

Decathlon & Heptathlon Championships - 29/06/2019 to 30/06/2019**Results****M35 100 Meter Dash**

	Name	Age	Team	Finals	Wind	H#
Finals						
1	Adam Blackburn	M36	NMAC	12.36	1.4	4

W35 100 Meter Dash

Finals						
1	Sarah Johnson	W37	NEMAA	13.83	-0.5	2

W40 100 Meter Dash

Finals						
1	Carol Holt	W41	NMAC	14.84	-0.5	2
2	Sophie Cocker	W43	NMAC	15.16	0.7	3

M40 100 Meter Dash

Finals						
1	Richard Higson-Blythe	M44	NMAC	11.88	1.4	4
2	Darren Towart	M41	NEMAA	12.44	1.4	4

M45 100 Meter Dash

Finals						
1	Stephen Thorpe	M45	NMAC	12.24	1.4	4

W45 100 Meter Dash

Finals						
1	Anita Saunders	W48	NMAC	13.20	0.7	3

M50 100 Meter Dash

Finals						
1	Sean Mcarthy	M53	NMAC	24.03	0.3	

W50 100 Meter Dash

Finals						
1	Deborah Ricci	W50	GUEST	14.65	-0.5	2

M55 100 Meter Dash

Finals						
1	Glen Reddington	M56	GUEST	13.09	0.7	3
2	David Hughes	M56	NEMAA	13.96	0.7	3
3	Paolo Bartolomasi	M59	NMAC	14.05	-0.5	2

M60 100 Meter Dash

Finals						
1	Eric Smart	M63	NEMAA	13.65	0.7	3
2	John Hall	M61	NEMAA	13.77	-0.5	2
3	Ray Thomson	M62	NMAC	15.30	0.3	1

W65 100 Meter Dash

Finals						
1	Caroline Marler	W68	NMAC	16.15	0.3	

W70 100 Meter Dash

Finals						
1	Mary Parker	W72	NMAC	24.86	0.3	

M70 100 Meter Dash

Finals						
1	Lawrie Dunn	M72	GUEST	14.95	-0.5	2

Decathlon & Heptathlon Championships - 29/06/2019 to 30/06/2019**Results****Finals ... (M70 100 Meter Dash)**

2	Tony Wells	M70	GUEST	15.10	0.3	1
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M75 100 Meter Dash**Finals**

1	Ron Davies	M76	GUEST	15.23	0.3	
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M80 100 Meter Dash**Finals**

---	Tony Bowman	M83	NMAC	DNF	0.3	
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M35 200 Meter Dash**Finals**

1	Adam Blackburn	M36	NMAC	26.55	-2.0	2
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M40 200 Meter Dash**Finals**

1	Richard Higson-Blythe	M44	NMAC	25.47	-2.0	2
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W40 200 Meter Dash**Finals**

1	Carol Holt	W41	NMAC	30.46	-2.0	2
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M45 200 Meter Dash**Finals**

1	Stephen Thorpe	M45	NMAC	26.29	-2.0	2
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W45 200 Meter Dash**Finals**

1	Anita Saunders	W48	NMAC	28.52	-2.0	2
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M50 200 Meter Dash**Finals**

1	Leeroy Golding	M52	NMAC	26.74	-2.0	2
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W50 200 Meter Dash**Finals**

1	Deborah Ricci	W50	GUEST	31.80	-4.5	
2	Debra Casson	W52	NMAC	33.41	-4.5	

M55 200 Meter Dash**Finals**

1	Ian Ratcliffe	M58	NMAC	32.16	-4.5	
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M60 200 Meter Dash**Finals**

1	John Hall	M61	NEMAA	29.06	-2.0	2
2	Ray Thomson	M62	NMAC	32.66	-4.5	1
3	Ray Mcavoy	M61	NMAC	33.85	-4.5	1

W65 200 Meter Dash**Finals**

1	Caroline Marler	W68	NMAC	35.17	-4.5	
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M70 200 Meter Dash**Finals**

1	Rod Scholes	M74	NMAC	33.90	-4.5	
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Decathlon & Heptathlon Championships - 29/06/2019 to 30/06/2019**Results****M75 200 Meter Dash****Finals**

1	Ron Davies	M76 GUEST	33.23	-4.5
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W35 400 Meter Dash**Finals**

1	Alina Stepanchuk	W38 NMAC	63.33	3
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M35 400 Meter Dash**Finals**

1	Jonathan Mattos	M36 NMAC	58.69	3
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M45 400 Meter Dash**Finals**

1	Andrew Halliday	M45 NMAC	56.82	3
2	John Moore	M49 NEMAA	61.82	3

W45 400 Meter Dash**Finals**

1	Anita Saunders	W48 NMAC	65.49	2
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M50 400 Meter Dash**Finals**

1	Sean MCarthy	M53 NMAC	1:30.81	
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M55 400 Meter Dash**Finals**

1	David Hughes	M56 NEMAA	64.76	3
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M60 400 Meter Dash**Finals**

1	John Hall	M61 NEMAA	65.84	2
2	Andrew Hutchinson	M61 NMAC	70.09	2
3	Ray Thomson	M62 NMAC	72.79	1
4	Ray Mcavoy	M61 NMAC	76.13	1

M65 400 Meter Dash**Finals**

1	Geoffrey Beattie	M66 NMAC	1:20.91	
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W65 400 Meter Dash**Finals**

1	Caroline Marler	W68 NMAC	74.79	2
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M70 400 Meter Dash**Finals**

1	Lawrie Dunn	M72 GUEST	70.08	2
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M75 400 Meter Dash**Finals**

1	Ron Davies	M76 GUEST	1:29.21	
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W35 800 Meter Run**Finals**

1	Alina Stepanchuk	W38 NMAC	2:24.91	2
2	Rebecca Mills	W38 NMAC	2:53.91	1

Decathlon & Heptathlon Championships - 29/06/2019 to 30/06/2019**Results****M45 800 Meter Run****Finals**

1	Simon Oak	M46 NMAC	2:15.25	2
2	John Moore	M49 NEMAA	2:22.98	2
3	Alan Keegan	M47 NEMAA	2:32.15	2

M50 800 Meter Run**Finals**

1	Richard Harrison	M50 NMAC	2:28.90	2
2	Mark Mcglinicy	M50 NMAC	2:31.71	2

W50 800 Meter Run**Finals**

1	Katrina Oddy	W54 NMAC	2:45.03	
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M55 800 Meter Run**Finals**

1	Norman De Bruin	M55 NEMAA	2:18.85	2
2	Steven Doxey	M58 NMAC	2:36.76	2

W55 800 Meter Run**Finals**

1	Cathy Flitcroft	W55 NMAC	2:44.01	
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M60 800 Meter Run**Finals**

1	Michael Stacey	M60 NEMAA	2:39.97	
2	Ray Thomson	M62 NMAC	2:51.97	

M65 800 Meter Run**Finals**

1	Kevin Dillon	M65 NMAC	3:48.84	
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M70 800 Meter Run**Finals**

1	Mick Casey	M71 NMAC	2:47.56	
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M75 800 Meter Run**Finals**

1	Victor Shirley	M76 NMAC	2:54.21	
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W35 1500 Meter Run**Finals**

1	Rebecca Mills	W38 NMAC	5:48.91	
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W45 1500 Meter Run**Finals**

1	Lesley Watson	W47 NMAC	5:13.17	
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M45 1500 Meter Run**Finals**

1	John Moore	M49 NEMAA	4:53.93	
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M50 1500 Meter Run**Finals**

1	Richard Harrison	M50 NMAC	5:10.89	
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Decathlon & Heptathlon Championships - 29/06/2019 to 30/06/2019**Results****M55 1500 Meter Run**

Finals			
1	Steven Doxey	M58 NMAC	5:13.60

W55 1500 Meter Run

Finals			
1	Lynne Marr	W58 TYNED	6:52.35

M60 1500 Meter Run

Finals			
1	Gavin Bayne	M64 NEMAA	5:28.22
2	Ray Thomson	M62 NMAC	5:35.42

M65 1500 Meter Run

Finals			
1	Geoffrey Beattie	M66 NMAC	6:31.31
2	Archie Jenkins	M67 MORP	6:57.24
3	Kevin Dillon	M65 NMAC	7:41.26

M70 1500 Meter Run

Finals			
1	Mick Casey	M71 NMAC	5:37.92

M75 1500 Meter Run

Finals			
1	Victor Shirley	M76 NMAC	5:43.84

W55 80 Short Hurdles

Finals				
1	Gaye Clarke	W58 GUEST	15.38	0.5

M70 80 Short Hurdles

Finals				
1	Tony Wells	M70 GUEST	14.51	0.5

M80 80 Short Hurdles

Finals				
1	Tony Bowman	M83 NMAC	17.04	0.5

M55 100 Short Hurdles

Finals				
1	Glen Reddington	M56 GUEST	15.88	0.4

M60 300 Long Hurdles

Finals			
1	Ian Broadhurst	M64 GUEST	48.37

M70 300 Long Hurdles

Finals			
1	Tony Wells	M70 GUEST	55.47

W35 400 Long Hurdles

Finals			
1	Sarah Johnson	W37 NEMAA	78.02

Decathlon & Heptathlon Championships - 29/06/2019 to 30/06/2019**Results****M40 400 Long Hurdles**

Finals			
1	Darren Towart	M41 NEMAA	61.92

M55 400 Long Hurdles

Finals			
1	Glen Reddington	M56 GUEST	69.00

M35 High Jump

Finals			
1	Jamie Creighton	M35 NMAC	1.80m

W35 High Jump

Finals			
1	Dasha Newington	W35 NEMAA	1.25m

M45 High Jump

Finals			
1	Andrew England	M47 NMAC	1.60m

M50 High Jump

Finals			
1	Sean Mearthy	M53 NMAC	0.90m

M55 High Jump

Finals			
1	Richard Howes	M57 NMAC	1.30m

M55 Pole Vault

Finals			
1	Ron Todd	M57 GUEST	3.20m

W35 Long Jump

Finals				
1	Lynsie Whyke	W39 NMAC	4.81m	NWI

M40 Long Jump

Finals				
1	Richard Higson-Blythe	M44 NMAC	4.75m	NWI

M45 Long Jump

Finals				
1	Stephen Thorpe	M45 NMAC	4.88m	NWI

W45 Long Jump

Finals				
1	Anita Saunders	W48 NMAC	3.87m	NWI

M50 Long Jump

Finals				
1	Sean Mearthy	M53 NMAC	1.60m	NWI

W55 Long Jump

Finals				
1	Gaye Clarke	W58 GUEST	3.76m	NWI

Decathlon & Heptathlon Championships - 29/06/2019 to 30/06/2019**Results****M60 Long Jump****Finals**

1	Trevor Wade	M63 GUEST	4.60m	NWI
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M65 Long Jump**Finals**

1	Kevin Bates	M67 EMAC	3.71m	NWI
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M75 Long Jump**Finals**

1	Ron Davies	M76 GUEST	3.42m	NWI
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W35 Triple Jump**Finals**

1	Lysie Whyke	W39 NMAC	10.91m	NWI
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M65 Triple Jump**Finals**

1	Kevin Bates	M67 EMAC	7.87m	NWI
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M35 Shot Put**Finals**

1	Benjamin Howard	M36 GUEST	9.75m
2	Adam Blackburn	M36 NMAC	7.03m

M40 Shot Put**Finals**

1	Geoff Render	M41 NMAC	5.98m
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M50 Shot Put**Finals**

1	John Twiddle	M50 NMAC	13.74m
2	David Brown	M54 NMAC	10.62m
3	Martin Tucker	M52 GUEST	10.29m
4	Simon Wills	M54 GUEST	8.37m

M55 Shot Put**Finals**

1	Tony Balko	M55 NMAC	11.49m
2	Richard Howes	M57 NMAC	9.53m
3	David Stokes	M57 GUEST	8.93m
4	Stephen Atkin	M57 NMAC	8.73m

M60 Shot Put**Finals**

1	John Moreland	M60 CYORK	12.21m
2	Ray Mcavoy	M61 NMAC	7.78m

W40 Shot Put**Finals**

1	Louise Kneen	W44 IOMVA	8.77m
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W45 Shot Put**Finals**

1	Anita Saunders	W48 NMAC	6.87m
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Decathlon & Heptathlon Championships - 29/06/2019 to 30/06/2019**Results****W55 Shot Put**

Finals			
1	Julie Wilson	W56 NMAC	8.66m

W60 Shot Put

Finals			
1	Jennifer Ibbitson	W62 NMAC	9.76m

M65 Shot Put

Finals			
1	Tony Richards	M69 GUEST	10.93m
2	Kevin Bates	M67 EMAC	10.02m
3	Geoff Ward	M66 GUEST	9.76m
4	John Wild	M67 NEMAA	9.13m
5	Bill Renshaw	M69 ROTHERHAM HARRIERS & AC	8.64m
6	Bunt Scott	M68 GUEST	8.57m

M70 Shot Put

Finals			
1	Geoff Tyler	M70 GUEST	12.86m

M75 Shot Put

Finals			
1	Ron Davies	M76 GUEST	7.79m

M80 Shot Put

Finals			
1	Hugh Ryan	M84 NEMAA	7.79m

M35 Discus Throw

Finals			
1	Benjamin Howard	M36 GUEST	28.77m

M40 Discus Throw

Finals			
1	Stephen Hollis	M41 GUEST	25.72m

M50 Discus Throw

Finals			
1	John Twiddle	M50 NMAC	40.52m
2	David Brown	M54 NMAC	34.65m
3	Leeroy Golding	M52 NMAC	32.56m
4	Simon Wills	M54 GUEST	26.45m

M55 Discus Throw

Finals			
1	Tony Balko	M55 NMAC	35.92m
2	Stephen Atkin	M57 NMAC	31.64m
3	David Stokes	M57 GUEST	28.60m
4	Richard Howes	M57 NMAC	26.99m

M60 Discus Throw

Finals			
1	John Moreland	M60 CYORK	53.98m
2	Ray Mcavoy	M61 NMAC	27.24m

Decathlon & Heptathlon Championships - 29/06/2019 to 30/06/2019**Results****W40 Discus Throw**

Finals			
1	Louise Kneen	W44 IOMVA	27.13m

W50 Discus Throw

Finals			
1	Jo Heseltine	W54 NMAC	13.62m

W55 Discus Throw

Finals			
1	Julie Wilson	W56 NMAC	26.86m

W60 Discus Throw

Finals			
1	Jennifer Ibbitson	W62 NMAC	24.35m

M65 Discus Throw

Finals			
1	John Wild	M67 NEMAA	34.51m
2	Bunt Scott	M68 GUEST	34.51m
3	Tony Richards	M69 GUEST	34.51m
4	Geoff Ward	M66 GUEST	33.65m
5	Timothy Needham	M66 GUEST	29.24m
6	Bill Renshaw	M69 ROTHERHAM HARRIERS & AC	28.41m

M70 Discus Throw

Finals			
1	Geoff Tyler	M70 GUEST	36.76m

M75 Discus Throw

Finals			
1	Ian Humphries	M76 NEMAA	23.39m
2	Ron Davies	M76 GUEST	19.15m

M80 Discus Throw

Finals			
1	Hugh Ryan	M84 NEMAA	16.23m

M35 Hammer Throw

Finals			
1	George Perkins	M35 NMAC	42.37m
2	Benjamin Howard	M36 GUEST	19.93m

M50 Hammer Throw

Finals			
1	John Twiddle	M50 NMAC	44.79m
2	David Brown	M54 NMAC	33.69m

M55 Hammer Throw

Finals			
1	Andrew Hall	M57 GUEST	38.95m
2	Tony Balko	M55 NMAC	37.31m
3	David Stokes	M57 GUEST	27.95m
4	Stephen Atkin	M57 NMAC	26.16m

Decathlon & Heptathlon Championships - 29/06/2019 to 30/06/2019**Results****M60 Hammer Throw**

Finals		
1	Ian Cooley	M62 NMAC 41.05m
2	John Moreland	M60 CYORK 40.95m

W35 Hammer Throw

Finals		
1	Melanie Lee	W39 NMAC 33.05m

W40 Hammer Throw

Finals		
1	Louise Kneen	W44 IOMVA 31.21m

W50 Hammer Throw

Finals		
1	Catriona Anne Gentleman	W51 NMAC 31.91m
2	Jo Heseltine	W54 NMAC 20.41m

W55 Hammer Throw

Finals		
1	Julie Wilson	W56 NMAC 32.61m
2	Gaye Clarke	W58 GUEST 27.45m

W60 Hammer Throw

Finals		
1	Jennifer Ibbitson	W62 NMAC 33.51m

M65 Hammer Throw

Finals		
1	John Wild	M67 NEMAA 36.37m
2	Bunt Scott	M68 GUEST 31.86m
3	Tony Richards	M69 GUEST 30.26m
4	Timothy Needham	M66 GUEST 29.44m
5	Bill Renshaw	M69 ROTHERHAM HARRIERS & AC 29.41m
6	John Blackwell	M68 EMAC 29.34m

M75 Hammer Throw

Finals		
1	William Gentleman	M79 NMAC 30.51m

M80 Hammer Throw

Finals		
1	Hugh Ryan	M84 NEMAA 23.94m

M35 Javelin Throw

Finals		
1	Benjamin Howard	M36 GUEST 40.93m

M40 Javelin Throw

Finals		
1	Stephen Hollis	M41 GUEST 28.85m

M50 Javelin Throw

Finals		
1	Martin Tucker	M52 GUEST 44.50m
2	David Brown	M54 NMAC 38.18m

Decathlon & Heptathlon Championships - 29/06/2019 to 30/06/2019**Results****M55 Javelin Throw**

Finals			
1	Richard Howes	M57 NMAC	39.67m
2	Ian Ratcliffe	M58 NMAC	20.09m

M60 Javelin Throw

Finals			
1	Ray Mcavoy	M61 NMAC	29.75m

W40 Javelin Throw

Finals			
1	Louise Kneen	W44 IOMVA	19.97m

W55 Javelin Throw

Finals			
1	Julie Wilson	W56 NMAC	18.89m

M65 Javelin Throw

Finals			
1	Tony Richards	M69 GUEST	30.97m
2	Bunt Scott	M68 GUEST	28.14m
3	John Wild	M67 NEMAA	26.43m

M75 Javelin Throw

Finals			
1	Ian Humphries	M76 NEMAA	24.49m

M80 Javelin Throw

Finals			
1	Hugh Ryan	M84 NEMAA	18.72m

M35 Weight Throw

Finals			
1	George Perkins	M35 NMAC	12.40m
2	Benjamin Howard	M36 GUEST	8.50m

M50 Weight Throw

Finals			
1	John Twiddle	M50 NMAC	15.33m
2	David Brown	M54 NMAC	14.15m

M60 Weight Throw

Finals			
1	John Moreland	M60 CYORK	15.91m
2	Ian Cooley	M62 NMAC	15.70m

W40 Weight Throw

Finals			
1	Louise Kneen	W44 IOMVA	9.80m

W50 Weight Throw

Finals			
1	Catriona Anne Gentleman	W51 NMAC	10.18m
2	Jo Heseltine	W54 NMAC	6.98m

Decathlon & Heptathlon Championships - 29/06/2019 to 30/06/2019**Results****W55 Weight Throw**

Finals			
1	Julie Wilson	W56 NMAC	10.39m

W60 Weight Throw

Finals			
1	Jennifer Ibbitson	W62 NMAC	12.97m

M65 Weight Throw

Finals			
1	Bunt Scott	M68 GUEST	13.93m
2	John Wild	M67 NEMAA	11.83m
3	Bill Renshaw	M69 ROTHERHAM HARRIERS & AC	10.81m

M75 Weight Throw

Finals			
1	William Gentleman	M79 NMAC	12.70m

M80 Weight Throw

Finals			
1	Hugh Ryan	M84 NEMAA	8.91m