

Meeting:	EMAC/VAC Indoor Champs
Date:	Sunday 26th March 2023
Venue:	Lee Valley Athletic Centre

60m	Athlete	Area Club	Age Group	Result SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
25	Roy Chambers	EMAC	M35	7.76	.	Gold		-	
153	Michael Shortall (V)	EMAC	M35	7.90	.	Silver		-	
98	Allan Mc Sween	EMAC	M40	7.65	.	Gold		-	
194	Amr Ziko	EMAC	M40	7.74	.	Silver		-	
29	Craig Christian (V)	EMAC	M40	7.95	.	Bronze		-	
33	Mark Collins	EMAC	M45	7.93	.	Gold		-	
89	Keith Lok	EMAC	M45	8.48	.	Silver		-	
121	Yinka Opaleye	EMAC	M50	7.99	.	Gold		-	
117	Darren O'Leary	EMAC	M50	8.43	.	Silver		-	
20	Paul Canning	EMAC	M55	7.82	.	Gold		-	
149	Conrad Salthouse	EMAC	M55	8.93	.	Silver		-	
84	James Lambden	EMAC	M60	9.47	.	Gold		-	
176	Rick Waters	EMAC	M65	8.78	.	Gold		-	
192	Robert Woolliams	EMAC	M65	9.48	.	Silver		-	
86	Jim Lawrence	EMAC	M65	10.92	.	Bronze		-	
179	Tony Wells	EMAC	M70	9.81	.	Gold		-	
22	Terry Casey (V)	EMAC	M80	19.48	.	Gold		-	
133	Augusta Pop	EMAC	W35	8.37	CBP	Gold		-	
16	Louise Brydon	EMAC	W35	8.73	.	Silver		-	
10	Tracy Bezance	EMAC	W55	9.47	.	Gold		-	
114	Janice Nottingham	EMAC	W60	13.53	.	Gold		-	
200m	Athlete	Area Club	Age Group	Result SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
153	Michael Shortall (V)	EMAC	M35	24.41	.	Gold		-	
25	Roy Chambers	EMAC	M35	25.54	.	Silver		-	
98	Allan Mc Sween	EMAC	M40	23.35	CBP	Gold		-	
194	Amr Ziko	EMAC	M40	23.94	.	Silver		-	
29	Craig Christian (V)	EMAC	M40	24.30	.	Bronze		-	
89	Keith Lok	EMAC	M45	28.30	.	Gold		-	
158	Julian Smith	EMAC	M50	25.98	.	Gold		-	
146	Mark Russell	EMAC	M50	26.31	.	Silver		-	
20	Paul Canning	EMAC	M55	25.23	CBP	Gold		-	
149	Conrad Salthouse	EMAC	M55	30.00	.	Silver		-	
176	Rick Waters	EMAC	M65	30.61	.	Gold		-	
192	Robert Woolliams	EMAC	M65	30.80	.	Silver		-	
179	Tony Wells	EMAC	M70	34.56	.	Gold		-	
22	Terry Casey (V)	EMAC	M80	70.94	.	Gold		-	
133	Augusta Pop	EMAC	W35	27.12	CBP	Gold		-	
16	Louise Brydon	EMAC	W35	29.96	.	Silver		-	
157	Claire Smith	EMAC	W45	28.11	.	Gold		-	
10	Tracy Bezance	EMAC	W55	31.61	.	Gold		-	
114	Janice Nottingham	EMAC	W60	49.93	.	Gold		-	
400m	Athlete	Area Club	Age Group	Result SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat
9	Adam Bernard	EMAC	M35	54.68	.	Gold		-	
153	Michael Shortall (V)	EMAC	M35	55.10	.	Silver		-	
29	Craig Christian (V)	EMAC	M40	58.40	.	Gold		-	
194	Amr Ziko	EMAC	M40	59.68	.	Silver		-	
195	Richard Bennett (E)	EMAC	M45	64.98	.	Gold		-	
146	Mark Russell	EMAC	M50	56.82	.	Gold		-	
158	Julian Smith	EMAC	M50	58.93	.	Silver		-	
117	Darren O'Leary	EMAC	M50	62.54	.	Bronze		-	
20	Paul Canning	EMAC	M55	58.98	.	Gold		-	
149	Conrad Salthouse	EMAC	M55	69.74	.	Silver		-	
192	Robert Woolliams	EMAC	M65	77.25	.	Gold		-	
157	Claire Smith	EMAC	W45	63.71	CBP	Gold		-	
35	Emma Coombes	EMAC	W45	73.16	.	Silver		-	
156	Tracey Smedley	EMAC	W55	73.95	.	Gold		-	
114	Janice Nottingham	EMAC	W60	86.66	.	Gold		-	

800m	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat	
110	Jonathan Nears	EMAC	M45	02:14.35	.	Gold		-		
34	Simon Coombes	EMAC	M50	02:12.18	CBP	Gold		-		
14	Karen Brooks	EMAC	W60	02:48.68	.	Gold		-		
1500m	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat	
34	Simon Coombes	EMAC	M50	04:20.79	CBP	Gold		-		
77	Mary Knapman	EMAC	W40	05:11.03	CBP	Gold		-		
3000m	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Heat	
15	Adam Brooks	EMAC	M35	09:51.14	.	Gold		-		
135	Edward Price	EMAC	M45	09:54.07	.	Gold		-		
34	Simon Coombes	EMAC	M50	09:11.12	CBP	Gold		-		
181	Christopher Westcott	EMAC	M50	09:49.15	.	Silver		-		
119	Zoe Oldfield	EMAC	W45	11:22.06	CBP	Gold		-		
151	Elisabeth Sennitt Clough	EMAC	W45	12:10.00	.	Silver		-		
64	Michelle Hurley	EMAC	W45	13:22.56	.	Bronze		-		
2000m Walk	Athlete	Area Club	Age Group	Result MM:SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat	
31	Timothy Clough	EMAC	M50	12:40.70	.	Gold		-		
108	Simon Morgan	EMAC	M55	13:21.10	.	Gold		-		
59	Colin Harle	EMAC	M60	11:45.42	.	Gold		-		
13	John Borgars	EMAC	M75	13:34.90	.	Gold		-		
129	Melanie Peddle	EMAC	W50	10:32.04	.	Gold		-		
60mH	Athlete	Area Club	Age Group	Result SS.ss	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat	
153	Michael Shortall (V)	EMAC	M35	8.95	.	Gold		-		
5	Stephen Bass	EMAC	M50	10.07	.	Gold		-		
52	Sally Gilding	EMAC	W40	10.98	.	Gold		-		
High Jump	Athlete	Area Club	Age Group	Result M.mm	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat	
29	Craig Christian (V)	EMAC	M40	1.40	.	Gold		-		
52	Sally Gilding	EMAC	W40	1.32	.	Gold		-		
99	Stacy McGivern	EMAC	W45	1.41	CBP	Gold		-		
Long Jump	Athlete	Area Club	Age Group	Result M.mm	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat	
25	Roy Chambers	EMAC	M35	5.59	.	Gold		-		
153	Michael Shortall (V)	EMAC	M35	5.54	.	Silver		-		
29	Craig Christian (V)	EMAC	M40	4.79	.	Gold		-		
121	Yinka Opaleye	EMAC	M50	4.56	.	Gold		-		
125	Keith Palmer	EMAC	M55	4.25	.	Gold		-		
84	James Lambden	EMAC	M60	3.80	.	Gold		-		
160	John Spriggs	EMAC	M70	3.62	CBP	Gold		-		
52	Sally Gilding	EMAC	W40	4.00	CBP	Gold		-		
99	Stacy McGivern	EMAC	W45	4.65	CBP	Gold		-		
186	Dawn Williams	EMAC	W45	3.74	.	Silver		-		
161	Clare St John-Coleman	EMAC	W60	3.59	.	Gold		-		
Pole Vault	Athlete	Area Club	Age Group	Result M.mm	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat	
75	Robert Kingman	EMAC	M50	3.60	CBP	Gold		-		
46	Simon Eastwood	EMAC	M55	2.80	CBP	Gold		-		
17	Mark Burgman	EMAC	M65	2.50	CBP	Gold		-		
45	Jemma Eastwood	EMAC	W40	2.80	.	Gold		-		
Triple Jump	Athlete	Area Club	Age Group	Result MM.mm	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat	
153	Michael Shortall (V)	EMAC	M35	11.08	.	Gold		-		
20	Paul Canning	EMAC	M55	9.83	.	Gold		-		
160	John Spriggs	EMAC	M70	7.23	CBP	Gold		-		
Shot Putt	Athlete	Area Club	Age Group	Result MM.mm	EMAC CBP?	EMAC Medal	VAC CBP?	VAC Medal	Event - Heat	Weight
121	Yinka Opaleye	EMAC	M50	9.86	.	Gold		-		(6k)
7	David Bauer	EMAC	M55	10.87	.	Gold		-		(6k)
78	Peter Knott	EMAC	M60	10.87	.	Gold		-		(5k)
54	Jim Gillespie (E)	EMAC	M60	9.14	.	Silver		-		(5k)
123	Graeme Packman	EMAC	M65	9.22	.	Gold		-		(5k)
170	Geoffrey Tyler	EMAC	M70	11.33	.	Gold		-		(4k)
52	Sally Gilding	EMAC	W40	7.32	.	Gold		-		(4k)
186	Dawn Williams	EMAC	W45	8.11	.	Gold		-		(4k)
103	Sarah Mcgrath	EMAC	W50	9.87	.	Gold		-		(3k)
24	Nicole Celestine	EMAC	W55	7.66	.	Gold		-		(3k)