

# VAC-EMAC Indoor Track & Field Championships - 2025-02-09 - London

## Complete Results

Opentrack URL: <https://data.opentrack.run/en-gb/x/2025/GBR/emacs-vac-indoor/>

Organiser: Veterans AC

Venue: Lee Valley Athletics Centre (Indoor)

Type: INDOOR

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## Results

### T06 - 60m (M WALL) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 14:30

#### Race 1 of 15

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	174	Anthony Paul Roker	Aldershot Farnham & District		M75	1	5	9.32	
2	103	Geoffrey Kitchener	Veterans AC		M75	2	3	10.06	
3	126	Brian Mardling	Veterans AC		M75	3	4	11.25	

#### Race 2 of 15

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	27	John Browne	Eastern Masters AC		M70	1	6	8.58	
2	140	Barry Morris	Veterans AC		M65	1	4	8.98	
3	181	Vijendran Sellayah	Veterans AC		M65	2	5	9.08	
4	81	David Hinds	Veterans AC		M70	2	7	9.10	
5	49	Adrian Day	Veterans AC		M65	3	2	9.63	
6	90	Max Jackman	Eastern Masters AC		M65	4	3	10.24	

#### Race 3 of 15

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	58	Vincent Elie	Basingstoke & Mid Hants AC		M60	1	4	8.39	
2	113	John Lawrence	Eastern Masters AC		M60	2	2	9.79	
3	195	Andrew Stewart	Eastern Masters AC		M60	3	3	10.98	
	59	Richard Emptage	Southern Counties Veterans AC		M60	4	5	DNS	

#### Race 4 of 15

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	191	Brian Steene	Veterans AC		M60	1	6	8.08	
2	119	Pat Logan	Veterans AC		M60	2	2	8.16	
3	214	Richard Weekes	Veterans AC		M60	3	7	8.76	
4	177	Michael Salousti	Veterans AC		M60	4	5	8.93	
5	59	Richard Emptage	Southern Counties Veterans AC		M60	5	1	9.01	
6	166	Glen Reddington	Veterans AC		M60	6	4	9.15	
7	137	Chris Michael	Veterans AC		M60	7	3	10.03	

#### Race 5 of 15

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	216	Russell Whiting	Welsh Masters Athletics Ltd		M55	1	8	7.86	
2	64	Rowan Foggitt	Running Bear		M55	2	2	7.90	
3	42	Stephen Daly	Veterans AC		M55	3	1	8.46	
4	146	Darren O'Leary	Eastern Masters AC		M55	4	5	8.57	
5	101	Barrington King	Southern Counties Veterans AC		M55	5	4	8.65	
6	178	Conrad Salthouse	Eastern Masters AC		M55	6	6	9.12	
7	66	Mike Futtit	Veterans AC		M55	7	3	9.32	
8	211	Gary Walsh	Veterans AC		M55	8	7	9.48	

### Race 6 of 15

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	38	Mark Collins	Eastern Masters AC		M50	1	4	7.83	
2	197	Sean Sutherland	Southern Counties Veterans AC		M50	2	6	7.97	
3	149	Yinka Opaley	Eastern Masters AC		M50	3	5	8.06	
4	35	Tim Cheshire	Eastern Masters AC		M50	4	3	8.19	
5	1	Simon Achurch	Eastern Masters AC		M50	5	2	9.62	

### Race 7 of 15

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	21	Leon Braithwaite	Enfield & Haringey		M50	1	5	7.63	
2	142	Samuel Nash	Veterans AC		M50	2	4	8.42	
3	123	James Lumsden	Veterans AC		M50	3	3	8.47	
4	108	Philip Krinks	Veterans AC		M50	4	2	9.20	
5	125	Richard Maddock	South West Veterans AC		M50	5	6	9.29	YC T16.5.3

### Race 8 of 15

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	36	Craig Christian	Eastern Masters AC		M45	1	3	7.72	
2	57	Ade Elegbede	Eastern Masters AC		M45	2	4	7.73	
3	9	Michael Barough	Veterans AC		M45	3	1	7.95	
4	139	Nathan Moore	Eastern Masters AC		M45	4	6	7.99	
5	159	Isaiah Perumalla	Eastern Masters AC		M45	5	7	8.02	
6	115	Alan Lee	Veterans AC		M45	6	5	8.17	
7	29	Chris Burbidge	Ealing Southall & Middlesex AC		M45	7	2	8.20	

### Race 9 of 15

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	136	Anthony Meikle	Veterans AC		M40	1	6	7.52	
2	189	Andrew Spour	Eastern Masters AC		M40	2	8	7.59	
3	88	Panos Ioannou	Eastern Masters AC		M40	3	5	7.80	
4	5	Olatunde Akerele	Eastern Masters AC		M40	4	2	7.94	
5	185	Michael Shortall	Eastern Masters AC		M40	5	7	8.02	
6	56	Paul Egan	London Heathside		M40	6	4	8.28	
7	33	Andrew Caruana	Eastern Masters AC		M35	1	1	8.40	
	19	John Bowden	Midland Masters AC		M40	7	3	DNS	

### Race 10 of 15

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	262	Helen Godsell	Southern Counties Veterans AC		W70	1	3	9.30	
2	270	Sally Hine	Rugby & Northampton AC		W75	1	6	10.43	
3	289	Emily McMahon	Eastern Masters AC		W70	2	4	10.44	
4	311	Stephanie Stamp	Eastern Masters AC		W70	3	5	13.92	

### Race 11 of 15

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	279	Kirstin King	Bracknell AC		W60	1	3	8.75	
2	232	Tracy Bezance-Collins	South West Veterans AC		W60	2	7	9.34	
3	294	Janice Nottingham	Eastern Masters AC		W60	3	4	9.50	
4	319	Elizabeth Welbourn	Eastern Masters AC		W60	4	6	10.02	
5	309	Clare St John-Coleman	Eastern Masters AC		W60	5	5	10.07	
6	226	Rosemary Abbott	Eastern Masters AC		W60	6	2	10.97	

### Race 12 of 15

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	300	Janelle Quinn	Midland Masters AC		W50	1	5	8.74	
2	303	Nina Ridge	Veterans AC		W50	2	6	9.06	
3	320	Sarah Westrap-Boon	Veterans AC		W50	3	7	9.25	
4	246	Kirstie Cooper	Veterans AC		W50	4	1	9.38	
5	252	Delphine Diers	Veterans AC		W50	5	2	9.57	
6	275	Stephanie Johnston	Eastern Masters AC		W50	6	4	9.63	
7	269	Deborah Hill	Eastern Masters AC		W50	7	3	10.14	

### Race 13 of 15

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	274	Amy Jackson	Veterans AC		W45	1	4	8.98	
2	305	Christine Sciberras	Veterans AC		W45	2	5	8.99	
3	261	Sally Gilding	Eastern Masters AC		W45	3	3	9.55	
4	318	Rachel Waters	Veterans AC		W55	1	6	9.59	

### Race 14 of 15

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	235	Lisa Boland	Southern Counties Veterans AC		W40	1	5	7.89	
2	295	Ciaran Palfreyman	Veterans AC		W35	1	3	8.75	
3	241	Louise Brydon	Eastern Masters AC		W35	2	2	8.76	
4	231	Stef Bazylkiewicz	Eastern Masters AC		W35	3	1	9.78	
5	314	Jennifer Szantai	Veterans AC		W35	4	4	9.96	
6	253	Selma Dilek			W40	2	6	10.37	
	297	Catherine Peck	Eastern Masters AC		W40	3	7	DNS	

### Race 15 of 15

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	19	John Bowden	Midland Masters AC		M40	1	4	8.11	

## Summary of Round 1 T06 - 60m (MWALL) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 15:12

Rank	Bib	Name	Category	Cat Pos	Team (Team 2)	Time	Qualified	Heat:Lane
1	136	Anthony Meikle	M40	1	Veterans AC	7.52		9:6
2	189	Andrew Spour	M40	2	Eastern Masters AC	7.59		9:8
3	21	Leon Braithwaite	M50	1	Enfield & Haringey	7.63		7:5
4	36	Craig Christian	M45	1	Eastern Masters AC	7.72		8:3
5	57	Ade Elegbede	M45	2	Eastern Masters AC	7.73		8:4
6	88	Panos Ioannou	M40	3	Eastern Masters AC	7.80		9:5
7	38	Mark Collins	M50	2	Eastern Masters AC	7.83		6:4
8	216	Russell Whiting	M55	1	Welsh Masters Athletics Ltd	7.86		5:8
9	235	Lisa Boland	W40	1	Southern Counties Veterans AC	7.89		14:5
10	64	Rowan Foggitt	M55	2	Running Bear	7.90		5:2
11	5	Olatunde Akerele	M40	4	Eastern Masters AC	7.94		9:2
12	9	Michael Barough	M45	3	Veterans AC	7.95		8:1
13	197	Sean Sutherland	M50	3	Southern Counties Veterans AC	7.97		6:6
14	139	Nathan Moore	M45	4	Eastern Masters AC	7.99		8:6
15	159	Isaiah Perumalla	M45	5	Eastern Masters AC	8.02		8:7
16	185	Michael Shortall	M40	5	Eastern Masters AC	8.02		9:7
17	149	Yinka Opaleye	M50	4	Eastern Masters AC	8.06		6:5
18	191	Brian Steene	M60	1	Veterans AC	8.08		4:6
19	19	John Bowden	M40	6	Midland Masters AC	8.11		15:4
20	119	Pat Logan	M60	2	Veterans AC	8.16		4:2
21	115	Alan Lee	M45	6	Veterans AC	8.17		8:5
22	35	Tim Cheshire	M50	5	Eastern Masters AC	8.19		6:3
23	29	Chris Burbidge	M45	7	Ealing Southall & Middlesex AC	8.20		8:2
24	56	Paul Egan	M40	7	London Heathside	8.28		9:4
25	58	Vincent Elie	M60	3	Basingstoke & Mid Hants AC	8.39		3:4
26	33	Andrew Caruana	M35	1	Eastern Masters AC	8.40		9:1
27	142	Samuel Nash	M50	6	Veterans AC	8.42		7:4
28	42	Stephen Daly	M55	3	Veterans AC	8.46		5:1
29	123	James Lumsden	M50	7	Veterans AC	8.47		7:3
30	146	Darren O'Leary	M55	4	Eastern Masters AC	8.57		5:5
31	27	John Browne	M70	1	Eastern Masters AC	8.58		2:6
32	101	Barrington King	M55	5	Southern Counties Veterans AC	8.65		5:4
33	300	Janelle Quinn	W50	1	Midland Masters AC	8.74		12:5
34	279	Kirstin King	W60	1	Bracknell AC	8.75		11:3
34	295	Ciaran Palfreyman	W35	1	Veterans AC	8.75		14:3
36	214	Richard Weekes	M60	4	Veterans AC	8.76		4:7
36	241	Louise Brydon	W35	2	Eastern Masters AC	8.76		14:2
38	177	Michael Salousti	M60	5	Veterans AC	8.93		4:5
39	274	Amy Jackson	W45	1	Veterans AC	8.98		13:4
39	140	Barry Morris	M65	1	Veterans AC	8.98		2:4
41	305	Christine Sciberras	W45	2	Veterans AC	8.99		13:5
42	59	Richard Emptage	M60	6	Southern Counties Veterans AC	9.01		4:1
43	303	Nina Ridge	W50	2	Veterans AC	9.06		12:6
44	181	Vijendran Sellayah	M65	2	Veterans AC	9.08		2:5
45	81	David Hinds	M70	2	Veterans AC	9.10		2:7
46	178	Conrad Salthouse	M55	6	Eastern Masters AC	9.12		5:6
47	166	Glen Reddington	M60	7	Veterans AC	9.15		4:4
48	108	Philip Krinks	M50	8	Veterans AC	9.20		7:2
49	320	Sarah Westrap-Boon	W50	3	Veterans AC	9.25		12:7

Rank	Bib	Name	Category	Cat Pos	Team (Team 2)	Time	Qualified	Heat:Lane
50	125	Richard Maddock	M50	9	South West Veterans AC	9.29		7:6
51	262	Helen Godsell	W70	1	Southern Counties Veterans AC	9.30		10:3
52	174	Anthony Paul Roker	M75	1	Aldershot Farnham & District	9.32		1:5
52	66	Mike Futtit	M55	7	Veterans AC	9.32		5:3
54	232	Tracy Bezance-Collins	W60	2	South West Veterans AC	9.34		11:7
55	246	Kirstie Cooper	W50	4	Veterans AC	9.38		12:1
56	211	Gary Walsh	M55	8	Veterans AC	9.48		5:7
57	294	Janice Nottingham	W60	3	Eastern Masters AC	9.50		11:4
58	261	Sally Gilding	W45	3	Eastern Masters AC	9.55		13:3
59	252	Delphine Diers	W50	5	Veterans AC	9.57		12:2
60	318	Rachel Waters	W55	1	Veterans AC	9.59		13:6
61	1	Simon Achurch	M50	10	Eastern Masters AC	9.62		6:2
62	49	Adrian Day	M65	3	Veterans AC	9.63		2:2
62	275	Stephanie Johnston	W50	6	Eastern Masters AC	9.63		12:4
64	231	Stef Bazykiewicz	W35	3	Eastern Masters AC	9.78		14:1
65	113	John Lawrence	M60	8	Eastern Masters AC	9.79		3:2
66	314	Jennifer Szantai	W35	4	Veterans AC	9.96		14:4
67	319	Elizabeth Welbourn	W60	4	Eastern Masters AC	10.02		11:6
68	137	Chris Michael	M60	9	Veterans AC	10.03		4:3
69	103	Geoffrey Kitchener	M75	2	Veterans AC	10.06		1:3
70	309	Clare St John-Coleman	W60	5	Eastern Masters AC	10.07		11:5
71	269	Deborah Hill	W50	7	Eastern Masters AC	10.14		12:3
72	90	Max Jackman	M65	4	Eastern Masters AC	10.24		2:3
73	253	Selma Dilek	W40	2		10.37		14:6
74	270	Sally Hine	W75	1	Rugby & Northampton AC	10.43		10:6
75	289	Emily McMahon	W70	2	Eastern Masters AC	10.44		10:4
76	226	Rosemary Abbott	W60	6	Eastern Masters AC	10.97		11:2
77	195	Andrew Stewart	M60	10	Eastern Masters AC	10.98		3:3
78	126	Brian Mardling	M75	3	Veterans AC	11.25		1:4
79	311	Stephanie Stamp	W70	3	Eastern Masters AC	13.92		10:5

**Results**  
**T08 - 200m (MWALL) - 2025-02-09**  
 VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 16:00

**Race 1 of 14**

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	27	John Browne	Eastern Masters AC		M70	1	6	29.60	
2	81	David Hinds	Veterans AC		M70	2	4	30.07	
3	174	Anthony Paul Roker	Aldershot Farnham & District		M75	1	1	31.63	
4	60	Adrian Essex	Southern Counties Veterans AC		M70	3	5	32.34	
5	103	Geoffrey Kitchener	Veterans AC		M75	2	3	35.76	
6	144	Bill O'Connor	Veterans AC		M75	3		1:01.92	

**Race 2 of 14**

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	49	Adrian Day	Veterans AC		M65	1	2	30.31	
2	181	Vijendran Sellayah	Veterans AC		M65	2	4	30.73	
3	90	Max Jackman	Eastern Masters AC		M65	3	3	36.73	

**Race 3 of 14**

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	58	Vincent Elie	Basingstoke & Mid Hants AC		M60	1	2	26.85	
2	116	Jimson Lee	Veterans AC		M60	2	4	28.48	
3	16	Kermitt Bentham	Southern Counties Veterans AC		M60	3	5	29.57	
4	113	John Lawrence	Eastern Masters AC		M60	4	3	32.91	
5	137	Chris Michael	Veterans AC		M60	5	1	34.35	

**Race 4 of 14**

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	119	Pat Logan	Veterans AC		M60	1	4	28.08	
2	214	Richard Weekes	Veterans AC		M60	2	5	29.26	
3	177	Michael Salousti	Veterans AC		M60	3	3	29.48	
	59	Richard Emptage	Southern Counties Veterans AC		M60	4	2	DNS	

**Race 5 of 14**

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	216	Russell Whiting	Welsh Masters Athletics Ltd		M55	1	5	26.63	
2	146	Darren O'Leary	Eastern Masters AC		M55	2	3	28.15	
3	178	Conrad Salthouse	Eastern Masters AC		M55	3	4	30.21	
4	66	Mike Futtit	Veterans AC		M55	4	2	31.70	

**Race 6 of 14**

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	42	Stephen Daly	Veterans AC		M55	1	4	27.88	
2	101	Barrington King	Southern Counties Veterans AC		M55	2	3	30.81	
3	211	Gary Walsh	Veterans AC		M55	3	2	32.72	

### Race 7 of 14

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	38	Mark Collins	Eastern Masters AC		M50	1	5	25.27	
2	165	Vaughan Ramsay	Veterans AC		M50	2	3	29.60	
3	108	Philip Krinks	Veterans AC		M50	3	4	31.71	
4	125	Richard Maddock	South West Veterans AC		M50	4	2	33.90	

### Race 8 of 14

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	9	Michael Barough	Veterans AC		M45	1	4	25.26	
2	139	Nathan Moore	Eastern Masters AC		M45	2	5	25.44	
3	36	Craig Christian	Eastern Masters AC		M45	3	3	25.94	
4	29	Chris Burbidge	Ealing Southall & Middlesex AC		M45	4	6	26.24	
5	115	Alan Lee	Veterans AC		M45	5	2	26.58	

### Race 9 of 14

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	189	Andrew Spour	Eastern Masters AC		M40	1	2	24.26	
2	185	Michael Shortall	Eastern Masters AC		M40	2	5	24.79	
3	5	Olatunde Akerele	Eastern Masters AC		M40	3	4	25.19	
4	19	John Bowden	Midland Masters AC		M40	4	3	26.50	

### Race 10 of 14

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	15	Damaine Benjamin	Southern Counties Veterans AC		M35	1	4	23.33	
2	33	Andrew Caruana	Eastern Masters AC		M35	2	3	27.00	
3	43	Alan Danagher	Dartford Harriers AC		M35	3	2	27.39	

### Race 11 of 14

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	279	Kirstin King	Bracknell AC		W60	1	3	30.05	
2	232	Tracy Bezance-Collins	South West Veterans AC		W60	2	5	31.17	
3	262	Helen Godsell	Southern Counties Veterans AC		W70	1	2	32.01	
4	294	Janice Nottingham	Eastern Masters AC		W60	3	6	32.23	
5	226	Rosemary Abbott	Eastern Masters AC		W60	4	4	38.50	
6	311	Stephanie Stamp	Eastern Masters AC		W70	2	1	52.29	

### Race 12 of 14

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	266	Bernadette Harrop	Veterans AC		W50	1	6	31.16	
2	320	Sarah Westrap-Boon	Veterans AC		W50	2	4	31.81	
3	318	Rachel Waters	Veterans AC		W55	1	3	32.23	
4	242	Lisa Carpenter	South West Veterans AC		W50	3	5	33.08	
5	308	Amanda Louise Smith	Veterans AC		W55	2	2	35.47	

### Race 13 of 14

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	297	Catherine Peck	Eastern Masters AC		W40	1	4	29.98	
2	253	Selma Dilek			W40	2	3	39.29	



## Race 14 of 14

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	323	Rebecca Williams	Welsh Masters Athletics Ltd		W35	1	5	25.69	
2	295	Ciaran Palfreyman	Veterans AC		W35	2	2	29.54	
3	241	Louise Brydon	Eastern Masters AC		W35	3	1	30.08	
4	234	Chloe Blair	Southern Counties Veterans AC		W35	4	3	30.39	
5	228	Niketa Akintade	Enfield & Haringey		W35	5	6	30.76	
6	314	Jennifer Szantai	Veterans AC		W35	6	4	34.11	

## Summary of Round 1

### T08 - 200m (MWALL) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 16:39

Rank	Bib	Name	Category	Cat Pos	Team (Team 2)	Time	Qualified	Heat:Lane
1	15	Damaine Benjamin	M35	1	Southern Counties Veterans AC	23.33		10:4
2	189	Andrew Spour	M40	1	Eastern Masters AC	24.26		9:2
3	185	Michael Shortall	M40	2	Eastern Masters AC	24.79		9:5
4	5	Olatunde Akerele	M40	3	Eastern Masters AC	25.19		9:4
5	9	Michael Barough	M45	1	Veterans AC	25.26		8:4
6	38	Mark Collins	M50	1	Eastern Masters AC	25.27		7:5
7	139	Nathan Moore	M45	2	Eastern Masters AC	25.44		8:5
8	323	Rebecca Williams	W35	1	Welsh Masters Athletics Ltd	25.69		14:5
9	36	Craig Christian	M45	3	Eastern Masters AC	25.94		8:3
10	29	Chris Burbidge	M45	4	Ealing Southall & Middlesex AC	26.24		8:6
11	19	John Bowden	M40	4	Midland Masters AC	26.50		9:3
12	115	Alan Lee	M45	5	Veterans AC	26.58		8:2
13	216	Russell Whiting	M55	1	Welsh Masters Athletics Ltd	26.63		5:5
14	58	Vincent Elie	M60	1	Basingstoke & Mid Hants AC	26.85		3:2
15	33	Andrew Caruana	M35	2	Eastern Masters AC	27.00		10:3
16	43	Alan Danagher	M35	3	Dartford Harriers AC	27.39		10:2
17	42	Stephen Daly	M55	2	Veterans AC	27.88		6:4
18	119	Pat Logan	M60	2	Veterans AC	28.08		4:4
19	146	Darren O'Leary	M55	3	Eastern Masters AC	28.15		5:3
20	116	Jimson Lee	M60	3	Veterans AC	28.48		3:4
21	214	Richard Weekes	M60	4	Veterans AC	29.26		4:5
22	177	Michael Salousti	M60	5	Veterans AC	29.48		4:3
23	295	Ciaran Palfreyman	W35	2	Veterans AC	29.54		14:2
24	16	Kermitt Bentham	M60	6	Southern Counties Veterans AC	29.57		3:5
25	27	John Browne	M70	1	Eastern Masters AC	29.60		1:6
25	165	Vaughan Ramsay	M50	2	Veterans AC	29.60		7:3
27	297	Catherine Peck	W40	1	Eastern Masters AC	29.98		13:4
28	279	Kirstin King	W60	1	Bracknell AC	30.05		11:3
29	81	David Hinds	M70	2	Veterans AC	30.07		1:4
30	241	Louise Brydon	W35	3	Eastern Masters AC	30.08		14:1
31	178	Conrad Salthouse	M55	4	Eastern Masters AC	30.21		5:4
32	49	Adrian Day	M65	1	Veterans AC	30.31		2:2
33	234	Chloe Blair	W35	4	Southern Counties Veterans AC	30.39		14:3
34	181	Vijendran Sellayah	M65	2	Veterans AC	30.73		2:4
35	228	Niketa Akintade	W35	5	Enfield & Haringey	30.76		14:6
36	101	Barrington King	M55	5	Southern Counties Veterans AC	30.81		6:3
37	266	Bernadette Harrop	W50	1	Veterans AC	31.16		12:6
38	232	Tracy Bezance-Collins	W60	2	South West Veterans AC	31.17		11:5
39	174	Anthony Paul Roker	M75	1	Aldershot Farnham & District	31.63		1:1
40	66	Mike Futtit	M55	6	Veterans AC	31.70		5:2
41	108	Philip Krinks	M50	3	Veterans AC	31.71		7:4
42	320	Sarah Westrap-Boon	W50	2	Veterans AC	31.81		12:4
43	262	Helen Godsell	W70	1	Southern Counties Veterans AC	32.01		11:2
44	318	Rachel Waters	W55	1	Veterans AC	32.23		12:3
44	294	Janice Nottingham	W60	3	Eastern Masters AC	32.23		11:6
46	60	Adrian Essex	M70	3	Southern Counties Veterans AC	32.34		1:5
47	211	Gary Walsh	M55	7	Veterans AC	32.72		6:2
48	113	John Lawrence	M60	7	Eastern Masters AC	32.91		3:3

Rank	Bib	Name	Category	Cat Pos	Team (Team 2)	Time	Qualified	Heat:Lane
49	242	Lisa Carpenter	W50	3	South West Veterans AC	33.08		12:5
50	125	Richard Maddock	M50	4	South West Veterans AC	33.90		7:2
51	314	Jennifer Szantai	W35	6	Veterans AC	34.11		14:4
52	137	Chris Michael	M60	8	Veterans AC	34.35		3:1
53	308	Amanda Louise Smith	W55	2	Veterans AC	35.47		12:2
54	103	Geoffrey Kitchener	M75	2	Veterans AC	35.76		1:3
55	90	Max Jackman	M65	3	Eastern Masters AC	36.73		2:3
56	226	Rosemary Abbott	W60	4	Eastern Masters AC	38.50		11:4
57	253	Selma Dilek	W40	2		39.29		13:3
58	311	Stephanie Stamp	W70	2	Eastern Masters AC	52.29		11:1
59	144	Bill O'Connor	M75	3	Veterans AC	1:01.92		1:

## Results

### T03 - 400m (MWALL) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 12:15

#### Race 1 of 12

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	81	David Hinds	Veterans AC		M70	1	3	1:12.41	
2	32	Timothy Carter	Veterans AC		M70	2	2	1:13.10	
3	61	John Exley	Southern Counties Veterans AC		M75	1	4	1:25.65	
4	144	Bill O'Connor	Veterans AC		M75	2	1	2:24.64	

#### Race 2 of 12

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	92	Tennyson James	Eastern Masters AC		M65	1	1	1:04.11	
2	49	Adrian Day	Veterans AC		M65	2	2	1:06.74	

#### Race 3 of 12

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	147	Wole Odele	Southern Counties Veterans AC		M60	1	3	59.15	
2	58	Vincent Elie	Basingstoke & Mid Hants AC		M60	2	4	1:01.35	
3	116	Jimson Lee	Veterans AC		M60	3	5	1:07.57	
4	30	Darko Calina	Veterans AC		M60	4	2	1:19.96	

#### Race 4 of 12

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	14	Peter Benedickter	Eastern Masters AC		M55	1	1	1:00.36	
2	211	Gary Walsh	Veterans AC		M55	2	2	1:10.08	

#### Race 5 of 12

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	161	Rob Potton			M50	1	2	1:00.57	
2	63	Ian Firla	Blackheath & Bromley HAC		M50	2	1	1:01.02	
3	175	Ivan Ross	London Heathside		M50	3	3	1:07.84	

#### Race 6 of 12

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	173	Anibal Rodriguez Fuentes	Veterans AC		M45	1	2	57.31	
2	139	Nathan Moore	Eastern Masters AC		M45	2	3	57.40	
3	115	Alan Lee	Veterans AC		M45	3	1	57.70	
4	124	Rory Macfarlane	Veterans AC		M45	4	4	1:01.66	
5	141	Adam Morton	Southern Counties Veterans AC		M45	5	5	1:04.64	

### Race 7 of 12

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	8	Dave Awde	Southern Counties Veterans AC		M40	1	5	52.20	
2	96	Kaspars Kazemaks	Woking AC		M40	2	6	52.23	
3	17	Adam Bernard	Eastern Masters AC		M40	3	3	55.35	
4	110	Chris Lamb	Eastern Masters AC		M40	4	4	55.45	
5	185	Michael Shortall	Eastern Masters AC		M40	5	2	57.66	
6	19	John Bowden	Midland Masters AC		M40	6	1	1:04.94	

### Race 8 of 12

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	15	Damaine Benjamin	Southern Counties Veterans AC		M35	1	2	52.29	
2	83	Ian Horlock	Southern Counties Veterans AC		M35	2	1	53.85	

### Race 9 of 12

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	290	Virginia Mitchell	Veterans AC		W60	1	2	1:06.47	
2	230	Christine Anthony	Eastern Masters AC		W60	2	4	1:11.57	
3	294	Janice Nottingham	Eastern Masters AC		W60	3	3	1:16.03	

### Race 10 of 12

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	284	Sarah Loades	Veterans AC		W50	1	5	1:04.77	
2	325	Popsie Wootten	Oxford City AC		W50	2	4	1:09.35	
3	266	Bernadette Harrop	Veterans AC		W50	3	2	1:13.87	
4	242	Lisa Carpenter	South West Veterans AC		W50	4	3	1:14.39	

### Race 11 of 12

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	229	Liz Amos	Veterans AC		W45	1	6	1:01.98	
2	237	Kim Bopanna	Southern Counties Veterans AC		W40	1	5	1:02.17	
3	299	Rebecca Pickard	Veterans AC		W45	2	3	1:08.52	
4	297	Catherine Peck	Eastern Masters AC		W40	2	2	1:08.90	

### Race 12 of 12

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	288	Susie McLoughlin	Veterans AC		W45	1	6	1:01.97	
2	243	Hannah Carson	Veterans AC		W35	1	4	1:07.03	
3	234	Chloe Blair	Southern Counties Veterans AC		W35	2	5	1:09.55	
4	267	Natasha Hart	Veterans AC		W40	1	3	1:12.71	
5	314	Jennifer Szantai	Veterans AC		W35	3	2	1:19.01	

## Summary of Round 1 T03 - 400m (MWALL) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 12:48

Rank	Bib	Name	Category	Cat Pos	Team (Team 2)	Time	Qualified	Heat:Lane
1	8	Dave Awde	M40	1	Southern Counties Veterans AC	52.20		7:5
2	96	Kaspars Kazemaks	M40	2	Woking AC	52.23		7:6
3	15	Damaine Benjamin	M35	1	Southern Counties Veterans AC	52.29		8:2
4	83	Ian Horlock	M35	2	Southern Counties Veterans AC	53.85		8:1
5	17	Adam Bernard	M40	3	Eastern Masters AC	55.35		7:3
6	110	Chris Lamb	M40	4	Eastern Masters AC	55.45		7:4
7	173	Anibal Rodriguez Fuentes	M45	1	Veterans AC	57.31		6:2
8	139	Nathan Moore	M45	2	Eastern Masters AC	57.40		6:3
9	185	Michael Shortall	M40	5	Eastern Masters AC	57.66		7:2
10	115	Alan Lee	M45	3	Veterans AC	57.70		6:1
11	147	Wole Odele	M60	1	Southern Counties Veterans AC	59.15		3:3
12	14	Peter Benedickter	M55	1	Eastern Masters AC	1:00.36		4:1
13	161	Rob Potton	M50	1		1:00.57		5:2
14	63	Ian Firla	M50	2	Blackheath & Bromley HAC	1:01.02		5:1
15	58	Vincent Elie	M60	2	Basingstoke & Mid Hants AC	1:01.35		3:4
16	124	Rory Macfarlane	M45	4	Veterans AC	1:01.66		6:4
17	288	Susie McLoughlin	W45	1	Veterans AC	1:01.97		12:6
18	229	Liz Amos	W45	2	Veterans AC	1:01.98		11:6
19	237	Kim Bopanna	W40	1	Southern Counties Veterans AC	1:02.17		11:5
20	92	Tennyson James	M65	1	Eastern Masters AC	1:04.11		2:1
21	141	Adam Morton	M45	5	Southern Counties Veterans AC	1:04.64		6:5
22	284	Sarah Loades	W50	1	Veterans AC	1:04.77		10:5
23	19	John Bowden	M40	6	Midland Masters AC	1:04.94		7:1
24	290	Virginia Mitchell	W60	1	Veterans AC	1:06.47		9:2
25	49	Adrian Day	M65	2	Veterans AC	1:06.74		2:2
26	243	Hannah Carson	W35	1	Veterans AC	1:07.03		12:4
27	116	Jimson Lee	M60	3	Veterans AC	1:07.57		3:5
28	175	Ivan Ross	M50	3	London Heathside	1:07.84		5:3
29	299	Rebecca Pickard	W45	3	Veterans AC	1:08.52		11:3
30	297	Catherine Peck	W40	2	Eastern Masters AC	1:08.90		11:2
31	325	Popsie Wootten	W50	2	Oxford City AC	1:09.35		10:4
32	234	Chloe Blair	W35	2	Southern Counties Veterans AC	1:09.55		12:5
33	211	Gary Walsh	M55	2	Veterans AC	1:10.08		4:2
34	230	Christine Anthony	W60	2	Eastern Masters AC	1:11.57		9:4
35	81	David Hinds	M70	1	Veterans AC	1:12.41		1:3
36	267	Natasha Hart	W40	3	Veterans AC	1:12.71		12:3
37	32	Timothy Carter	M70	2	Veterans AC	1:13.10		1:2
38	266	Bernadette Harrop	W50	3	Veterans AC	1:13.87		10:2
39	242	Lisa Carpenter	W50	4	South West Veterans AC	1:14.39		10:3
40	294	Janice Nottingham	W60	3	Eastern Masters AC	1:16.03		9:3
41	314	Jennifer Szantai	W35	3	Veterans AC	1:19.01		12:2
42	30	Darko Calina	M60	4	Veterans AC	1:19.96		3:2
43	61	John Exley	M75	1	Southern Counties Veterans AC	1:25.65		1:4
44	144	Bill O'Connor	M75	2	Veterans AC	2:24.64		1:1

## Results

### T07 - 800m (MWALL) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 15:15

#### Race 1 of 6

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	23	Geoffrey Brewster	Eastern Masters AC		M65	1	5	2:55.61	
2	26	Richard Brown	Eastern Masters AC		M70	1	4	3:18.42	
3	144	Bill O'Connor	Veterans AC		M75	1	3	5:05.61	

#### Race 2 of 6

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	40	Steve Corfield	Veterans AC		M60	1	1	2:25.26	
2	78	Roy Head	Eastern Masters AC		M60	2	7	2:29.46	
3	129	Kevin McAlinden	Eastern Masters AC		M60	3	4	2:31.44	
4	104	Dave Knighton	Eastern Masters AC		M60	4	5	2:33.54	
5	169	Colin Ridley	Eastern Masters AC		M60	5	6	2:34.57	
6	30	Darko Calina	Veterans AC		M60	6	2	2:54.38	
7	195	Andrew Stewart	Eastern Masters AC		M60	7	2	3:25.97	

#### Race 3 of 6

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	45	Robert Datnow	Veterans AC		M50	1	2	2:16.94	
2	48	Liam Dawson	Eastern Masters AC		M50	2	3	2:29.84	
3	161	Rob Potton			M50	3	5	2:32.53	
4	164	Pedro Quartin Graca	The Running Hub		M50	4	6	2:39.15	
5	211	Gary Walsh	Veterans AC		M55	1	1	2:55.95	
	82	Richard Holt	Blackheath & Bromley HAC		M50	5	4	DNF	

#### Race 4 of 6

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	122	Chris Loudon	Veterans AC		M35	1	1	2:03.00	
2	110	Chris Lamb	Eastern Masters AC		M40	1	3	2:06.28	
3	84	Paul Howard	Veterans AC		M40	2	4	2:07.94	
4	24	David Brown	Eastern Masters AC		M45	1	5	2:10.41	
5	34	Serdar Cetin	Veterans AC		M45	2	2	2:23.40	
6	22	Scott Brewer	Veterans AC		M35	2	6	2:34.93	
7	194	Mark Stevens	Veterans AC		M45	3	7	2:47.15	

#### Race 5 of 6

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	312	Kat Sutton	Veterans AC		W35	1	1	2:15.81	
2	299	Rebecca Pickard	Veterans AC		W45	1	2	2:42.13	
3	240	Karen Brooks	Eastern Masters AC		W65	1	3	2:46.67	
4	230	Christine Anthony	Eastern Masters AC		W60	1	4	2:48.45	
5	268	Elke Hausler	Eastern Masters AC		W60	2	5	2:49.79	
6	296	Joanna Paterson	Veterans AC		W50	1	6	4:56.40	

## Race 6 of 6

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
	285	Aleksandra Majewska-Ani	Eastern Masters AC		W35		1		
	194	Mark Stevens	Veterans AC		M45		2		
	78	Roy Head	Eastern Masters AC		M60		3		
	211	Gary Walsh	Veterans AC		M55		4		
	122	Chris Loudon	Veterans AC		M35		5		
	22	Scott Brewer	Veterans AC		M35		6		



## Summary of Round 1

### T07 - 800m (MWALL) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 15:40

Rank	Bib	Name	Category	Cat Pos	Team (Team 2)	Time	Qualified	Heat:Lane
1	122	Chris Loudon	M35	1	Veterans AC	2:03.00		4:1
2	110	Chris Lamb	M40	1	Eastern Masters AC	2:06.28		4:3
3	84	Paul Howard	M40	2	Veterans AC	2:07.94		4:4
4	24	David Brown	M45	1	Eastern Masters AC	2:10.41		4:5
5	312	Kat Sutton	W35	1	Veterans AC	2:15.81		5:1
6	45	Robert Datnow	M50	1	Veterans AC	2:16.94		3:2
7	34	Serdar Cetin	M45	2	Veterans AC	2:23.40		4:2
8	40	Steve Corfield	M60	1	Veterans AC	2:25.26		2:1
9	78	Roy Head	M60	2	Eastern Masters AC	2:29.46		2:7
10	48	Liam Dawson	M50	2	Eastern Masters AC	2:29.84		3:3
11	129	Kevin McAlinden	M60	3	Eastern Masters AC	2:31.44		2:4
12	161	Rob Potton	M50	3		2:32.53		3:5
13	104	Dave Knighton	M60	4	Eastern Masters AC	2:33.54		2:5
14	169	Colin Ridley	M60	5	Eastern Masters AC	2:34.57		2:6
15	22	Scott Brewer	M35	2	Veterans AC	2:34.93		4:6
16	164	Pedro Quartin Graca	M50	4	The Running Hub	2:39.15		3:6
17	299	Rebecca Pickard	W45	1	Veterans AC	2:42.13		5:2
18	240	Karen Brooks	W65	1	Eastern Masters AC	2:46.67		5:3
19	194	Mark Stevens	M45	3	Veterans AC	2:47.15		4:7
20	230	Christine Anthony	W60	1	Eastern Masters AC	2:48.45		5:4
21	268	Elke Hausler	W60	2	Eastern Masters AC	2:49.79		5:5
22	30	Darko Calina	M60	6	Veterans AC	2:54.38		2:2
23	23	Geoffrey Brewster	M65	1	Eastern Masters AC	2:55.61		1:5
24	211	Gary Walsh	M55	1	Veterans AC	2:55.95		3:1
25	26	Richard Brown	M70	1	Eastern Masters AC	3:18.42		1:4
26	195	Andrew Stewart	M60	7	Eastern Masters AC	3:25.97		2:2
27	296	Joanna Paterson	W50	1	Veterans AC	4:56.40		5:6
28	144	Bill O'Connor	M75	1	Veterans AC	5:05.61		1:3
	82	Richard Holt	M50	5	Blackheath & Bromley HAC	DNF		3:4
	285	Aleksandra Majewska-Ani	W35		Eastern Masters AC			6:1
	194	Mark Stevens	M45		Veterans AC			6:2
	78	Roy Head	M60		Eastern Masters AC			6:3
	211	Gary Walsh	M55		Veterans AC			6:4
	122	Chris Loudon	M35		Veterans AC			6:5
	22	Scott Brewer	M35		Veterans AC			6:6

## Results

### T04 - 1500m (MWALL) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 13:00

#### Race 1 of 2

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	130	Robert McHarg	Scottish Veteran Harriers Club		M60	1	3	4:34.74	
2	219	David Williams	Veterans AC		M60	2	4	4:42.44	
3	169	Colin Ridley	Eastern Masters AC		M60	3	7	5:04.88	
4	256	Clare Elms	Veterans AC		W60	1	1	5:11.07	
5	307	Elinor Skinner	Veterans AC		W45	1	2	5:26.38	
6	79	Nigel Herron	Veterans AC		M60	4	6	5:29.23	
7	170	Steve Roberts	Welsh Masters Athletics Ltd		M60	5	9	5:35.47	
8	132	Keith McLellan	Eastern Masters AC		M65	1	5	6:18.36	
9	61	John Exley	Southern Counties Veterans AC		M75	1	3	6:33.01	
10	144	Bill O'Connor	Veterans AC		M75	2	4	9:59.58	

#### Race 2 of 2

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	122	Chris Loudon	Veterans AC		M35	1	13	4:09.61	
2	156	Oliver Park	Eastern Masters AC		M35	2	5	4:25.52	
3	3	Edmund Adigwe	Cambridge Harriers		M45	1	10	4:28.21	
4	196	Sam Sutherland	Queen's Park Harriers		M40	1	3	4:29.04	
5	206	Daniel Ullah	Birchfield Harriers		M35	3	11	4:33.21	
6	91	Craig Jackson	Veterans AC		M50	1	2	4:42.11	
7	52	Eric Dol	Veterans AC		M35	4	6	4:43.40	
8	192	Fabrizio Stefanoni	Ilford AC		M50	2	12	4:53.66	
9	41	Andre Dahlkamp	Veterans AC		M50	3	9	4:59.97	
10	95	Robin Jones	Veterans AC		M50	4	7	5:09.94	
11	164	Pedro Quartin Graca	The Running Hub		M50	5	8	5:21.18	
12	194	Mark Stevens	Veterans AC		M45	2	4	5:29.55	
	163	Matthew Preston	Veterans AC		M50	6	1	DNS	

## Summary of Round 1

### T04 - 1500m (MWALL) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 13:07

Rank	Bib	Name	Category	Cat Pos	Team (Team 2)	Time	Qualified	Heat:Lane
1	122	Chris Loudon	M35	1	Veterans AC	4:09.61		2:13
2	156	Oliver Park	M35	2	Eastern Masters AC	4:25.52		2:5
3	3	Edmund Adigwe	M45	1	Cambridge Harriers	4:28.21		2:10
4	196	Sam Sutherland	M40	1	Queen's Park Harriers	4:29.04		2:3
5	206	Daniel Ullah	M35	3	Birchfield Harriers	4:33.21		2:11
6	130	Robert McHarg	M60	1	Scottish Veteran Harriers Club	4:34.74		1:3
7	91	Craig Jackson	M50	1	Veterans AC	4:42.11		2:2
8	219	David Williams	M60	2	Veterans AC	4:42.44		1:4
9	52	Eric Dol	M35	4	Veterans AC	4:43.40		2:6
10	192	Fabrizio Stefanoni	M50	2	Ilford AC	4:53.66		2:12
11	41	Andre Dahlkamp	M50	3	Veterans AC	4:59.97		2:9
12	169	Colin Ridley	M60	3	Eastern Masters AC	5:04.88		1:7
13	95	Robin Jones	M50	4	Veterans AC	5:09.94		2:7
14	256	Clare Elms	W60	1	Veterans AC	5:11.07		1:1
15	164	Pedro Quartin Graca	M50	5	The Running Hub	5:21.18		2:8
16	307	Elinor Skinner	W45	1	Veterans AC	5:26.38		1:2
17	79	Nigel Herron	M60	4	Veterans AC	5:29.23		1:6
18	194	Mark Stevens	M45	2	Veterans AC	5:29.55		2:4
19	170	Steve Roberts	M60	5	Welsh Masters Athletics Ltd	5:35.47		1:9
20	132	Keith McLellan	M65	1	Eastern Masters AC	6:18.36		1:5
21	61	John Exley	M75	1	Southern Counties Veterans AC	6:33.01		1:3
22	144	Bill O'Connor	M75	2	Veterans AC	9:59.58		1:4

## Results

### T05 - 2000mW (MWALL) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 14:15

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	225	Stefano Zennaro	London Fronrunners		M50	1	7	10:52.50	
2	298	Melanie Peddle	Eastern Masters AC		W55	1	2	10:56.40	
3	285	Aleksandra Majewska-Ani	Eastern Masters AC		W35	1	1	11:22.12	
4	238	Diane Mary Brian	Midland Masters AC		W70	1	4	12:40.84	
5	203	Ian Torode	South West Veterans AC		M65	1	3	13:41.42	
6	18	John Borgars	Eastern Masters AC		M75	1	5	14:47.24	
7	233	Fiona Bishop	Veterans AC		W65	1	6	16:23.77	

## Results

### T01 - 60m Hurdles (MWALL) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 10:30

#### Race 1 of 7

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	182	William Sharman	Belgrave Harriers		M40	1	4	8.47	
2	96	Kaspars Kazemaks	Woking AC		M40	2	3	8.99	
3	185	Michael Shortall	Eastern Masters AC		M40	3	5	9.11	
4	8	Dave Awde	Southern Counties Veterans AC		M40	4	2	9.41	
5	4	Bilen Ahmet	Veterans AC		M40	5	6	10.53	

#### Race 2 of 7

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	188	Gary Smith	Eastern Masters AC		M50	1	4	8.87	
2	120	Alwyn Lombaard	Veterans AC		M50	2	3	10.00	
3	6	Ian Allen	South West Veterans AC		M55	1	5	10.12	
4	175	Ivan Ross	London Heathside		M50	3	6	10.98	
5	63	Ian Firla	Blackheath & Bromley HAC		M50	4	2	11.57	

#### Race 3 of 7

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	321	Chloe Williams	Eastern Masters AC		W35	1	3	8.96	
2	228	Niketa Akintade	Enfield & Haringey		W35	2	5	11.61	
3	231	Stef Bazylkiewicz	Eastern Masters AC		W35	3	4	12.76	

#### Race 4 of 7

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	218	Des Wilkinson	Eastern Masters AC		M60	1	3	9.53	
2	92	Tennyson James	Eastern Masters AC		M65	1	5	9.67	
3	204	Neil Tunstall	South West Veterans AC		M60	2	4	9.68	
4	128	John Mayor	Eastern Masters AC		M65	2	2	10.42	
5	166	Glen Reddington	Veterans AC		M60	3	6	10.83	

#### Race 5 of 7

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	261	Sally Gilding	Eastern Masters AC		W45	1	4	11.14	
2	244	Lowri Chatfield	Eastern Masters AC		W45	2	3	11.66	

#### Race 6 of 7

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	284	Sarah Loades	Veterans AC		W50	1	4	10.37	
2	300	Janelle Quinn	Midland Masters AC		W50	2	6	10.98	
3	303	Nina Ridge	Veterans AC		W50	3	5	11.05	
4	320	Sarah Westrap-Boon	Veterans AC		W50	4	3	11.76	
5	44	Gerald Daniel	Eastern Masters AC		M70	1	2	11.77	

#### Race 7 of 7

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	279	Kirstin King	Bracknell AC		W60	1	3	10.55	
2	270	Sally Hine	Rugby & Northampton AC		W75	1	4	13.18	

## Summary of Round 1 T01 - 60m Hurdles (MWALL) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 10:48

Rank	Bib	Name	Category	Cat Pos	Team (Team 2)	Time	Qualified	Heat:Lane
1	182	William Sharman	M40	1	Belgrave Harriers	8.47		1:4
2	188	Gary Smith	M50	1	Eastern Masters AC	8.87		2:4
3	321	Chloe Williams	W35	1	Eastern Masters AC	8.96		3:3
4	96	Kaspars Kazemaks	M40	2	Woking AC	8.99		1:3
5	185	Michael Shortall	M40	3	Eastern Masters AC	9.11		1:5
6	8	Dave Awde	M40	4	Southern Counties Veterans AC	9.41		1:2
7	218	Des Wilkinson	M60	1	Eastern Masters AC	9.53		4:3
8	92	Tennyson James	M65	1	Eastern Masters AC	9.67		4:5
9	204	Neil Tunstall	M60	2	South West Veterans AC	9.68		4:4
10	120	Alwyn Lombaard	M50	2	Veterans AC	10.00		2:3
11	6	Ian Allen	M55	1	South West Veterans AC	10.12		2:5
12	284	Sarah Loades	W50	1	Veterans AC	10.37		6:4
13	128	John Mayor	M65	2	Eastern Masters AC	10.42		4:2
14	4	Bilen Ahmet	M40	5	Veterans AC	10.53		1:6
15	279	Kirstin King	W60	1	Bracknell AC	10.55		7:3
16	166	Glen Reddington	M60	3	Veterans AC	10.83		4:6
17	300	Janelle Quinn	W50	2	Midland Masters AC	10.98		6:6
17	175	Ivan Ross	M50	3	London Heathside	10.98		2:6
19	303	Nina Ridge	W50	3	Veterans AC	11.05		6:5
20	261	Sally Gilding	W45	1	Eastern Masters AC	11.14		5:4
21	63	Ian Firla	M50	4	Blackheath & Bromley HAC	11.57		2:2
22	228	Niketa Akintade	W35	2	Enfield & Haringey	11.61		3:5
23	244	Lowri Chatfield	W45	2	Eastern Masters AC	11.66		5:3
24	320	Sarah Westrap-Boon	W50	4	Veterans AC	11.76		6:3
25	44	Gerald Daniel	M70	1	Eastern Masters AC	11.77		6:2
26	231	Stef Bazykiewicz	W35	3	Eastern Masters AC	12.76		3:4
27	270	Sally Hine	W75	1	Rugby & Northampton AC	13.18		7:4

## Results

### F04 - High Jump (WALL) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 11:15

Meeting Record: W35=1.81, W40=1.78, W45=1.65, W50=1.57, W55=1.55, W60=1.42, W75=1.16 - M65=1.56, M70=1.48, M75=1.40

Place	Bib	Ord	Name	Club	Club 2	Age	0.99	1.00	1.02	1.05	1.08	1.10	1.11	1.14	1.15	1.17	1.20	1.23	1.25	1.26	1.29	1.30	1.35	Best	Age Grade	Note
1	8	1	Aleksandra Majewska-Ani	Eastern Masters AC		W35											o		o			o	xxx	1.30	64.7	
1	9	6	Emily Murray	Veterans AC		W45									o		o		o			o	xxx	1.30	70.7	
3	6	5	Sally Gilding	Eastern Masters AC		W45									o		o		o			xo		1.30	70.0	
4	0	7	Nina Ridge	Veterans AC		W50									o	o	o		o		xxx			1.26	71.3	
5	5	3	Selma Dilek			W40		o		o		o			o		x							1.15	59.5	
6	4	9	Gaye Clarke	Eastern Masters AC		W60			o	xo	o		o	o										1.14	74.2	
7	7	10	Sally Hine	Rugby & Northampton AC		W75	o		o	xo	xxx													1.05	76.6	
	8	2	Natalie Le Beau	Eastern Masters AC		W35																		None		
	9	4	Augusta Moldovan	Eastern Masters AC		W40																		None		
	5	8	Janet Dickinson	South West Veterans AC		W55																		None		

## Results

### F03 - Pole Vault (MWALL) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 10:45

Meeting Record: M35=5.05, M40=4.53, M45=4.64, M50=4.64, M55=4.40, M60=3.61, M65=3.30 - W45=3.55, W50=3.51, W55=3.30, W60=2.91, W65=2.61, W70=2.35

Place	Bib	O rd	Name	Club	Club 2	Age	1. 5	1. 6	1. 7	1. 9	2. 0	2. 1	2. 2	2. 3	2. 4	2. 5	2. 6	2. 7	2. 8	3. 0	3. 2	3. 4	3. 5	3. 6	3. 7	3. 8	Best	Age Grade	Note	
1	4	3	Bilen Ahmet	Veterans AC		M40	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	3.75	64.8	
2	0	5	Robert Kingman	Eastern Masters AC		M50														xo		o		xo		xxx	3.65	72.0		
3	2	1	Luke Williams	Southern Counties Veterans AC		M35															o	o	o	xxx			3.55	58.6		
4	6	7	Michael Franklin	Veterans AC		M55								xo	o	o	xo	o	xxx								2.75	59.5		
5	5	6	Simon Eastwood	Eastern Masters AC		M55										o	xo	xxx									2.75	60.3		
6	5	11	Jemma Eastwood	Eastern Masters AC		W45									o	o	x-										2.65	59.2		
7	5	2	Glen Paxman	Eastern Masters AC		M35								xo	o	o	-	xxx									2.65	43.8		
8	2	13	Rosalind Zeffertt	Veterans AC		W60	o	o		o	o	o	xxo	xo	xo	xxx												2.45	69.3	
9	5	14	Teresa Eades	Southern Counties Veterans AC		W65				o	o	o	xxx															2.15	63.4	
10	2	15	Sue Yeomans	Southern Counties Veterans AC		W70				o	xo	xxo	xxx															2.15	69.3	
11	7	12	Stephanie Johnston	Eastern Masters AC		W50	o	xo	xxx																			1.65	39.3	
12	9	4	Christopher Kent	Eastern Masters AC		M50	o																					1.55	30.6	
7	3	10	Alan Hardy	Southern Counties Veterans AC		M65				xxx																		NH		
1	1	8	Allan Leiper	Southern Counties Veterans AC		M60																						None		
6	1	9	Richard Phelan	Eastern Masters AC		M60																						None		



## Results

### F11 - Triple JUMP (MFALL) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 16:25

Meeting Record: M35=17.44, M40=15.10, M45=13.55, M50=12.74, M55=12.45, M60=11.93, M65=10.70, M80=8.11 - W35=14.82, W75=6.81

#### Pool 1 of 2

Place	Bib	Name	Club	Club 2	Age	1	2	3	4	5	6	Result	Note
1	158	Glen Paxman	Eastern Masters AC		M35							11.10	
1	185	Michael Shortall	Eastern Masters AC		M40							11.10	
3	131	Tom McKelvey	Serpentine RC		M50							10.10	
4	142	Samuel Nash	Veterans AC		M50							9.42	
5	152	Gary Palmer	Veterans AC		M55							9.03	
6	42	Stephen Daly	Veterans AC		M55							8.93	
7	140	Barry Morris	Veterans AC		M65							8.64	
8	98	Christopher Kent	Eastern Masters AC		M50							8.56	
9	207	Richard Van Baaren	Eastern Masters AC		M60							8.51	
10	184	David Shields	Veterans AC		M60							8.08	
11	214	Richard Weekes	Veterans AC		M60							7.87	
12	203	Ian Torode	South West Veterans AC		M65							7.82	

#### Pool 2 of 2

Place	Bib	Name	Club	Club 2	Age	1	2	3	4	5	6	Result	Note
1	292	Emily Murray	Veterans AC		W45	x	8.78	8.94	8.94	x	9.30	9.30	

2	305	Christine Sciberras	Veterans AC	W45	x	8.60	8.18	8.60	8.84	8.79	<b>8.84</b>	
3	300	Janelle Quinn	Midland Masters AC	W50	7.64	x	8.50	8.05	7.88	8.57	<b>8.57</b>	
4	322	Dawn Williams	Eastern Masters AC	W45	7.90	x	7.90	8.32	8.20	7.44	<b>8.32</b>	
5	190	John Spriggs	Eastern Masters AC	M70	7.02	7.14	7.21	6.59	6.96	7.41	<b>7.41</b>	
6	270	Sally Hine	Rugby & Northampton AC	W75	5.84	5.87	5.62	5.89	5.26	6.16	<b>6.16</b>	
7	227	Lyn Ahmet	Southern Counties Veterans AC	W70	x	x	x	x	5.09	5.01	<b>5.09</b>	

## Results

### T02B - 3000m (M55+) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 11:30

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	208	Oloff Van Zyl	Sevenoaks AC		M55	1	7	10:07.81	
2	167	Justin Reid	Hercules Wimbledon AC		M55	2	4	10:10.48	
3	213	Tom Webb	Veterans AC		M55	3	6	10:17.02	
4	79	Nigel Herron	Veterans AC		M60	1	9	11:10.89	
5	114	Martin Leat	Veterans AC		M65	1	3	11:21.65	
6	94	Brian Jones	Eastern Masters AC		M65	2	2	11:50.76	
7	80	Karl Hick	Midland Masters AC		M65	3	1	12:16.63	
8	132	Keith McLellan	Eastern Masters AC		M65	4	8	13:14.34	
9	176	John Ryan	Veterans AC		M65	5	5	15:36.16	

## Results

### T02C - 3000m (M35-50) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 11:50

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	37	Matt Coffey	Veterans AC		M40	1	1	9:31.34	
2	172	Steven Robinson	Eastern Masters AC		M40	2	9	9:49.71	
3	93	Brian Jenkins	Eastern Masters AC		M40	3	7	10:05.74	
4	52	Eric Dol	Veterans AC		M35	1	11	10:09.53	
5	69	Denis Gorman	NIMAA		M45	1	6	10:09.79	
6	163	Matthew Preston	Veterans AC		M50	1	4	10:24.55	
7	46	Richard Davidson	South West Veterans AC		M45	2	2	10:27.52	
8	95	Robin Jones	Veterans AC		M50	2	10	10:32.42	
9	107	Vladimir Kralik	Oxford City AC		M40	4	8	10:59.22	
10	194	Mark Stevens	Veterans AC		M45	3	3	11:20.29	
	41	Andre Dahlkamp	Veterans AC		M50	3	5	DNF	

## Results

### F07A - High Jump (M35-55) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 13:30

Meeting Record: M35=2.25, M40=2.10, M45=1.85, M50=1.80, M55=1.71

Place	Bib	Ord	Name	Club	Club 2	Age	1.3 0	1.3 5	1.4 0	1.4 5	1.5 0	1.5 5	1.6 0	1.6 3	1.6 6	1.6 9	Best	Age Grade	Note
1	12 0	7	Alwyn Lombaard	Veterans AC		M50				o	o	o	o	o	o	xxx	1.66	79.4	
2	15 8	1	Glen Paxman	Eastern Masters AC		M35			o		o	xo	xxo	xxx			1.60	66.8	
3	18 7	2	Roger Skedd	Eastern Masters AC		M40					o	o	xxx				1.55	68.6	
4	57	3	Ade Elegbede	Eastern Masters AC		M45				o	o	x					1.50	69.7	
5	16 5	6	Vaughan Ramsay	Veterans AC		M50		o	o	o	xxx						1.45	70.1	
5	14 8	11	Johnson Ogunniyi	Southern Counties Veterans AC		M55	o	o	o	o	xxx						1.45	73.0	
7	15 2	9	Gary Palmer	Veterans AC		M55	o	o	xo	xxx							1.40	72.7	
8	98	8	Christopher Kent	Eastern Masters AC		M50	o	xo	xxo	xxx							1.40	67.7	
8	20 8	10	Oloff Van Zyl	Sevenoaks AC		M55		xo	xxo	xxx							1.40	70.5	

## Results

### F07B - High Jump (M60+) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 13:30

Place	Bib	Ord	Name	Club	Club 2	Age	0.94	1.00	1.06	1.09	1.12	1.15	1.18	1.21	1.24	1.27	1.30	1.33	1.36	1.39	1.42	Best	Age Grade	Note
1	128	10	John Mayor	Eastern Masters AC		M65									o	o	xo	o	o	o	xx	1.39	78.5	
2	145	4	Sean O'Keeffe	South West Veterans AC		M65				o	o	xo	o	o	o	o	o	o	o	xxx		1.36	76.8	
3	199	7	Duncan Talbot	Southern Counties Veterans AC		M70								o	o	xo	xxx					1.27	75.7	
4	203	3	Ian Torode	South West Veterans AC		M65				o		o	o	o	o	xxx						1.24	71.5	
5	44	6	Gerald Daniel	Eastern Masters AC		M70				o	xo	o	o	o	o	x						1.24	74.7	
6	60	8	Adrian Essex	Southern Counties Veterans AC		M70	o	o			o	o	xx									1.15	70.9	
7	103	9	Geoffrey Kitchener	Veterans AC		M75	o	o		o	o	xxo	xxx									1.15	71.7	
8	210	5	Trevor Wade	Veterans AC		M65	o		o		o	xxx										1.12	64.6	
9	183	2	Robin Shaw	Veterans AC		M60	o		o	xxo	o	x										1.12	59.3	

## Results

### F02 - Long Jump (M35-50) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 10:30

Meeting Record: M35=7.87, M40=7.52, M45=6.40, M50=6.24

Place	Bib	Name	Club	Club 2	Age	1	2	3	4	5	6	Result	Note
1	187	Roger Skedd	Eastern Masters AC		M40	5.18	5.59	5.64	5.41		5.36	<b>5.64</b>	
2	185	Michael Shortall	Eastern Masters AC		M40	5.54	5.34	5.55	5.31	5.13		<b>5.55</b>	
3	157	Carl Paxman	Eastern Masters AC		M35	5.05	5.22	5.31	5.03	5.14		<b>5.31</b>	
4	142	Samuel Nash	Veterans AC		M50	4.63	4.73	4.99	5.27	5.01	5.27	<b>5.27</b>	
5	131	Tom McKelvey	Serpentine RC		M50	5.16	5.13	5.13	5.06	5.18	5.17	<b>5.18</b>	
6	5	Olatunde Akerele	Eastern Masters AC		M40	4.43	5.17	4.73	4.46	4.73	4.60	<b>5.17</b>	
7	57	Ade Elegbede	Eastern Masters AC		M45	4.59	4.22	4.89	4.99	4.49		<b>4.99</b>	
8	4	Bilen Ahmet	Veterans AC		M40		3.67	4.89				<b>4.89</b>	
9	165	Vaughan Ramsay	Veterans AC		M50	4.42	4.60	4.60	3.52	4.74	4.72	<b>4.74</b>	
10	98	Christopher Kent	Eastern Masters AC		M50	4.07	4.03	4.38				<b>4.38</b>	

## Results

### F09A - Long Jump (M55+) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 14:30

Place	Bib	Name	Club	Club 2	Age	1	2	3	4	5	6	Result	Note
1	6	Ian Allen	South West Veterans AC		M55	4.68	3.70	4.71	4.45			4.71	
2	59	Richard Emptage	Southern Counties Veterans AC		M60	4.26	3.96	4.05	4.42	4.28	4.15	4.42	
3	128	John Mayor	Eastern Masters AC		M65	4.09	4.34	4.20				4.34	
4	207	Richard Van Baaren	Eastern Masters AC		M60	4.28	4.13	4.23	4.06	4.11	4.01	4.28	
5	214	Richard Weekes	Veterans AC		M60	3.74	3.49	4.03	4.15	4.11	3.87	4.15	
6	117	Allan Leiper	Southern Counties Veterans AC		M60	3.96	3.84	3.84	2.95			3.96	
7	32	Timothy Carter	Veterans AC		M70	3.42	3.39	3.43	3.60	3.71	3.87	3.87	
8	210	Trevor Wade	Veterans AC		M65	3.65	3.75	3.75	x	x	2.55	3.75	
9	60	Adrian Essex	Southern Counties Veterans AC		M70	3.27	3.00	3.50	3.40	3.43	3.72	3.72	
10	66	Mike Futtit	Veterans AC		M55	3.19	3.41	3.27	3.49	3.50	3.57	3.57	
11	184	David Shields	Veterans AC		M60	3.47	3.57	3.50				3.57	
12	44	Gerald Daniel	Eastern Masters AC		M70	3.50	3.34	3.23	x	3.17	2.86	3.50	
13	190	John Spriggs	Eastern Masters AC		M70	3.26	3.23	3.21				3.26	
14	183	Robin Shaw	Veterans AC		M60	2.22						2.22	



## Results

### F01 - Shot Put (M60+) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 10:30

Meeting Record: M60=14.51, M65=13.73, M70=13.33, M75=12.06, M80=11.14

Place	Bib	Name	Club	Club 2	Age	1	2	3	4	5	6	Result	Note
1	117	Allan Leiper	Southern Counties Veterans AC		M60	12.92	13.47	13.82	13.13	13.27	x	13.82	
2	75	Michael Hausler	Eastern Masters AC		M65	x	13.00	13.12	x	13.02	13.04	13.12	
3	10	Nick Barton	Veterans AC		M65	10.98	10.60	11.41	x	10.06	11.29	11.41	
4	62	John Fenton	Veterans AC		M65	10.56	x	x	10.22	x	10.27	10.56	
5	11	Kevin Bates	Eastern Masters AC		M70	9.69	10.02	x	10.46	x	x	10.46	
6	205	Geoffrey Tyler	Eastern Masters AC		M75	10.22	10.15	10.11	9.99	10.13	10.24	10.24	
7	70	Robert Grew	South West Veterans AC		M60	8.98	10.02	9.91	9.99	9.03	9.56	10.02	
8	222	Peter Wishart	Eastern Masters AC		M60	9.34	9.90	x	x	9.18	9.45	9.90	
9	150	Graeme Packman	Eastern Masters AC		M70	9.12	7.88	9.24	9.50	9.51	9.17	9.51	
10	76	Peter Hawney	Veterans AC		M75	9.34	9.42	9.43	9.49	9.49	9.36	9.49	
11	179	Bunt Scott	Eastern Masters AC		M70	8.82	x	8.84	8.64	x	9.10	9.10	
12	68	Jim Gillespie	Veterans AC		M60	8.58	8.79	8.79				8.79	
13	145	Sean O'Keeffe	South West Veterans AC		M65	8.10	8.47	8.17				8.47	
14	60	Adrian Essex	Southern Counties Veterans AC		M70	6.46	7.39	8.06				8.06	
15	210	Trevor Wade	Veterans AC		M65	7.78	7.63	7.79				7.79	
16	143	Timothy Needham	Eastern Masters AC		M70	7.63	7.62	7.66				7.66	

17	137	Chris Michael	Veterans AC	M60	7.61	6.90	7.28				<b>7.61</b>	
18	183	Robin Shaw	Veterans AC	M60	6.45	6.90	x				<b>6.90</b>	
19	168	Patrick Reynolds	Veterans AC	M70	6.29	6.80	6.80				<b>6.80</b>	
20	144	Bill O'Connor	Veterans AC	M75	5.46	5.31	5.05				<b>5.46</b>	

## Results

### F05 - Shot Put (M35-55) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 12:15

Meeting Record: M40=17.64, M45=14.92, M50=16.21, M55=15.29

Place	Bib	Name	Club	Club 2	Age	1	2	3	4	5	6	Result	Note
1	135	Stephen Mccauley	South West Veterans AC		M50	14.42	14.53	14.54	14.64	14.36	x	14.64	
2	1	Simon Achurch	Eastern Masters AC		M50	11.98	11.63	11.54	x	12.27	12.11	12.27	
3	187	Roger Skedd	Eastern Masters AC		M40	10.84	x	11.71	11.49	11.32	11.81	11.81	
4	98	Christopher Kent	Eastern Masters AC		M50	10.67	10.61	10.94	11.20	x	10.27	11.20	
5	99	Darren Kerr	Eastern Masters AC		M55	10.32	x	10.03	x	10.20	11.15	11.15	
6	12	David Bauer	Eastern Masters AC		M55	10.98	10.20	10.38	10.34	x	10.05	10.98	
7	100	Glen Kerr	Eastern Masters AC		M50	x	10.84	x				10.84	
8	77	Martin Hayes	Midland Masters AC		M45	10.19	9.90	10.70	10.34	10.28	x	10.70	
9	6	Ian Allen	South West Veterans AC		M55	9.64	9.72	9.47	9.25	9.54	10.05	10.05	
10	4	Bilen Ahmet	Veterans AC		M40		9.59	9.37	9.41	9.32	9.67	9.67	
11	148	Johnson Ogunniyi	Southern Counties Veterans AC		M55	9.64	9.41	x				9.64	
12	149	Yinka Opaleye	Eastern Masters AC		M50	9.59	9.15	8.92				9.59	
13	86	David Hunt	Veterans AC		M55	8.80	8.67	8.58				8.80	
14	66	Mike Futtit	Veterans AC		M55	6.96	7.15	7.25				7.25	
15	125	Richard Maddock	South West Veterans AC		M50	x	5.39	5.85				5.85	

## Results

### T02A - 3000m (FALL) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 11:15

Place	Bib	Name	Club	Club 2	Category	Cat Pos	Lane	Result	Note
1	247	Anna Critchlow	Veterans AC		W55	1	5	11:44.77	
2	280	Bea Lafreniere	Veterans AC		W45	1	4	11:53.43	
3	302	Nicola Richmond	Veterans AC		W50	1	1	12:04.97	
4	263	Kerry Goymour	Eastern Masters AC		W40	1	3	12:09.04	
5	265	Caroline Hale	Eastern Masters AC		W55	2	6	12:14.26	
6	264	Marian Grace	Midland Masters AC		W65	1	7	13:21.23	
7	233	Fiona Bishop	Veterans AC		W65	2	2	15:06.87	

## Results

### F06 - Long Jump (W35-55) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 13:00

Meeting Record: W35=6.13, W40=5.78, W45=5.40, W50=4.86, W55=4.82

Place	Bib	Name	Club	Club 2	Age	1	2	3	4	5	6	Result	Note
1	259	Emily Fry	Southampton AC		W40	4.43	4.47	4.60	4.79	4.70	4.91	4.91	
2	300	Janelle Quinn	Midland Masters AC		W50	3.83	4.31	4.20	4.25	4.35		4.35	
3	305	Christine Sciberras	Veterans AC		W45	4.21	4.25	3.78	4.07	4.19	4.08	4.25	
4	303	Nina Ridge	Veterans AC		W50	x	4.25	4.18	3.99	x	4.00	4.25	
5	292	Emily Murray	Veterans AC		W45	4.01	4.12	4.10	4.01	4.12	4.15	4.15	
6	322	Dawn Williams	Eastern Masters AC		W45	x	3.92	x	x	3.80	x	3.92	
7	320	Sarah Westrap-Boon	Veterans AC		W50	3.73	3.44	3.88	3.81	3.69	x	3.88	
8	231	Stef Bazykiewicz	Eastern Masters AC		W35	3.68	3.56	3.67	3.50			3.68	
9	275	Stephanie Johnston	Eastern Masters AC		W50	3.23	3.08	3.01				3.23	

## Results

### F09B - Long Jump (W60+) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 14:30

Place	Bib	Name	Club	Club 2	Age	1	2	3	4	5	6	Result	Note
1	148	Johnson Ogunniyi	Southern Counties Veterans AC		M55	x	4.54	x	x	4.75	4.84	<b>4.84</b>	
2	152	Gary Palmer	Veterans AC		M55	4.09	4.24	4.47	x	4.33		<b>4.47</b>	
3	51	Andrew Dodd	Midland Masters AC		M60	4.26	4.14	4.33	2.47	4.29	3.87	<b>4.33</b>	
4	140	Barry Morris	Veterans AC		M65	4.15	4.29	3.48	4.13	4.12	4.05	<b>4.29</b>	
5	111	Mario Lapka	South West Veterans AC		M70	3.35	3.48		3.41		3.38	<b>3.48</b>	
6	254	Teresa Eades	Southern Counties Veterans AC		W65	2.95	3.15	3.06	x	3.27	3.38	<b>3.38</b>	
7	289	Emily McMahon	Eastern Masters AC		W70	2.71	2.80	2.89	2.84			<b>2.89</b>	
8	326	Sue Yeomans	Southern Counties Veterans AC		W70	2.33	2.72	2.74	2.56	2.59	2.64	<b>2.74</b>	
9	258	Sandra Francis	Striders Of Croydon		W65	2.58	2.39	2.31	2.45	2.09	2.37	<b>2.58</b>	
10	227	Lyn Ahmet	Southern Counties Veterans AC		W70	2.18	1.92	2.13	1.88	x	1.97	<b>2.18</b>	

## Results

### F08 - Shot Put (W35-45) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 14:00

Meeting Record: W35=18.72, W40=18.42, W45=12.06

Place	Bib	Name	Club	Club 2	Age	1	2	3	4	5	6	Result	Note
1	239	Laurensa Britane	Southern Counties Veterans AC		W35	9.45	x	9.73	x	9.01	x	<b>9.73</b>	
2	322	Dawn Williams	Eastern Masters AC		W45	8.28	8.13	8.38	8.11	6.71	7.92	<b>8.38</b>	
3	286	Natalie Mann	Veterans AC		W40	6.05	8.17	7.71	7.56	7.05	x	<b>8.17</b>	
4	261	Sally Gilding	Eastern Masters AC		W45	7.47	7.53	7.76	7.26	7.33	7.30	<b>7.76</b>	
5	313	Anneli Sydenham	Veterans AC		W35	6.57	6.69	6.22	x	6.13	6.33	<b>6.69</b>	

## Results

### F10 - Shot Put (W50+) - 2025-02-09

VAC-EMAC Indoor Track & Field Championships - London - 09 Feb 2025 - START TIME: 15:15

Meeting Record: W50=13.58, W55=12.09, W60=11.97, W65=11.75, W70=10.82, W75=10.44, W80=9.58

Place	Bib	Name	Club	Club 2	Age	1	2	3	4	5	6	Result	Note
1	287	Sarah McGrath	Eastern Masters AC		W50	9.82	10.05	10.05	9.79	10.10	10.37	<b>10.37</b>	
2	303	Nina Ridge	Veterans AC		W50	8.95	9.68	9.34	10.21	9.93	10.23	<b>10.23</b>	
3	281	Sue Lawrence	Eastern Masters AC		W50	8.76	x	8.87	8.67	9.12	8.66	<b>9.12</b>	
4	310	Sharon St Luce	Herne Hill Harriers		W65	8.60	8.96	8.92	8.67	8.78	8.75	<b>8.96</b>	
5	273	Sharon Hutchings	Veterans AC		W50	x	8.37	8.44				<b>8.44</b>	
6	301	Lesley Richardson	Welsh Masters Athletics Ltd		W55	6.69	8.11	8.23	8.08	8.28	7.78	<b>8.28</b>	
7	317	Sue Van Vuuren	Veterans AC		W55	7.88	8.10	7.29	8.10	8.13	8.28	<b>8.28</b>	
8	315	Lisa Teverson	Eastern Masters AC		W55	7.65	7.68	7.60	7.02	7.51	7.95	<b>7.95</b>	
9	324	Sue Wisdom	Veterans AC		W60	7.14	7.24	7.68	7.47	7.73	7.84	<b>7.84</b>	
10	306	Liz Sissons	Veterans AC		W80	7.51	x	7.42	7.33	x	7.27	<b>7.51</b>	
11	277	Helene Kehoe	London Heathside		W60	6.80	6.99	7.15	6.99	6.91	6.98	<b>7.15</b>	
12	245	Gaye Clarke	Eastern Masters AC		W60	5.92	6.57	6.35	6.10	6.85	6.90	<b>6.90</b>	
13	316	Vilma Thompson	Southern Counties Veterans AC		W70	6.69	6.81	6.57	x	6.30	6.15	<b>6.81</b>	
14	236	Jill Boosey	Eastern Masters AC		W60	6.48	6.26	6.42				<b>6.48</b>	
15	250	Sue Dassie	Veterans AC		W70	5.20	5.13	5.30	5.30	5.18	5.47	<b>5.47</b>	
16	311	Stephanie Stamp	Eastern Masters AC		W70			5.26	5.00	5.28	5.31	<b>5.31</b>	



300	Janelle Quinn	Midland Masters AC	W50	x						NM	
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