

BMAF SoE/EMAC/VAC/Open - Sunday, 23rd February 2020 - Lee Valley Athletic Centre

| 60m | Athlete | 1st Claim Club | Age Group | Result SS.ss | EMAC CBP? | EMAC Medal |
|-----|-----------------------|----------------------------------|-----------|--------------|-----------|------------|
| 68 | Allan Mc Sween | Thames Valley Harriers | V35M | 7.45 | . | G |
| 74 | Andrew Spour | Lincoln Wellington Athletic Club | V35M | 7.49 | . | S |
| 79 | Daniel Yellop | Ryston Runners | V35M | 7.62 | . | B |
| 73 | Michael Shortall | Thurrock Harriers | V35M | 7.71 | . | . |
| 64 | Panos Ioannou | Marshall Milton Keynes AC | V35M | 7.82 | . | . |
| 81 | Jan Barnard | Basildon AC | V40M | 7.61 | CBP | G |
| 100 | Amr Ziko | Braintree & District AC | V40M | 7.76 | . | S |
| 87 | Justin Hubbard | Colchester & Tendring AC | V40M | 7.80 | . | B |
| 85 | Craig Christian | Rugby & Northampton AC | V40M | 7.97 | . | . |
| 135 | Jesse Wilson | Corby AC | V45M | 8.20 | . | G |
| 102 | Stephen Bass | Bedford & County AC | V45M | 8.68 | . | S |
| 143 | Paul Canning | Marshall Milton Keynes AC | V50M | 7.96 | . | G |
| 147 | Kerry Courtenay-Robin | Marshall Milton Keynes AC | V50M | 8.07 | . | S |
| 164 | Darren O'Leary | Marshall Milton Keynes AC | V50M | 8.55 | . | B |
| 139 | Mark Bartholomew | Eastern Masters AC | V50M | 8.67 | . | . |
| 173 | Andrew Weller | Basildon AC | V50M | 8.83 | . | . |
| 221 | Ricardo Huskisson | Eastern Masters AC | V60M | 7.88 | CBP | G |
| 236 | Wilson Paterson | Corby AC | V60M | 8.74 | . | S |
| 251 | John Moore | Lincoln Wellington Athletic Club | V65M | 9.49 | . | G |
| 279 | Frank Hayes | Eastern Masters AC | V75M | 10.68 | . | G |
| 322 | Yvette Clayton | Corby AC | V45W | 8.98 | . | G |
| 343 | Sue Paterson | Corby AC | V50W | 11.01 | . | G |
| 355 | Monica Brown | Fairlands Valley Spartans | V55W | 9.06 | . | G |
| 356 | Gaye Clarke | Ryston Runners | V55W | 9.78 | . | S |
| 368 | Clare St John-Coleman | Chelmsford AC | V55W | 9.82 | . | B |
| 386 | Stephanie Stamp | Southend On Sea AC | V65W | 13.95 | . | G |

| 200m | Athlete | 1st Claim Club | Age Group | Result SS.ss | EMAC CBP? | EMAC Medal |
|------|--------------------------------|----------------------------------|-----------|--------------|-----------|------------|
| 74 | Andrew Spour | Lincoln Wellington Athletic Club | V35M | 23.90 | . | G |
| 68 | Allan Mc Sween | Thames Valley Harriers | V35M | 24.10 | . | S |
| 73 | Michael Shortall | Thurrock Harriers | V35M | 24.40 | . | B |
| 79 | Daniel Yellop | Ryston Runners | V35M | 24.57 | . | . |
| 87 | Justin Hubbard | Colchester & Tendring AC | V40M | 24.93 | CBP | G |
| 81 | Jan Barnard | Basildon AC | V40M | 25.10 | . | S |
| 100 | Amr Ziko | Braintree & District AC | V40M | 25.82 | . | B |
| 85 | Craig Christian | Rugby & Northampton AC | V40M | 25.94 | . | . |
| 102 | Stephen Bass | Bedford & County AC | V45M | 29.07 | . | G |
| 143 | Paul Canning | Marshall Milton Keynes AC | V50M | 26.18 | . | G |
| 140 | Peter Benedickter | Bedford & County AC | V50M | 26.46 | . | S |
| 161 | Steve Mayfield | Stevenage & North Herts AC | V50M | 28.25 | . | B |
| 164 | Darren O'Leary | Marshall Milton Keynes AC | V50M | 28.37 | . | . |
| 173 | Andrew Weller | Basildon AC | V50M | 31.10 | . | . |
| 203 | Clifford Warren | Loughton AC | V55M | 30.32 | . | G |
| 221 | Ricardo Huskisson | Eastern Masters AC | V60M | 26.36 | CBP | G |
| 222 | Tennyson James | Bedford & County AC | V60M | 27.16 | . | S |
| 227 | Ivars Licietis | Charnwood A C | V60M | 28.52 | . | B |
| 236 | Wilson Paterson | Corby AC | V60M | 29.49 | . | . |
| 240 | Robert Woolliams | Ipswich Harriers | V60M | 31.21 | . | . |
| 215 | Juan Carlos Fernandez-Arroyabe | Southend On Sea AC | V60M | 38.03 | . | . |
| 253 | Les Percival | Paddock Wood AC | V65M | 30.58 | . | G |
| 251 | John Moore | Lincoln Wellington Athletic Club | V65M | 31.13 | . | S |
| 275 | Tony Wells | Corby AC | V70M | 31.83 | CBP | G |
| 279 | Frank Hayes | Eastern Masters AC | V75M | 39.71 | . | G |
| 322 | Yvette Clayton | Corby AC | V45W | 29.29 | . | G |
| 343 | Sue Paterson | Corby AC | V50W | 38.68 | . | G |
| 352 | Tracy Bezance | Southampton Athletic Club | V55W | 29.97 | CBP | G |
| 356 | Gaye Clarke | Ryston Runners | V55W | 33.70 | . | S |
| 373 | Edith Caux | Luton Athletic Club | V60W | 32.33 | . | G |
| 400m | Athlete | 1st Claim Club | Age Group | Result SS.ss | EMAC CBP? | EMAC Medal |
| 73 | Michael Shortall | Thurrock Harriers | V35M | 54.83 | CBP | G |
| 79 | Daniel Yellop | Ryston Runners | V35M | 55.07 | CBP | S |
| 97 | Daniel Scurrall | Ipswich Harriers | V40M | 57.46 | . | G |
| 85 | Craig Christian | Rugby & Northampton AC | V40M | 59.04 | . | S |
| 104 | Lee Bowker | Ipswich Harriers | V45M | 59.39 | . | G |
| 135 | Jesse Wilson | Corby AC | V45M | 60.16 | . | S |
| 140 | Peter Benedickter | Bedford & County AC | V50M | 57.89 | . | G |
| 184 | John Harris | Fairlands Valley Spartans | V55M | 69.50 | . | G |
| 222 | Tennyson James | Bedford & County AC | V60M | 62.74 | . | G |
| 231 | Jonathan Metcalf | Thurrock Harriers | V60M | 65.21 | . | S |
| 227 | Ivars Licietis | Charnwood A C | V60M | 66.40 | . | B |
| 322 | Yvette Clayton | Corby AC | V45W | 66.31 | . | G |
| 373 | Edith Caux | Luton Athletic Club | V60W | 76.78 | . | G |

| 800m | Athlete | 1st Claim Club | Age Group | Result MM:SS.ss | EMAC CBP? | EMAC Medal |
|-----------|-----------------------|-------------------------------------|-----------|-----------------|-----------|------------|
| 71 | Lee Pretlove | Royston Runners | V35M | 02:13.12 | . | G |
| 184 | John Harris | Fairlands Valley Spartans | V55M | 02:34.47 | . | G |
| 191 | Richard Mangham | Leigh on Sea Striders | V55M | 02:46.27 | . | S |
| 231 | Jonathan Metcalf | Thurrock Harriers | V60M | 02:25.44 | CBP | G |
| 210 | Ray Daniel | Cambridge Harriers | V60M | 02:35.57 | . | S |
| 209 | Geoffrey Brewster | March AC | V60M | 02:35.74 | . | B |
| 245 | Richard Brown | Harborough AC | V65M | 03:01.80 | . | G |
| 351 | Christine Anthony | West Suffolk AC | V55W | 02:37.26 | . | G |
| 372 | Karen Brooks | Corby AC | V60W | 02:48.31 | CBP | G |
| 1500m | Athlete | 1st Claim Club | Age Group | Result MM:SS.ss | EMAC CBP? | EMAC Medal |
| 69 | Stewart Overton | North Herts Road Runners | V35M | 04:43.21 | . | G |
| 95 | Edward Price | North Herts Road Runners | V40M | 04:34.28 | . | G |
| 191 | Richard Mangham | Leigh on Sea Striders | V55M | 05:41.60 | . | G |
| 220 | Richard Holland | Woodford Green AC with Essex Ladies | V60M | 05:10.22 | CBP | G |
| 351 | Christine Anthony | West Suffolk AC | V55W | 05:33.67 | . | G |
| 3000m | Athlete | 1st Claim Club | Age Group | Result MM:SS.ss | EMAC CBP? | EMAC Medal |
| 69 | Stewart Overton | North Herts Road Runners | V35M | 09:56.99 | . | G |
| 95 | Edward Price | North Herts Road Runners | V40M | 09:47.74 | . | G |
| 232 | Paul Mingay | Colchester Harriers AC | V60M | 10:11.39 | CBP | G |
| 220 | Richard Holland | Woodford Green AC with Essex Ladies | V60M | 11:03.99 | . | S |
| 225 | Nigel Lambert | Wymondham AC | V60M | 12:08.60 | . | B |
| 60mH | Athlete | 1st Claim Club | Age Group | Result SS.ss | EMAC CBP? | EMAC Medal |
| 73 | Michael Shortall | Thurrock Harriers | V35M | 8.75 | CBP | G |
| 131 | Gary Smith | Luton Athletic Club | V45M | 8.79 | . | G |
| 143 | Paul Canning | Marshall Milton Keynes AC | V50M | 9.66 | . | G |
| 140 | Peter Benedickter | Bedford & County AC | V50M | 9.74 | . | S |
| 222 | Tennyson James | Bedford & County AC | V60M | 9.76 | CBP | G |
| 275 | Tony Wells | Corby AC | V70M | 10.83 | CBP | G |
| 300 | Dasha Newington | Gateshead Harriers & AC | V35W | 11.99 | CBP | G |
| 310 | Sally Gilding | City Of Norwich AC | V40W | 11.30 | . | G |
| 318 | Dawn Williams | Luton Athletic Club | V40W | 12.00 | . | S |
| 356 | Gaye Clarke | Ryston Runners | V55W | 11.07 | . | G |
| High Jump | Athlete | 1st Claim Club | Age Group | Result M.mm | EMAC CBP? | EMAC Medal |
| 154 | Harvey Griffiths | Watford Harriers | V50M | 1.59 | CBP | G |
| 198 | Richard Phelan | Peterborough & Nene Valley AC | V55M | 1.29 | . | G |
| 300 | Dasha Newington | Gateshead Harriers & AC | V35W | 1.44 | . | G |
| Long Jump | Athlete | 1st Claim Club | Age Group | Result M.mm | EMAC CBP? | EMAC Medal |
| 73 | Michael Shortall | Thurrock Harriers | V35M | 5.67 | CBP | G |
| 87 | Justin Hubbard | Colchester & Tendring AC | V40M | 5.74 | . | G |
| 83 | Aaron Bollu | Colchester & Tendring AC | V40M | 5.44 | . | S |
| 117 | Christopher Kent | West Suffolk AC | V45M | 5.05 | . | G |
| 141 | Philip Bowers | Huntingdonshire AC | V50M | 4.96 | CBP= | G |
| 154 | Harvey Griffiths | Watford Harriers | V50M | 4.07 | . | S |
| 203 | Clifford Warren | Loughton AC | V55M | 4.10 | . | G |
| 255 | Patrick Reynolds | Veterans AC | V65M | 2.51 | . | G |
| 300 | Dasha Newington | Gateshead Harriers & AC | V35W | 4.01 | . | G |
| 318 | Dawn Williams | Luton Athletic Club | V40W | 3.54 | . | G |
| 368 | Clare St John-Coleman | Chelmsford AC | V55W | 3.59 | . | G |
| 393 | Anne Martin | Wymondham AC | V80W | 1.96 | CBP | G |

| Pole Vault | Athlete | 1st Claim Club | Age Group | Result M.mm | EMAC CBP? | EMAC Medal |
|--------------------|--------------------------------|-------------------------------|------------------|---------------------|------------------|-------------------|
| 117 | Christopher Kent | West Suffolk AC | V45M | 2.20 | . | G |
| 151 | Simon Eastwood | Bedford & County AC | V50M | 2.80 | . | G |
| 198 | Richard Phelan | Peterborough & Nene Valley AC | V55M | 2.70 | CBP | G |
| 300 | Dasha Newington | Gateshead Harriers & AC | V35W | 2.40 | . | G |
| 309 | Jemma Eastwood | Bedford & County AC | V40W | 3.10 | . | G |
| 344 | Sandra Pedley | Huntingdonshire AC | V50W | 1.90 | . | G |
| Triple Jump | Athlete | 1st Claim Club | Age Group | Result MM.mm | EMAC CBP? | EMAC Medal |
| 73 | Michael Shortall | Thurrock Harriers | V35M | 11.25 | . | G |
| 55 | Tony Bacon | Saffron Striders RC | V35M | 8.85 | . | S |
| 83 | Aaron Bollu | Colchester & Tendring AC | V40M | 10.84 | . | G |
| 144 | Neil Carrington | Huntingdonshire AC | V50M | 10.42 | . | G |
| 141 | Philip Bowers | Huntingdonshire AC | V50M | 10.27 | . | S |
| 154 | Harvey Griffiths | Watford Harriers | V50M | 8.55 | . | B |
| 203 | Clifford Warren | Loughton AC | V55M | 9.01 | . | G |
| 255 | Patrick Reynolds | Veterans AC | V65M | 6.16 | CBP | G |
| 300 | Dasha Newington | Gateshead Harriers & AC | V35W | 9.46 | . | G |
| Shot Putt | Athlete | 1st Claim Club | Age Group | Result MM.mm | EMAC CBP? | EMAC Medal |
| 155 | Geoff Grinsted | Luton Athletic Club | V50M | 10.32 | . | G |
| 154 | Harvey Griffiths | Watford Harriers | V50M | 8.75 | . | S |
| 217 | Michael Hausler | Cambridge & Coleridge AC | V60M | 13.22 | CBP | G |
| 235 | John Painter | Eastern Masters AC | V60M | 12.17 | CBP | S |
| 215 | Juan Carlos Fernandez-Arroyabe | Southend On Sea AC | V60M | 7.42 | . | B |
| 252 | Graeme Packman | Bedford & County AC | V65M | 9.60 | . | G |
| 255 | Patrick Reynolds | Veterans AC | V65M | 6.56 | . | S |
| 274 | Geoff Tyler | Chelmsford AC | V70M | 12.83 | CBP | G |
| 285 | Ronald Westcott | Fairlands Valley Spartans | V75M | 7.78 | . | G |
| 318 | Dawn Williams | Luton Athletic Club | V40W | 8.09 | . | G |
| 326 | Sue Lawrence | Thurrock Harriers | V45W | 9.25 | . | G |
| 327 | Sarah Mcgrath | Cambridge & Coleridge AC | V45W | 9.16 | . | S |
| 325 | Carey Hollick | Colchester & Tendring AC | V45W | 7.29 | . | B |
| 339 | Nicole Celestine | Chelmsford AC | V50W | 7.91 | . | G |
| 343 | Sue Paterson | Corby AC | V50W | 7.36 | . | S |
| 358 | Wendy Dunsford | Epsom & Ewell Harriers | V55W | 6.91 | . | G |
| 386 | Stephanie Stamp | Southend On Sea AC | V65W | 6.15 | CBP | G |
| 393 | Anne Martin | Wymondham AC | V80W | 5.95 | . | G |