

**BMAF Indoor Championships - 11/12 March 2017 - EMAC Results****W35 60 Metre**

|   |                    |     |      |      |
|---|--------------------|-----|------|------|
| 3 | 414 Amanda Dodge   | W37 | EMAC | 9.83 |
| 5 | 422 Heidi Nicholas | W36 | EMAC | 8.96 |

**W40 60 Metre**

|   |                  |     |      |      |
|---|------------------|-----|------|------|
| 6 | 450 Lisa Tanushi | W42 | EMAC | 9.17 |
|---|------------------|-----|------|------|

**W50 60 Metre**

|   |                   |     |      |      |
|---|-------------------|-----|------|------|
| 2 | 484 Monica Brown  | W52 | EMAC | 8.67 |
| 4 | 480 Tracy Bezance | W52 | EMAC | 8.91 |

**W55 60 Metre**

|   |                       |     |      |      |
|---|-----------------------|-----|------|------|
| 1 | 521 Janice Hardcastle | W57 | EMAC | 9.47 |
| 4 | 517 Gaye Clarke       | W56 | EMAC | 9.74 |

**W60 60 Metre**

|   |                 |     |      |      |
|---|-----------------|-----|------|------|
| 1 | 545 Carol Alker | W62 | EMAC | 9.95 |
|---|-----------------|-----|------|------|

**W65 60 Metre**

|   |                   |     |      |       |
|---|-------------------|-----|------|-------|
| 4 | 576 Emily McMahon | W66 | EMAC | 10.17 |
|---|-------------------|-----|------|-------|

**M35 60 Metre**

|   |             |     |      |      |
|---|-------------|-----|------|------|
| 5 | 39 Amr Ziko | M38 | EMAC | 7.87 |
|---|-------------|-----|------|------|

**M40 60 Metre**

|   |                 |     |      |      |
|---|-----------------|-----|------|------|
| 4 | 48 Mark Collins | M43 | EMAC | 7.47 |
|---|-----------------|-----|------|------|

**M50 60 Metre**

|   |                  |     |      |      |
|---|------------------|-----|------|------|
| 4 | 161 Paul Canning | M50 | EMAC | 8.03 |
|---|------------------|-----|------|------|

**M60 60 Metre**

|   |                   |     |      |      |
|---|-------------------|-----|------|------|
| 1 | 282 Kevin Burgess | M60 | EMAC | 7.98 |
|---|-------------------|-----|------|------|

**M65 60 Metre**

|   |                |     |      |      |
|---|----------------|-----|------|------|
| 4 | 357 Tony Wells | M68 | EMAC | 9.14 |
|---|----------------|-----|------|------|

**W40 200 Metre**

|   |                  |     |      |       |
|---|------------------|-----|------|-------|
| 2 | 447 Claire Smith | W40 | EMAC | 28.12 |
|---|------------------|-----|------|-------|

**W50 200 Metre**

|   |                     |     |      |       |
|---|---------------------|-----|------|-------|
| 3 | 488 Christine Feely | W54 | EMAC | 33.33 |
|---|---------------------|-----|------|-------|

**W55 200 Metre**

|   |                      |     |      |       |
|---|----------------------|-----|------|-------|
| 2 | 538 Tessa Stephenson | W56 | EMAC | 33.40 |
|---|----------------------|-----|------|-------|

**W60-69 200 Metre**

|   |                 |     |      |       |
|---|-----------------|-----|------|-------|
| 4 | 545 Carol Alker | W62 | EMAC | 33.57 |
|---|-----------------|-----|------|-------|

**M35 200 Metre**

|   |             |     |      |       |
|---|-------------|-----|------|-------|
| 4 | 39 Amr Ziko | M38 | EMAC | 25.97 |
|---|-------------|-----|------|-------|

|   |                  |     |      |       |
|---|------------------|-----|------|-------|
| 3 | 161 Paul Canning | M50 | EMAC | 26.31 |
|---|------------------|-----|------|-------|

**M60 200 Metre**

|   |                      |     |      |       |
|---|----------------------|-----|------|-------|
| 3 | 316 Robert Woolliams | M61 | EMAC | 30.39 |
| 1 | 282 Kevin Burgess    | M60 | EMAC | 26.75 |

**M65 200 Metre**

|   |                |     |      |       |
|---|----------------|-----|------|-------|
| 1 | 357 Tony Wells | M68 | EMAC | 30.17 |
| 2 | 342 John Moore | M66 | EMAC | 31.41 |

| <b>W40 400 Metre</b> |                    |     |      |       |  |
|----------------------|--------------------|-----|------|-------|--|
| 2                    | 443 Stacy McGivern | W40 | EMAC | 62.28 |  |
| 3                    | 447 Claire Smith   | W40 | EMAC | 64.49 |  |

| <b>W55 400 Metre</b> |                      |     |      |       |  |
|----------------------|----------------------|-----|------|-------|--|
| 1                    | 527 Joan Lasenby     | W56 | EMAC | 76.19 |  |
| 3                    | 538 Tessa Stephenson | W56 | EMAC | 79.88 |  |

| <b>W60 400 Metre</b> |                |     |      |       |  |
|----------------------|----------------|-----|------|-------|--|
| 2                    | 546 Edith Caux | W60 | EMAC | 72.66 |  |

| <b>W50-69 400 Metre</b> |                   |     |      |       |  |
|-------------------------|-------------------|-----|------|-------|--|
| 1                       | 480 Tracy Bezance | W52 | EMAC | 65.84 |  |

| <b>M50 400 Metre</b> |                  |     |      |       |  |
|----------------------|------------------|-----|------|-------|--|
| 2                    | 161 Paul Canning | M50 | EMAC | 61.86 |  |

| <b>M60 400 Metre</b> |                    |     |      |       |  |
|----------------------|--------------------|-----|------|-------|--|
| 4                    | 295 Ivars Licietis | M61 | EMAC | 62.58 |  |

| <b>M75-94 400 Metre</b> |                 |     |      |         |  |
|-------------------------|-----------------|-----|------|---------|--|
| 2                       | 390 John Garber | M75 | EMAC | 1:24.96 |  |

| <b>W35-49 800 Metre Run</b> |                  |     |      |         |  |
|-----------------------------|------------------|-----|------|---------|--|
| 5                           | 464 Nicola Neill | W45 | EMAC | 2:32.04 |  |

| <b>W50-59 800 Metre Run</b> |                       |     |      |         |  |
|-----------------------------|-----------------------|-----|------|---------|--|
| 3                           | 478 Christine Anthony | W54 | EMAC | 2:42.98 |  |
| 5                           | 527 Joan Lasenby      | W56 | EMAC | 2:49.78 |  |

| <b>W60-79 800 Metre Run</b> |                   |     |      |         |  |
|-----------------------------|-------------------|-----|------|---------|--|
| 8                           | 589 Betty Stracey | W77 | EMAC | 4:24.10 |  |

| <b>M35 800 Metre Run</b> |                    |     |      |         |  |
|--------------------------|--------------------|-----|------|---------|--|
| 4                        | 32 Sean Reidy      | M36 | EMAC | 2:03.39 |  |
| 5                        | 33 Glen Richardson | M38 | EMAC | 2:07.06 |  |

| <b>M40 800 Metre Run</b> |                         |     |      |         |  |
|--------------------------|-------------------------|-----|------|---------|--|
| 3                        | 82 Christopher Westcott | M44 | EMAC | 2:04.83 |  |

| <b>M45 800 Metre Run</b> |                    |     |      |         |  |
|--------------------------|--------------------|-----|------|---------|--|
| 6                        | 95 Andy Coleman    | M49 | EMAC | 2:12.94 |  |
| 7                        | 102 Peter Downhill | M48 | EMAC | 2:13.27 |  |

| <b>M50 800 Metre Run</b> |                  |     |      |         |  |
|--------------------------|------------------|-----|------|---------|--|
| 3                        | 194 Tony Roberts | M51 | EMAC | 2:22.88 |  |

| <b>M55 800 Metre Run</b> |                       |     |      |         |  |
|--------------------------|-----------------------|-----|------|---------|--|
| 6                        | 213 Geoffrey Brewster | M58 | EMAC | 2:24.43 |  |
| 2                        | 223 Malcolm Down      | M55 | EMAC | 2:21.89 |  |
| 6                        | 222 John Donaldson    | M58 | EMAC | 2:25.35 |  |

| <b>M55 800 Metre Run</b> |                  |     |      |         |  |
|--------------------------|------------------|-----|------|---------|--|
| 4                        | 223 Malcolm Down | M55 | EMAC | 2:18.26 |  |

| <b>M60-69 800 Metre Run</b> |                 |     |      |         |  |
|-----------------------------|-----------------|-----|------|---------|--|
| 7                           | 324 Peter Duhig | M67 | EMAC | 2:56.16 |  |

| <b>M70-84 800 Metre Run</b> |                 |     |      |         |  |
|-----------------------------|-----------------|-----|------|---------|--|
| 5                           | 390 John Garber | M75 | EMAC | 3:13.34 |  |

| <b>W35-49 1500 Metre Run</b> |                        |     |      |         |  |
|------------------------------|------------------------|-----|------|---------|--|
| 3                            | 441 Christine Lathwell | W40 | EMAC | 5:07.46 |  |

| <b>W60-84 1500 Metre Run</b> |                   |     |      |         |
|------------------------------|-------------------|-----|------|---------|
| 9                            | 589 Betty Stracey | W77 | EMAC | 8:28.49 |

| <b>M35 1500 Metre Run</b> |                   |     |      |         |
|---------------------------|-------------------|-----|------|---------|
| 7                         | 8 Andy Cohen-Wray | M39 | EMAC | 4:41.28 |

| <b>M40-49 1500 Metre Run</b> |                         |     |      |         |
|------------------------------|-------------------------|-----|------|---------|
| 1                            | 76 Nick Shasha          | M42 | EMAC | 4:19.29 |
| 2                            | 82 Christopher Westcott | M44 | EMAC | 4:21.21 |
| 7                            | 57 Simon Fell           | M40 | EMAC | 4:32.27 |

| <b>M55 1500 Metre Run</b> |                   |     |      |         |
|---------------------------|-------------------|-----|------|---------|
| 3                         | 223 Malcolm Down  | M55 | EMAC | 4:41.03 |
| 4                         | 239 Simon Le Mare | M55 | EMAC | 4:44.58 |

| <b>M65-84 1500 Metre Run</b> |                 |     |      |         |
|------------------------------|-----------------|-----|------|---------|
| 8                            | 324 Peter Duhig | M67 | EMAC | 6:15.23 |
| 9                            | 390 John Garber | M75 | EMAC | 7:01.32 |

| <b>M35-49 3000 Metre Run</b> |                   |     |      |          |
|------------------------------|-------------------|-----|------|----------|
| 10                           | 57 Simon Fell     | M40 | EMAC | 9:52.01  |
| 12                           | 8 Andy Cohen-Wray | M39 | EMAC | 10:40.31 |

| <b>M50-59 3000 Metre Run</b> |                  |     |      |         |
|------------------------------|------------------|-----|------|---------|
| 3                            | 259 Colin Ridley | M55 | EMAC | 9:43.15 |

| <b>X60-84 3000 Metre Run</b> |                   |     |      |          |
|------------------------------|-------------------|-----|------|----------|
| 11                           | 589 Betty Stracey | W77 | EMAC | 17:57.64 |

| <b>W55 60 Metre Hurdles</b> |                   |     |      |       |
|-----------------------------|-------------------|-----|------|-------|
| 2                           | 517 Gaye Clarke   | W56 | EMAC | 10.89 |
| 5                           | 515 Penny Butcher | W58 | EMAC | 11.84 |

| <b>W60 60 Metre Hurdles</b> |                  |     |      |       |
|-----------------------------|------------------|-----|------|-------|
| 2                           | 550 Carole Filer | W61 | EMAC | 10.06 |

| <b>W65-74 60 Metre Hurdles</b> |                   |     |      |       |
|--------------------------------|-------------------|-----|------|-------|
| 1                              | 576 Emily McMahon | W66 | EMAC | 12.55 |

| <b>M35 60 Metre Hurdles</b> |                   |     |      |      |
|-----------------------------|-------------------|-----|------|------|
| 2                           | 27 Clint Nicholls | M38 | EMAC | 8.89 |
| 3                           | 32 Sean Reidy     | M36 | EMAC | 8.94 |

| <b>M45 60 Metre Hurdles</b> |                |     |      |      |
|-----------------------------|----------------|-----|------|------|
| 2                           | 139 Gary Smith | M46 | EMAC | 8.93 |

| <b>M50-59 60 Metre Hurdles</b> |                |     |      |      |
|--------------------------------|----------------|-----|------|------|
| 2                              | 245 John Mayor | M58 | EMAC | 9.53 |

| <b>M60-69 60 Metre Hurdles</b> |                |     |      |       |
|--------------------------------|----------------|-----|------|-------|
| 3                              | 357 Tony Wells | M68 | EMAC | 10.36 |

| <b>M70-84 60 Metre Hurdles</b> |                   |     |      |       |
|--------------------------------|-------------------|-----|------|-------|
| 4                              | 377 Robert Maggio | M70 | EMAC | 18.64 |

| <b>W35-54 High Jump</b> |                    |     |      |       |
|-------------------------|--------------------|-----|------|-------|
| 1                       | 422 Heidi Nicholas | W36 | EMAC | 1.45m |

| <b>W55-74 High Jump</b> |                       |     |      |       |
|-------------------------|-----------------------|-----|------|-------|
| 1                       | 550 Carole Filer      | W61 | EMAC | 1.33m |
| 1                       | 515 Penny Butcher     | W58 | EMAC | 1.30m |
| 1                       | 576 Emily McMahon     | W66 | EMAC | 1.09m |
| 2                       | 517 Gaye Clarke       | W56 | EMAC | 1.30m |
| 5                       | 521 Janice Hardcastle | W57 | EMAC | 1.21m |

| <b>M35-54 High Jump</b> |                   |     |      |       |  |
|-------------------------|-------------------|-----|------|-------|--|
| 1                       | 27 Clint Nicholls | M38 | EMAC | 1.80m |  |

| <b>M55-79 High Jump</b> |                    |     |      |       |  |
|-------------------------|--------------------|-----|------|-------|--|
| 1                       | 252 Richard Phelan | M55 | EMAC | 1.40m |  |

| <b>M35-64 Pole Vault</b> |                    |     |      |       |  |
|--------------------------|--------------------|-----|------|-------|--|
| 2                        | 168 Simon Eastwood | M51 | EMAC | 2.90m |  |
| 3                        | 302 Paul Oakes     | M63 | EMAC | 2.60m |  |

| <b>X35-79 Pole Vault</b> |                    |     |      |       |  |
|--------------------------|--------------------|-----|------|-------|--|
| 1                        | 417 Jemma Eastwood | W38 | EMAC | 3.30m |  |
| 2                        | 502 Sandra Pedley  | W51 | EMAC | 1.90m |  |

| <b>W35-49 Long Jump</b> |                    |     |      |       |  |
|-------------------------|--------------------|-----|------|-------|--|
| 1                       | 422 Heidi Nicholas | W36 | EMAC | 4.59m |  |
| 2                       | 443 Stacy McGivern | W40 | EMAC | 4.89m |  |
| 4                       | 414 Amanda Dodge   | W37 | EMAC | 3.31m |  |

| <b>W50-59 Long Jump</b> |                       |     |      |       |  |
|-------------------------|-----------------------|-----|------|-------|--|
| 3                       | 484 Monica Brown      | W52 | EMAC | 4.40m |  |
| 9                       | 515 Penny Butcher     | W58 | EMAC | 3.85m |  |
| 13                      | 521 Janice Hardcastle | W57 | EMAC | 3.45m |  |
| 14                      | 488 Christine Feely   | W54 | EMAC | 3.10m |  |

| <b>W60-84 Long Jump</b> |                  |     |      |       |  |
|-------------------------|------------------|-----|------|-------|--|
| 1                       | 550 Carole Filer | W61 | EMAC | 4.44m |  |

| <b>M35-44 Long Jump</b> |                   |     |      |       |  |
|-------------------------|-------------------|-----|------|-------|--|
| 2                       | 27 Clint Nicholls | M38 | EMAC | 5.90m |  |
| 5                       | 39 Amr Ziko       | M38 | EMAC | 4.84m |  |

| <b>M45 Long Jump</b> |                |     |      |       |  |
|----------------------|----------------|-----|------|-------|--|
| 7                    | 139 Gary Smith | M46 | EMAC | 5.42m |  |

| <b>M50-59 Long Jump</b> |                    |     |      |       |  |
|-------------------------|--------------------|-----|------|-------|--|
| 2                       | 252 Richard Phelan | M55 | EMAC | 4.83m |  |
| 3                       | 188 Keith Palmer   | M52 | EMAC | 4.57m |  |

| <b>M60-99 Long Jump</b> |                |     |      |       |  |
|-------------------------|----------------|-----|------|-------|--|
| 5                       | 302 Paul Oakes | M63 | EMAC | 4.13m |  |

| <b>M35-49 Triple Jump</b> |                    |     |      |        |  |
|---------------------------|--------------------|-----|------|--------|--|
| 6                         | 116 Marek Kowalski | M45 | EMAC | 10.41m |  |

| <b>M50-64 Triple Jump</b> |                   |     |      |        |  |
|---------------------------|-------------------|-----|------|--------|--|
| 2                         | 176 Paul Harrison | M50 | EMAC | 10.82m |  |

| <b>M65-74 Triple Jump</b> |                   |     |      |        |  |
|---------------------------|-------------------|-----|------|--------|--|
| 1                         | 330 David Folgate | M65 | EMAC | 10.14m |  |
| 7                         | 377 Robert Maggio | M70 | EMAC | 5.19m  |  |

| <b>W35-54 Shot Put</b> |                     |     |      |       |  |
|------------------------|---------------------|-----|------|-------|--|
| 7                      | 513 Julie Wilson    | W54 | EMAC | 9.28m |  |
| 16                     | 488 Christine Feely | W54 | EMAC | 6.00m |  |

| <b>W55 Shot Put</b> |                      |     |      |       |  |
|---------------------|----------------------|-----|------|-------|--|
| 5                   | 518 Wendy Dunsford   | W56 | EMAC | 8.14m |  |
| 6                   | 538 Tessa Stephenson | W56 | EMAC | 8.02m |  |
| 7                   | 524 Oriana Johnson   | W55 | EMAC | 7.42m |  |
| 10                  | 515 Penny Butcher    | W58 | EMAC | 6.89m |  |
| 11                  | 535 Brenda Russell   | W58 | EMAC | 6.00m |  |

| <b>W60-84 Shot Put</b> |                     |     |      |       |  |
|------------------------|---------------------|-----|------|-------|--|
| 6                      | 550 Carole Filer    | W61 | EMAC | 7.22m |  |
| 7                      | 565 Stephanie Stamp | W64 | EMAC | 7.04m |  |

| <b>M35-49 Shot Put</b> |                   |     |      |        |  |
|------------------------|-------------------|-----|------|--------|--|
| 1                      | 42 Ken Baker      | M43 | EMAC | 13.15m |  |
| 5                      | 40 Simon Achurch  | M42 | EMAC | 11.91m |  |
| 10                     | 27 Clint Nicholls | M38 | EMAC | 9.27m  |  |

| <b>M50-59 Shot Put</b> |                     |     |      |        |  |
|------------------------|---------------------|-----|------|--------|--|
| 1                      | 206 Stephen Whyte   | M52 | EMAC | 13.29m |  |
| 5                      | 231 Michael Hausler | M57 | EMAC | 12.04m |  |
| 6                      | 160 David Burrell   | M52 | EMAC | 11.99m |  |
| 14                     | 171 Jim Gillespie   | M54 | EMAC | 9.05m  |  |

| <b>M60 Shot Put</b> |                     |     |      |        |  |
|---------------------|---------------------|-----|------|--------|--|
| 3                   | 303 Graeme Packman  | M62 | EMAC | 10.22m |  |
| 4                   | 302 Paul Oakes      | M63 | EMAC | 10.07m |  |
| 6                   | 300 Timothy Needham | M64 | EMAC | 7.83m  |  |

| <b>M65-79 Shot Put</b> |                    |     |      |        |  |
|------------------------|--------------------|-----|------|--------|--|
| 2                      | 355 Geoff Tyler    | M68 | EMAC | 12.40m |  |
| 2                      | 391 Peter Hallett  | M77 | EMAC | 8.20m  |  |
| 4                      | 348 Bunt Scott     | M66 | EMAC | 9.92m  |  |
| 5                      | 321 John Blackwell | M66 | EMAC | 9.67m  |  |

| <b>W40-74 Discus Throw</b> |                     |     |      |        |  |
|----------------------------|---------------------|-----|------|--------|--|
| 5                          | 513 Julie Wilson    | W54 | EMAC | 24.76m |  |
| 7                          | 518 Wendy Dunsford  | W56 | EMAC | 23.13m |  |
| 11                         | 524 Oriana Johnson  | W55 | EMAC | 17.66m |  |
| 13                         | 565 Stephanie Stamp | W64 | EMAC | 12.72m |  |

| <b>M35-54 Discus Throw</b> |                   |     |      |        |  |
|----------------------------|-------------------|-----|------|--------|--|
| 6                          | 160 David Burrell | M52 | EMAC | 33.53m |  |
| 7                          | 206 Stephen Whyte | M52 | EMAC | 32.53m |  |
| 8                          | 40 Simon Achurch  | M42 | EMAC | 31.94m |  |
| 11                         | 12 Adam Fidgett   | M35 | EMAC | 27.95m |  |
| 12                         | 171 Jim Gillespie | M54 | EMAC | 27.91m |  |

| <b>M55-64 Discus Throw</b> |                     |     |      |        |  |
|----------------------------|---------------------|-----|------|--------|--|
| 1                          | 303 Graeme Packman  | M62 | EMAC | 35.67m |  |
| 3                          | 302 Paul Oakes      | M63 | EMAC | 33.57m |  |
| 4                          | 231 Michael Hausler | M57 | EMAC | 35.05m |  |
| 5                          | 300 Timothy Needham | M64 | EMAC | 27.33m |  |

| <b>M65 Discus Throw</b> |                    |     |      |        |  |
|-------------------------|--------------------|-----|------|--------|--|
| 1                       | 355 Geoff Tyler    | M68 | EMAC | 40.40m |  |
| 3                       | 348 Bunt Scott     | M66 | EMAC | 34.71m |  |
| 4                       | 321 John Blackwell | M66 | EMAC | 31.95m |  |

| <b>W40-54 Hammer Throw</b> |                  |     |      |        |  |
|----------------------------|------------------|-----|------|--------|--|
| 8                          | 513 Julie Wilson | W54 | EMAC | 30.70m |  |

| <b>W55-74 Hammer Throw</b> |                     |     |      |        |  |
|----------------------------|---------------------|-----|------|--------|--|
| 3                          | 518 Wendy Dunsford  | W56 | EMAC | 27.85m |  |
| 8                          | 535 Brenda Russell  | W58 | EMAC | 23.67m |  |
| 11                         | 565 Stephanie Stamp | W64 | EMAC | 19.44m |  |

| <b>M40-54 Hammer Throw</b> |                   |     |      |        |  |
|----------------------------|-------------------|-----|------|--------|--|
| 1                          | 206 Stephen Whyte | M52 | EMAC | 58.41m |  |
| 4                          | 160 David Burrell | M52 | EMAC | 42.86m |  |
| 5                          | 40 Simon Achurch  | M42 | EMAC | 41.76m |  |

| <b>M55-64 Hammer Throw</b> |                     |     |      |        |
|----------------------------|---------------------|-----|------|--------|
| 7                          | 300 Timothy Needham | M64 | EMAC | 30.48m |
| 8                          | 303 Graeme Packman  | M62 | EMAC | 23.60m |

| <b>M70 Hammer Throw</b> |                   |     |      |        |
|-------------------------|-------------------|-----|------|--------|
| 8                       | 377 Robert Maggio | M70 | EMAC | 12.50m |

| <b>M65-89 Hammer Throw</b> |                    |     |      |        |
|----------------------------|--------------------|-----|------|--------|
| 1                          | 348 Bunt Scott     | M66 | EMAC | 34.81m |
| 3                          | 321 John Blackwell | M66 | EMAC | 29.83m |

| <b>W40-74 Javelin Throw</b> |                     |     |      |        |
|-----------------------------|---------------------|-----|------|--------|
| 2                           | 450 Lisa Tanushi    | W42 | EMAC | 27.24m |
| 9                           | 565 Stephanie Stamp | W64 | EMAC | 11.81m |

| <b>M35-54 Javelin Throw</b> |                   |     |      |        |
|-----------------------------|-------------------|-----|------|--------|
| 1                           | 40 Simon Achurch  | M42 | EMAC | 39.54m |
| 3                           | 160 David Burrell | M52 | EMAC | 36.70m |

| <b>M55-64 Javelin Throw</b> |                     |     |      |        |
|-----------------------------|---------------------|-----|------|--------|
| 1                           | 231 Michael Hausler | M57 | EMAC | 36.01m |
| 3                           | 302 Paul Oakes      | M63 | EMAC | 32.98m |

| <b>M65-89 Javelin Throw</b> |                   |     |      |        |
|-----------------------------|-------------------|-----|------|--------|
| 6                           | 348 Bunt Scott    | M66 | EMAC | 27.17m |
| 14                          | 377 Robert Maggio | M70 | EMAC | 9.21m  |

| <b>W40-54 Weight Throw</b> |                  |     |      |        |
|----------------------------|------------------|-----|------|--------|
| 3                          | 513 Julie Wilson | W54 | EMAC | 10.85m |

| <b>W55-74 Weight Throw</b> |                     |     |      |       |
|----------------------------|---------------------|-----|------|-------|
| 7                          | 518 Wendy Dunsford  | W56 | EMAC | 9.15m |
| 9                          | 535 Brenda Russell  | W58 | EMAC | 7.49m |
| 10                         | 565 Stephanie Stamp | W64 | EMAC | 7.43m |

| <b>M40-54 Weight Throw</b> |                   |     |      |        |
|----------------------------|-------------------|-----|------|--------|
| 1                          | 206 Stephen Whyte | M52 | EMAC | 18.97m |
| 3                          | 160 David Burrell | M52 | EMAC | 13.29m |
| 9                          | 40 Simon Achurch  | M42 | EMAC | 10.31m |
| 10                         | 171 Jim Gillespie | M54 | EMAC | 10.15m |

| <b>M55-64 Weight Throw</b> |                     |     |      |        |
|----------------------------|---------------------|-----|------|--------|
| 7                          | 300 Timothy Needham | M64 | EMAC | 11.08m |

| <b>M65-89 Weight Throw</b> |                    |     |      |        |
|----------------------------|--------------------|-----|------|--------|
| 5                          | 348 Bunt Scott     | M66 | EMAC | 12.81m |
| 6                          | 321 John Blackwell | M66 | EMAC | 12.42m |

| <b>M50-74 3000 Metre Race Walk</b> |                  |     |      |          |
|------------------------------------|------------------|-----|------|----------|
| 7                                  | 360 John Borgars | M70 | EMAC | 20:08.45 |

| <b>X35-89 3000 Metre Race Walk</b> |                     |     |      |          |
|------------------------------------|---------------------|-----|------|----------|
| 2                                  | 497 Helen Middleton | W54 | EMAC | 17:34.30 |
| 3                                  | 465 Melanie Peddle  | W48 | EMAC | 17:43.03 |
| 5                                  | 549 Cath Duhig      | W62 | EMAC | 18:39.29 |