500m	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
130	Chris Loudon	VAC	M35	04:07.49		-	.	Gold	T04/2
254	Dan Acheson	SCVAC	M40	04:28.55		-		-	T04/2
169	Andrew Parmenter	EMAC	M45	04:26.28	.	Gold		-	T04/2
269	Mark Waller	EMAC	M50	04:37.73	.	Gold		-	T04/2
178	Will Pitt	VAC	M50	04:43.48		-	.	Gold	T04/2
181	Matthew Preston	VAC	M50	04:44.55		-	.	Silver	T04/2
240	Martin Willis	VAC	M50	05:57.38		-	.	Bronze	T04/2
133	Alan MacDonald	VPTH	M55	04:39.98		-		-	T04/2
83	Joseph Gonzalez-Armas	VAC	M55	04:47.64		-	.	Gold	T04/2
2	Raimo Ala-Korpi	EMAC	M55	04:59.43	.	Gold		-	T04/2
16	David Bedwell	MMAC	M70	05:23.35		-		-	T04/1
165	David Oxland	VAC	M70	05:28.77		-	CBP	Gold	T04/1
110	Peter Kennedy	VAC	M70	05:43.76		-	.	Silver	T04/1
80	Peter Giles	VAC	M75	06:18.96		-	.	Gold	T04/1
156	Clare Norris	VAC	W45	05:45.33		-	.	Gold	T04/1
258	Anna Critchlow	VAC	W55	05:33.63		-	CBP	Gold	T04/1

3000m	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Heat
256	Patrick Brown	ORION	M35	10:10.73		-		-	T02c
180	Darren Preston	EMAC	M45	09:35.96	.	Gold		-	T02c
266	Nick Shasha	ORION	M45	09:52.18		-		-	T02c
50	Simon Coombes	EMAC	M50	09:22.31	.	Gold		-	T02c
181	Matthew Preston	VAC	M50	10:06.37		-	.	Gold	T02c
186	Justin Reid	HW	M50	10:13.20		-		-	T02c
83	Joseph Gonzalez-Armas	VAC	M55	10:12.01		-	.	Gold	T02b
14	Sean Beard	EMAC	M55	11:28.66	.	Gold		-	T02b
22	Barry Blackwell	VAC	M55	11:30.68		-	.	Silver	T02b
87	William Haining	EMAC	M65	12:25.89	.	Gold		-	T02b
196	John Ryan	VAC	M65	15:23.79		-	.	Gold	T02b
109	Alastair Kendrick	EMAC	M70	14:45.89	.	Gold		-	T02b
80	Peter Giles	VAC	M75	12:45.87		-	CBP	Gold	T02b
23	Vera Blei	VAC	W50	14:33.30		-	.	Gold	T02a
65	Clare Elms	VAC	W60	11:02.91		-	.	Gold	T02a
245	Lucy Woolhouse	VAC	W60	12:19.01		-	.	Silver	T02a
227	Margaret Wadman	VAC	W60	13:35.59		-	.	Bronze	T02a
77	Anna Garnier	VAC	W65	13:14.26		-	.	Gold	T02a
2000m Walk	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
60mH	Athlete	Area Club	Age Group	Result SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
108	Kaspars Kazemaks	WOK	M35	8.51		-		-	T01/1
89	Maxim Hall	EMAC	M35	8.55	CBP	Gold		-	T01/1
201	Michael Shortall (V)	EMAC	M35	8.93	.	Silver		-	T01/1
201	Michael Shortall (V)	VAC	M35	8.93		-	CBP	Gold	T01/1
158	Israel Nworgu	VAC	M35	9.10		-	.	Silver	T01/1
131	Michael Louise	SCVAC	M40	8.59		-		-	T01/2
91	Mike Harwood	SCVAC	M40	9.23		-		-	T01/2
155	Clint Nicholls	EMAC	M40	9.38	.	Gold		-	T01/2
204	Roger Skedd	EMAC	M40	9.87	.	Silver		-	T01/2
273	Peter Davey	SCVAC	M45	9.77		-		-	T01/2
193	James Rodwell	SWVAC	M45	11.18		-		-	T01/2
210	Gary Smith	EMAC	M50	8.71	.	Gold		-	T01/3
271	Stephen Bass	EMAC	M50	10.00	.	Silver		-	T01/3
274	Barrie Marsden	SCVAC	M55	9.28		-		-	T01/3
105	Tennyson James	EMAC	M65	9.64	CBP	Gold		-	T01/4
231	Tony Wells	EMAC	M75	11.93	CBP	Gold		-	T01/5
237	Chloe Williams	HAVE	W35	9.15		-		-	T01/6
79	Sally Gilding	EMAC	W40	10.99	.	Gold		-	T01/6
58	Kalina Detko	VAC	W40	12.38		-	.	Gold	T01/6
11	Lucy Bartlett	WALT	W45	10.73		-		-	T01/7
232	Sarah Westrap	VAC	W45	11.47		-	CBP	Gold	T01/7
190	Nina Ridge	VAC	W45	11.56		-	CBP	Silver	T01/7
257	Lowri Chatfield	EMAC	W45	11.57	.	Gold		-	T01/7
127	Sarah Loades	VAC	W50	10.11		-	CBP	Gold	T01/7
46	Gaye Clarke	EMAC	W60	12.94	.	Gold		-	T01/8
194	Jill Roginski	EMAC	W65	11.06	CBP	Gold		-	T01/8
High Jump	Athlete	Area Club	Age Group	Result M.mm	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
89	Maxim Hall	EMAC	M35	1.75	CBP	Gold		-	F07
155	Clint Nicholls	EMAC	M40	1.70	CBP	Gold		-	F07
34	Antony Brown	GBR	M45	1.55		-		-	F07
64	Ade Elegbede	EMAC	M45	1.50	.	Gold		-	F07
184	Vaughan Ramsay	VAC	M50	1.55		-	CBP	Gold	F07
54	Andre Dahikamp	VAC	M50	1.35		-	.	Silver	F07
168	Gary Palmer	VAC	M55	1.50		-	.	Gold	F07
225	Andrew Waddington	SCVAC	M60	1.50		-		-	F07
206	Andy Smerdon	FLEET	M60	1.40		-		-	F07
182	Andrew Pringle	SVHC	M60	1.35		-		-	F07
175	Richard Phelan	EMAC	M60	1.35	CBP	Gold		-	F07
205	Brian Slaughter (V)	EMAC	M65	1.33	.	Gold		-	F04
205	Brian Slaughter (V)	VAC	M65	1.33		-	.	Gold	F04
226	Trevor Wade	VAC	M65	1.25		-	.	Silver	F04

114	Geoffrey Kitchener	VAC	M70	1.15		-	.	Gold	F04
187	Patrick Reynolds	VAC	M70	0.95		-	.	Silver	F04
135	Alexandra Marginean	VAC	W35	1.33		-	.	Gold	F04
100	Tina Howell	VAC	W40	1.33		-	.	Gold	F04
79	Sally Gilding	EMAC	W40	1.25	.	Gold		-	F04
190	Nina Ridge	VAC	W45	1.25		-	.	Gold	F04
61	Stefanie Dornbusch	SCVAC	W50	1.10		-		-	F04
59	Janet Dickinson	SWVAC	W55	1.25		-		-	F04
107	Charmaine Johnson	VAC	W60	1.25		-	CBP	Gold	F04
46	Gaye Clarke	EMAC	W60	1.15	.	Gold		-	F04
249	Rosalind Zeffertt	VAC	W60	1.10		-	.	Silver	F04
194	Jill Roginski	EMAC	W65	1.20	.	Gold		-	F04
Long Jump	Athlete	Area Club	Age Group	Result M.mm	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
89	Maxim Hall	EMAC	M35	5.88	CBP	Gold		-	F02
201	Michael Shortall (V)	EMAC	M35	5.62	.	Silver		-	F02
201	Michael Shortall (V)	VAC	M35	5.62		-	.	Gold	F02
158	Israel Nworgu	VAC	M35	5.57		-	.	Silver	F02
151	Oscar Morrell	SCVAC	M35	5.00		-		-	F02
267	Luke Sinnott	BOURN	M40	5.78		-		-	F02
204	Roger Skedd	EMAC	M40	5.61	.	Gold		-	F02
155	Clint Nicholls	EMAC	M40	5.42	.	Silver		-	F02
64	Ade Elegbede	EMAC	M45	5.02	.	Gold		-	F02
25	Aaron Bollu	EMAC	M45	4.96	.	Silver		-	F02
153	Samuel Nash	VAC	M50	5.50		-	.	Gold	F02
161	Emmanuel Ogunniyi	VAC	M50	5.49		-	.	Silver	F02
184	Vaughan Ramsay	VAC	M50	4.88		-	.	Bronze	F02
54	Andre Dahlkamp	VAC	M50	3.92		-	.	.	F02
250	Boguslaw Zelechowski	HBS	M55	5.55		-		-	F09
168	Gary Palmer	VAC	M55	4.31		-	.	Gold	F09
225	Andrew Waddington	SCVAC	M60	4.17		-		-	F09
175	Richard Phelan	EMAC	M60	4.09	.	Gold		-	F09
253	Allan Leiper	SCVAC	M60	3.99		-		-	F09
200	David Shields	VAC	M60	3.18		-	.	Gold	F09
205	Brian Slaughter (V)	EMAC	M65	4.23	CBP	Gold		-	F09
205	Brian Slaughter (V)	VAC	M65	4.23		-	CBP	Gold	F09
226	Trevor Wade	VAC	M65	4.02		-	.	Silver	F09
41	Timothy Carter	VAC	M70	3.92		-	.	Gold	F09
213	John Spriggs	EMAC	M70	3.44	.	Gold		-	F09
187	Patrick Reynolds	VAC	M70	2.51		-	.	Silver	F09
125	Natalie Le Beau	EMAC	W35	5.01	CBP	Gold		-	F06
135	Alexandra Marginean	VAC	W35	4.66		-	.	Gold	F06
74	Emily Fry	SCVAC	W40	4.93		-		-	F06
239	Dawn Williams	EMAC	W45	4.04	.	Gold		-	F06
190	Nina Ridge	VAC	W45	3.78		-	.	Gold	F06
60	Sharon Dooley	VAC	W50	3.89		-	CBP	Gold	F06
61	Stefanie Dornbusch	SCVAC	W50	3.73		-		-	F06
59	Janet Dickinson	SWVAC	W55	4.15		-		-	F06
107	Charmaine Johnson	VAC	W60	3.31		-	.	Gold	F09
46	Gaye Clarke	EMAC	W60	3.03	.	Gold		-	F09
7	Angela Bardell Griffiths	VAC	W60	2.90		-	.	Silver	F09
138	Emily McMahon (V)	EMAC	W70	2.93	.	Gold		-	F09
138	Emily McMahon (V)	VAC	W70	2.93		-	.	Gold	F09
Pole Vault	Athlete	Area Club	Age Group	Result M.mm	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
238	Luke Williams	SCVAC	M35	3.51		-		-	F03
78	George Gavriel (V)	EMAC	M40	2.70	.	Gold		-	F03
78	George Gavriel (V)	VAC	M40	2.70		-	.	Gold	F03
240	Martin Willis	VAC	M50	2.00		-	.	Gold	F03
72	Michael Franklin	VAC	M55	2.50		-	.	Gold	F03
75	Mike Futtit	VAC	M55	2.40		-	.	Silver	F03
175	Richard Phelan	EMAC	M60	2.50	.	Gold		-	F03
63	Jemma Eastwood	EMAC	W40	3.26	CBP	Gold		-	F03
173	Sandra Pedley	EMAC	W55	2.00	CBP=	Gold		-	F03
249	Rosalind Zeffertt	VAC	W60	2.20		-	.	Gold	F03

Triple Jump	Athlete	Area Club	Age Group	Result MM.mm	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
201	Michael Shortall (V)	EMAC	M35	10.69	.	Gold		-	F11
201	Michael Shortall (V)	VAC	M35	10.69		-	.	Gold	F11
220	Alexander Thomas	VAC	M35	10.09		-	.	Silver	F11
184	Vaughan Ramsay	VAC	M50	10.58		-	CBP	Gold	F11
153	Samuel Nash	VAC	M50	10.28		-	.	Silver	F11
38	Paul Canning (V)	EMAC	M55	9.84	.	Gold		-	F11
38	Paul Canning (V)	VAC	M55	9.84		-	.	Gold	
168	Gary Palmer	VAC	M55	9.16		-	.	Silver	F12
182	Andrew Pringle	SVHC	M60	9.27		-		-	F12
175	Richard Phelan	EMAC	M60	8.90	.	Gold		-	F12
213	John Spriggs	EMAC	M70	7.37	CBP	Gold		-	F12
187	Patrick Reynolds	VAC	M70	5.23		-	.	Gold	F12
100	Tina Howell	VAC	W40	9.65		-	CBP	Gold	F12
149	Anne Moindrot	EMAC	W40	9.63	CBP	Gold		-	F12
Shot Putt	Athlete	Area Club	Age Group	Result MM.mm	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
89	Maxim Hall	EMAC	M35	11.65	.	Gold		-	F05
151	Oscar Morrell	SCVAC	M35	8.86		-		-	F05
120	Damian Larrington	EMAC	M40	12.75	.	Gold		-	F05
204	Roger Skedd	EMAC	M40	11.83	.	Silver		-	F05
148	Manikandan Mohanasundaram	IND	M40	9.27		-		-	F05
261	Gintas Degutis	EMAC	M50	14.00	.	Gold		-	F05
161	Emmanuel Ogunniyi	VAC	M50	10.37		-	.	Gold	F05
112	Darren Kerr	EMAC	M50	10.04	.	Silver		-	F05
163	Yinka Opaleye	EMAC	M50	9.73	.	Bronze		-	F05
240	Martin Willis	VAC	M50	9.11		-	.	Silver	F05
54	Andre Dahlkamp	VAC	M50	8.62		-	.	Bronze	F05
13	David Bauer	EMAC	M55	11.01	.	Gold		-	F05
179	Thomas Presho	VAC	M55	9.40		-	.	Gold	F05
85	Geoff Grinsted	EMAC	M55	8.71	.	Silver		-	F05
75	Mike Futtit	VAC	M55	7.36		-	.	Silver	F05
253	Allan Leiper	SCVAC	M60	13.65		-		-	F01
92	Michael Hausler	EMAC	M60	13.63	.	Gold		-	F01
242	Peter Wishart	EMAC	M60	10.04	.	Silver		-	F01
81	Jim Gillespie (E)	VAC	M60	8.90		-	.	Gold	F01
81	Jim Gillespie (E)	EMAC	M60	8.90	.	Bronze		-	F01
144	Chris Michael	VAC	M60	7.71		-	.	Silver	F01
66	John Fenton	VAC	M65	10.43		-	.	Gold	F01
205	Brian Slaughter (V)	EMAC	M65	10.33	.	Gold		-	F01
205	Brian Slaughter (V)	VAC	M65	10.33		-	.	Silver	F01
166	Graeme Packman	EMAC	M65	9.14	.	Silver		-	F01
187	Patrick Reynolds	VAC	M70	7.15		-	.	Gold	F01
222	Geoffrey Tyler	EMAC	M75	10.77	.	Gold		-	F01
159	Bill O'Connor	VAC	M75	5.96		-	.	Gold	F01
103	Ivan Ivanovic	VAC	M80	8.33		-	.	Gold	F01
15	Emma Beardmore	EMAC	W35	11.52	CBP	Gold		-	F08
135	Alexandra Marginean	VAC	W35	9.70		-	CBP	Gold	F08
134	Natalie Mann	VAC	W35	7.52		-	.	Silver	F08
24	Lisa Boland	VAC	W40	8.60		-	.	Gold	F08
79	Sally Gilding	EMAC	W40	7.55	.	Gold		-	F08
190	Nina Ridge	VAC	W45	8.84		-	.	Gold	F08
239	Dawn Williams	EMAC	W45	8.78	.	Gold		-	F08
141	Sarah Mcgrath	EMAC	W50	10.87	CBP	Gold		-	F10
122	Sue Lawrence	EMAC	W50	9.82	.	Silver		-	F10
44	Nicole Celestine	EMAC	W55	7.13	.	Gold		-	F10
107	Charmaine Johnson	VAC	W60	8.63		-	.	Gold	F10
241	Sue Wisdom	VAC	W60	7.96		-	.	Silver	F10
27	Jill Boosey	EMAC	W60	6.82	.	Gold		-	F10
106	Oriana Johnson	EMAC	W60	6.78	.	Silver		-	F10
7	Angela Bardell Griffiths	VAC	W60	5.35		-	.	Bronze	F10
194	Jill Roginski	EMAC	W65	8.77	CBP	Gold		-	F10
215	Stephanie Stamp	EMAC	W70	5.66	.	Gold		-	F10
203	Liz Sissons	VAC	W75	8.01		-	.	Gold	F10