

Veterans AC & London Masters Open Track & Field Championships - London - 31 Aug 2024

Top 3 in each category

Event	Age	1st	2nd	3rd
F01 Hammer Throw Women	W40	Natalie Mann, Veterans AC, 31.38		
F01 Hammer Throw Women	W50	Stacey Gonzalez, Veterans AC, 33.19		
F01 Hammer Throw Women	W55	Tracey Brockbank, Southern Counties Veterans AC, 27.00	Jennifer Eglinton, Watford Harriers, 20.84	
F01 Hammer Throw Women	W60	Gaye Clarke, Eastern Masters AC, 25.54	Kim Weir, Veterans AC, 22.05	Wendy Dunsford, Eastern Masters AC, 20.61
F01 Hammer Throw Women	W70	Barbara Macanas, Herne Hill Harriers, 19.87	Sue Dassie, Veterans AC, 15.34	
F02 Long Jump Men	M35	Michael Shortall, Veterans AC, 5.66		
F02 Long Jump Men	M40	Lucas Zambrzycki, Enfield & Haringey, 4.69		
F02 Long Jump Men	M50	Craig Beecham, Southern Counties Veterans AC, 5.56	Samuel Nash, Veterans AC, 4.76	
F02 Long Jump Men	M55	John Williams, Enfield & Haringey, 4.38	Mike Futtit, Veterans AC, 3.48	
F02 Long Jump Men	M60	Andrew Dodd, Midland Masters AC, 4.24		
F02 Long Jump Men	M65	Trevor Wade, Veterans AC, 3.99		
F03 Triple Jump Men/Women	M35	Michael Shortall, Veterans AC, 10.69		
F03 Triple Jump Men/Women	M50	Samuel Nash, Veterans AC, 9.86		
F03 Triple Jump Men/Women	M70	Rob Sibley, Southern Counties Veterans AC, 8.04		
F03 Triple Jump Men/Women	M75	Jonathan Ashman, Veterans AC, 6.53		
F03 Triple Jump Men/Women	W35	Alexandra Marginean, Veterans AC, 9.14		
F03 Triple Jump Men/Women	W55	Tracey Brockbank, Southern Counties Veterans AC, 6.47		
F03 Triple Jump Men/Women	W70	Lyn Ahmet, Southern Counties Veterans AC, 5.31		
F04 Hammer Men	M40	Manikandan Mohanasundaram, Southern Counties Veterans AC, 17.64		
F04 Hammer Men	M50	Ash Spencer, Bracknell AC, 25.92		
F04 Hammer Men	M55	Gary Walsh, Veterans AC, 12.05		
F04 Hammer Men	M60	Chris Privett, Veterans AC, 37.56		
F04 Hammer Men	M70	Bunt Scott, Eastern Masters AC, 29.93	Timothy Needham, Eastern Masters AC, 27.92	Peter Hawney, Veterans AC, 25.52
T01 400m Hurdles Men	M35	Michael Shortall, Veterans AC, 59.43	Israel Nworgu, Veterans AC, 1:04.24	

T01 400m Hurdles Men	M50	Richard Holt, Southern Counties Veterans AC, 1:04.67		
T01 400m Hurdles Men	M55	Oloff Van Zyl, Sevenoaks AC, 1:03.69		
F05 Discus Throw Women	W40	Natalie Mann, Veterans AC, 24.63		
F05 Discus Throw Women	W50	Stacey Gonzalez, Veterans AC, 25.88	Sharon Dooley, Veterans AC, 13.11	
F05 Discus Throw Women	W55	Jennifer Eglinton, Watford Harriers, 12.52		
F05 Discus Throw Women	W60	Wendy Dunsford, Eastern Masters AC, 16.94		
F05 Discus Throw Women	W65	Sandra Ingham, Eastern Masters AC, 16.89		
F05 Discus Throw Women	W70	Barbara Macanas, Herne Hill Harriers, 16.20	Sue Dassie, Veterans AC, 14.62	
F06 Shot Put Men	M40	Lucas Zambrzycki, Enfield & Haringey, 11.98	Kieran Golding, Welsh Masters Athletics Ltd, 6.48	
F06 Shot Put Men	M50	Rory Maguire, Southern Counties Veterans AC, 10.20	Ash Spencer, Bracknell AC, 9.23	
F06 Shot Put Men	M55	Mike Futtit, Veterans AC, 7.15	Gary Walsh, Veterans AC, 6.13	
F06 Shot Put Men	M60	Kevin Baker, Veterans AC, 10.42	Chris Michael, Veterans AC, 8.00	
F06 Shot Put Men	M70	Bunt Scott, Eastern Masters AC, 9.27	Peter Hawney, Veterans AC, 9.18	
F06 Shot Put Men	M75	Tony Richards, Eastern Masters AC, 10.12		
F06 Shot Put Men	M80	Ivan Ivanovic, Veterans AC, 8.54		
T05 3000m Walks	M50	Stefano Zennaro, London Frontrunners, 16:43.50		
T05 3000m Walks	M65	Stuart Bennett, Veterans AC, 18:02.57	Man Biu Lam, Veterans AC, 18:02.59	
T05 3000m Walks	W45	Chik Ha Kwok, Veterans AC, 17:29.76		
T05 3000m Walks	W55	Hannah Cock, Herne Hill Harriers, 23:37.33		
T06 1500m Mixed	M35	Eric Dol, Veterans AC, 4:37.16		
T06 1500m Mixed	M40	Mike Smalley, Croydon Harriers, 4:44.25		
T06 1500m Mixed	M45	Craig West, Maidenhead AC, 4:33.01		
T06 1500m Mixed	M50	Rich Berry, Veterans AC, 4:41.87		
T06 1500m Mixed	M55	Mike Webber, Veterans AC, 4:50.80	Norman Urquia, Veterans AC, 4:54.54	Terry Booth, Veterans AC, 4:56.37
T06 1500m Mixed	M60	David Williams, Veterans AC, 4:49.13	Andy Jordan, Veterans AC, 4:58.80	Nigel Herron, Veterans AC, 5:13.51
T06 1500m Mixed	M65	Mark Hargreaves, Southern Counties Veterans AC, 5:26.72	Keithly Alexander Mussington, Victoria Park Harriers & Tower Hamlets AC, 5:53.36	Rob Wintemute, Southern Counties Veterans AC, 6:21.42
T06 1500m Mixed	M75	John Denyer, Veterans AC, 6:29.30	Michael Mann, Veterans AC, 6:50.58	Bill O'Connor, Veterans AC, 10:15.32

T06 1500m Mixed	M85	Doug Milsom, Veterans AC, 8:43.34		
T06 1500m Mixed	W45	Sarah Allport, Veterans AC, 9:06.29		
T06 1500m Mixed	W50	Samantha Lamb, Veterans AC, 5:19.25		
T06 1500m Mixed	W60	Clare Elms, Veterans AC, 4:57.14	Lucy Woolhouse, Veterans AC, 5:44.84	Sarah Allen, Veterans AC, 8:00.14
T06 1500m Mixed	W65	Fiona Holland, London Heathside, 7:52.21		
F07 Discus Throw Men	M40	Lucas Zambrzycki, Enfield & Haringey, 35.35	Manikandan Mohanasundaram, Southern Counties Veterans AC, 28.37	Kieran Golding, Welsh Masters Athletics Ltd, 22.44
F07 Discus Throw Men	M50	Rory Maguire, Southern Counties Veterans AC, 29.18	Ash Spencer, Bracknell AC, 23.89	
F07 Discus Throw Men	M55	John Williams, Enfield & Haringey, 30.40	Mike Futtit, Veterans AC, 21.72	Gary Walsh, Veterans AC, 16.10
F07 Discus Throw Men	M60	Chris Privett, Veterans AC, 41.19	Kevin Baker, Veterans AC, 35.37	
F07 Discus Throw Men	M65	Trevor Wade, Veterans AC, 29.71	Sean O'Keeffe, South West Veterans AC, 29.53	
F07 Discus Throw Men	M70	Bunt Scott, Eastern Masters AC, 31.76	Timothy Needham, Eastern Masters AC, 28.31	Peter Hawney, Veterans AC, 25.82
F07 Discus Throw Men	M75	Tony Richards, Eastern Masters AC, 31.65		
T12 110m Hurdles Men	M35	Israel Nworgu, Veterans AC, 16.85	Michael Shortall, Veterans AC, 17.77	
T11 100m Hurdles Men	M50	Gary Smith, Eastern Masters AC, 14.56		
T11 100m Hurdles Men	M55	Oloff Van Zyl, Sevenoaks AC, 18.06		
T11 100m Hurdles Men	M60	Hussain Ahmed, East London Runners, 21.51		
T09 80m Hurdles Mixed	M70	Rob Sibley, Southern Counties Veterans AC, 16.13		
T09 80m Hurdles Mixed	W50	Diana Norman, Epsom & Ewell Harriers, 13.24		
T13 100m Women	W45	Christine Sciberras, Guildford & Godalming AC, 14.76	Alexandra Shamloll, Herne Hill Harriers, 16.29	
T13 100m Women	W50	Kathryn Miles, Veterans AC, 14.15	Sharon Dooley, Veterans AC, 16.06	
T13 100m Women	W60	Yvonne Holmes, Eastern Masters AC, 15.92		
T13 100m Women	W70	Lorraine Hunte, Veterans AC, 17.44	Anne Nelson, Southern Counties Veterans AC, 17.57	
T13 100m Women	W75	Moir West, Veterans AC, 15.98		
F08 Shot Put Women	W35	Alexandra Marginean, Veterans AC, 8.16		
F08 Shot Put Women	W40	Natalie Mann, Veterans AC, 7.69		
F08 Shot Put Women	W50	Sue Van Vuuren, Veterans AC, 8.60	Stacey Gonzalez, Veterans AC, 7.72	
F08 Shot Put Women	W55	Lesley Richardson, Welsh Masters Athletics Ltd, 7.89	Jennifer Eglinton, Watford Harriers, 6.24	

F08 Shot Put Women	W60	Gaye Clarke, Eastern Masters AC, 7.22	Eni Font Freide, Southern Counties Veterans AC, 6.74	
F08 Shot Put Women	W65	Sandra Ingham, Eastern Masters AC, 6.85		
F08 Shot Put Women	W70	Sue Dassie, Veterans AC, 6.00	Barbara Macanas, Herne Hill Harriers, 5.49	
T14 100m Men	M35	Michael Shortall, Veterans AC, 12.30	Aaron Broderick, Kent AC, 12.34	
T14 100m Men	M50	David Olusanya, Eastern Masters AC, 12.89	Nick Lauder, Enfield & Haringey, 13.55	Philip Krinks, Winchester & District AC, 14.71
T14 100m Men	M55	Boguslaw Zelechowski, Horsham Blue Star Harriers, 12.37	Rowan Foggitt, Running Bear, 12.99	Richard Weekes, Veterans AC, 14.07
T14 100m Men	M60	Brian Steene, Veterans AC, 12.86	Pat Logan, Veterans AC, 12.87	Andrew Dodd, Midland Masters AC, 14.56
T14 100m Men	M65	Adrian Day, Veterans AC, 14.43	Vijendran Sellayah, Veterans AC, 14.51	
T14 100m Men	M70	John Browne, Veterans AC, 13.44	Douglas Lucas, Veterans AC, 14.94	Philip Bell, Veterans AC, 17.01
T14 100m Men	M75	Gerry Lustig, Veterans AC, 16.43	Jonathan Ashman, Veterans AC, 17.32	Bill O'Connor, Veterans AC, 26.87
T14 100m Men	M80	Charles Rowe, Veterans AC, 21.48		
T15 800m Men	M35	Eric Dol, Veterans AC, 2:12.99		
T15 800m Men	M45	Craig West, Maidenhead AC, 2:09.64	Gavin Englefield, Veterans AC, 2:23.71	
T15 800m Men	M50	Robert Datnow, Veterans AC, 2:08.34	Rich Berry, Veterans AC, 2:23.43	
T15 800m Men	M55	Norman Urquia, Veterans AC, 2:25.89	Mike Webber, Veterans AC, 2:27.48	Andrew Simms, Veterans AC, 2:29.98
T15 800m Men	M60	Andrew Ridley, Veterans AC, 2:07.45	Robert McHarg, Scottish Veteran Harriers Club, 2:08.01	Steve Corfield, Veterans AC, 2:21.73
T15 800m Men	M65	Mark Hargreaves, Southern Counties Veterans AC, 2:42.06	Ray Chapman, South London Harriers, 2:51.97	John Barron, Kent AC, 2:58.21
T15 800m Men	M75	John Denyer, Veterans AC, 3:16.26	Bill O'Connor, Veterans AC, 5:03.44	
T15 800m Men	M85	Doug Milsom, Veterans AC, 4:13.37		
T16 800m Women	W45	Laura Durn, Eastern Masters AC, 2:36.72		
T16 800m Women	W50	Samantha Lamb, Veterans AC, 2:37.01	Helen Rochester, Veterans AC, 2:49.50	
T16 800m Women	W60	Lucy Woolhouse, Veterans AC, 2:51.94	Pamela Whitter, Veterans AC, 2:53.71	
T16 800m Women	W65	Merilyn Davis, Southern Counties Veterans AC, 2:57.43		
F09 High Jump Men/Women	M50	Vaughan Ramsay, Veterans AC, 1.52		
F09 High Jump Men/Women	M60	Andrew Dodd, Midland Masters AC, 1.10		
F09 High Jump Men/Women	M65	Sean O'Keefe, South West Veterans AC, 1.35	Trevor Wade, Veterans AC, 1.15	
F09 High Jump Men/Women	W50	Diana Norman, Epsom & Ewell Harriers, 1.40		

F09 High Jump Men/Women	W60	Gaye Clarke, Eastern Masters AC, 1.15		
T18 200m Women	W40	Xiwen Zhang, Veterans AC, 32.99		
T18 200m Women	W45	Alexandra Shamloll, Herne Hill Harriers, 32.47		
T18 200m Women	W50	Kathryn Miles, Veterans AC, 29.80		
T18 200m Women	W55	Amanda Smith, Winchester & District AC, 33.19		
T18 200m Women	W60	Yvonne Holmes, Eastern Masters AC, 34.65		
T18 200m Women	W65	Angela Owen, Southern Counties Veterans AC, 33.86	Merilyn Davis, Southern Counties Veterans AC, 35.01	
T18 200m Women	W70	Anne Nelson, Southern Counties Veterans AC, 38.15		
T18 200m Women	W75	Moira West, Veterans AC, 34.09		
T17 200m Men	M35	Michael Shortall, Veterans AC, 24.68	Alex Fields, South West Veterans AC, 24.77	
T17 200m Men	M50	David Olusanya, Eastern Masters AC, 26.35	Nick Lauder, Enfield & Haringey, 28.38	Nicholas Jarrett, South London Harriers, 28.45
T17 200m Men	M55	Boguslaw Zelechowski, Horsham Blue Star Harriers, 25.70	Richard Weekes, Veterans AC, 31.11	Gary Walsh, Veterans AC, 33.99
T17 200m Men	M60	Jimson Lee, Veterans AC, 28.13	Andrew Dodd, Midland Masters AC, 30.92	Chris Michael, Veterans AC, 35.44
T17 200m Men	M65	Adrian Day, Veterans AC, 28.80		
T17 200m Men	M75	Gerry Lustig, Veterans AC, 34.82	Jonathan Ashman, Veterans AC, 40.10	Bill O'Connor, Veterans AC, 58.00
F10 Javelin Throw Women	W35	Alexandra Marginean, Veterans AC, 25.12		
F10 Javelin Throw Women	W40	Natalie Mann, Veterans AC, 20.52		
F10 Javelin Throw Women	W55	Tracey Brockbank, Southern Counties Veterans AC, 19.48	Jennifer Eglinton, Watford Harriers, 17.10	
F10 Javelin Throw Women	W65	Sandra Ingham, Eastern Masters AC, 20.09		
F10 Javelin Throw Women	W70	Barbara Macanas, Herne Hill Harriers, 11.33		
F11 Pole Vault Men/Women	M55	Michael Franklin, Veterans AC, 2.80		
F11 Pole Vault Men/Women	M65	Alan Hardy, Southern Counties Veterans AC, 1.90		
T20 400m Women	W45	Alexandra Shamloll, Herne Hill Harriers, 1:13.61		
T20 400m Women	W50	Helen Rochester, Veterans AC, 1:14.27		
T20 400m Women	W60	Pamela Whitter, Veterans AC, 1:17.73		
T20 400m Women	W65	Merilyn Davis, Southern Counties Veterans AC, 1:15.68		

T19 400m Men	M35	Alex Fields, South West Veterans AC, 55.22	Michael Shortall, Veterans AC, 56.34	Eric Dol, Veterans AC, 58.85
T19 400m Men	M40	Marc Mullen, Vegan Runners UK, 55.80		
T19 400m Men	M50	Nicholas Jarrett, South London Harriers, 1:03.01		
T19 400m Men	M55	Rowan Foggitt, Running Bear, 1:01.59	Andrew Simms, Veterans AC, 1:07.23	Jim Buckle, St Mary's Richmond AC, 1:10.07
T19 400m Men	M60	Steve Corfield, Veterans AC, 1:01.99	Andy Jordan, Veterans AC, 1:08.00	Nigel Herron, Veterans AC, 1:12.04
T19 400m Men	M65	Adrian Day, Veterans AC, 1:07.25		
T19 400m Men	M75	Bill O'Connor, Veterans AC, 2:21.10		
T19 400m Men	M85	Doug Milsom, Veterans AC, 1:56.42		
F12 Javelin Throw Men	M40	Lucas Zambrzycki, Enfield & Haringey, 33.54	Kieran Golding, Welsh Masters Athletics Ltd, 30.23	Manikandan Mohanasundaram, Southern Counties Veterans AC, 26.11
F12 Javelin Throw Men	M50	Rory Maguire, Southern Counties Veterans AC, 38.32		
F12 Javelin Throw Men	M55	Gary Walsh, Veterans AC, 14.05		
F12 Javelin Throw Men	M60	Kevin Baker, Veterans AC, 35.09		
F12 Javelin Throw Men	M65	Stephen Langdon, Southern Counties Veterans AC, 39.58	Stewart Maxwell, Enfield & Haringey, 36.51	
F12 Javelin Throw Men	M70	Mike Bennett, Southern Counties Veterans AC, 33.36	Bunt Scott, Eastern Masters AC, 26.31	
F12 Javelin Throw Men	M75	Tony Richards, Eastern Masters AC, 28.25		
F13 Long Jump Women	W35	Alexandra Marginean, Veterans AC, 4.21		
F13 Long Jump Women	W45	Christine Sciberras, Guildford & Godalming AC, 4.32		
F13 Long Jump Women	W50	Sharon Dooley, Veterans AC, 3.83	Kathryn Miles, Veterans AC, 3.76	
F13 Long Jump Women	W60	Gaye Clarke, Eastern Masters AC, 3.33		
F13 Long Jump Women	W70	Emily McMahon, Veterans AC, 3.00	Lyn Ahmet, Southern Counties Veterans AC, 2.52	
F13 Long Jump Women	W75	Moira West, Veterans AC, 3.10		