

VAC Indoor Champs Results 16th February 2014

Event	1500 Metres						
	Gold	Silver	Bronze		Gold	Silver	Bronze
M40				W40	Cara Oliver 5:20.08	Nicola Richmond 5:23.65	
M45	Andrew Del Nevo 5:02.91			W45	Lisa Webb 5:07.29		
M50	Tony Tuohy 4:42.46	Gary Ironmonger 4:45.71		W50	Clare Elms 4:57.22		
M55				W55	Andrea Sanders-Reece 6:00.52		
M60				W60	Ros Tabor 5:57.81		
M65	Peter Giles 5:59.47	Alan Davidson 6:30.49		W65			
M70	John Batchelor 5:36.61			W70			

Event	3000 Metres						
	Gold	Silver	Bronze		Gold	Silver	Bronze
M35	Jon Hamblen 9:31.31	Kevin Newell 10:37.96		W35	Joanne Locker 10:12.17		
M45	Ian Johnston 9:31.53	Stephen Philcox 9:45.90		W45			
M50	Tony Tuohy 9:53.05			W50			
M55				W55	Andrea Sanders-Reece 12:41.00		
M65	Peter Giles 12:30.27	Alan Davidson 13:34.09		W65			
M80	Richard Pitcairn Knowles 17:30.40			W80			

Event	60 Metres Hurdles						
	Gold	Silver	Bronze		Gold	Silver	Bronze
M50	Glen Reddington 9.23s			W50			
M55				W55	Lucy Moore-Fox 13.11s		
M60	Geoff Kitchener 12.98s			W60	Fiona Argent 13.14s		

Event	Long Jump						
	Gold	Silver	Bronze		Gold	Silver	Bronze
M35	Stuart Channon 5.55m			W35	Helen Channon 5.13m		
M40				W40	Margaret Pope 3.87m		
M50	David Shields 4.31m			W50			
M65	David Kuester 3.21m			W65			
M70	Allan Long 4.00m			W70			
M75	Colin Sheppard 2.99m			W75			

Event	Triple Jump						
	Gold	Silver	Bronze		Gold	Silver	Bronze
M50	Cliff Warren 10.03m	David Shields 9.33m		W50			
M75	Colin Sheppard 5.83m			W75			



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Event	High Jump						
	Gold	Silver	Bronze		Gold	Silver	Bronze
M50				W50	Charmaine Johnson 1.42m		
M55				W55	Lucy Moore-Fox 1.21m		
M60	David Blunt 1.48m			W60			

Event	Pole Vault						
	Gold	Silver	Bronze		Gold	Silver	Bronze
M45	Andrew del Nevo 2.80m			W45			
M60				W60	Sue Yeomans 2.60m		

Event	Shot Putt						
	Gold	Silver	Bronze		Gold	Silver	Bronze
M45	David Glendower 7.52m			W45			
M50	Tony Tipping 13.70m	Peter Wishart 8.36m		W50	Charmaine Johnson 11.80m		
M55				W55	Lucy Moore-Fox 8.47m		
M60				W60	Sue Dassie 7.80m		
M65	David Kuester 8.91m			W65	Liz Sissons 9.13m		