

## British Masters Indoor Heptathlon Rankings

Indoor Heptathlon			Age Group Adj											HT=
Age Group	Rank	Name	Score	Venue	Date	60m	LJ	SP	HJ	60mH	PV	1000m	Hand Timing	
M35	1	Mark Beer	4028	Sheffield	06/01/2018	7.87	6.00	10.86	1.83	10.22	3.48	03:19.30		
M35	2	Sean Reidy	4008	Sheffield	06/01/2018	7.86	5.81	8.30	1.62	9.32	2.98	02:47.62		
M35	3	Kevin Cranmer	3899	Sheffield	06/01/2018	8.09	5.02	9.98	1.74	9.68	3.68	03:05.56		
M35	4	Ian Paget	3892	Kelvin Glasgow	12/02/2011	7.69	6.15	9.89	1.57	9.60	2.70	3:05.10		
M35	5	Ashley Pritchard	3448	Sheffield	06/01/2018	8.12	5.21	9.65	1.59	9.83	3.18	03:25.82		

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M40	1	Brian Slaughter	4455	Kelvin Glasgow	11/03/2000	7.78	5.63	11.51	1.59	9.77	3.10	02:53.63		
M40	2	Ian Paget	4363	Emirates Glasgow	02/03/2014	7.77	5.98	10.81	1.68	10.28	3.40	3:14.20		
M40	3	Alan Leiper	4325	Kelvin Glasgow	09/02/2002	7.86	5.15	11.41	1.66	9.41	3.70	03:25.73		
M40	4	Robert Stevenson	4299	Kelvin Glasgow	17/02/1996	7.65	6.09	7.75	1.67	10.00	2.90	02:56.90		
M40	5	John Charlton	4265	Kelvin Glasgow	15/02/1992	7.92	5.83	10.01	1.58	9.71	3.00	03:00.72		
M40	6	Ian Paget	4112	Emirates Glasgow	14/03/2015	7.94	5.61	10.18	1.75	9.54	3.00	03:33.45		
M40	7	Andrew Waddington	4096	Kelvin Glasgow	12/02/2005	7.80	5.43	8.03	1.74	9.79	2.50	02:57.88		
M40	8	Graeme Leckie	4001	Kelvin Glasgow	05/03/1994	8.11	5.60	9.88	1.52	10.40	3.15	03:01.38		
M40	9	Eamon Fitzgerald	3920	Kelvin Glasgow	16/03/1991	7.99	5.40	7.37	1.70	9.67	3.30	03:27.52		
M40	10	James Malcolm	3852	Kelvin Glasgow	31/01/2004	8.20	5.24	10.01	1.72	9.98	2.50	03:14.88		
M40	11	Ken Lyon	3837	Kelvin Glasgow	24/02/2001	7.89	5.61	8.73	1.50	10.74	3.50	03:20.64		
M40	12	Kevin Bryne	3774	Emirates Glasgow	02/03/2014	8.18	5.25	8.25	1.68	10.47	3.10	3:14.48		
M40	13	Jack Gelder	3738	Kelvin Glasgow	03/02/1990	8.14	5.37	9.58	1.41	9.93	2.60	03:04.89		
M40	14	Tim Hely	3503	Emirates Glasgow	05/03/2017	8.18	5.00	7.36	1.51	10.69	2.47	2:54.74		
M40	15	Alex Kruger	3474	Kelvin Glasgow	18/02/2006	7.94	5.97	13.59	0.00	9.95	3.80	00:00.00		
M40	16	Michael Cannon	3369	Kelvin Glasgow	25/01/2003	8.38	5.21	7.94	1.66	10.68	2.70	03:33.36		
M40	17	Raymond McAvoy	3289	Kelvin Glasgow	13/02/1999	8.07	5.17	9.06	1.35	10.97	2.30	03:13.43		
M40	18	Derek Glasgow	3145	Kelvin Glasgow	12/02/2005	8.16	4.92	7.20	1.41	11.58	2.70	03:11.78		
M40	19	Kenneth Pokorniecki	2945	Kelvin Glasgow	25/01/2003	8.32	4.74	9.26	1.45	11.75	2.60	03:40.38		

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Age Group	Rank	Name	Score	Venue	Date	60m	LJ	SP	HJ	60mH	PV	1000m	Hand Timing
M45	1	Thomas Leeson	4971	Kelvin Glasgow	21/02/2009	7.77	5.91	11.40	1.70	9.15	3.45	3:37.82	
M45	2	Alan Leiper	4716	Kelvin Glasgow	18/02/2006	7.99	5.25	11.49	1.66	9.65	3.60	3:28.05	
M45	3	Brian Slaughter	4615	Kelvin Glasgow	31/01/2004	8.02	5.40	10.72	1.60	10.01	3.00	3:01.54	
M45	4	Andrew Waddington	4534	Kelvin Glasgow	10/02/2007	7.84	5.37	8.03	1.74	9.89	2.40	2:53.61	
M45	5	Eamon Fitzgerald	4529	Kelvin Glasgow	06/03/1993	8.02	5.68	7.78	1.68	9.62	3.40	3:26.44	
M45	6	Phil McIlfratrick	4190	Kelvin Glasgow	24/02/2001	7.86	5.34	8.41	1.56	9.44	2.70	3:32.84	
M45	7	Jack Gelder	4064	Kelvin Glasgow	05/03/1994	8.01	5.27	8.62	1.43	9.57	2.65	3:23.89	
M45	8	John Martindale	3831	Kelvin Glasgow	09/02/2002	8.03	5.35	10.27	1.51	10.39	2.40	3:50.92	
M45	9	Ken Lyon	3734	Kelvin Glasgow	16/02/2008	8.33	5.07	8.61	1.43	10.98	3.10	3:29.70	
M45	10	Derek Glasgow	3608	Emirates Glasgow	02/03/2014	8.36	5.04	9.17	1.47	11.42	2.40	3:20.19	
M45	11	Kenneth Pokorniecki	3558	Kelvin Glasgow	12/02/2005	8.14	4.72	9.59	1.50	11.27	2.50	3:37.54	
M45	12	Michael Clerihew	3528	Kelvin Glasgow	15/02/1997	7.93	5.17	7.48	1.46	11.07	2.40	3:39.66	
M45	13	Raymond McAvoy	3425	Kelvin Glasgow	25/01/2003	8.34	4.70	8.69	1.39	11.30	2.20	3:16.68	
M45	14	Derek Glasgow	3422	Kelvin Glasgow	23/01/2010	8.35	4.71	8.48	1.49	11.30	2.50	3:34.91	
M45	15	Kevin Maguire	3394	Kelvin Glasgow	14/02/1998	8.80	4.59	9.39	1.56	11.50	2.80	3:41.24	
M45	16	Dr Julian Kennedy	3192	Kelvin Glasgow	11/03/2000	8.75	4.38	8.75	1.38	11.28	2.00	3:16.82	
M45	17	Eddie McKenzie	2962	Emirates Glasgow	15/03/2015	8.71	4.38	10.85	1.39	11.82	2.50	4:18.32	

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Indoor Heptathlon			Age Group Adj											HT=
Age Group	Rank	Name	Score	Venue	Date	60m	LJ	SP	HJ	60mH	PV	1000m	Hand Timing	
M50	1	Thomas Leeson	5155	Emirates Glasgow	01/03/2014	7.96	5.69	11.97	1.62	9.09	3.20	3:40.06		
M50	2	Brian Slaughter	5058	Kelvin Glasgow	16/02/2008	8.19	5.41	11.60	1.52	9.65	3.20	3:05.72		
M50	3	Tyrone Lewis	5026	Kelvin Glasgow	24/02/2001	7.98	5.43	9.72	1.50	9.50	3.50	3:14.65		
M50	4	Eamon Fitzgerald	4870	Kelvin Glasgow	14/02/1998	8.11	5.56	8.55	1.68	9.63	3.40	3:37.26		
M50	5	John Freebairn	4206	Kelvin Glasgow	03/02/1990	8.84	4.69	12.10	1.65	10.66	2.90	3:45.48		
M50	6	John Martindale	4164	Kelvin Glasgow	25/01/2003	8.08	5.13	10.66	1.51	10.51	2.50	3:50.49		
M50	7	Ken Lyon	4131	Kelvin Glasgow	12/02/2011	8.49	4.97	9.60	1.45	10.86	3.00	3:29.42		
M50	8	John Ross	4109	Kelvin Glasgow	06/03/1993	8.33	4.60	8.27	1.41	10.84	2.70	3:01.11		
M50	9	Ron Todd	4101	Emirates Glasgow	14/03/2015	8.45	4.85	10.61	1.42	10.12	3.20	4:02.71		
M50	10	Bob Masson	4061	Kelvin Glasgow	13/02/1999	8.79	4.64	9.75	1.53	11.20	3.30	3:32.41		
M50	11	Dr Julian Kennedy	4012	Kelvin Glasgow	25/01/2003	8.61	4.61	10.48	1.51	10.49	2.40	3:28.04		
M50	12	Ken Moncrieff	3913	Kelvin Glasgow	12/02/2011	8.47	4.90	9.71	1.57	11.43	2.50	3:38.38		
M50	13	Derek Glasgow	3887	Emirates Glasgow	14/03/2015	8.42	4.71	8.89	1.45	11.28	2.70	3:26.47		
M50	14	Nicholas Walker	3772	Emirates Glasgow	14/03/2015	8.53	4.62	10.96	1.36	10.76	3.10	4:12.24		
M50	15	Ian Cowell	3454	Emirates Glasgow	02/03/2014	8.49	4.84	8.11	1.44	12.30	2.20	3:36.00		
M50	16	Kenneth Pokorniecki	3428	Kelvin Glasgow	21/02/2009	8.57	4.44	9.96	1.43	11.69	2.55	4:05.38		

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Age Group	Rank	Name	Score	Venue	Date	60m	LJ	SP	HJ	60mH	PV	1000m	Hand Timing	
M55	1	Tyrone Lewis	5295	Kenosha, USA	05/03/2005	8.05	5.36	8.77	1.50	9.70	3.20	3:20.14		
M55	2	Brian Slaughter	5075	Emirates Glasgow	02/03/2014	8.49	5.20	10.29	1.47	10.24	3.10	3:17.57		
M55	3	John Ross	4400	Kelvin Glasgow	17/02/1996	8.28	4.69	8.79	1.37	10.98	2.20	3:09.60		
M55	4	Dr Julian Kennedy	4184	Kelvin Glasgow	16/02/2008	8.96	4.42	9.63	1.43	11.24	2.70	3:30.03		
M55	5	Ken Moncrieff	4131	Emirates Glasgow	02/03/2014	8.72	4.46	9.73	1.47	11.38	2.50	3:41.25		
M55	6	John Freebairn	3962	Kelvin Glasgow	15/02/1997	9.23	4.29	10.88	1.52	11.41	2.60	4:02.19		
M55	7	Ian Cowell	3878	Emirates Glasgow	05/03/2017	8.55	4.64	8.21	1.42	11.84	2.57	3:58.67		
M55	8	Ken Moncrieff	3718	Emirates Glasgow	14/03/2015	8.87	4.31	9.63	1.39	12.28	2.40	3:49.35		
M55	9	Lawrie Dunn	3567	Kelvin Glasgow	25/01/2003	8.86	4.30	6.37	1.36	12.13	2.20	3:29.14		
M55	10	Jim Sloan	3277	Kelvin Glasgow	24/02/2001	8.61	3.90	10.04	1.35	14.27	1.60	3:38.04		

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	Rank	Name	Score	Venue									Hand Timing
M60	1	John Howe	4963	Kelvin Glasgow	09/02/2002	8.59	4.55	11.09	1.45	9.79	3.10	4:25.95	
M60	2	Tyrone Lewis	4928	USNatMast, USA	07/03/2009	8.59	4.86	9.15	1.48	10.33	2.40	3:35.73	
M60	3	John Freebairn	4265	Kelvin Glasgow	14/02/1998	9.31	4.14	12.12	1.50	11.48	2.50	4:19.40	
M60	4	Bob Masson	4127	Kelvin Glasgow	21/02/2009	9.47	4.17	9.69	1.34	11.88	2.65	3:42.60	

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M65	1	Ian Steedman	3727	Kelvin Glasgow	05/03/1994	9.27	3.74	6.66	1.22	10.67	0.00	3:57.20		
M65	2	Bill Lonsdale	3554	Glasgow	03/02/2018	9.69	4.33	8.18	1.35	13.66	-	04:06.34		
M65	3	John Freebairn	3190	Kelvin Glasgow	25/01/2003	10.25	3.29	11.18	1.36	13.16	2.00	0:00.00		

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M70	1	Lawrie Dunn	4534	Emirates Glasgow	04/03/2017	9.34	4.10	8.01	1.24	12.27	2.07	4:07.28	
M70	2	Norman Carter	3260	Kelvin Glasgow	09/02/2002	10.74	3.12	7.81	1.18	13.48	1.80	4:41.42	



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M75	1	Norman Carter	3475	Kelvin Glasgow	12/02/2005	10.82	2.96	6.23	1.20	14.36	1.70	5:01.42	

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Age Group	Rank	Name	Score	Venue	Date	60m	LJ	SP	HJ	60mH	PV	1000m	Hand Timing
M80	1	Tony Bowman	4284	Emirates Glasgow	03/02/2018	9.76	3.38	7.58	1.14	11.63	0.00	6:29.50	