

BMAF Indoor Pentathlon & 3K Champs 2023 (+ Open Events) - - London 11 Mar 2023

Address: Lee Valley Athletics Centre (Indoor)

Date of event: 2023-03-11

Organiser: BMAF Services Limited

Contact Name: Alex Rowe

Contact Email: compsec@bmaf.org.uk

Competition Type: INDOOR

Results by Category

This report only shows finishers (excludes DNF, DNS and DQ)

P01 Pentathlon (women) - 2023-03-11

Category: M80

place	total	bib	name	category	team	60H	60H	60H	60H	60H	HJ	SP	LJ	800
15	558	134	Ron Davies	M80	SCVAC	558 13.66	0	0	0	0	0	0	0	0

Category: W35

place	total	bib	name	category	team	60H	60H	60H	60H	60H	HJ	SP	LJ	800
6	2931	140	Nia Rutter	W35	NMAC	714 9.99	0	0	0	0	655 1.50	593 10.59	448 4.44	521 2:45.78
13	1674	139	Heather Letley	W35	HW	360 12.17	0	0	0	0	389 1.26	202 4.73	315 3.91	408 2:56.81
14	1094	137	Stef Bazyłki ewicz	W35	SCVAC	257 12.98	0	0	0	0	302 1.17	278 5.89	229 3.53	28 3:56.76

Category: W40

place	total	bib	name	category	team	60H	60H	60H	60H	60H	HJ	SP	LJ	800
2	3751	142	Jodie Albrow	W40	SCVAC	982 9.32	0	0	0	0	771 1.53	585 9.71	671 4.96	742 2:32.81
8	2172	144	Sally Gilding	W40	EMAC	653 11.11	0	0	0	0	460 1.26	414 7.38	355 3.86	290 3:17.17
11	2012	145	Tina Howell	W40	VAC	485 12.18	0	0	0	0	491 1.29	372 6.79	362 3.88	302 3:15.69
0	143		Kylie Barde ll-Roberts	W40	VAC	0 DNS	0	0	0	0	0	0 NM	0 NM	0
0	146		Helen Mitroi	W40	SCVAC	0 DNS	0	0	0	0	0	0 NM	0 NM	0

Category: W45

place	total	bib	name	category	team	60H	60H	60H	60H	60H	HJ	SP	LJ	800
7	2558	151	Nina Ridge	W45	SCVAC	604 11.80	0	0	0	0	460 1.20	463 7.45	443 3.96	588 2:52.67
12	1749	153	Sarah Westrap	W45	SCVAC	563 12.07	0	0	0	0	389 1.14	365 6.19	254 3.26	178 3:41.34
0	154		Jo Wilding	W45	SCVAC	0 DNS	0	0	0	0	0	0 NM	0 NM	0

Category: W50

place	total	bib	name	category	team	60H	60H	60H	60H	60H	HJ	SP	LJ	800
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5	3027	155	Amanda Broadhurst	W50	WMAL	777 10.90	0 0	0 0	0 0	0 0	644 1.29	574 9.43	461 3.79	571 3:01.74
9	2130	156	Stefanie Dornbusch	W50	SCVAC	538 12.40	0 0	0 0	0 0	0 0	566 1.23	348 6.36	355 3.44	323 3:29.46

Category: W55

place	total	bib	name	category	team	60H	60H	60H	60H	60H	HJ	SP	LJ	800
10	2129	164	Louise Kirby	W55	WMAL	423 13.74	0 0	0 0	0 0	0 0	481 1.11	313 5.40	393 3.36	519 3:15.43

Category: W60

place	total	bib	name	category	team	60H	60H	60H	60H	60H	HJ	SP	LJ	800
16	0	170	Susan Frisby	W60	MMAC	0 0	0 0	0 0	0 0	0 0	0 0	0 NM	0 NM	0 0
	0	176	Jill Roginski	W60	MMAC	0 0	0 0	0 0	0 0	0 0	0 0	0 NM	0 NM	0 DNS

Category: W65

place	total	bib	name	category	team	60H	60H	60H	60H	60H	HJ	SP	LJ	800
3	3547	178	Jeanette Ashton	W65	SCVAC	578 13.69	0 0	0 0	0 0	0 0	689 1.14	557 6.98	508 3.27	637 3:21.95
4	3278	179	Nicky Buckwell	W65	WMAL	653 13.15	0 0	0 0	0 0	0 0	599 1.08	495 6.34	428 3.06	450 3:43.87

Category: W70

place	total	bib	name	category	team	60H	60H	60H	60H	60H	HJ	SP	LJ	800
1	3984	182	Caroline Marler	W70	NMAC	744 13.21	0 0	0 0	0 0	0 0	736 1.11	761 8.12	438 2.88	561 3:41.99

P02 Pentathlon (M55+) - 2023-03-11

Category: M55

place	total	bib	name	category	team	60H	60H	60H	60H	60H	LJ	SP	HJ	1000
2	3420	78	Mark Bishop	M55	HAVE	846 9.74	0 0	0 0	0 0	0 0	713 5.04	665 10.45	696 1.53	500 3:51.18
8	1838	80	Leroy Gould	M55	NEB	381 12.43	0 0	0 0	0 0	0 0	363 3.76	314 5.73	367 1.20	413 4:03.55
9	1686	79	Mike Futtit	M55	SCVAC	238 13.56	0 0	0 0	0 0	0 0	257 3.31	432 7.33	244 1.05	515 3:49.27
	0	83	David Hartwell	M55	MMAC	0 0	0 0	0 0	0 0	0 0	0 DNS	0 0	0 0	0 DNS
	0	89	David Stewart	M55	NIMAA	270 13.28	0 0	0 0	0 0	0 0	0 DNS	0 0	0 0	0 DNS
	0	85	Andy Lewis	M55	SCVAC	781 10.06	0 0	0 0	0 0	0 0	274 3.38	706 10.98	0 0	0 DNS

Category: M60

place	total	bib	name	category	team	60H	60H	60H	60H	60H	LJ	SP	HJ	1000
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4	2539	107	Pete Stepney	M60	SCVAC	554 11.37	0 0	0 0	0 0	0 0	510 4.07	337 6.13	520 1.29	618 3:45.11
5	2522	110	Mark Woods	M60	SCVAC	438 12.10	0 0	0 0	0 0	0 0	431 3.79	542 8.93	653 1.41	458 4:07.08
7	1932	111	Paul Yeoman	M60	WMAL	376 12.53	0 0	0 0	0 0	0 0	312 3.33	425 7.33	520 1.29	299 4:32.91
10	818	109	Des Wilkinson	M60	EMAC	818 9.94	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0
	0	101	Barry Morris	M60	VAC	0 0	0 0	0 0	0 0	0 0	0 DNS	0 0	0 0	0 DNS
	0	94	Ian Crawley	M60	SCVAC	0 DNS	0 0	0 0	0 0	0 0	0 DNS	0 0	0 0	0 DNS
	0	93	Tom Conlon	M60	VAC	0 DNS	0 0	0 0	0 0	0 0	0 DNS	0 0	0 0	0 DNS

Category: M65

place	total	bib	name	category	team	60H	60H	60H	60H	60H	LJ	SP	HJ	1000
1	3692	121	Brian Slaughter	M65	VAC	823 10.36	0 0	0 0	0 0	0 0	718 4.46	781 11.16	661 1.35	709 3:43.12
	0	120	George Ross	M65	GBR	0 0	0 0	0 0	0 0	0 0	0 DNS	0 0	0 0	0 DNS

Category: M75

place	total	bib	name	category	team	60H	60H	60H	60H	60H	LJ	SP	HJ	1000
3	2944	130	David Cowley	M75	MMAC	698 11.87	0 0	0 0	0 0	0 0	593 3.57	673 9.10	653 1.20	327 5:06.02

Category: M80

place	total	bib	name	category	team	60H	60H	60H	60H	60H	LJ	SP	HJ	1000
6	2413	134	Ron Davies	M80	SCVAC	558 13.66	0 0	0 0	0 0	0 0	487 3.00	523 7.65	577 1.08	268 5:38.45

T01 60H Pent (W60+,M80) - 2023-03-11

M80

Position	Name	Age	Team	Performance
1	Ron Davies	M80	Southern Counties Veterans AC	13.66

W65

Position	Name	Age	Team	Performance
1	Nicky Buckwell	W65	Welsh Masters Athletics Limited	13.15
2	Jeanette Ashton	W65	Southern Counties Veterans AC	13.69

W70

Position	Name	Age	Team	Performance
1	Caroline Marler	W70	Northern Masters AC	13.21

T01A 60H Pent (W60+) - 2023-03-11

W65

Position	Name	Age	Team	Performance
1	Nicky Buckwell	W65	Welsh Masters Athletics Limited	13.15
2	Jeanette Ashton	W65	Southern Counties Veterans AC	13.69

W70

Position	Name	Age	Team	Performance
1	Caroline Marler	W70	Northern Masters AC	13.21

T01B 60H Pent (M80) - 2023-03-11

M80

Position	Name	Age	Team	Performance
1	Ron Davies	M80	Southern Counties Veterans AC	13.66

T02 60H Open (W60+) - 2023-03-11

W65

Position	Name	Age	Team	Performance
1	Jane Horder	W65	Midland Masters AC	10.18

T01C 60H Pent W50-55/M75 Open M70 - 2023-03-11

M75

Position	Name	Age	Team	Performance
1	David Cowley	M75	Midland Masters AC	11.87

W50

Position	Name	Age	Team	Performance
1	Amanda Broadhurst	W50	Welsh Masters Athletics Limited	10.90
2	Stefanie Dornbusch	W50	Southern Counties Veterans AC	12.40

W55

Position	Name	Age	Team	Performance
1	Louise Kirby	W55	Welsh Masters Athletics Limited	13.74

T01D 60H Pent W50-55 - 2023-03-11

W50

Position	Name	Age	Team	Performance
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1	Amanda Broadhurst	W50	Welsh Masters Athletics Limited	10.90
2	Stefanie Dornbusch	W50	Southern Counties Veterans AC	12.40

W55

Position	Name	Age	Team	Performance
1	Louise Kirby	W55	Welsh Masters Athletics Limited	13.74

T01E 60H Pent M75 - 2023-03-11

M75

Position	Name	Age	Team	Performance
1	David Cowley	M75	Midland Masters AC	11.87

T01F 60H Pent W40-45 - 2023-03-11

W40

Position	Name	Age	Team	Performance
1	Jodie Albrow	W40	Southern Counties Veterans AC	9.32
2	Sally Gilding	W40	Eastern Masters AC	11.11
3	Tina Howell	W40	Veterans AC	12.18

W45

Position	Name	Age	Team	Performance
1	Nina Ridge	W45	Southern Counties Veterans AC	11.80
2	Sarah Westrap	W45	Southern Counties Veterans AC	12.07

T03A 60H Pent M65 and Open M60 - 2023-03-11

M60

Position	Name	Age	Team	Performance
1	Des Wilkinson	M60	Eastern Masters AC	9.66
2	Glen Reddington	M60	Southern Counties Veterans AC	10.22

M65

Position	Name	Age	Team	Performance
1	Brian Slaughter	M65	Veterans AC	10.36

T03B 60H Pent M65 - 2023-03-11

M65

Position	Name	Age	Team	Performance
1	Brian Slaughter	M65	Veterans AC	10.36

T03C 60H Pent M60 - 2023-03-11

M60

Position	Name	Age	Team	Performance
1	Des Wilkinson	M60	Eastern Masters AC	9.94
2	Pete Stepney	M60	Southern Counties Veterans AC	11.37
3	Mark Woods	M60	Southern Counties Veterans AC	12.10
4	Paul Yeoman	M60	Welsh Masters Athletics Limited	12.53

F02 Triple Jump Open (All) - 2023-03-11

M45

Position	Name	Age	Team	Performance
1	Grant Stirling	M45	Southern Counties Veterans AC	12.07

M50

Position	Name	Age	Team	Performance
1	Chris Winter	M50	Brighton & Hove AC	9.65
2	Stephen Lake	M50	Southern Counties Veterans AC	9.47

M70

Position	Name	Age	Team	Performance
1	Patrick Reynolds	M70	Veterans AC	6.73

W60

Position	Name	Age	Team	Performance
1	Melanie Garland	W60	Welsh Masters Athletics Limited	8.90

W70

Position	Name	Age	Team	Performance
1	Lyn Ahmet	W70	Southern Counties Veterans AC	6.29

T01G 60H Pent W35 - 2023-03-11

W35

Position	Name	Age	Team	Performance
1	Nia Rutter	W35	Northern Masters AC	9.99
2	Heather Letley	W35	Hercules Wimbledon AC	12.17
3	Stef Bazykiewicz	W35	Southern Counties Veterans AC	12.98

T03 60H Pent M55 - 2023-03-11

M55

Position	Name	Age	Team	Performance
1	Mark Bishop	M55	Havering AC	9.74
2	Andy Lewis	M55	Southern Counties Veterans AC	10.06
3	Leroy Gould	M55	Newham & Essex Beagles AC	12.43
4	David Stewart	M55	NIMAA	13.28
5	Mike Futtit	M55	Southern Counties Veterans AC	13.56

T04 60H Pent + Open (M55) - 2023-03-11

M55

Position	Name	Age	Team	Performance
1	Barrie Marsden	M55	Southern Counties Veterans AC	9.14
2	Mark Bishop	M55	Havering AC	9.74
3	Andy Lewis	M55	Southern Counties Veterans AC	10.06
4	Leroy Gould	M55	Newham & Essex Beagles AC	12.43
5	David Stewart	M55	NIMAA	13.28
6	Mike Futtit	M55	Southern Counties Veterans AC	13.56

P03 Pentathlon (M45-50) - 2023-03-11

Category: M40

place	total	bib	name	category	team	60H	60H	60H	LJ	SP	HJ	1000
11	1101	31	Oliver Pool	M40	SWVAC	0	0	0	0	0	457	644
						0	0	0	0	0	1.50	3:09.08

Category: M45

place	total	bib	name	category	team	60H	60H	60H	LJ	SP	HJ	1000
1	3287	43	Craig Pounder	M45	CYORK	761	0	0	591	666	687	582
						9.52	0	0	5.19	10.94	1.68	3:23.58

Category: M50

place	total	bib	name	category	team	60H	60H	60H	LJ	SP	HJ	1000
2	3048	73	Oloff Van Zyl	M50	SCVAC	489	0	0	556	548	560	895
						11.25	0	0	4.77	9.56	1.47	2:57.49
3	2981	51	Michael Bull	M50	MMAC	599	0	0	498	654	585	645
						10.62	0	0	4.54	11.08	1.50	3:24.30
4	2672	61	Chris Ness	M50	VAC	437	0	0	390	437	560	848
						11.58	0	0	4.10	7.96	1.47	3:02.20
5	2577	71	Sean Sutherland	M50	SCVAC	418	0	0	521	437	644	557
						11.70	0	0	4.63	7.96	1.56	3:34.90
6	2475	56	Ian Firla	M50	SCVAC	430	0	0	463	452	367	763
						11.62	0	0	4.40	8.18	1.26	3:11.11

7	2048	62	Darren O'Leary	M50	EMAC	303 12.51	0 0	0 0	343 3.90	476 8.52	472 1.38	454 3:48.19
8	1968	52	Geoff Butler	M50	VAC	292 12.60	0 0	0 0	294 3.68	430 7.86	504 1.41	448 3:49.07
9	1782	74	Martin Willis	M50	VAC	217 13.22	0 0	0 0	306 3.74	493 8.77	345 1.23	421 3:52.81
10	1302	72	James Thomas	M50	EE	143 13.96	0 0	0 0	150 2.96	249 5.21	250 1.11	510 3:40.77
12	595	67	Laurence Ramm	M50	EMAC	595 10.64	0 0	0 0	0 NM	0 NM	0 0	0 0
13	0	63	Johnson Ogunniyi	M50	SCVAC	0 0	0 0	0 0	0 NM	0 NM	0 0	0 0
14	0	60	Mark Mcallister	M50	SCVAC	0 0	0 0	0 0	0 NM	0 NM	0 0	0 0
15	0	69	Phil Robinson	M50	NMAC	0 0	0 0	0 0	0 NM	0 NM	0 0	0 0
	0	53	Malcolm Chapman	M50	LINCW	0 DNS	0 0	0 0	0 1.32	599 10.28	0 0	0 0
17	0	68	Mark Roberts	M50	KACPH	0 0	0 0	0 0	0 NM	0 NM	0 0	0 0

P04 Pentathlon (M35-40) - 2023-03-11

Category: M35

place	total	bib	name	category	team	60H	60H	LJ	SP	HJ	1000
1	3264	8	Maxim Hall	M35	EMAC	797 8.77	0 0	641 6.02	630 11.85	619 1.77	577 3:09.28
2	3130	9	Kaspars Kazemaks	M35	SCVAC	806 8.73	0 0	617 5.92	554 10.64	520 1.65	633 3:03.32
6	2880	6	Michael Dyer	M35	READ	711 9.16	0 0	508 5.43	625 11.76	569 1.71	467 3:21.83
8	2480	4	Dan Brown	M35	NMAC	368 11.00	0 0	591 5.80	404 8.25	544 1.68	573 3:09.67
12	2248	13	Robert Smith	M35	VAC	405 10.77	0 0	363 4.72	339 7.21	449 1.56	692 2:57.29
13	2094	14	Luke Williams	M35	SCVAC	421 10.67	0 0	429 5.05	326 6.99	352 1.44	566 3:10.45
	0	1	Bilen Ahmet	M35	VAC	0 0	0 0	0 0	0 NM	0 0	0 DNS

Category: M40

place	total	bib	name	category	team	60H	60H	LJ	SP	HJ	1000
3	3128	29	Clint Nicholls	M40	EMAC	741 9.30	0 0	587 5.47	537 9.76	661 1.74	602 3:13.68
4	3091	20	Kevin Cranmer	M40	READ	728 9.36	0 0	548 5.31	579 10.39	610 1.68	626 3:10.99
5	3066	18	Mark Beer	M40	NMAC	687 9.55	0 0	628 5.65	601 10.71	661 1.74	489 3:26.78

7	2575	27	Carl McMullen	M40	NMAC	566 10.17	0 0	591 5.49	403 7.75	434 1.47	581 3:16.03
9	2401	31	Oliver Pool	M40	SWVAC	466 10.73	0 0	365 4.48	469 8.74	457 1.50	644 3:09.08
10	2384	23	Andrew Harrison	M40	NEMAA	241 12.25	0 0	485 5.04	474 8.81	536 1.59	648 3:08.62
11	2254	34	Jonathan Rutter	M40	NMAC	387 11.21	0 0	443 4.84	356 7.04	536 1.59	532 3:21.63
14	1857	24	Miguel Headley	M40	BRIHC	295 11.84	0 0	350 4.41	534 9.71	338 1.35	340 3:46.53
	0	21	Matthew Dalton	M40	EMAC	613 9.92	0 0	350 4.41	340 6.79	0	0 DNS

T05 60H Pent H1-2 (M50) - 2023-03-11

M50

Position	Name	Age	Team	Performance
1	Michael Bull	M50	Midland Masters AC	10.62
2	Laurence Ramm	M50	Eastern Masters AC	10.64
3	Oloff Van Zyl	M50	Southern Counties Veterans AC	11.25
4	Chris Ness	M50	Veterans AC	11.58
5	Ian Firla	M50	Southern Counties Veterans AC	11.62
6	Sean Sutherland	M50	Southern Counties Veterans AC	11.70
7	Darren O'Leary	M50	Eastern Masters AC	12.51
8	Geoff Butler	M50	Veterans AC	12.60
9	Martin Willis	M50	Veterans AC	13.22
10	James Thomas	M50	Epsom & Ewell Harriers	13.96

T05A 60H Pent H3 M50 Open M50 - 2023-03-11

M50

Position	Name	Age	Team	Performance
1	Joe Appiah	M50	Southern Counties Veterans AC	8.37
2	Gary Smith	M50	Eastern Masters AC	8.66
3	Stephen Bass	M50	Eastern Masters AC	10.13
4	Chris Winter	M50	Brighton & Hove AC	11.45

T06 60H Pent (M35,M45) - 2023-03-11

M35

Position	Name	Age	Team	Performance
1	Kaspars Kazemaks	M35	Southern Counties Veterans AC	8.73
2	Maxim Hall	M35	Eastern Masters AC	8.77
3	Michael Dyer	M35	Reading AC	9.16

4	Luke Williams	M35	Southern Counties Veterans AC	10.67
5	Robert Smith	M35	Veterans AC	10.77
6	Dan Brown	M35	Northern Masters AC	11.00

M45

Position	Name	Age	Team	Performance
1	Craig Pounder	M45	City of York AC	9.52

T06A 60H Pent (M45) - 2023-03-11

M45

Position	Name	Age	Team	Performance
1	Craig Pounder	M45	City of York AC	9.52

T06B 60H Pent (M35) - 2023-03-11

M35

Position	Name	Age	Team	Performance
1	Kaspars Kazemaks	M35	Southern Counties Veterans AC	8.73
2	Maxim Hall	M35	Eastern Masters AC	8.77
3	Michael Dyer	M35	Reading AC	9.16
4	Luke Williams	M35	Southern Counties Veterans AC	10.67
5	Robert Smith	M35	Veterans AC	10.77
6	Dan Brown	M35	Northern Masters AC	11.00

T07 60H Pent (M40) - 2023-03-11

M40

Position	Name	Age	Team	Performance
1	Clint Nicholls	M40	Eastern Masters AC	9.30
2	Kevin Cranmer	M40	Reading AC	9.36
3	Mark Beer	M40	Northern Masters AC	9.55
4	Matthew Dalton	M40	Eastern Masters AC	9.92
5	Carl McMullen	M40	Northern Masters AC	10.17
6	Oliver Pool	M40	South West Veterans AC	10.73
7	Jonathan Rutter	M40	Northern Masters AC	11.21
8	Miguel Headley	M40	Brighton & Hove AC	11.84
9	Andrew Harrison	M40	North East Masters AA	12.25

F03 Long Jump Pent (M55+) - 2023-03-11

M55

Position	Name	Age	Team	Performance
1	Mark Bishop	M55	Havering AC	5.04

2	Leroy Gould	M55	Newham & Essex Beagles AC	3.76
3	Andy Lewis	M55	Southern Counties Veterans AC	3.38
4	Mike Futtit	M55	Southern Counties Veterans AC	3.31

M60

Position	Name	Age	Team	Performance
1	Pete Stepney	M60	Southern Counties Veterans AC	4.07
2	Mark Woods	M60	Southern Counties Veterans AC	3.79
3	Paul Yeoman	M60	Welsh Masters Athletics Limited	3.33

M65

Position	Name	Age	Team	Performance
1	Brian Slaughter	M65	Veterans AC	4.46

M75

Position	Name	Age	Team	Performance
1	David Cowley	M75	Midland Masters AC	3.57

M80

Position	Name	Age	Team	Performance
1	Ron Davies	M80	Southern Counties Veterans AC	3.00

T08 400m Open (ALL) - 2023-03-11

M45

Position	Name	Age	Team	Performance
1	David Battersby	M45	Midland Masters AC	58.38

M60

Position	Name	Age	Team	Performance
1	Colin Bates	M60	Southern Counties Veterans AC	1:01.99

W35

Position	Name	Age	Team	Performance
1	Jennifer Temple	W35	Southern Counties Veterans AC	1:15.11

W60

Position	Name	Age	Team	Performance
1	Christine Anthony	W60	Eastern Masters AC	1:13.99

F04 High Jump Pent (women) - 2023-03-11

W35

Position	Name	Age	Team	Performance
1	Nia Rutter	W35	Northern Masters AC	1.50
2	Heather Letley	W35	Hercules Wimbledon AC	1.26
3	Stef Bazykiewicz	W35	Southern Counties Veterans AC	1.17

W40

Position	Name	Age	Team	Performance
1	Jodie Albrow	W40	Southern Counties Veterans AC	1.53
2	Tina Howell	W40	Veterans AC	1.29
3	Sally Gilding	W40	Eastern Masters AC	1.26

W45

Position	Name	Age	Team	Performance
1	Nina Ridge	W45	Southern Counties Veterans AC	1.20
2	Sarah Westrap	W45	Southern Counties Veterans AC	1.14

W50

Position	Name	Age	Team	Performance
1	Amanda Broadhurst	W50	Welsh Masters Athletics Limited	1.29
2	Stefanie Dornbusch	W50	Southern Counties Veterans AC	1.23

W55

Position	Name	Age	Team	Performance
1	Louise Kirby	W55	Welsh Masters Athletics Limited	1.11

W65

Position	Name	Age	Team	Performance
1	Jeanette Ashton	W65	Southern Counties Veterans AC	1.14
2	Nicky Buckwell	W65	Welsh Masters Athletics Limited	1.08

W70

Position	Name	Age	Team	Performance
1	Caroline Marler	W70	Northern Masters AC	1.11

F05 Long Jump Pent (M45-50) - 2023-03-11

M45

Position	Name	Age	Team	Performance
1	Craig Pounder	M45	City of York AC	5.19

M50

Position	Name	Age	Team	Performance
1	Oloff Van Zyl	M50	Southern Counties Veterans AC	4.77
2	Sean Sutherland	M50	Southern Counties Veterans AC	4.63
3	Michael Bull	M50	Midland Masters AC	4.54
4	Ian Firla	M50	Southern Counties Veterans AC	4.40
5	Chris Ness	M50	Veterans AC	4.10
6	Darren O'Leary	M50	Eastern Masters AC	3.90
7	Martin Willis	M50	Veterans AC	3.74
8	Geoff Butler	M50	Veterans AC	3.68
9	James Thomas	M50	Epsom & Ewell Harriers	2.96
10	Malcolm Chapman	M50	Lincoln Wellington Athletic Club	1.32

F06 Shot Put Pent (M55+) M70 Open - 2023-03-11

M55

Position	Name	Age	Team	Performance
1	Andy Lewis	M55	Southern Counties Veterans AC	10.98
2	Mark Bishop	M55	Havering AC	10.45
3	Mike Futtit	M55	Southern Counties Veterans AC	7.33
4	Leroy Gould	M55	Newham & Essex Beagles AC	5.73

M60

Position	Name	Age	Team	Performance
1	Mark Woods	M60	Southern Counties Veterans AC	8.93
2	Paul Yeoman	M60	Welsh Masters Athletics Limited	7.33
3	Pete Stepney	M60	Southern Counties Veterans AC	6.13

M65

Position	Name	Age	Team	Performance
1	Brian Slaughter	M65	Veterans AC	11.16

M70

Position	Name	Age	Team	Performance
1	Patrick Reynolds	M70	Veterans AC	6.25

M75

Position	Name	Age	Team	Performance
1	David Cowley	M75	Midland Masters AC	9.10

M80

Position	Name	Age	Team	Performance
1	Ron Davies	M80	Southern Counties Veterans AC	7.65

F06A Shot Put Pent (M55+) - 2023-03-11

M55

Position	Name	Age	Team	Performance
1	Andy Lewis	M55	Southern Counties Veterans AC	10.98
2	Mark Bishop	M55	Havering AC	10.45
3	Mike Futtit	M55	Southern Counties Veterans AC	7.33
4	Leroy Gould	M55	Newham & Essex Beagles AC	5.73

M60

Position	Name	Age	Team	Performance
1	Mark Woods	M60	Southern Counties Veterans AC	8.93
2	Paul Yeoman	M60	Welsh Masters Athletics Limited	7.33
3	Pete Stepney	M60	Southern Counties Veterans AC	6.13

M65

Position	Name	Age	Team	Performance
1	Brian Slaughter	M65	Veterans AC	11.16

M75

Position	Name	Age	Team	Performance
1	David Cowley	M75	Midland Masters AC	9.10

M80

Position	Name	Age	Team	Performance
1	Ron Davies	M80	Southern Counties Veterans AC	7.65

F07 Long Jump Pent (M35-40) - 2023-03-11

M35

Position	Name	Age	Team	Performance
1	Maxim Hall	M35	Eastern Masters AC	6.02
2	Kaspars Kazemaks	M35	Southern Counties Veterans AC	5.92
3	Dan Brown	M35	Northern Masters AC	5.80
4	Michael Dyer	M35	Reading AC	5.43
5	Luke Williams	M35	Southern Counties Veterans AC	5.05

6	Robert Smith	M35	Veterans AC	4.72
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M40

Position	Name	Age	Team	Performance
1	Mark Beer	M40	Northern Masters AC	5.65
2	Carl McMullen	M40	Northern Masters AC	5.49
3	Clint Nicholls	M40	Eastern Masters AC	5.47
4	Kevin Cranmer	M40	Reading AC	5.31
5	Andrew Harrison	M40	North East Masters AA	5.04
6	Jonathan Rutter	M40	Northern Masters AC	4.84
7	Oliver Pool	M40	South West Veterans AC	4.48
8	Miguel Headley	M40	Brighton & Hove AC	4.41
9	Matthew Dalton	M40	Eastern Masters AC	4.41

F08 High Jump Open (All) - 2023-03-11

M50

Position	Name	Age	Team	Performance
1	Chris Winter	M50	Brighton & Hove AC	1.53
2	Andrew England	M50	Northern Masters AC	1.44

M80

Position	Name	Age	Team	Performance
1	Roger Bruck	M80	Southern Counties Veterans AC	1.11

W45

Position	Name	Age	Team	Performance
1	Clare Gratrix	W45	Midland Masters AC	1.32

W60

Position	Name	Age	Team	Performance
1	Melanie Garland	W60	Welsh Masters Athletics Limited	1.29
2	Gaye Clarke	W60	Eastern Masters AC	1.17

F01 Shot Put Pent + Open (Women) - 2023-03-11

W35

Position	Name	Age	Team	Performance
1	Nia Rutter	W35	Northern Masters AC	10.47
2	Stef Bazykiewicz	W35	Southern Counties Veterans AC	5.83
3	Heather Letley	W35	Hercules Wimbledon AC	4.50

F09 Shot Put Pent (Women) - 2023-03-11

W35

Position	Name	Age	Team	Performance
1	Nia Rutter	W35	Northern Masters AC	10.59
2	Stef Bazytkiewicz	W35	Southern Counties Veterans AC	5.89
3	Heather Letley	W35	Hercules Wimbledon AC	4.73

W40

Position	Name	Age	Team	Performance
1	Jodie Albrow	W40	Southern Counties Veterans AC	9.71
2	Sally Gilding	W40	Eastern Masters AC	7.38
3	Tina Howell	W40	Veterans AC	6.79

W45

Position	Name	Age	Team	Performance
1	Nina Ridge	W45	Southern Counties Veterans AC	7.45
2	Sarah Westrap	W45	Southern Counties Veterans AC	6.19

W50

Position	Name	Age	Team	Performance
1	Amanda Broadhurst	W50	Welsh Masters Athletics Limited	9.43
2	Stefanie Dornbusch	W50	Southern Counties Veterans AC	6.36

W55

Position	Name	Age	Team	Performance
1	Louise Kirby	W55	Welsh Masters Athletics Limited	5.40

W65

Position	Name	Age	Team	Performance
1	Jeanette Ashton	W65	Southern Counties Veterans AC	6.98
2	Nicky Buckwell	W65	Welsh Masters Athletics Limited	6.34

W70

Position	Name	Age	Team	Performance
1	Caroline Marler	W70	Northern Masters AC	8.12

T09 3000m Champs (Women) - 2023-03-11

W35

Position	Name	Age	Team	Performance
1	Karen Andrews	W35	Aldershot Farnham & District	10:59.72

W45

Position	Name	Age	Team	Performance
1	Nikki Sturzaker	W45	Veterans AC	10:47.53
2	Gina Galbraith	W45	Veterans AC	11:17.57
3	Bea Lafreniere	W45	Southern Counties Veterans AC	11:40.15

W50

Position	Name	Age	Team	Performance
1	Jane Halloran	W50	Northern Masters AC	11:56.58
2	Steph Spencer	W50	Midland Masters AC	12:34.87

W55

Position	Name	Age	Team	Performance
1	Anna Critchlow	W55	Veterans AC	11:06.12
2	Julie Wilson	W55	Scottish Veteran Harriers Club	12:00.74

W60

Position	Name	Age	Team	Performance
1	Lucy Woolhouse	W60	Veterans AC	12:11.26
2	Susan Payne	W60	Southern Counties Veterans AC	13:29.04

T10 3000m Champs (Men) - 2023-03-11

M35

Position	Name	Age	Team	Performance
1	Mike Cummings	M35	Veterans AC	9:01.80
2	Paul Wright	M35	Midland Masters AC	9:02.22
3	Chris Loudon	M35	Scottish Veteran Harriers Club	9:04.90
4	Thomas Fair	M35	Northern Masters AC	9:23.17
5	Craig Berryman	M35	Havant AC	9:31.46
6	Terry Lapins	M35	Croydon Harriers	11:29.77

M40

Position	Name	Age	Team	Performance
1	Luc Jolly	M40	Reading AC	9:07.29
2	Andrew Pickett	M40	Southern Counties Veterans AC	9:38.29

M45

Position	Name	Age	Team	Performance
1	Simon Fell	M45	Eastern Masters AC	9:36.80
2	Andrew Parmenter	M45	Cambridge & Coleridge AC	9:42.57

M50

Position	Name	Age	Team	Performance
1	Ben Paviour	M50	Veterans AC	9:18.36
2	Simon Coombes	M50	Eastern Masters AC	9:20.66
3	Steve Winder	M50	Veterans AC	9:25.97
4	Jeff Prest	M50	Northern Masters AC	9:34.35
5	Joseph Gonzalez-Armas	M50	Veterans AC	9:52.63
6	Steve Barnes	M50	Southern Counties Veterans AC	10:02.11
7	Steve Hallas	M50	Northern Masters AC	10:07.52
8	Matthew Preston	M50	Veterans AC	11:08.94

M55

Position	Name	Age	Team	Performance
1	David Williams	M55	Guildford & Godalming AC	10:35.69
2	Gavin Kitchingham	M55	Orpington Road Runners	10:48.74

M60

Position	Name	Age	Team	Performance
1	Colin Ridley	M60	Eastern Masters AC	10:20.35
2	Dean Angell	M60	Southern Counties Veterans AC	10:41.15
3	Tony Tuohy	M60	Veterans AC	10:53.65
4	Colin Oxlade	M60	Southern Counties Veterans AC	12:26.84

M65

Position	Name	Age	Team	Performance
1	Mark Hargreaves	M65	Southern Counties Veterans AC	10:52.14
2	Brian Green	M65	Midland Masters AC	10:57.40
3	Stephen Rolfe	M65	Norfolk Gazelles AC	11:16.87
4	David Bedwell	M65	Midland Masters AC	11:35.02
5	Dave Watson	M65	Welsh Masters Athletics Limited	11:43.85
6	Desmond Gibbons	M65	Midland Masters AC	12:00.82
7	Alan Newman	M65	Southern Counties Veterans AC	13:13.88

M70

Position	Name	Age	Team	Performance
1	John Skelton	M70	Eastern Masters AC	11:28.77
2	Derek Jackson	M70	Midland Masters AC	11:55.33
3	Michael Mann	M70	Veterans AC	13:45.59

M75

Position	Name	Age	Team	Performance
1	Peter Giles	M75	Veterans AC	13:05.42

M80

Position	Name	Age	Team	Performance
1	Phil Brennan	M80	Midland Masters AC	16:00.40

M85

Position	Name	Age	Team	Performance
1	Edmond Simpson	M85	Veterans AC	17:49.57

F10 High Jump Pent (M55+) - 2023-03-11

M55

Position	Name	Age	Team	Performance
1	Mark Bishop	M55	Havering AC	1.53
2	Leroy Gould	M55	Newham & Essex Beagles AC	1.20
3	Mike Futtit	M55	Southern Counties Veterans AC	1.05

M60

Position	Name	Age	Team	Performance
1	Mark Woods	M60	Southern Counties Veterans AC	1.41
2	Paul Yeoman	M60	Welsh Masters Athletics Limited	1.29
3	Pete Stepney	M60	Southern Counties Veterans AC	1.29

M65

Position	Name	Age	Team	Performance
1	Brian Slaughter	M65	Veterans AC	1.35

M75

Position	Name	Age	Team	Performance
1	David Cowley	M75	Midland Masters AC	1.20

M80

Position	Name	Age	Team	Performance
1	Ron Davies	M80	Southern Counties Veterans AC	1.08

F12 Shot Put Pent (M45-50) - 2023-03-11

M45

Position	Name	Age	Team	Performance
1	Craig Pounder	M45	City of York AC	10.94

M50

Position	Name	Age	Team	Performance
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1	Michael Bull	M50	Midland Masters AC	11.08
2	Malcolm Chapman	M50	Lincoln Wellington Athletic Club	10.28
3	Oloff Van Zyl	M50	Southern Counties Veterans AC	9.56
4	Martin Willis	M50	Veterans AC	8.77
5	Darren O'Leary	M50	Eastern Masters AC	8.52
6	Ian Firla	M50	Southern Counties Veterans AC	8.18
7	Sean Sutherland	M50	Southern Counties Veterans AC	7.96
8	Chris Ness	M50	Veterans AC	7.96
9	Geoff Butler	M50	Veterans AC	7.86
10	James Thomas	M50	Epsom & Ewell Harriers	5.21

F17 Shot Put Pent M45-50 Open M60 - 2023-03-11

M60

Position	Name	Age	Team	Performance
1	Allan Leiper	M60	Southern Counties Veterans AC	14.22
2	Michael Hausler	M60	Eastern Masters AC	13.65

F13 Long Jump Open (All) - 2023-03-11

M45

Position	Name	Age	Team	Performance
1	Grant Stirling	M45	Southern Counties Veterans AC	5.59

M70

Position	Name	Age	Team	Performance
1	Patrick Reynolds	M70	Veterans AC	2.32

W35

Position	Name	Age	Team	Performance
1	Emily Fry	W35	Southern Counties Veterans AC	4.79

W60

Position	Name	Age	Team	Performance
1	Melanie Garland	W60	Welsh Masters Athletics Limited	4.32
2	Gaye Clarke	W60	Eastern Masters AC	3.43

W70

Position	Name	Age	Team	Performance
1	Emily McMahon	W70	Eastern Masters AC	3.18
2	Lyn Ahmet	W70	Southern Counties Veterans AC	2.65

F11 Long Jump Pent (Women) - 2023-03-11

W35

Position	Name	Age	Team	Performance
1	Nia Rutter	W35	Northern Masters AC	4.44
2	Heather Letley	W35	Hercules Wimbledon AC	3.91
3	Stef Bazykiewicz	W35	Southern Counties Veterans AC	3.53

W40

Position	Name	Age	Team	Performance
1	Jodie Albrow	W40	Southern Counties Veterans AC	4.96
2	Tina Howell	W40	Veterans AC	3.88
3	Sally Gilding	W40	Eastern Masters AC	3.86

W45

Position	Name	Age	Team	Performance
1	Nina Ridge	W45	Southern Counties Veterans AC	3.96
2	Sarah Westrap	W45	Southern Counties Veterans AC	3.26

W50

Position	Name	Age	Team	Performance
1	Amanda Broadhurst	W50	Welsh Masters Athletics Limited	3.79
2	Stefanie Dornbusch	W50	Southern Counties Veterans AC	3.44

W55

Position	Name	Age	Team	Performance
1	Louise Kirby	W55	Welsh Masters Athletics Limited	3.36

W65

Position	Name	Age	Team	Performance
1	Jeanette Ashton	W65	Southern Counties Veterans AC	3.27
2	Nicky Buckwell	W65	Welsh Masters Athletics Limited	3.06

W70

Position	Name	Age	Team	Performance
1	Caroline Marler	W70	Northern Masters AC	2.88

F15 Shot Put Pent (M35-40) - 2023-03-11

M35

Position	Name	Age	Team	Performance
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1	Maxim Hall	M35	Eastern Masters AC	11.85
2	Michael Dyer	M35	Reading AC	11.76
3	Kaspars Kazemaks	M35	Southern Counties Veterans AC	10.64
4	Dan Brown	M35	Northern Masters AC	8.25
5	Robert Smith	M35	Veterans AC	7.21
6	Luke Williams	M35	Southern Counties Veterans AC	6.99

M40

Position	Name	Age	Team	Performance
1	Mark Beer	M40	Northern Masters AC	10.71
2	Kevin Cranmer	M40	Reading AC	10.39
3	Clint Nicholls	M40	Eastern Masters AC	9.76
4	Miguel Headley	M40	Brighton & Hove AC	9.71
5	Andrew Harrison	M40	North East Masters AA	8.81
6	Oliver Pool	M40	South West Veterans AC	8.74
7	Carl McMullen	M40	Northern Masters AC	7.75
8	Jonathan Rutter	M40	Northern Masters AC	7.04
9	Matthew Dalton	M40	Eastern Masters AC	6.79

T13 1000 Pent (M55+) - 2023-03-11

M55

Position	Name	Age	Team	Performance
1	Mike Futtit	M55	Southern Counties Veterans AC	3:49.27
2	Mark Bishop	M55	Havering AC	3:51.18
3	Leroy Gould	M55	Newham & Essex Beagles AC	4:03.55

M60

Position	Name	Age	Team	Performance
1	Pete Stepney	M60	Southern Counties Veterans AC	3:45.11
2	Mark Woods	M60	Southern Counties Veterans AC	4:07.08
3	Paul Yeoman	M60	Welsh Masters Athletics Limited	4:32.91

M65

Position	Name	Age	Team	Performance
1	Brian Slaughter	M65	Veterans AC	3:43.12

M75

Position	Name	Age	Team	Performance
1	David Cowley	M75	Midland Masters AC	5:06.02

M80

Position	Name	Age	Team	Performance
1	Ron Davies	M80	Southern Counties Veterans AC	5:38.45

T14 800m Open (Men) - 2023-03-11

M35

Position	Name	Age	Team	Performance
1	Oliver Williams	M35	Welsh Masters Athletics Limited	2:00.84

M40

Position	Name	Age	Team	Performance
1	John Morley	M40	Eastern Masters AC	2:16.65

M55

Position	Name	Age	Team	Performance
1	Adrian Haines	M55	Southern Counties Veterans AC	2:13.76
2	Wole Odele	M55	Southern Counties Veterans AC	2:22.06

M60

Position	Name	Age	Team	Performance
1	Sean Price	M60	Welsh Masters Athletics Limited	2:24.13
2	Kevin Pye	M60	Midland Masters AC	2:30.02
3	Mark Kybert	M60	Southern Counties Veterans AC	2:36.12

F14 Hgh Jump Pent (M45-50) - 2023-03-11

M40

Position	Name	Age	Team	Performance
1	Oliver Pool	M40	South West Veterans AC	1.50

M45

Position	Name	Age	Team	Performance
1	Craig Pounder	M45	City of York AC	1.68

M50

Position	Name	Age	Team	Performance
1	Sean Sutherland	M50	Southern Counties Veterans AC	1.56
2	Michael Bull	M50	Midland Masters AC	1.50
3	Chris Ness	M50	Veterans AC	1.47
4	Oloff Van Zyl	M50	Southern Counties Veterans AC	1.47
5	Geoff Butler	M50	Veterans AC	1.41

6	Darren O'Leary	M50	Eastern Masters AC	1.38
7	Ian Firla	M50	Southern Counties Veterans AC	1.26
8	Martin Willis	M50	Veterans AC	1.23
9	James Thomas	M50	Epsom & Ewell Harriers	1.11

T11 800m Pent (Women) - 2023-03-11

W35

Position	Name	Age	Team	Performance
1	Nia Rutter	W35	Northern Masters AC	2:45.78
2	Heather Letley	W35	Hercules Wimbledon AC	2:56.81
3	Stef Bazykiewicz	W35	Southern Counties Veterans AC	3:56.76

W40

Position	Name	Age	Team	Performance
1	Jodie Albrow	W40	Southern Counties Veterans AC	2:32.81
2	Tina Howell	W40	Veterans AC	3:15.69
3	Sally Gilding	W40	Eastern Masters AC	3:17.17

W45

Position	Name	Age	Team	Performance
1	Nina Ridge	W45	Southern Counties Veterans AC	2:52.67
2	Sarah Westrap	W45	Southern Counties Veterans AC	3:41.34

W50

Position	Name	Age	Team	Performance
1	Amanda Broadhurst	W50	Welsh Masters Athletics Limited	3:01.74
2	Stefanie Dornbusch	W50	Southern Counties Veterans AC	3:29.46

W55

Position	Name	Age	Team	Performance
1	Louise Kirby	W55	Welsh Masters Athletics Limited	3:15.43

W65

Position	Name	Age	Team	Performance
1	Jeanette Ashton	W65	Southern Counties Veterans AC	3:21.95
2	Nicky Buckwell	W65	Welsh Masters Athletics Limited	3:43.87

W70

Position	Name	Age	Team	Performance
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1	Caroline Marler	W70	Northern Masters AC	3:41.99
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T12 800m Pent + Open (Women) - 2023-03-11

W35

Position	Name	Age	Team	Performance
1	Jennifer Temple	W35	Southern Counties Veterans AC	2:58.08

W50

Position	Name	Age	Team	Performance
1	Samantha Lamb	W50	Victoria Park Harriers and Tower Hamlets AC	2:44.79

W60

Position	Name	Age	Team	Performance
1	Christine Anthony	W60	Eastern Masters AC	2:56.91

F16 High Jump Pent (M35-40) - 2023-03-11

M35

Position	Name	Age	Team	Performance
1	Maxim Hall	M35	Eastern Masters AC	1.77
2	Michael Dyer	M35	Reading AC	1.71
3	Dan Brown	M35	Northern Masters AC	1.68
4	Kaspars Kazemaks	M35	Southern Counties Veterans AC	1.65
5	Robert Smith	M35	Veterans AC	1.56
6	Luke Williams	M35	Southern Counties Veterans AC	1.44

M40

Position	Name	Age	Team	Performance
1	Clint Nicholls	M40	Eastern Masters AC	1.74
2	Mark Beer	M40	Northern Masters AC	1.74
3	Kevin Cranmer	M40	Reading AC	1.68
4	Jonathan Rutter	M40	Northern Masters AC	1.59
5	Andrew Harrison	M40	North East Masters AA	1.59
6	Oliver Pool	M40	South West Veterans AC	1.50
7	Carl McMullen	M40	Northern Masters AC	1.47
8	Miguel Headley	M40	Brighton & Hove AC	1.35

T15 1000 Pent (M45-50) - 2023-03-11

M40

Position	Name	Age	Team	Performance
1	Oliver Pool	M40	South West Veterans AC	3:09.08

M45

Position	Name	Age	Team	Performance
1	Craig Pounder	M45	City of York AC	3:23.58

M50

Position	Name	Age	Team	Performance
1	Oloff Van Zyl	M50	Southern Counties Veterans AC	2:57.49
2	Chris Ness	M50	Veterans AC	3:02.20
3	Ian Firla	M50	Southern Counties Veterans AC	3:11.11
4	Michael Bull	M50	Midland Masters AC	3:24.30
5	Sean Sutherland	M50	Southern Counties Veterans AC	3:34.90
6	James Thomas	M50	Epsom & Ewell Harriers	3:40.77
7	Darren O'Leary	M50	Eastern Masters AC	3:48.19
8	Geoff Butler	M50	Veterans AC	3:49.07
9	Martin Willis	M50	Veterans AC	3:52.81

T16 1000 Pent (M35-40) - 2023-03-11

M35

Position	Name	Age	Team	Performance
1	Robert Smith	M35	Veterans AC	2:57.29
2	Kaspars Kazemaks	M35	Southern Counties Veterans AC	3:03.32
3	Maxim Hall	M35	Eastern Masters AC	3:09.28
4	Dan Brown	M35	Northern Masters AC	3:09.67
5	Luke Williams	M35	Southern Counties Veterans AC	3:10.45
6	Michael Dyer	M35	Reading AC	3:21.83

M40

Position	Name	Age	Team	Performance
1	Andrew Harrison	M40	North East Masters AA	3:08.62
2	Oliver Pool	M40	South West Veterans AC	3:09.08
3	Kevin Cranmer	M40	Reading AC	3:10.99
4	Clint Nicholls	M40	Eastern Masters AC	3:13.68
5	Carl McMullen	M40	Northern Masters AC	3:16.03
6	Jonathan Rutter	M40	Northern Masters AC	3:21.63
7	Mark Beer	M40	Northern Masters AC	3:26.78
8	Miguel Headley	M40	Brighton & Hove AC	3:46.53