

EMAC/VAC Indoor Champs - Saturday, 4th December 2021 - Lee Valley Athletic Centre

60m	Athlete	Area Club	Age Group	Result SS.ss	EMAC CBP?	EMAC Medal	VAC Medal	Event - Heat
133	Owen Wells	VAC	M35	7.64		-	Gold	T02-9
119	Michael Shortall	EMAC	M35	7.78	.	Gold	-	T02-9
92	Alastair Mcdonald	EMAC	M35	7.80	.	Silver	-	T02-9
121	Roger Skedd	EMAC	M35	8.02	.	Bronze	-	T02-9
46	Ade Elegbede	EMAC	M40	7.67	.	Gold	-	T02-8
32	Craig Christian (V)	EMAC	M40	7.81	.	Silver	-	T02-8
32	Craig Christian (V)	VAC	M40	7.81		-	Gold	T02-8
69	Panos Ioannou	EMAC	M40	8.01	.	Bronze	-	T02-8
18	Aaron Bollu	EMAC	M40	8.10	.	-	-	T02-8
95	Sirajudheen Mohamed	VAC	M40	8.83		-	Silver	T02-8
6	Mark Atkin	GRNTA	M45	7.59		-	-	T02-7
30	Stuart Channon	VAC	M45	7.63		-	Gold	T02-7
102	Yinka Opaleye	EMAC	M45	7.98	.	Gold	-	T02-7
101	David Olusanya	GBR	M45	8.16		-	-	T02-7
59	Alex Guest	VAC	M45	8.21		-	Silver	T02-7
9	Stephen Bass	EMAC	M45	8.42	.	Silver	-	T02-6
128	Franck Triolaire	VAC	M45	8.46		-	Bronze	T02-6
80	Keith Lok	EMAC	M45	8.47	.	Bronze	-	T02-6
139	Martin Willis	VAC	M45	8.69		-	-	T02-7
2	Simon Achurch	EMAC	M45	9.24	.	-	-	T02-6
94	Giuseppe Minetti	VAC	M50	7.72		-	Gold	T02-5
100	Darren O'Leary	EMAC	M50	8.42	.	Gold	-	T02-5
39	Neil Dickson	VAC	M50	8.66		-	Silver	T02-5
47	Brad Evans	EMAC	M50	8.87	.	Silver	-	T02-5
27	Paul Canning	EMAC	M55	7.89	.	Gold	-	T02-4
117	Rohan Samuel	VAC	M55	8.08		-	Gold	T02-4
34	Kerry Courtenay-Robin	EMAC	M55	8.15	.	Silver	-	T02-4
137	Mark White	VAC	M55	8.28		-	Silver	T02-4
8	Eli Barnett	TEIFA	M55	8.78		-	-	T02-4
93	Chris Michael	VAC	M55	9.81		-	Bronze	T02-4
143	Mark Woods	SCVAC	M60	8.26		-	-	T02-3
68	Peter Ilo	RSC	M60	8.26		-	-	T02-3
82	Brian Macbride	3MRR	M60	8.53		-	-	T02-3
108	Wilson Paterson	EMAC	M60	9.44	.	Gold	-	T02-3
106	Chris Palmer	EMAC	M65	9.97	.	Gold	-	T02-3
134	Tony Wells	EMAC	M70	9.66	.	Gold	-	T02-1
86	Brian Mardling	VAC	M70	10.30		-	Gold	T02-1
112	Patrick Reynolds	VAC	M70	11.10		-	Silver	T02-1
81	Allan Long	VAC	M75	9.40		-	Gold	T02-1
64	Tina Howell	VAC	W35	9.00		-	Gold	T03-4
138	Dawn Williams	EMAC	W40	9.84	.	Gold	-	T03-4
40	Stefanie Dornbusch	BRIHC	W50	9.62		-	-	T03-3
113	Deborah Ricci	BROMR	W50	9.77		-	-	T03-3
132	Rachel Waters	VAC	W55	9.45		-	Gold	T03-3
120	Danielle Silverman	BANBH	W55	9.77		-	-	T03-3
26	Angela Bryant	FODAC	W60	9.69		-	-	T03-2
63	Lesley Hopkins	VAC	W60	10.35		-	Gold	T03-2
56	Helen Godsell	BB	W65	9.10		-	-	T03-1
71	Hel James	VAC	W65	11.26		-	Gold	T03-1
125	Stephanie Stamp	EMAC	W65	13.83	.	Gold	-	T03-1
91	Emily McMahon (V)	EMAC	W70	10.65	.	Gold	-	T03-1
91	Emily McMahon (V)	VAC	W70	10.65		-	Gold	T03-1

200m	Athlete	Area Club	Age Group	Result SS.ss	EMAC CBP?	EMAC Medal	VAC Medal	Event - Heat
119	Michael Shortall	EMAC	M35	24.71	.	Gold	-	T08-6
53	George Gavriel	EMAC	M35	24.91	.	Gold	-	T08-6
133	Owen Wells	VAC	M35	25.32		-	Gold	T08-6
77	Joe Larkai	LUTON	M35	26.41		-	-	T08-6
32	Craig Christian (V)	EMAC	M40	25.60	.	Gold	-	T08-6
32	Craig Christian (V)	VAC	M40	25.60		-	Gold	T08-6
6	Mark Atkin	GRNTA	M45	25.10		-	-	T08-5
102	Yinka Opaleye	EMAC	M45	27.33	.	Gold	-	T08-5
80	Keith Lok	EMAC	M45	28.10	.	Silver	-	T08-5
9	Stephen Bass	EMAC	M45	28.50	.	Bronze	-	T08-5
139	Martin Willis	VAC	M45	30.48		-	Gold	T08-5
94	Giuseppe Minetti	VAC	M50	25.46		-	Gold	T08-4
12	Peter Benedickter	EMAC	M50	26.89	.	Gold	-	T08-4
100	Darren O'Leary	EMAC	M50	28.02	.	Silver	-	T08-4
27	Paul Canning	EMAC	M55	25.83	.	Gold	-	T08-3
137	Mark White	VAC	M55	27.05		-	Gold	T08-3
93	Chris Michael	VAC	M55	34.11		-	Silver	T08-3
68	Peter Ilo	RSC	M60	27.51		-	-	T08-3
143	Mark Woods	SCVAC	M60	28.04		-	-	T08-3
36	Adrian Day	VAC	M60	30.19		-	Gold	T08-2
108	Wilson Paterson	EMAC	M60	31.55	.	Gold	-	T08-2
62	Bruce Hendrie	BANBH	M70	32.85		-	-	T08-1
112	Patrick Reynolds	VAC	M70	41.71		-	Gold	T08-1
81	Allan Long	VAC	M75	32.52		-	Gold	T08-1
17	Terry Bissett	VAC	M75	32.54		-	Silver	T08-1
25	Roger Bruck	BARN	M80	42.82		-	-	T08-2
111	Augusta Pop	EMAC	W35	27.94	.	Gold	-	T07-3
40	Stefanie Dornbusch	BRIHC	W50	33.16		-	-	T07-3
113	Deborah Ricci	BROMR	W50	34.11		-	-	T07-3
132	Rachel Waters	VAC	W55	31.95		-	Gold	T07-2
120	Danielle Silverman	BANBH	W55	33.53		-	-	T07-2
26	Angela Bryant	FODAC	W60	35.81		-	-	T07-2
56	Helen Godsell	BB	W65	31.19		-	-	T07-1
29	Edith Caux	EMAC	W65	33.20	CBP	Gold	-	T07-1
125	Stephanie Stamp	EMAC	W65	50.36	.	Silver	-	T07-1
400m	Athlete	Area Club	Age Group	Result SS.ss	EMAC CBP?	EMAC Medal	VAC Medal	Event - Heat
103	Paul Owen	EMAC	M35	54.34	CBP	Gold	-	T12-4
14	Adam Bernard	EMAC	M35	54.40	CBP	Silver	-	T12-4
119	Michael Shortall	EMAC	M35	56.52	.	Bronze	-	T12-4
53	George Gavriel	EMAC	M35	57.35	.	-	-	T12-4
77	Joe Larkai	LUTON	M35	61.44		-	-	T12-3
32	Craig Christian (V)	EMAC	M40	57.87	.	Gold	-	T12-3
32	Craig Christian (V)	VAC	M40	57.87		-	Gold	T12-3
12	Peter Benedickter	EMAC	M50	58.20	.	Gold	-	T12-2
33	Dave Cobb	VAC	M50	58.22		-	Gold	T12-2
27	Paul Canning	EMAC	M55	61.61	.	Gold	-	T12-2
41	Jason Drake	VAC	M55	68.30		-	Gold	T12-2
131	Clifford Warren	EMAC	M60	67.41	.	Gold	-	T12-1
36	Adrian Day	VAC	M60	70.79		-	Gold	T12-1
5	Christine Anthony	EMAC	W55	73.98	.	Gold	-	T11-1
120	Danielle Silverman	BANBH	W55	81.05		-	-	T11-1
26	Angela Bryant	FODAC	W60	90.72		-	-	T11-1
29	Edith Caux	EMAC	W65	77.11	CBP	Gold	-	T11-1
800m	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CBP?	EMAC Medal	VAC Medal	Event - Heat
76	Chris Lamb	RUNOR	M35	02:07.72		-	-	T06-2
103	Paul Owen	EMAC	M35	02:07.75	.	Gold	-	T06-2
127	Scott Thrush	EMAC	M35	02:25.69	.	Silver	-	T06-2
66	Andy Hunt	VAC	M50	02:37.07		-	Gold	T06-2
23	Geoffrey Brewster	EMAC	M60	02:38.24	.	Gold	-	T06-1
126	Ian Strong	VAC	M60	03:49.38		-	Gold	T06-1
104	David Oxlund	VAC	M70	02:33.32		-	Gold	T06-1
62	Bruce Hendrie	BANBH	M70	03:10.43		-	-	T06-1
84	Michael Mann	VAC	M70	03:23.71		-	Silver	T06-1
54	Peter Giles	VAC	M75	03:12.69		-	Gold	T06-1

1500m	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CBP?	EMAC Medal	VAC Medal	Event - Heat
127	Scott Thrush	EMAC	M35	05:04.75	.	Gold	-	T10-2
3	Edmund Adigwe	CAMBH	M45	04:25.27	.	-	-	T10-2
15	Rich Berry	VAC	M45	04:41.72	.	-	Gold	T10-2
72	Ian Johnston	VAC	M50	04:56.35	.	-	Gold	T10-2
66	Andy Hunt	VAC	M50	05:44.78	.	-	Silver	T10-2
115	Colin Ridley	EMAC	M55	04:46.92	CBP	Gold	-	T10-2
35	Ian Crawley	TONB	M55	05:50.53	.	-	-	T10-2
84	Michael Mann	VAC	M70	06:36.34	.	-	Gold	T10-1
54	Peter Giles	VAC	M75	06:09.80	.	-	Gold	T10-1
16	Rachel Berry	VAC	W50	05:27.76	.	-	Gold	T10-1
142	Lucy Woolhouse	VAC	W60	05:47.77	.	-	Gold	T10-1
52	Anna Garnier	VAC	W65	05:50.32	.	-	Gold	T10-1
3000m	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CBP?	EMAC Medal	VAC Medal	Heat
2000m Walk	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CBP?	EMAC Medal	VAC Medal	Event - Heat
4	David Annetts	VAC	M55	09:49.49	.	-	Gold	T04-1
60	Colin Harle	EMAC	M60	11:33.37	.	Gold	-	T04-1
20	John Borgars	EMAC	M75	14:01.24	.	Gold	-	T04-1
60mH	Athlete	Area Club	Age Group	Result SS.ss	EMAC CBP?	EMAC Medal	VAC Medal	Event - Heat
99	Israel Nworgu	VAC	M35	9.10	.	-	Gold	T01-2
119	Michael Shortall	EMAC	M35	9.14	.	Gold	-	T01-2
98	Clint Nicholls	EMAC	M40	9.32	.	Gold	-	T01-2
123	Gary Smith	EMAC	M50	8.69	CBP	Gold	-	T01-2
35	Ian Crawley	TONB	M55	11.3*	.	-	-	T01-1
89	John Mayor	EMAC	M60	10.6*	.	Gold	-	T01-1
134	Tony Wells	EMAC	M70	11.4*	.	Gold	-	T02-1
High Jump	Athlete	Area Club	Age Group	Result M.mm	EMAC CBP?	EMAC Medal	VAC Medal	Event - Heat
98	Clint Nicholls	EMAC	M40	1.60	CBP	Gold	-	F14-2
46	Ade Elegbede	EMAC	M40	1.50	.	Silver	-	F14-2
22	Philip Bowers	EMAC	M50	1.40	.	Gold	-	F14-2
35	Ian Crawley	TONB	M55	1.35	.	-	-	F10-1
130	Andrew Waddington	BMH	M60	1.50	.	-	-	F10-1
25	Roger Bruck	BARN	M80	1.15	.	-	-	F10-1
91	Emily McMahon (V)	EMAC	W70	1.09	CBP	Gold	-	F10-1
91	Emily McMahon (V)	VAC	W70	1.09	.	-	Gold	F10-1
Long Jump	Athlete	Area Club	Age Group	Result M.mm	EMAC CBP?	EMAC Medal	VAC Medal	Event - Heat
119	Michael Shortall	EMAC	M35	5.53	.	Gold	-	F06-3
121	Roger Skedd	EMAC	M35	5.21	.	Silver	-	F06-3
98	Clint Nicholls	EMAC	M40	5.44	.	Gold	-	F06-3
18	Aaron Bollu	EMAC	M40	5.13	.	Silver	-	F06-3
46	Ade Elegbede	EMAC	M40	4.98	.	Bronze	-	F06-3
6	Mark Atkin	GRNTA	M45	5.61	.	-	-	F06-3
128	Franck Triolaire	VAC	M45	4.92	.	-	Gold	F06-3
22	Philip Bowers	EMAC	M50	4.95	.	Gold	-	F06-3
107	Keith Palmer	EMAC	M55	4.57	.	Gold	-	F04-2
130	Andrew Waddington	BMH	M60	4.43	.	-	-	F04-2
131	Clifford Warren	EMAC	M60	4.34	.	Gold	-	F04-2
122	Brian Slaughter (E)	VAC	M60	4.28	.	-	Gold	F04-2
122	Brian Slaughter (E)	EMAC	M60	4.28	.	Silver	-	F04-2
118	David Shields	VAC	M60	3.74	.	-	Silver	F04-2
112	Patrick Reynolds	VAC	M70	2.83	.	-	Gold	F04-2
81	Allan Long	VAC	M75	3.53	.	-	Gold	F04-2
25	Roger Bruck	BARN	M80	2.91	.	-	-	F04-2
138	Dawn Williams	EMAC	W40	3.53	.	Gold	-	F01-1
1	Pamela Abbott	EMAC	W55	2.67	.	Gold	-	F01-1
124	Clare St John-Coleman	EMAC	W60	3.82	CBP	Gold	-	F01-1
71	Hel James	VAC	W65	2.73	.	-	Gold	F01-1
91	Emily McMahon (V)	EMAC	W70	3.25	CBP	Gold	-	F01-1
91	Emily McMahon (V)	VAC	W70	3.25	.	-	Gold	F01-1

Pole Vault	Athlete	Area Club	Age Group	Result M.mm	EMAC CBP?	EMAC Medal	VAC Medal	Event - Heat	
103	Paul Owen	EMAC	M35	3.20	.	Gold	-	F02-1	
109	David Pearson	WIMBO	M50	3.50		-	-	F02-1	
51	Michael Franklin	VAC	M55	2.90		-	Gold	F02-1	
79	Allan Leiper	SCVAC	M60	2.80		-	-	F02-1	
88	Neal Mason	MMAC	M70	2.90		-	-	F02-1	
110	Sandra Pedley	EMAC	W55	2.00	CBP	Gold	-	F02-1	
Triple Jump	Athlete	Area Club	Age Group	Result MM.mm	EMAC CBP?	EMAC Medal	VAC Medal	Event - Heat	
119	Michael Shortall	EMAC	M35	10.61	.	Gold	-	F15-2	
18	Aaron Bollu	EMAC	M40	10.61	.	Gold	-	F15-2	
22	Philip Bowers	EMAC	M50	9.78	.	Gold	-	F15-2	
27	Paul Canning	EMAC	M55	9.62	.	Gold	-	F12-1	
55	Julien Gittens	LEEDS	M60	10.97		-	-	F12-1	
131	Clifford Warren	EMAC	M60	9.19	CBP	Gold	-	F12-1	
112	Patrick Reynolds	VAC	M70	5.50		-	Gold	F12-1	
81	Allan Long	VAC	M75	7.61		-	Gold	F12-1	
1	Pamela Abbott	EMAC	W55	5.65	.	Gold	-	F12-1	
Shot Putt	Athlete	Area Club	Age Group	Result MM.mm	EMAC CBP?	EMAC Medal	VAC Medal	Event - Heat	Weight
121	Roger Skedd	EMAC	M35	11.80	.	Gold	-	F07-3	(7k)
2	Simon Achurch	EMAC	M45	11.93	.	Gold	-	F07-3	(7k)
128	Franck Triolaire	VAC	M45	9.83		-	Gold	F07-3	(7k)
139	Martin Willis	VAC	M45	8.38		-	Silver	F07-3	(7k)
102	Yinka Opaleye	EMAC	M45	8.10	.	Silver	-	F07-3	(7k)
38	Gintas Degutis	EMAC	M50	14.57	.	Gold	-	F05-2	(6k)
65	David Hunt	VAC	M50	9.20		-	Gold	F05-2	(6k)
7	Kevin Baker	BRIHC	M55	10.21		-	-	F05-2	(6k)
35	Ian Crawley	TONB	M55	9.51		-	-	F05-2	(6k)
79	Allan Leiper	SCVAC	M60	13.96		-	-	F03-1	(5k)
61	Michael Hausler	EMAC	M60	13.75	CBP	Gold	-	F03-1	(5k)
49	John Fenton	DARTF	M60	11.26		-	-	F03-1	(5k)
122	Brian Slaughter (E)	VAC	M60	10.74		-	Gold	F03-1	(5k)
122	Brian Slaughter (E)	EMAC	M60	10.74	.	Silver	-	F03-1	(5k)
140	Peter Wishart (E)	VAC	M60	10.28		-	Silver	F03-1	(5k)
140	Peter Wishart (E)	EMAC	M60	10.28	.	Bronze	-	F03-1	(5k)
10	Kevin Bates	EMAC	M65	9.70	.	Gold	-	F03-1	(5k)
105	Graeme Packman	EMAC	M65	9.30	.	Silver	-	F03-1	(5k)
114	Tony Richards (E)	VAC	M70	12.54		-	Gold	F03-1	(4k)
114	Tony Richards (E)	EMAC	M70	12.54	.	Gold	-	F03-1	(4k)
129	Geoffrey Tyler	EMAC	M70	11.97	.	Silver	-	F03-1	(4k)
112	Patrick Reynolds	VAC	M70	7.77		-	Silver	F03-1	(4k)
85	Natalie Mann	VAC	W35	7.13		-	Gold	F13-5	(4k)
138	Dawn Williams	EMAC	W40	8.07	.	Gold	-	F13-5	(4k)
78	Sue Lawrence	EMAC	W50	10.67	CBP	Gold	-	F13-5	(3k)
67	Sharon Hutchings	VAC	W50	8.05		-	Gold	F13-5	(3k)
74	Helene Kehoe	VAC	W55	8.40		-	Gold	F11-4	(3k)
19	Jill Boosey	EMAC	W55	6.90	.	Gold	-	F11-4	(3k)
42	Wendy Dunsford	EMAC	W60	6.85	.	Gold	-	F11-4	(3k)
71	Hel James	VAC	W65	5.60		-	Gold	F11-4	(3k)
125	Stephanie Stamp	EMAC	W65	5.47	.	Gold	-	F11-4	(3k)
91	Emily McMahon (V)	EMAC	W70	6.53	.	Gold	-	F11-4	(3k)
91	Emily McMahon (V)	VAC	W70	6.53		-	Gold	F11-4	(3k)