

BMAF SoE/EMAC/VAC/Open - Sunday, 17th February 2019 - Lee Valley Athletic Centre

60m	Athlete	1st Claim Club	Age Group	Result SS.ss	Medal Std	EMAC CBP?	EMAC Medal
66	Daniel Yellop	Ryston Runners	V35M	7.68	Yes	-	G
57	Panos Ioannou	Marshall Milton Keynes AC	V35M	7.70	Yes	-	S
50	Jan Barnard	Basildon AC	V35M	7.72	Yes	-	B
54	George Gavriel	Buckingham & Stowe RC	V35M	7.96	Yes	-	
96	Amr Ziko	Braintree & District AC	V40M	7.68	Yes	-	G
83	Justin Hubbard	Colchester & Tendring AC	V40M	7.88	Yes	-	S
95	Tony Waddington	Eastern Masters AC	V40M	7.94	Yes	-	B
69	Aaron Bollu	Colchester & Tendring AC	V40M	7.98	Yes	-	
82	Nigel Hayman	Ipswich Harriers	V40M	8.27	Yes	-	
93	Andrew Stowe	Huntingdonshire AC	V40M	8.37	Yes	-	
85	Keith Lok	Corby AC	V40M	8.54	Yes	-	
86	Anton McCalla	Fairlands Valley Spartans	V40M	8.69	Yes	-	
104	Mark Collins	Southampton Athletic Club	V45M	7.59	Yes	CBP	G
117	Yinka Opaleye	Huntingdonshire AC	V45M	7.71	Yes	-	S
124	Gary Smith	Luton Athletic Club	V45M	7.80	Yes	-	B
112	Christopher Kent	West Suffolk AC	V45M	8.30	Yes	-	
183	Des Wilkinson	Luton Athletic Club	V55M	8.42	Yes	-	G
230	John Moore	Lincoln Wellington Athletic Club	V65M	9.34	Yes	-	G
242	Paul Willcox	Achilles Club	V65M	9.60	Yes	-	S
238	Dennis Wallington	Blackheath and Bromley Harriers Athletic Club	V65M	10.49	Yes	-	B
256	Tony Wells	Corby AC	V70M	9.44	Yes	-	G
266	Ian Foster	Eastern Masters AC	V75M	9.38	Yes	-	G
268	Frank Hayes	Eastern Masters AC	V75M	10.88	Yes	-	S
279	Heidi Nicholas	Basildon AC	V35W	9.25	Yes	-	G
292	Yvette Clayton	Corby AC	V45W	8.99	Yes	-	G
294	Carey Hollick	Colchester & Tendring AC	V45W	11.30	x	-	S
310	Sue Paterson	Corby AC	V50W	10.50	Yes	-	G
329	Clare St John-Coleman	Chelmsford AC	V55W	9.76	Yes	-	G
330	Tessa Stephenson	Fairlands Valley Spartans	V55W	9.84	Yes	-	S
349	Stephanie Stamp	Southend On Sea AC	V65W	13.81	x	-	G
200m	Athlete	1st Claim Club	Age Group	Result SS.ss	Medal Std	EMAC CBP?	EMAC Medal
63	Andrew Spour	Lincoln Wellington Athletic Club	V35M	23.95	Yes	-	G
66	Daniel Yellop	Ryston Runners	V35M	24.81	Yes	-	S

57	Panos Ioannou	Marshall Milton Keynes AC	V35M	25.44	Yes	-	B
96	Amr Ziko	Braintree & District AC	V40M	25.53	Yes	-	G
83	Justin Hubbard	Colchester & Tendring AC	V40M	25.99	Yes	-	S
85	Keith Lok	Corby AC	V40M	28.33	Yes	-	B
125	Julian Smith	Nene Valley Harriers	V45M	25.20	Yes	-	G
117	Yinka Opaleye	Huntingdonshire AC	V45M	25.20	Yes	-	S
201	Tennyson James	Bedford & County AC	V60M	27.22	Yes	-	G
206	Ivars Licietis	Charwood A C	V60M	27.64	Yes	-	S
195	John Donaldson	Corby AC	V60M	29.84	Yes	-	B
217	Robert Woolliams	Ipswich Harriers	V60M	30.51	Yes	-	
230	John Moore	Lincoln Wellington Athletic Club	V65M	30.77	Yes	-	G
256	Tony Wells	Corby AC	V70M	31.91	Yes	CBP	G
292	Yvette Clayton	Corby AC	V45W	30.33	Yes	-	G
295	Dawn Jones	Harlow AC	V45W	31.20	Yes	-	S
304	Tracy Bezance	Southampton Athletic Club	V50W	28.97	Yes	-	G
310	Sue Paterson	Corby AC	V50W	36.98	x	-	S
330	Tessa Stephenson	Fairlands Valley Spartans	V55W	32.88	Yes	-	G
334	Edith Caux	Luton Athletic Club	V60W	31.85	Yes	CBP	G
349	Stephanie Stamp	Southend On Sea AC	V65W	50.42	x	-	G
400m	Athlete	1st Claim Club	Age Group	Result SS.ss	Medal Std	EMAC CBP?	EMAC Medal
91	Glen Richardson	City Of Norwich AC	V40M	59.66	Yes	-	G
94	Jeremy Vick	Marshall Milton Keynes AC	V40M	60.13	Yes	-	S
102	Richard Bruce	Stevenage & North Herts AC	V45M	56.74	Yes	-	G
125	Julian Smith	Nene Valley Harriers	V45M	57.49	Yes	-	S
201	Tennyson James	Bedford & County AC	V60M	62.88	Yes	-	G
206	Ivars Licietis	Charwood A C	V60M	63.86	Yes	-	S
267	John Garber	Herne Hill Harriers	V75M	83.57	Yes	-	G
262	Terry Casey	Veterans AC	V75M	113.33	x	-	S
292	Yvette Clayton	Corby AC	V45W	69.75	Yes	-	G
304	Tracy Bezance	Southampton Athletic Club	V50W	66.93	Yes	CBP	G
334	Edith Caux	Luton Athletic Club	V60W	74.93	Yes	-	G
333	Diane Baldwin	Marshall Milton Keynes AC	V60W	82.08	Yes	-	S
338	Sheryl Hann	Fairlands Valley Spartans	V60W	100.00	x	-	B
353	Anne Dockery	Bristol and West AC	V70W	89.48	Yes	CBP	G
357	Iris Hornsey	Fairlands Valley Spartans	V75W	99.51	Yes	-	G
800m	Athlete	1st Claim Club	Age Group	Result MM:SS.ss	Medal Std	EMAC CBP?	EMAC Medal
49	Tony Bacon	Haverhill Running Club	V35M	02:21.82	Yes	-	G

91	Glen Richardson	City Of Norwich AC	V40M	02:09.51	Yes	-	G
73	Andy Cohen-Wray	Bedford & County AC	V40M	02:33.68	x	-	S
128	Christopher Westcott	Stevenage & North Herts AC	V45M	02:05.67	Yes	CBP	G
135	Andy Coleman	Billericay Striders	V50M	02:14.30	Yes	-	G
138	Peter Downhill	Huntingdonshire AC	V50M	02:18.83	Yes	-	S
168	Malcolm Down	Garden City Runners	V55M	02:30.22	Yes	-	G
195	John Donaldson	Corby AC	V60M	02:30.35	Yes	CBP	G
187	Geoffrey Brewster	Huntingdonshire AC	V60M	02:32.21	Yes	CBP	S
244	Kenneth Bowman	Coltishall Jaguars RC	V70M	03:01.73	Yes	CBP	G
267	John Garber	Herne Hill Harriers	V75M	03:25.38	Yes	CBP	G
262	Terry Casey	Veterans AC	V75M	04:59.62	x	-	S
317	Christine Anthony	West Suffolk AC	V55W	02:36.55	Yes	CBP	G
333	Diane Baldwin	Marshall Milton Keynes AC	V60W	03:04.99	Yes	-	G
338	Sheryl Hann	Fairlands Valley Spartans	V60W	03:41.83	x	-	S
353	Anne Dockery	Bristol and West AC	V70W	03:21.48	Yes	CBP	G
357	Iris Hornsey	Fairlands Valley Spartans	V75W	03:50.40	Yes	-	G
1500m	Athlete	1st Claim Club	Age Group	Result MM:SS.ss	Medal Std	EMAC CBP?	EMAC Medal
49	Tony Bacon	Haverhill Running Club	V35M	04:48.95	Yes	-	G
91	Glen Richardson	City Of Norwich AC	V40M	04:49.05	Yes	-	G
73	Andy Cohen-Wray	Bedford & County AC	V40M	05:41.61	x	-	S
128	Christopher Westcott	Stevenage & North Herts AC	V45M	04:30.13	Yes	-	G
317	Christine Anthony	West Suffolk AC	V55W	05:33.91	Yes	-	G
333	Diane Baldwin	Marshall Milton Keynes AC	V60W	06:17.25	Yes	-	G
338	Sheryl Hann	Fairlands Valley Spartans	V60W	07:35.30	x	-	S
3000m	Athlete	1st Claim Club	Age Group	Result MM:SS.ss	Medal Std	EMAC CBP?	EMAC Medal
73	Andy Cohen-Wray	Bedford & County AC	V40M	12:34.26	x	-	G
105	Simon Coombes	Herne Hill Harriers	V45M	09:10.96	Yes	CBP	G
203	Nigel Lambert	Wyndham AC	V60M	11:50.65	Yes	-	G
244	Kenneth Bowman	Coltishall Jaguars RC	V70M	12:16.35	Yes	CBP	G
321	Elke Hausler	Eastern Masters AC	V55W	12:16.34	Yes	-	G
333	Diane Baldwin	Marshall Milton Keynes AC	V60W	13:30.72	Yes	-	G
60mH	Athlete	1st Claim Club	Age Group	Result SS.ss	Medal Std	EMAC CBP?	EMAC Medal
53	Dan Gartlan	Ipswich Harriers	V35M	10.85	x	-	G
82	Nigel Hayman	Ipswich Harriers	V40M	9.32	Yes	-	G
124	Gary Smith	Luton Athletic Club	V45M	8.84	Yes	-	G
113	Marek Kowalski	Thurrock Harriers	V45M	11.99	x	-	S
183	Des Wilkinson	Luton Athletic Club	V55M	9.25	Yes	CBP	G

201	Tennyson James	Bedford & County AC	V60M	9.97	Yes	-	G
256	Tony Wells	Corby AC	V70M	10.98	Yes	CBP	G
High Jump	Athlete	1st Claim Club	Age Group	Result MM.mm	Medal Std	EMAC CBP?	EMAC Medal
112	Christopher Kent	West Suffolk AC	V45M	1.47	Yes	-	G
132	Philip Bowers	Huntingdonshire AC	V50M	1.53	Yes	-	G
177	Richard Phelan	Huntingdonshire AC	V55M	1.41	Yes	-	G
279	Heidi Nicholas	Basildon AC	V35W	1.35	Yes	-	G
Long Jump	Athlete	1st Claim Club	Age Group	Result MM.mm	Medal Std	EMAC CBP?	EMAC Medal
53	Dan Gartlan	Ipswich Harriers	V35M	4.75	Yes	-	G
83	Justin Hubbard	Colchester & Tendring AC	V40M	5.75	Yes	CBP	G
69	Aaron Bollu	Colchester & Tendring AC	V40M	5.28	Yes	-	S
86	Anton McCalla	Fairlands Valley Spartans	V40M	4.78	Yes	-	B
117	Yinka Opaleye	Huntingdonshire AC	V45M	4.80	Yes	-	G
132	Philip Bowers	Huntingdonshire AC	V50M	4.96	Yes	CBP	G
154	Keith Palmer	Southend On Sea AC	V50M	4.41	Yes	-	S
177	Richard Phelan	Huntingdonshire AC	V55M	4.46	Yes	-	G
238	Dennis Wallington	Blackheath and Bromley Harriers Athletic Club	V65M	2.78	x	-	G
279	Heidi Nicholas	Basildon AC	V35W	4.41	Yes	-	G
329	Clare St John-Coleman	Chelmsford AC	V55W	3.60	Yes	-	G
347	Emily McMahan	Enfield and Haringey A C	V65W	3.40	Yes	CBP	G
Pole Vault	Athlete	1st Claim Club	Age Group	Result MM.mm	Medal Std	EMAC CBP?	EMAC Medal
60	Joe McGrath	Basildon AC	V35M	3.10	Yes	-	G
188	Mark Burgman	Bedford & County AC	V60M	2.61	Yes	-	G
284	Jemma Eastwood	Bedford & County AC	V40W	3.20	Yes	CBP	G
297	Stephanie Pain	City Of Norwich AC	V45W	2.50	Yes	CBP	G
311	Sandra Pedley	Huntingdonshire AC	V50W	1.80	Yes	-	G
Triple Jump	Athlete	1st Claim Club	Age Group	Result MM.mm	Medal Std	EMAC CBP?	EMAC Medal
53	Dan Gartlan	Ipswich Harriers	V35M	9.92	x	-	G
69	Aaron Bollu	Colchester & Tendring AC	V40M	10.56	Yes	-	G
86	Anton McCalla	Fairlands Valley Spartans	V40M	9.61	x	-	S
145	Paul Harrison	Ryston Runners	V50M	10.96	Yes	-	G
132	Philip Bowers	Huntingdonshire AC	V50M	10.29	Yes	-	S
177	Richard Phelan	Huntingdonshire AC	V55M	8.92	Yes	-	G
279	Heidi Nicholas	Basildon AC	V35W	8.70	Yes	-	G
Shot Putt	Athlete	1st Claim Club	Age Group	Result MM.mm	Medal Std	EMAC CBP?	EMAC Medal

76	Martin Gardner	Huntingdonshire AC	V40M	10.79	Yes	-	G
108	Gintas Degutis	Newham & Essex Beagles AC	V45M	14.40	Yes	-	G
112	Christopher Kent	West Suffolk AC	V45M	10.95	Yes	-	S
173	Michael Hausler	Cambridge & Coleridge AC	V55M	12.51	Yes	CBP	G
212	John Painter	Eastern Masters AC	V60M	12.04	Yes	CBP	G
210	Graeme Packman	Bedford & County AC	V60M	9.90	Yes	-	S
235	Tony Richards	Croydon Harriers	V65M	10.86	Yes	-	G
255	Geoff Tyler	Chelmsford AC	V70M	11.74	Yes	CBP	G
296	Sue Lawrence	Thurrock Harriers	V45W	9.96	Yes	-	G
297	Stephanie Pain	City Of Norwich AC	V45W	8.29	Yes	-	S
294	Carey Hollick	Colchester & Tendring AC	V45W	7.01	Yes	-	B
319	Wendy Dunsford	Epsom & Ewell Harriers	V55W	7.46	Yes	-	G
349	Stephanie Stamp	Southend On Sea AC	V65W	6.10	Yes	CBP	G