

South of England Masters Indoor Championships - Lee Valley - 17 February 2019

Name	Bib	Age Gp	Area Club	Performance	Club
60m					
Race 1					
1 Helen Godsell	344	W65	SCVAC	8.94	Blackheath and Bromley Harriers AC
2 Joan Trimble	341	W60	VAC	9.88	Kingston AC And Poly Harriers
3 Mary Axtell	355	W75	VAC	12.12	Southampton AC
4 Stephanie Stamp	349	W65	EMAC	13.81	Southend on Sea AC
Race 2					
1 Yolanda Broek	318	W55	VAC	9.59	Enfield and Haringey A C
2 Clare St John-Coleman	329	W55	EMAC	9.76	Chelmsford AC
3 Rosalind Zeffertt	332	W55	SCVAC	9.83	Shaftesbury Barnet Harriers
4 Tessa Stephenson	330	W55	EMAC	9.84	Fairlands Valley Spartans
5 Lyn Sole	328	W55	SCVAC	10.14	Thanet AC
DNF Yvonne Holmes	322	W55	EMAC		Ipswich Harriers
Race 3					
1 Allan Long	271	M75	VAC	8.99	Herne Hill Harriers
2 Ian Foster	266	M75	EMAC	9.38	Eastern Masters AC
3 Ron Davies	263	M75	SCVAC	9.40	Reading AC
4 Charles Isetts	270	M75	VAC	10.22	Kingston AC And Poly Harriers
5 Barry Ferguson	264	M75	VAC	10.89	Cambridge Harriers
Race 4					
1 Victor Novell	253	M70	SCVAC	8.94	Southampton AC
2 Tony Wells	256	M70	EMAC	9.44	Corby AC
3 Frank Hayes	268	M75	EMAC	10.88	Eastern Masters AC
4 David Whittaker	257	M70	VAC	10.93	Dulwich Runners AC
5 Roger Bruck	261	M75	SCVAC	11.05	Barnet & District AC
Race 5					
1 Christopher Monk	229	M65	Guest	8.59	Leicester Coritanian AC
2 Wally Franklyn	225	M65	VAC	8.92	Reading AC
3 Geoffrey Kitchener	228	M65	VAC	9.34	Sevenoaks AC
4 Alan Perry	233	M65	VAC	9.68	Harrow AC
5 Patrick Reynolds	234	M65	VAC	10.73	Veterans AC
Race 6					
1 John Moore	230	M65	EMAC	9.34	Lincoln Wellington AC
2 Stephen Ford	224	M65	SCVAC	9.43	Aldershot Farnham & District
3 Paul Willcox	242	M65	EMAC	9.60	Achilles Club
4 William Oakley	232	M65	SWVAC	10.01	Lytchett Manor Striders
5 Dennis Wallington	238	M65	EMAC	10.49	Blackheath and Bromley Harriers AC
Race 7					
1 Clem Leon	205	M60	SCVAC	8.79	Blackheath and Bromley Harriers AC
2 Scott Paget	211	M60	SCVAC	8.91	Hillingdon AC
3 Adrian Day	193	M60	VAC	9.02	Enfield and Haringey A C
4 Stephen Davis	192	M60	SWVAC	18.20	Isle of Wight AC
DNF Chris Currell	167	M55	VAC		Veterans AC
Race 8					
1 Donald Brown	164	M55	Guest	7.84	Royal Sutton Coldfield AC
2 Pat Logan	176	M55	VAC	7.84	Kingston AC And Poly Harriers
3 Mark Woods	185	M55	SCVAC	8.34	Paddock Wood AC
4 Mark Ellery	170	M55	SWVAC	8.39	Bristol and West AC
5 Des Wilkinson	183	M55	EMAC	8.42	Luton AC
6 Glen Reddington	178	M55	VAC	8.53	Windsor Slough Eton & Hounslow AC
Race 9					
1 Angela Bates	303	W50	VAC	8.81	Epsom & Ewell Harriers
2 Yvette Clayton	292	W45	EMAC	8.99	Corby AC
3 Kelly Roberts	300	W45	SCVAC	9.28	Aldershot Farnham & District
4 Michele Wakefield	313	W50	SCVAC	9.44	Oxford City AC
5 Sue Paterson	310	W50	EMAC	10.50	Corby AC
DNS Rachel Waters	314	W50	VAC		Epsom & Ewell Harriers

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Name	Bib	Age Gp	Area Club	Performance	Club
Race 10					
1 Lisa Boland	278	W35	SCVAC	8.24	Epsom & Ewell Harriers
2 Stefanie Pullinger	280	W35	SCVAC	8.46	Bracknell AC
3 Kirstie Taylor	287	W40	SCVAC	8.54	Dartford Harriers AC
4 Leanne Wellings	288	W40	SCVAC	8.96	Wycombe Phoenix Harriers & AC
5 Heidi Nicholas	279	W35	EMAC	9.25	Basildon AC
Race 11					
1 Wole Odele	153	M50	SCVAC	8.04	Cambridge Harriers
2 Richard Weekes	159	M50	VAC	8.21	Veterans AC
3 Barrington King	148	M50	SCVAC	8.29	Harrow AC
4 Christopher Kent	112	M45	EMAC	8.30	West Suffolk AC
5 Steve Pethen	119	M45	SCVAC	8.54	Winchester & District AC
6 Steven Brooks	133	M50	SCVAC	8.81	Tonbridge AC
Race 12					
1 Mark Collins	104	M45	EMAC	7.59	Southampton AC
2 Yinka Opaleye	117	M45	EMAC	7.71	Huntingdonshire AC
3 Gary Smith	124	M45	EMAC	7.80	Luton AC
4 Craig Beecham	97	M45	SCVAC	7.99	Southern Counties Veterans AC
5 Mike Smith	126	M45	SCVAC	8.10	Dacorum & Tring
6 Nick Lauder	115	M45	VAC	8.23	Veterans AC
7 Michael Bense	100	M45	VAC	8.28	London Heathside
Race 13					
1 Stuart Channon	71	M40	VAC	7.41	Walton AC
2 Michael Barough	68	M40	SCVAC	7.28	Oxford City AC
3 Amr Ziko	96	M40	EMAC	7.68	Braintree & District AC
4 Tamas Joo	84	M40	SCVAC	7.73	Thames Valley Harriers
5 Andrew Gordon	77	M40	VAC	7.80	Kingston AC And Poly Harriers
6 Aaron Bollu	69	M40	EMAC	7.98	Colchester & Tendring AC
Race 14					
1 Justin Hubbard	83	M40	EMAC	7.88	Colchester & Tendring AC
2 Tony Waddington	95	M40	EMAC	7.94	Eastern Masters AC
3 Alex Guest	79	M40	VAC	8.15	Veterans AC
4 Craig Christian	72	M40	Guest	8.17	Rugby & Northampton AC
5 Nigel Hayman	82	M40	EMAC	8.27	Ipswich Harriers
6 Andrew Stowe	93	M40	EMAC	8.37	Huntingdonshire AC
Race 15					
1 Daniel Yellop	66	M35	EMAC	7.68	Ryston Runners
2 Allan Mc Sween	59	M35	SCVAC	7.73	Thames Valley Harriers
3 Mike Harwood	55	M35	SCVAC	8.10	London City Athletics Club
4 Adam Richards-Gray	90	M40	OXFC	8.29	Oxford City AC
5 Keith Lok	85	M40	EMAC	8.54	Corby AC
6 Anton McCalla	86	M40	EMAC	8.69	Fairlands Valley Spartans
Race 16					
1 Michael Louise	58	M35	SCVAC	7.25	Windsor Slough Eton & Hounslow AC
2 Matt Cave	51	M35	SWVAC	7.59	Swindon Harriers
3 Steven Tester	64	M35	VAC	7.64	Tonbridge AC
4 Panos Ioannou	57	M35	EMAC	7.70	Marshall Milton Keynes AC
5 Jan Barnard	50	M35	EMAC	7.72	Basildon AC
6 George Gavriel	54	M35	EMAC	7.96	Buckingham & Stowe RC
200m					
Race 1					
1 Helen Godsell	344	W65	SCVAC	30.21	Blackheath and Bromley Harriers AC
2 Edith Caux	334	W60	EMAC	31.85	Luton AC
3 Joan Trimble	341	W60	VAC	36.47	Kingston AC And Poly Harriers
4 Stephanie Stamp	349	W65	EMAC	50.42	Southend on Sea AC
5 Dorothy McLennan	359	W80	SCVAC	61.43	Windsor Slough Eton & Hounslow AC

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Name	Bib	Age Gp	Area Club	Performance	Club
Race 2					
1 Kirstin King	324	W55	SCVAC	28.47	Bracknell AC
2 Tessa Stephenson	330	W55	EMAC	32.88	Fairlands Valley Spartans
3 Rosalind Zeffertt	332	W55	SCVAC	34.22	Shaftesbury Barnet Harriers
4 Lyn Sole	328	W55	SCVAC	37.47	Thanet AC
Race 3					
1 Joanna Flowers	307	W50	VAC	28.48	Walton AC
2 Tracy Bezance	304	W50	EMAC	28.97	Southampton AC
3 Angela Bates	303	W50	VAC	29.96	Epsom & Ewell Harriers
4 Michele Wakefield	313	W50	SCVAC	33.79	Oxford City AC
5 Sue Paterson	310	W50	EMAC	36.98	Corby AC
Race 4					
1 Yvette Clayton	292	W45	EMAC	30.33	Corby AC
2 Dawn Jones	295	W45	EMAC	31.20	Harlow AC
3 Kelly Roberts	300	W45	SCVAC	31.21	Aldershot Farnham & District
4 Henrietta Anstey	290	W45	SWVAC	31.73	Bristol and West AC
5 Lisa Carpenter	291	W45	SWVAC	32.39	Swindon Harriers
Race 5					
1 Lisa Boland	278	W35	SCVAC	28.15	Epsom & Ewell Harriers
2 Kirstie Taylor	287	W40	SCVAC	29.06	Dartford Harriers AC
3 Leanne Wellings	288	W40	SCVAC	30.16	Wycombe Phoenix Harriers & AC
4 Bea Lafreniere	286	W40	SCVAC	30.26	Aldershot Farnham & District
Race 6					
1 Allan Long	271	M75	VAC	30.81	Herne Hill Harriers
2 Ron Davies	263	M75	SCVAC	32.64	Reading AC
3 Terry Bissett	259	M75	VAC	33.32	Epsom & Ewell Harriers
4 Charles Isetts	270	M75	VAC	37.53	Kingston AC And Poly Harriers
5 Richard Pitcairn-Knowles	274	M85	VAC	49.50	Sevenoaks AC
Race 7					
1 Victor Novell	253	M70	SCVAC	30.33	Southampton AC
2 Bruce Hendrie	249	M70	BANBH	31.27	Banbury Harriers AC
3 Tony Wells	256	M70	EMAC	31.91	Corby AC
4 Ray Lewis	250	M70	SWVAC	37.78	Exmouth Harriers
5 David Whittaker	257	M70	VAC	38.06	Dulwich Runners AC
6 Bill O'Connor	254	M70	VAC	43.70	Queen's Park Harriers
Race 8					
1 Paul Wignall	240	M65	VAC	29.38	Hercules Wimbledon AC
2 Timothy Carter	222	M65	VAC	30.32	Cambridge Harriers
3 John Moore	230	M65	EMAC	30.77	Lincoln Wellington AC
4 Stephen Ford	224	M65	SCVAC	30.98	Aldershot Farnham & District
5 Geoffrey Kitchener	228	M65	VAC	31.17	Sevenoaks AC
6 Patrick Reynolds	234	M65	VAC	39.29	Veterans AC
Race 9					
1 Tennyson James	201	M60	EMAC	27.22	Bedford & County AC
2 Ivars Licietis	206	M60	EMAC	27.64	Charnwood A C
3 Adrian Day	193	M60	VAC	29.60	Enfield and Haringey A C
4 John Donaldson	195	M60	EMAC	29.84	Corby AC
5 Clem Leon	205	M60	SCVAC	29.91	Blackheath and Bromley Harriers AC
6 Robert Woolliams	217	M60	EMAC	30.51	Ipswich Harriers
Race 10					
1 Donald Brown	164	M55	Guest	26.81	Royal Sutton Coldfield AC
2 Mark Woods	185	M55	SCVAC	27.67	Paddock Wood AC
3 Mark Ellery	170	M55	SWVAC	28.08	Bristol and West AC
4 Kemal Gediz	172	M55	SCVAC	29.56	Bexley AC
5 Philip Bell	186	M60	VAC	31.96	Harrow AC
Race 11					
1 Glenn Gray	144	M50	SCVAC	26.59	Southern Counties Veterans AC

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Name	Bib	Age Gp	Area Club	Performance	Club
2 Richard Weekes	159	M50	VAC	27.83	Veterans AC
3 Barrie Marsden	150	M50	SCVAC	27.86	Wycombe Phoenix Harriers & AC
4 Hugues Lepic	149	M50	VAC	28.98	Veterans AC
5 Steven Brooks	133	M50	SCVAC	29.35	Tonbridge AC
Race 12				Manual	
1 Julian Smith	125	M45	EMAC	25.2	Nene Valley Harriers
2 Yinka Opaleye	117	M45	EMAC	25.2	Huntingdonshire AC
3 David Shortridge	123	M45	SCVAC	26.4	Victoria Park Harriers and Tower Hamlets AC
Race 13					
1 Craig Beecham	97	M45	SCVAC	26.27	Southern Counties Veterans AC
2 Michael Osunsami	118	M45	SCVAC	26.30	Newham & Essex Beagles AC
3 Dave Cobb	103	M45	VAC	26.58	West 4 Harriers
4 Michael Bense	100	M45	VAC	27.62	London Heathside
5 Steve Pethen	119	M45	SCVAC	28.76	Winchester & District AC
Race 14					
1 Martyn Morant	89	M40	SWVAC	23.90	Exeter Harriers
2 Stuart Channon	71	M40	VAC	24.41	Walton AC
3 Michael Barough	68	M40	SCVAC	24.92	Oxford City AC
4 Amr Ziko	96	M40	EMAC	25.53	Braintree & District AC
5 Justin Hubbard	83	M40	EMAC	25.99	Colchester & Tendring AC
Race 15					
1 Michael Louise	58	M35	SCVAC	23.40	Windsor Slough Eton & Hounslow AC
2 Andrew Spour	63	M35	EMAC	23.95	Lincoln Wellington AC
3 Steven Tester	64	M35	VAC	24.47	Tonbridge AC
4 Daniel Yellop	66	M35	EMAC	24.81	Ryston Runners
5 Matt Cave	51	M35	SWVAC	24.81	Swindon Harriers
6 Panos Ioannou	57	M35	EMAC	25.44	Marshall Milton Keynes AC
Race 16					
1 Allan Mc Sween	59	M35	SCVAC	25.53	Thames Valley Harriers
2 Mike Harwood	55	M35	SCVAC	26.38	London City Athletics Club
3 Craig Christian	72	M40	Guest	26.81	Rugby & Northampton AC
4 Adam Richards-Gray	90	M40	OXFC	27.37	Oxford City AC
5 Keith Lok	85	M40	EMAC	28.33	Corby AC
DNF George Gavriel	54	M35	EMAC		Buckingham & Stowe RC
400m					
Race 1					
1 Edith Caux	334	W60	EMAC	74.93	Luton AC
2 Diane Baldwin	333	W60	EMAC	82.08	Marshall Milton Keynes AC
3 Ros Tabor	350	W65	VAC	83.51	Dulwich Runners AC
4 Anne Dockery	353	W70	EMAC	89.48	Bristol and West AC
5 Iris Hornsey	357	W75	EMAC	99.51	Fairlands Valley Spartans
6 Sheryl Hann	338	W60	EMAC	100.00	Fairlands Valley Spartans
Race 2					
1 Joanna Flowers	307	W50	VAC	63.83	Walton AC
2 Tracy Bezance	304	W50	EMAC	66.93	Southampton AC
3 Bea Lafreniere	286	W40	SCVAC	67.90	Aldershot Farnham & District
4 Yvette Clayton	292	W45	EMAC	69.75	Corby AC
5 Nikki Sturzaker	301	W45	VAC	71.60	Herne Hill Harriers
Race 3					
1 John Garber	267	M75	EMAC	83.57	Herne Hill Harriers
2 John Hodge	269	M75	SCVAC	86.82	Overton Harriers & AC
3 Ron Davies	263	M75	SCVAC	100.13	Reading AC
4 Bill O'Connor	254	M70	VAC	103.66	Queen's Park Harriers
5 Terry Casey	262	M75	EMAC	113.33	Veterans AC
Race 4					
1 Tennyson James	201	M60	EMAC	62.88	Bedford & County AC

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Name	Bib	Age Gp	Area Club	Performance	Club
2 Ivars Licietis	206	M60	EMAC	63.86	Charnwood A C
3 Kemal Gediz	172	M55	SCVAC	64.63	Bexley AC
4 Clem Leon	205	M60	SCVAC	66.91	Blackheath and Bromley Harriers AC
5 Bruce Hendrie	249	M70	BANBH	74.53	Banbury Harriers AC
6 Ray Lewis	250	M70	SWVAC	88.7	Exmouth Harriers
DNS Timothy Carter	222	M65	VAC		Cambridge Harriers
Race 5					
1 Wole Odele	153	M50	SCVAC	58.55	Cambridge Harriers
2 Glenn Gray	144	M50	SCVAC	58.59	Southern Counties Veterans AC
3 Tony Killilea	147	M50	VAC	62.09	London Heathside
4 Hugues Lepic	149	M50	VAC	68.43	Veterans AC
Race 6					
1 Richard Bruce	102	M45	EMAC	56.74	Stevenage & North Herts AC
2 Julian Smith	125	M45	EMAC	57.49	Nene Valley Harriers
3 Dave Cobb	103	M45	VAC	57.55	West 4 Harriers
4 David Shortridge	123	M45	SCVAC	60.52	Victoria Park Harriers and Tower Hamlets AC
5 Michael Bense	100	M45	VAC	61.71	London Heathside
DNS Michael Osunsami	118	M45	SCVAC		Newham & Essex Beagles AC
Race 7					
1 Martyn Morant	89	M40	SWVAC	53.09	Exeter Harriers
2 Matt Cave	51	M35	SWVAC	57.59	Swindon Harriers
3 Peter Davey	74	M40	SCVAC	59.64	Ashford AC
4 Glen Richardson	91	M40	EMAC	59.66	City of Norwich AC
5 Jeremy Vick	94	M40	EMAC	60.13	Marshall Milton Keynes AC
DNS Dan Gartlan	53	M35	EMAC		Ipswich Harriers
800m					
Race 1					
1 Nikki Sturzaker	301	W45	VAC	2:35.28	Herne Hill Harriers
2 Christine Anthony	317	W55	EMAC	2:36.55	West Suffolk AC
3 Diane Baldwin	333	W60	EMAC	3:04.99	Marshall Milton Keynes AC
4 Anne Dockery	353	W70	EMAC	3:21.48	Bristol and West AC
5 Sue James	346	W65	SCVAC	3:39.04	Tonbridge AC
6 Sheryl Hann	338	W60	EMAC	3:41.83	Fairlands Valley Spartans
7 Iris Hornsey	357	W75	EMAC	3:50.40	Fairlands Valley Spartans
Race 2					
1 Kenneth Bowman	244	M70	EMAC	3:01.73	Coltishall Jaguars RC
2 Bruce Hendrie	249	M70	BANBH	3:04.37	Banbury Harriers AC
3 Phil Brennan	260	M75	Guest	3:06.00	Stratford Upon Avon AC
4 John Garber	267	M75	EMAC	3:25.38	Herne Hill Harriers
5 Bill O'Connor	254	M70	VAC	3:48.39	Queen's Park Harriers
6 Terry Casey	262	M75	EMAC	4:59.62	Veterans AC
Race 3					
1 Peter Mountain	209	M60	SWVAC	2:29.93	Bristol and West AC
2 John Donaldson	195	M60	EMAC	2:30.35	Corby AC
3 Kevin Archer	218	M65	SWVAC	2:31.19	Weymouth St Pauls Harriers
4 Geoffrey Brewster	187	M60	EMAC	2:32.21	Huntingdonshire AC
5 Ed Connolly	223	M65	VAC	2:44.10	Veterans AC
6 Alan Newman	231	M65	SCVAC	2:59.71	Tonbridge AC
7 Trevor Solomon	236	M65	VAC	3:01.81	Veterans AC
8 Alan Dolton	194	M60	VAC	3:10.15	Striders of Croydon
Race 4					
1 Mark Symes	158	M50	SCVAC	2:06.45	Aldershot Farnham & District
2 David Matthew	151	M50	SCVAC	2:08.76	Serpentine RC
3 Andy Coleman	135	M50	EMAC	2:14.30	Billericay Striders
4 Andy Gannaway	171	M55	VAC	2:15.32	Winchester & District AC
5 Peter Downhill	138	M50	EMAC	2:18.83	Huntingdonshire AC

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Name	Bib	Age Gp	Area Club	Performance	Club
6 Colin Bates	162	M55	SCVAC	2:19.60	Dartford Harriers AC
7 Tony Tuohy	182	M55	VAC	2:22.66	Dulwich Runners AC
8 Jonathan Burrell	165	M55	SCVAC	2:24.75	Lewes AC
9 Malcolm Down	168	M55	EMAC	2:30.22	Garden City Runners
Race 5					
1 Andrew Keane	110	M45	SCVAC	2:04.78	St Mary's Richmond AC
2 Christopher Westcott	128	M45	EMAC	2:05.67	Stevenage & North Herts AC
3 Robert Datnow	107	M45	VAC	2:11.64	Thames Valley Harriers
4 Simon Cooper	106	M45	SCVAC	2:12.59	Aldershot Farnham & District
5 Daniel Johnson	109	M45	SCVAC	2:17.00	Epsom & Ewell Harriers
6 Matthew Preston	120	M45	VAC	2:18.91	Cambridge Harriers
Race 6					
1 Paul Howard	56	M35	SCVAC	2:04.88	Brighton & Hove AC
2 Glen Richardson	91	M40	EMAC	2:09.51	City of Norwich AC
3 Thomas Procter-Legg	62	M35	RAD	2:14.27	Radley AC
4 Tony Bacon	49	M35	EMAC	2:21.82	Haverhill Running Club
5 Andy Cohen-Wray	73	M40	EMAC	2:33.68	Bedford & County AC
1500m					
Race 1					
1 Ana Ramos-Villaverde	298	W45	SCVAC	5:16.65	Radley AC
2 Nikki Sturzaker	301	W45	VAC	5:20.29	Herne Hill Harriers
3 Lisa Webb	315	W50	VAC	5:24.73	Shaftesbury Barnet Harriers
4 Christine Anthony	317	W55	EMAC	5:33.91	West Suffolk AC
5 Diane Baldwin	333	W60	EMAC	6:17.25	Marshall Milton Keynes AC
6 Sue James	346	W65	SCVAC	7:20.52	Tonbridge AC
7 Sheryl Hann	338	W60	EMAC	7:35.30	Fairlands Valley Spartans
Race 2					
1 Tony Tuohy	182	M55	VAC	4:46.06	Dulwich Runners AC
2 Jonathan Burrell	165	M55	SCVAC	5:00.28	Lewes AC
3 Peter Mountain	209	M60	SWVAC	5:09.84	Bristol and West AC
4 Pete Crockford	189	M60	VAC	5:13.42	London Heathside
5 Ed Connolly	223	M65	VAC	6:07.81	Veterans AC
6 Peter Hamilton	248	M70	VAC	6:36.17	Blackheath and Bromley Harriers AC
7 Bill O'Connor	254	M70	VAC	7:40.27	Queen's Park Harriers
DNF Kevin Archer	218	M65	SWVAC		Weymouth St Pauls Harriers
Race 3					
1 Paul Howard	56	M35	SCVAC	4:28.74	Brighton & Hove AC
2 Christopher Westcott	128	M45	EMAC	4:30.13	Stevenage & North Herts AC
3 Richard Davidson	75	M40	SWVAC	4:32.47	City of Salisbury AC & RC
4 Paul Gaylor	140	M50	SCVAC	4:33.83	Aldershot Farnham & District
5 Jonathan Grainger	143	M50	SOTON	4:43.83	Southampton AC
6 Tony Bacon	49	M35	EMAC	4:48.95	Haverhill Running Club
7 Glen Richardson	91	M40	EMAC	4:49.05	City of Norwich AC
8 Daniel Johnson	109	M45	SCVAC	4:54.54	Epsom & Ewell Harriers
9 Andy Del Nevo	137	M50	VAC	5:08.66	Croydon Harriers
10 Andy Cohen-Wray	73	M40	EMAC	5:41.61	Bedford & County AC
3000m					
Race 1					
1 Jennifer Duffy	283	W40	VAC	11:41.95	South London Harriers
2 Nikki Sturzaker	301	W45	VAC	11:47.82	Herne Hill Harriers
3 Elke Hausler	321	W55	EMAC	12:16.34	Eastern Masters AC
4 Kenneth Bowman	244	M70	EMAC	12:16.35	Coltishall Jaguars RC
5 Alan Newman	231	M65	SCVAC	12:24.82	Tonbridge AC
6 Diane Baldwin	333	W60	EMAC	13:30.72	Marshall Milton Keynes AC
7 Ros Tabor	350	W65	VAC	13:35.22	Dulwich Runners AC

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Name	Bib	Age Gp	Area Club	Performance	Club
8 Guy Ogden	272	M75	SCVAC	15:53.72	Southern Counties Veterans AC
Race 2					
1 Simon Coombes	105	M45	EMAC	9:10.96	Herne Hill Harriers
2 Justin Reid	122	M45	HW	9:28.33	Hercules Wimbledon AC
3 Andrew Pickett	61	M35	SCVAC	9:37.32	Dartford Harriers
4 Ian Johnston	146	M50	VAC	9:51.09	Veterans AC
5 Tim Kelly	111	M45	Guest	9:52.68	Cannock & Stafford AC
6 Tony Tuohy	182	M55	VAC	10:07.27	Dulwich Runners AC
7 Matthew Preston	120	M45	VAC	10:16.44	Cambridge Harriers
8 Bryan Camfield	134	M50	VAC	10:32.84	Horsham Joggers
9 Brian Green	197	M60	OXFC	10:33.99	Oxford City AC
10 Peter Costley	136	M50	SWVAC	11:19.47	Southampton AC
11 Nigel Lambert	203	M60	EMAC	11:50.65	Wymondham AC
12 Andy Cohen-Wray	73	M40	EMAC	12:34.26	Bedford & County AC
60m Hurdles					
Race 1					
1 Jane Horder	339	W60	CHECH	9.98	Cheltenham and County Harriers
2 Tony Wells	256	M70	EMAC	10.98	Corby AC
3 Jill Roginski	45	W60	MMAC	11.07	Harborough AC
4 Penny Butcher	44	W60	EMAC	11.78	Bedford & County AC
5 Sandra Francis	336	W60	SOC	15.11	Striders of Croydon
DNF Barry Ferguson	264	M75	VAC		Cambridge Harriers
Race 2					
1 Susan Frisby	42	W55	MMAC	9.88	Leicester Coritanian AC
2 Janet Dickinson	39	W50	SWVAC	10.59	Bournemouth AC
3 Charmaine Johnson	43	W55	VAC	11.19	Epsom & Ewell Harriers
4 Philippa Terry	41	W50	SCVAC	12.50	Abingdon AC
Race 3					
1 Diana Norman	34	W40	SCVAC	9.54	Epsom & Ewell Harriers
2 Jo Wilding	37	W40	SCVAC	10.75	Brighton & Hove AC
3 Jody Ward	36	W40	MMAC	11.63	Leicester Coritanian AC
4 Helen Nyberg-Mitroi	35	W40	SWE	12.44	Dartford Harriers AC
5 Andrea Westcott	38	W45	EMAC	15.23	Fairlands Valley Spartans
Race 4					
1 Tennyson James	201	M60	EMAC	9.97	Bedford & County AC
2 Peadar McGing	26	M60	IRL	10.54	Dundrum South Dublin AC
3 Duncan Talbot	29	M65	SCVAC	12.40	Abingdon AC
4 Barry Gibbs	28	M65	SCVAC	12.86	Southern Counties Veterans AC
Race 5					
1 Des Wilkinson	183	M55	EMAC	9.25	Luton AC
2 Donald Brown	164	M55	Guest	9.50	Royal Sutton Coldfield AC
3 Glen Reddington	178	M55	VAC	9.95	Windsor Slough Eton & Hounslow AC
4 Etchells Shawnie	48	WS	OPEN	11.65	RAF Athletics
Race 6					
1 Ian Crawley	19	M55	SCVAC	10.59	Tonbridge AC
2 Pete Stepney	23	M55	SCVAC	10.62	Abingdon AC
3 Derek Osborne	20	M55	WMAA	10.97	Brecon AC
4 Keith Powell	21	M55	WMAA	11.26	Newport Harriers AC
5 Andrew Rushbrook	22	M55	SCVAC	11.75	Bexley AC
Race 7					
1 Barrie Marsden	150	M50	SCVAC	9.26	Wycombe Phoenix Harriers & AC
2 Keith Newton	152	M50	SCVAC	9.60	Woodford Green AC with Essex Ladies
3 Leroy Gould	13	M50	SCVAC	11.22	Newham & Essex Beagles AC
4 Ronan Gately	12	M50	IRL	11.86	Athletics Ireland
Race 8					
1 Neal Petley	16	M50	NMAC	10.10	Warrington A C

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Name	Bib	Age Gp	Area Club	Performance	Club
2 Derek Warn	17	M50	SCVAC	11.32	Southampton Athletic Club
3 Gary Palmer	15	M50	VAC	11.41	St Mary's Richmond AC
4 Marc Juffkins	14	M50	MMAC	11.98	Abingdon AC
Race 9					
1 Gary Smith	124	M45	EMAC	8.84	Luton AC
2 Sean Reidy	2	M35	EMAC	8.95	Nene Valley Harriers
3 Peter Davey	74	M40	SCVAC	9.22	Ashford AC
4 Nigel Hayman	82	M40	EMAC	9.32	Ipswich Harriers
5 Martin Aspley-Davis	3	M40	MMAC	11.34	Bromsgrove and Redditch
6 Marek Kowalski	113	M45	EMAC	11.99	Thurrock Harriers
Race 10					
1 Gary Smith	11	M45	EMAC	8.83	Luton Athletic Club
2 Laurence Ramm	10	M45	EMAC	8.88	Lincoln Wellington Athletic Club
3 Chris Ness	8	M45	VAC	12.21	Walton AC
4 Geoff Butler	6	M45	VAC	12.50	Basingstoke & Mid Hants AC
5 Jason Newell	9	M45	NMAC	12.74	Spensborough & Dist AC
DNF Andrew England	7	M45	NMAC		City of York AC
Race 11					
1 Michael Louise	58	M35	SCVAC	8.60	Windsor Slough Eton & Hounslow AC
2 Mark Beer	1	M35	NMAC	9.41	Chesterfield & District AC
3 Clint Nicholls	5	M40	EMAC	9.59	Basildon AC
4 Lewis Penna-Kincell	47	MS	OPEN	9.67	RAF Athletics
5 Simon Downs	4	M40	NMAC	10.07	Kingston upon Hull AC
6 Dan Gartlan	53	M35	EMAC	10.85	Ipswich Harriers
High Jump					
1 Heidi Nicholas	279	W35	EMAC	1.35	Basildon AC
1 Daniele Denisty	305	W50	Guest	1.41	Belgium National Team
1 Mandy Rowley-Jones	327	W55	SCVAC	1.11	Croydon Harriers
1 Sue Yeomans	352	W65	SCVAC	1.20	St Albans AC
High Jump					
1 Trevor Wade	216	M60	SCVAC	1.29	Thames Valley Harriers
2 Colin Hague	198	M60	SWVAC	1.29	Poole AC
1 David Blunt	220	M65	VAC	1.32	Epsom & Ewell Harriers
1 Roger Bruck	261	M75	SCVAC	1.20	Barnet & District AC
High Jump					
1 Gary Capon	166	M55	SCVAC	1.53	Dartford Harriers AC
2 Richard Phelan	177	M55	EMAC	1.41	Huntingdonshire AC
High Jump					
1 Vaughan Ramsay	121	M45	VAC	1.56	Ranelagh Harriers
2 Christopher Kent	112	M45	EMAC	1.47	West Suffolk AC
1 Philip Bowers	132	M50	EMAC	1.53	Huntingdonshire AC
1 Kemal Gediz	172	M55	SCVAC	1.29	Bexley AC
Pole Vault					
1 Joe McGrath	60	M35	EMAC	3.10	Basildon AC
1 Chris Mills	88	M40	SCVAC	3.80	Windsor Slough Eton & Hounslow AC
1 Andy Del Nevo	137	M50	VAC	2.71	Croydon Harriers
1 John Andrews	161	M55	SCVAC	3.50	Epsom & Ewell Harriers
DNF Allan Leiper	175	M55	SCVAC	NH	Aldershot Farnham & District
DNF Richard Phelan	177	M55	EMAC	NH	Huntingdonshire AC
1 Mark Burgman	188	M60	EMAC	2.61	Bedford & County AC
1 David Blunt	220	M65	VAC	2.80	Epsom & Ewell Harriers
1 Neal Mason	251	M70	SWVAC	2.80	South West Veterans AC

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Name	Bib	Age Gp	Area Club	Performance	Club
1 Jemma Eastwood	284	W40	EMAC	3.20	Bedford & County AC
2 Louise Kelly	285	W40	SCVAC	2.40	St Albans AC
3 Angie Crush	282	W40	SCVAC	0.00	Tonbridge AC
1 Stephanie Pain	297	W45	EMAC	2.50	City of Norwich AC
1 Sandra Pedley	311	W50	EMAC	1.80	Huntingdonshire AC
1 Sue Yeomans	352	W65	SCVAC	2.50	St Albans AC
Long Jump					
1 Heidi Nicholas	279	W35	EMAC	4.41	Basildon AC
1 Nikki Sturzaker	301	W45	VAC	3.67	Herne Hill Harriers
1 Louise Wood	316	W50	SCVAC	4.59	Guildford & Godalming
1 Mandy Rowley-Jones	327	W55	SCVAC	3.61	Croydon Harriers
2 Lyn Sole	328	W55	SCVAC	3.78	Thanet AC
3 Rosalind Zeffertt	332	W55	SCVAC	3.61	Shaftesbury Barnet Harriers
4 Clare St John-Coleman	329	W55	EMAC	3.60	Chelmsford AC
1 Sandra Francis	336	W60	SOC	3.05	Striders of Croydon
1 Emily McMahon	347	W65	EMAC	3.40	Enfield and Haringey A C
1 Dorothy McLennan	359	W80	SCVAC	1.91	Windsor Slough Eton & Hounslow AC
Long Jump					
1 Richard Phelan	177	M55	EMAC	4.46	Huntingdonshire AC
2 David Shields	180	M55	VAC	4.04	Reading AC
1 Trevor Wade	216	M60	SCVAC	4.40	Thames Valley Harriers
2 Peter Morgan	208	M60	VAC	3.55	Eastbourne Rovers AC
1 Barry Gibbs	226	M65	SCVAC	4.33	Southern Counties Veterans AC
2 David Blunt	220	M65	VAC	4.23	Epsom & Ewell Harriers
3 Patrick Reynolds	234	M65	VAC	2.85	Veterans AC
4 Dennis Wallington	238	M65	EMAC	2.78	Blackheath and Bromley Harriers AC
1 Ron Davies	263	M75	SCVAC	3.53	Reading AC
2 Roger Bruck	261	M75	SCVAC	2.90	Barnet & District AC
Long Jump					
1 Craig Beecham	97	M45	SCVAC	5.73	Southern Counties Veterans AC
2 Darren Thomas	127	M45	SWVAC	5.55	Exeter Harriers
3 Vaughan Ramsay	121	M45	VAC	5.24	Ranelagh Harriers
4 Yinka Opaleye	117	M45	EMAC	4.80	Huntingdonshire AC
1 Keith Newton	152	M50	SCVAC	5.06	Woodford Green AC with Essex Ladies
2 Philip Bowers	132	M50	EMAC	4.96	Huntingdonshire AC
3 Keith Palmer	154	M50	EMAC	4.41	Southend on Sea AC
4 Richard Weekes	159	M50	VAC	4.28	Veterans AC
Long Jump					
1 Dan Gartlan	53	M35	EMAC	4.75	Ipswich Harriers
1 Justin Hubbard	83	M40	EMAC	5.75	Colchester & Tendring AC
2 Grant Stirling	92	M40	SCVAC	5.66	Eastbourne Rovers AC
3 Aaron Bollu	69	M40	EMAC	5.28	Colchester & Tendring AC
4 Anton McCalla	86	M40	EMAC	4.78	Fairlands Valley Spartans
Triple Jump					
1 Gary Capon	166	M55	SCVAC	9.90	Dartford Harriers AC
2 Richard Phelan	177	M55	EMAC	8.92	Huntingdonshire AC
1 Barry Gibbs	226	M65	SCVAC	8.50	Southern Counties Veterans AC
2 Patrick Reynolds	234	M65	VAC	6.18	Veterans AC
1 Bela Nagy	252	M70	SCVAC	7.91	Barnet & District AC
1 Heidi Nicholas	279	W35	EMAC	8.70	Basildon AC
1 Louise Wood	316	W50	SCVAC	9.65	Guildford & Godalming
1 Mandy Rowley-Jones	327	W55	SCVAC	7.58	Croydon Harriers

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Name	Bib	Age Gp	Area Club	Performance	Club
2 Rosalind Zeffertt	332	W55	SCVAC	7.40	Shaftesbury Barnet Harriers
3 Lyn Ahmet	342	W65	SCVAC	6.60	Radley AC
Triple Jump					
1 Dan Gartlan	53	M35	EMAC	9.92	Ipswich Harriers
1 Grant Stirling	92	M40	SCVAC	12.58	Eastbourne Rovers AC
2 Aaron Bollu	69	M40	EMAC	10.56	Colchester & Tendring AC
3 Anton McCalla	86	M40	EMAC	9.61	Fairlands Valley Spartans
1 Darren Thomas	127	M45	SWVAC	11.67	Exeter Harriers
2 Stephen Lake	114	M45	SCVAC	10.97	Ashford AC
3 Craig Beecham	97	M45	SCVAC	10.80	Southern Counties Veterans AC
4 Vaughan Ramsay	121	M45	VAC	10.61	Ranelagh Harriers
1 Paul Harrison	145	M50	EMAC	10.96	Ryston Runners
2 Philip Bowers	132	M50	EMAC	10.29	Huntingdonshire AC
DNF Richard Weekes	159	M50	VAC	NJ	Veterans AC
Shot Put					
1 Joanna Bennett	277	W35	VAC	8.21	Epsom & Ewell Harriers
1 Marianne Berndt	281	W40	SCVAC	10.17	Bexley AC
2 Louise Kelly	285	W40	SCVAC	9.10	St Albans AC
1 Sue Lawrence	296	W45	EMAC	9.96	Thurrock Harriers
2 Stephanie Pain	297	W45	EMAC	8.29	City of Norwich AC
3 Carey Hollick	294	W45	EMAC	7.01	Colchester & Tendring AC
4 Lesley Richardson	299	W45	SCVAC	6.61	Enfield and Haringey A C
1 Daniele Denisty	305	W50	Guest	10.55	Belgium National Team
2 Deborah Montgomery	309	W50	SCVAC	9.83	Team Kennet Triathlon & AC
3 Jenny Agyepong	302	W50	VAC	9.42	Cambridge Harriers
1 Wendy Dunsford	319	W55	EMAC	7.46	Epsom & Ewell Harriers
2 Helen Wilson	331	W55	SCVAC	6.90	Aldershot Farnham & District
1 Vilma Thompson	351	W65	SCVAC	9.47	Belgrave Harriers
2 Stephanie Stamp	349	W65	EMAC	6.10	Southend on Sea AC
1 Liz Sissons	354	W70	VAC	7.85	Epsom & Ewell Harriers
1 Dorothy McLennan	359	W80	SCVAC	5.22	Windsor Slough Eton & Hounslow AC
Shot Put					
1 Mike Harwood	55	M35	SCVAC	9.78	London City Athletics Club
1 Martin Gardner	76	M40	EMAC	10.79	Huntingdonshire AC
1 Gintas Degutis	108	M45	EMAC	14.40	Newham & Essex Beagles AC
2 Christopher Kent	112	M45	EMAC	10.95	West Suffolk AC
1 Mark Gibbs	141	M50	WORDH	9.37	Worthing & District Harriers
2 Simon Wills	160	M50	Guest	7.67	Birchfield Harriers
1 Michael Hausler	173	M55	EMAC	12.51	Cambridge & Coleridge AC
2 Allan Leiper	175	M55	SCVAC	12.37	Aldershot Farnham & District
3 Peter Wishart	184	M55	VAC	9.89	Cambridge Harriers
1 John Fenton	196	M60	SCVAC	12.10	Dartford Harriers AC
2 John Painter	212	M60	EMAC	12.04	Eastern Masters AC
3 Graeme Packman	210	M60	EMAC	9.90	Bedford & County AC
4 Keith Seldon	214	M60	VAC	9.80	Hillingdon AC
1 Tony Richards	235	M65	EMAC	10.86	Croydon Harriers
2 Patrick Reynolds	234	M65	VAC	6.77	Veterans AC
1 Geoff Tyler	255	M70	EMAC	11.74	Chelmsford AC
2 Bill O'Connor	254	M70	VAC	6.73	Queen's Park Harriers
1 Ron Davies	263	M75	SCVAC	8.17	Reading AC