

**EMAA INDOOR INTER AREA TRACK FIELD CHALLENGE**

**LEE VALLEY ATHLETICS CENTRE, LONDON**

**SUNDAY 13 MARCH 2022**

<b>Men</b>		
Pos	Region	Points
1	MMAC	236.5
2	EMAC	217
3	SCVAC	190
4	VAC	168
5	WMAL	150
6	NMAC	133.5
7	SWVAC	65

After 46 events scored

<b>Overall</b>		
Pos	Region	Points
1	MMAC	456.5
2	EMAC	360
3	VAC	335
4	SCVAC	330
5	NMAC	274.5
6	WMAL	210
7	SWVAC	128

After 87 total events scored

<b>Women</b>		
Pos	Region	Points
1	MMAC	220
2	VAC	167
3	EMAC	143
4	NMAC	140
5	SCVAC	140
6	SWVAC	63
7	WMAL	60

After 41 events scored

<b>Overall</b>		
Pos	Region	Points
1	MMAC	456.5
2	EMAC	357
3	VAC	335
4	SCVAC	330
5	NMAC	274.5
6	WMAL	210
7	SWVAC	128

After 133 total events scored

**M35 60m**

Pos	Bib	Name	Club	Perf
1	33	Joshua Wood (M45)	SCVAC	7.27
2	63	Michael Dickens	WMAL	7.31
3	53	Owen Wells	VAC	7.54
4	13	Ade Elegbede (M45)	EMAC	7.64
5	73	Steven Callister	NMAC	7.72
6	23	Tunde Adeyemo (M40)	MMAC	7.86

**M50 60m**

Pos	Bib	Name	Club	Perf
1	25	Patrick Corcoran	MMAC	7.92
2	15	Gary Smith	EMAC	7.94
3	75	Malcolm McPhail	NMAC	7.99
4	45	Ian Allen (M55)	SWVAC	8.19
5	35	Barrie Marsden (M55)	SCVAC	8.28
6	65	Eric Oram (M55)	WMAL	8.48
7	55	Tony Killilea (M55)	VAC	8.98

**M60 60m**

Pos	Bib	Name	Club	Perf
1	76	John Wright	NMAC	7.96
2	56	Pat Logan	VAC	8.00
3	26	Peter Ilo	MMAC	8.25
4	16	Tennyson James	EMAC	8.51
5	36	Simon Barrett (M65)	SCVAC	8.64
6	66	Keith Powell	WMAL	8.89
7	46	Stephen Blackford	SWVAC	9.19

**M70 60m**

Pos	Bib	Name	Club	Perf
1	27	Christopher Monk	MMAC	8.60
2	37	Victor Novell (M75)	SCVAC	9.10
3	67	Mark Wyndham-Jones	WMAL	9.21
4	57	Allan Long (M75)	VAC	9.67
5	77	Nicholas Marler (M75)	NMAC	11.81
6	17	John Borgars (M75)	EMAC	13.22

**M35 200m**

Pos	Bib	Name	Club	Perf
1	33	Adam Bellis (M45)	SCVAC	23.88
2	63	Michael Dickens	WMAL	24.00
3	73	Steven Callister	NMAC	24.47
4	23	Tunde Adeyemo (M40)	MMAC	24.72
5	53	Owen Wells	VAC	24.74
6	13	Ade Elegbede (M45)	EMAC	25.29

**M50 200m**

Pos	Bib	Name	Club	Perf
1	25	Patrick Corcoran	MMAC	24.97
2	15	Paul Canning (M55)	EMAC	25.37
3	35	Sean Sutherland	SCVAC	26.48
4	45	Ian Allen (M55)	SWVAC	26.85
5	65	Eric Oram (M55)	WMAL	27.75
6	55	Tony Killilea (M55)	VAC	28.83

**M60 200m**

Pos	Bib	Name	Club	Perf
1	26	Peter Ilo	MMAC	27.13
2	16	Tennyson James	EMAC	27.22
3	76	John Wright	NMAC	28.08
4	36	Simon Barrett (M65)	SCVAC	28.43
5	46	David Cooke (M65)	SWVAC	29.58
6	56	Adrian Day	VAC	30.01
7	66	Rod Davies (M65)	WMAL	30.61

**M70 200m**

Pos	Bib	Name	Club	Perf
1	27	Christopher Monk	MMAC	30.28
2	57	David Hinds	VAC	30.38
3	37	Victor Novell (M75)	SCVAC	31.38
4	67	Mark Wyndham-Jones	WMAL	33.63
5	77	Albert Eland (M75)	NMAC	35.84
6	17	John Skelton	EMAC	36.42

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**M35 400m**

Pos	Bib	Name	Club	Perf
1	33	Adam Bellis (M45)	SCVAC	52.63
2	13	Paul Owen	EMAC	54.08
3	23	Phillip Gould (M40)	MMAC	55.84
4	63	Owen Chesher	WMAL	56.48
5	53	Anibal Rodriguez Fuentes (M45)	VAC	56.69
6	73	Richard Cordwell (M45)	NMAC	58.85

**M50 400m**

Pos	Bib	Name	Club	Perf
1	35	Sean Sutherland	SCVAC	58.12
2	55	Dave Cobb	VAC	58.15
3	65	Brett Davis (M55)	WMAL	60.35
4	25	Darrell Wilde (M55)	MMAC	61.83
5	15	Philip Bowers	EMAC	73.68

**M60 400m**

Pos	Bib	Name	Club	Perf
1	76	John Wright	NMAC	58.70
2	26	Richard White	MMAC	60.18
3	36	Colin Bates	SCVAC	61.35
4	16	Tennyson James	EMAC	62.87
5	56	Adrian Day	VAC	65.20
6	46	David Cooke (M65)	SWVAC	66.80
7	66	Malcolm Cowton	WMAL	67.46

**M70 400m**

Pos	Bib	Name	Club	Perf
1	37	Adrian Essex	SCVAC	67.85
2	27	David Oxland	MMAC	68.62
3	57	David Hinds	VAC	69.63
4	67	Richard Marks	WMAL	74.18
5	17	John Skelton	EMAC	77.37
6	77	Albert Eland (M75)	NMAC	82.36

**M35 800m**

Pos	Bib	Name	Club	Perf
1	53	Mike Cummings	VAC	1:59.36
2	63	Pete Watkeys (M40)	WMAL	2:02.27
3	23	Chris Lamb	MMAC	2:04.34
4	13	John Whittaker (M40)	EMAC	2:05.71
5	33	Stuart McNally (M45)	SCVAC	2:07.66
6	73	Carl McMullen (M40)	NMAC	2:25.48

**M50 800m**

Pos	Bib	Name	Club	Perf
1	15	Mark Russell	EMAC	2:07.52
2	25	Alex Haines	MMAC	2:13.80
3	55	Dave Cobb	VAC	2:14.16
4	75	Phil Ryan	NMAC	2:19.23
5	65	Brett Davis (M55)	WMAL	2:32.36
6	45	Philip York (M55)	SWVAC	2:35.91
7	35	Colin Oxlade (M60)	SCVAC	3:11.76

**M60 800m**

Pos	Bib	Name	Club	Perf
1	16	Colin Ridley	EMAC	2:25.82
2	76	Chris Ireland	NMAC	2:27.68
3	36	David Wilcock (M65)	SCVAC	2:30.89
4	66	Daniel Thorogood	WMAL	2:40.05
5	26	Malcolm Down	MMAC	2:41.64
6	56	Peter Hall	VAC	2:43.15

**M70 800m**

Pos	Bib	Name	Club	Perf
1	27	David Oxland	MMAC	2:35.24
2	57	Peter Kennedy	VAC	2:46.13
3	67	Richard Marks	WMAL	2:48.61
4	17	John Skelton	EMAC	2:54.45
5	37	John Exley	SCVAC	3:11.57
6	47	Peter Hamilton	SWVAC	3:21.68
7	77	Albert Eland (M75)	NMAC	3:29.62

**M35 1500m**

Pos	Bib	Name	Club	Perf
1	53	Chris Loudon	VAC	4:16.21
2	23	David Locker (M45)	MMAC	4:16.94
3	63	Gareth Matthews	WMAL	4:22.42
4	33	Andrew Pickett	SCVAC	4:33.42
5	13	John Morley (M40)	EMAC	4:34.49
6	73	Jonathan Rutter	NMAC	5:37.53

**M50 1500m**

Pos	Bib	Name	Club	Perf
1	65	Adrian Lewis	WMAL	4:35.08
2	15	Mark Waine	EMAC	4:35.64
3	75	Ed Fazakerley	NMAC	4:39.36
4	55	Chris Ness	VAC	4:40.46
5	25	Russell Parkin (M55)	MMAC	4:41.70
6	45	Philip York (M55)	SWVAC	5:26.16
7	35	Colin Oxlade (M60)	SCVAC	6:06.71

**M60 1500m**

Pos	Bib	Name	Club	Perf
1	16	Colin Ridley	EMAC	4:48.42
2	76	Chris Ireland	NMAC	4:51.77
3	66	Ifan Lloyd	WMAL	5:07.18
4	26	Nicholas Holliday	MMAC	5:16.18
5	56	Peter Hall	VAC	5:24.65
6	36	Stewart Thorp (M65)	SCVAC	5:32.10

**M70 1500m**

Pos	Bib	Name	Club	Perf
1	27	Derek Jackson	MMAC	5:12.52
2	17	John Skelton	EMAC	5:32.81
3	57	Peter Kennedy	VAC	5:36.89
4	37	John Exley	SCVAC	6:25.65
5	47	Peter Hamilton	SWVAC	6:31.52
6	67	Paul Ross-Davies	WMAL	6:48.55
7	77	David Tomlinson (M80)	NMAC	8:20.41

**M35 3000m**

Pos	Bib	Name	Club	Perf
1	23	Paul Wright	MMAC	8:46.35
2	13	Rob Elmore (M40)	EMAC	9:05.17
3	73	Jeff Prest (M45)	NMAC	9:22.90
4	63	Sion Lewis	WMAL	9:31.63
5	53	Thomas South (M45)	VAC	9:41.51

**M50 3000m**

Pos	Bib	Name	Club	Perf
1	65	Mark Shepherd	WMAL	9:53.31
2	15	Mark Waine	EMAC	9:57.86
3	75	Ed Fazakerley	NMAC	10:02.25
4	45	Anthony Roper (M55)	SWVAC	10:15.93
5	55	Ian Johnston	VAC	10:18.44
6	25	Barry Gardner	MMAC	11:12.67
7	35	Colin Oxlade (M60)	SCVAC	12:46.31

**M35 2km Walk**

Pos	Bib	Name	Club	Perf
1	53	David Annetts (M55)	VAC	9:15.77
2	13	Adam Hills (M40)	EMAC	11:23.92
3	23	Richard Emsley (M70)	MMAC	11:49.46

**M50 2km Walk**

Pos	Bib	Name	Club	Perf
1	35	Mark Ashby (M55)	SCVAC	11:23.38
2	55	Stuart Bennett (M60)	VAC	11:46.13
3	15	Colin Harle (M60)	EMAC	11:48.27
4	25	Hardeep Minhas (M60)	MMAC	11:53.88

**M35 60m Hurdles**

Pos	Bib	Name	Club	Perf
1	33	Mensah Elliott (M45)	SCVAC	7.91
2	53	Israel Nworgu	VAC	8.97
3	13	Michael Shortall	EMAC	9.04
4	23	Stefan Wilcockson	MMAC	9.05
5	73	Carl McMullen (M40)	NMAC	10.43

CBP

**M50 60m Hurdles**

Pos	Bib	Name	Club	Perf
1	15	Gary Smith	EMAC	8.77
2	35	Barrie Marsden (M55)	SCVAC	9.10
3	55	Glen Reddington (M55)	VAC	9.85
4	45	David Pearson	SWVAC	10.86
5	25	Kelly Fairclough	MMAC	11.11
6	75	Leeroy Golding	NMAC	13.90

**M35 4x200m**

Pos	Bib	Name	Club	Perf
1	33	Sean Sutherland (M50), Stuart McNally (M45), Neil Barton (M40), Adam Bellis (M45)	SCVAC	1:40.01
2	73	Carl McMullen (M40), Steven Callister, Dan Brown, Jonathan Rutter	NMAC	1:40.55
3	23	Stefan Wilcockson, Phillip Gould (M40), Chris Lamb, Tunde Adeyemo (M40)	MMAC	1:40.68
4	13	Ade Elegbede (M45), Michael Shortall, Amr Ziko (M40), John Borgars (M75)	EMAC	1:40.80
5	63	Pete Watkeys (M40), Owen Cheshier, Sion Lewis, Brett Davis (M55)	WMAL	1:46.87

**M50 4x200m**

Pos	Bib	Name	Club	Perf
1	25	Kelly Fairclough, Darrell Wilde (M55), Alex Haines, Patrick Corcoran	MMAC	1:46.18
2	15	Philip Bowers, Mark Waine, Paul Canning (M55), Mark Russell	EMAC	1:51.34
3	65	Adrian Lewis, Malcolm Cowton (M60), Mark Shepherd, Eric Oram (M55)	WMAL	1:55.63
4	55	Peter Hall (M60), Tony Killilea (M55), Chris Ness, Dave Cobb	VAC	1:57.41

**M60 4x200m**

Pos	Bib	Name	Club	Perf
1	56	Pat Logan, Adrian Day, Brian Steene, Liam Mulrooney	VAC	1:53.92
2	26	Richard White, Malcolm Down, Mark Illingworth, Peter Ilo	MMAC	1:58.96
3	66	Richard Marks (M70), Keith Powell, Mark Wyndham-Jones (M70), Rod Davies (M65)	WMAL	2:10.05
4	36	Simon Barrett (M65), Adrian Essex (M70), Roger Bruck (M80), Victor Novell (M75)	SCVAC	2:10.25
5	16	John Borgars (M75), John Skelton (M70), Ian Slack, Colin Ridley	EMAC	2:28.63

CBP

**M70 4x200m**

Pos	Bib	Name	Club	Perf
1	27	David Oxland, Derek Jackson, Mike Herring (M80), Christopher Monk	MMAC	2:28.35

**M35 High Jump**

Pos	Name	Club	Perf	
1	13	Greg Goodrem	EMAC	1.75
2	63	Owen Cheshier	WMAL	1.70
3	33	Neil Barton (M40)	SCVAC	1.60
3	73	Jonathan Rutter	NMAC	1.60
5	23	Jack Poxon	MMAC	1.45

1.60o,1.65o,1.70o,1.75o,1.80xxx

1.60o,1.65-,1.70o,1.75xxx

1.30o,1.35-,1.40o,1.45o,1.50o,1.55xo,1.60o,1.65xxx

1.50o,1.55xo,1.60o,1.65xxx

1.30o,1.35-,1.40o,1.45o,1.50xxx

**M50 High Jump**

Pos	Bib	Name	Club	Perf	
1	25	David Hartwell	MMAC	1.65	1.50xo,1.55o,1.60o,1.65xo,1.70xxx
2	35	Sean Sutherland	SCVAC	1.55	1.40o,1.45o,1.50o,1.55xo,1.60xx-
3	45	Ian Allen (M55)	SWVAC	1.50	1.30o,1.35o,1.40o,1.45o,1.50xxo,1.55xxx
4	55	Chris Ness	VAC	1.45	1.35o,1.40o,1.45xo,1.50xxx
5	15	Philip Bowers	EMAC	1.45	1.30o,1.35-,1.40xo,1.45xxo,1.50xxx

**M60 High Jump**

Pos	Bib	Name	Club	Perf	
1	36	Allan Leiper	SCVAC	1.35	1.20o,1.25-,1.30o,1.35o,1.40xxx
2	26	Paul Askew (M65)	MMAC	1.30	1.20o,1.25xo,1.30xxo,1.35xxx
3	16	Ian Slack	EMAC	1.25	1.20o,1.25o,1.30x,1.35xx
4	46	Stephen Blackford	SWVAC	1.20	1.10o,1.15o,1.20o,1.25xxx
5	76	Chris Ireland	NMAC	1.15	1.00o,1.10o,1.15xo,1.20xxx
	66	Keith Powell	WMAL	nr	1.20xxx

**M70 High Jump**

Pos	Bib	Name	Club	Perf	
1	27	David Cowley	MMAC	1.25	=CBP 1.10o,1.15o,1.20o,1.25o,1.30xxx
1	37	Adrian Essex	SCVAC	1.25	1.10o,1.15o,1.20o,1.25o,1.30x-
3	67	Mark Wyndham-Jones	WMAL	1.20	1.10o,1.15o,1.20o,1.25xxr
	17	John Skelton	EMAC	nr	1.00xxx

**M35 Pole Vault**

Pos	Bib	Name	Club	Perf	
1	23	Derek Hateley (M50)	MMAC	3.10	2.70o,2.80-,2.90o,3.00-,3.10xo,x
2	13	Paul Owen	EMAC	2.80	2.50o,2.60-,2.70-,2.80xo,2.90-,3.00xxx
3	73	Richard Cordwell (M45)	NMAC	2.30	2.10o,2.20-,2.30o,2.40xxx
	33	Neil Barton (M40)	SCVAC	nr	1.80xxx

**M50 Pole Vault**

Pos	Bib	Name	Club	Perf	
1	25	Neal Mason (M70)	MMAC	2.80	2.80o,2.90-,3.00x,3.10xx
2	15	Mark Burgman (M65)	EMAC	2.20	2.20o,2.30xxx
	45	David Pearson	SWVAC	nr	3.00xxx

**M35 Long Jump**

Pos	Bib	Name	Club	Perf	
1	33	Neil Barton (M40)	SCVAC	6.40	CBP -, 6.34, 6.40, 6.39
2	73	Dan Brown	NMAC	5.75	5.50, 5.65, 5.75, x
3	23	Jack Poxon	MMAC	5.74	5.62, 5.63, 5.55, 5.74
4	13	Michael Shortall	EMAC	5.42	5.31, 5.42, 5.31, 5.38
5	53	Franck Triolaire (M45)	VAC	5.14	5.14, 4.87, 4.91, x
6	63	Kieran Golding (M40)	WMAL	4.05	3.78, 3.59, 3.80, 4.05

**M50 Long Jump**

Pos	Bib	Name	Club	Perf	
1	25	David Hartwell	MMAC	5.49	5.13, 5.49, 5.38, 5.40
2	45	Ian Allen (M55)	SWVAC	5.12	x, 5.12, 4.96, 5.03
3	15	Philip Bowers	EMAC	4.78	x, 4.78, x, 4.65
4	55	Chris Ness	VAC	4.17	4.12, 4.17, rt
5	65	David Shields (M60)	WMAL	3.78	x, 3.78, 3.65, 3.69

**M60 Long Jump**

Pos	Bib	Name	Club	Perf	
1	16	Ian Slack	EMAC	4.32	4.04, 4.32, 4.14, r
2	36	Allan Leiper	SCVAC	4.15	3.78, x, 3.90, 4.15
3	66	Keith Powell	WMAL	3.93	3.93, 3.91, x, x
4	26	Christopher Carden (M65)	MMAC	3.92	3.75, 3.92, x, 3.91
5	46	Stephen Blackford	SWVAC	3.23	2.94, 3.23, 2.90, 3.21
6	56	Peter Hall	VAC	3.19	2.83, x, 3.05, 3.19
7	76	Chris Ireland	NMAC	3.09	3.09, 2.91, 3.01, r

**M70 Long Jump**

Pos	Bib	Name	Club	Perf	
1	37	Adrian Essex	SCVAC	4.19	CBP 3.71, 3.44, x, 4.19
2	57	Allan Long (M75)	VAC	3.67	3.44, 3.25, x, 3.67
3	67	Mark Wyndham-Jones	WMAL	3.43	3.14, 3.37, 3.43, r
4	77	Nicholas Marler (M75)	NMAC	2.46	2.46, x, r
5	17	John Skelton	EMAC	2.23	2.23, r
6	27	Mike Herring (M80)	MMAC	1.99	1.77, 1.99, r

**M35 Triple Jump**

Pos	Bib	Name	Club	Perf	
1	33	Neil Barton (M40)	SCVAC	12.56	10.29, 12.10, 12.46, 12.56
2	73	Dan Brown	NMAC	12.07	11.85, 12.03, 12.04, 12.07
3	23	Jack Poxon	MMAC	11.33	11.09, 11.23, 11.23, 11.33
4	13	Michael Shortall	EMAC	10.92	10.44, 10.55, x, 10.92
5	63	Kieran Golding (M40)	WMAL	8.27	x, x, 7.82, 8.27

**M50 Triple Jump**

Pos	Bib	Name	Club	Perf	
1	25	David Hartwell	MMAC	10.64	10.52, 10.64, rt
2	45	David Pearson	SWVAC	9.97	9.35, 9.76, 9.66, 9.97
3	15	Philip Bowers	EMAC	9.90	9.90, 8.80, 9.79, 9.25
4	55	Chris Ness	VAC	8.87	8.43, 8.65, 8.79, 8.87
5	65	David Shields (M60)	WMAL	8.31	8.19, 8.17, 8.31, 8.19

**M35 Shot**

Pos	Bib	Name	Club	Perf	
1	13	Roger Skedd	EMAC	12.07	11.17, 11.15, 12.07, 11.95
2	33	Shaun Wall (M40)	SCVAC	10.90	10.27, 10.51, 10.90, 10.62
3	53	Franck Triolaire (M45)	VAC	9.55	9.55, 9.03, 8.51, 9.01
4	73	Dan Brown	NMAC	7.87	7.56, 7.87, 7.86, -
5	63	Kieran Golding (M40)	WMAL	6.57	6.57, 5.64, 6.03, x
6	23	Mark Illingworth (M60)	MMAC	6.56	6.56, 6.24, 6.46, 6.21

**M50 Shot**

Pos	Bib	Name	Club	Perf	
1	15	Gintas Degutis	EMAC	14.73	14.73, 14.49, x, x
2	75	John Twiddle	NMAC	13.25	12.48, 13.25, x, 13.14
3	45	David Pearson	SWVAC	8.93	8.44, 8.09, 8.66, 8.93
4	55	Chris Ness	VAC	7.62	7.22, 7.35, 7.33, 7.62
5	65	David Glendower	WMAL	7.58	7.58, 7.07, 7.36, 7.47
6	25	John Bradley (M75)	MMAC	5.22	4.88, 4.99, 5.22, 5.11

**M60 Shot**

Pos	Bib	Name	Club	Perf	
1	36	Allan Leiper	SCVAC	14.16	CBP 14.16, 14.15, x, x
2	16	Michael Hausler	EMAC	13.19	12.98, 13.19, 12.91, 13.14
3	46	Stephen Dobson	SWVAC	11.41	11.11, 11.31, 11.03, 11.41
4	26	John Statham	MMAC	9.92	9.42, 9.70, 9.72, 9.92
5	56	Peter Wishart	VAC	9.61	8.83, 9.51, 9.39, 9.61
6	66	Malcolm Cowton	WMAL	8.95	8.52, 8.95, 7.43, 8.90
7	76	Chris Ireland	NMAC	6.62	6.62, 6.62, 6.10, 6.55

**M70 Shot**

Pos	Bib	Name	Club	Perf	
1	57	Anthony Richards	VAC	11.81	11.81, x, x, x
2	67	Mark Wyndham-Jones	WMAL	10.90	10.52, -, -, 10.90
3	37	Adrian Essex	SCVAC	9.56	8.66, 8.86, 9.07, 9.56
4	27	David Cowley	MMAC	8.87	8.30, 8.55, 8.20, 8.87
5	77	Nicholas Marler (M75)	NMAC	5.69	5.50, -, -, 5.69
6	17	John Borgars (M75)	EMAC	5.11	x, -, -, 5.11

**W35 60m**

Pos	Bib	Name	Club	Perf
1	33	Lisa Boland	SCVAC	7.92
2	13	Augusta Pop	EMAC	8.40
3	23	Paula Williams (W45)	MMAC	8.60
4	73	Carol Holt (W40)	NMAC	8.64
5	43	Joy Wright (W45)	SWVAC	8.67
6	53	Lucinda Cash-Gibson	VAC	8.74
7	63	Rhiannon Jenkins	WMAL	9.35

**W50 60m**

Pos	Bib	Name	Club	Perf
1	55	Angela Bates (W55)	VAC	8.82
2	35	Diane Wright	SCVAC	9.10
3	25	Melanie Garland (W55)	MMAC	9.23
4	45	Janet Dickinson (W55)	SWVAC	9.51
5	75	Debra Casson	NMAC	9.53
6	65	Louise Kirby	WMAL	9.68
7	15	Gaye Clarke (W60)	EMAC	10.24

**W60 60m**

Pos	Bib	Name	Club	Perf
1	56	Susan Wisdom	VAC	9.51
2	16	Denise Timmis	EMAC	9.62
3	66	Angela Bryant	WMAL	9.63
4	26	Elaine Ledden	MMAC	9.77
5	36	Rosalind Zeffertt	SCVAC	10.20
6	76	Hilary West	NMAC	10.47

**W70 60m**

Pos	Bib	Name	Club	Perf	
1	37	Moira West	SCVAC	9.85	CBP
2	77	Caroline Marler	NMAC	10.30	
3	27	Sally Hine	MMAC	10.38	
4	57	Anne Nelson	VAC	10.49	
5	17	Emily McMahon	EMAC	10.52	
6	67	Iris Holder (W80)	WMAL	12.14	

**W35 200m**

Pos	Bib	Name	Club	Perf
1	13	Augusta Pop	EMAC	27.24
2	73	Carol Holt (W40)	NMAC	28.19
3	53	Lucinda Cash-Gibson	VAC	29.16
4	43	Joy Wright (W45)	SWVAC	29.19
5	23	Janelle Quinn (W45)	MMAC	30.22
6	63	Victoria Watkins (W40)	WMAL	31.91
7	33	Sharon Dooley (W45)	SCVAC	31.98



**W50 200m**

Pos	Bib	Name	Club	Perf
1	35	Diane Wright	SCVAC	30.68
2	25	Fiona Palmer	MMAC	30.73
3	55	Rachel Waters (W55)	VAC	31.47
4	75	Debra Casson	NMAC	31.90
5	65	Louise Kirby	WMAL	32.31
6	45	Lisa Carpenter	SWVAC	32.61
7	15	Christine Anthony (W55)	EMAC	34.21

**W60 200m**

Pos	Bib	Name	Club	Perf
1	36	Helen Godsell (W65)	SCVAC	30.43
2	26	Susan Frisby	MMAC	30.96
3	56	Susan Wisdom	VAC	32.21
4	66	Angela Bryant	WMAL	33.16
5	16	Janice Nottingham	EMAC	33.24
6	76	Hilary West	NMAC	34.77

**W35 400m**

Pos	Bib	Name	Club	Perf
1	53	Hayley Cargill (W40)	VAC	60.96
2	43	Joy Wright (W45)	SWVAC	64.24
3	73	Carol Holt (W40)	NMAC	64.38
4	23	Claire Holland	MMAC	70.89
5	63	Victoria Watkins (W40)	WMAL	71.80
6	33	Sally Parry (W45)	SCVAC	71.80
7	13	Sophie Gibbens	EMAC	76.12

**W50 400m**

Pos	Bib	Name	Club	Perf
1	75	Sharon Wilkinson	NMAC	62.93
2	55	Lisa Thomas (W55)	VAC	66.35
3	35	Julia Machin	SCVAC	67.28
4	45	Lisa Carpenter	SWVAC	71.03
5	25	Fiona Palmer	MMAC	72.61
6	15	Christine Anthony (W55)	EMAC	73.65
7	65	Louise Kirby	WMAL	77.13

**W60 400m**

Pos	Bib	Name	Club	Perf
1	36	Helen Godsell (W65)	SCVAC	75.35
2	56	Susan Wisdom	VAC	75.51
3	16	Edith Caux (W65)	EMAC	76.51
4	26	Elaine Ledden	MMAC	77.86
5	76	Hilary West	NMAC	78.49

**W35 800m**

Pos	Bib	Name	Club	Perf
1	53	Zoe Doyle (W40)	VAC	2:25.05
2	13	Sophie Gibbens	EMAC	2:43.08
3	23	Claire Holland	MMAC	2:44.19
4	73	Carol Holt (W40)	NMAC	3:10.59

**W50 800m**

Pos	Bib	Name	Club	Perf
1	55	Lisa Webb (W55)	VAC	2:39.06
2	75	Sharon Wilkinson	NMAC	2:41.51
3	15	Christine Anthony (W55)	EMAC	2:52.49
4	25	Susan Kneill-Boxley (W55)	MMAC	2:58.18

**W60 800m**

Pos	Bib	Name	Club	Perf
1	56	Anna Garnier (W65)	VAC	3:04.85
2	36	Jane Fabes (W65)	SCVAC	3:09.43
3	26	Jillian Roginski	MMAC	3:09.48
4	16	Yuko Gordon (W70)	EMAC	3:12.10
5	76	Hilary West	NMAC	3:12.83

**W70 800m**

Pos	Bib	Name	Club	Perf
1	37	Sarah Roberts	SCVAC	3:15.22
2	27	Angela Copson	MMAC	3:15.60
3	77	Caroline Marler	NMAC	3:30.28
4	57	Angela Pollitzer	VAC	4:12.06

**W35 1500m**

Pos	Bib	Name	Club	Perf
1	53	Zoe Doyle (W40)	VAC	4:54.86
2	23	Faye Stanyard (W40)	MMAC	5:00.74
3	13	Sophie Gibbens	EMAC	5:45.86
4	73	Carol Holt (W40)	NMAC	6:50.77

**W50 1500m**

Pos	Bib	Name	Club	Perf
1	55	Lisa Thomas (W55)	VAC	5:42.93
2	25	Susan Kneill-Boxley (W55)	MMAC	5:54.93
3	75	Sharon Wilkinson	NMAC	5:58.73

**W60 1500m**

Pos	Bib	Name	Club	Perf
1	56	Lucy Woolhouse	VAC	5:54.16
2	36	Jane Fabes (W65)	SCVAC	6:26.19
3	16	Yuko Gordon (W70)	EMAC	6:33.44
4	26	Christine Bexton	MMAC	6:38.94

**W35 3000m**

Pos	Bib	Name	Club	Perf
1	23	Katherine Hodgson	MMAC	11:17.06
2	53	Kate Carter (W45)	VAC	11:35.07
3	13	Sophie Gibbens	EMAC	11:51.09
4	73	Carol Holt (W40)	NMAC	15:09.86

**W50 3000m**

Pos	Bib	Name	Club	Perf
1	25	Clare Jolliffe (W55)	MMAC	11:21.77
2	55	Lisa Thomas (W55)	VAC	12:04.93
3	75	Sharon Wilkinson	NMAC	13:30.95

**W35 2km Walk**

Pos	Bib	Name	Club	Perf
1	13	Melanie Peddle (W50)	EMAC	10:15.26
2	23	Carolyn Derbyshire (W40)	MMAC	10:56.25
3	53	Fiona Bishop (W60)	VAC	14:44.42
4	33	Geraldine Legon (W60)	SCVAC	14:44.65

**W50 2km Walk**

Pos	Bib	Name	Club	Perf
1	35	Grazia Manzotti	SCVAC	10:25.01
2	55	Rachel Lawless (W60)	VAC	11:56.08

**W35 60m Hurdles**

Pos	Bib	Name	Club	Perf
1	13	Leanne Buxton (W40)	EMAC	9.44
2	73	Nia Rutter	NMAC	9.67
3	23	Paula Williams (W45)	MMAC	9.89

**W50 60m Hurdles**

Pos	Bib	Name	Club	Perf
1	35	Julia Machin	SCVAC	10.20
2	45	Tamzin Gribble	SWVAC	11.54
3	25	Melanie Garland (W55)	MMAC	11.94
4	65	Jan Timberlake (W55)	WMAL	12.30

**W35 4x200m**

Pos	Bib	Name	Club	Perf
1	73	Nia Rutter, Carol Holt (W40), Debra Casson (W50), Sharon Wilkinson (W50)	NMAC	1:57.17
2	33	Sharon Dooley (W45), Sally Parry (W45), Helen Godsell (W65), Lisa Boland	SCVAC	2:00.12
3	13	Leanne Buxton (W40), Augusta Pop, Sophie Gibbens, Janice Nottingham (W60)	EMAC	2:00.21
4	23	Claire Holland, Lucy Wallace, Janelle Quinn (W45), Paula Williams (W45)	MMAC	2:02.04
5	53	Lucinda Cash-Gibson, Kate Carter (W45), Zoe Doyle (W40), Hayley Cargill (W40)	VAC	2:03.83
6	63	Victoria Watkins (W40), Rhiannon Jenkins, Louise Kirby (W50), Angela Bryant (W60)	WMAL	2:11.28

**W50 4x200m**

Pos	Bib	Name	Club	Perf
1	55	Susan Wisdom (W60), Rachel Waters (W55), Lisa Thomas (W55), Angela Bates (W55)	VAC	2:05.85
2	25	Christine Bexton (W60), Clare Jolliffe (W55), Susan Kneill-Boxley (W55), Fiona Palmer	MMAC	2:30.11

**W60 4x200m**

Pos	Bib	Name	Club	Perf
1	26	Elaine Ledden, Sally Hine (W70), Jillian Roginski, Susan Frisby	MMAC	2:19.77

**W35 High Jump**

Pos	Bib	Name	Club	Perf
1	73	Nia Rutter	NMAC	1.50
2	13	Leanne Buxton (W40)	EMAC	1.40
3	23	Janelle Quinn (W45)	MMAC	1.25

1.35o,1.40o,1.45o,1.50xo,1.55xxx  
1.30o,1.35o,1.40xo,1.45xxx  
1.25o,1.30-,1.35-,1.40-,1.45r

**W50 High Jump**

Pos	Bib	Name	Club	Perf
1	35	Julia Machin	SCVAC	1.55
2	25	Melanie Garland (W55)	MMAC	1.30
3	65	Jan Timberlake (W55)	WMAL	1.25
4	45	Tamzin Gribble	SWVAC	1.20
5	15	Gaye Clarke (W60)	EMAC	1.15
6	55	Rachel Waters (W55)	VAC	1.10

CBP 1.50o,1.55o,1.61xxx  
1.20o,1.25o,1.30o,1.35xr  
1.10o,1.15o,1.20xo,1.25xo,1.30xxx  
1.15o,1.20o,1.25xxx  
1.10o,1.15o,1.20xxx  
1.00o,1.05-,1.10o,1.15xr

**W60 High Jump**

Pos	Bib	Name	Club	Perf
1	26	Susan Frisby	MMAC	1.20
2	36	Rosalind Zeffertt	SCVAC	1.05
3	56	Anna Garnier (W65)	VAC	1.00
	16	Yuko Gordon (W70)	EMAC	nr

1.15o,1.20o,1.25r  
1.00o,1.05o,1.10xxr  
1.00o,1.05r  
0.90xxx

**W35 Pole Vault**

Pos	Bib	Name	Club	Perf
1	13	Jemma Eastwood (W40)	EMAC	3.10
2	53	Kim Saha (W40)	VAC	2.50
3	33	Louise Kelly (W40)	SCVAC	2.20
4	23	Helen Watson (W45)	MMAC	2.00

1.80o,1.90-,2.00o,2.10xo,2.20xxx  
2.30xxo,2.40xxo,2.50xo,2.60xxx  
2.00o,2.10o,2.20xo,2.30xxx  
1.80xxo,1.90o,2.00o,2.10xxx

**W50 Pole Vault**

Pos	Bib	Name	Club	Perf	
1	35	Susan Yeomans (W65)	SCVAC	2.40	2.10o,2.20xo,2.30o,2.40xxo,2.50xxx
2	25	Melanie Hepke	MMAC	2.30	2.10o,2.20o,2.30xxo,2.40xxx
3	45	Trudi Carter	SWVAC	2.10	2.10xo,2.20xxx
4	15	Sandra Pedley (W55)	EMAC	2.00	1.80xxo,1.90o,2.00xxo,2.10xxx

**W35 Long Jump**

Pos	Bib	Name	Club	Perf	
1	13	Leanne Buxton (W40)	EMAC	4.83	4.83, 4.76, 4.58, -
2	73	Nia Rutter	NMAC	4.66	4.29, 4.36, 4.66, 4.38
3	43	Joy Wright (W45)	SWVAC	4.32	3.83, 4.26, 4.32, 4.16
4	23	Janelle Quinn (W45)	MMAC	3.98	3.73, 3.98, 3.74, 3.93
5	53	Kim Saha (W40)	VAC	3.78	3.68, 3.61, 3.78, x
6	63	Rhiannon Jenkins	WMAL	3.65	3.42, 3.53, 3.65, 3.46
7	33	Sharon Dooley (W45)	SCVAC	3.09	2.86, 2.78, 2.86, 3.09

**W50 Long Jump**

Pos	Bib	Name	Club	Perf	
1	25	Melanie Garland (W55)	MMAC	4.35	4.28, 4.35, x, x
2	65	Jan Timberlake (W55)	WMAL	3.87	3.87, 3.81, 3.74, 3.86
3	45	Janet Dickinson (W55)	SWVAC	3.86	3.78, 3.85, 3.81, 3.86
4	15	Gaye Clarke (W60)	EMAC	3.62	3.27, 3.56, 3.56, 3.62
5	75	Debra Casson	NMAC	3.25	3.25, 3.06, 3.18, -

**W60 Long Jump**

Pos	Bib	Name	Club	Perf	
1	26	Susan Frisby	MMAC	3.94	3.47, 3.83, 3.84, 3.94
2	16	Denise Timmis	EMAC	3.74	3.68, 3.74, 3.64, 3.72
3	66	Clare St John-Coleman	WMAL	3.51	x, x, 3.35, 3.51
4	36	Rosalind Zeffertt	SCVAC	3.43	3.32, 3.34, 3.38, 3.43
5	56	Susan Wisdom	VAC	3.01	2.48, 2.88, 2.89, 3.01
6	76	Hilary West	NMAC	2.44	x, 2.26, 2.41, 2.44

**W70 Long Jump**

Pos	Bib	Name	Club	Perf	
1	27	Sally Hine	MMAC	2.93	2.65, 2.74, 2.72, 2.93
2	77	Caroline Marler	NMAC	2.88	2.86, 2.83, 2.85, 2.88
3	57	Anne Nelson	VAC	2.67	2.67, 2.65, 2.63, 2.62
4	67	Iris Holder (W80)	WMAL	2.58	2.36, 2.49, 2.58, 2.53
5	37	Sarah Roberts	SCVAC	2.47	2.27, 2.31, 2.47, 2.30

**W35 Triple Jump**

Pos	Bib	Name	Club	Perf	
1	73	Nia Rutter	NMAC	10.17	9.93, 9.26, 10.17, x
2	23	Paula Williams (W45)	MMAC	9.48	9.48, 8.02, 8.92, 8.25
3	13	Sophie Gibbens	EMAC	7.45	7.18, 7.45, 7.29, 7.11

**W50 Triple Jump**

Pos	Bib	Name	Club	Perf	
1	25	Melanie Garland (W55)	MMAC	9.14	8.74, 9.14, 8.89, 8.96
2	45	Tamzin Gribble	SWVAC	8.42	8.28, 8.04, 7.86, 8.42
3	65	Jan Timberlake (W55)	WMAL	8.41	7.71, 8.14, 8.41, 8.38

**W35 Shot**

Pos	Bib	Name	Club	Perf	
1	23	Paula Williams (W45)	MMAC	11.27	10.70, 10.33, 11.15, 11.27
2	73	Nia Rutter	NMAC	10.75	10.24, 9.33, 10.75, 10.71
3	13	Leanne Buxton (W40)	EMAC	10.42	10.05, 10.42, x, 10.38
4	53	Natalie Mann	VAC	7.25	6.75, 6.67, 7.25, 6.73
5	43	Joy Wright (W45)	SWVAC	6.96	5.99, 6.96

**W50 Shot**

Pos	Bib	Name	Club	Perf	
1	25	Sharon Hutchings	MMAC	8.83	8.11, 8.83, 8.58, 8.02
2	45	Janet Dickinson (W55)	SWVAC	8.45	8.45, 8.34, 8.39, 8.37
3	15	Gaye Clarke (W60)	EMAC	7.40	7.26, 7.40, 7.32, 6.91
4	75	Debra Casson	NMAC	5.51	5.24, 5.51, 4.67, 5.02

**W60 Shot**

Pos	Bib	Name	Club	Perf	
1	26	Jillian Roginski	MMAC	9.03	9.03, 8.45, 8.38, 8.03
2	56	Susan Wisdom	VAC	6.99	6.40, 6.65, 6.57, 6.99
3	36	Rosalind Zeffertt	SCVAC	6.02	5.25, 5.79, 6.02, 5.96
4	16	Yuko Gordon (W70)	EMAC	5.49	4.83, 5.14, 5.49, 4.67
5	76	Hilary West	NMAC	5.44	5.10, 5.22, 5.31, 5.44

**W70 Shot**

Pos	Bib	Name	Club	Perf	
1	37	Vilma Thompson	SCVAC	8.44	8.37, 8.35, 8.39, 8.44
2	77	Caroline Marler	NMAC	7.58	6.64, 7.58, 7.43, 6.15
3	27	Sally Hine	MMAC	5.37	5.35, 5.24, 5.09, 5.37
4	67	Iris Holder (W80)	WMAL	5.34	-, 5.34, 4.67, 5.03