

BMAF Indoor Pentathlon & 3K Champs 2024 (+Open Events, Including Relay) - - Sheffield28 Jan 2024

Address: English Institute of Sport, Sheffield
Date of event: 2024-01-28
Organiser: BMAF Services Limited
Contact Name: BMAF Competition Secretary
Contact Email: bmaf@opentrack.run
Competition Type: INDOOR

Results by Category

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

HP01 60m Hurdles Pen - Women - 2024-01-28

W35

Position	Name	Age	Team	Performance
1	Nia Rutter	W35	Northern Masters AC	9.34
2	Stef Bazylikiewicz	W35	Southern Counties Veterans AC	13.02

W40

Position	Name	Age	Team	Performance
1	Jodie Albrow	W40	Southern Counties Veterans AC	9.52
2	Sarah Johnson	W40	North East Masters AA	10.30

W50

Position	Name	Age	Team	Performance
1	Amanda Broadhurst	W50	Welsh Masters Athletics Limited	10.82
2	Jenny O'Connor	W50	Newbury AC	11.15
3	Afroditi Kalambouka	W50	Northern Masters AC	22.76

W55

Position	Name	Age	Team	Performance
1	Louise Kirby	W55	Welsh Masters Athletics Limited	13.08

W60

Position	Name	Age	Team	Performance
1	Jill Roginski	W60	Midland Masters AC	11.10
2	Gaye Clarke	W60	Eastern Masters AC	13.05
3	Christine Pates	W60	Southern Counties Veterans AC	14.03

W65

Position	Name	Age	Team	Performance
1	Nicky Buckwell	W65	Welsh Masters Athletics Limited	13.11
2	Jeanette Ashton	W65	Southern Counties Veterans AC	14.07

HP02 60m Hurdles Pen - M35-40 - 2024-01-28

M35

Position	Name	Age	Team	Performance
1	Lewis Robson	M35	North East Masters AA	9.04
2	Bilen Ahmet	M35	Veterans AC	10.20
3	Chris Cooper	M35	Eastern Masters AC	12.14
4	Mark Andrews	M35	Veterans AC	13.31

M40

Position	Name	Age	Team	Performance
1	Roger Skedd	M40	Eastern Masters AC	9.19
2	Clint Nicholls	M40	Eastern Masters AC	9.23
3	Mark Beer	M40	Northern Masters AC	9.76
4	Matthew Dalton	M40	Eastern Masters AC	10.07
5	Jonathan Rutter	M40	Northern Masters AC	10.59
6	Andrew Harrison	M40	Darlington H & AC	11.57
7	Ryan Hill	M40	Southern Counties Veterans AC	11.61
8	John Bowden	M40	Midland Masters AC	13.54

HP03 60m Hurdles Pen - M45-50 - 2024-01-28

M45

Position	Name	Age	Team	Performance
1	Richard Higson-Blythe	M45	Northern Masters AC	13.76

M50

Position	Name	Age	Team	Performance
1	Laurence Ramm	M50	Eastern Masters AC	9.25
2	Chris Ness	M50	Veterans AC	11.86
3	Andrew England	M50	Northern Masters AC	12.07

HP04 60m Hurdles Pen - M55+ - 2024-01-28

M55

Position	Name	Age	Team	Performance
1	Adam Young Johnson	M55	Midland Masters AC	10.56

M60

Position	Name	Age	Team	Performance
1	Andrew Waddington	M60	Southern Counties Veterans AC	10.51
2	Ian Crawley	M60	Southern Counties Veterans AC	10.60
3	Paul Yeoman	M60	Welsh Masters Athletics Limited	11.98
4	Geoff Powley	M60	Eastern Masters AC	12.63

5	Andrew Pringle	M60	Scottish Veteran Harriers Club	13.77
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M65

Position	Name	Age	Team	Performance
1	Brian Slaughter	M65	Veterans AC	10.88
2	Chris Carden	M65	Midland Masters AC	15.17

M70

Position	Name	Age	Team	Performance
1	Duncan Talbot	M70	Southern Counties Veterans AC	13.66
2	Adrian Essex	M70	Southern Counties Veterans AC	14.58

M75

Position	Name	Age	Team	Performance
1	David Cowley	M75	Midland Masters AC	12.04

P01 Pentathlon (women) - 2024-01-28

Category: W35

Place	Total	Bib	Name	Category	Team	60H	HJ	SP	LJ	800
1	3498	123	Nia Rutter	W35	NMAC	840 9.34	724 1.56	665 11.64	609 5.02	660 2:33.76
13	1044	118	Stef Bazylki ewicz	W35	SCVAC	252 13.02	275 1.14	288 6.05	229 3.53	0 4:22.76

Category: W40

Place	Total	Bib	Name	Category	Team	60H	HJ	SP	LJ	800
2	3431	126	Jodie Albrow	W40	SCVAC	941 9.52	666 1.44	543 9.15	595 4.71	686 2:37.44
9	2411	129	Sarah Johnson	W40	NEMAA	794 10.30	555 1.35	475 8.21	294 3.62	293 3:16.72

Category: W50

Place	Total	Bib	Name	Category	Team	60H	HJ	SP	LJ	800
4	2975	141	Jenny O'Connor	W50	NEWB	733 11.15	644 1.29	539 8.95	416 3.64	643 2:54.75
5	2838	137	Amanda Broadhurst	W50	WMAL	791 10.82	566 1.23	591 9.65	388 3.55	502 3:08.71
12	1286	139	Afroditi Kalambouka	W50	NMAC	0 22.76	419 1.11	337 6.21	178 2.78	352 3:25.79

Category: W55

Place	Total	Bib	Name	Category	Team	60H	HJ	SP	LJ	800
11	2056	144	Louise Kirby	W55	WMAL	511 13.08	409 1.05	341 5.75	294 3.04	501 3:17.45

Category: W60

Place	Total	Bib	Name	Category	Team	60H	HJ	SP	LJ	800
3	3216	151	Jill Roginski	W60	MMAC	889 11.10	644 1.17	624 8.46	456 3.34	603 3:15.70
8	2475	147	Gaye Clarke	W60	EMAC	587 13.05	644 1.17	526 7.35	431 3.27	287 3:54.79
10	2398	150	Christine Pates	W60	SCVAC	457 14.03	736 1.23	490 6.95	411 3.21	304 3:52.28

Category: W65

Place	Total	Bib	Name	Category	Team	60H	HJ	SP	LJ	800
6	2710	153	Jeanette Ashton	W65	SCVAC	528 14.07	689 1.14	539 6.79	403 2.99	551 3:31.64
7	2590	154	Nicky Buckwell	W65	WMAL	659 13.11	599 1.08	482 6.21	401 2.98	449 3:44.10

P02 Pentathlon (M35-40) - 2024-01-28

Category: M35

Place	Total	Bib	Name	Category	Team	60H	LJ	SP	HJ	1000
1	2776	9	Lewis Robson	M35	NEMAA	737 9.04	613 5.90	510 9.95	480 1.60	436 3:25.54
4	2367	1	Bilen Ahmet	M35	VAC	504 10.20	465 5.22	498 9.75	480 1.60	420 3:27.52
5	1946	5	Chris Cooper	M35	EMAC	210 12.14	312 4.45	435 8.75	360 1.45	629 3:03.72
11	1455	2	Mark Andrews	M35	VAC	92 13.31	356 4.68	452 9.03	411 1.51	144 4:10.62

Category: M40

Place	Total	Bib	Name	Category	Team	60H	LJ	SP	HJ	1000
2	2453	23	Roger Skedd	M40	EMAC	764 9.19	650 5.74	698 12.14	619 1.69	341 3:46.40
3	2369	21	Clint Nicholls	M40	EMAC	755 9.23	584 5.46	520 9.51	679 1.75	510 3:24.26
6	1893	17	Andrew Harrison	M40	DARLH	333 11.57	498 5.09	473 8.80	488 1.54	589 3:15.15
7	1839	22	Jonathan Rutter	M40	NMAC	489 10.59	496 5.08	373 7.30	464 1.51	481 3:27.78
8	1807	12	Mark Beer	M40	NMAC	646 9.76	608 5.56	553 9.99	679 1.75	0 DNF
9	1727	15	Matthew Dalton	M40	EMAC	585 10.07	471 4.97	353 6.99	441 1.48	318 3:49.68
10	1543	18	Ryan Hill	M40	SCVAC	328 11.61	339 4.35	446 8.40	419 1.45	430 3:34.24
12	954	13	John Bowden	M40	MMAC	106 13.54	405 4.67	425 8.08	419 1.45	18 4:58.20

P03 Pentathlon (M45-50) - 2024-01-28

Category: M45

Place	Total	Bib	Name	Category	Team	60H	LJ	SP	HJ	1000
4	1597	31	Richard Higson-Blythe	M45	NMAC	128 13.76	382 4.31	430 7.65	297 1.23	360 3:52.47

Category: M50

Place	Total	Bib	Name	Category	Team	60H	LJ	SP	HJ	1000
1	3769	48	Laurence Ramm	M50	EMAC	872 9.25	693 5.27	736 12.24	740 1.65	728 3:14.87
2	2526	41	Chris Ness	M50	VAC	393 11.86	382 4.07	425 7.79	528 1.44	798 3:07.36
3	2231	37	Andrew England	M50	NMAC	363 12.07	548 4.74	559 9.72	619 1.53	142 4:41.75

P04 Pentathlon (M55+) - 2024-01-28

Category: M55

Place	Total	Bib	Name	Category	Team	60H	LJ	SP	HJ	1000
4	3078	59	Adam Young Johnson	M55	MMAC	685 10.56	635 4.77	531 8.67	794 1.62	433 4:00.60

Category: M60

Place	Total	Bib	Name	Category	Team	60H	LJ	SP	HJ	1000
1	3518	81	Andrew Waddington	M60	SCVAC	707 10.51	646 4.52	525 8.70	822 1.56	818 3:21.08
3	3353	63	Ian Crawley	M60	SCVAC	690 10.60	670 4.60	656 10.46	619 1.38	718 3:32.74
6	2444	77	Andrew Pringle	M60	SVHC	223 13.77	523 4.11	560 9.17	653 1.41	485 4:03.15
8	2053	83	Paul Yeoman	M60	WMAL	456 11.98	360 3.52	415 7.20	520 1.29	302 4:32.30
9	2046	76	Geoff Powley	M60	EMAC	363 12.63	361 3.53	565 9.24	426 1.20	331 4:27.27

Category: M65

Place	Total	Bib	Name	Category	Team	60H	LJ	SP	HJ	1000
2	3371	99	Brian Slaughter	M65	VAC	726 10.88	593 4.08	736 10.61	593 1.29	723 3:41.37
11	1392	88	Chris Carden	M65	MMAC	151 15.17	411 3.49	502 7.72	283 0.99	45 5:50.85

Category: M70

Place	Total	Bib	Name	Category	Team	60H	LJ	SP	HJ	1000
7	2397	107	Adrian Essex	M70	SCVAC	237 14.58	626 3.92	589 8.99	569 1.20	376 4:43.18

10 1918 110 Duncan Talbot M70 SCVAC 342 13.66 244 2.68 495 7.80 636 1.26 201 5:18.51

Category: M75

Place	Total	Bib	Name	Category	Team	60H	LJ	SP	HJ	1000
5	2787	112	David Cowley	M75	MMAC	671 12.04	540 3.42	659 8.95	653 1.20	264 5:19.00

T01 60m H Pent (W60+ and M80) - 2024-01-28

W60

Position	Name	Age	Team	Performance
1	Jill Roginski	W60	Midland Masters AC	11.10
2	Gaye Clarke	W60	Eastern Masters AC	13.05
3	Christine Pates	W60	Southern Counties Veterans AC	14.03

W65

Position	Name	Age	Team	Performance
1	Nicky Buckwell	W65	Welsh Masters Athletics Limited	13.11
2	Jeanette Ashton	W65	Southern Counties Veterans AC	14.07

T02 60H Open (W60+) - 2024-01-28

W60

Position	Name	Age	Team	Performance
1	Susan Frisby	W60	Midland Masters AC	10.31

W65

Position	Name	Age	Team	Performance
1	Carole Filer	W65	Eastern Masters AC	11.80

W70

Position	Name	Age	Team	Performance
1	Sally Hine	W70	Rugby & Northampton AC	13.33

T03 60m H Pent W50-55 and M70-M75 - 2024-01-28

M70

Position	Name	Age	Team	Performance
1	Duncan Talbot	M70	Southern Counties Veterans AC	13.66
2	Adrian Essex	M70	Southern Counties Veterans AC	14.58

M75

Position	Name	Age	Team	Performance
1	David Cowley	M75	Midland Masters AC	12.04

W50

Position	Name	Age	Team	Performance
1	Amanda Broadhurst	W50	Welsh Masters Athletics Limited	10.82
2	Jenny O'Connor	W50	Newbury AC	11.15
3	Afroditi Kalambouka	W50	Northern Masters AC	22.76

W55

Position	Name	Age	Team	Performance
1	Louise Kirby	W55	Welsh Masters Athletics Limited	13.08

T04 60m H Open W55,M75; Pen W40-45 - 2024-01-28

M75

Position	Name	Age	Team	Performance
1	Tony Wells	M75	Eastern Masters AC	11.57

W40

Position	Name	Age	Team	Performance
1	Jodie Albrow	W40	Southern Counties Veterans AC	9.52
2	Sarah Johnson	W40	North East Masters AA	10.30

W55

Position	Name	Age	Team	Performance
1	Kay Reynolds	W55	Southern Counties Veterans AC	10.46

T05 60m H Pent M60 - 2024-01-28

M60

Position	Name	Age	Team	Performance
1	Andrew Waddington	M60	Southern Counties Veterans AC	10.51
2	Ian Crawley	M60	Southern Counties Veterans AC	10.60
3	Paul Yeoman	M60	Welsh Masters Athletics Limited	11.98
4	Geoff Powley	M60	Eastern Masters AC	12.63
5	Andrew Pringle	M60	Scottish Veteran Harriers Club	13.77

T06 60m H Pent M65 - 2024-01-28

M65

Position	Name	Age	Team	Performance
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1	Brian Slaughter	M65	Veterans AC	10.88
2	Chris Carden	M65	Midland Masters AC	15.17

F01 Triple Jump Open - 2024-01-28

M60

Position	Name	Age	Team	Performance
1	Julien Gittens	M60	Northern Masters AC	10.65
2	Dion Panambalana	M60	Southern Counties Veterans AC	8.91

W45

Position	Name	Age	Team	Performance
1	Janelle Quinn	W45	Rugby & Northampton AC	8.78

W70

Position	Name	Age	Team	Performance
1	Sally Hine	W70	Rugby & Northampton AC	6.97

T07 60m H Pent W35 - 2024-01-28

W35

Position	Name	Age	Team	Performance
1	Nia Rutter	W35	Northern Masters AC	9.34
2	Stef Bazylikiewicz	W35	Southern Counties Veterans AC	13.02

T08 60m H Pent M50 and M55 - 2024-01-28

M50

Position	Name	Age	Team	Performance
1	Laurence Ramm	M50	Eastern Masters AC	9.25
2	Chris Ness	M50	Veterans AC	11.86
3	Andrew England	M50	Northern Masters AC	12.07

M55

Position	Name	Age	Team	Performance
1	Adam Young Johnson	M55	Midland Masters AC	10.56

T09 60m H Pent M35 & M45 - 2024-01-28

M35

Position	Name	Age	Team	Performance
1	Lewis Robson	M35	North East Masters AA	9.04
2	Bilen Ahmet	M35	Veterans AC	10.20
3	Chris Cooper	M35	Eastern Masters AC	12.14

4	Mark Andrews	M35	Veterans AC	13.31
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M45

Position	Name	Age	Team	Performance
1	Richard Higson-Blythe	M45	Northern Masters AC	13.76

T10 60m H Pent M40 - 2024-01-28

M40

Position	Name	Age	Team	Performance
1	Roger Skedd	M40	Eastern Masters AC	9.19
2	Clint Nicholls	M40	Eastern Masters AC	9.23
3	Mark Beer	M40	Northern Masters AC	9.76
4	Matthew Dalton	M40	Eastern Masters AC	10.07
5	Jonathan Rutter	M40	Northern Masters AC	10.59
6	Andrew Harrison	M40	Darlington H & AC	11.57
7	Ryan Hill	M40	Southern Counties Veterans AC	11.61
8	John Bowden	M40	Midland Masters AC	13.54

F02 Long Jump Pen (M55+) - 2024-01-28

M55

Position	Name	Age	Team	Performance
1	Adam Young Johnson	M55	Midland Masters AC	4.77

M60

Position	Name	Age	Team	Performance
1	Ian Crawley	M60	Southern Counties Veterans AC	4.60
2	Andrew Waddington	M60	Southern Counties Veterans AC	4.52
3	Andrew Pringle	M60	Scottish Veteran Harriers Club	4.11
4	Geoff Powley	M60	Eastern Masters AC	3.53
5	Paul Yeoman	M60	Welsh Masters Athletics Limited	3.52

M65

Position	Name	Age	Team	Performance
1	Brian Slaughter	M65	Veterans AC	4.08
2	Chris Carden	M65	Midland Masters AC	3.49

M70

Position	Name	Age	Team	Performance
1	Adrian Essex	M70	Southern Counties Veterans AC	3.92
2	Duncan Talbot	M70	Southern Counties Veterans AC	2.68

M75

Position	Name	Age	Team	Performance
1	David Cowley	M75	Midland Masters AC	3.42

F03 High Jump Pent W55+ - 2024-01-28

W50

Position	Name	Age	Team	Performance
1	Amanda Broadhurst	W50	Welsh Masters Athletics Limited	1.23
2	Afroditi Kalambouka	W50	Northern Masters AC	1.11

W55

Position	Name	Age	Team	Performance
1	Louise Kirby	W55	Welsh Masters Athletics Limited	1.05

W60

Position	Name	Age	Team	Performance
1	Christine Pates	W60	Southern Counties Veterans AC	1.23
2	Jill Roginski	W60	Midland Masters AC	1.17
3	Gaye Clarke	W60	Eastern Masters AC	1.17

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

F04 High Jump Pent W35-50 - 2024-01-28

W35

Position	Name	Age	Team	Performance
1	Nia Rutter	W35	Northern Masters AC	1.56
2	Stef Bazykiewicz	W35	Southern Counties Veterans AC	1.14

W40

Position	Name	Age	Team	Performance
1	Jodie Albrow	W40	Southern Counties Veterans AC	1.44
2	Sarah Johnson	W40	North East Masters AA	1.35

W50

Position	Name	Age	Team	Performance
1	Jenny O'Connor	W50	Newbury AC	1.29

T11 60m Open Women - 2024-01-28

W45

Position	Name	Age	Team	Performance
1	Janelle Quinn	W45	Rugby & Northampton AC	9.01

W70

Position	Name	Age	Team	Performance
1	Sally Hine	W70	Rugby & Northampton AC	10.75

T12 60m Open Men - 2024-01-28

M50

Position	Name	Age	Team	Performance
1	Darran Askew	M50	Northern Masters AC	9.01

M65

Position	Name	Age	Team	Performance
1	John Hall	M65	Darlington H & AC	8.82
2	Rob Cawson	M65	Midland Masters AC	9.28

M70

Position	Name	Age	Team	Performance
1	Christopher Monk	M70	Midland Masters AC	8.74
2	Graham Webster	M70	Lytham St Annes RR Club	10.41

M75

Position	Name	Age	Team	Performance
1	Tony Wells	M75	Eastern Masters AC	10.30

F05 Long Jump Pen (M45-M50) - 2024-01-28

M45

Position	Name	Age	Team	Performance
1	Richard Higson-Blythe	M45	Northern Masters AC	4.31

M50

Position	Name	Age	Team	Performance
1	Laurence Ramm	M50	Eastern Masters AC	5.27
2	Andrew England	M50	Northern Masters AC	4.74
3	Chris Ness	M50	Veterans AC	4.07

T13 400m Open Women - 2024-01-28

W45

Position	Name	Age	Team	Performance
1	Liz Duke	W45	Northern Masters AC	1:01.36

T14 400m Open Men M40-55 - 2024-01-28

M45

Position	Name	Age	Team	Performance
1	Andrew Parker	M45	Northern Masters AC	55.74
2	Phil Gould	M45	Midland Masters AC	56.33
3	Andrew Cotterill	M45	Midland Masters AC	59.35
4	Kieran O'brien	M45	Spensborough & Dist AC	1:01.42

M55

Position	Name	Age	Team	Performance
1	Neil Davies	M55	Welsh Masters Athletics Limited	1:03.26

T16 400m Open M65-75 - 2024-01-28

M65

Position	Name	Age	Team	Performance
1	Ian Broadhurst	M65	Welsh Masters Athletics Limited	1:03.46
2	John Hall	M65	Darlington H & AC	1:04.67

M70

Position	Name	Age	Team	Performance
1	Graham Webster	M70	Lytham St Annes RR Club	1:16.77

M75

Position	Name	Age	Team	Performance
1	John Exley	M75	Southern Counties Veterans AC	1:22.86

F06 Shot Put Pen (M55+) - 2024-01-28

M55

Position	Name	Age	Team	Performance
1	Adam Young Johnson	M55	Midland Masters AC	8.67

M60

Position	Name	Age	Team	Performance
1	Ian Crawley	M60	Southern Counties Veterans AC	10.46
2	Geoff Powley	M60	Eastern Masters AC	9.24
3	Andrew Pringle	M60	Scottish Veteran Harriers Club	9.17

4	Andrew Waddington	M60	Southern Counties Veterans AC	8.70
5	Paul Yeoman	M60	Welsh Masters Athletics Limited	7.20

M65

Position	Name	Age	Team	Performance
1	Brian Slaughter	M65	Veterans AC	10.61
2	Chris Carden	M65	Midland Masters AC	7.72

M70

Position	Name	Age	Team	Performance
1	Adrian Essex	M70	Southern Counties Veterans AC	8.99
2	Duncan Talbot	M70	Southern Counties Veterans AC	7.80

M75

Position	Name	Age	Team	Performance
1	David Cowley	M75	Midland Masters AC	8.95

F07 High Jump Open - 2024-01-28

M55

Position	Name	Age	Team	Performance
1	Adam Young Johnson	M55	Midland Masters AC	1.60
2	Neil Davies	M55	Welsh Masters Athletics Limited	1.35

M60

Position	Name	Age	Team	Performance
1	Steve Linsell	M60	Northern Masters AC	1.64

W65

Position	Name	Age	Team	Performance
1	Carole Filer	W65	Eastern Masters AC	1.15

F08 Long Jump Pen (M35-M40) - 2024-01-28

M35

Position	Name	Age	Team	Performance
1	Lewis Robson	M35	North East Masters AA	5.90
2	Bilen Ahmet	M35	Veterans AC	5.22
3	Mark Andrews	M35	Veterans AC	4.68
4	Chris Cooper	M35	Eastern Masters AC	4.45

M40

Position	Name	Age	Team	Performance
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1	Roger Skedd	M40	Eastern Masters AC	5.74
2	Mark Beer	M40	Northern Masters AC	5.56
3	Clint Nicholls	M40	Eastern Masters AC	5.46
4	Andrew Harrison	M40	Darlington H & AC	5.09
5	Jonathan Rutter	M40	Northern Masters AC	5.08
6	Matthew Dalton	M40	Eastern Masters AC	4.97
7	John Bowden	M40	Midland Masters AC	4.67
8	Ryan Hill	M40	Southern Counties Veterans AC	4.35

T17 3000m W35-45 - 2024-01-28

W35

Position	Name	Age	Team	Performance
1	Laura Haggarty	W35	Scottish Veteran Harriers Club	10:26.16
2	Lydia Race	W35	Barnsley Athletic Club	10:47.19
3	Sara Ellen	W35	Midland Masters AC	12:29.52

W40

Position	Name	Age	Team	Performance
1	Emma Raven	W40	Northern Masters AC	10:34.01
2	Lisa Gawthorne	W40	Northern Masters AC	10:56.39
3	Amy Pickworth	W40	North East Masters AA	11:30.86
4	Rebecca Mills	W40	Northern Masters AC	12:41.16

W45

Position	Name	Age	Team	Performance
1	Stephanie Maclean Dann	W45	North Shields Polytechnic Club	11:17.71
2	Juliet Smith	W45	Northern Masters AC	12:10.58

W60

Position	Name	Age	Team	Performance
1	Clare Elms	W60	Veterans AC	10:48.14

F09 Shot Pent Women - 2024-01-28

W35

Position	Name	Age	Team	Performance
1	Nia Rutter	W35	Northern Masters AC	11.64
2	Stef Bazykiewicz	W35	Southern Counties Veterans AC	6.05

W40

Position	Name	Age	Team	Performance
1	Jodie Albrow	W40	Southern Counties Veterans AC	9.15

2	Sarah Johnson	W40	North East Masters AA	8.21
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W50

Position	Name	Age	Team	Performance
1	Amanda Broadhurst	W50	Welsh Masters Athletics Limited	9.65
2	Jenny O'Connor	W50	Newbury AC	8.95
3	Afroditi Kalambouka	W50	Northern Masters AC	6.21

W55

Position	Name	Age	Team	Performance
1	Louise Kirby	W55	Welsh Masters Athletics Limited	5.75

W60

Position	Name	Age	Team	Performance
1	Jill Roginski	W60	Midland Masters AC	8.46
2	Gaye Clarke	W60	Eastern Masters AC	7.35
3	Christine Pates	W60	Southern Counties Veterans AC	6.95

W65

Position	Name	Age	Team	Performance
1	Jeanette Ashton	W65	Southern Counties Veterans AC	6.79
2	Nicky Buckwell	W65	Welsh Masters Athletics Limited	6.21

F10 Long Jump Open - 2024-01-28

M45

Position	Name	Age	Team	Performance
1	Kieran O'brien	M45	Spensborough & Dist AC	4.03

M65

Position	Name	Age	Team	Performance
1	Trevor Wade	M65	Veterans AC	4.05

W45

Position	Name	Age	Team	Performance
1	Janelle Quinn	W45	Rugby & Northampton AC	4.44

W60

Position	Name	Age	Team	Performance
1	Susan Frisby	W60	Midland Masters AC	3.82

W65

Position	Name	Age	Team	Performance
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1	Carole Filer	W65	Eastern Masters AC	3.94
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W70

Position	Name	Age	Team	Performance
1	Sally Hine	W70	Rugby & Northampton AC	2.80

T18 3000m W50+ - 2024-01-28

W50

Position	Name	Age	Team	Performance
1	Stephanie Robson	W50	Northern Masters AC	12:05.55
2	Wendy Smith	W50	Eastern Masters AC	12:09.72
3	Jane Halloran	W50	Northern Masters AC	12:40.55

W55

Position	Name	Age	Team	Performance
1	Katrina Oddy	W55	Halifax Harriers & AC	12:22.75

T19 3000m M35-45 - 2024-01-28

M35

Position	Name	Age	Team	Performance
1	Paul Wright	M35	Midland Masters AC	8:38.81
2	Daniel Eckersley	M35	Ryde Harriers	8:40.77
3	Mike Cummings	M35	Veterans AC	9:11.31
4	Mitch Blundell	M35	Cannock & Stafford AC	9:16.15

M40

Position	Name	Age	Team	Performance
1	Tom Bailey	M40	Northern Masters AC	9:12.39
2	Daniel Wheat	M40	Midland Masters AC	9:39.44
3	David Willett	M40	Southern Counties Veterans AC	10:02.03

M45

Position	Name	Age	Team	Performance
1	Simon Fell	M45	Eastern Masters AC	9:36.97
2	Steven Gascoyne	M45	North Derbyshire RC	9:49.36
3	Richard Davidson	M45	City Of Salisbury AC & RC	10:04.83

T20 3000m M50 - 2024-01-28

M50

Position	Name	Age	Team	Performance
1	Anthony O'Brien	M50	Northern Masters AC	9:21.70

2	Tim Hely	M50	Scottish Veteran Harriers Club	9:51.37
3	Matthew Preston	M50	Veterans AC	10:18.13
4	Steve Hallas	M50	Northern Masters AC	10:32.97
5	Garry Palmer	M50	Midland Masters AC	10:43.14
6	Christopher John Payne	M50	Scunthorpe & District AC	11:36.85

T21 3000m M55 - 2024-01-28

M55

Position	Name	Age	Team	Performance
1	Mike Nolan	M55	Northern Masters AC	10:13.43
2	John Knibb	M55	Leamington Cycling and Athletic Club	10:39.71
3	Gary Graham	M55	Northern Masters AC	10:42.88
4	Barry Gardner	M55	Midland Masters AC	10:47.34
5	Paul Mcmonagle	M55	Scottish Veteran Harriers Club	10:51.41
6	Sean Beard	M55	Eastern Masters AC	11:26.81

F11 Shot Put Pen (M45-M50) - 2024-01-28

M45

Position	Name	Age	Team	Performance
1	Richard Higson-Blythe	M45	Northern Masters AC	7.65

M50

Position	Name	Age	Team	Performance
1	Laurence Ramm	M50	Eastern Masters AC	12.24
2	Andrew England	M50	Northern Masters AC	9.72
3	Chris Ness	M50	Veterans AC	7.79

F12 High Jump Pen (M55+) - 2024-01-28

M55

Position	Name	Age	Team	Performance
1	Adam Young Johnson	M55	Midland Masters AC	1.62

M60

Position	Name	Age	Team	Performance
1	Andrew Waddington	M60	Southern Counties Veterans AC	1.56
2	Andrew Pringle	M60	Scottish Veteran Harriers Club	1.41
3	Ian Crawley	M60	Southern Counties Veterans AC	1.38
4	Paul Yeoman	M60	Welsh Masters Athletics Limited	1.29
5	Geoff Powley	M60	Eastern Masters AC	1.20

M65

Position	Name	Age	Team	Performance
1	Brian Slaughter	M65	Veterans AC	1.29
2	Chris Carden	M65	Midland Masters AC	0.99

M70

Position	Name	Age	Team	Performance
1	Duncan Talbot	M70	Southern Counties Veterans AC	1.26
2	Adrian Essex	M70	Southern Counties Veterans AC	1.20

M75

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

T22 3000m M60 - 2024-01-28

M60

Position	Name	Age	Team	Performance
1	Guy Bracken	M60	North East Masters AA	10:19.65
2	Greg Penn	M60	North East Masters AA	10:22.32
3	Rob Andrew	M60	North East Masters AA	10:25.10
4	Stephen Watmough	M60	Northern Masters AC	10:30.82
5	Russell Parkin	M60	Midland Masters AC	10:34.21
6	Chris Ireland	M60	Northern Masters AC	10:44.72
7	Philip York	M60	South West Veterans AC	11:12.50
8	Jed Turner	M60	Northern Masters AC	11:15.44
9	Mike Jackson	M60	Northern Masters AC	11:26.02
10	Paul Lemmon	M60	Northern Masters AC	11:54.68
11	Steven Doxey	M60	Northern Masters AC	11:56.12

F13 Long Jump Pen (Women) - 2024-01-28

W35

Position	Name	Age	Team	Performance
1	Nia Rutter	W35	Northern Masters AC	5.02
2	Stef Bazytkiewicz	W35	Southern Counties Veterans AC	3.53

W40

Position	Name	Age	Team	Performance
1	Jodie Albrow	W40	Southern Counties Veterans AC	4.71
2	Sarah Johnson	W40	North East Masters AA	3.62

W50

Position	Name	Age	Team	Performance
1	Jenny O'Connor	W50	Newbury AC	3.64
2	Amanda Broadhurst	W50	Welsh Masters Athletics Limited	3.55
3	Afroditi Kalambouka	W50	Northern Masters AC	2.78

W55

Position	Name	Age	Team	Performance
1	Louise Kirby	W55	Welsh Masters Athletics Limited	3.04

W60

Position	Name	Age	Team	Performance
1	Jill Roginski	W60	Midland Masters AC	3.34
2	Gaye Clarke	W60	Eastern Masters AC	3.27
3	Christine Pates	W60	Southern Counties Veterans AC	3.21

W65

Position	Name	Age	Team	Performance
1	Jeanette Ashton	W65	Southern Counties Veterans AC	2.99
2	Nicky Buckwell	W65	Welsh Masters Athletics Limited	2.98

F14 Shot Put Pen (M35-M40) - 2024-01-28

M35

Position	Name	Age	Team	Performance
1	Lewis Robson	M35	North East Masters AA	9.95
2	Bilen Ahmet	M35	Veterans AC	9.75
3	Mark Andrews	M35	Veterans AC	9.03
4	Chris Cooper	M35	Eastern Masters AC	8.75

M40

Position	Name	Age	Team	Performance
1	Roger Skedd	M40	Eastern Masters AC	12.14
2	Mark Beer	M40	Northern Masters AC	9.99
3	Clint Nicholls	M40	Eastern Masters AC	9.51
4	Andrew Harrison	M40	Darlington H & AC	8.80
5	Ryan Hill	M40	Southern Counties Veterans AC	8.40
6	John Bowden	M40	Midland Masters AC	8.08
7	Jonathan Rutter	M40	Northern Masters AC	7.30
8	Matthew Dalton	M40	Eastern Masters AC	6.99

T23 3000m M65 - 2024-01-28

M65

Position	Name	Age	Team	Performance
1	Malcolm Eustace	M65	Midland Masters AC	10:38.79
2	Dave Watson	M65	Welsh Masters Athletics Limited	11:28.05
3	Desmond Gibbons	M65	Midland Masters AC	12:45.98
4	Steve Smythe	M65	Veterans AC	13:21.45
5	Ian Wright	M65	South West Veterans AC	14:31.14

T24 3000m M70+ - 2024-01-28

M70

Position	Name	Age	Team	Performance
1	David Oxland	M70	Midland Masters AC	11:31.44
2	David Bedwell	M70	Midland Masters AC	11:34.65

M75

Position	Name	Age	Team	Performance
1	John Exley	M75	Southern Counties Veterans AC	13:26.34
2	Rod Scholes	M75	Northern Masters AC	15:05.18

F15 High Jump Pen (M45-M50) - 2024-01-28

M45

Position	Name	Age	Team	Performance
1	Richard Higson-Blythe	M45	Northern Masters AC	1.23

M50

Position	Name	Age	Team	Performance
1	Laurence Ramm	M50	Eastern Masters AC	1.65
2	Andrew England	M50	Northern Masters AC	1.53
3	Chris Ness	M50	Veterans AC	1.44

T25 800m Pent W35-50 - 2024-01-28

W35

Position	Name	Age	Team	Performance
1	Nia Rutter	W35	Northern Masters AC	2:33.76
2	Katherine Spencer	W35	Midland Masters AC	2:34.12
3	Stef Bazytkiewicz	W35	Southern Counties Veterans AC	4:22.76

W40

Position	Name	Age	Team	Performance
1	Jodie Albrow	W40	Southern Counties Veterans AC	2:37.44
2	Sarah Johnson	W40	North East Masters AA	3:16.72

W50

Position	Name	Age	Team	Performance
1	Jenny O'Connor	W50	Newbury AC	2:54.75
2	Amanda Broadhurst	W50	Welsh Masters Athletics Limited	3:08.71
3	Afroditi Kalambouka	W50	Northern Masters AC	3:25.79

T26 800m Pent W55+ & Open - 2024-01-28

W55

Position	Name	Age	Team	Performance
1	Louise Kirby	W55	Welsh Masters Athletics Limited	3:17.45

W60

Position	Name	Age	Team	Performance
1	Jill Roginski	W60	Midland Masters AC	3:15.70
2	Christine Pates	W60	Southern Counties Veterans AC	3:52.28
3	Gaye Clarke	W60	Eastern Masters AC	3:54.79

W65

Position	Name	Age	Team	Performance
1	Jeanette Ashton	W65	Southern Counties Veterans AC	3:31.64
2	Nicky Buckwell	W65	Welsh Masters Athletics Limited	3:44.10

F16 Shot Put Open - 2024-01-28

M50

Position	Name	Age	Team	Performance
1	Greg Pell	M50	Northern Masters AC	12.89
2	Darran Askew	M50	Northern Masters AC	11.15

M60

Position	Name	Age	Team	Performance
1	Michael Hausler	M60	Eastern Masters AC	13.27
2	Steve Linsell	M60	Northern Masters AC	11.18

M65

Position	Name	Age	Team	Performance
1	John Hall	M65	Darlington H & AC	8.91

F18 High Jump Pent M35 - 2024-01-28

M35

Position	Name	Age	Team	Performance
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1	Lewis Robson	M35	North East Masters AA	1.60
2	Bilen Ahmet	M35	Veterans AC	1.60
3	Mark Andrews	M35	Veterans AC	1.51
4	Chris Cooper	M35	Eastern Masters AC	1.45

T28 1000m Pent M45,50,65+ - 2024-01-28

M45

Position	Name	Age	Team	Performance
1	Richard Higson-Blythe	M45	Northern Masters AC	3:52.47

M50

Position	Name	Age	Team	Performance
1	Chris Ness	M50	Veterans AC	3:07.36
2	Laurence Ramm	M50	Eastern Masters AC	3:14.87
3	Andrew England	M50	Northern Masters AC	4:41.75

M65

Position	Name	Age	Team	Performance
1	Brian Slaughter	M65	Veterans AC	3:41.37
2	Chris Carden	M65	Midland Masters AC	5:50.85

M70

Position	Name	Age	Team	Performance
1	Adrian Essex	M70	Southern Counties Veterans AC	4:43.18
2	Duncan Talbot	M70	Southern Counties Veterans AC	5:18.51

M75

Position	Name	Age	Team	Performance
1	David Cowley	M75	Midland Masters AC	5:19.00

F17 High Jump Pent M40 - 2024-01-28

M40

Position	Name	Age	Team	Performance
1	Clint Nicholls	M40	Eastern Masters AC	1.75
2	Mark Beer	M40	Northern Masters AC	1.75
3	Roger Skedd	M40	Eastern Masters AC	1.69
4	Andrew Harrison	M40	Darlington H & AC	1.54
5	Jonathan Rutter	M40	Northern Masters AC	1.51
6	Matthew Dalton	M40	Eastern Masters AC	1.48
7	John Bowden	M40	Midland Masters AC	1.45
8	Ryan Hill	M40	Southern Counties Veterans AC	1.45

T30 800m Open M50 - M55 - 2024-01-28

M35

Position	Name	Age	Team	Performance
1	Paul Bradley	M35	Halesowen Athletics & Cycling Club	2:06.06

M40

Position	Name	Age	Team	Performance
1	Aaron Cooper-Brown	M40	Veterans AC	2:06.67
2	Nick Lyon	M40	Rothwell Harriers & AC	2:24.26

M45

Position	Name	Age	Team	Performance
1	Phil Gould	M45	Midland Masters AC	2:12.41
2	Kieran O'brien	M45	Spenborough & Dist AC	2:25.82

M50

Position	Name	Age	Team	Performance
1	Christopher John Payne	M50	Scunthorpe & District AC	2:41.05

T32 800m Open M70+ - 2024-01-28

M60

Position	Name	Age	Team	Performance
1	Jed Turner	M60	Northern Masters AC	2:43.03

M65

Position	Name	Age	Team	Performance
1	John Hall	M65	Darlington H & AC	2:46.88
2	Rob Baser	M65	Wigston Phoenix RC	2:52.26

M70

Position	Name	Age	Team	Performance
1	Graham Webster	M70	Lytham St Annes RR Club	3:04.81

M75

Position	Name	Age	Team	Performance
1	Rod Scholes	M75	Northern Masters AC	3:23.74

T33 1000m Pent M55 & M60 - 2024-01-28

M55

Position	Name	Age	Team	Performance
1	Adam Young Johnson	M55	Midland Masters AC	4:00.60

M60

Position	Name	Age	Team	Performance
1	Andrew Waddington	M60	Southern Counties Veterans AC	3:21.08
2	Ian Crawley	M60	Southern Counties Veterans AC	3:32.74
3	Andrew Pringle	M60	Scottish Veteran Harriers Club	4:03.15
4	Geoff Powley	M60	Eastern Masters AC	4:27.27
5	Paul Yeoman	M60	Welsh Masters Athletics Limited	4:32.30

T35 1000m Pent M35 - 2024-01-28

M35

Position	Name	Age	Team	Performance
1	Chris Cooper	M35	Eastern Masters AC	3:03.72
2	Lewis Robson	M35	North East Masters AA	3:25.54
3	Bilen Ahmet	M35	Veterans AC	3:27.52
4	Mark Andrews	M35	Veterans AC	4:10.62

T36 1000m Pent M40 - 2024-01-28

M40

Position	Name	Age	Team	Performance
1	Andrew Harrison	M40	Darlington H & AC	3:15.15
2	Clint Nicholls	M40	Eastern Masters AC	3:24.26
3	Jonathan Rutter	M40	Northern Masters AC	3:27.78
4	Ryan Hill	M40	Southern Counties Veterans AC	3:34.24
5	Roger Skedd	M40	Eastern Masters AC	3:46.40
6	Matthew Dalton	M40	Eastern Masters AC	3:49.68
7	John Bowden	M40	Midland Masters AC	4:58.20

LP03 1000m Pen - M45, 50 - 2024-01-28

M45

Position	Name	Age	Team	Performance
1	Richard Higson-Blythe	M45	Northern Masters AC	3:52.47

M50

Position	Name	Age	Team	Performance
1	Chris Ness	M50	Veterans AC	3:07.36
2	Laurence Ramm	M50	Eastern Masters AC	3:14.87
3	Andrew England	M50	Northern Masters AC	4:41.75

LP04 1000m Pen - M55+ - 2024-01-28

M65

Position	Name	Age	Team	Performance
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1	Brian Slaughter	M65	Veterans AC	3:41.37
2	Chris Carden	M65	Midland Masters AC	5:50.85

M70

Position	Name	Age	Team	Performance
1	Adrian Essex	M70	Southern Counties Veterans AC	4:43.18
2	Duncan Talbot	M70	Southern Counties Veterans AC	5:18.51

M75

Position	Name	Age	Team	Performance
1	David Cowley	M75	Midland Masters AC	5:19.00