

# Veterans AC & London Masters Open Track & Field Championships 2023 - - London09 Sep 2023

Address: Finsbury Park Track & Gym  
Date of event: 2023-09-09  
Organiser: Veterans AC  
Contact Name: Benjamin Noad  
Contact Email: ben@bennoadcoaching.com  
Competition Type: TRACK

## Results by Category

This report only shows finishers (excludes DNF, DNS and DQ)

### F01 Hammer Men - 2023-09-09

#### M35

Position	Name	Age	Team	Performance
1	Bilen Ahmet	M35	Veterans AC	25.60

#### M55

Position	Name	Age	Team	Performance
1	Stephen Talbot	M55	Dartford Harriers AC	36.99

#### M60

Position	Name	Age	Team	Performance
1	Chris Privett	M60	Veterans AC	40.32
2	Andrew Rushbrook	M60	Welsh Masters Athletics Limited	36.56

#### M70

Position	Name	Age	Team	Performance
1	Peter Hawney	M70	Welsh Masters Athletics Limited	30.53

#### M80

Position	Name	Age	Team	Performance
1	John Gilbert	M80	Veterans AC	29.15

### F02 Pole Vault Men/Women - 2023-09-09

#### M35

Position	Name	Age	Team	Performance
1	Bilen Ahmet	M35	Veterans AC	3.80

#### M55

Position	Name	Age	Team	Performance
1	Michael Franklin	M55	Veterans AC	2.70

#### M70

Position	Name	Age	Team	Performance
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1	Adrian Essex	M70	Southern Counties Veterans AC	1.60
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### W55

Position	Name	Age	Team	Performance
1	Sandra Pedley	W55	Eastern Masters AC	2.10

### W60

Position	Name	Age	Team	Performance
1	Rosalind Zeffertt	W60	Southern Counties Veterans AC	2.20

### W70

Position	Name	Age	Team	Performance
1	Sue Yeomans	W70	Southern Counties Veterans AC	2.20

## F03 Triple Jump Men/Women - 2023-09-09

### M35

Position	Name	Age	Team	Performance
1	Bilen Ahmet	M35	Veterans AC	11.24

### M50

Position	Name	Age	Team	Performance
1	Vaughan Ramsay	M50	Veterans AC	10.75

### M65

Position	Name	Age	Team	Performance
1	John Brierley	M65	Veterans AC	8.08

### M70

Position	Name	Age	Team	Performance
1	Patrick Reynolds	M70	Veterans AC	5.21

## F04 Hammer Throw - 2023-09-09

### W35

Position	Name	Age	Team	Performance
1	Natalie Mann	W35	Veterans AC	35.15
2	Anneli Sydenham	W35	Veterans AC	30.43

### W45

Position	Name	Age	Team	Performance
1	Lina Shkeir	W45	Belgrave Harriers	21.54

### W50

Position	Name	Age	Team	Performance
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1	Sharon Hutchings	W50	Veterans AC	25.53
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### W60

Position	Name	Age	Team	Performance
1	Gaye Clarke	W60	Eastern Masters AC	24.97

### W65

Position	Name	Age	Team	Performance
1	Catherine Scott	W65	Barnet & District AC	17.01

### W70

Position	Name	Age	Team	Performance
1	Sue Dassie	W70	Veterans AC	17.43

### W75

Position	Name	Age	Team	Performance
1	Liz Sissons	W75	Southern Counties Veterans AC	22.68

## T01 400m Hurdles Men - 2023-09-09

### M35

Position	Name	Age	Team	Performance
1	Kaspars Kazemaks	M35	Southern Counties Veterans AC	56.6
2	Dave Awde	M35	Southern Counties Veterans AC	59.5
3	Bilen Ahmet	M35	Veterans AC	1:11.4

### M50

Position	Name	Age	Team	Performance
1	Richard Holt	M50	Southern Counties Veterans AC	1:07.6
2	Wilford Floyd Wilks	M50	Southern Counties Veterans AC	1:17.9

### W35

Position	Name	Age	Team	Performance
1	Rachel Hicks	W35	Belgrave Harriers	1:11.9

## F05 Discus Throw Men - 2023-09-09

### M35

Position	Name	Age	Team	Performance
1	Bilen Ahmet	M35	Veterans AC	26.14

### M55

Position	Name	Age	Team	Performance
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1	Stephen Talbot	M55	Dartford Harriers AC	28.16
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### M60

Position	Name	Age	Team	Performance
1	Chris Privett	M60	Veterans AC	37.71
2	Andrew Rushbrook	M60	Welsh Masters Athletics Limited	33.13

### M65

Position	Name	Age	Team	Performance
1	Trevor Wade	M65	Southern Counties Veterans AC	28.10

### M70

Position	Name	Age	Team	Performance
1	Tony Richards	M70	Veterans AC	29.26
2	Peter Hawney	M70	Welsh Masters Athletics Limited	25.88
3	Patrick Reynolds	M70	Veterans AC	15.92

### M75

Position	Name	Age	Team	Performance
1	Bill O'Connor	M75	Veterans AC	13.17

### M80

Position	Name	Age	Team	Performance
1	John Gilbert	M80	Veterans AC	21.80

## F06 Shot Put Women - 2023-09-09

### W35

Position	Name	Age	Team	Performance
1	Natalie Mann	W35	Veterans AC	7.51
2	Anneli Sydenham	W35	Veterans AC	6.57

### W45

Position	Name	Age	Team	Performance
1	Suzanne Harding	W45	Veterans AC	6.30
2	Anna Raynsford	W45	New Forest Junior AC	5.32

### W50

Position	Name	Age	Team	Performance
1	Sharon Hutchings	W50	Veterans AC	8.92

### W65

Position	Name	Age	Team	Performance
1	Anna Garnier	W65	Veterans AC	6.67

2	Catherine Scott	W65	Barnet & District AC	5.58
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### W70

Position	Name	Age	Team	Performance
1	Sue Dassie	W70	Veterans AC	6.19

### W75

Position	Name	Age	Team	Performance
1	Liz Sissons	W75	Southern Counties Veterans AC	7.62

## T04 300m Hurdles Women - 2023-09-09

### W50

Position	Name	Age	Team	Performance
1	Sarah Loades	W50	Veterans AC	50.6

### W60

Position	Name	Age	Team	Performance
1	Gaye Clarke	W60	Eastern Masters AC	1:11.5

## T05 1500m Men - 2023-09-09

### M35

Position	Name	Age	Team	Performance
1	Richard Macaulay	M35	Veterans AC	4:24.63

### M40

Position	Name	Age	Team	Performance
1	James Blogg	M40	Havering AC	4:31.26
2	Marc Mullen	M40	Vegan Runners UK	4:39.03
3	Jonathan Whittaker	M40	Veterans AC	4:42.14

### M45

Position	Name	Age	Team	Performance
1	Kojo Kyereme	M45	Southern Counties Veterans AC	4:14.20

### M50

Position	Name	Age	Team	Performance
1	Andre Dahlkamp	M50	Veterans AC	4:43.17

### M55

Position	Name	Age	Team	Performance
1	Alan MacDonald	M55	Victoria Park Harriers and Tower Hamlets AC	4:44.68
2	Gordon Low	M55	Thames Valley Harriers	4:53.53

3	Steve Roberts	M55	Welsh Masters Athletics Limited	4:54.33
4	Nigel Herron	M55	Veterans AC	5:28.13

### M60

Position	Name	Age	Team	Performance
1	Mark Cursons	M60	Veterans AC	4:43.92
2	Dean Angell	M60	Southern Counties Veterans AC	4:58.49
3	Andy Jordan	M60	St Albans Striders	5:01.87
4	Eberhard Prill	M60	Veterans AC	5:42.21

### M65

Position	Name	Age	Team	Performance
1	Steven Taylor	M65	Northern Masters AC	5:03.01
2	Paul Negri	M65	Veterans AC	5:59.91
3	Keithly Alexander Mussington	M65	Victoria Park Harriers and Tower Hamlets AC	6:03.51

### M75

Position	Name	Age	Team	Performance
1	Michael Mann	M75	Veterans AC	7:01.18
2	Bill O'Connor	M75	Veterans AC	9:06.48

### M80

Position	Name	Age	Team	Performance
1	Doug Milsom	M80	Veterans AC	8:14.07

## T06 1500m Women - 2023-09-09

### W35

Position	Name	Age	Team	Performance
1	Lucie Mauger	W35	London Heathside	5:27.39
2	Sara Ellen	W35	Midland Masters AC	5:55.49

### W50

Position	Name	Age	Team	Performance
1	Samantha Lamb	W50	Victoria Park Harriers and Tower Hamlets AC	5:15.96
2	Victoria Carter	W50	Veterans AC	5:20.18

### W55

Position	Name	Age	Team	Performance
1	Anna Critchlow	W55	Veterans AC	5:24.70

### W60

Position	Name	Age	Team	Performance
1	Lucy Woolhouse	W60	Veterans AC	5:46.26

## W65

Position	Name	Age	Team	Performance
1	Avril Riddell	W65	Veterans AC	7:09.49

## T12 100m Women - 2023-09-09

### W35

Position	Name	Age	Team	Performance
1	Krystle Balogun	W35	Southern Counties Veterans AC	13.29
2	Noelle O'Regan	W35	Veterans AC	14.31

### W40

Position	Name	Age	Team	Performance
1	Michelle Watson	W40	Southern Counties Veterans AC	12.94
2	Nina Doneva	W40	Enfield and Haringey A C	15.61

### W45

Position	Name	Age	Team	Performance
1	Frances Forsyth	W45	Highgate Harriers	14.83

### W50

Position	Name	Age	Team	Performance
1	Sharon Dooley	W50	Southern Counties Veterans AC	15.28

### W60

Position	Name	Age	Team	Performance
1	Rosalind Zeffertt	W60	Southern Counties Veterans AC	16.65

### W70

Position	Name	Age	Team	Performance
1	Sue Yeomans	W70	Southern Counties Veterans AC	17.37
2	Hel James	W70	Veterans AC	19.44
3	Annie Ross	W70	Veterans AC	22.45

## T13 100m Men - 2023-09-09

### M35

Position	Name	Age	Team	Performance
1	Bilen Ahmet	M35	Veterans AC	13.14

### M40

Position	Name	Age	Team	Performance
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1	Mike Harwood	M40	London City Athletics Club	12.31
2	Craig Christian	M40	Veterans AC	12.47

### M45

Position	Name	Age	Team	Performance
1	Mensah Elliott	M45	Southern Counties Veterans AC	11.43
2	Tj Ossai	M45	Southern Counties Veterans AC	11.58
3	Joshua Wood	M45	Southern Counties Veterans AC	12.00
4	Anibal Rodriguez Fuentes	M45	Veterans AC	12.51

### M50

Position	Name	Age	Team	Performance
1	Leon Braithwaite	M50	Enfield and Haringey A C	12.31
2	Sean Sutherland	M50	Southern Counties Veterans AC	12.61
3	Nick Lauder	M50	Enfield and Haringey A C	13.95
4	Andre Dahlkamp	M50	Veterans AC	14.72

### M55

Position	Name	Age	Team	Performance
1	Boguslaw Zelechowski	M55	Horsham Blue Star Harriers	12.13
2	Neil Middleton	M55	Southern Counties Veterans AC	13.10
3	Barrington King	M55	Southern Counties Veterans AC	13.69
4	Tony Killilea	M55	Veterans AC	14.32

### M60

Position	Name	Age	Team	Performance
1	Brian Steene	M60	Veterans AC	12.96
2	Colin Bates	M60	Veterans AC	14.31
3	Andy Jordan	M60	St Albans Striders	16.11

### M65

Position	Name	Age	Team	Performance
1	Barry Morris	M65	Veterans AC	13.88
2	Adrian Day	M65	Veterans AC	14.57

### M70

Position	Name	Age	Team	Performance
1	Timothy Carter	M70	Veterans AC	14.61
2	David Hinds	M70	Veterans AC	14.66
3	Patrick Reynolds	M70	Veterans AC	19.06



### M75

Position	Name	Age	Team	Performance
1	Gerry Lustig	M75	Veterans AC	16.06
2	David Whittaker	M75	Veterans AC	22.09
3	Bill O'Connor	M75	Veterans AC	25.33

### M80

Position	Name	Age	Team	Performance
1	Allan Long	M80	Veterans AC	15.66

## F07 Long Jump Men - 2023-09-09

### M35

Position	Name	Age	Team	Performance
1	Bilen Ahmet	M35	Veterans AC	4.94

### M45

Position	Name	Age	Team	Performance
1	Franck Triolaire	M45	Veterans AC	4.96

### M50

Position	Name	Age	Team	Performance
1	Emmanuel Ogunniyi	M50	Veterans AC	5.43
2	Vaughan Ramsay	M50	Veterans AC	5.01

### M55

Position	Name	Age	Team	Performance
1	Gary Palmer	M55	Veterans AC	4.28

### M60

Position	Name	Age	Team	Performance
1	David Shields	M60	Veterans AC	3.40

### M65

Position	Name	Age	Team	Performance
1	Barry Morris	M65	Veterans AC	4.33
2	Trevor Wade	M65	Southern Counties Veterans AC	3.84

### M70

Position	Name	Age	Team	Performance
1	Patrick Reynolds	M70	Veterans AC	2.38

## F08 Discus Throw Women - 2023-09-09

### W35

Position	Name	Age	Team	Performance
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1	Natalie Mann	W35	Veterans AC	23.94
2	Anneli Sydenham	W35	Veterans AC	17.30

### W45

Position	Name	Age	Team	Performance
1	Lina Shkeir	W45	Belgrave Harriers	17.30
2	Anna Raynsford	W45	New Forest Junior AC	12.81

### W50

Position	Name	Age	Team	Performance
1	Sharon Hutchings	W50	Veterans AC	19.96

### W65

Position	Name	Age	Team	Performance
1	Catherine Scott	W65	Barnet & District AC	12.60
2	Anna Garnier	W65	Veterans AC	12.32
3	Avril Riddell	W65	Veterans AC	10.41

### W70

Position	Name	Age	Team	Performance
1	Sue Dassie	W70	Veterans AC	15.70
2	Hel James	W70	Veterans AC	12.45

### W75

Position	Name	Age	Team	Performance
1	Liz Sissons	W75	Southern Counties Veterans AC	17.12

## T08 80m Hurdles Women - 2023-09-09

### W40

Position	Name	Age	Team	Performance
1	Jodie Albrow	W40	Southern Counties Veterans AC	12.48

## T10 100m Hurdles Men - 2023-09-09

### M50

Position	Name	Age	Team	Performance
1	Wilford Floyd Wilks	M50	Southern Counties Veterans AC	19.95

### M55

Position	Name	Age	Team	Performance
1	Clarence Firstborn	M55	Midland Masters AC	16.34

## T11 110m Hurdles Men - 2023-09-09

### M35

Position	Name	Age	Team	Performance
1	Kaspars Kazemaks	M35	Southern Counties Veterans AC	15.38
2	Dave Awde	M35	Southern Counties Veterans AC	16.26
3	Bilen Ahmet	M35	Veterans AC	18.90

### M40

Position	Name	Age	Team	Performance
1	Michael Louise	M40	Southern Counties Veterans AC	15.70

### M45

Position	Name	Age	Team	Performance
1	Mensah Elliott	M45	Southern Counties Veterans AC	14.72

## T14 800m Men - 2023-09-09

### M35

Position	Name	Age	Team	Performance
1	Mohsin Javed	M35	Oxford University Athletic Club	2:05.54
2	Richard Macaulay	M35	Veterans AC	2:06.16
3	Scott Brewer	M35	Veterans AC	2:32.36

### M40

Position	Name	Age	Team	Performance
1	John Whittaker	M40	Eastern Masters AC	2:06.39
2	Jonathan Whittaker	M40	Veterans AC	2:18.81

### M45

Position	Name	Age	Team	Performance
1	Kojo Kyereme	M45	Southern Counties Veterans AC	2:03.66
2	Edmund Adigwe	M45	Cambridge Harriers	2:05.09

### M50

Position	Name	Age	Team	Performance
1	Andre Dahlkamp	M50	Veterans AC	2:18.73

### M55

Position	Name	Age	Team	Performance
1	Alan MacDonald	M55	Victoria Park Harriers and Tower Hamlets AC	2:22.64
2	Nigel Herron	M55	Veterans AC	2:45.55

### M60

Position	Name	Age	Team	Performance
1	Andy Gannaway	M60	Veterans AC	2:26.77
2	Dean Angell	M60	Southern Counties Veterans AC	2:30.50
3	Eberhard Prill	M60	Veterans AC	2:55.34
4	Michael Brown	M60	North East Masters AA	2:58.10

### M65

Position	Name	Age	Team	Performance
1	Kevin Lowe	M65	Southern Counties Veterans AC	2:42.35
2	Paul Negri	M65	Veterans AC	2:52.95

### M75

Position	Name	Age	Team	Performance
1	Bill O'Connor	M75	Veterans AC	4:32.73

### M80

Position	Name	Age	Team	Performance
1	Doug Milsom	M80	Veterans AC	4:02.54

## F09 Shot Put Men - 2023-09-09

### M35

Position	Name	Age	Team	Performance
1	Bilen Ahmet	M35	Veterans AC	10.21

### M45

Position	Name	Age	Team	Performance
1	Franck Triolaire	M45	Veterans AC	9.31

### M50

Position	Name	Age	Team	Performance
1	Emmanuel Ogunniyi	M50	Veterans AC	10.19

### M60

Position	Name	Age	Team	Performance
1	Andrew Rushbrook	M60	Welsh Masters Athletics Limited	9.60

### M65

Position	Name	Age	Team	Performance
1	John Fenton	M65	Veterans AC	11.18

### M70

Position	Name	Age	Team	Performance
1	Tony Richards	M70	Veterans AC	10.20

2	Peter Hawney	M70	Welsh Masters Athletics Limited	9.32
3	Patrick Reynolds	M70	Veterans AC	7.05

### M75

Position	Name	Age	Team	Performance
1	Bill O'Connor	M75	Veterans AC	5.92

### M80

Position	Name	Age	Team	Performance
1	John Gilbert	M80	Veterans AC	8.41

## T15 800m Women - 2023-09-09

### W35

Position	Name	Age	Team	Performance
1	Sara Ellen	W35	Midland Masters AC	3:00.18

### W50

Position	Name	Age	Team	Performance
1	Samantha Lamb	W50	Victoria Park Harriers and Tower Hamlets AC	2:35.92

### W55

Position	Name	Age	Team	Performance
1	Patricia Thomas	W55	Veterans AC	3:24.05

### W60

Position	Name	Age	Team	Performance
1	Pamela Whitter	W60	Veterans AC	3:09.68

## T16 200m Men - 2023-09-09

### M35

Position	Name	Age	Team	Performance
1	Alex Fields	M35	South West Veterans AC	24.73
2	Jonathan Hiorns	M35	Veterans AC	24.89
3	Bilen Ahmet	M35	Veterans AC	28.29

### M40

Position	Name	Age	Team	Performance
1	Mike Harwood	M40	London City Athletics Club	25.10
2	Craig Christian	M40	Veterans AC	25.65

### M45

Position	Name	Age	Team	Performance
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1	Anibal Rodriguez Fuentes	M45	Veterans AC	25.06
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### M50

Position	Name	Age	Team	Performance
1	Vaughan Ramsay	M50	Veterans AC	28.13
2	Andre Dahlkamp	M50	Veterans AC	29.92

### M55

Position	Name	Age	Team	Performance
1	Boguslaw Zelechowski	M55	Horsham Blue Star Harriers	24.86
2	Neil Middleton	M55	Southern Counties Veterans AC	27.04
3	Tony Killilea	M55	Veterans AC	29.66
4	Steve Crowley	M55	London Heathside	32.27

### M60

Position	Name	Age	Team	Performance
1	Brian Steene	M60	Veterans AC	26.87
2	Jimson Lee	M60	Veterans AC	28.18
3	Andy Jordan	M60	St Albans Striders	32.56

### M65

Position	Name	Age	Team	Performance
1	Barry Morris	M65	Veterans AC	28.98
2	Adrian Day	M65	Veterans AC	29.28

### M70

Position	Name	Age	Team	Performance
1	David Hinds	M70	Veterans AC	30.49
2	Patrick Reynolds	M70	Veterans AC	42.95

### M75

Position	Name	Age	Team	Performance
1	Gerry Lustig	M75	Veterans AC	34.42
2	David Whittaker	M75	Veterans AC	50.28
3	Bill O'Connor	M75	Veterans AC	55.16

### M80

Position	Name	Age	Team	Performance
1	Allan Long	M80	Veterans AC	33.91

## F10 Javelin Throw Women - 2023-09-09

### W35

Position	Name	Age	Team	Performance
1	Natalie Mann	W35	Veterans AC	20.33

2	Anneli Sydenham	W35	Veterans AC	15.56
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### W45

Position	Name	Age	Team	Performance
1	Suzanne Harding	W45	Veterans AC	20.13
2	Anna Raynsford	W45	New Forest Junior AC	10.11

### W50

Position	Name	Age	Team	Performance
1	Sharon Hutchings	W50	Veterans AC	17.31

### W60

Position	Name	Age	Team	Performance
1	Dulce Laluces	W60	London Heathside	12.45

### W65

Position	Name	Age	Team	Performance
1	Catherine Scott	W65	Barnet & District AC	6.69

### W70

Position	Name	Age	Team	Performance
1	Hel James	W70	Veterans AC	10.09

## T17 200m Women - 2023-09-09

### W35

Position	Name	Age	Team	Performance
1	Krystle Balogun	W35	Southern Counties Veterans AC	27.08

### W40

Position	Name	Age	Team	Performance
1	Michelle Watson	W40	Southern Counties Veterans AC	26.62
2	Jodie Albrow	W40	Southern Counties Veterans AC	27.67

### W45

Position	Name	Age	Team	Performance
1	Frances Forsyth	W45	Highgate Harriers	31.31

### W50

Position	Name	Age	Team	Performance
1	Sarah Loades	W50	Veterans AC	28.09

## F11 High Jump Men/Women - 2023-09-09

### M35

Position	Name	Age	Team	Performance
1	Bilen Ahmet	M35	Veterans AC	1.55

### M50

Position	Name	Age	Team	Performance
1	Vaughan Ramsay	M50	Veterans AC	1.55
2	Sean Sutherland	M50	Southern Counties Veterans AC	1.55
3	Martin Willis	M50	Veterans AC	1.25

### M55

Position	Name	Age	Team	Performance
1	Gary Palmer	M55	Veterans AC	1.50

### M65

Position	Name	Age	Team	Performance
1	Trevor Wade	M65	Southern Counties Veterans AC	1.20

### M70

Position	Name	Age	Team	Performance
1	Patrick Reynolds	M70	Veterans AC	0.95

### W60

Position	Name	Age	Team	Performance
1	Gaye Clarke	W60	Eastern Masters AC	1.10

### W65

Position	Name	Age	Team	Performance
1	Anna Garnier	W65	Veterans AC	1.05

## T18 400m Men - 2023-09-09

### M35

Position	Name	Age	Team	Performance
1	Jonathan Hiorns	M35	Veterans AC	53.11
2	Mohsin Javed	M35	Oxford University Athletic Club	56.19
3	Alex Fields	M35	South West Veterans AC	57.13
4	Scott Brewer	M35	Veterans AC	1:01.90

### M40

Position	Name	Age	Team	Performance
1	Michael Louise	M40	Southern Counties Veterans AC	53.91

### M45



Position	Name	Age	Team	Performance
1	Anibal Rodriguez Fuentes	M45	Veterans AC	57.80

### M50

Position	Name	Age	Team	Performance
1	Salvatore Passerini	M50	Eastern Masters AC	58.52
2	Sean Sutherland	M50	Southern Counties Veterans AC	1:00.69

### M55

Position	Name	Age	Team	Performance
1	Steve Crowley	M55	London Heathside	1:09.32

### M60

Position	Name	Age	Team	Performance
1	Colin Bates	M60	Veterans AC	1:04.94

### M65

Position	Name	Age	Team	Performance
1	Adrian Day	M65	Veterans AC	1:12.31

### M70

Position	Name	Age	Team	Performance
1	Timothy Carter	M70	Veterans AC	1:10.72
2	David Hinds	M70	Veterans AC	1:15.19

### M75

Position	Name	Age	Team	Performance
1	Bill O'Connor	M75	Veterans AC	2:07.23

### M80

Position	Name	Age	Team	Performance
1	Doug Milsom	M80	Veterans AC	1:46.54

## T19 400m Women - 2023-09-09

### W35

Position	Name	Age	Team	Performance
1	Noelle O'Regan	W35	Veterans AC	1:08.12
2	Sara Ellen	W35	Midland Masters AC	1:22.07

### W45

Position	Name	Age	Team	Performance
1	Sally Parry	W45	Southern Counties Veterans AC	1:11.44

### W70

Position	Name	Age	Team	Performance
1	Annie Ross	W70	Veterans AC	1:46.15

## F12 Javelin Throw Men - 2023-09-09

### M35

Position	Name	Age	Team	Performance
1	Bilen Ahmet	M35	Veterans AC	33.76

### M45

Position	Name	Age	Team	Performance
1	Franck Triolaire	M45	Veterans AC	33.30

### M50

Position	Name	Age	Team	Performance
1	Martin Willis	M50	Veterans AC	21.65

### M65

Position	Name	Age	Team	Performance
1	Stephen Langdon	M65	Southern Counties Veterans AC	41.68
2	John Fenton	M65	Veterans AC	40.76

### M80

Position	Name	Age	Team	Performance
1	John Gilbert	M80	Veterans AC	19.09

## F13 Long Jump Women - 2023-09-09

### W40

Position	Name	Age	Team	Performance
1	Nina Doneva	W40	Enfield and Haringey A C	3.93

### W50

Position	Name	Age	Team	Performance
1	Sharon Dooley	W50	Southern Counties Veterans AC	3.88

### W60

Position	Name	Age	Team	Performance
1	Rosalind Zeffertt	W60	Southern Counties Veterans AC	3.49
2	Gaye Clarke	W60	Eastern Masters AC	3.29

### W70

Position	Name	Age	Team	Performance
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1	Sue Yeomans	W70	Southern Counties Veterans AC	3.16
2	Hel James	W70	Veterans AC	2.63