

Meeting:	EMAC/VAC Indoor Champs
Date:	Sunday 26th March 2023
Venue:	Lee Valley Athletic Centre

60m	Athlete	Area Club	Age Group	Result SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
153	Michael Shortall (V)	VAC	M35	7.90		-	.	Gold	
29	Craig Christian (V)	VAC	M40	7.95		-	.	Gold	
143	Anibal Rodriguez Fuentes	VAC	M45	8.30		-	.	Gold	
36	Kevin Craven	VAC	M50	7.71		-	.	Gold	
41	Neil Dickson	VAC	M50	8.51		-	.	Silver	
32	Dave Cobb	VAC	M50	8.64		-	.	Bronze	
175	David Walsh	VAC	M50	9.43		-	.	.	
124	Gary Palmer	VAC	M55	8.89		-	.	Gold	
163	Brian Steene	VAC	M60	8.50		-	.	Gold	
104	Chris Michael	VAC	M60	9.59		-	.	Silver	
185	Paul Wignall	VAC	M65	9.05		-	.	Gold	
21	Timothy Carter	VAC	M70	9.25		-	.	Gold	
76	Geoffrey Kitchener	VAC	M70	9.89		-	.	Silver	
141	Patrick Reynolds	VAC	M70	11.29		-	.	Bronze	
183	David Whittaker	VAC	M75	12.53		-	.	Gold	
65	Charles Isetts	VAC	M80	11.59		-	.	Gold	
22	Terry Casey (V)	VAC	M80	19.48		-	.	Silver	
63	Lorraine Hunte	VAC	W65	10.87		-	.	Gold	
200m	Athlete	Area Club	Age Group	Result SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
153	Michael Shortall (V)	VAC	M35	24.41		-	.	Gold	
178	Owen Wells	VAC	M35	25.54		-	.	Silver	
29	Craig Christian (V)	VAC	M40	24.30		-	CBP	Gold	
36	Kevin Craven	VAC	M50	25.87		-	.	Gold	
32	Dave Cobb	VAC	M50	27.74		-	.	Silver	
111	Chris Ness	VAC	M50	29.73		-	.	Bronze	
188	Martin Willis	VAC	M50	29.92		-	.	.	
163	Brian Steene	VAC	M60	28.90		-	.	Gold	
104	Chris Michael	VAC	M60	34.10		-	.	Silver	
185	Paul Wignall	VAC	M65	29.86		-	.	Gold	
76	Geoffrey Kitchener	VAC	M70	34.95		-	.	Gold	
141	Patrick Reynolds	VAC	M70	42.69		-	.	Silver	
183	David Whittaker	VAC	M75	45.18		-	.	Gold	
22	Terry Casey (V)	VAC	M80	70.94		-	.	Gold	
400m	Athlete	Area Club	Age Group	Result SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
153	Michael Shortall (V)	VAC	M35	55.10		-	.	Gold	
29	Craig Christian (V)	VAC	M40	58.40		-	.	Gold	
143	Anibal Rodriguez Fuentes	VAC	M45	58.55		-	.	Gold	
195	Richard Bennett (E)	VAC	M45	64.98		-	.	Silver	
32	Dave Cobb	VAC	M50	59.15		-	.	Gold	
67	Richard Jenkin	VAC	M60	69.04		-	.	Gold	
185	Paul Wignall	VAC	M65	69.62		-	.	Gold	
21	Timothy Carter	VAC	M70	71.23		-	CBP	Gold	
800m	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
90	Chris Loudon	VAC	M35	02:00.27		-	.	Gold	
165	Michael Tay	VAC	M35	02:07.55		-	.	Silver	
134	Matthew Preston	VAC	M50	02:25.35		-	.	Gold	
57	Peter Hall	VAC	M60	02:44.48		-	.	Gold	
87	Christopher Lee	VAC	M60	03:10.06		-	.	Silver	
70	Tara Keck Lesica	VAC	W40	02:44.25		-	.	Gold	
197	Nikki Sturzaker	VAC	W45	02:32.89		-	.	Gold	
1500m	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
184	Jonathan Whittaker	VAC	M40	04:43.28		-	.	Gold	
196	Adrian Russell	VAC	M45	04:45.07		-	.	Gold	
111	Chris Ness	VAC	M50	04:47.02		-	.	Gold	
188	Martin Willis	VAC	M50	05:48.38		-	.	Silver	
57	Peter Hall	VAC	M60	05:39.18		-	.	Gold	
87	Christopher Lee	VAC	M60	06:14.58		-	.	Silver	
93	Michael Mann	VAC	M70	06:41.95		-	.	Gold	
154	Edmond Simpson	VAC	M85	08:17.73		-	CBP	Gold	
197	Nikki Sturzaker	VAC	W45	05:09.09		-	.	Gold	
191	Lucy Woolhouse	VAC	W60	05:44.55		-	CBP	Gold	

3000m	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Heat	
159	Robert Smith	VAC	M35	09:47.53		-	.	Gold		
196	Adrian Russell	VAC	M45	09:39.30		-	.	Gold		
400	Jamie McLoughlin	VAC	M45	09:54.60		-	.	Silver		
189	Steve Winder	VAC	M50	09:29.60		-	CBP	Gold		
134	Matthew Preston	VAC	M50	10:59.33		-	.	Silver		
169	Tony Tuohy	VAC	M60	11:03.43		-	.	Gold		
147	John Ryan	VAC	M60	14:52.07		-	.	Silver		
93	Michael Mann	VAC	M70	13:52.17		-	.	Gold		
197	Nikki Sturzaker	VAC	W45	11:03.73		-	.	Gold		
11	Vera Blei	VAC	W50	14:24.62		-	.	Gold		
401	Karen Hancock	VAC	W65	14:35.46		-	.	Gold		
2000m Walk	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat	
71	Glen Keegan	VAC	M55	13:48.80		-	.	Gold		
2	John Arthur	VAC	M60	12:30.70		-	.	Gold		
37	Penelope Cummings	VAC	W45	12:04.12		-	.	Gold		
112	Maureen Noel	VAC	W55	12:29.80		-	.	Gold		
8	Sian Baum	VAC	W55	14:38.40		-	.	Silver		
60mH	Athlete	Area Club	Age Group	Result SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat	
153	Michael Shortall (V)	VAC	M35	8.95		-	CBP	Gold		
116	Israel Nworgu	VAC	M35	9.18		-	.	Silver		
139	Glen Reddington	VAC	M60	10.28		-	.	Gold		
High Jump	Athlete	Area Club	Age Group	Result M.mm	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat	
29	Craig Christian (V)	VAC	M40	1.40		-	.	Gold		
138	Vaughan Ramsay	VAC	M45	1.45		-	.	Gold		
111	Chris Ness	VAC	M50	1.45		-	CBP	Gold		
124	Gary Palmer	VAC	M55	1.50		-	.	Gold		
76	Geoffrey Kitchener	VAC	M70	1.17		-	.	Gold		
141	Patrick Reynolds	VAC	M70	1.08		-	.	Silver		
Long Jump	Athlete	Area Club	Age Group	Result M.mm	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat	
153	Michael Shortall (V)	VAC	M35	5.54		-	.	Gold		
116	Israel Nworgu	VAC	M35	5.16		-	.	Silver		
159	Robert Smith	VAC	M35	4.92		-	.	Bronze		
29	Craig Christian (V)	VAC	M40	4.79		-	.	Gold		
138	Vaughan Ramsay	VAC	M45	5.01		-	.	Gold		
118	Emmanuel Ogunnyi	VAC	M50	5.55		-	CBP	Gold		
124	Gary Palmer	VAC	M55	4.30		-	.	Gold		
152	David Shields	VAC	M60	3.62		-	.	Gold		
21	Timothy Carter	VAC	M70	3.57		-	.	Gold		
141	Patrick Reynolds	VAC	M70	2.45		-	.	Silver		
Pole Vault	Athlete	Area Club	Age Group	Result M.mm	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat	
111	Chris Ness	VAC	M50	1.90		-	.	Gold		
188	Martin Willis	VAC	M50	1.70		-	.	Silver		
48	Michael Franklin	VAC	M55	2.80		-	.	Gold		
55	Stacey Gonzalez Betancourt	VAC	W45	2.90		-	CBP	Gold		
Triple Jump	Athlete	Area Club	Age Group	Result MM.mm	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat	
153	Michael Shortall (V)	VAC	M35	11.08		-	CBP	Gold		
138	Vaughan Ramsay	VAC	M45	10.49		-	.	Gold		
188	Martin Willis	VAC	M50	7.87		-	.	Gold		
124	Gary Palmer	VAC	M55	8.28		-	.	Gold		
136	Andrew Pringle	VAC	M60	8.55		-	.	Gold		
152	David Shields	VAC	M60	7.76		-	.	Silver		
141	Patrick Reynolds	VAC	M70	5.39		-	.	Gold		
Shot Putt	Athlete	Area Club	Age Group	Result MM.mm	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat	Weight
118	Emmanuel Ogunnyi	VAC	M50	10.69		-	.	Gold		(6k)
188	Martin Willis	VAC	M50	8.58		-	.	Silver		(6k)
62	David Hunt	VAC	M55	9.56		-	.	Gold		(6k)
54	Jim Gillespie (E)	VAC	M60	9.14		-	.	Gold		(5k)
104	Chris Michael	VAC	M60	7.94		-	.	Silver		(5k)
141	Patrick Reynolds	VAC	M70	7.17		-	.	Gold		(4k)
92	Natalie Mann	VAC	W35	7.11		-	.	Gold		(4k)
164	Anneli Sydenham	VAC	W35	6.51		-	.	Silver		(4k)
190	Sue Wisdom	VAC	W60	7.34		-	.	Gold		(3k)
40	Sue Dassie	VAC	W70	6.38		-	.	Gold		(3k)
155	Liz Sissons	VAC	W75	8.05		-	.	Gold		(2k)