

EMAC/VAC Indoor Champs - Sunday, 9th February 2025 - Lee Valley Athletic Centre

60m	Athlete	Area Club	Age Group	Result SS.ss	EMAC CR?	EMAC Medal	VAC CR?	VAC Medal	Event Heat
33	Andrew Caruana	EMAC	M35	8.40	.	Gold		-	
136	Anthony Meikle	VAC	M40	7.52		-	.	Gold	
189	Andrew Spour	EMAC	M40	7.59	.	Gold		-	
88	Panos Ioannou	EMAC	M40	7.80	.	Silver		-	
5	Olatunde Akerele	EMAC	M40	7.94	.	Bronze		-	
185	Michael Shortall (VAC)	EMAC	M40	8.02	.	.		-	
185	Michael Shortall (VAC)	VAC	M40	8.02		-	.	Silver	
56	Paul Egan	LONH	M40	8.28		-		-	
36	Craig Christian (VAC)	EMAC	M45	7.72	.	Gold		-	
36	Craig Christian (VAC)	VAC	M45	7.72		-	.	Gold	
57	Ade Elegbede	EMAC	M45	7.73	.	Silver		-	
9	Michael Barough	VAC	M45	7.95		-	.	Silver	
139	Nathan Moore	EMAC	M45	7.99	.	Bronze		-	
159	Isaiah Perumalla	EMAC	M45	8.02	.	.		-	
115	Alan Lee	VAC	M45	8.17		-	.	Bronze	
29	Chris Burbidge	ESM	M45	8.20		-		-	
21	Leon Braithwaite	GBR	M50	7.63		-		-	
38	Mark Collins	EMAC	M50	7.83	.	Gold		-	
197	Sean Sutherland	SCVAC	M50	7.97		-		-	
149	Yinka Opaleye	EMAC	M50	8.06	.	Silver		-	
35	Tim Cheshire	EMAC	M50	8.19	.	Bronze		-	
142	Samuel Nash	VAC	M50	8.42		-	.	Gold	
123	James Lumsden	VAC	M50	8.47		-	.	Silver	
108	Philip Krinks	VAC	M50	9.20		-	.	Bronze	
125	Richard Maddock	SWVAC	M50	9.29		-		-	
1	Simon Achurch	EMAC	M50	9.62	.	.		-	
216	Russell Whiting	WMAL	M55	7.86		-		-	
64	Rowan Foggitt	RUNBR	M55	7.90		-		-	
146	Darren O'Leary	EMAC	M55	8.57	.	Gold		-	
101	Barrington King	SCVAC	M55	8.65		-		-	
178	Conrad Salthouse	EMAC	M55	9.12	.	Silver		-	
66	Mike Futtit	VAC	M55	9.32		-	.	Silver	
211	Gary Walsh	VAC	M55	9.48		-	.	Bronze	
191	Brian Steene	VAC	M60	8.08		-	.	Gold	
119	Pat Logan	VAC	M60	8.16		-	.	Silver	
58	Vincent Elie	BMH	M60	8.39		-		-	
214	Richard Weekes	VAC	M60	8.76		-	.	Bronze	
177	Michael Salousti	VAC	M60	8.93		-	.	.	
59	Richard Emptage	SCVAC	M60	9.01		-		-	
166	Glen Reddington	VAC	M60	9.15		-	.	.	
113	John Lawrence	EMAC	M60	9.79	.	Gold		-	
137	Chris Michael	VAC	M60	10.03		-	.	.	
195	Andrew Stewart	EMAC	M60	10.98	.	Silver		-	
140	Barry Morris	VAC	M65	8.95		-	.	Gold	
181	Vijendran Sellayah	VAC	M65	9.08		-	.	Silver	
49	Adrian Day	VAC	M65	9.63		-	.	Bronze	
90	Max Jackman	EMAC	M65	10.24	.	Gold		-	
27	John Browne (VAC)	EMAC	M70	8.58	.	Gold		-	
27	John Browne (VAC)	VAC	M70	8.58		-	CR	Gold	
81	David Hinds	VAC	M70	9.10		-	.	Silver	
174	Anthony Paul Roker	AFD	M75	9.32		-		-	
103	Geoffrey Kitchener	VAC	M75	10.06		-	.	Gold	
126	Brian Mardling	VAC	M75	11.25		-	.	Silver	
295	Ciaran Palfreyman	VAC	W35	8.75		-	.	Gold	
241	Louise Brydon	EMAC	W35	8.76	.	Gold		-	
231	Stef Bazykiewicz	EMAC	W35	9.78	.	Silver		-	
314	Jennifer Temple	VAC	W35	9.96		-	.	Silver	
235	Lisa Boland	SCVAC	W40	7.89		-		-	
253	Selma Dilek	TUR	W40	10.37		-		-	
274	Amy Jackson	VAC	W45	8.98		-	.	Gold	
305	Christine Sciberras	VAC	W45	8.99		-	.	Silver	
261	Sally Gilding	EMAC	W45	9.55	.	Gold		-	
300	Janelle Quinn	MMAC	W50	8.74		-		-	
303	Nina Ridge	VAC	W50	9.06		-	.	Gold	

320	Sarah Westrap-Boon	VAC	W50	9.25		-	.	Silver	
246	Kirstie Cooper	VAC	W50	9.38		-	.	Bronze	
252	Delphine Diers	VAC	W50	9.57		-	.	.	
275	Stephanie Johnston	EMAC	W50	9.63	.	Gold		-	
269	Deborah Hill	EMAC	W50	10.14	.	Silver		-	
318	Rachel Waters	VAC	W55	9.59		-	.	Gold	
279	Kirstin King	BRACK	W60	8.75		-		-	
232	Tracy Bezance-Collins	SWVAC	W60	9.34		-		-	
294	Janice Nottingham	EMAC	W60	9.50	CR	Gold		-	
319	Elizabeth Welbourn	EMAC	W60	10.02	.	Silver		-	
309	Clare St John-Coleman	EMAC	W60	10.07	.	Bronze		-	
226	Rosemary Abbott	EMAC	W60	10.97	.	.		-	
262	Helen Godsell	SCVAC	W70	9.30		-		-	
289	Emily McMahon (VAC)	EMAC	W70	10.44	CR	Gold		-	
289	Emily McMahon (VAC)	VAC	W70	10.44		-	CR	Gold	
311	Stephanie Stamp	EMAC	W70	13.92	.	Silver		-	
270	Sally Hine	RUNOR	W75	10.43		-		-	
200m	Athlete	Area Club	Age Group	Result SS.ss	EMAC CR?	EMAC Medal	VAC CR?	VAC Medal	Event Heat
15	Damaine Benjamin	GBR	M35	23.33		-		-	
33	Andrew Caruana	EMAC	M35	27.00	.	Gold		-	
43	Alan Danagher	DARTF	M35	27.39		-		-	
189	Andrew Spour	EMAC	M40	24.26	.	Gold		-	
185	Michael Shortall (VAC)	EMAC	M40	24.79	.	Silver		-	
185	Michael Shortall (VAC)	VAC	M40	24.79		-	.	Gold	
5	Olatunde Akerele	EMAC	M40	25.19	.	Bronze		-	
19	John Bowden	MMAC	M40	26.50		-		-	
9	Michael Barough	VAC	M45	25.26		-	.	Gold	
139	Nathan Moore	EMAC	M45	25.44	.	Gold		-	
36	Craig Christian (VAC)	EMAC	M45	25.94	.	Silver		-	
36	Craig Christian (VAC)	VAC	M45	25.94		-	.	Silver	
29	Chris Burbidge	ESM	M45	26.24		-		-	
115	Alan Lee	VAC	M45	26.58		-	.	Bronze	
38	Mark Collins	EMAC	M50	25.27	.	Gold		-	
165	Vaughan Ramsay	VAC	M50	29.60		-	.	Gold	
108	Philip Krinks	VAC	M50	31.71		-	.	Silver	
125	Richard Maddock	SWVAC	M50	33.90		-		-	
216	Russell Whiting	WMAL	M55	26.63		-		-	
42	Stephen Daly	VAC	M55	27.88		-	.	Gold	
146	Darren O'Leary	EMAC	M55	28.15	.	Gold		-	
178	Conrad Salthouse	EMAC	M55	30.21	.	Silver		-	
66	Mike Futtit	VAC	M55	31.70		-	.	Silver	
211	Gary Walsh	VAC	M55	32.72		-	.	Bronze	
58	Vincent Elie	BMH	M60	26.85		-		-	
119	Pat Logan	VAC	M60	28.08		-	.	Gold	
116	Jimson Lee	VAC	M60	28.48		-	.	Silver	
214	Richard Weekes	VAC	M60	29.26		-	.	Bronze	
177	Michael Salousti	VAC	M60	29.48		-	.	.	
16	Kermitt Bentham	SCVAC	M60	29.57		-		-	
113	John Lawrence	EMAC	M60	32.91	.	Gold		-	
137	Chris Michael	VAC	M60	34.35		-	.	.	
49	Adrian Day	VAC	M65	30.31		-	.	Gold	
181	Vijendran Sellayah	VAC	M65	30.73		-	.	Silver	
90	Max Jackman	EMAC	M65	36.73	.	Gold		-	
27	John Browne (VAC)	EMAC	M70	29.60	CR	Gold		-	
27	John Browne (VAC)	VAC	M70	29.60		-	CR	Gold	
81	David Hinds	VAC	M70	30.07		-	.	Silver	
60	Adrian Essex	SCVAC	M70	32.34		-		-	
174	Anthony Paul Roker	AFD	M75	31.63		-		-	
103	Geoffrey Kitchener	VAC	M75	35.76		-	.	Gold	
144	Bill O'Connor	VAC	M75	61.92		-	.	Silver	
323	Rebecca Williams	WMAL	W35	25.69		-		-	
295	Ciaran Palfreyman	VAC	W35	29.54		-	.	Gold	
241	Louise Brydon	EMAC	W35	30.08	.	Gold		-	
234	Chloe Blair	SCVAC	W35	30.39		-		-	
228	Niketa Akintade	ENFH	W35	30.76		-		-	
314	Jennifer Temple	VAC	W35	34.11		-	.	Silver	
297	Catherine Peck	EMAC	W40	29.98	.	Gold		-	
253	Selma Dilek	TUR	W40	39.29		-		-	
266	Bernadette Harrop	VAC	W50	31.16		-	.	Gold	

320	Sarah Westrap-Boon	VAC	W50	31.81		-	.	Silver	
242	Lisa Carpenter	SWVAC	W50	33.08		-		-	
318	Rachel Waters	VAC	W55	32.23		-	.	Gold	
308	Amanda Louise Smith	VAC	W55	35.47		-	.	Silver	
279	Kirstin King	BRACK	W60	30.05		-		-	
232	Tracy Bezance-Collins	SWVAC	W60	31.17		-		-	
294	Janice Nottingham	EMAC	W60	32.23		.	Gold	-	
226	Rosemary Abbott	EMAC	W60	38.50		.	Silver	-	
262	Helen Godsell	SCVAC	W70	32.01		-		-	
311	Stephanie Stamp	EMAC	W70	52.29		.	Gold	-	
400m	Athlete	Area Club	Age Group	Result SS.ss	EMAC CR?	EMAC Medal	VAC CR?	VAC Medal	Event Heat
15	Damaine Benjamin	GBR	M35	52.29		-		-	
83	Ian Horlock	SCVAC	M35	53.85		-		-	
8	Dave Awde	SCVAC	M40	52.20		-		-	
96	Kaspars Kazemaks	WOK	M40	52.23		-		-	
17	Adam Bernard	EMAC	M40	55.35		.	Gold	-	
110	Chris Lamb	EMAC	M40	55.45		.	Silver	-	
185	Michael Shortall (VAC)	EMAC	M40	57.66		.	Bronze	-	
185	Michael Shortall (VAC)	VAC	M40	57.66		-	.	Gold	
19	John Bowden	MMAC	M40	64.94		-		-	
173	Anibal Rodriguez Fuentes	VAC	M45	57.31		-	.	Gold	
139	Nathan Moore	EMAC	M45	57.40		.	Gold	-	
115	Alan Lee	VAC	M45	57.70		-	.	Silver	
124	Rory Macfarlane	VAC	M45	61.66		-	.	Bronze	
141	Adam Morton	SCVAC	M45	64.64		-		-	
161	Rob Potton	GBR	M50	60.57		-		-	
63	Ian Firla	BB	M50	61.02		-		-	
175	Ivan Ross	IRL	M50	67.84		-		-	
14	Peter Benedickter	EMAC	M55	60.36		.	Gold	-	
211	Gary Walsh	VAC	M55	70.08		-	.	Gold	
147	Wole Odele	SCVAC	M60	59.15		-		-	
58	Vincent Elie	BMH	M60	61.35		-		-	
116	Jimson Lee	VAC	M60	67.57		-	.	Gold	
30	Darko Calina	VAC	M60	79.96		-	.	Silver	
92	Tennyson James	EMAC	M65	64.11		.	Gold	-	
49	Adrian Day	VAC	M65	66.74		-	.	Gold	
81	David Hinds	VAC	M70	72.41		-	.	Gold	
32	Timothy Carter	VAC	M70	73.10		-	.	Silver	
61	John Exley	SCVAC	M75	85.65		-		-	
144	Bill O'Connor	VAC	M75	144.64		-	.	Gold	
243	Hannah Carson	VAC	W35	67.03		-	.	Gold	
234	Chloe Blair	SCVAC	W35	69.55		-		-	
314	Jennifer Temple	VAC	W35	79.01		-	.	Silver	
237	Kim Bopanna	SCVAC	W40	62.17		-		-	
297	Catherine Peck	EMAC	W40	68.90		.	Gold	-	
267	Natasha Hart	VAC	W40	72.71		-	.	Gold	
288	Susie McLoughlin	VAC	W45	61.97		-	.	Gold	
229	Liz Amos	VAC	W45	61.98		-	.	Silver	
299	Rebecca Pickard	VAC	W45	68.52		-	.	Bronze	
284	Sarah Loades	VAC	W50	64.77		-	.	Gold	
325	Popsie Wootten	OXFC	W50	69.35		-		-	
266	Bernadette Harrop	VAC	W50	73.87		-	.	Silver	
242	Lisa Carpenter	SWVAC	W50	74.39		-		-	
290	Virginia Mitchell	VAC	W60	66.47		-	CR	Gold	
230	Christine Anthony	EMAC	W60	71.57	CR	Gold		-	
294	Janice Nottingham	EMAC	W60	76.03		.	Silver	-	
800m	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CR?	EMAC Medal	VAC CR?	VAC Medal	Event Heat
122	Chris Loudon	VAC	M35	02:03.00		-	.	Gold	
22	Scott Brewer	VAC	M35	02:34.93		-	.	Silver	
110	Chris Lamb	EMAC	M40	02:06.28		.	Gold	-	
84	Paul Howard	VAC	M40	02:07.94		-	CR	Gold	
24	David Brown	EMAC	M45	02:10.41		.	Gold	-	
34	Serdar Cetin	VAC	M45	02:23.40		-	.	Gold	
194	Mark Stevens	VAC	M45	02:47.15		-	.	Silver	
45	Robert Datnow	VAC	M50	02:16.94		-	.	Gold	
48	Liam Dawson	EMAC	M50	02:29.84		.	Gold	-	
161	Rob Potton	GBR	M50	02:32.53		-		-	
164	Pedro Quartin Graca	HUB	M50	02:39.15		-		-	

211	Gary Walsh	VAC	M55	02:55.95		-	.	Gold	
40	Steve Corfield	VAC	M60	02:25.26		-	.	Gold	
78	Roy Head	EMAC	M60	02:29.46		.	Gold	-	
129	Kevin McAlinden	EMAC	M60	02:31.44		.	Silver	-	
104	Dave Knighton	EMAC	M60	02:33.54		.	Bronze	-	
169	Colin Ridley	EMAC	M60	02:34.57		.	.	-	
30	Darko Calina	VAC	M60	02:54.38		-	.	Silver	
195	Andrew Stewart	EMAC	M60	03:25.97		.	.	-	
23	Geoffrey Brewster	EMAC	M65	02:55.61		.	Gold	-	
26	Richard Brown	EMAC	M70	03:18.42		.	Gold	-	
144	Bill O'Connor	VAC	M75	05:05.61		-	.	Gold	
312	Kat Sutton	VAC	W35	02:15.81		-	CR	Gold	
299	Rebecca Pickard	VAC	W45	02:42.13		-	.	Gold	
296	Joanna Paterson	VAC	W50	04:56.40		-	.	Gold	
230	Christine Anthony	EMAC	W60	02:48.45		.	Gold	-	
268	Elke Hausler	EMAC	W60	02:49.79		.	Silver	-	
240	Karen Brooks	EMAC	W65	02:46.67		CR	Gold	-	
1500m	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CR?	EMAC Medal	VAC CR?	VAC Medal	Event Heat
122	Chris Loudon	VAC	M35	04:09.61		-	.	Gold	
156	Oliver Park	EMAC	M35	04:25.52		CR	Gold	-	
3	Edmund Adigwe	CAMBH	M45	04:28.21		-	.	-	
196	Sam Sutherland	QPH	M40	04:29.04		-	.	-	
206	Daniel Ullah	BIRCH	M35	04:33.21		-	.	-	
130	Robert McHarg	SVHC	M60	04:34.74		-	.	-	
91	Craig Jackson	VAC	M50	04:42.11		-	.	Gold	
52	Eric Dol	VAC	M35	04:43.40		-	.	Silver	
219	David Williams	VAC	M60	04:45.80		-	CR	Gold	
192	Fabrizio Stefanoni	ILFRD	M50	04:53.66		-	.	-	
41	Andre Dahlkamp	VAC	M50	04:59.97		-	.	Silver	
169	Colin Ridley	EMAC	M60	05:04.88		CR	Gold	-	
95	Robin Jones	VAC	M50	05:09.94		-	.	Bronze	
256	Clare Elms	VAC	W60	05:11.07		-	CR	Gold	
164	Pedro Quartin Graca	HUB	M50	05:21.18		-	.	-	
307	Elinor Skinner	VAC	W45	05:26.38		-	.	Gold	
79	Nigel Herron	VAC	M60	05:29.23		-	.	Silver	
194	Mark Stevens	VAC	M45	05:29.55		-	.	Gold	
170	Steve Roberts	WMAL	M60	05:35.47		-	.	-	
132	Keith McLellan	EMAC	M65	06:18.36		.	Gold	-	
61	John Exley	SCVAC	M75	06:33.01		-	.	-	
144	Bill O'Connor	VAC	M75	09:59.58		-	.	Gold	
3000m	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CR?	EMAC Medal	VAC CR?	VAC Medal	Heat
52	Eric Dol	VAC	M35	10:09.53		-	.	Gold	
37	Matt Coffey	VAC	M40	09:31.34		-	CR	Gold	
172	Steven Robinson	EMAC	M40	09:49.71		.	Gold	-	
93	Brian Jenkins	EMAC	M40	10:05.74		.	Silver	-	
107	Vladimir Kraik	OXFC	M40	10:59.22		-	.	-	
69	Denis Gorman	NIMAA	M45	10:09.79		-	.	-	
46	Richard Davidson	SWVAC	M45	10:27.52		-	.	-	
194	Mark Stevens	VAC	M45	11:20.29		-	.	Gold	
163	Matthew Preston	VAC	M50	10:24.55		-	.	Gold	
95	Robin Jones	VAC	M50	10:32.42		-	.	Silver	
208	Oloff Van Zyl	RSA	M55	10:07.81		-	.	-	
167	Justin Reid	HW	M55	10:10.48		-	.	-	
213	Tom Webb	VAC	M55	10:17.02		-	.	Gold	
79	Nigel Herron	VAC	M60	11:10.89		-	.	Gold	
114	Martin Leat	VAC	M65	11:21.65		-	CR	Gold	
94	Brian Jones	EMAC	M65	11:50.76		.	Gold	-	
80	Karl Hick	MMAC	M65	12:16.63		-	.	-	
132	Keith McLellan	EMAC	M65	13:14.34		.	Silver	-	
176	John Ryan	VAC	M65	15:36.16		-	.	Silver	
263	Kerry Goymour	EMAC	W40	12:09.04		.	Gold	-	
280	Bea Lafreniere	VAC	W45	11:53.43		-	.	Gold	
302	Nicola Richmond	VAC	W50	12:04.97		-	.	Gold	
247	Anna Critchlow	VAC	W55	11:44.77		-	.	Gold	
265	Caroline Hale	EMAC	W55	12:14.26		.	Gold	-	
264	Marian Grace	MMAC	W65	13:21.23		-	.	-	
233	Fiona Bishop	VAC	W65	15:06.87		-	.	Gold	

2000m Walk	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CR?	EMAC Medal	VAC CR?	VAC Medal	Event Heat
225	Stefano Zennaro	LFRON	M50	10:52.50		-		-	
203	Ian Torode	SWVAC	M65	13:41.42		-		-	
18	John Borgars	EMAC	M75	14:47.24	.	Gold		-	
285	Aleksandra Majewska-Ani	EMAC	W35	11:22.12	.	Gold		-	
298	Melanie Peddle	EMAC	W55	10:56.40	.	Gold		-	
233	Fiona Bishop	VAC	W65	16:23.77		-	CR	Gold	
238	Diane Mary Brian	MMAC	W70	12:40.84		-		-	
60mH	Athlete	Area Club	Age Group	Result SS.ss	EMAC CR?	EMAC Medal	VAC CR?	VAC Medal	Event Heat
182	William Sharman	BEL	M40	8.47		-		-	
96	Kaspars Kazemaks	WOK	M40	8.99		-		-	
185	Michael Shortall (VAC)	EMAC	M40	9.11	.	Gold		-	
185	Michael Shortall (VAC)	VAC	M40	9.11		-	CR	Gold	
8	Dave Awde	SCVAC	M40	9.41		-		-	
4	Bilen Ahmet	VAC	M40	10.53		-	.	Silver	
188	Gary Smith	EMAC	M50	8.87	.	Gold		-	
120	Alwyn Lombaard	VAC	M50	10.00		-	.	Gold	
175	Ivan Ross	IRL	M50	10.98		-		-	
63	Ian Firla	BB	M50	11.57		-		-	
6	Ian Allen	SWVAC	M55	10.12		-		-	
218	Des Wilkinson	EMAC	M60	9.53	CR	Gold		-	
204	Neil Tunstall	SWVAC	M60	9.68		-		-	
166	Glen Reddington	VAC	M60	10.83		-	.	Gold	
92	Tennyson James	EMAC	M65	9.67	.	Gold		-	
128	John Mayor	EMAC	M65	10.42	.	Silver		-	
44	Gerald Daniel	EMAC	M70	11.77	.	Gold		-	
321	Chloe Williams	EMAC	W35	8.96	CR	Gold		-	
228	Niketa Akintade	ENFH	W35	11.61		-		-	
231	Stef Bazytkiewicz	EMAC	W35	12.76	.	Silver		-	
261	Sally Gilding	EMAC	W45	11.14	.	Gold		-	
244	Lowri Chatfield	EMAC	W45	11.66	.	Silver		-	
284	Sarah Loades	VAC	W50	10.37		-	.	Gold	
300	Janelle Quinn	MMAC	W50	10.98		-		-	
303	Nina Ridge	VAC	W50	11.05		-	.	Silver	
320	Sarah Westrap-Boon	VAC	W50	11.76		-	.	Bronze	
279	Kirstin King	BRACK	W60	10.55		-		-	
270	Sally Hine	RUNOR	W75	13.18		-		-	
High Jump	Athlete	Area Club	Age Group	Result M.mm	EMAC CR?	EMAC Medal	VAC CR?	VAC Medal	Event Heat
285	Aleksandra Majewska-Ani	EMAC	W35	1.30	.	Gold		-	
253	Selma Dilek	TUR	W40	1.15		-		-	
292	Emily Murray	VAC	W45	1.30		-	CR	Gold	
261	Sally Gilding	EMAC	W45	1.30	.	Gold		-	
303	Nina Ridge	VAC	W50	1.26		-	.	Gold	
245	Gaye Clarke (VAC)	EMAC	W60	1.14	.	Gold		-	
245	Gaye Clarke (VAC)	VAC	W60	1.14		-	.	Gold	
270	Sally Hine	RUNOR	W75	1.05		-		-	
Long Jump	Athlete	Area Club	Age Group	Result M.mm	EMAC CR?	EMAC Medal	VAC CR?	VAC Medal	Event Heat
157	Carl Paxman	EMAC	M35	5.31	.	Gold		-	
187	Roger Skedd	EMAC	M40	5.64	.	Gold		-	
185	Michael Shortall (VAC)	EMAC	M40	5.55	.	Silver		-	
185	Michael Shortall (VAC)	VAC	M40	5.55		-	.	Gold	
5	Olatunde Akerele	EMAC	M40	5.17	.	Bronze		-	
4	Bilen Ahmet	VAC	M40	4.89		-	.	Silver	
57	Ade Elegbede	EMAC	M45	4.99	.	Gold		-	
142	Samuel Nash	VAC	M50	5.27		-	.	Gold	
131	Tom McKelvey	IRL	M50	5.18		-		-	
165	Vaughan Ramsay	VAC	M50	4.74		-	.	Silver	
98	Christopher Kent	EMAC	M50	4.38	.	Gold		-	
148	Johnson Ogunniyi	SBH	M55	4.84		-		-	
6	Ian Allen	SWVAC	M55	4.71		-		-	
152	Gary Palmer	VAC	M55	4.47		-	.	Gold	
66	Mike Futtit	VAC	M55	3.57		-	.	Silver	
59	Richard Emptage	SCVAC	M60	4.42		-		-	
51	Andrew Dodd	MMAC	M60	4.33		-		-	
207	Richard Van Baaren	EMAC	M60	4.28	.	Gold		-	
214	Richard Weekes	VAC	M60	4.15		-	.	Gold	

117	Allan Leiper	AFD	M60	3.96		-		-	
184	David Shields	VAC	M60	3.57		-	.	Silver	
183	Robin Shaw	VAC	M60	2.22		-	.	Bronze	
128	John Mayor	EMAC	M65	4.34	CR	Gold		-	
140	Barry Morris	VAC	M65	4.29		-	CR	Gold	
210	Trevor Wade	VAC	M65	3.75		-	.	Silver	
32	Timothy Carter	VAC	M70	3.87		-	.	Gold	
60	Adrian Essex	SCVAC	M70	3.72		-		-	
44	Gerald Daniel	EMAC	M70	3.50	.	Gold		-	
111	Mario Lapka	SWVAC	M70	3.48		-		-	
190	John Spriggs	EMAC	M70	3.26	.	Silver		-	
231	Stef Bazytkiewicz	EMAC	W35	3.68	.	Gold		-	
259	Emily Fry	SOTON	W40	4.91		-		-	
305	Christine Sciberras	VAC	W45	4.25		-	.	Gold	
292	Emily Murray	VAC	W45	4.15		-	.	Silver	
322	Dawn Williams	EMAC	W45	3.92	.	Gold		-	
300	Janelle Quinn	MMAC	W50	4.35		-		-	
303	Nina Ridge	VAC	W50	4.25		-	CR	Gold	
320	Sarah Westrap-Boon	VAC	W50	3.88		-	.	Silver	
275	Stephanie Johnston	EMAC	W50	3.23	.	Gold		-	
254	Teresa Eades	SCVAC	W65	3.38		-		-	
258	Sandra Francis	VAC	W65	2.58		-	.	Gold	
289	Emily McMahon (VAC)	EMAC	W70	2.89	.	Gold		-	
289	Emily McMahon (VAC)	VAC	W70	2.89		-	.	Gold	
326	Sue Yeomans (VAC)	SCVAC	W70	2.74		-		-	
326	Sue Yeomans (VAC)	VAC	W70	2.74		-	.	Silver	
227	Lyn Ahmet	SCVAC	W70	2.18		-		-	
Pole Vault	Athlete	Area Club	Age Group	Result M.mm	EMAC CR?	EMAC Medal	VAC CR?	VAC Medal	Event Heat
220	Luke Williams	SCVAC	M35	3.55		-		-	
158	Glen Paxman	EMAC	M35	2.65	.	Gold		-	
4	Bilen Ahmet	VAC	M40	3.75		-	.	Gold	
102	Robert Kingman	EMAC	M50	3.65	CR	Gold		-	
98	Christopher Kent	EMAC	M50	1.55	.	Silver		-	
65	Michael Franklin	VAC	M55	2.75		-	.	Gold	
54	Simon Eastwood	EMAC	M55	2.75	.	Gold		-	
255	Jemma Eastwood	EMAC	W45	2.65	CR	Gold		-	
275	Stephanie Johnston	EMAC	W50	1.65	.	Gold		-	
327	Rosalind Zeffertt	VAC	W60	2.45		-	.	Gold	
254	Teresa Eades	SCVAC	W65	2.15		-		-	
326	Sue Yeomans (VAC)	SCVAC	W70	2.15		-		-	
326	Sue Yeomans (VAC)	VAC	W70	2.15		-	CR	Gold	
Triple Jump	Athlete	Area Club	Age Group	Result MM.mm	EMAC CR?	EMAC Medal	VAC CR?	VAC Medal	Event Heat
158	Glen Paxman	EMAC	M35	11.10	.	Gold		-	
185	Michael Shortall (VAC)	EMAC	M40	11.10	.	Gold		-	
185	Michael Shortall (VAC)	VAC	M40	11.10		-	CR	Gold	
131	Tom McKelvey	IRL	M50	10.10		-		-	
142	Samuel Nash	VAC	M50	9.42		-	.	Gold	
98	Christopher Kent	EMAC	M50	8.56	.	Gold		-	
42	Stephen Daly	VAC	M55	8.93		-	.	Silver	
207	Richard Van Baaren	EMAC	M60	8.51	.	Gold		-	
184	David Shields	VAC	M60	8.08		-	.	Gold	
214	Richard Weekes	VAC	M60	7.87		-	.	Silver	
140	Barry Morris	VAC	M65	8.64		-	.	Gold	
203	Ian Torode	SWVAC	M65	7.82		-		-	
Shot Putt	Athlete	Area Club	Age Group	Result MM.mm	EMAC CR?	EMAC Medal	VAC CR?	VAC Medal	Event Heat
187	Roger Skedd	EMAC	M40	11.81	.	Gold		-	
4	Bilen Ahmet	VAC	M40	9.67		-	.	Gold	
77	Martin Hayes	MMAC	M45	10.70		-		-	
135	Stephen Mccauley	SWVAC	M50	14.64		-		-	
1	Simon Achurch	EMAC	M50	12.27	.	Gold		-	
98	Christopher Kent	EMAC	M50	11.20	.	Silver		-	
100	Glen Kerr	EMAC	M50	10.84	.	Bronze		-	
149	Yinka Opaleye	EMAC	M50	9.59	.	.		-	
125	Richard Maddock	SWVAC	M50	5.85		-		-	
99	Darren Kerr	EMAC	M55	11.15	.	Gold		-	
12	David Bauer	EMAC	M55	10.98	.	Silver		-	
6	Ian Allen	SWVAC	M55	10.05		-		-	

148	Johnson Ogunniyi	SBH	M55	9.64		-		-
86	David Hunt	VAC	M55	8.80		-	.	Gold
66	Mike Futtit	VAC	M55	7.25		-	.	Silver
117	Allan Leiper	AFD	M60	13.82		-		-
70	Robert Grew	SWVAC	M60	10.02		-		-
222	Peter Wishart	EMAC	M60	9.90	.	Gold		-
68	Jim Gillespie (EMAC)	VAC	M60	8.79		-	.	Gold
68	Jim Gillespie (EMAC)	EMAC	M60	8.79	.	Silver		-
137	Chris Michael	VAC	M60	7.61		-	.	Silver
183	Robin Shaw	VAC	M60	6.90		-	.	Bronze
75	Michael Hausler	EMAC	M65	13.12	CR	Gold		-
10	Nick Barton	VAC	M65	11.41		-	CR	Gold
62	John Fenton	VAC	M65	10.56		-	.	Silver
145	Sean O'Keeffe	SWVAC	M65	8.47		-		-
210	Trevor Wade	VAC	M65	7.79		-	.	Bronze
11	Kevin Bates	EMAC	M70	10.46	.	Gold		-
150	Graeme Packman	EMAC	M70	9.51	.	Silver		-
179	Bunt Scott	EMAC	M70	9.10	.	Bronze		-
60	Adrian Essex	SCVAC	M70	8.06		-		-
143	Timothy Needham	EMAC	M70	7.66	.	.		-
168	Patrick Reynolds	VAC	M70	6.80		-	.	Gold
205	Geoffrey Tyler	EMAC	M75	10.24	.	Gold		-
76	Peter Hawney	VAC	M75	9.49		-	.	Gold
144	Bill O'Connor	VAC	M75	5.46		-	.	Silver
287	Sarah McGrath	EMAC	W50	10.37	.	Gold		-
303	Nina Ridge	VAC	W50	10.23		-	.	Gold
281	Sue Lawrence	EMAC	W50	9.12	.	Silver		-
273	Sharon Hutchings	VAC	W50	8.44		-	.	Silver
301	Lesley Richardson	WMAL	W55	8.28		-		-
317	Sue Van Vuuren	VAC	W55	8.28		-	.	Gold
315	Lisa Teverson	EMAC	W55	7.95	.	Gold		-
324	Sue Wisdom	VAC	W60	7.84		-	.	Gold
277	Helene Kehoe	LONH	W60	7.15		-		-
245	Gaye Clarke (VAC)	EMAC	W60	6.90	.	Gold		-
245	Gaye Clarke (VAC)	VAC	W60	6.90		-	.	Silver
236	Jill Boosey	EMAC	W60	6.48	.	Silver		-
310	Sharon St Luce	GBR	W65	8.96		-		-
316	Vilma Thompson	SCVAC	W70	6.81		-		-
250	Sue Dassie	VAC	W70	5.47		-	.	Gold
311	Stephanie Stamp	EMAC	W70	5.31	.	Gold		-
306	Liz Sissons	VAC	W80	7.51		-	CR	Gold