

EMAA INDOOR INTER AREA TRACK FIELD CHALLENGE
LEE VALLEY ATHLETICS CENTRE, LONDON on SUNDAY 26th FEBRUARY 2023

Men		
Pos	Region	Points
1	EMAC	317
2	MMAC	283.5
3	SCVAC	260.5
4	VAC	233
5	WMAL	191
6	NMAC	158
7	SVHC	151
8	SWVAC	91
9	NEMAA	47

After 92 events scored

Overall		
Pos	Region	Points
1	EMAC	537
2	MMAC	508.5
3	SCVAC	416.5
4	WMAL	385.5
5	VAC	383
6	NMAC	375.5
7	SVHC	286
8	SWVAC	166
9	NEMAA	102

After 133 total events scored

M35 60m

Pos	Bib	Name	Club	Perf
1	23	Dominic Bradley (M45)	MMAC	7.17
2	63	Michael Dickens	WMAL	7.34
3	33	Joshua Wood (M45)	SCVAC	7.45
4	13	Andrew Spour (M40)	EMAC	7.48
5	73	Steven Callister	NMAC	7.80
6	83	Andrew Harrison (M40)	NEMAA	7.90
7	93	Roger Skedd (M40)	SVHC	7.97

M50 60m

Pos	Bib	Name	Club	Perf
1	55	Giuseppe Minetti	VAC	7.60
2	15	Paul Canning (M55)	EMAC	7.69
3	65	Russell Whiting (M55)	WMAL	7.90
4	25	Martin White	MMAC	7.91
5	35	Sean Sutherland	SCVAC	8.09
6	95	Paul Allan	SVHC	8.51
7	75	Philip Robinson	NMAC	8.86
8	45	Malcolm Cowton (M60)	SWVAC	9.22

CBP

M60 60m

Pos	Bib	Name	Club	Perf
1	56	Pat Logan	VAC	8.05
2	26	John Statham	MMAC	8.16
3	36	Mark Woods	SCVAC	8.17
4	46	Paul Guest	SWVAC	8.27
5	16	John Browne (M65)	EMAC	8.37
6	66	Brian MacBride	WMAL	8.56
7	76	John Barratt	NMAC	9.03

M70 60m

Pos	Bib	Name	Club	Perf
1	57	David Hinds	VAC	9.17
2	37	Victor Novell (M75)	SCVAC	9.22
3	17	Christopher Palmer	EMAC	9.72
4	47	Michael Applegate	SWVAC	9.97
5	27	David Jones	MMAC	10.97
6	77	Geoffrey Pearson	NMAC	11.07
7	67	Barrie Roberts (M80)	WMAL	14.41
	87	George Routledge (M75)	NEMAA	dnf

M35 200m

Pos	Bib	Name	Club	Perf
1	23	Dominic Bradley (M45)	MMAC	23.28
2	13	Andrew Spour (M40)	EMAC	23.71
3	33	Adam Bellis (M45)	SCVAC	24.31
4	73	Steven Callister	NMAC	24.39
5	63	Samson Chinaka	WMAL	24.51
6	83	Nigel Gorvett (M40)	NEMAA	25.09
7	43	Matt Cave (M40)	SWVAC	25.23
8	53	Michele Beltramo (M50)	VAC	26.96

M50 200m

Pos	Bib	Name	Club	Perf
1	55	Giuseppe Minetti	VAC	24.55
2	15	Paul Canning (M55)	EMAC	25.17
3	65	Russell Whiting (M55)	WMAL	25.96
4	35	Sean Sutherland	SCVAC	26.24
5	25	Stephen Terry-Short	MMAC	27.22
6	95	Paul Allan	SVHC	28.04
7	75	Philip Robinson	NMAC	29.45
8	45	Malcolm Cowton (M60)	SWVAC	30.48

CBP

M60 200m

Pos	Bib	Name	Club	Perf
1	36	Mark Woods	SCVAC	26.78
2	26	John Statham	MMAC	27.27
3	16	Tennyson James (M65)	EMAC	27.40
4	46	Paul Guest	SWVAC	27.46
5	66	Martin Weetman	WMAL	29.48
6	56	Adrian Day	VAC	30.57

M70 200m

Pos	Bib	Name	Club	Perf
1	37	Simon Barrett	SCVAC	28.44
2	57	David Hinds	VAC	30.12
3	17	Christopher Palmer	EMAC	32.45
4	27	David Jones	MMAC	37.55
5	77	Alan Appleby (M75)	NMAC	40.26
6	67	Barrie Roberts (M80)	WMAL	59.23

CBP

M35 400m

Pos	Bib	Name	Club	Perf
1	33	Adam Bellis (M45)	SCVAC	53.74
2	63	Jonathan Williams	WMAL	54.51
3	13	David Brown (M40)	EMAC	55.29
4	23	Phillip Gould (M40)	MMAC	55.77
5	93	Stephen Brown (M40)	SVHC	57.07
6	43	Matt Cave (M40)	SWVAC	58.02
7	53	Anibal Rodriguez Fuentes (M45)	VAC	58.73
8	73	Jonathan Rutter (M40)	NMAC	62.47

M50 400m

Pos	Bib	Name	Club	Perf
1	75	Mike Coogan	NMAC	54.66
2	35	Sean Sutherland	SCVAC	58.22
3	15	Peter Benedickter	EMAC	58.32
4	55	Mark White (M55)	VAC	59.10
5	65	Brett Davis (M55)	WMAL	61.07
6	95	Graeme Gemmell (M55)	SVHC	61.49
7	25	Darrell Wilde (M55)	MMAC	63.61
8	45	Malcolm Cowton (M60)	SWVAC	67.01

M60 400m

Pos	Bib	Name	Club	Perf
1	26	Richard White	MMAC	59.99
2	56	Michael Vassiliou	VAC	60.19
3	16	Tennyson James (M65)	EMAC	62.10
4	36	Colin Bates	SCVAC	63.26
5	46	Philip York	SWVAC	72.16
6	66	David Watson (M65)	WMAL	72.91
	76	Chris Ireland	NMAC	dnf

M70 400m

Pos	Bib	Name	Club	Perf
1	37	Adrian Essex	SCVAC	71.44
2	27	David Oxland	MMAC	71.47
3	57	Timothy Carter	VAC	72.10
4	17	Christopher Palmer	EMAC	76.02
5	77	Alan Appleby (M75)	NMAC	87.10
6	87	George Routledge (M75)	NEMAA	128.06
7	67	Barrie Roberts (M80)	WMAL	130.12

M35 800m

Pos	Bib	Name	Club	Perf
1	63	David John Williams (M40)	WMAL	2:00.47
2	23	Chris Lamb	MMAC	2:04.18
3	93	Stephen Brown (M40)	SVHC	2:06.90
4	53	Michael Tay	VAC	2:07.68
5	33	Stuart McNally (M45)	SCVAC	2:07.72
6	13	John Whittaker (M40)	EMAC	2:09.19
7	73	Simon Ellis (M45)	NMAC	2:21.27
8	43	Timothy White (M45)	SWVAC	2:37.97

M50 800m

Pos	Bib	Name	Club	Perf
1	15	Mark Russell	EMAC	2:07.37
2	95	Graeme Gemmell (M55)	SVHC	2:18.00
3	65	Mark Shepherd	WMAL	2:19.38
4	75	Phil Ryan	NMAC	2:22.10
5	35	Barry Blackwell (M55)	SCVAC	2:22.87
6	25	Paul Mellor	MMAC	2:29.11

CBP

M60 800m

Pos	Bib	Name	Club	Perf
1	96	Paul Forbes (M65)	SVHC	2:18.60
2	26	Russell Parkin	MMAC	2:20.08
3	66	Sean Price	WMAL	2:24.21
4	16	Colin Ridley	EMAC	2:34.59
5	56	Richard Jenkin	VAC	2:48.94

M70 800m

Pos	Bib	Name	Club	Perf
1	27	David Oxland	MMAC	2:40.46
2	57	Peter Kennedy	VAC	2:41.57
3	17	John Skelton	EMAC	3:04.47
4	77	Geoffrey Pearson	NMAC	3:13.51
5	37	Adrian Essex	SCVAC	3:40.46
6	67	Barrie Roberts (M80)	WMAL	4:23.16

M35 1500m

Pos	Bib	Name	Club	Perf
1	53	Mike Cummings	VAC	4:05.74
2	93	Chris Loudon	SVHC	4:08.22
3	63	Oliver Williams	WMAL	4:10.21
4	13	Rob Elmore (M40)	EMAC	4:12.89
5	23	David Locker (M45)	MMAC	4:17.18
6	83	Steven Medd (M40)	NEMAA	4:38.23
7	73	Simon Ellis (M45)	NMAC	4:46.36
8	43	Timothy White (M45)	SWVAC	5:21.97

M50 1500m

Pos	Bib	Name	Club	Perf
1	25	Dean Richardson	MMAC	4:10.57
2	15	Simon Coombes	EMAC	4:34.55
3	95	Brent Brodie	SVHC	4:35.42
4	75	Neil Pendlebury	NMAC	4:38.11
5	65	Adrian Lewis	WMAL	4:45.73
6	35	Jonathan Burrell (M55)	SCVAC	4:47.55
7	85	Colin Hodgson (M55)	NEMAA	5:16.14

CBP

M60 1500m

Pos	Bib	Name	Club	Perf
1	16	Colin Ridley	EMAC	4:49.77
2	76	Chris Ireland	NMAC	4:57.41
3	96	Paul Forbes (M65)	SVHC	5:03.79
4	26	Ben Benson	MMAC	5:07.09
5	46	Philip York	SWVAC	5:15.91
6	66	David Watson (M65)	WMAL	5:21.26
7	56	Richard Jenkin	VAC	5:45.63

M70 1500m

Pos	Bib	Name	Club	Perf
1	27	Derek Jackson	MMAC	5:21.59
2	17	John Skelton	EMAC	5:27.80
3	57	Peter Giles (M75)	VAC	6:00.18
4	77	Alan Appleby (M75)	NMAC	6:35.36
5	67	Barrie Roberts (M80)	WMAL	8:32.65

M35 3000m

Pos	Bib	Name	Club	Perf
1	93	Chris Loudon	SVHC	8:58.99
2	63	Philip Hambleton	WMAL	9:12.73
3	53	Rich Berry (M45)	VAC	9:47.63
4	13	Rob Elmore (M40)	EMAC	9:52.25
5	23	Phillip Gould (M40)	MMAC	10:24.56
6	43	Timothy White (M45)	SWVAC	11:30.61

M50 3000m

Pos	Bib	Name	Club	Perf
1	75	Jeff Prest	NMAC	9:38.17
2	15	Simon Coombes	EMAC	9:42.74
3	95	Alan Cunningham	SVHC	9:49.66
4	55	Joseph Gonzalez-Armas	VAC	9:54.55
5	35	Steven Barnes	SCVAC	10:03.69
6	65	Colin Williams (M55)	WMAL	10:36.46
7	25	Paul Mellor	MMAC	11:03.32

M35 2km Walk

Pos	Bib	Name	Club	Perf
1	53	David Annetts (M55)	VAC	9:06.89
2	23	Peter Boszko (M70)	MMAC	11:38.69
3	13	Timothy Clough (M50)	EMAC	12:57.17

M50 2km Walk

Pos	Bib	Name	Club	Perf
1	35	Mark Ashby (M60)	SCVAC	11:28.26
2	15	Colin Harle (M60)	EMAC	11:55.82
3	55	John Arthur (M60)	VAC	11:55.84
	25	Paul Hawkins (M65)	MMAC	dis

M35 60m Hurdles

Pos	Bib	Name	Club	Perf
1	33	Mensah Elliott (M45)	SCVAC	8.12
2	23	Stefan Wilcockson	MMAC	8.98
3	13	Michael Shortall	EMAC	9.01
4	73	Jonathan Rutter (M40)	NMAC	10.25

M50 60m Hurdles

Pos	Bib	Name	Club	Perf
1	15	Gary Smith	EMAC	8.73
2	35	Barrie Marsden (M55)	SCVAC	9.18
3	95	Ian Paget	SVHC	10.13
4	25	Kelly Fairclough	MMAC	10.82
5	55	Stuart Leigh (M55)	VAC	10.99
6	45	David Pearson (M55)	SWVAC	11.07
7	75	Philip Robinson	NMAC	11.57
8	65	Glyn Price (M55)	WMAL	11.65

M35 4x200m

Pos	Bib	Name	Club	Perf
1	63	Samson Chinaka, Owen Chesher, Jonathan Williams, Michael Dickens	WMAL	1:38.20
2	13	Paul Canning (M55), Michael Shortall, Maxim Hall, Amr Ziko (M40)	EMAC	1:39.28
3	33	Joshua Wood (M45), Adam Bellis (M45), Stuart McNally (M45), Grant Stirling (M45)	SCVAC	1:39.50
4	23	Stefan Wilcockson, Phillip Gould (M40), Kelly Fairclough (M50), Dominic Bradley (M45)	MMAC	1:40.73
5	73	Steven Callister, Jonathan Rutter (M40), Philip Robinson (M50), Simon Ellis (M45)	NMAC	1:47.04
6	93	Paul Allan (M50), Roger Skedd (M40), Ian Paget (M50), Paul Waddell (M40)	SVHC	1:51.54

M50 4x200m

Pos	Bib	Name	Club	Perf
1	35	Barrie Marsden (M55), Johnson Ogunniyi, Adrian Essex (M70), Sean Sutherland	SCVAC	1:47.19
2	25	Darrell Wilde (M55), Stephen Terry-Short, David Wilson, Martin White	MMAC	1:47.57
3	65	Russell Whiting (M55), Mark Shepherd, Joseph Horner (M55), Brett Davis (M55)	WMAL	1:53.22

M60 4x200m

Pos	Bib	Name	Club	Perf
1	36	Mark Woods, Tom Phillips (M65), Simon Barrett (M70), Colin Bates	SCVAC	1:54.91
2	56	Pat Logan, Adrian Day, Andrew Pringle, Brian Steene	VAC	1:55.39
3	26	Richard White, Ben Benson, John Statham, Russell Parkin	MMAC	1:55.73
4	66	Brian MacBride, Martin Weetman, Paul Yeoman, Ian Broadhurst (M65)	WMAL	1:58.10
5	16	Christopher Palmer (M70), Colin Ridley, Richard Phelan, Wilson Paterson	EMAC	2:20.51

M70 4x200m

Pos	Bib	Name	Club	Perf
1	57	Timothy Carter, Peter Kennedy, Allan Long (M80), David Hinds	VAC	2:10.12
2	27	Derek Jackson, David Oxland, David Cowley (M75), David Jones	MMAC	2:20.06

M35 High Jump

Pos	Name	Club	Perf	
1	33 Martin Lloyd (M40)	SCVAC	1.93	CBP 1.60o,1.65-,1.70o,1.75-,1.80o,1.93o,xxx
2	13 Maxim Hall	EMAC	1.75	1.55o,1.60o,1.65o,1.70o,1.75o,1.80xxx
3	63 Owen Chesher	WMAL	1.75	1.60o,1.65xo,1.70xo,1.75xo,1.80xxx
4	23 Andrew Cresswell (M40)	MMAC	1.65	1.50o,1.55-,1.60o,1.65xo,1.70xxx
5	93 Roger Skedd (M40)	SVHC	1.60	1.55o,1.60xo,1.65xxx
6	83 Andrew Harrison (M40)	NEMAA	1.55	1.35o,1.40-,1.45xo,1.50o,1.55o,1.60xxx
7	73 Jonathan Rutter (M40)	NMAC	1.55	1.45o,1.50xo,1.55xxo,1.60xxx
8	53 Bilen Ahmet	VAC	1.50	1.20o,1.25-,1.30xo,1.35-,1.40o,1.45o,1.50xxo,1.55xxx

M50 High Jump

Pos	Bib	Name	Club	Perf	
1	75	Andrew England	NMAC	1.50	1.40o,1.45o,1.50o,1.55xxx
2	95	Ian Paget	SVHC	1.40	1.30o,1.35-,1.40o,1.45-,1.50xxx
3	45	David Pearson (M55)	SWVAC	1.40	1.20o,1.25o,1.30o,1.35o,1.40xo,1.45xr
4	15	Philip Bowers (M55)	EMAC	1.40	1.20o,1.25-,1.30xo,1.35o,1.40xo,1.45xxx
4	25	Martin White	MMAC	1.40	1.15o,1.20o,1.25o,1.30o,1.35xo,1.40xo,1.45r
6	55	Stuart Leigh (M55)	VAC	1.30	1.15o,1.20o,1.25o,1.30o,1.35xxx
7	35	Derek Warn (M55)	SCVAC	1.25	1.15o,1.20o,1.25xo,1.30xxx

M60 High Jump

Pos	Bib	Name	Club	Perf	
1	16	Richard Phelan	EMAC	1.33	1.18o,1.21-,1.24o,1.27o,1.30o,1.33xxx
2	66	Paul Yeoman	WMAL	1.24	1.00o,1.06-,1.09-,1.12-,1.15-,1.18o,1.21o,1.24o,1.27xxx
	26	Michael Herring (M80)	MMAC	nm	1.00xxx

M70 High Jump

Pos	Bib	Name	Club	Perf	
1	37	Adrian Essex	SCVAC	1.24	1.00o,1.06o,1.09-,1.12o,1.15-,1.18o,1.21o,1.24xo,1.27xxr
2	27	David Cowley (M75)	MMAC	1.21	1.00o,1.06o,1.09o,1.12-,1.15-,1.18o,1.21o,1.24xxx
2	17	Gerald Daniel	EMAC	1.21	1.00o,1.06o,1.09-,1.12o,1.15o,1.18-,1.21o,1.24xr
4	87	Trevor Straker	NEMAA	1.18	1.09o,1.12-,1.15xo,1.18o,1.21xxx
	57	Patrick Reynolds	VAC	nm	1.00xxx

M35 Pole Vault

Pos	Bib	Name	Club	Perf	
1	53	Bilen Ahmet	VAC	3.40	3.00o,3.10-,3.20-,3.30-,3.40o,3.50-,3.60xxx
2	13	Robert Kingman (M50)	EMAC	3.40	3.00o,3.10-,3.20-,3.30-,3.40xo,3.50-,3.60xxx
3	23	Dean Robinson (M50)	MMAC	3.10	3.10xxo,3.20-,3.30xxx
4	33	Grant Stirling (M45)	SCVAC	2.70	2.50o,2.60-,2.70xo,2.80-,2.90xxx

M50 Pole Vault

Pos	Bib	Name	Club	Perf	
1	65	Glyn Price (M55)	WMAL	3.60	2.60xo,2.70xxx
2	45	David Pearson (M55)	SWVAC	3.30	2.80o,2.90-,3.00o,3.10-,3.20o,3.30o,3.40xxx
3	15	Simon Eastwood (M55)	EMAC	2.80	2.40o,2.50-,2.60o,2.70-,2.80xxo,2.90r
4	35	Derek Warn (M55)	SCVAC	2.70	2.20o,2.30-,2.40o,2.50-,2.60o,2.70o,2.80xxx
4	25	Neal Mason (M75)	MMAC	2.70	2.70o,2.80-,2.90xxx
6	55	Michael Franklin (M55)	VAC	2.60	2.50o,2.60xo,2.70xxx
7	95	Ian Paget	SVHC	2.40	2.40o,2.50x-,2.60xx
	75	Philip Robinson	NMAC	nm	2.80xxx

M35 Long Jump

Pos	Bib	Name	Club	Perf	
1	33	Neil Barton (M40)	SCVAC	6.32	6.22, 6.24, 6.32, x
2	13	Maxim Hall	EMAC	5.92	5.77, 5.50, 5.92, 4.63
3	93	Roger Skedd (M40)	SVHC	5.84	5.78, 5.84, 4.73, 4.31
4	23	Jack Poxon	MMAC	5.56	x, 5.48, 5.43, 5.56
5	73	Jonathan Rutter (M40)	NMAC	5.35	5.35, 5.20, 5.04, 5.17
6	83	Andrew Harrison (M40)	NEMAA	4.96	4.88, 4.94, 4.96, 4.95
7	53	Franck Triolaire (M45)	VAC	4.75	4.75, 4.54, 4.57, 4.60

M50 Long Jump

Pos	Bib	Name	Club	Perf	
1	55	Emmanuel Ogunniyi	VAC	5.77	5.46, 5.77, 5.72, 5.21
2	35	Johnson Ogunniyi	SCVAC	5.36	5.36, 5.10, x, x
3	15	Gary Smith	EMAC	5.15	5.15, 5.03, 4.94, x
4	95	Ian Paget	SVHC	5.02	5.02, 4.97, 4.90, x
5	45	David Pearson (M55)	SWVAC	4.64	3.28, 4.64, 4.48, 4.59
6	75	Philip Robinson	NMAC	4.55	4.30, 4.45, 4.52, 4.55
7	25	David Wilson	MMAC	4.48	4.28, 4.48, 4.37, 4.33

M60 Long Jump

Pos	Bib	Name	Club	Perf	
1	46	Paul Guest	SWVAC	4.23	x, 3.98, 4.22, 4.23
2	16	Richard Phelan	EMAC	4.23	4.23, 4.01, 3.93, 3.78
3	76	John Barratt	NMAC	4.21	4.21, 4.15, 3.98, 4.12
4	56	Pat Logan	VAC	3.58	3.55, 3.58, 3.58, r
5	66	Paul Yeoman	WMAL	3.30	3.30, 2.23, 2.90, 3.11
6	26	Ben Benson	MMAC	3.13	3.06, 3.08, 3.10, 3.13

M70 Long Jump

Pos	Bib	Name	Club	Perf	
1	37	Adrian Essex	SCVAC	3.74	3.19, 3.49, 3.23, 3.74
2	57	Timothy Carter	VAC	3.58	2.51, 3.39, 3.51, 3.58
3	27	David Cowley (M75)	MMAC	3.53	3.46, 3.50, 3.53, x
4	17	Gerald Daniel	EMAC	3.19	3.17, 3.19, -, r

M35 Triple Jump

Pos	Bib	Name	Club	Perf	
1	33	Grant Stirling (M45)	SCVAC	12.36	12.15, 12.26, 12.15, 12.36
2	73	Jonathan Rutter (M40)	NMAC	11.51	11.51, 11.30, 11.41, 11.47
3	23	Jack Poxon	MMAC	11.47	11.36, 11.37, 11.39, 11.47
4	83	Andrew Harrison (M40)	NEMAA	10.83	10.54, 10.48, 10.77, 10.83
5	13	Michael Shortall	EMAC	10.58	10.41, 10.58, x, 10.58
6	93	Paul Waddell (M40)	SVHC	9.98	9.61, 9.98, 9.77, 9.88
7	53	Bilen Ahmet	VAC	9.63	-, 9.30, 9.63, r
8	63	David Shields (M60)	WMAL	8.27	8.27, x, 7.95, 8.26

M50 Triple Jump

Pos	Bib	Name	Club	Perf	
1	95	Ian Paget	SVHC	10.25	9.48, 9.79, 10.25, 10.09
2	75	Philip Robinson	NMAC	10.05	10.05, 9.94, 9.92, r
3	15	Philip Bowers (M55)	EMAC	9.70	9.70, 9.62, 8.85, 9.69
4	35	Oloff Van Zyl	SCVAC	9.51	9.51, 9.25, r
5	45	David Pearson (M55)	SWVAC	9.15	-, 9.15, 9.12, r
6	55	Andrew Pringle (M60)	VAC	8.87	8.15, 8.70, 8.87, 8.84
7	65	Joseph Horner (M55)	WMAL	8.82	8.82, 8.30, 8.17, 8.06
8	25	Christopher Carden (M65)	MMAC	7.49	7.49, 7.23, r

M35 Shot

Pos	Bib	Name	Club	Perf	
1	93	Roger Skedd (M40)	SVHC	11.70	11.70, 11.53, 11.42, 11.34
2	13	Maxim Hall	EMAC	11.29	10.60, 11.29, 10.75, 11.10
3	33	Shaun Wall (M40)	SCVAC	11.04	9.50, 10.90, 11.04, 10.66
4	23	Ray McKenna (M45)	MMAC	10.45	10.45, x, 9.57, x
5	53	Franck Triolaire (M45)	VAC	9.25	9.05, 9.12, 8.94, 9.25
6	43	Timothy White (M45)	SWVAC	7.33	6.37, 6.44, 7.33, -
7	73	Jonathan Rutter (M40)	NMAC	7.31	7.05, 7.31, 7.13, 6.70

M50 Shot

Pos		Name	Club	Perf	
1	25	Morris Fox (M55)	MMAC	13.06	12.62, 13.06, x, 12.76
2	15	David Bauer (M55)	EMAC	10.69	10.69, 10.31, 10.68, x
3	95	Eddie McKenzie (M55)	SVHC	10.50	10.21, x, x, 10.50
4	55	Emmanuel Ogunniyi	VAC	10.47	10.12, 9.60, 10.06, 10.47
5	65	Graham Holder	WMAL	10.47	9.83, 10.47, x, x
6	75	Andrew England	NMAC	9.44	9.29, 9.43, 9.44, -
7	45	David Pearson (M55)	SWVAC	8.65	7.99, 8.65, -, -
8	35	Derek Warn (M55)	SCVAC	7.85	7.19, 7.78, 7.46, 7.85

M60 Shot

Pos	Bib	Name	Club	Perf	
1	36	Allan Leiper	SCVAC	14.52	CBP 14.16, 13.79, 13.95, 14.52
2	16	Robert Earle	EMAC	13.08	12.22, 13.08, -, 12.62
3	46	Stephen Dobson	SWVAC	10.94	10.94, -, -, 10.69
4	56	John Fenton (M65)	VAC	10.85	10.85, -, 10.48, 10.58
5	66	Andrew Rushbrook	WMAL	9.66	9.66, -, 9.52, 9.20
6	26	John Statham	MMAC	9.28	9.28, -, -, -
7	76	Chris Ireland	NMAC	6.89	6.89, 6.67, 6.83, -

M70 Shot

Pos	Bib	Name	Club	Perf	
1	17	Geoffrey Tyler	EMAC	11.46	11.40, 11.04, -, 11.46
2	87	Trevor Straker	NEMAA	10.82	9.95, 9.72, 10.63, 10.82
3	27	Barry Hawksworth (M75)	MMAC	9.87	9.65, 8.89, 9.87, 9.27
4	37	Neil Griffin	SCVAC	9.23	8.78, -, -, 9.23
5	57	Patrick Reynolds	VAC	7.40	7.37, 6.60, 7.40, 7.11
6	67	Paul Brooks	WMAL	7.35	7.25, 7.09, 6.91, 7.35

EMAA INDOOR INTER AREA TRACK FIELD CHALLENGE
LEE VALLEY ATHLETICS CENTRE, LONDON on SUNDAY 26th FEBRUARY 2023

Women		
Pos	Region	Points
1	MMAC	225
2	EMAC	220
3	NMAC	217.5
4	WMAL	194.5
5	SCVAC	156
6	VAC	150
7	SVHC	135
8	SWVAC	75
9	NEMAA	55

After 41 events scored

Overall		
Pos	Region	Points
1	EMAC	537
2	MMAC	508.5
3	SCVAC	416.5
4	WMAL	385.5
5	VAC	383
6	NMAC	375.5
7	SVHC	286
8	SWVAC	166
9	NEMAA	102

After 133 total events scored

W35 60m

Pos	Bib	Name	Club	Perf
1	33	Lisa Boland (W40)	SCVAC	7.94
2	73	Amanda Potter	NMAC	8.37
3	13	Gaynor Read (W45)	EMAC	8.63
4	63	Emma Pengelly	WMAL	8.66
5	93	Linzie Marsh (W45)	SVHC	8.72
6	83	Lindsey Lester (W45)	NEMAA	9.00
7	23	Ainslea Cross (W40)	MMAC	9.54

W50 60m

Pos	Bib	Name	Club	Perf
1	25	Paula Williams	MMAC	8.62
2	95	Fiona Steele (W55)	SVHC	9.07
3	35	Michele Wakefield (W55)	SCVAC	9.44
4	65	Louise Kirby (W55)	WMAL	9.52
5	75	Debra Casson (W55)	NMAC	9.60
6	15	Helene Kehoe (W55)	EMAC	9.73
7	45	Tamzin Gribble	SWVAC	10.48

W60 60m

Pos	Bib	Name	Club	Perf
1	26	Susan Frisby	MMAC	9.22
2	66	Melanie Garland	WMAL	9.35
3	56	Susan Wisdom	VAC	9.58
4	76	Angela Kelly	NMAC	9.69
5	46	Caroline Powell (W65)	SWVAC	9.73
6	16	Janice Nottingham	EMAC	9.75
7	36	Rosalind Zeffertt	SCVAC	10.16

W70 60m

Pos	Bib	Name	Club	Perf
1	37	Moira West	SCVAC	9.82
2	77	Caroline Marler	NMAC	10.40
3	17	Emily McMahon	EMAC	10.44
4	57	Anne Nelson	VAC	10.51
5	27	Georgina Smith	MMAC	10.63

CBP

W35 200m

Pos	Bib	Name	Club	Perf
1	33	Lisa Boland (W40)	SCVAC	26.7
2	73	Amanda Potter	NMAC	27.8
3	93	Linzie Marsh (W45)	SVHC	29.0
4	13	Gaynor Read (W45)	EMAC	29.2
5	63	Emma Pengelly	WMAL	29.5
6	83	Lindsey Lester (W45)	NEMAA	31.0
7	23	Ainslea Cross (W40)	MMAC	33.5

W50 200m

Pos	Bib	Name	Club	Perf
1	75	Sharon Wilkinson	NMAC	28.59
2	95	Fiona Steele (W55)	SVHC	29.49
3	35	Kathryn Miles	SCVAC	30.44
4	25	Fiona Palmer	MMAC	30.96
5	65	Louise Kirby (W55)	WMAL	32.74
6	55	Rachel Berry	VAC	32.95
7	45	Lisa Carpenter	SWVAC	33.14
8	15	Helene Kehoe (W55)	EMAC	33.46

CBP

W60 200m

Pos	Bib	Name	Club	Perf
1	36	Helen Godsell (W65)	SCVAC	31.37
2	26	Susan Frisby	MMAC	31.89
3	46	Caroline Powell (W65)	SWVAC	31.93
4	56	Susan Wisdom	VAC	32.75
5	66	Angela Bryant	WMAL	33.49
6	16	Christine Anthony	EMAC	34.31
7	76	Angela Kelly	NMAC	34.70

W35 400m

Pos	Bib	Name	Club	Perf
1	33	Claire Spurway (W40)	SCVAC	64.41
2	23	Katherine Spencer	MMAC	66.38
3	93	Jennifer Beattie (W40)	SVHC	66.98
4	83	Amy Pickworth (W40)	NEMAA	68.69
5	63	Sara Saunders (W40)	WMAL	69.56
6	73	Carol Holt (W45)	NMAC	70.66
7	13	Emma Coombes (W40)	EMAC	74.95

W50 400m

Pos	Bib	Name	Club	Perf
1	75	Sharon Wilkinson	NMAC	64.23
2	95	Fiona Steele (W55)	SVHC	68.00
3	25	Emma Hollinshead	MMAC	71.16
4	45	Lisa Carpenter	SWVAC	74.05
5	15	Caroline Horden (W55)	EMAC	74.09
6	65	Tracey Smedley (W55)	WMAL	75.91

W60 400m

Pos	Bib	Name	Club	Perf
1	56	Virginia Mitchell	VAC	65.46
2	16	Christine Anthony	EMAC	73.59
3	46	Caroline Powell (W65)	SWVAC	73.76
4	36	Helen Godsell (W65)	SCVAC	75.15
5	26	Elaine Ledden	MMAC	76.79
6	76	Hilary West (W65)	NMAC	81.66
7	66	Elizabeth Tew (W65)	WMAL	99.89

CBP

W35 800m

Pos	Bib	Name	Club	Perf
1	23	Katherine Spencer	MMAC	2:29.35
2	93	Jennifer Beattie (W40)	SVHC	2:32.19
3	73	Nia Rutter	NMAC	2:38.12
4	13	Zoe Oldfield (W45)	EMAC	2:38.64
5	83	Amy Pickworth (W40)	NEMAA	2:41.57
6	53	Rhiannon Needham (W40)	VAC	2:52.32
7	63	Rhiannon Jenkins	WMAL	3:00.53

W50 800m

Pos	Bib	Name	Club	Perf
1	15	Ellie Garraway	EMAC	2:29.38
2	75	Sharon Wilkinson	NMAC	2:42.10
3	55	Lisa Webb (W55)	VAC	2:43.31
4	95	Julie Wilson (W55)	SVHC	2:44.43
5	25	Emma Hollinshead	MMAC	2:47.58
6	65	-	WMAL	3:04.76

W60 800m

Pos	Bib	Name	Club	Perf
1	96	Yvonne Crilly	SVHC	2:38.33
2	16	Christine Anthony	EMAC	2:53.49
3	26	Jillian Roginski	MMAC	3:07.01
4	56	Anna Garnier (W65)	VAC	3:13.18
5	76	Hilary West (W65)	NMAC	3:20.26
6	66	Nicola Buckwell (W65)	WMAL	3:33.19

CBP

W70 800m

Pos	Bib	Name	Club	Perf
1	27	Angela Copson (W75)	MMAC	3:18.62
2	37	Sarah Roberts	SCVAC	3:24.83
3	77	Dorothy Kesterton	NMAC	3:32.67
4	17	Iris Hornsey (W80)	EMAC	4:31.74

W35 1500m

Pos	Bib	Name	Club	Perf
1	93	Laura Haggarty	SVHC	4:53.55
2	13	Mary Knapman (W40)	EMAC	5:18.05
3	83	Amy Pickworth (W40)	NEMAA	5:28.59
4	23	Sara McNamee	MMAC	5:32.99
5	63	Isobel Dawson (W40)	WMAL	6:11.81
6	73	Carol Holt (W45)	NMAC	7:07.80

W50 1500m

Pos	Bib	Name	Club	Perf
1	15	Ellie Garraway	EMAC	5:11.87
2	55	Rachel Berry	VAC	5:22.65
3	95	Julie Wilson (W55)	SVHC	5:29.67
4	25	Claire Ward (W55)	MMAC	6:09.92

W60 1500m

Pos	Bib	Name	Club	Perf
1	96	Yvonne Crilly	SVHC	5:27.15
2	56	Lucy Woolhouse	VAC	5:45.55
3	66	Annette Hames (W65)	WMAL	6:38.82
4	16	Lorraine Daghish (W65)	EMAC	7:07.47
5	26	Christine Bexton	MMAC	7:23.49

CBP

W35 3000m

Pos	Bib	Name	Club	Perf
		Race Result Declared Void		

W50 3000m

Pos	Bib	Name	Club	Perf
		Race Result Declared Void		

W35 2km Walk

Pos	Bib	Name	Club	Perf
1	23	Carolyn Derbyshire (W45)	MMAC	10:51.9
2	53	Emma Dyos (W45)	VAC	10:57.7
3	13	Michelle Hurley (W45)	EMAC	13:44.5
4	93	Nicola McDonald (W40)	SVHC	16:59.8
	63	Rhiannon Jenkins	WMAL	dis

W50 2km Walk

Pos	Bib	Name	Club	Perf
1	15	Melanie Peddle	EMAC	10:43.1
2	25	Wendy Kane	MMAC	11:25.0
3	55	Fiona Bishop (W60)	VAC	15:28.0
4	95	Emma Dawson (W55)	SVHC	15:41.7
5	65	Louise Kirby (W55)	WMAL	16:59.8
6	75	Catherine McGrath (W70)	NMAC	19:24.5

W35 60m Hurdles

Pos	Bib	Name	Club	Perf
1	73	Nia Rutter	NMAC	9.84
2	83	Sarah Johnson (W40)	NEMAA	10.44
3	53	Kylie Bardell-Roberts (W40)	VAC	11.61
4	63	Rhiannon Jenkins	WMAL	12.40
5	33	Helen Nyberg-Mitroi (W40)	SCVAC	12.77

W50 60m Hurdles

Pos	Bib	Name	Club	Perf
1	25	Paula Williams	MMAC	9.79
2	65	Amanda Broadhurst	WMAL	11.13
3	45	Tamzin Gribble	SWVAC	12.33
4	15	Caroline Horden (W55)	EMAC	14.30
5	75	Wendy Valentine (W55)	NMAC	15.42

CBP

W35 4x200m

Pos	Bib	Name	Club	Perf
1	63	Emma Pengelly, Katherine Morgan (W40), Rhiannon Jenkins, Sara Saunders (W40)	WMAL	2:01.91
2	13	Stacy McGivern (W45), Gaynor Read (W45), Zoe Oldfield (W45), Stephanie Johnston (W45)	EMAC	2:04.54
3	33	Helen Nyberg-Mitroi (W40), Kathryn Miles (W50), Moira West (W70), Helen Godsell (W65)	SCVAC	2:07.93
4	23	Ainslea Cross (W40), Carolyn Derbyshire (W45), Helen Watson (W45), Katherine Spencer	MMAC	2:12.56
5	73	Nia Rutter, Deborah Dasse, Sharon Wilkinson (W50), Carol Holt (W45)	NMAC	dis

W50 4x200m

Pos	Bib	Name	Club	Perf
1	65	Amanda Broadhurst, Tracey Smedley (W55), Joanne Hudson, Tracey Smedley (W55)	WMAL	2:12.00
2	25	Claire Ward (W55), Emma Hollinshead, Paula Williams, Fiona Palmer	MMAC	2:14.31
3	15	Caroline Horden (W55), Helene Kehoe (W55), Ellie Garraway, Ali Trauttmansdorff	EMAC	2:16.34
4	75	Michelle Vaughan, Angela Kelly (W60), Wendy Valentine (W55), Debra Casson (W55)	NMAC	2:31.89

W60 4x200m

Pos	Bib	Name	Club	Perf
1	56	Anne Nelson (W70), Anna Garnier (W65), Lucy Woolhouse, Susan Wisdom	VAC	2:24.23
2	66	Nicola Buckwell (W65), Elizabeth Tew (W65), Melanie Garland, Angela Bryant	WMAL	2:26.62
3	76	Dorothy Kesterton (W70), Caroline Marler (W70), Hilary West (W65), Susan Richardson	NMAC	2:30.78

W35 High Jump

Pos	Bib	Name	Club	Perf	
1	73	Deborah Dasse	NMAC	1.48	1.35o,1.40o,1.45o,1.48o,1.51xxx
2	13	Stacy McGivern (W45)	EMAC	1.35	1.10o,1.15o,1.20o,1.25o,1.30o,1.35xo,1.40xxx
3	53	Kylie Bardell-Roberts (W40)	VAC	1.30	1.20o,1.25o,1.30o,1.35xxx
4	63	Clare Gratrix (W45)	WMAL	1.30	1.15o,1.20o,1.25o,1.30xo,1.35xxx
5	83	Sarah Johnson (W40)	NEMAA	1.30	1.20o,1.25xo,1.30xxo,1.35xxx
6	33	Helen Nyberg-Mitroi (W40)	SCVAC	1.20	1.10o,1.15o,1.20o,1.25xxx

W50 High Jump

Pos	Bib	Name	Club	Perf	
1	25	Paula Williams	MMAC	1.24	1.00o,1.03-,1.06-,1.09o,1.12-,1.15o,1.18o,1.21-,1.24o,1.27r
2	45	Tamzin Gribble	SWVAC	1.12	1.09o,1.12o,1.15r
3	15	Helene Kehoe (W55)	EMAC	1.09	1.00o,1.03-,1.06o,1.09xxo,1.12r
4	65	Amanda Broadhurst	WMAL	1.00	1.00o,1.03r
4	75	Debra Casson (W55)	NMAC	1.00	1.00o,1.03o,1.06r

W60 High Jump

Pos	Bib	Name	Club	Perf	
1	66	Melanie Garland	WMAL	1.30	CBP 1.09o,1.12o,1.15o,1.18o,1.21o,1.24o,1.27o,1.30o,1.33xxx
2	26	Susan Frisby	MMAC	1.21	1.09o,1.12-,1.15o,1.18o,1.21xo,1.24xxx
3	76	Susan Richardson	NMAC	1.18	1.09o,1.12o,1.15o,1.18o,1.21-,1.24-,1.27xxx
4	16	Gaye Clarke	EMAC	1.12	1.06o,1.09o,1.12xo,1.15xxx
5	56	Anna Garnier (W65)	VAC	1.00	1.00o,1.03r

W35 Pole Vault

Pos	Bib	Name	Club	Perf	
1	93	Gillian Cooke (W40)	SVHC	2.90	2.50o,2.60o,2.70xo,2.80o,2.90o,3.00xxx
2	53	Stacey Gonzalez Betancourt (W40)	VAC	2.80	2.50o,2.60xxo,2.70o,2.80xo,2.90-,3.00xxx
3	23	Helen Watson (W45)	MMAC	2.00	1.70o,1.80o,1.90o,2.00xo,2.10xxx
4	13	Nikki Wilby	EMAC	1.90	1.70o,1.80-,1.90xo,2.00xxx

W50 Pole Vault

Pos	Bib	Name	Club	Perf	
1	45	Trudi Carter	SWVAC	2.40	2.10xo,2.20o,2.30o,2.40xxo,2.50xxx
2	35	Susan Yeomans (W65)	SCVAC	2.30	2.00o,2.10xo,2.20o,2.30xo,2.40xxx
3	65	Claudia Cabbage	WMAL	2.20	1.70o,1.80-,1.90o,2.00o,2.10o,2.20xo,2.30xxx
	15	Sandra Pedley (W55)	EMAC	nm	1.90xxx

W35 Long Jump

Pos	Bib	Name	Club	Perf	
1	33	Emily Fry	SCVAC	4.95	4.92, 4.78, 4.95, 4.93
2	13	Stacy McGivern (W45)	EMAC	4.51	4.49, 4.51, 4.42, 4.41
3	93	Gillian Cooke (W40)	SVHC	4.50	4.42, -, 4.50, -
4	73	Nia Rutter	NMAC	4.49	4.26, 4.48, 4.45, 4.49
5	53	Alexandra Marginean	VAC	4.29	4.00, 4.29, x, 3.42
6	63	Katherine Morgan (W40)	WMAL	4.22	4.12, 4.22, 4.22, 3.98
7	83	Lindsey Lester (W45)	NEMAA	4.17	4.07, 4.17, 4.03, 3.72
8	23	Helen Watson (W45)	MMAC	3.30	3.30, 3.15, 2.94, 3.12

W50 Long Jump

Pos	Bib	Name	Club	Perf	
1	25	Paula Williams	MMAC	4.20	4.20, 4.18, -, -
2	35	Sharon Dooley	SCVAC	3.84	x, 3.66, 3.84, x
3	65	Louise Kirby (W55)	WMAL	3.45	3.06, 2.25, 2.68, 3.45
4	45	Tamzin Gribble	SWVAC	3.44	3.29, 3.44, 3.42, 3.31
5	15	Ellie Garraway	EMAC	2.98	2.98, -, -, -
6	75	Wendy Valentine (W55)	NMAC	2.83	2.77, 2.66, 2.57, 2.83
7	95	Emma Dawson (W55)	SVHC	2.80	2.66, 2.66, -, 2.80
8	55	Shaheda Arthur (W60)	VAC	1.45	1.16, 1.41, 1.37, 1.45

W60 Long Jump

Pos	Bib	Name	Club	Perf	
1	66	Melanie Garland	WMAL	4.23	4.11, 4.22, 4.23, 4.12
2	76	Susan Richardson	NMAC	3.61	3.19, 3.61, 3.58, 3.56
3	16	Gaye Clarke	EMAC	3.33	3.20, 2.95, x, 3.33
4	36	Rosalind Zeffertt	SCVAC	3.25	3.16, 3.22, 2.93, 3.25
5	56	Angela Bardell	VAC	3.08	2.78, 2.62, 3.08, 2.84

W70 Long Jump

Pos	Bib	Name	Club	Perf	
1	17	Emily McMahon	EMAC	3.30	CBP 3.12, 3.30, 3.15, 2.94
2	77	Caroline Marler	NMAC	3.12	x, 3.12, x, 3.07
3	37	Linda Ahmet	SCVAC	2.72	2.49, 2.72, 2.42, x

W35 Triple Jump

Pos	Bib	Name	Club	Perf	
1	73	Deborah Dasse	NMAC	9.99	9.72, 9.79, 9.99, -
2	63	Clare Gratrix (W45)	WMAL	8.75	7.79, 8.01, 8.75, 7.76
3	83	Sarah Johnson (W40)	NEMAA	8.63	8.63, 8.58, r
4	33	Helen Nyberg-Mitroi (W40)	SCVAC	8.40	8.40, x, r
5	53	Kylie Bardell-Roberts (W40)	VAC	8.30	7.97, 8.30, r
6	13	Stephanie Johnston (W45)	EMAC	8.14	7.98, 8.14, 8.01, -
7	23	Helen Watson (W45)	MMAC	7.75	x, x, 7.66, 7.75

W50 Triple Jump

Pos	Bib	Name	Club	Perf	
1	25	Paula Williams	MMAC	9.43	9.43, r
2	65	Amanda Broadhurst	WMAL	8.82	8.82, x, 8.57, r
3	45	Tamzin Gribble	SWVAC	8.43	8.43, 8.38, r
4	75	Wendy Valentine (W55)	NMAC	6.11	6.11, 5.96, 5.86, r
5	15	Ali Trauttmansdorff	EMAC	6.07	5.73, x, 5.87, 6.07

W35 Shot

Pos	Bib	Name	Club	Perf	
1	33	Eleanor Gatrell (W45)	SCVAC	11.73	11.73, 11.13, 11.46, 11.38
2	73	Nia Rutter	NMAC	10.91	10.77, 10.01, 9.90, 10.91
3	23	Lucy Marshall (W40)	MMAC	9.62	9.47, 9.55, 9.21, 9.62
4	83	Sarah Johnson (W40)	NEMAA	8.58	8.58, 8.01, 7.81, 8.12
5	53	Natalie Mann	VAC	7.64	7.22, 7.29, 7.64, 7.35
6	93	Nicola McDonald (W40)	SVHC	7.13	6.60, 6.99, 7.13, 6.81
7	63	Jessica Weaver (W40)	WMAL	7.03	6.64, 6.95, 7.03, 6.55
8	13	Stephanie Johnston (W45)	EMAC	6.58	6.58, 6.55, 6.55, 6.42

W50 Shot

Pos	Bib	Name	Club	Perf	
1	25	Paula Williams	MMAC	12.04	CBP 10.86, 11.22, x, 12.04
2	65	Sharon Hutchings	WMAL	8.98	8.46, 8.19, 8.98, x
3	45	Janet Dickinson (W55)	SWVAC	8.06	7.95, 8.06, 7.62, 7.28
4	15	Carey Hollick	EMAC	7.31	6.77, 7.31, 6.86, 7.15
5	95	Emma Dawson (W55)	SVHC	7.18	7.09, 7.18, 6.57, x
6	75	Debra Casson (W55)	NMAC	6.99	5.37, 5.46, 5.48, 6.99
7	35	Susan Yeomans (W65)	SCVAC	4.64	4.64, r

W60 Shot

Pos	Bib	Name	Club	Perf	
1	26	Jillian Roginski	MMAC	8.94	8.70, 8.94, x, 8.16
2	76	Julie Wilson	NMAC	8.77	8.20, 8.41, 8.62, 8.77
3	56	Susan Wisdom	VAC	7.86	7.07, 7.32, 7.86, 7.27
4	16	Gaye Clarke	EMAC	7.28	6.86, 7.23, 7.28, 6.69
5	66	Nicola Buckwell (W65)	WMAL	5.97	5.78, 5.97, 5.71, 5.90
6	96	Yvonne Crilly	SVHC	5.44	5.44, -, -, -

W70 Shot

Pos	Bib	Name	Club	Perf	
1	77	Caroline Marler	NMAC	8.14	8.05, 8.14, 8.03, 7.81
2	37	Elizabeth Sissons (W75)	SCVAC	6.97	6.77, x, x, 6.97
3	57	Sue Dassie	VAC	6.63	6.63, 6.57, x, 6.49
4	17	Emily McMahon	EMAC	5.74	5.74, -, -, -
5	27	Georgina Smith	MMAC	5.27	5.27, -, -, -