

2010 BMAF Indoor Track & Field Championships

Saturday, 27 - Sunday, 28 March 2010

Venue: Lee Valley Athletics Centre, Edmonton, London

60 metres W35

Pos. Name	Age	Association	Time
FINAL			
1 Natasha Mighty	39	OPEN	8.89
2 Katy Williams	39	MMAC	8.92
3 Lorraine G-Mulvaney	38	WMAA	9.47

200 metres W35

Pos. Name	Age	Association	Time
FINAL			
1 Sharon Trusch	38	NVAC	27.20
2 Katy Williams	39	MMAC	30.74
3 Nicola Long	35	MMAC	33.18

400 metres W35

Pos. Name	Age	Association	Time
FINAL			
1 Sharon Trusch	38	NVAC	60.09

800 metres W35

Pos. Name	Age	Association	Time
FINAL			
1 Sharon Trusch	38	NVAC	02:23.65
2 Cara Oliver	36	SCVAC	02:28.38

1500 metres W35

Pos. Name	Age	Association	Time
FINAL			
1 Cara Oliver	36	SCVAC	05:05.19

3000m Walk W35

Pos. Name	Age	Association	Time
FINAL			
1 Joanna Stringer	38	SCVAC	18:36.38

60m Hurdles W35

Pos. Name	Age	Association	Time
FINAL			
1 Natasha Mighty	39	OPEN	10.71

High Jump W35

Pos. Name	Age	Association	Height
FINAL			
1 Natasha Brunning	37	SCVAC	1.45

Pole Vault W35

Pos. Name	Age	Association	Height
FINAL			
1 Natasha Brunning	37	SCVAC	3.00
2 Hayley Fox	36	EVAC	2.30

Long Jump W35

Pos. Name	Age	Association	Distance
FINAL			
1 Natasha Brunning	37	SCVAC	5.01

Shot Putt W35

Pos. Name	Age	Association	Distance
FINAL			
1 Sue Lawrence	39	SCVAC	10.93
2 Catherine Alford	37	WMAA	9.15
3 Natasha Mighty	39	OPEN	<i>DISQ</i>

Weight W35

Pos. Name	Age	Association	Distance
FINAL			
1 Sue Lawrence	39	SCVAC	11.38
2 Natasha Mighty	39	OPEN	11.21
3 Catherine Alford	37	WMAA	10.00
4 Nicola Long	35	MMAC	6.32

Discus W35

Pos. Name	Age	Association	Distance
FINAL			
1 Sue Lawrence	39	SCVAC	37.12

Hammer W35

Pos. Name	Age	Association	Distance
FINAL			
1 Sue Lawrence	39	SCVAC	36.38
2 Catherine Alford	37	WMAA	30.53
3 Natasha Mighty	39	OPEN	26.60
4 Nicola Long	35	MMAC	26.20

Javelin W35

Pos. Name	Age	Association	Distance
FINAL			
1 Sue Lawrence	39	SCVAC	28.24

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60 metres W40

Pos.	Name	Age	Association	Time
FINAL				
1	Angela Bates	44	SCVAC	8.36
2	Karen Hindle	43	EVAC	8.40
3	Christine Hawker	42	MMAC	8.74
4	Joanne Regan	41	SCVAC	8.90
5	Shirley Rowbotham	42	SCVAC	9.58

200 metres W40

Pos.	Name	Age	Association	Time
FINAL				
1	Karen Hindle	43	EVAC	28.03
2	Deborah Doherty	41	SCVAC	30.01
3	Shirley Rowbotham	42	SCVAC	30.49
4	Michele Wakefield	44	SCVAC	<i>DNS</i>

400 metres W40

Pos.	Name	Age	Association	Time
FINAL				
1	Denise Morley	40	EVAC	61.78
2	Angela Bates	44	SCVAC	65.12
3	Deborah Doherty	41	SCVAC	66.13
4	Michele Wakefield	44	SCVAC	68.30
5	Shirley Rowbotham	42	SCVAC	69.05
6	Timea Latinovics	43	MMAC	69.14

800 metres W40

Pos.	Name	Age	Association	Time
FINAL				
1	Denise Morley	40	EVAC	02:18.27
2	Timea Latinovics	43	MMAC	02:36.36

1500 metres W40

Pos.	Name	Age	Association	Time
FINAL				
1	Andrea Pickup	40	VAC	05:00.92

3000 metres W40

Pos.	Name	Age	Association	Time
FINAL				
1	Andrea Pickup	40	VAC	<i>DNS</i>

3000m Walk W40

Pos.	Name	Age	Association	Time
FINAL				
1	Priscilla O'Sullivan	44	IRL (G)	20:23.25

60m Hurdles W40

Pos.	Name	Age	Association	Time
FINAL				
1	Michelle Hazell	43	OPEN	<i>DNF</i>

High Jump W40

Pos.	Name	Age	Association	Height
FINAL				
1	Julia Machin	40	SCVAC	1.78 <i>wr</i>

Pole Vault W40

Pos.	Name	Age	Association	Height
FINAL				
1	Alison Duke	44	SCVAC	2.60

Long Jump W40

Pos.	Name	Age	Association	Distance
FINAL				
1	Julia Machin	40	SCVAC	5.56
2	Joanne Regan	41	SCVAC	4.48
3	Alison Duke	44	SCVAC	4.36

Shot Putt W40

Pos.	Name	Age	Association	Distance
FINAL				
1	Camilla Thrush	41	SCVAC	10.35
2	Priscilla O'Sullivan	44	IRL (G)	9.31
3	Maureen Glanton	44	IRL (G)	7.80

Weight W40

Pos.	Name	Age	Association	Distance
FINAL				
1	Camilla Thrush	41	SCVAC	11.69
2	Priscilla O'Sullivan	44	IRL (G)	11.26
3	Maureen Glanton	44	IRL (G)	9.94
4	Cathrina Halladen	43	SWVAC	9.27

Discus W40

Pos.	Name	Age	Association	Distance
FINAL				
1	Rebecca Hardy	41	OPEN	36.82
2	Maureen Glanton	44	IRL (G)	31.80
3	Cathrina Halladen	43	SWVAC	27.76
4	Priscilla O'Sullivan	44	IRL (G)	25.57

Hammer W40

Pos.	Name	Age	Association	Distance
FINAL				
1	Camilla Thrush	41	SCVAC	37.11
2	Priscilla O'Sullivan	44	IRL (G)	34.78
3	Maureen Glanton	44	IRL (G)	27.98
4	Cathrina Halladen	43	SWVAC	27.75

Javelin W40

Pos.	Name	Age	Association	Distance
FINAL				
1	Deborah Doherty	41	SCVAC	26.61

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60 metres W45

Pos.	Name	Age	Association	Time
FINAL B				
1	Monica Brown	45	EVAC	8.68
2	Gaye Clarke	49	EVAC	8.99
3	Amanda Rochester	47	SCVAC	9.05
4	Angela Kelly	49	SVHC	9.19
FINAL A				
1	Julie Money	45	NVAC	8.40
2	Kirstin King	48	SCVAC	8.41
3	Anita Sampson	47	EVAC	8.54
4	Angela Griffiths	48	SCVAC	9.07

200 metres W45

Pos.	Name	Age	Association	Time
FINAL B				
1	Lesley Willis	48	MMAC	29.73
2	Angela Kelly	49	SVHC	31.13
3	Amanda Rochester	47	SCVAC	<i>DNF</i>
FINAL A				
1	Kirstin King	48	SCVAC	27.49
2	Jayne Willock	46	EVAC	27.83
3	Anita Sampson	47	EVAC	27.98
4	Julie Money	45	NVAC	28.44

400 metres W45

Pos.	Name	Age	Association	Time
FINAL				
1	Anita Sampson	47	EVAC	63.71
2	Tracy Burrows	45	SCVAC	65.34
3	Amanda Rochester	47	SCVAC	66.51
4	Angela Kelly	49	SVHC	71.92
5	Christine Feely	47	EVAC	74.06

800 metres W45

Pos.	Name	Age	Association	Time
FINAL				
1	Clare Elms	46	VAC	02:28.20
2	Anita Sampson	47	EVAC	02:32.15
3	Tracy Burrows	45	SCVAC	02:32.67

1500 metres W45

Pos.	Name	Age	Association	Time
FINAL				
1	Clare Elms	46	VAC	04:47.10
2	Jane Pidgeon	46	MMAC	05:08.61
3	Joan Lasenby	49	EVAC	05:16.69

3000 metres W45

Pos.	Name	Age	Association	Time
FINAL				
1	Jane Pidgeon	46	MMAC	10:56.58
2	Lynne Marr	48	VAA-NE	12:31.39

3000m Walk W45

Pos.	Name	Age	Association	Time
FINAL				
1	Helen Middleton	47	EVAC	16:28.52
2	Maureen Noel	46	VAC	18:30.87

60m Hurdles W45

Pos.	Name	Age	Association	Time
FINAL				
1	Wendy Laing	47	NVAC	9.81
2	Gaye Clarke	49	EVAC	10.00
3	Charmaine Johnson	46	VAC	10.19

High Jump W45

Pos.	Name	Age	Association	Height
FINAL				
1	Wendy Laing	47	NVAC	1.55
2	Charmaine Johnson	46	VAC	1.40
3	Amanda Rowley-Jones	48	VAC	1.35
4	Gaye Clarke	49	EVAC	1.25

Long Jump W45

Pos.	Name	Age	Association	Distance
FINAL				
1	Wendy Laing	47	NVAC	4.65
2	Gaye Clarke	49	EVAC	4.46
3	Angela Griffiths	48	SCVAC	4.33
4	Charmaine Johnson	46	VAC	4.17
5	Monica Brown	45	EVAC	4.03
6	Amanda Rowley-Jones	48	VAC	3.91
7	Christine Feely	47	EVAC	3.49

Triple Jump W45

Pos.	Name	Age	Association	Distance
FINAL				
1	Lesley Willis	48	MMAC	9.00
2	Clare St JohnColeman	49	EVAC	7.96

Shot Putt W45

Pos.	Name	Age	Association	Distance
FINAL				
1	Charmaine Johnson	46	VAC	10.30
2	Wendy Laing	47	NVAC	9.77
3	Julie Wilson	47	SCVAC	9.10
4	Alison George	47	MMAC	8.83
5	Karen Llewllin	46	WMAA	8.56
6	Janet Smith	45	SCVAC	8.31

Weight W45

Pos.	Name	Age	Association	Distance
FINAL				
1	Janet Smith	45	SCVAC	11.01
2	Julie Wilson	47	SCVAC	10.08
3	Karen Llewllin	46	WMAA	8.29

Discus W45

Pos.	Name	Age	Association	Distance
FINAL				
1	Julie Wilson	47	SCVAC	30.43
2	Helen Daniel	46	VAC	28.15
3	Karen Llewllin	46	WMAA	25.56

Hammer W45

Pos.	Name	Age	Association	Distance
FINAL				
1	Janet Smith	45	SCVAC	37.81
2	Julie Wilson	47	SCVAC	31.54
3	Karen Llewllin	46	WMAA	27.62

Javelin W45

Pos.	Name	Age	Association	Distance
FINAL				
1	Julie Wilson	47	SCVAC	24.82

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60 metres W50

Pos. Name	Age	Association	Time
FINAL			
1 Linda Nicholson	50	SVHC	8.80
2 Chris Salvary	53	SCVAC	9.48

200 metres W50

Pos. Name	Age	Association	Time
FINAL			
1 Lynn Talbert	51	SCVAC	29.91
2 Isabel McMillan	50	NVAC	31.50
3 Chris Salvary	53	SCVAC	31.52
4 Teresa Eades	51	SCVAC	33.02

400 metres W50

Pos. Name	Age	Association	Time
FINAL			
1 Lynn Talbert	51	SCVAC	66.68
2 Isabel McMillan	50	NVAC	70.96

1500 metres W50

Pos. Name	Age	Association	Time
FINAL			
1 Susie Tawney	50	MMAC	05:22.98

3000 metres W50

Pos. Name	Age	Association	Time
FINAL			
1 Gail Duckworth	54	EVAC	11:02.73
2 Lucy Hickey	50	NVAC	12:41.37

3000m Walk W50

Pos. Name	Age	Association	Time
FINAL			
1 Ann Wheeler	54	MMAC	17:15.02
2 Fiona Bishop	50	VAC	19:12.43
3 Norma Grimsey	53	SCVAC	21:02.53

60m Hurdles W50

Pos. Name	Age	Association	Time
FINAL			
1 Hazel Barker	50	NVAC	10.18

High Jump W50

Pos. Name	Age	Association	Height
FINAL			
1 Hazel Barker	50	NVAC	1.35

Pole Vault W50

Pos. Name	Age	Association	Height
FINAL			
1 Teresa Eades	51	SCVAC	2.10

Long Jump W50

Pos. Name	Age	Association	Distance
FINAL			
1 Linda Nicholson	50	SVHC	4.57
2 Hazel Barker	50	NVAC	3.74
3 Chris Salvary	53	SCVAC	3.69

Shot Putt W50

Pos. Name	Age	Association	Distance
FINAL			
1 Hazel Barker	50	NVAC	10.07
2 Wendy Dunsford	48	SCVAC	9.85

Weight W50

Pos. Name	Age	Association	Distance
FINAL			
1 Wendy Dunsford	48	SCVAC	9.73
2 Pat Higgins	54	MMAC	8.74

Discus W50

Pos. Name	Age	Association	Distance
FINAL			
1 Claire Cameron	51	SVHC	29.02
2 Wendy Dunsford	48	SCVAC	25.85

Hammer W50

Pos. Name	Age	Association	Distance
FINAL			
1 Wendy Dunsford	48	SCVAC	29.78
2 Pat Higgins	54	MMAC	27.59

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Saturday, 27 - Sunday, 28 March 2010

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60 metres W55

Pos.	Name	Age	Association	Time
FINAL				
1	Joan Trimble	55	VAC	8.83
2	Sue Dassie	57	SCVAC	9.49
3	Emily McMahon	59	SCVAC	9.51
4	Yvonne Newton	55	OPEN	9.74
5	Anne Nelson	58	SCVAC	9.74
6	Anna Garnier	55	VAC	10.04

200 metres W55

Pos.	Name	Age	Association	Time
FINAL				
1	Joan Trimble	55	VAC	30.16
2	Emily McMahon	59	SCVAC	32.92
3	Anne Nelson	58	SCVAC	33.38
4	Sue Dassie	57	SCVAC	34.08
5	Fiona Argent	56	SCVAC	35.71

400 metres W55

Pos.	Name	Age	Association	Time
FINAL				
1	Fiona Argent	56	SCVAC	80.96
2	Sue James	59	SCVAC	82.71

800 metres W55

Pos.	Name	Age	Association	Time
FINAL				
1	Anna Garnier	55	VAC	02:38.81
2	Nancy Hitchmough	59	MMAC	02:43.65
3	Liz Bowers	57	SVHC	02:55.54
4	Pat Halstead	57	SCVAC	02:56.38
5	Joyce Barrus	56	MMAC	03:00.49

1500 metres W55

Pos.	Name	Age	Association	Time
FINAL				
1	Nancy Hitchmough	59	MMAC	05:33.90
2	Anna Garnier	55	VAC	05:34.28
3	Pat Halstead	57	SCVAC	05:48.59
4	Liz Bowers	57	SVHC	05:55.44
5	Joyce Barrus	56	MMAC	06:04.34
6	Sue James	59	SCVAC	06:26.38
7	Anne Lippitt	55	SCVAC	06:46.29

3000 metres W55

Pos.	Name	Age	Association	Time
FINAL				
1	Joan Howe	55	NVAC	12:02.66
2	Anne Lippitt	55	SCVAC	14:04.00

3000m Walk W55

Pos.	Name	Age	Association	Time
FINAL				
1	Cath Duhig	55	EVAC	18:30.81

Pole Vault W55

Pos.	Name	Age	Association	Height
FINAL				
1	Sue Yeomans	57	SCVAC	2.60

Long Jump W55

Pos. Name	Age	Association	Distance
FINAL			
1 Sue Yeomans	57	SCVAC	3.63
2 Linda Harrison	59	SCVAC	2.62

Triple Jump W55

Pos. Name	Age	Association	Distance
FINAL			
1 Sue Yeomans	57	SCVAC	7.80
2 Linda Harrison	59	SCVAC	5.55

Shot Putt W55

Pos. Name	Age	Association	Distance
FINAL			
1 Vilma Thompson	58	SCVAC	10.63
2 Sue Dassie	57	SCVAC	8.37
3 Fiona Crompton	56	NVAC	8.26

Weight W55

Pos. Name	Age	Association	Distance
FINAL			
1 Vilma Thompson	58	SCVAC	11.90
2 Fiona Crompton	56	NVAC	8.53
3 Linda Harrison	59	SCVAC	7.39

Discus W55

Pos. Name	Age	Association	Distance
FINAL			
1 Vilma Thompson	58	SCVAC	22.02
2 Fiona Crompton	56	NVAC	20.01
3 Linda Harrison	59	SCVAC	11.87

Hammer W55

Pos. Name	Age	Association	Distance
FINAL			
1 Vilma Thompson	58	SCVAC	31.87
2 Fiona Crompton	56	NVAC	22.82
3 Linda Harrison	59	SCVAC	19.88

Javelin W55

Pos. Name	Age	Association	Distance
FINAL			
1 Vilma Thompson	58	SCVAC	25.33
2 Fiona Crompton	56	NVAC	20.16

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60 metres W60

Pos.	Name	Age	Association	Time
FINAL				
1	Moria West	60	SCVAC	9.62
2	Brenda Fee	63	VAC	9.67
3	Janette Turner	61	AUS (G)	9.73
4	Patricia Oakes	63	SCVAC	11.30
5	Daphne Marler	63	SCVAC	13.02

200 metres W60

Pos.	Name	Age	Association	Time
FINAL				
1	Moria West	60	SCVAC	32.11
2	Brenda Fee	63	VAC	32.63
3	Janette Turner	61	AUS (G)	33.56

400 metres W60

Pos.	Name	Age	Association	Time
FINAL				
1	Moria West	60	SCVAC	77.14
2	Brenda Fee	63	VAC	77.69

1500 metres W60

Pos.	Name	Age	Association	Time
FINAL				
1	Ros Tabor	60	VAC	05:50.80
2	Susan Barnett	60	EVAC	06:44.64

3000m Walk W60

Pos.	Name	Age	Association	Time
FINAL				
1	Ann Lewis	62	SCVAC	19:09.91
2	Susan Barnett	60	EVAC	19:16.98

60m Hurdles W60

Pos.	Name	Age	Association	Time
FINAL				
1	Sally Hine	60	MMAC	12.49

Long Jump W60

Pos.	Name	Age	Association	Distance
FINAL				
1	Patricia Oakes	63	SCVAC	3.18
2	Sally Hine	60	MMAC	3.10
3	Daphne Marler	63	SCVAC	2.44

Triple Jump W60

Pos.	Name	Age	Association	Distance
FINAL				
1	Patricia Oakes	63	SCVAC	7.11
2	Daphne Marler	63	SCVAC	5.31

Shot Putt W60

Pos.	Name	Age	Association	Distance
FINAL				
1	Mo Pearson	61	SWVAC	9.50
2	Barbara Terry	64	SCVAC	8.02
3	Anthea Bramford	62	EVAC	6.57

Weight W60

Pos.	Name	Age	Association	Distance
FINAL				
1	Rosemary Hutton	62	SWVAC	11.19
2	Barbara Terry	64	SCVAC	10.33
3	Anthea Bramford	62	EVAC	9.69

Discus W60

Pos.	Name	Age	Association	Distance
FINAL				
1	Mo Pearson	61	SWVAC	24.52
2	Anthea Bramford	62	EVAC	15.79

Hammer W60

Pos.	Name	Age	Association	Distance
FINAL				
1	Rosemary Hutton	62	SWVAC	30.01
2	Barbara Terry	64	SCVAC	26.59
3	Anthea Bramford	62	EVAC	19.57

Javelin W60

Pos.	Name	Age	Association	Distance
FINAL				
1	Anthea Bramford	62	EVAC	13.39

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60 metres W65

Pos.	Name	Age	Association	Time
FINAL				
1	Mary Axtell	68	SCVAC	10.14
2	Mollie Mills	69	MMAC	10.37
3	Ann Bolitho	67	SCVAC	10.52

200 metres W65

Pos.	Name	Age	Association	Time
FINAL				
1	Mary Axtell	68	SCVAC	35.46
2	Mollie Mills	69	MMAC	37.23
3	Ann Bolitho	67	SCVAC	37.59

400 metres W65

Pos.	Name	Age	Association	Time
FINAL				
1	Iris Hornsey	67	EVAC	89.40

800 metres W65

Pos.	Name	Age	Association	Time
FINAL (Hand timing)				
1	Iris Hornsey	67	EVAC	03:24.30

Shot Putt W65

Pos.	Name	Age	Association	Distance
FINAL				
1	Elizabeth Sissons	65	VAC	9.22

Weight W65

Pos.	Name	Age	Association	Distance
FINAL				
1	Elizabeth Sissons	65	VAC	11.86

Discus W65

Pos.	Name	Age	Association	Distance
FINAL				
1	Elizabeth Sissons	65	VAC	20.91

Hammer W65

Pos.	Name	Age	Association	Distance
FINAL				
1	Elizabeth Sissons	65	VAC	27.39

Javelin W65

Pos.	Name	Age	Association	Distance
FINAL				
1	Elizabeth Sissons	65	VAC	22.81

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200 metres W70

Pos.	Name	Age	Association	Time
FINAL				
1	Dorothy Fraser	73	EVAC	37.63

400 metres W70

Pos.	Name	Age	Association	Time
FINAL				
1	Dorothy Fraser	73	EVAC	89.05

800 metres W70

Pos.	Name	Age	Association	Time
FINAL (Hand timing)				
1	Kathleen Stewart	70	VAA-NE	03:20.80 <i>br</i>
2	Dorothy Fraser	73	EVAC	03:45.80
3	Betty Stracey	70	EVAC	03:45.90

1500 metres W70

Pos.	Name	Age	Association	Time
FINAL				
1	Kathleen Stewart	70	VAA-NE	06:47.59 <i>br</i>
2	Betty Stracey	70	EVAC	07:28.86
3	Eva Osborne	70	EVAC	<i>DNF</i>

Pole Vault W70

Pos.	Name	Age	Association	Height
FINAL				
1	Dorothy McLennan	74	IRL (G)	1.80

Long Jump W70

Pos.	Name	Age	Association	Distance
FINAL				
1	Anne Martin	74	EVAC	3.08

Triple Jump W70

Pos.	Name	Age	Association	Distance
FINAL				
1	Anne Martin	74	EVAC	6.37

Shot Putt W70

Pos.	Name	Age	Association	Distance
FINAL				
1	Anne Martin	74	EVAC	7.00

Weight W70

Pos.	Name	Age	Association	Distance
FINAL				
1	Carole Derrien	71	SWVAC	8.49

Discus W70

Pos.	Name	Age	Association	Distance
FINAL				
1	Carole Derrien	71	SWVAC	18.06

Hammer W70

Pos.	Name	Age	Association	Distance
FINAL				
1	Carole Derrien	71	SWVAC	21.81
2	Anne Martin	74	EVAC	18.44

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60 metres W75

Pos.	Name	Age	Association	Time	
FINAL					
1	Rosemary Chrimes	76	MMAC	10.86	<i>br</i>

3000m Walk W75

Pos.	Name	Age	Association	Time	
FINAL					
1	Maureen Spelman	75	VAC	22:24.72	<i>br</i>

High Jump W75

Pos.	Name	Age	Association	Height	
FINAL					
1	Rosemary Chrimes	76	MMAC	1.16	<i>wr</i>

Shot Putt W75

Pos.	Name	Age	Association	Distance	
FINAL					
1	Rosemary Chrimes	76	MMAC	9.12	<i>wr</i>
2	Marie Grant Stevens	77	SCVAC	5.64	

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60 metres M40

Pos.	Name	Age	Association	Time
Heat 1				
1	Mark Dunwell	40	MMAC	7.33
2	Paul Donaghy	42	VAA-NE	7.55
3	Barrington King	44	SCVAC	7.80
4	Simon Emmings	43	EVAC	8.25
5	Bruno Laasna	41	SWVAC	8.80
Heat 2				
1	Jason Carty	40	SCVAC	7.38
2	Andrew Lewis	42	SCVAC	7.50
3	Ian Allen	44	SWVAC	7.70
4	Richard Buckingham	42	VAC	8.14
5	Trevor Lake	43	EVAC	10.44
Heat 3				
1	Derek Morgan	40	SWVAC	7.45
2	Sean Saxon	41	MMAC	7.50
3	Ben Radcliffe	40	SCVAC	7.72
4	Raphael Smith	42	MMAC	7.78
FINAL				
1	Mark Dunwell	40	MMAC	7.12
2	Jason Carty	40	SCVAC	7.21
3	Derek Morgan	40	SWVAC	7.32
4	Andrew Lewis	42	SCVAC	7.40
5	Paul Donaghy	42	VAA-NE	7.46
6	Sean Saxon	41	MMAC	7.64

200 metres M40

Pos.	Name	Age	Association	Time
FINAL B				
1	Raphael Smith	42	MMAC	25.87
2	Barrington King	44	SCVAC	26.62
3	Trevor Lake	43	EVAC	34.49
FINAL A				
1	Paul Donaghy	42	VAA-NE	24.46
2	Leeroy Golding	42	NVAC	25.56
3	Michael Osunsami	41	SCVAC	25.94
4	Antony Babbs	43	EVAC	26.70

400 metres M40

Pos.	Name	Age	Association	Time
FINAL B				
1	Leeroy Golding	42	NVAC	57.28
2	Antony Babbs	43	EVAC	58.03
3	Bruno Laasna	41	SWVAC	65.22
FINAL A				
1	Peter Benedickter	41	EVAC	54.25
2	Michael Osunsami	41	SCVAC	56.23
3	Lance Croft	43	EVAC	57.57
4	Gary Palmer	43	VAC	58.10

800 metres M40

Pos.	Name	Age	Association	Time
FINAL				
1	Steven Baldock	40	SCVAC	02:05.21
2	Adrian Haines	42	VAC	02:07.01
3	Robert Maher	42	OPEN	02:08.29
4	Craig Johnston	42	SVHC	02:10.68
5	Antony Mead	43	OPEN	02:11.51
6	Geoff Gallagher	42	SCVAC	02:12.55
7	Grant Stenhouse	42	SCVAC	02:12.75
8	Dean Casella	40	OPEN	02:15.64

1500 metres M40

Pos.	Name	Age	Association	Time
FINAL				
1	Adrian Haines	42	VAC	04:18.50
2	Chris Daniels	41	VAC	04:19.39
3	Robert Maher	42	OPEN	04:19.95
4	Andrew Del Nevo	42	SCVAC	04:40.92

3000 metres M40

Pos.	Name	Age	Association	Time
FINAL				
1	Mick Jagger	40	NVAC	09:02.04
2	Kevin Downie	40	SVHC	09:05.63
3	John Scott	43	OPEN	09:06.83
4	Ian Johnston	42	SVHC	09:09.47
5	Andrew Del Nevo	42	SCVAC	10:05.85

60m Hurdles M40

Pos.	Name	Age	Association	Time
FINAL				
1	Andrew Lewis	42	SCVAC	8.53
2	Sean Saxon	41	MMAC	8.88
3	Andrew Kennard	44	SCVAC	9.12
4	Ian Allen	44	SWVAC	9.50

High Jump M40

Pos.	Name	Age	Association	Height
FINAL				
1	Ian Allen	44	SWVAC	1.75
2	Mark Roach	44	SWVAC	1.70
3	Phillip Chalke	41	SCVAC	1.65

Pole Vault M40

Pos.	Name	Age	Association	Height
FINAL				
1	Simon Eastwood	44	EVAC	3.40
2	Richard Waterhouse	44	SCVAC	3.20
3	Robert Peers	44	SCVAC	2.60
4	Andrew Del Nevo	42	SCVAC	2.40
5		0		0.00

Long Jump M40

Pos.	Name	Age	Association	Distance
FINAL				
1	Ian Allen	44	SWVAC	5.86
2	Ben Radcliffe	40	SCVAC	5.81
3	Andrew Kennard	44	SCVAC	5.56
4	Richard Buckingham	42	VAC	5.42
5	Leeroy Golding	42	NVAC	5.26

Triple Jump M40

Pos.	Name	Age	Association	Distance
FINAL				
1	Leeroy Golding	42	NVAC	10.35
2	Paul Harrison	43	EVAC	9.99

Shot Putt M40

Pos.	Name	Age	Association	Distance
FINAL				
1	Mark Wiseman	41	SCVAC	14.25
2	John Twiddle	41	NVAC	12.78
3	Dave Brown	44	NVAC	10.28
4	Paul Smith	41	MMAC	8.59
5	David Glendower	42	SCVAC	6.99

Weight M40

Pos. Name	Age	Association	Distance
FINAL			
1 Mark Wiseman	41	SCVAC	15.00
2 Dave Brown	44	NVAC	9.75
3 John Twiddle	41	NVAC	8.97
4 David Glendower	42	SCVAC	7.44
5 Paul Smith	41	MMAC	7.13

Discus M40

Pos. Name	Age	Association	Distance
FINAL			
1 Mark Wiseman	41	SCVAC	47.37
2 Leeroy Golding	42	NVAC	31.62
3 Dave Brown	44	NVAC	30.86
4 Paul Smith	41	MMAC	26.03

Hammer M40

Pos. Name	Age	Association	Distance
FINAL			
1 Mark Wiseman	41	SCVAC	47.59
2 Darren Kerr	40	OPEN	43.54
3 John Twiddle	41	NVAC	38.11
4 Dave Brown	44	NVAC	30.75
5 Paul Smith	41	MMAC	23.34
6 David Glendower	42	SCVAC	20.95

Javelin M40

Pos. Name	Age	Association	Distance
FINAL			
1 Dave Brown	44	NVAC	39.17

2010 BMAF Indoor Track & Field Championships

Saturday, 27 - Sunday, 28 March 2010

Venue: Lee Valley Athletics Centre, Edmonton, London

60 metres M45

Pos.	Name	Age	Association	Time
Heat 1				
1	Dalton Powell	46	MMAC	7.60
2	Lincoln Campbell	45	SCVAC	7.63
3	Chris Georgiou	45	MMAC	7.77
4	Glen Reddington	47	SCVAC	7.78
5	Peter Ilo	48	SCVAC	7.91
6	Michael May	49	VAC	8.59
Heat 2				
1	Pat Logan	49	SCVAC	7.63
2	John Statham	49	MMAC	7.82
3	Ronnie Hunter	48	SVHC	7.90
4	Donald Brown	46	MMAC	7.95
5	David Benham	45	SCVAC	8.06
6	Sholto Douglas Home	47	SCVAC	8.50
FINAL				
1	Pat Logan	49	SCVAC	7.42
2	Dalton Powell	46	MMAC	7.46
3	Lincoln Campbell	45	SCVAC	7.49
4	John Statham	49	MMAC	7.75
5	Glen Reddington	47	SCVAC	7.79
6	Chris Georgiou	45	MMAC	7.85

200 metres M45

Pos.	Name	Age	Association	Time
FINAL B				
1	Petros Anastasi	45	SCVAC	25.36
2	Keith Palmer	45	EVAC	26.08
3	Michael May	49	VAC	28.09
4	David Richardson	47	SWVAC	28.57
FINAL A				
1	Pat Logan	49	SCVAC	24.28
2	Glen Reddington	47	SCVAC	24.93
3	Patrick Bass	47	MMAC	25.02
4	Donald Brown	46	MMAC	<i>DNF</i>

400 metres M45

Pos.	Name	Age	Association	Time
FINAL B				
1	Peter Ilo	48	SCVAC	58.03
2	Ty Holden	48	SCVAC	58.84
3	Ronnie Hunter	48	SVHC	62.16
4	David Richardson	47	SWVAC	63.38
FINAL A				
1	Jonathan Tilt	47	SCVAC	54.06
2	Sean Price	47	WMAA	54.77
3	Neil Tunstall	48	SWVAC	57.29
4	Keith Palmer	45	EVAC	59.55

800 metres M45

Pos.	Name	Age	Association	Time
FINAL				
1	James MacDonald	49	SVHC	02:09.46
2	Sean Price	47	WMAA	02:12.05
3	Malcolm Tuff	45	EVAC	02:13.31
4	Michael Scott	45	EVAC	02:20.28
5	Dave Stanfield	47	SWVAC	02:21.65
6	Michael Maher	47	IRL (G)	02:21.73
7	David Richardson	47	SWVAC	02:32.54
8	Ty Holden	48	SCVAC	<i>DNF</i>

1500 metres M45

Pos.	Name	Age	Association	Time
FINAL				
1	Simon Anderson	46	SWVAC	04:10.18
2	Rob Andrew	46	MMAC	04:15.42
3	Paul Spowage	46	EVAC	04:25.27
4	Danny Skeffington	47	IRL (G)	04:27.85
5	Malcolm Tuff	45	EVAC	04:30.69
6	Andy Gannaway	47	VAC	04:36.63
7	Craig Sabin	48	MMAC	04:44.80
8	Michael Maher	47	IRL (G)	04:45.51
9	Dave Stanfield	47	SWVAC	04:51.44
10	Malcolm Down	48	EVAC	04:57.80

3000 metres M45

Pos.	Name	Age	Association	Time
FINAL				
1	Simon Anderson	46	SWVAC	09:03.10
2	Paul Spowage	46	EVAC	09:22.81
3	Declan McCarthy	47	NIMAC	09:57.45
4	Craig Sabin	48	MMAC	10:06.18

3000m Walk M45

Pos.	Name	Age	Association	Time
FINAL				
1	Francisco Reis	49	SCVAC	14:25.55

60m Hurdles M45

Pos.	Name	Age	Association	Time	
FINAL					
1	Greg Dunson	46	MMAC	8.67	<i>br</i>
2	Glen Reddington	47	SCVAC	8.98	
3	Neil Tunstall	48	SWVAC	9.61	

High Jump M45

Pos.	Name	Age	Association	Height	
FINAL					
1	Steve Linsell	46	NVAC	1.85	<i>br</i>
2	Andrew Waddington	48	SWVAC	1.65	
3	Donald Brown	46	MMAC	1.65	
4	Diarmuid Quill	45	IRL (G)	1.55	
5	Adrian James	45	OPEN	1.55	

Pole Vault M45

Pos.	Name	Age	Association	Height	
FINAL					
1	Mark Johnson	45	NVAC	4.50	<i>br</i>
2	Allan Leiper	49	SCVAC	3.20	
3	Nicholas Walker	46	SWVAC	3.20	
4	Alan Easey	46	VAC	3.00	

Long Jump M45

Pos.	Name	Age	Association	Distance
FINAL				
1	Donald Brown	46	MMAC	5.51
2	David Benham	45	SCVAC	5.51
3	Peter Ilo	48	SCVAC	5.46
4	Adrian James	45	OPEN	5.40
5	Andrew Waddington	48	SWVAC	5.28
6	Alan Easey	46	VAC	5.13
7	Stephen Carr	46	SCVAC	4.69

Triple Jump M45

Pos.	Name	Age	Association	Distance
FINAL				
1	Julien Gittens	48	NVAC	11.99
2	Clifford Warren	48	VAC	10.44
3	Donald Brown	46	MMAC	10.42
4	Dave Shields	49	WMAA	9.85

Shot Putt M45

Pos.	Name	Age	Association	Distance
FINAL				
1	Stephen Whyte	46	EVAC	14.45
2	Allan Leiper	49	SCVAC	12.52
3	David Burrell	45	EVAC	11.91
4	Tetsuro Sawaki	46	JAP (G)	10.45
5	Glyndwr Pugh	49	WMAA	10.19

Weight M45

Pos.	Name	Age	Association	Distance
FINAL				
1	Stephen Whyte	46	EVAC	16.53
2	David Burrell	45	EVAC	14.47
3	Russell Payne	49	MMAC	11.86
4	Graham Middleton	49	MMAC	10.59
5	Samuel Moylan	45	SCVAC	9.48
6	Glyndwr Pugh	49	WMAA	9.15

Discus M45

Pos.	Name	Age	Association	Distance
FINAL				
1	Gerrard Farrell	45	SVHC	36.67
2	David Burrell	45	EVAC	36.01
3	Glyndwr Pugh	49	WMAA	31.59
4	Graham Middleton	49	MMAC	31.41
5	Nicholas Walker	46	SWVAC	31.27

Hammer M45

Pos.	Name	Age	Association	Distance
FINAL				
1	Stephen Whyte	46	EVAC	55.48
2	David Burrell	45	EVAC	45.26
3	Russell Payne	49	MMAC	44.84
4	Graham Middleton	49	MMAC	37.03
5	Glyndwr Pugh	49	WMAA	32.78

Javelin M45

Pos.	Name	Age	Association	Distance
FINAL				
1	Trevor Ratcliffe	46	SCVAC	50.79
2	David Burrell	45	EVAC	43.82
3	Samuel Moylan	45	SCVAC	38.61
4	Nicholas Walker	46	SWVAC	37.57
5	Andrew Waddington	48	SWVAC	37.05
6	Donald Brown	46	MMAC	30.45

2010 BMAF Indoor Track & Field Championships

Saturday, 27 - Sunday, 28 March 2010

Venue: Lee Valley Athletics Centre, Edmonton, London

60 metres M50

Pos.	Name	Age	Association	Time
Heat 1				
1	Cecil Moven	53	MMAC	7.84
2	Alastair Duncan	53	SCVAC	7.95
3	Robert Cawson	54	MMAC	8.01
4	Brian Slaughter	52	SCVAC	8.30
5	Roderick Davies	53	SCVAC	8.60
Heat 2				
1	Ricky Huskisson	50	EVAC	7.72
2	Kwei Sankofa	50	SCVAC	7.72
3	Clement Leon	54	SCVAC	8.18
4	Philip Clayton	52	MMAC	8.32
5	Wilson Paterson	52	EVAC	8.42
Heat 3				
1	Dougie Donald	51	MMAC	7.87
2	Kevin Burgess	53	OPEN	7.87
3	Tennyson James	52	EVAC	8.04
4	Dennis Minn	53	SCVAC	8.14
5	Peter Morgan	54	VAC	9.11
6	Simon Pugh	51	NVAC	9.37
FINAL				
1	Cecil Moven	53	MMAC	7.60
2	Kwei Sankofa	50	SCVAC	7.65
3	Ricky Huskisson	50	EVAC	7.66
4	Kevin Burgess	53	OPEN	7.79
5	Dougie Donald	51	MMAC	7.81
6	Alastair Duncan	53	SCVAC	7.91

200 metres M50

Pos.	Name	Age	Association	Time
Heat 1				
1	Alastair Duncan	53	SCVAC	25.38
2	Peter Hickey	52	NVAC	25.80
3	Dougie Donald	51	MMAC	26.08
4	Brian Slaughter	52	SCVAC	26.74
5	Clive Pengelly	54	SWVAC	27.37
Heat 2				
1	Kwei Sankofa	50	SCVAC	25.11
2	Eric Smart	53	VAA-NE	25.86
3	Robert Cawson	54	MMAC	26.47
4	Dennis Minn	53	SCVAC	27.00
5	Craig Douglas	52	SVHC	27.20
6	Roderick Davies	53	SCVAC	27.30
FINAL				
1	Kwei Sankofa	50	SCVAC	24.78
2	Alastair Duncan	53	SCVAC	25.24
3	Eric Smart	53	VAA-NE	25.26
4	Peter Hickey	52	NVAC	25.42
5	Dougie Donald	51	MMAC	25.88

400 metres M50

Pos.	Name	Age	Association	Time
Heat 1				
1	Kwei Sankofa	50	SCVAC	55.40
2	Tennyson James	52	EVAC	58.32
3	Brian Slaughter	52	SCVAC	58.57
4	Clement Leon	54	SCVAC	58.95
5	Wilson Paterson	52	EVAC	64.09
Heat 2				
1	Alastair Duncan	53	SCVAC	57.81
2	Ivars Licietis	54	EVAC	57.90
3	Craig Douglas	52	SVHC	58.33
4	Ray Daniel	53	VAC	59.13
5	Simon Pugh	51	NVAC	66.91

FINAL

1	Kwei Sankofa	50	SCVAC	55.12
2	Alastair Duncan	53	SCVAC	56.75
3	Tennyson James	52	EVAC	57.05
4	Ivars Licietis	54	EVAC	58.04
5	Craig Douglas	52	SVHC	60.12
6	Brian Slaughter	52	SCVAC	<i>DNF</i>

800 metres M50

Pos.	Name	Age	Association	Time
FINAL				
1	Jonathan Metcalf	50	EVAC	02:13.16
2	Kevin Pye	50	MMAC	02:13.75
3	Ray Daniel	53	VAC	02:14.48
4	Richard Jenkin	50	VAC	02:15.12
5	Robert Bigger	52	NIMAC	02:16.41
6	Ivars Licietis	54	EVAC	02:16.63
7	Geoffrey Brewster	51	EVAC	<i>DNF</i>

1500 metres M50

Pos.	Name	Age	Association	Time
FINAL				
1	Stephen Smith	50	NVAC	04:17.92
2	Malcolm Eustace	51	MMAC	04:29.68
3	Richard Jenkin	50	VAC	04:37.03
4	Jeremy Hogan	51	SWVAC	04:38.96
5	Dickie Wythe	53	SWVAC	04:39.22
6	Jonathan Metcalf	50	EVAC	04:41.30
7	Stephen Smythe	52	VAC	04:49.20
8	Keith McLellan	53	EVAC	04:53.16
9	Colin Oxlade	50	SCVAC	04:53.71
10	Robert Bigger	52	NIMAC	<i>DNF</i>

3000 metres M50

Pos.	Name	Age	Association	Time
FINAL				
1	Malcolm Eustace	51	MMAC	09:34.28
2	Dickie Wythe	53	SWVAC	09:57.54
3	Keith McLellan	53	EVAC	10:10.81
4	Colin Oxlade	50	SCVAC	10:17.25
5	James Wallace	52	VAC	10:54.17

3000m Walk M50

Pos.	Name	Age	Association	Time
FINAL				
1	Steve Allen	53	OPEN	16:15.06

60m Hurdles M50

Pos.	Name	Age	Association	Time
FINAL				
1	Tennyson James	52	EVAC	9.25
2	John Mayor	51	EVAC	9.40
3	Brian Slaughter	52	SCVAC	9.61
4	Clive Pengelly	54	SWVAC	10.34
5	Simon Pugh	51	NVAC	12.35

High Jump M50

Pos.	Name	Age	Association	Height
FINAL				
1	Colin Hague	53	SWVAC	1.50
2=	Joe McColgan	50	MMAC	1.50
2=	Clement Leon	54	SCVAC	1.50
4	Brian Slaughter	52	SCVAC	1.50

Pole Vault M50

Pos.	Name	Age	Association	Height
FINAL				
1	Wayne Martin	50	SCVAC	3.20
2	Brian Slaughter	52	SCVAC	3.00

Long Jump M50

Pos.	Name	Age	Association	Distance
FINAL				
1	Ricky Huskisson	50	EVAC	5.15
2	Brian Slaughter	52	SCVAC	5.13
3	Clement Leon	54	SCVAC	4.65
4	Roderick Davies	53	SCVAC	4.59

Triple Jump M50

Pos.	Name	Age	Association	Distance
FINAL				
1	David Dixon	50	VAA-NE	11.67
2	Albert Earle	52	MMAC	11.61
3	Steve Wallace	50	SVHC	10.73
4	Clement Leon	54	SCVAC	10.64

Shot Putt M50

Pos.	Name	Age	Association	Distance
FINAL				
1	Bob Broadbridge	50	SWVAC	13.27
2	John Fenton	53	SCVAC	11.76
3	Steve Woolley	51	MMAC	11.40
4	John Moreland	51	MMAC	11.32
5	John Mayor	51	EVAC	9.76
6	John Birkett	53	SVHC	9.19

Weight M50

Pos.	Name	Age	Association	Distance
FINAL				
1	Bob Broadbridge	50	SWVAC	17.54
2	John Moreland	51	MMAC	15.94
3	Martin Roberts	50	MMAC	14.97
4	Steve Woolley	51	MMAC	14.68
5	Mike Burling	52	EVAC	10.93

Discus M50

Pos.	Name	Age	Association	Distance
FINAL				
1	John Moreland	51	MMAC	45.65
2	Bob Broadbridge	50	SWVAC	42.63
3	Steve Woolley	51	MMAC	35.05
4	Wayne Martin	50	SCVAC	29.11
5	John Mayor	51	EVAC	28.47

Hammer M50

Pos.	Name	Age	Association	Distance
FINAL				
1	Nigel Winchcombe	50	EVAC	53.36
2	Martin Roberts	50	MMAC	50.39
3	Bob Broadbridge	50	SWVAC	45.10
4	John Moreland	51	MMAC	44.50
5	Steve Woolley	51	MMAC	38.10
6	Mike Burling	52	EVAC	29.21

Javelin M50

Pos.	Name	Age	Association	Distance
FINAL				
1	John Fenton	53	SCVAC	43.00
2	Steve Woolley	51	MMAC	40.32
3	Bob Broadbridge	50	SWVAC	37.70
4	Peter Morgan	54	VAC	23.34
5	John Birkett	53	SVHC	21.92

2010 BMAF Indoor Track & Field Championships

Saturday, 27 - Sunday, 28 March 2010

Venue: Lee Valley Athletics Centre, Edmonton, London

60 metres M55

Pos.	Name	Age	Association	Time
FINAL B				
1	Les Percival	56	EVAC	8.14
2	Ken Jackson	55	SWVAC	8.42
3	Kevin Downes	56	OPEN	8.95
FINAL A				
1	Viv Oliver	58	MMAC	7.84
2	Ray Watkins	57	SCVAC	7.90
3	Alasdair Ross	58	SCVAC	7.97
4	Chris Padmore	57	SCVAC	8.15

200 metres M55

Pos.	Name	Age	Association	Time
FINAL B				
1	Ray Watkins	57	SCVAC	26.15
2	Peter Mould	57	MMAC	26.99
3	John Moore	59	EVAC	28.14
4	Robin Mumford	56	SCVAC	<i>DNF</i>
FINAL A				
1	Viv Oliver	58	MMAC	25.58
2	Ian Broadhurst	55	WMAA	25.75
3	Les Percival	56	EVAC	26.62
4	Douglas Lucas	58	VAC	26.66

400 metres M55

Pos.	Name	Age	Association	Time
FINAL				
1	Ian Broadhurst	55	WMAA	57.63
2	Les Percival	56	EVAC	60.13
3	Roy Buchanan	56	SVHC	61.42
4	John Moore	59	EVAC	62.65
5	Chris Padmore	57	SCVAC	63.77

800 metres M55

Pos.	Name	Age	Association	Time
FINAL				
1	David Bedwell	56	MMAC	02:15.68
2	Fred Pidgeon	55	MMAC	02:26.25
3	Bill Birmingham	59	VAC	02:36.55
4	Michael Elwell	59	MMAC	02:41.98

1500 metres M55

Pos.	Name	Age	Association	Time
FINAL				
1	David Bedwell	56	MMAC	04:35.04
2	David Oxland	58	MMAC	04:41.54
3	Paul Gasson	56	OPEN	04:47.20
4	Ken Daniel	59	SCVAC	04:47.87
5	George Maybury	56	IRL (G)	04:57.94
6	Archie Jenkins	57	SVHC	04:59.48
7	Alan Newman	56	SCVAC	05:29.39
8	Martin Lippitt	56	SCVAC	06:13.32

3000 metres M55

Pos.	Name	Age	Association	Time
FINAL				
1	David Oxland	58	MMAC	09:51.86
2	Archie Jenkins	57	SVHC	10:50.89
3	George Maybury	56	IRL (G)	11:16.77
4	Michael Elwell	59	MMAC	12:03.94
5	Martin Lippitt	56	SCVAC	13:18.86

3000m Walk M55

Pos.	Name	Age	Association	Time
FINAL				
1	Sean Pender	56	VAC	17:47.81

60m Hurdles M55

Pos.	Name	Age	Association	Time
FINAL				
1	Roy Buchanan	56	SVHC	9.82
2	Duncan Talbot	56	SCVAC	11.15

High Jump M55

Pos.	Name	Age	Association	Height
FINAL				
1	Duncan Talbot	56	SCVAC	1.55
2	David Blunt	56	SCVAC	1.50

Pole Vault M55

Pos.	Name	Age	Association	Height
FINAL				
1	Allan Williams	56	SCVAC	3.50
2	Stuart Tufton	59	OPEN	3.20

Long Jump M55

Pos.	Name	Age	Association	Distance
FINAL				
1	Ken Jackson	55	SWVAC	4.85
2	Alasdair Ross	58	SCVAC	4.68
3	David Blunt	56	SCVAC	4.63
4	Ian Turner	55	SCVAC	4.01

Triple Jump M55

Pos.	Name	Age	Association	Distance
FINAL				
1	David Blunt	56	SCVAC	9.98

Shot Putt M55

Pos.	Name	Age	Association	Distance
FINAL				
1	Michael Small	55	SWVAC	12.58
2	Graeme Packman	55	EVAC	10.38
3	Karlis Bricis	58	LAT (G)	10.02
4	Clive Howell	56	MMAC	9.22
5	Philip Bramford	59	EVAC	8.96
6	Tim SaundersMullin	56	SCVAC	8.53

Weight M55

Pos.	Name	Age	Association	Distance
FINAL				
1	Clive Howell	56	MMAC	14.70
2	Michael Small	55	SWVAC	14.34
3	Clive Thomson	58	SCVAC	11.87
4	Philip Bramford	59	EVAC	<i>NVT</i>
5	Tim SaundersMullin	56	SCVAC	<i>NVT</i>

Discus M55

Pos.	Name	Age	Association	Distance
FINAL				
1	Michael Small	55	SWVAC	41.33
2	Philip Bramford	59	EVAC	31.65
3	John Howard	59	OPEN	29.70
4	Ian Turner	55	SCVAC	24.66
5	Tim SaundersMullin	56	SCVAC	23.26

Hammer M55

Pos.	Name	Age	Association	Distance
FINAL				
1	Michael Small	55	SWVAC	40.06
2	Clive Howell	56	MMAC	38.86
3	Clive Thomson	58	SCVAC	37.02
4	Tim SaundersMullin	56	SCVAC	28.36
5	Philip Bramford	59	EVAC	24.64

Javelin M55

Pos.	Name	Age	Association	Distance
FINAL				
1	Philip Bramford	59	EVAC	35.75
2	Ian Turner	55	SCVAC	28.20

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Venue: Lee Valley Athletics Centre, Edmonton, London

60 metres M60

Pos.	Name	Age	Association	Time
FINAL				
1	Glyn Sutton	64	WMAA	8.17
2	Stephen Henderson	60	OPEN	8.51
3	Thomas Clinton	60	IRL (G)	8.78
4	Lawrie Dunn	63	MMAC	8.80
5	Roderick Howe	60	WMAA	8.98

200 metres M60

Pos.	Name	Age	Association	Time
FINAL B				
1	Roderick Howe	60	WMAA	29.21
2	Lawrie Dunn	63	MMAC	29.59
3	William Bradley	60	EVAC	29.80
4	John Steel	62	MMAC	30.68
FINAL A				
1	John Charlton	62	NVAC	28.16
2	Bruce Hendrie	61	MMAC	28.45
3	Geoffrey Kitchener	60	VAC	28.47
4	Thomas Clinton	60	IRL (G)	28.55

400 metres M60

Pos.	Name	Age	Association	Time
FINAL				
1	Derek Wardle	62	VAC	61.50
2	David Hayward	60	VAC	61.95
3	Bruce Hendrie	61	MMAC	61.95
4	John Charlton	62	NVAC	63.95
5	Roderick Howe	60	WMAA	66.33
6	Stephen Henderson	60	OPEN	69.92

800 metres M60

Pos.	Name	Age	Association	Time
FINAL				
1	Michael Mann	61	VAC	02:26.43
2	Ed Connolly	60	SCVAC	02:26.67
3	Stephen Knight	60	VAC	02:33.52
4	William Bradley	60	EVAC	02:35.71

1500 metres M60

Pos.	Name	Age	Association	Time
FINAL				
1	Patrick Timmons	60	IRL (G)	04:51.04
2	Michael Mann	61	VAC	04:52.45
3	Stephen Knight	60	VAC	05:10.44
4	Mick Smedley	62	MMAC	05:31.73
5	Peter Duhig	60	EVAC	<i>DNF</i>

3000 metres M60

Pos.	Name	Age	Association	Time
FINAL				
1	Patrick Timmons	60	IRL (G)	10:34.11
2	Michael Mann	61	VAC	10:38.16
3	Terry Eakin	60	NIMAC	10:40.43
4	Tony Cousins	60	VAC	11:23.13
5	Mick Smedley	62	MMAC	11:49.90
6	Stephen Knight	60	VAC	<i>DNF</i>

3000m Walk M60

Pos. Name	Age	Association	Time
FINAL			
1 Sean McMullin	64	IRL (G)	16:32.42
2 Michael O'Connor	60	IRL (G)	17:27.38
3 Howard Brown	61	WMAA	19:39.07
4 John Hall	61	VAC	<i>DNF</i>

60m Hurdles M60

Pos. Name	Age	Association	Time
FINAL			
1 David Cowley	62	MMAC	10.25

High Jump M60

Pos. Name	Age	Association	Height
FINAL			
1 Lawrie Dunn	63	MMAC	1.36

Pole Vault M60

Pos. Name	Age	Association	Height
FINAL			
1 Bruce Hendrie	61	MMAC	2.90
2 David Cowley	62	MMAC	2.60

Long Jump M60

Pos. Name	Age	Association	Distance
FINAL			
1 Lawrie Dunn	63	MMAC	4.39
2 David Cowley	62	MMAC	4.35

Triple Jump M60

Pos. Name	Age	Association	Distance
FINAL			
1 David Cowley	62	MMAC	9.91
2 Kristian Lundby	62	MMAC	9.55

Shot Putt M60

Pos. Name	Age	Association	Distance
FINAL			
1 Neil Griffin	61	SCVAC	14.22
2 Michael Hazlewood	64	NVAC	12.20
3 Barry Hawksworth	63	MMAC	11.91
4 Anthony Richards	60	VAC	11.64
5 Robert Richards	62	EVAC	9.60
6 William Bradley	60	EVAC	8.53

Weight M60

Pos. Name	Age	Association	Distance
FINAL			
1 Barry Hawksworth	63	MMAC	16.83
2 Paul Dickenson	60	SCVAC	15.99
3 Michael Hazlewood	64	NVAC	14.20

Discus M60

Pos. Name	Age	Association	Distance
FINAL			
1 Michael Hazlewood	64	NVAC	45.62
2 Barry Hawksworth	63	MMAC	43.05
3 Bill Renshaw	60	NVAC	40.86

Hammer M60

Pos. Name	Age	Association	Distance
FINAL			
1 Barry Hawksworth	63	MMAC	48.53
2 Paul Dickenson	60	SCVAC	46.01
3 Michael Hazlewood	64	NVAC	39.71

Javelin M60

Pos. Name

Age Association Distance

FINAL

1 Michael Hazlewood
2 Barry Hawksworth

64 NVAC 41.77
63 MMAC 40.13

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Venue: Lee Valley Athletics Centre, Edmonton, London

60 metres M65

Pos.	Name	Age	Association	Time
FINAL				
1	Ian Foster	66	EVAC	8.40
2	Victor Novell	65	SCVAC	8.44
3	Charles Isetts	67	VAC	8.78
4	Barry Ferguson	68	VAC	8.92
5	Frederick Turner	68	AUS (G)	9.32
6	David Haines	69	SCVAC	9.71

200 metres M65

Pos.	Name	Age	Association	Time
FINAL B				
1	Frederick Turner	68	AUS (G)	30.19
2	David Whittaker	65	VAC	31.38
3	Allan Sowden	69	VAC	33.92
FINAL A				
1	Terry Bissett	66	SCVAC	27.23
2	Victor Novell	65	SCVAC	27.95
3	Ian Foster	66	EVAC	28.26
4	Charles Isetts	67	VAC	29.89

400 metres M65

Pos.	Name	Age	Association	Time	
FINAL					
1	Terry Bissett	66	SCVAC	61.99	<i>br</i>
2	Richard Barrington	65	MMAC	69.25	
3	Richard Somers	65	VAC	69.95	
4	Melvyn James	65	WMAA	70.47	
5	David Haines	69	SCVAC	70.86	
6	Frederick Turner	68	AUS (G)	<i>DNF</i>	

800 metres M65

Pos.	Name	Age	Association	Time
FINAL				
1	Rod Scholes	65	NVAC	02:30.43
2	Michael Smith	67	NVAC	02:30.51
3	Mike Dixon	65	SCVAC	02:36.51
4	John Garber	68	EVAC	02:40.35
5	Patrick Healy	65	IRL (G)	02:42.87
6	Richard Somers	65	VAC	02:44.40
7	Melvyn James	65	WMAA	02:49.02
8	Peter Tabenor	66	SWVAC	02:55.08
9	David Cowgill	68	NVAC	03:08.07

1500 metres M65

Pos.	Name	Age	Association	Time
FINAL				
1	Michael Smith	67	NVAC	05:19.99
2	Patrick Healy	65	IRL (G)	05:32.29
3	John Garber	68	EVAC	05:33.63
4	Peter Tabenor	66	SWVAC	05:51.29

3000 metres M65

Pos.	Name	Age	Association	Time
FINAL				
1	Peter Giles	65	VAC	10:49.04
2	Patrick Bonass	65	IRL (G)	11:39.12
3	Russell Williams	65	SCVAC	12:13.18
4	Rod Scholes	65	NVAC	<i>DNF</i>

3000m Walk M65

Pos.	Name	Age	Association	Time
FINAL				
1	Peter Hannell	67	VAC	17:15.46
2	Ronald Penfold	68	VAC	17:35.49
3	Peter Howard	67	EVAC	19:12.00

60m Hurdles M65

Pos.	Name	Age	Association	Time
FINAL				
1	Barry Ferguson	68	VAC	10.26
2	Richard Barrington	65	MMAC	12.41

High Jump M65

Pos.	Name	Age	Association	Height
FINAL				
1	Jim O'Shea	67	IRL (G)	1.31
2	Edward Wagner	63	NVAC	1.25
3	John Howe	68	WMAA	1.19

Pole Vault M65

Pos.	Name	Age	Association	Height
FINAL				
1	John Bradley	66	MMAC	2.70
2=	Brian Harlick	68	SCVAC	2.40
2=	John Howe	68	WMAA	2.40

Long Jump M65

Pos.	Name	Age	Association	Distance
FINAL				
1	Allan Cheers	65	SCVAC	4.30
2	Allan Long	67	VAC	4.02
3	Robert Ruff	68	SCVAC	3.99
4	David Haines	69	SCVAC	3.99
5	Frederick Turner	68	AUS (G)	3.98

Triple Jump M65

Pos.	Name	Age	Association	Distance
FINAL				
1	Allan Cheers	65	SCVAC	9.22
2	Robert Ruff	68	SCVAC	7.91

Shot Putt M65

Pos.	Name	Age	Association	Distance
FINAL				
1	John Scott	68	SVHC	11.61
2	Peter Virgo	65	VAC	11.26
3	Richard Jegou	65	MMAC	10.37
4	Richard Turner	68	OPEN	9.78
5	David Kuester	65	VAC	9.55

Weight M65

Pos.	Name	Age	Association	Distance
FINAL				
1	Christopher Melliush	65	SCVAC	15.43
2	David Kuester	65	VAC	12.05
3	Richard Jegou	65	MMAC	10.49
4	Richard Turner	68	OPEN	9.73

Discus M65

Pos.	Name	Age	Association	Distance
FINAL				
1	Brian Harlick	68	SCVAC	36.19
2	David Kuester	65	VAC	33.13
3	Richard Jegou	65	MMAC	29.40
4	Frederick Turner	68	AUS (G)	23.13

Hammer M65

Pos.	Name	Age	Association	Distance
FINAL				
1	Christopher Melliush	65	SCVAC	43.16
2	David Kuester	65	VAC	32.26
3	Richard Jegou	65	MMAC	29.17
4	Brian Harlick	68	SCVAC	26.40
5	Richard Turner	68	OPEN	25.89

Javelin M65

Pos.	Name	Age	Association	Distance
FINAL				
1	David Kuester	65	VAC	35.86
2	Ashley Fox	67	SCVAC	32.63
3	Brian Harlick	68	SCVAC	24.93

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Venue: Lee Valley Athletics Centre, Edmonton, London

60 metres M70

Pos.	Name	Age	Association	Time
FINAL				
1	Donald Butler	71	VAA-NE	9.09
2	John Ross	71	SVHC	9.09
3	Tony Bowman	73	NVAC	9.18
4	Colin Field	73	SCVAC	9.41
5	David Whitton	71	SWVAC	10.13
6	John Godbeer	74	VAC	10.86

200 metres M70

Pos.	Name	Age	Association	Time
FINAL				
1	John Ross	71	SVHC	30.52
2	Tony Bowman	73	NVAC	31.20
3	Colin Field	73	SCVAC	31.77
4	John Wilson	73	NVAC	33.16

400 metres M70

Pos.	Name	Age	Association	Time
FINAL				
1	John Ross	71	SVHC	69.40
2	John Wilson	73	NVAC	72.49
3	Tony Bowman	73	NVAC	78.21
4	Arthur Kimber	73	SCVAC	79.65

800 metres M70

Pos.	Name	Age	Association	Time
FINAL				
1	Geoff Hudson	70	MMAC	03:11.01

1500 metres M70

Pos.	Name	Age	Association	Time
FINAL				
1	Edmond Simpson	72	VAC	06:04.54
2	Michael Sawyer	70	VAC	06:07.01

3000 metres M70

Pos.	Name	Age	Association	Time
FINAL				
1	Edmond Simpson	72	VAC	12:57.65
2	Michael Sawyer	70	VAC	13:12.49

3000m Walk M70

Pos.	Name	Age	Association	Time
FINAL				
1	Arthur Thomson	73	VAC	16:14.13
2	Ron Powell	73	SCVAC	19:05.31
3	Dave Stevens	73	VAC	20:11.50
4	Bernard Hercock	73	VAC	21:27.72

60m Hurdles M70

Pos.	Name	Age	Association	Time
FINAL				
1	Donald Butler	71	VAA-NE	11.01

High Jump M70

Pos.	Name	Age	Association	Height
FINAL				
1	Tony Crocker	74	MMAC	1.37
2	Roger Bruck	70	SCVAC	1.25

Long Jump M70

Pos.	Name	Age	Association	Distance
FINAL				
1	Tony Crocker	74	MMAC	3.98
2	Roger Bruck	70	SCVAC	3.70

Shot Putt M70

Pos.	Name	Age	Association	Distance
FINAL				
1	Bill Legg	70	SWVAC	10.40
2	Eric Kitney	72	SCVAC	9.13
3	Peter Shevlane	70	EVAC	8.75
4	John Love	70	MMAC	7.92

Discus M70

Pos.	Name	Age	Association	Distance
FINAL				
1	Colin Brand	74	SCVAC	34.02
2	Jack Kee	70	EVAC	31.68
3	John Love	70	MMAC	25.08

Hammer M70

Pos.	Name	Age	Association	Distance
FINAL				
1	Jack Kee	70	EVAC	45.75
2	Peter Shevlane	70	EVAC	29.97

Javelin M70

Pos.	Name	Age	Association	Distance
FINAL				
1	Colin Brand	74	SCVAC	36.79

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Venue: Lee Valley Athletics Centre, Edmonton, London

60 metres M75

Pos.	Name	Age	Association	Time
FINAL				
1	George Cheetham	79	MMAC	9.59
2	Alan Mellett	76	MMAC	9.60
3	John Evans	75	MMAC	10.09
4	Hubert Daniels	78	WMAA	10.55
5	Geoffrey Feast	78	VAC	10.56
6	Colin Sheppard	75	SCVAC	10.97

200 metres M75

Pos.	Name	Age	Association	Time
FINAL				
1	Alan Mellett	76	MMAC	32.18
2	George Cheetham	79	MMAC	34.49
3	John Evans	75	MMAC	34.87
4	Hubert Daniels	78	WMAA	37.86
5	Peter Dibb	76	NVAC	37.95

400 metres M75

Pos.	Name	Age	Association	Time
FINAL				
1	Alan Mellett	76	MMAC	78.77
2	Seymour John	75	SCVAC	79.04
3	Peter Dibb	76	NVAC	81.09

800 metres M75

Pos.	Name	Age	Association	Time
FINAL				
1	Len Tew	75	WMAA	02:56.45
2	Peter Dibb	76	NVAC	03:12.19
3	Seymour John	75	SCVAC	03:18.07
4	John Cullingham	77	VAC	03:45.01

1500 metres M75

Pos.	Name	Age	Association	Time
FINAL				
1	Len Tew	75	WMAA	06:00.10
2	Peter Dibb	76	NVAC	06:39.38

3000 metres M75

Pos.	Name	Age	Association	Time
FINAL				
1	Brian Shave	75	SCVAC	15:15.06

60m Hurdles M75

Pos.	Name	Age	Association	Time
FINAL				
1	Colin Shafto	75	NVAC	<i>DNF</i>

Pole Vault M75

Pos.	Name	Age	Association	Height
FINAL				
1	Robert Brown	77	MMAC	2.40

Long Jump M75

Pos.	Name	Age	Association	Distance
FINAL				
1	John Evans	75	MMAC	3.65
2	Colin Sheppard	75	SCVAC	3.22
3	Geoffrey Feast	78	VAC	3.05

Triple Jump M75

Pos. Name	Age	Association	Distance
FINAL			
1 John Evans	75	MMAC	7.68

Shot Putt M75

Pos. Name	Age	Association	Distance
FINAL			
1 Ian Miller	75	EVAC	11.15 <i>br</i>
2 Gordon Hickey	76	VAC	9.56
3 Peter Barber	77	SCVAC	6.69
4 Norman Fullick	75	SCVAC	6.66
5 Philip McEvoy	78	NVAC	5.43

Weight M75

Pos. Name	Age	Association	Distance
FINAL			
1 Ian Miller	75	EVAC	13.49
2 Peter Barber	77	SCVAC	11.82
3 Gordon Hickey	76	VAC	9.82
4 Norman Fullick	75	SCVAC	8.11

Hammer M75

Pos. Name	Age	Association	Distance
FINAL			
1 Ian Miller	75	EVAC	33.78
2 Peter Barber	77	SCVAC	32.35
3 Norman Fullick	75	SCVAC	24.92

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Venue: Lee Valley Athletics Centre, Edmonton, London

60 metres M80

Pos.	Name	Age	Association	Time
FINAL				
1	Allan Meddings	82	MMAC	10.06
2	Bill Morrow	80	MMAC	14.59

200 metres M80

Pos.	Name	Age	Association	Time
FINAL				
1	Tom Clowry	80	MMAC	35.63

400 metres M80

Pos.	Name	Age	Association	Time
FINAL				
1	Tom Clowry	80	MMAC	82.41
2	George Hopecroft	82	SCVAC	113.64

800 metres M80

Pos.	Name	Age	Association	Time
FINAL				
1	Tom Clowry	80	MMAC	03:41.13

Long Jump M80

Pos.	Name	Age	Association	Distance
FINAL				
1	Tom Clowry	80	MMAC	3.17
2	Bill Morrow	80	MMAC	1.79

Shot Putt M80

Pos.	Name	Age	Association	Distance
FINAL				
1	Jaroslav Hanus	80	VAC	8.83
2	Keith Dutton	80	MMAC	8.68

Weight M80

Pos.	Name	Age	Association	Distance
FINAL				
1	Jaroslav Hanus	80	VAC	10.27

Discus M80

Pos.	Name	Age	Association	Distance
FINAL				
1	Jaroslav Hanus	80	VAC	23.30

Hammer M80

Pos.	Name	Age	Association	Distance
FINAL				
1	Jaroslav Hanus	80	VAC	28.01

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Saturday, 27 - Sunday, 28 March 2010

Venue: Lee Valley Athletics Centre, Edmonton, London

Shot Putt M85

Pos.	Name	Age	Association	Distance	
FINAL					
1	Leslie D'arcy	88	NVAC	7.26	<i>br</i>

Weight M85

Pos.	Name	Age	Association	Distance	
FINAL					
1	Leslie D'arcy	88	NVAC	7.98	

Hammer M85

Pos.	Name	Age	Association	Distance	
FINAL					
1	Leslie D'arcy	88	NVAC	19.52	