

# EMAC 2017 Indoor Championships

Sun 12 Feb 2017 - Lee Valley

60m	Athlete	1st Claim Club	Age Group	Result SS.ss	Merit Std	EMAC CBP?	EMAC Medal
101	Jan Barnard	Basildon AC	V35M	7.63	Yes	-	G
128	Amr Ziko	Braintree & District AC	V35M	7.94	Yes	-	S
153	Atholl Lawson	Corby AC	V40M	7.77	Yes	CBP	G
159	Keith Lok	Wellingborough & District AC	V40M	8.56	x	-	
189	Julian Smith	NENE	V45M	7.76	Yes	-	G
180	Marek Kowalski	Thurrock Harriers AC	V45M	8.15	Yes	-	S
195	Paul Canning	MMKAC	V50M	8.12	Yes	CBP	G
246	Wilson Paterson	Corby AC	V55M	8.65	Yes	-	G
267	Jim Lawrence	MMKAC	V60M	9.40	Yes	-	G
287	Christopher Keech	BEDC	V65M	8.83	Yes	-	G
322	Heidi Nicholas	Basildon AC	V35W	8.94	Yes	-	G
348	Sue Paterson	Corby AC	V45W	10.94	x	-	G
343	Carey Hollick	King's College London Athletics & CC Club	V45W	11.22	x	-	S
88	Monica Brown (+C)	Fairlands Valley Spartans	V50W	8.76	Yes	-	G
376	Clare St John-Coleman	Chelmsford AC	V55W	9.56	Yes	-	G
379	Carol Alker	LUTON	V60W	10.22	Yes	-	G

200m	Athlete	1st Claim Club	Age Group	Result SS.ss	Merit Std	EMAC CBP?	EMAC Medal
101	Jan Barnard	Basildon AC	V35M	25.05	Yes	-	G
128	Amr Ziko	Braintree & District AC	V35M	26.69	x	-	
159	Keith Lok	Wellingborough & District AC	V40M	28.11	x	-	
189	Julian Smith	NENE	V45M	25.35	Yes	=CBP	G
166	Peter Benedickter	BEDC	V45M	25.64	Yes	-	S
195	Paul Canning	MMKAC	V50M	27.09	Yes	-	G
219	David Stephenson	Fairlands Valley Spartans	V50M	29.09	Yes	-	S
192	Angus Aldridge	Southend-On Sea AC	V50M	32.16	x	-	
240	Tennyson James	BEDC	V55M	26.53	Yes	-	G
235	Ty Holden	BARN	V55M	27.96	Yes	-	S
246	Wilson Paterson	Corby AC	V55M	29.11	Yes	-	B
268	Ivars Licietis	MMKAC	V60M	28.17	Yes	-	G
278	Robert Woolliams	Ipswich Harriers	V60M	30.49	Yes	-	S
267	Jim Lawrence	MMKAC	V60M	32.21	Yes	-	B
287	Christopher Keech	BEDC	V65M	30.10	Yes	-	G
302	Tony Wells	Corby AC	V65M	30.36	Yes	-	S
339	Claire Smith	NENE	V40W	28.45	Yes	-	G
379	Carol Alker	LUTON	V60W	34.03	Yes	CBP	G

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400m	Athlete	1st Claim Club	Age Group	Result SS.ss	Merit Std	EMAC CBP?	EMAC Medal
153	Atholl Lawson	Corby AC	V40M	56.30	Yes	-	G
159	Keith Lok	Wellingborough & District AC	V40M	65.12	x	-	
166	Peter Benedickter	BEDC	V45M	56.35	Yes	-	G
189	Julian Smith	NENE	V45M	58.07	Yes	-	S
215	Tony Roberts	Chelmsford AC	V50M	63.41	Yes	-	G
195	Paul Canning	MMKAC	V50M	64.10	Yes	-	S
237	Ricardo Huskisson	NENE	V55M	57.86	Yes	-	G
240	Tennyson James	BEDC	V55M	61.46	Yes	-	S
231	Malcolm Down	Garden City Runners	V55M	62.02	Yes	-	B
268	Ivars Licietis	MMKAC	V60M	63.60	Yes	CBP	G
278	Robert Woolliams	Ipswich Harriers	V60M	77.91	x	-	
267	Jim Lawrence	MMKAC	V60M	82.55	x	-	
334	Stacy McGivern	Peterborough AC	V40W	62.60	Yes	CBP	G
339	Claire Smith	NENE	V40W	64.66	Yes	-	S
378	Elizabeth Welbourn	Ipswich Harriers	V55W	71.26	Yes	-	G

800m	Athlete	1st Claim Club	Age Group	Result MM:SS.ss	Merit Std	EMAC CBP?	EMAC Medal
125	Glen Richardson	City Of Norwich AC	V35M	02:07.62	Yes	-	G
164	Christopher Westcott	Stevenage & North Herts AC	V40M	02:08.08	Yes	-	G
168	Andy Coleman	Basildon AC	V45M	02:16.70	Yes	-	G
183	Scott Magee	Corby AC	V45M	02:22.58	Yes	-	S
215	Tony Roberts	Chelmsford AC	V50M	02:17.09	Yes	-	G
199	Stewart Fountain	EMAC	V50M	02:25.34	Yes	-	S
231	Malcolm Down	Garden City Runners	V55M	02:20.50	Yes	CBP	G
230	John Donaldson	Wellingborough & District AC	V55M	02:24.70	Yes	CBP	S
227	Geoffrey Brewster	Huntingdonshire AC	V55M	02:26.68	Yes	CBP	B
323	Corinne Nurse	MMKAC	V35W	02:32.54	Yes	-	G
353	Christine Anthony	West Suffolk AC	V50W	02:37.36	Yes	CBP	G
372	Joan Lasenby	Cambridge & Coleridge AC	V55W	02:51.17	Yes	-	G

1500m	Athlete	1st Claim Club	Age Group	Result MM:SS.ss	Merit Std	EMAC CBP?	EMAC Medal
105	Andy Cohen-Wray	BEDC	V35M	04:41.19	x	-	
164	Christopher Westcott	Stevenage & North Herts AC	V40M	04:29.82	Yes	CBP	G
139	Simon Fell	Stamford Striders	V40M	04:35.31	Yes	-	S
183	Scott Magee	Corby AC	V45M	05:00.65	Yes	-	G
199	Stewart Fountain	EMAC	V50M	04:57.97	Yes	-	G
241	Simon Le Mare	Southend On Sea AC	V55M	04:53.91	Yes	CBP	G
232	David Gill	Warrington AC	V55M	05:09.64	Yes	CBP	S
333	Christine Lathwell	STOP	V40W	05:20.91	Yes	CBP	G
353	Christine Anthony	West Suffolk AC	V50W	05:43.88	Yes	-	G

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3000m	Athlete	1st Claim Club	Age Group	Result MM:SS.ss	Merit Std	EMAC CBP?	EMAC Medal
139	Simon Fell	Stamford Striders	V40M	09:48.32	Yes	-	G
248	Colin Ridley	Colchester Harriers AC	V55M	09:53.23	Yes	-	G
232	David Gill	Warrington AC	V55M	11:05.49	Yes	-	S
266	Philip Jones	MMKAC	V60M	11:04.60	Yes	-	G
333	Christine Lathwell	STOP	V40W	11:40.50	Yes	CBP	G
373	Maureen McCarthy	West Suffolk AC	V55W	11:43.96	Yes	-	G

60mH	Athlete	1st Claim Club	Age Group	Result SS.ss	Merit Std	EMAC CBP?	EMAC Medal
18	Sean Reidy (+C)	NENE	V35M	9.07	Yes	-	G
44	Gary Smith (+C)	BEDC	V45M	8.97	Yes	CBP	G
302	Tony Wells	Corby AC	V65M	10.46	Yes	CBP	G
322	Heidi Nicholas	Basildon AC	V35W	12.05	Yes	-	G

High Jump	Athlete	1st Claim Club	Age Group	Result MM.mm	Merit Std	EMAC CBP?	EMAC Medal
247	Richard Phelan	Huntingdonshire AC	V55M	1.29	Yes	CBP	G
263	Wayne DuBose	Huntingdonshire AC	V60M	1.29	Yes	CBP	G
322	Heidi Nicholas	Basildon AC	V35W	1.48	Yes	CBP	G
88	Monica Brown (+C)	Fairlands Valley Spartans	V50W	1.36	Yes	=CBP	G

Long Jump	Athlete	1st Claim Club	Age Group	Result MM.mm	Merit Std	EMAC CBP?	EMAC Medal
18	Sean Reidy (+C)	NENE	V35M	5.34	Yes	-	G
159	Keith Lok	Wellingborough & District AC	V40M	4.67	x	-	
180	Marek Kowalski	Thurrock Harriers AC	V45M	5.08	Yes	CBP	G
247	Richard Phelan	Huntingdonshire AC	V55M	5.03	Yes	CBP	G
322	Heidi Nicholas	Basildon AC	V35W	4.87	Yes	CBP	G
88	Monica Brown (+C)	Fairlands Valley Spartans	V50W	4.24	Yes	CBP	G

Pole Vault	Athlete	1st Claim Club	Age Group	Result MM.mm	Merit Std	EMAC CBP?	EMAC Medal
116	Joe McGrath	Basildon AC	V35M	3.23	Yes	-	G
198	Simon Eastwood	BEDC	V50M	3.13	Yes	CBP	G
192	Angus Aldridge	Southend On Sea AC	V50M	1.93	x	-	
320	Jemma Eastwood	BEDC	V35W	3.13	Yes	-	G
359	Sandra Pedley	Huntingdonshire AC	V50W	1.93	Yes	CBP	G

Triple Jump	Athlete	1st Claim Club	Age Group	Result MM.mm	Merit Std	EMAC CBP?	EMAC Medal
167	Neil Carrington	Huntingdonshire AC	V45M	11.07	Yes	-	G
203	Paul Harrison	Ryston Runners AC	V50M	10.87	Yes	CBP	G
247	Richard Phelan	Huntingdonshire AC	V55M	10.46	Yes	CBP	G
322	Heidi Nicholas	Basildon AC	V35W	8.00	Yes	CBP	G

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Shot Putt	Athlete	1st Claim Club	Age Group	Result MM.mm	Merit Std	EMAC CBP?	EMAC Medal
101	Jan Barnard	Basildon AC	V35M	7.46	x	-	
162	Daniel Upton	Trafford AC	V40M	11.97	Yes	-	G
170	Gintas Degutis	NEB	V45M	15.22	Yes	CBP	G
195	Paul Canning	MMKAC	V50M	8.88	x	-	
234	Michael Hausler	Cambridge & Coleridge AC	V55M	11.74	Yes	CBP	G
270	Graeme Packman	BEDC	V60M	10.16	Yes	CBP	G
301	Geoff Tyler	Chelmsford AC	V65M	11.11	Yes	-	G
345	Sue Lawrence	Thurrock Harriers AC	V45W	9.69	Yes	CBP	G
348	Sue Paterson	Corby AC	V45W	5.78	x	CBP	
343	Carey Hollick	King's College London Athletics & CC Club	V45W	5.77	x	CBP	
364	Julie Wilson	Reading AC	V50W	9.12	Yes	-	G
366	Wendy Dunsford	EE	V55W	7.95	Yes	CBP	G
370	Oriana Johnson	BEDC	V55W	7.78	Yes	CBP	S
375	Brenda Russell	VOA	V55W	5.98	x	CBP	
385	Stephanie Stamp	Southend On Sea AC	V60W	6.65	Yes	-	G