

EVAC & VAC Indoor Championships & Open Meeting

Lee Valley - Sunday, 22 February 2009

60m

Heat 1

Pos.	Number	Name	Club	Area	Category	Time
1	65	Anne Goad	Dartford Harriers	EVAC	W50	9.52
2	89	Sue Dassie	Epsom & Ewell	VAC	W55	9.73
3	71	Anne Nelson	Epsom & Ewell	VAC	W55	9.80
4	66	Barbara Higgins	Loughton	EVAC	W50	10.17
5	91	Mary Axtell	Team Southampton	VAC	W65	10.25

Heat 2

Pos.	Number	Name	Club	Area	Category	Time
1	84	Kirstin King	Bracknell	VAC	W45	8.27
2	53	Angie Alstrachen	St Edmunds Pacers	EVAC	W40	8.53
3	54	Karen Hindle	Diss	EVAC	W40	8.75
4	55	Gaye Clarke	Ryston	EVAC	W45	8.94
5	86	Joan Trimble	Kingston & Poly	VAC	W50	8.97
6	225	Geoffrey Feast	Vets AC	VAC	M75	10.41

Heat 3

Pos.	Number	Name	Club	Area	Category	Time
1	145	Ian Foster	Wymondham	EVAC	M65	8.28
2	213	Ken Smeeth	Epsom & Ewell	VAC	M60	8.49
3	147	Philip Johnson	Eastern Vets	EVAC	M65	8.87
4	216	David Whittaker	Epsom & Ewell	VAC	M60	9.25
5	210	John Donaghey	Bexley	VAC	M60	9.90

Heat 4

Pos.	Number	Name	Club	Area	Category	Time
1	218	Terry Bissett	Epsom & Ewell	VAC	M65	8.49
2	221	Charles Isetts	Kingston & Poly	VAC	M65	8.79
3	219	Barry Ferguson	Cambridge Harriers	VAC	M65	9.30
4	222	Allan Sowden	Highgate Harriers	VAC	M65	10.18

Heat 5

Pos.	Number	Name	Club	Area	Category	Time
1	133	David Martindale	Luton	EVAC	M50	7.91
2	139	Alisdair Ross	Windsor S,E&H	EVAC	M55	8.08
3	140	David Whitehead	Peterborough	EVAC	M55	8.11
4	137	Les Percival	Paddock Wood	EVAC	M55	8.29
5	136	John Moore	West Norfolk	EVAC	M55	8.55
6	131	Jim Lawrence	Marshall Milton Keynes	EVAC	M50	8.75

Heat 6

Pos.	Number	Name	Club	Area	Category	Time
1	203	John Browne	Chelmsford	VAC	M55	7.84
2	198	Brian Matthews	Worthing	VAC	M50	8.38
3	206	Geoffrey Kitchener	Sevenoaks	VAC	M55	8.56
4	199	Peter Morgan	Hastings	VAC	M50	8.84

Heat 7

Pos.	Number	Name	Club	Area	Category	Time
1	118	Fausto Furlotti	Southern Counties Vets	EVAC	M45	7.62
2	122	Andy Smith	Marshall Milton Keynes	EVAC	M45	7.94
3	124	Des Wilkinson	Luton	EVAC	M45	8.13
4	125	Andy Woods	West Norfolk	EVAC	M45	8.13
5	229	Maxwell Davis	Eastern Vets	EVAC	M45	8.16

Heat 8

Pos.	Number	Name	Club	Area	Category	Time
1	189	Glen Reddington	Windsor S,E&H	VAC	M45	7.84
2	181	Robert Allen	Harrow	VAC	M45	7.91
3	188	Michael May	Kingston & Poly	VAC	M45	8.68

Heat 9

Pos.	Number	Name	Club	Area	Category	Time
1	228	Rohan Samuel	Harrow	EVAC	M40	7.33
2	109	Barrington King	Harrow	EVAC	M40	7.83
3	103	Petros Anastasi	Trent Park	EVAC	M40	7.97
4	112	Keith Palmer	Southend	EVAC	M40	7.98
5	108	Paul Ffrench	Southend	EVAC	M40	8.23
6	110	Trevor Lake	Herts Phoenix (?)	EVAC	M40	10.42

Heat 10

Pos.	Number	Name	Club	Area	Category	Time
1	101	Mark Collins	Luton	EVAC	M35	7.20
2	172	Leon Braithwaite	SCVAC	VAC	M35	7.42
3	177	Barrington King	Harrow	VAC	M40	7.90
4	175	Andy Hunt	Worthing	VAC	M40	8.30

200m

Heat 1

Pos.	Number	Name	Club	Area	Category	Time
1	86	Joan Trimble	Kingston & Poly	VAC	W50	31.07
2	87	Anne Nelson	Epsom & Ewell	VAC	W55	32.83
3	89	Sue Dassie	Epsom & Ewell	VAC	W55	34.37
4	91	Mary Axtell	Team Southampton	VAC	W65	35.84

Heat 2

Pos.	Number	Name	Club	Area	Category	Time
1	170	Brian Arris	Havant	Open	M70	35.47
2	150	Patrick Parmenter	Eastern Vets	EVAC	M75	49.24

Heat 3

Pos.	Number	Name	Club	Area	Category	Time
1	62	Jayne Willock		EVAC	W45	27.60
2	56	Wendy Dunn	Peterborough	EVAC	W45	30.00
3	61	Tessa Stephenson		EVAC	W45	33.33

Heat 4

Pos.	Number	Name	Club	Area	Category	Time
1	53	Angie Alstrachen	St Edmunds Pacers	EVAC	W40	27.86
2	82	Sally Read-Cayton	Woking	VAC	W40	27.87
3	54	Karen Hindle	Diss	EVAC	W40	29.58
4	76	Lesley Richardson	Newquay RR	Open	W35	34.75

Heat 5

Pos.	Number	Name	Club	Area	Category	Time
1	218	Terry Bissett	Epsom & Ewell	VAC	M65	27.55
2	145	Ian Foster	Wymondham	EVAC	M65	28.29
3	221	Charles Isetts	Kingston & Poly	VAC	M65	30.51
4	147	Philip Johnson	Eastern Vets	EVAC	M65	31.12
5	222	Allan Sowden	Highgate Harriers	VAC	M65	33.26

Heat 6

Pos.	Number	Name	Club	Area	Category	Time
1	167	Bruce Hendrie	Banbury	Open	M60	28.18
2	216	David Whittaker	Epsom & Ewell	VAC	M60	31.90

Heat 7

Pos.	Number	Name	Club	Area	Category	Time
1	139	Alisdair Ross	Windsor S,E&H	EVAC	M55	25.77
2	137	Les Percival	Paddock Wood	EVAC	M55	26.52
3	136	John Moore	West Norfolk	EVAC	M55	26.69
4	140	David Whitehead	Peterborough	EVAC	M55	26.85
	203	John Browne	Chelmsford	VAC	M55	<i>dnf</i>

Heat 8

Pos.	Number	Name	Club	Area	Category	Time
1	131	Jim Lawrence	Marshall Milton Keynes	EVAC	M50	29.49

Heat 9

Pos.	Number	Name	Club	Area	Category	Time
1	158	Ian Broadhurst	Wrexham	Open	M50	25.44
2	162	Tom Phillips	Blackheath & Bromley	Open	M50	26.74
3	159	Roderick Davies	Team Southampton	Open	M50	26.97

Heat 10

Pos.	Number	Name	Club	Area	Category	Time
1	122	Andy Smith	Marshall Milton Keynes	EVAC	M45	25.71
2	198	Brian Matthews	Worthing	VAC	M50	27.15
3	125	Andy Woods	West Norfolk	EVAC	M45	27.37
4	230	Tony Foster	Leamington	Open	M50	27.86
5	193	Philip Bell	Harrow	VAC	M50	27.91
6	188	Michael May	Kingston & Poly	VAC	M45	28.44

Heat 11

Pos.	Number	Name	Club	Area	Category	Hand Time
1	154	Andrew Lewis	Harrow	Open	M40	24.40
2	112	Keith Palmer	Southend	EVAC	M40	25.50
3	105	Peter Benedickter	Luton	EVAC	M40	25.50
4	106	Lance Croft	Luton	EVAC	M40	26.60

Heat 12

Pos.	Number	Name	Club	Area	Category	Hand Time
1	101	Mark Collins	Luton	EVAC	M35	23.50
2	179	Gary Palmer	St Marys Richmond	VAC	M40	25.70
3	175	Andy Hunt	Worthing	VAC	M40	26.90
4	177	Barrington King	Harrow	VAC	M40	27.40

400m

Heat 1

Pos.	Number	Name	Club	Area	Category	Hand Time
1	52	Denise Morley	Colchester Harriers	EVAC	W35	63.48
2	78	Lynn Talbert	Thurrock	Open	W50	67.31
3	61	Tessa Stephenson		EVAC	W45	78.35
4	70	Iris Hornsey	Royston	EVAC	W65	88.72

Heat 2

Pos.	Number	Name	Club	Area	Category	Hand Time
1	167	Bruce Hendrie	Banbury	Open	M60	61.31
2	215	Derek Wardle	Windsor S,E&H	VAC	M60	61.37
3	224	Arthur Kimber	Dartford Harriers	VAC	M70	80.02
4	143	Terry Casey		EVAC	M65	86.98
5	150	Patrick Parmenter	Eastern Vets	EVAC	M75	0.00
	170	Brian Arris	Havant	Open	M70	<i>dnf</i>

Heat 3

Pos.	Number	Name	Club	Area	Category	Hand Time
1	132	Ivars Licietis	Marshall Milton Keynes	EVAC	M50	56.09
2	158	Ian Broadhurst	Wrexham	Open	M50	58.24
3	140	David Whitehead	Peterborough	EVAC	M55	60.62
4	136	John Moore	West Norfolk	EVAC	M55	61.19
5	137	Les Percival	Paddock Wood	EVAC	M55	63.03
6	131	Jim Lawrence	Marshall Milton Keynes	EVAC	M50	70.04

Heat 4

Pos.	Number	Name	Club	Area	Category	Hand Time
1	179	Gary Palmer	St Marys Richmond	VAC	M40	56.81
2	191	Michael Vassiliou	Enfield & Haringey	VAC	M45	56.84
3	175	Andy Hunt	Worthing	VAC	M40	57.48
4	230	Tony Foster	Leamington	Open	M50	63.12
5	218	Terry Bissett	Epsom & Ewell	VAC	M65	63.17
6	216	David Whittaker	Epsom & Ewell	VAC	M60	74.22

Heat 5

Pos.	Number	Name	Club	Area	Category	Hand Time
1	153	Graham Langham	Rugby & Northampton	Open	M40	56.33
2	106	Lance Croft	Luton	EVAC	M40	57.27
3	112	Keith Palmer	Southend	EVAC	M40	59.86

800m

Heat 1

Pos.	Number	Name	Club	Area	Category	Time
1	82	Sally Read-Cayton	Woking	VAC	W40	02:19.8
2	52	Denise Morley	Colchester Harriers	EVAC	W35	02:23.6
3	79	Patricia Gallagher	Westbury	Open	W60	02:50.9
4	67	Susan Barnett	Cambridge & Coleridge	EVAC	W55	03:07.3
5	70	Iris Hornsey	Royston	EVAC	W65	03:21.4

Heat 2

Pos.	Number	Name	Club	Area	Category	Time
1	212	Michael Mann	Dulwich	VAC	M60	02:27.1
2	224	Arthur Kimber	Dartford Harriers	VAC	M70	02:58.5
3	150	Patrick Parmenter	Eastern Vets	EVAC	M75	04:37.2

Heat 3

Pos.	Number	Name	Club	Area	Category	Time
1	127	Geoff Brewster	Huntingdonshire	EVAC	M50	02:14.8
2	128	Richard Holland	Woodford Green	EVAC	M50	02:18.3
3	165	Keith Short	St Edmunds Pacers	Open	M55	02:19.5
4	230	Tony Foster	Leamington	Open	M50	02:37.1
	166	David Spencer		Open	M55	<i>dnf</i>

Heat 4

Pos.	Number	Name	Club	Area	Category	Time
1	123	Paul Spowage	Colchester	EVAC	M45	02:14.4
2	192	Cliff Warren	Vets AC	VAC	M45	02:19.5
3	115	Ian Auger		EVAC	M45	02:20.1
4	156	Craig Sabin	Leicester	Open	M45	02:22.8
5	186	Ian Mackett	Ashford	VAC	M45	02:51.7

Heat 5

Pos.	Number	Name	Club	Area	Category	Time
1	111	Steve Medhurst	Nene Valley Harriers	EVAC	M40	02:13.0
2	176	Tony Killilea	London Heathside	VAC	M40	02:19.1
3	113	Godfrey Tofts	Royston	EVAC	M40	02:28.1

1500m

Heat 1

Pos.	Number	Name	Club	Area	Category	Time
1	212	Michael Mann	Dulwich	VAC	M60	04:56.9
2	63	Gail Duckworth	Leighton Buzzard	EVAC	W50	05:32.5
3	79	Patricia Gallagher	Westbury	Open	W60	05:47.0
4	88	Ros Tabor	Dulwich	VAC	W55	05:47.2
5	67	Susan Barnett	Cambridge & Coleridge	EVAC	W55	06:26.1
6	85	Anne Lippitt	Trent Park	VAC	W50	06:43.3
7	71	Betty Stracey	Lincoln Wellington	EVAC	W65	07:16.8
	217	Dennis Williams	Hercules Wimbledon	VAC	M60	<i>dnf</i>

Heat 2

Pos.	Number	Name	Club	Area	Category	Time
1	205	Nigel Gates	Brighton & Hove	VAC	M55	04:35.7
2	164	David Oxland	Notts	Open	M55	04:38.3
3	128	Richard Holland	Woodford Green	EVAC	M50	04:39.8
4	161	Jeremy Hogan	Bristol & West	Open	M50	04:41.3
5	204	Ken Daniel	Blackheath & Bromley	VAC	M55	04:50.6
6	207	Martin Lippitt		VAC	M55	06:11.0

Heat 3

Pos.	Number	Name	Club	Area	Category	Time
1	104	Les Ball	Lincoln Wellington	EVAC	M40	04:16.2
2	123	Paul Spowage	Colchester	EVAC	M45	04:30.2
3	116	Paul Berrett	Havering Mayesbrook	EVAC	M45	04:31.4
4	111	Steve Medhurst	Nene Valley Harriers	EVAC	M40	04:36.2
5	152	Dave Ashworth	Leamington	Open	M35	04:38.2
6	115	Ian Auger		EVAC	M45	04:40.3
7	173	Andrew Del Nevo	Croydon	VAC	M40	04:42.1
8	156	Craig Sabin	Leicester	Open	M45	04:46.1
9	113	Godfrey Tofts	Royston	EVAC	M40	05:07.6

60m Hurdles

Heat 1

Pos.	Number	Name	Club	Area	Category	Time
1	219	Barry Ferguson	Cambridge Harriers	VAC	M65	10.00
2	220	Brian Harlick	Vets AC	VAC	M65	13.34

Heat 2

Pos.	Number	Name	Club	Area	Category	Time
1	55	Gaye Clarke	Ryston	EVAC	W45	9.80
2	53	Angie Alstrachen	St Edmunds Pacers	EVAC	W40	9.87
3	66	Barbara Higgins	Loughton	EVAC	W50	14.00

Heat 3

Pos.	Number	Name	Club	Area	Category	Time
1	130	Tennyson James	Bedford & County	EVAC	M50	9.51
2	206	Geoffrey Kitchener	Sevenoaks	VAC	M55	12.09
3	211	David Kuester	Bicester	VAC	M60	12.71

Heat 4

Pos.	Number	Name	Club	Area	Category	Time
1	154	Andrew Lewis		Open	M40	8.61
2	189	Glen Reddington	Windsor S,E&H	VAC	M45	9.22
3	124	Des Wilkinson	Luton	EVAC	M45	9.23

High Jump

Pos.	Number	Name	Club	Area	Category	Height
1	202	David Blunt	Epsom & Ewell	VAC	M55	1.51
2	206	Geoffrey Kitchener	Sevenoaks	VAC	M55	1.27
3	220	Brian Harlick	Epsom & Ewell	VAC	M65	1.18

Pole Vault

Pos.	Number	Name	Club	Area	Category	Height
1	183	Alan Easey	Worthing	VAC	M45	3.00
2		Alison Duke	Worthing	VAC	W40	2.50
3	173	Andrew Del Nevo	Croydon	VAC	M40	2.50
4	220	Brian Harlick	Epsom & Ewell	VAC	M65	2.50
5	144	John Clark	Chelmsford	EVAC	M65	1.80
6	60	Clare St John-Coleman	Chelmsford	EVAC	W45	1.60
7	66	Barbara Higgins	Loughton	EVAC	W50	1.60
8	202	David Blunt	Epsom & Ewell	VAC	M55	<i>nh</i>
9	138	Ian Reeve	West Norfolk	EVAC	M55	<i>nh</i>

Long Jump

Pos.	Number	Name	Club	Area	Category	Distance
1	55	Gaye Clarke	Ryston	EVAC	W45	4.27
2		Alison Duke	Worthing	VAC	W40	4.19
3	83	Sandra Campbell	Dartford Harriers	VAC	W40	3.91
4	199	Peter Morgan	Hastings	VAC	M50	3.73
5	60	Clare St John-Coleman	Chelmsford	EVAC	W45	3.59
6	211	David Kuester	Bicester	VAC	M60	3.59
7	225	Geoffrey Feast	Vets AC	VAC	M75	3.13
8	210	John Donaghey	Bexley	VAC	M60	2.99

Triple Jump

Pos.	Number	Name	Club	Area	Category	Distance
1	83	Sandra Campbell	Dartford Harriers	VAC	W40	7.90
2	60	Clare St John-Coleman	Chelmsford	EVAC	W45	7.43

Shot Putt

Pool 1

Pos.	Number	Name	Club	Area	Category	Distance
1	75	Sue Lawrence	Thurrock	Open	W35	10.18
2	65	Anne Goad	Dartford Harriers	EVAC	W50	10.03
3	90	Liz Sissons	Epsom & Ewell	VAC	W60	9.70
4	83	Sandra Campbell	Dartford Harriers	VAC	W40	8.90
5	77	Wendy Dunsford	Epsom & Ewell	Open	W45	8.88
6	69	Anthea Bramford	Cambridge & Coleridge	EVAC	W60	6.70

Pool 2

Pos.	Number	Name	Club	Area	Category	Distance
1	157	Andy Turner	Bournemouth	Open	M45	13.26
2	119	Allan Leiper	Aldershot F&D	EVAC	M45	11.80
3	121	Steve O'Neill	Thurrock	EVAC	M45	11.45
4	209	Anthony Richards	Croydon	VAC	M55	11.15
5	134	Tim Saunders-Mullins	Watford	EVAC	M55	9.35
6	135	Philip Bramford	Cambridge & Coleridge	EVAC	M55	9.32
7	186	Ian Mackett	Ashford	VAC	M45	5.95

Pool 3

Pos.	Number	Name	Club	Area	Category	Distance
1	168	Richard Jegou	White Horse	Open	M60	11.11
2	149	Ian Miller	Herts Phoenix	EVAC	M70	10.95
3	214	Peter Virgo	Windsor S,E&H	VAC	M60	10.87
4	211	David Kuester	Bicester	VAC	M60	10.12
5	227	Gordon Hickey	Blackheath & Bromley	VAC	M75	9.89 <i>UK M75 Recc</i>
6	210	John Donaghey	Bexley	VAC	M60	9.48
7	220	Brian Harlick	Epsom & Ewell	VAC	M65	8.33
8	226	Jaroslav Hanus	SCVAC	VAC	M75	8.30