

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****W35 60 Metre****Championship: 7.78 C**

	Name	Age	Team	Finals	H#
<b>Finals</b>					
1	425 Claire Spurway	W38	SCVAC	7.90	2
2	421 Susan McLoughlin	W39	VAC	8.19	2
3	409 Naana Adusei	W37	NMAC	8.36	2
4	419 Nene Harrison	W36	SCVAC	8.72	2
5	426 Jody Ward	W38	MMAC	8.94	1
6	422 Heidi Nicholas	W36	EVAC	8.96	2
7	413 Ainslea Cross	W36	MMAC	9.22	1
8	414 Amanda Dodge	W37	EVAC	9.83	1

**W40 60 Metre****Championship: 8.06 C 07/03/2015 Giare Skervin, Midland Mast**

	Name	Age	Team	Finals	H#
<b>Finals</b>					
1	438 Julia Hubbard	W41	SWVAC	8.14	
2	436 Fiona Davidson	W44	SVHC	8.17	
3	444 Natalie Mulholland	W42	NEMAA	8.35	
4	453 Paula Williams	W44	MMAC	8.52	
5	434 Amanda Cook	W40	WMAA	8.75	
6	450 Lisa Tanushi	W42	EVAC	9.17	

**W45 60 Metre****Championship: 8.37 C**

	Name	Age	Team	Finals	H#
<b>Finals</b>					
1	472 Michelle Thomas	W45	WMAA	8.24	C
2	470 Anita Saunders	W46	NMAC	8.43	
3	459 Joanna Flowers	W48	VAC	8.57	
4	471 Juliet Sidney	W49	WMAA	8.71	
5	467 Deborah Ricci	W47	MMAC	9.10	
6	455 Jackie Breslin	W48	SCVAC	9.73	
7	468 Lesley Richardson	W47	SCVAC	11.03	

**W50 60 Metre****Championship: 8.40 C**

	Name	Age	Team	Finals	H#
<b>Finals</b>					
1	479 Angela Bates	W51	VAC	8.62	2
2	484 Monica Brown	W52	EVAC	8.67	2
3	492 Jayne Henderson	W51	NEMAA	8.69	2
4	480 Tracy Bezance	W52	EVAC	8.91	2
5	506 Fiona Steele	W51	SVHC	8.95	1
6	490 Melanie Garland	W54	WMAA	9.26	1
7	504 Sharon Samuel	W52	WMAA	9.35	1
8	510 Michele Wakefield	W51	SCVAC	9.35	2
9	507 Marise Taylor	W53	MMAC	9.60	1

**W55 60 Metre****Championship: 8.57 C**

	Name	Age	Team	Finals	H#
<b>Finals</b>					
1	530 Averil McClelland	W58	NMAC	9.03	2
2	520 Susan Frisby	W56	MMAC	9.15	2
3	537 Angela Sonn	W56	WMAA	9.40	2
4	521 Janice Hardcastle	W57	EVAC	9.47	1
5	542 Lesley Willis	W55	MMAC	9.49	1
6	522 Lesley Hopkins	W55	VAC	9.65	1
7	517 Gaye Clarke	W56	EVAC	9.74	2
8	543 Rosalind Zeffertt	W55	SCVAC	9.82	1

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****W60 60 Metre****Championship: 8.76 C 12/03/2016 Helen Godsell, Southern Cou****Finals**

1	554 Helen Godsell	W63 SCVAC	8.81	2
2	561 Caroline Powell	W63 SWVAC	9.03	2
3	557 Jane Horder	W60 MMAC	9.08	2
4	547 Sue Dassie	W64 SCVAC	9.92	2
5	545 Carol Alker	W62 EVAC	9.95	1
6	563 Christine Salvary	W60 SCVAC	10.04	1
7	551 Christine Fry	W61 SCVAC	10.08	1
8	544 Lyn Ahmet	W64 SCVAC	10.52	1

**W65 60 Metre****Championship: 9.52 C 12/03/2016 Moira West, Southern Cou****Finals**

1	579 Moira West	W67 SCVAC	9.46	C
2	580 Hendricka White	W66 SCVAC	9.68	
3	577 Anne Nelson	W65 VAC	10.11	
4	576 Emily McMahon	W66 EVAC	10.17	
5	569 Jean Fail	W67 SWVAC	10.30	

**W70 60 Metre****70 Champions: 10.43 C****Finals**

1	585 Patricia Oakes	W70 WMAA	11.45	
2	581 Ann Bolitho	W74 SCVAC	11.75	
3	584 Daphne Marler	W70 WMAA	14.28	

**W80 60 Metre****Finals**

1	590 Dorothy Fraser	W80 WMAA	13.30	
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**M35 60 Metre****Championship: 7.02 C****Heats**

1	15 Mark Hanson	M35 OPEN	C 7.02	Q	1
2	10 Marvin Edwards	M37 NMAC	7.20	Q	2
3	9 Liam Collins	M38 NEMAA	7.25	Q	1
4	38 Symon Woan	M35 NMAC	7.33	Q	2
5	14 Peter Hall	M37 MMAC	7.32	q	1
6	25 Carl McMullen	M37 NMAC	7.45	q	2
7	36 Mark Vallier	M39 OPEN	7.50		1
8	7 Navid Childs	M35 WMAA	7.78		2
9	19 Alexander Lee	M35 SCVAC	7.81		2
10	20 Stephen Leek	M36 SVHC	7.82		2
11	39 Amr Ziko	M38 EVAC	7.87		1

**M35 60 Metre****Championship: 7.02 C****Finals**

1	15 Mark Hanson	M35 OPEN	6.99	C
2	9 Liam Collins	M38 NEMAA	7.17	
3	10 Marvin Edwards	M37 NMAC	7.18	
4	38 Symon Woan	M35 NMAC	7.36	
5	14 Peter Hall	M37 MMAC	7.40	
6	25 Carl McMullen	M37 NMAC	7.46	

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****M40 60 Metre****Championship: 7.03 C****Heats**

1	70 Esmei Ossai	M41 SCVAC	C 7.02 Q	1
2	55 Mensah Elliott	M40 SCVAC	7.06 Q	2
3	45 Dominic Bradley	M40 MMAC	7.04 Q	1
4	84 Joshua Wood	M42 SCVAC	7.20 Q	2
5	67 Ashley McMahon	M41 AUSTRALIA	7.23 q	1
6	61 Ciaran Harvey	M43 SCVAC	7.33 q	2
7	47 Stuart Channon	M40 VAC	7.46 q	1
8	48 Mark Collins	M43 EVAC	7.47	2
9	50 Leon Creaney	M40 MMAC	7.99	1
10	54 David Dupouy	M44 FRANCE	8.73	2

**M40 60 Metre****Championship: 7.03 C****Finals**

1	70 Esmei Ossai	M41 SCVAC	6.99 C
2	55 Mensah Elliott	M40 SCVAC	7.03 C
3	45 Dominic Bradley	M40 MMAC	7.05
4	84 Joshua Wood	M42 SCVAC	7.26
5	67 Ashley McMahon	M41 AUSTRALIA	7.27
6	61 Ciaran Harvey	M43 SCVAC	7.29
7	47 Stuart Channon	M40 VAC	7.47

**M45 60 Metre****Championship: 7.18 C****Heats**

1	93 Jason Carty	M47 SCVAC	7.37 Q	3
2	86 Joe Appiah	M46 SCVAC	7.51 Q	2
3	123 Giuseppe Minetti	M47 SCVAC	7.64 Q	1
4	142 David Swalwell	M47 NEMAA	7.69 q	1
5	98 Mark Davidson	M48 SVHC	7.75 q	3
6	150 Martin White	M46 MMAC	7.83 q	2
7	120 Neil Lincoln	M46 SCVAC	7.88	3
8	147 Daniel Tomlinson	M47 VAC	7.97	2
9	121 Mark Mcallister	M45 SCVAC	8.04	3
10	87 Michele Beltramo	M48 ITALY	8.04	1
11	145 Stephen Terry-Short	M46 MMAC	8.09	1
12	117 Nick Lauder	M46 VAC	8.17	2
13	125 James Morgan	M45 WMAA	8.31	3
14	134 Dave Roberts	M49 SCVAC	8.93	1

**M45 60 Metre****Championship: 7.18 C****Finals**

1	93 Jason Carty	M47 SCVAC	7.27
2	86 Joe Appiah	M46 SCVAC	7.41
3	123 Giuseppe Minetti	M47 SCVAC	7.50
4	98 Mark Davidson	M48 SVHC	7.71
5	142 David Swalwell	M47 NEMAA	7.76
6	150 Martin White	M46 MMAC	7.86

**M50 60 Metre****Championship: 7.43 C****Heats**

1	164 Richard Cooper	M50 OPEN	7.80 Q	1
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**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****Heats ... (M50 60 Metre)**

2	198 Rohan Samuel	M51 VAC	7.81 Q	2
3	169 Fausto Furlotti	M53 SCVAC	7.83 Q	1
4	205 Mark White	M51 VAC	7.92 Q	2
5	158 Donald Brown	M53 MMAC	7.95 q	2
6	187 Wole Odele	M52 SCVAC	7.99 q	1
7	161 Paul Canning	M50 EVAC	8.03	1
8	172 Paul Goodison	M53 OPEN	8.08	2
9	180 Barrington King	M51 SCVAC	8.22	1
10	162 Richard Christian	M52 SCVAC	8.51	1
11	191 Glen Reddington	M54 SCVAC	8.56	2
12	186 Chris Michael	M54 VAC	9.35	2
13	175 Richard Halsey	M54 SCVAC	9.88	2

**M50 60 Metre****Championship: 7.43 C****Finals**

1	198 Rohan Samuel	M51 VAC	7.72
2	169 Fausto Furlotti	M53 SCVAC	7.78
3	205 Mark White	M51 VAC	7.88
4	164 Richard Cooper	M50 OPEN	7.88
5	187 Wole Odele	M52 SCVAC	7.90
6	158 Donald Brown	M53 MMAC	7.93

**M55 60 Metre****Championship: 7.64 C****Heats**

1	243 Pat Logan	M56 NIMAA	7.77 Q	2
2	221 Dougie Donald	M58 MMAC	7.98 Q	1
3	240 Gary Leek	M56 SVHC	8.00 Q	2
4	262 John Statham	M56 MMAC	8.05 Q	1
5	272 Mark Woods	M56 SCVAC	8.12 q	2
6	228 Julien Gittens	M55 NMAC	8.20 q	2
7	253 Keith Powell	M56 WMAA	8.40	1
8	267 Adrian Walley	M56 OPEN	8.50	1
9	246 Iain Moody	M55 MMAC	8.83	2
10	218 Adrian Day	M58 VAC	9.00	1
11	244 Michael May	M56 VAC	9.65	1
---	233 Henry Hopkins	M59 MMAC	DNF	2

**M55 60 Metre****Championship: 7.64 C****Finals**

1	243 Pat Logan	M56 NIMAA	7.69
2	262 John Statham	M56 MMAC	7.92
3	240 Gary Leek	M56 SVHC	7.99
4	272 Mark Woods	M56 SCVAC	8.21
5	228 Julien Gittens	M55 NMAC	8.29

**M60 60 Metre****Championship: 7.93 C****Finals**

1	282 Kevin Burgess	M60 EVAC	7.98	2
2	276 Simon Barrett	M64 SCVAC	8.46	2
3	304 Robert Phin	M60 SVHC	8.47	2
4	281 Ian Broadhurst	M62 WMAA	8.55	2

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****Finals ... (M60 60 Metre)**

5	315 Ian Willoughby	M63 MMAC	8.87	1
6	286 Roderick Davies	M60 WMAA	8.95	1
7	280 David Blunt	M63 VAC	8.99	1
8	284 Peter Coote	M62 MMAC	9.58	1

**M65 60 Metre****Championship: 8.17 C****Finals**

1	341 Christopher Monk	M65 MMAC	8.19	2
2	333 David Hinds	M66 VAC	8.84	2
3	335 Geoffrey Kitchener	M67 VAC	9.12	2
4	357 Tony Wells	M68 EVAC	9.14	2
5	338 Mike Maisey	M66 SCVAC	9.21	2
6	353 John Steel	M69 MMAC	9.57	1
7	356 Patrick Webber	M68 WMAA	9.92	1
8	345 Patrick Reynolds	M66 IRELAND	10.63	1

**M70 60 Metre****Championship: 8.35 C 07/03/2015 Ian Foster, Eastern VAC****Finals**

1	380 Victor Novell	M72 SCVAC	8.73
2	376 Allan Long	M74 VAC	8.98
3	383 James Smith	M72 SVHC	9.14
4	365 Lawrie Dunn	M70 MMAC	9.50
5	366 Albert Eland	M71 NMAC	9.73
6	372 Charles Isetts	M74 VAC	9.86

**M75 60 Metre****Championship: 8.80 C****Finals**

1	389 Barry Ferguson	M75 VAC	9.76
2	393 Geoff Hudson	M77 MMAC	10.27
3	388 Roger Bruck	M77 SCVAC	10.41

**M80 60 Metre****80 Champions: 9.64 C****Finals**

1	400 Colin Field	M80 SCVAC	11.17
2	402 Richard Pitcairn-Knowles	M84 VAC	13.04

**M90 60 Metre****Finals**

1	407 Dalbir Singh Deol	M90 VAC	13.60
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**M95 60 Metre****Finals**

1	408 Charles Eugster	M97 VAC	15.90
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**W35 200 Metre****Championship: 24.98 C****Finals**

1	424 Katie Skelding	W35 VAC	26.66
2	409 Naana Adusei	W37 NMAC	28.03
3	410 Emilie Bokor-Ingram	W35 DENMARK	28.58

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****W40 200 Metre****Championship: 26.44 C****Finals**

1	438 Julia Hubbard	W41 SWVAC	26.87
2	447 Claire Smith	W40 EVAC	28.12
3	451 Kirstie Taylor	W42 SCVAC	28.26
4	444 Natalie Mulholland	W42 NEMAA	28.54
5	446 Sally Parry	W42 SCVAC	30.15
6	433 Lourdes Camos	W43 SPAIN	32.91

**W45 200 Metre****Championship: 26.36 C****Finals**

1	470 Anita Saunders	W46 NMAC	28.64
2	459 Joanna Flowers	W48 VAC	28.65
3	467 Deborah Ricci	W47 MMAC	30.84
4	458 Deborah Doherty	W48 SCVAC	31.67

**W50 200 Metre****Championship: 27.43 C****Finals**

1	506 Fiona Steele	W51 SVHC	29.09	2
2	492 Jayne Henderson	W51 NEMAA	29.19	2
3	479 Angela Bates	W51 VAC	29.31	1
4	483 Yolanda Broek	W53 VAC	29.66	2
5	486 Janet Dickinson	W50 SWVAC	30.64	2
6	510 Michele Wakefield	W51 SCVAC	30.82	2
7	490 Melanie Garland	W54 WMAA	31.85	1
8	488 Christine Feely	W54 EVAC	33.33	1

**W55 200 Metre****Championship: 28.63 C****Finals**

1	537 Angela Sonn	W56 WMAA	31.72
2	538 Tessa Stephenson	W56 EVAC	33.40
3	541 Hilary West	W59 NMAC	33.87
4	543 Rosalind Zeffertt	W55 SCVAC	34.77

**W60 200 Metre****60 Champions: 29.62 C 08/03/2015 Caroline Powell, South West V****60 Champions: 29.62 C 13/03/2016 Helen Godsell, Southern Cou****Finals**

1	554 Helen Godsell	W63 SCVAC	29.92
2	562 Ed Roe	W61 VAC	31.98
4	545 Carol Alker	W62 EVAC	33.57

**W65 200 Metre****Finals**

3	580 Hendricka White	W66 SCVAC	32.97
5	577 Anne Nelson	W65 VAC	35.74

**W70 200 Metre****70 Champions: 36.73 C****Finals**

1	585 Patricia Oakes	W70 WMAA	44.64
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**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****W80 200 Metre****Finals**

1	590 Dorothy Fraser	W80 WMAA	47.27
2	592 Dorothy McLennan	W81 IRELAND	66.07

**M35 200 Metre**

**Championship:** 22.76 C 08/03/2015 Richard Beardsell, Northern Vet

**Finals**

1	34 Gavin Stephens	M39 VAC	23.22
2	14 Peter Hall	M37 MMAC	23.82
3	7 Navid Childs	M35 WMAA	24.45
4	39 Amr Ziko	M38 EVAC	25.97

**M40 200 Metre**

**Championship:** 22.69 C 13/03/2016 Esmei Ossai, Southern Cou

**Finals**

1	45 Dominic Bradley	M40 MMAC	23.02
2	43 Adam Bellis	M40 SCVAC	23.25
3	69 Matthew Muggeridge	M40 SWVAC	24.51
4	59 Andrew Gordon	M42 VAC	26.10
5	53 Paul Dodds	M42 NEMAA	26.84

**M45 200 Metre**

**Championship:** 23.20 C

**Heats**

1	88 Dominic Bokor-Ingram	M49 VAC	24.56 Q	1
2	104 Michael Gardiner	M48 MMAC	25.35 Q	2
3	123 Giuseppe Minetti	M47 SCVAC	24.92 Q	1
4	107 Glenn Gray	M48 SCVAC	25.76 Q	2
5	142 David Swalwell	M47 NEMAA	25.42 q	1
6	150 Martin White	M46 MMAC	25.46 q	1
7	147 Daniel Tomlinson	M47 VAC	25.84	1
8	119 Andy Lewis	M49 SCVAC	25.93	2
9	117 Nick Lauder	M46 VAC	26.45	2
10	125 James Morgan	M45 WMAA	26.89	1
11	145 Stephen Terry-Short	M46 MMAC	26.94	2
---	98 Mark Davidson	M48 SVHC	DNF	2

**M45 200 Metre**

**Championship:** 23.20 C

**Finals**

1	104 Michael Gardiner	M48 MMAC	24.31
2	88 Dominic Bokor-Ingram	M49 VAC	24.41
3	123 Giuseppe Minetti	M47 SCVAC	24.62
4	142 David Swalwell	M47 NEMAA	25.65
5	107 Glenn Gray	M48 SCVAC	26.15

**M50 200 Metre**

**Championship:** 23.88 C

**Finals**

1	205 Mark White	M51 VAC	25.13	2
2	169 Fausto Furlotti	M53 SCVAC	25.27	2
3	161 Paul Canning	M50 EVAC	26.31	2
4	172 Paul Goodison	M53 OPEN	26.68	1
5	199 Harold Sewell	M50 SCVAC	26.77	2
6	162 Richard Christian	M52 SCVAC	27.91	1
7	186 Chris Michael	M54 VAC	31.37	1

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****M55 200 Metre****Championship: 24.70 C****Heats**

1	243 Pat Logan	M56 NIMAA	25.90 Q	2
2	235 Ronnie Hunter	M55 SVHC	26.63 Q	1
3	272 Mark Woods	M56 SCVAC	26.44 Q	2
4	242 Bob Lewis	M55 SCVAC	26.75 Q	1
5	236 Peter Ilo	M55 SCVAC	26.49 q	2
6	262 John Statham	M56 MMAC	26.78 q	1
7	240 Gary Leek	M56 SVHC	27.51	1
8	233 Henry Hopkins	M59 MMAC	28.66	2
9	218 Adrian Day	M58 VAC	29.07	2
10	244 Michael May	M56 VAC	32.72	1

**M55 200 Metre****Championship: 24.70 C****Finals**

1	243 Pat Logan	M56 NIMAA	25.13
2	272 Mark Woods	M56 SCVAC	25.98
3	236 Peter Ilo	M55 SCVAC	26.00
4	242 Bob Lewis	M55 SCVAC	26.13
5	235 Ronnie Hunter	M55 SVHC	26.19
6	262 John Statham	M56 MMAC	26.62

**M60 200 Metre****Championship: 25.24 C 07/03/2015 Alasdair Ross, Veterans Ath****Finals**

1	282 Kevin Burgess	M60 EVAC	26.75	2
2	276 Simon Barrett	M64 SCVAC	26.99	2
3	281 Ian Broadhurst	M62 WMAA	26.99	2
4	289 Bob Douglas	M63 SVHC	28.22	2
5	286 Roderick Davies	M60 WMAA	29.02	1
6	304 Robert Phin	M60 SVHC	29.52	1
7	316 Robert Woolliams	M61 EVAC	30.39	1

**M65 200 Metre****Championship: 27.28 C****Finals**

1	326 Adrian Essex	M66 SCVAC	28.00	2
2	341 Christopher Monk	M65 MMAC	28.11	2
3	333 David Hinds	M66 VAC	28.64	2
4	352 David Spencer	M67 SCVAC	28.68	2
5	357 Tony Wells	M68 EVAC	30.17	1
6	319 Paul Anthony	M68 MMAC	30.34	2
7	342 John Moore	M66 EVAC	31.41	1
8	353 John Steel	M69 MMAC	33.13	1
9	345 Patrick Reynolds	M66 IRELAND	36.83	1

**M70 200 Metre****70 Champions: 27.89 C****Finals**

1	380 Victor Novell	M72 SCVAC	30.20
2	383 James Smith	M72 SVHC	30.62
3	366 Albert Eland	M71 NMAC	32.87
5	382 David Shelton	M71 NMAC	34.38
6	386 David Whittaker	M72 VAC	35.58



**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****M75 200 Metre**

75 Champions: 30.70 C

**Finals**

1 388 Roger Bruck M77 SCVAC 35.78

**M80 200 Metre****Finals**

4 398 Tony Bowman M81 NMAC 33.45

**M90 200 Metre****Finals**

1 407 Dalbir Singh Deol M90 VAC 52.46

**W35 400 Metre**

Championship: 57.17 C

**Finals**

1 421 Susan McLoughlin W39 VAC 60.79

2 410 Emilie Bokor-Ingram W35 DENMARK 62.74

**W40 400 Metre**

Championship: 58.88 C

**Finals**

1 445 Diana Norman W42 SCVAC 60.35

2 443 Stacy McGivern W40 EVAC 62.28

3 447 Claire Smith W40 EVAC 64.49

**W45 400 Metre**

Championship: 61.09 C

**Finals**

1 477 Emma Wood W45 SCVAC 60.10 C

2 462 Monique Krefting W47 SCVAC 60.75 C

3 459 Joanna Flowers W48 VAC 64.65

4 471 Juliet Sidney W49 WMAA 70.26

**W50 400 Metre**

50 Champions: 62.51 C

**Finals**

1 480 Tracy Bezance W52 EVAC 65.84

2 485 Alison Collins W52 SCVAC 67.15

3 481 Tracey Bosworth W51 SWVAC 70.88

**W55 400 Metre**

Championship: 62.11 C

**Finals**

1 527 Joan Lasenby W56 EVAC 76.19

2 541 Hilary West W59 NMAC 76.48

3 538 Tessa Stephenson W56 EVAC 79.88

4 537 Angela Sonn W56 WMAA 1:24.15

**W60 400 Metre**

Championship: 67.88 C 07/03/2015 Caroline Powell, South West V

**Finals**

1 561 Caroline Powell W63 SWVAC 69.72

2 546 Edith Caux W60 EVAC 72.66

3 562 Ed Roe W61 VAC 74.43

4 558 Joan Howe W61 NMAC 74.77

5 553 Anna Garnier W62 VAC 75.12

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****M35 400 Metre****Championship: 49.07 C 07/03/2015 Richard Beardsell, Northern Vet****Finals**

1	9 Liam Collins	M38 NEMAA	50.38
2	34 Gavin Stephens	M39 VAC	50.96
3	3 Tom Bolan-Ashworth	M37 NMAC	51.35
4	35 Darren Towart	M39 NEMAA	53.58

**M40 400 Metre****Championship: 49.99 C****Finals**

1	43 Adam Bellis	M40 SCVAC	52.02
2	67 Ashley McMahan	M41 AUSTRALIA	53.32
3	69 Matthew Muggeridge	M40 SWVAC	54.83
4	50 Leon Creaney	M40 MMAC	55.00
5	74 Ivan Ross	M42 IRELAND	57.66
6	53 Paul Dodds	M42 NEMAA	57.93

**M45 400 Metre****Championship: 51.11 C****Heats**

1	88 Dominic Bokor-Ingram	M49 VAC	57.49	Q	2
2	104 Michael Gardiner	M48 MMAC	58.54	Q	1
3	129 Michael Osunsami	M48 SCVAC	58.30	Q	2
4	130 David Pearson	M49 SWVAC	59.03	Q	1
5	141 Jason Steel	M45 SCVAC	58.61	q	2
6	111 Richard Holt	M45 SCVAC	59.23	q	1
7	92 Simon Byway	M47 SCVAC	59.33		1
8	122 David McKeown-Webster	M47 SCVAC	60.27		1
9	145 Stephen Terry-Short	M46 MMAC	61.20		2
10	110 William Harris	M46 VAC	61.56		2

**M45 400 Metre****Championship: 51.11 C****Finals**

1	88 Dominic Bokor-Ingram	M49 VAC	53.24
2	104 Michael Gardiner	M48 MMAC	53.48
3	129 Michael Osunsami	M48 SCVAC	56.03
4	141 Jason Steel	M45 SCVAC	57.64
5	111 Richard Holt	M45 SCVAC	59.01
6	130 David Pearson	M49 SWVAC	59.62

**M50 400 Metre****Championship: 54.09 C****Finals**

1	201 Jonathan Tilt	M54 SCVAC	55.36	2
2	205 Mark White	M51 VAC	57.01	2
3	199 Harold Sewell	M50 SCVAC	57.69	2
4	187 Wole Odele	M52 SCVAC	57.85	1
5	173 Nicholas Grocock	M54 SCVAC	59.58	2
6	161 Paul Canning	M50 EVAC	61.86	1
7	162 Richard Christian	M52 SCVAC	62.85	1

**M55 400 Metre****Championship: 55.93 C****Finals**

1	269 Richard White	M57 MMAC	57.46	2
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**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****Finals ... (M55 400 Metre)**

2	236 Peter Ilo	M55 SCVAC	58.53	2
3	242 Bob Lewis	M55 SCVAC	59.90	2
4	211 Colin Bates	M56 SCVAC	60.98	2
5	256 Kevin Pye	M57 MMAC	61.45	2
6	226 Paul Edwards	M57 MMAC	62.87	2
7	246 Iain Moody	M55 MMAC	63.36	1
8	264 Steven Taylor	M58 NMAC	65.42	1
9	230 Chris Gunstone	M58 MMAC	68.20	1

**M60 400 Metre**

**Championship:** 58.28 C 07/03/2015 Alasdair Ross, Veterans Ath

**Finals**

1	281 Ian Broadhurst	M62 WMAA	60.92
2	289 Bob Douglas	M63 SVHC	61.26
3	276 Simon Barrett	M64 SCVAC	61.40
4	295 Ivars Licietis	M61 EVAC	62.58
5	312 Ray Watkins	M64 SCVAC	65.69

**M65 400 Metre**

**Championship:** 61.40 C 07/03/2015 Paul Anthony, Midland Mast

**Finals**

1	352 David Spencer	M67 SCVAC	64.92
2	326 Adrian Essex	M66 SCVAC	65.57
3	333 David Hinds	M66 VAC	69.46
4	319 Paul Anthony	M68 MMAC	71.17

**M70 400 Metre**

**Championship:** 66.08 C

**Finals**

1	365 Lawrie Dunn	M70 MMAC	72.83
2	366 Albert Eland	M71 NMAC	73.68
3	359 Terry Bissett	M73 SCVAC	74.72

**M75 400 Metre**

**75 Champions:** 71.90 C 08/03/2014

**Finals**

1	387 John Batchelor	M76 VAC	74.11
2	390 John Garber	M75 EVAC	1:24.96

**M80 400 Metre****Finals**

1	401 Rodney Mills	M80 NMAC	1:26.88
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**W35 800 Metre Run**

**35 Champions:** 2:18.70 C

**Finals**

1	415 Zoe Doyle	W38 VAC	2:17.01 C
2	418 Jacqueline Etherington	W38 SVHC	2:28.67

**W40 800 Metre Run****Finals**

1	445 Diana Norman	W42 SCVAC	2:15.65
2	431 Lourdes Bradley	W42 SPAIN	2:32.14
3	452 Claire Thompson	W40 SVHC	2:35.10

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****W45 800 Metre Run****Finals**

1	473 Frida Run Thordardottir	W47 ICELAND	2:30.12
2	464 Nicola Neill	W45 EVAC	2:32.04
3	476 Julie Wilson	W49 SVHC	2:32.47
4	469 Stephanie Robson	W45 VAC	2:45.88

**W60 800 Metre Run****60 Champions: 2:37.67 C****Finals**

1	558 Joan Howe	W61 NMAC	2:46.15
2	553 Anna Garnier	W62 VAC	2:48.78
3	560 Maxine Jones	W60 IRELAND	2:51.88
4	555 Phyllis Hands	W61 SVHC	3:08.40

**W65 800 Metre Run****Finals**

1	572 Nancy Hitchmough	W66 MMAC	2:54.90
2	574 Sue James	W66 SCVAC	3:36.29

**W70 800 Metre Run****Finals**

1	583 Patricia Gallagher	W71 WMAA	3:23.66
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**W75 800 Metre Run****Finals**

1	589 Betty Stracey	W77 EVAC	4:24.10
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**Women 800 Metre Run****Finals**

1	528 Fiona Matheson	W55 SVHC	2:32.67
2	482 Cathryn Brady	W51 IRELAND	2:40.37
3	478 Christine Anthony	W54 EVAC	2:42.98
4	523 Jenny Hughes	W56 SCVAC	2:43.80
5	527 Joan Lasenby	W56 EVAC	2:49.78
6	541 Hilary West	W59 NMAC	2:53.91
7	508 Patricia Thomas	W52 VAC	2:59.52

**M35 800 Metre Run****Championship: 1:58.99 C****Finals**

1	6 Aaron Brown	M36 VAC	1:59.55
2	17 Jevgeni Judin	M38 SWVAC	2:00.95
3	37 Peter Rhys Watkeys	M35 WMAA	2:01.27
4	32 Sean Reidy	M36 EVAC	2:03.39
5	33 Glen Richardson	M38 EVAC	2:07.06
6	1 Joe Ashley	M38 SCVAC	2:07.12
7	25 Carl McMullen	M37 NMAC	2:09.74
8	30 Thomas Procter-Legg	M35 MMAC	2:10.99

**M40 800 Metre Run****Championship: 1:58.88 C****Finals**

1	75 Richard Scott	M43 SWVAC	2:02.44
2	41 David Allworthy	M40 OPEN	2:04.61
3	82 Christopher Westcott	M44 EVAC	2:04.83
4	46 Scott Browne	M40 WMAA	2:09.20
5	44 Jim Bennett	M43 SCVAC	2:14.15

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****Finals ... (M40 800 Metre Run)**

6	63 Jason Kabel	M44 OPEN	2:15.57
7	62 Angelo John	M44 SAINT VINCENT AND THE GREN.	2:15.59

**M45 800 Metre Run****Championship: 1:58.90 C****Finals**

1	146 Mike Toal	M45 NMAC	2:07.27
2	85 Nick Andrews	M46 OPEN	2:07.88
3	97 Robert Datnow	M45 VAC	2:08.14
4	143 Mark Symes	M48 SCVAC	2:10.32
5	152 David Woods	M48 OPEN	2:10.94
6	95 Andy Coleman	M49 EVAC	2:12.94
7	102 Peter Downhill	M48 EVAC	2:13.27
8	141 Jason Steel	M45 SCVAC	2:16.73
9	137 David Shortridge	M46 SCVAC	2:22.54
10	124 John Moore	M47 NEMAA	2:23.28

**M50 800 Metre Run****Championship: 2:03.06 C****Heats**

1	153 Simon Anderson	M53 SWVAC	2:19.44	Q	2
1	184 Jonny Lowe	M53 MMAC	2:19.44	Q	2
3	154 Rob Andrew	M53 MMAC	2:20.19	Q	1
4	157 David Blackman	M50 SCVAC	2:22.13	Q	1
5	185 Larry Mangelshot	M53 SCVAC	2:19.47	q	2
6	166 Brett Davis	M53 WMAA	2:19.74	q	2
7	170 Andy Gannaway	M54 VAC	2:20.22		2
8	194 Tony Roberts	M51 EVAC	2:22.88		1
9	156 Mark Ashby	M54 SCVAC	2:25.30		1
10	182 Paul Lemmon	M54 VAC	2:38.70		1
11	208 Philip York	M54 SWVAC	2:41.36		2

**M50 800 Metre Run****Championship: 2:03.06 C****Finals**

1	157 David Blackman	M50 SCVAC	2:08.59
2	154 Rob Andrew	M53 MMAC	2:11.52
3	184 Jonny Lowe	M53 MMAC	2:14.63
4	153 Simon Anderson	M53 SWVAC	2:17.22
5	185 Larry Mangelshot	M53 SCVAC	2:18.98
6	166 Brett Davis	M53 WMAA	2:23.61

**M55 800 Metre Run****Championship: 2:16.80 C 13/03/2016 Richard White, Midland Mast****Heats**

1	238 Gary Ironmonger	M55 VAC	2:20.08	Q	1
2	216 Andrew Cunningham	M55 SCVAC	2:21.24	Q	2
3	237 Chris Ireland	M56 NMAC	2:20.25	Q	1
4	223 Malcolm Down	M55 EVAC	2:21.89	Q	2
5	266 Jed Turner	M56 NMAC	2:20.55	q	1
6	211 Colin Bates	M56 SCVAC	2:21.01	q	1
7	227 Rob Fox	M57 MMAC	2:22.80		2
8	256 Kevin Pye	M57 MMAC	2:24.21		1
9	248 Peter Mountain	M59 SWVAC	2:24.32		2
10	213 Geoffrey Brewster	M58 EVAC	2:24.43		1

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****Heats ... (M55 800 Metre Run)**

11	257 Ludwig Ramsey	M57 MMAC	2:24.47	2
12	222 John Donaldson	M58 EVAC	2:25.35	2
13	264 Steven Taylor	M58 NMAC	2:30.25	1
14	230 Chris Gunstone	M58 MMAC	2:31.15	2
15	263 Andrew Stewart	M56 VAC	2:37.86	2
16	217 Austin Davies	M58 WMAA	2:38.45	1

**M55 800 Metre Run**

**Championship:** 2:16.80 C 13/03/2016 Richard White, Midland Mast

**Finals**

1	238 Gary Ironmonger	M55 VAC	2:16.92
2	216 Andrew Cunningham	M55 SCVAC	2:17.66
3	237 Chris Ireland	M56 NMAC	2:18.00
4	223 Malcolm Down	M55 EVAC	2:18.26
5	266 Jed Turner	M56 NMAC	2:21.08
6	211 Colin Bates	M56 SCVAC	2:22.12

**M70 800 Metre Run**

**70 Champions:** 2:39.50 C

**Finals**

1	368 Peter Giles	M72 VAC	2:52.79
2	371 John Horton	M72 SWVAC	2:53.20
3	362 Phil Brennan	M74 MMAC	3:05.21

**M75 800 Metre Run****Finals**

1	387 John Batchelor	M76 VAC	2:47.30
2	390 John Garber	M75 EVAC	3:13.34

**M80 800 Metre Run****Finals**

1	401 Rodney Mills	M80 NMAC	3:27.89
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**Men 800 Metre Run****Finals**

1	278 David Bedwell	M63 MMAC	2:26.88
2	343 David Oxland	M65 MMAC	2:31.81
3	334 Peter Kennedy	M65 VAC	2:37.35
4	339 Michael Mann	M68 VAC	2:41.07
5	351 Ian Snow	M66 SWVAC	2:47.51
6	327 John Exley	M69 SCVAC	2:50.81
7	324 Peter Duhig	M67 EVAC	2:56.16
8	287 Kevin Dillon	M62 NMAC	3:34.97

**W35 1500 Metre Run**

**35 Champions:** 4:33.35 C

**Finals**

1	418 Jacqueline Etherington	W38 SVHC	5:01.93
2	427 Katherine Wellam	W37 NMAC	5:12.16

**W40 1500 Metre Run****Finals**

1	441 Christine Lathwell	W40 EVAC	5:07.46
2	452 Claire Thompson	W40 SVHC	5:13.57
3	431 Lourdes Bradley	W42 SPAIN	5:23.96

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****W45 1500 Metre Run****Finals**

1	473 Frida Run Thordardottir	W47 ICELAND	5:00.51
2	476 Julie Wilson	W49 SVHC	5:14.96
3	457 Lynne Champion	W48 SCVAC	5:18.17
4	469 Stephanie Robson	W45 VAC	5:33.14

**W50 1500 Metre Run****50 Champions: 4:40.07 C 08/03/2014****Finals**

1	511 Lisa Webb	W51 VAC	5:18.91
2	482 Cathryn Brady	W51 IRELAND	5:24.79

**W55 1500 Metre Run****Finals**

1	528 Fiona Matheson	W55 SVHC	5:05.39
2	525 Carol Jones	W59 VAC	6:05.88

**W60 1500 Metre Run****60 Champions: 5:17.93 C****Finals**

1	553 Anna Garnier	W62 VAC	5:41.00
2	560 Maxine Jones	W60 IRELAND	5:42.70
3	564 Andrea Sanders-Reece	W61 VAC	6:15.00
4	555 Phyllis Hands	W61 SVHC	6:17.10

**W65 1500 Metre Run****Finals**

1	572 Nancy Hitchmough	W66 MMAC	5:50.80
2	574 Sue James	W66 SCVAC	7:11.07

**W70 1500 Metre Run****Finals**

1	583 Patricia Gallagher	W71 WMAA	7:06.14
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**W75 1500 Metre Run****Finals**

1	588 Kathleen Stewart	W77 NEMAA	8:05.21
2	589 Betty Stracey	W77 EVAC	8:28.49

**M35 1500 Metre Run****Championship: 3:58.62 C****Finals**

1	11 Jozsef Farkas	M37 SVHC	4:10.15
2	6 Aaron Brown	M36 VAC	4:10.34
3	26 Ian Moran	M36 NMAC	4:13.43
4	13 Mark Gardner	M35 NMAC	4:17.30
5	1 Joe Ashley	M38 SCVAC	4:22.23
6	22 Tony Macdowall	M35 VAC	4:37.85
7	8 Andy Cohen-Wray	M39 EVAC	4:41.28
8	18 Hermann Kruger	M36 SCVAC	4:41.76

**M40 1500 Metre Run****40 Champions: 4:08.64 C****Finals**

1	76 Nick Shasha	M42 EVAC	4:19.29
2	82 Christopher Westcott	M44 EVAC	4:21.21
3	58 Stuart Flack	M42 SCVAC	4:26.30

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****Finals ... (M40 1500 Metre Run)**

4	46 Scott Browne	M40 WMAA	4:30.02
5	57 Simon Fell	M40 EVAC	4:32.27
6	71 Matthew Preston	M44 VAC	4:40.06

**M45 1500 Metre Run****Finals**

1	143 Mark Symes	M48 SCVAC	4:25.55
2	138 David Smith	M49 MMAC	4:30.54
3	94 Mark Champion	M49 SCVAC	4:49.28
4	124 John Moore	M47 NEMAA	4:51.36
5	100 Andy Del Nevo	M49 SCVAC	5:02.69

**M50 1500 Metre Run****Championship: 4:11.87 C 07/03/2015 Guy Bracken, North East M****Finals**

1	153 Simon Anderson	M53 SWVAC	4:29.39
2	202 Tony Tuohy	M54 VAC	4:41.08
3	185 Larry Mangelshot	M53 SCVAC	4:42.67
4	195 Andrew Rolt	M50 SCVAC	4:42.77
5	179 Martin Kelk	M50 SCVAC	4:46.07
6	193 Steve Roberts	M52 VAC	4:48.02
7	182 Paul Lemmon	M54 VAC	5:14.54

**M55 1500 Metre Run****Championship: 4:27.01 C 07/03/2015 Stephen Smith, Northern Vet****Finals**

1	212 Guy Bracken	M55 NEMAA	4:17.70 C
2	238 Gary Ironmonger	M55 VAC	4:40.07
3	223 Malcolm Down	M55 EVAC	4:41.03
4	239 Simon Le Mare	M55 EVAC	4:44.58
5	227 Rob Fox	M57 MMAC	4:45.84
6	211 Colin Bates	M56 SCVAC	4:51.57
7	264 Steven Taylor	M58 NMAC	5:09.89
8	224 Steven Doxey	M56 NMAC	5:18.13
9	263 Andrew Stewart	M56 VAC	5:25.75
10	251 Colin Oxlade	M58 SCVAC	6:13.47

**M60 1500 Metre Run****60 Champions: 4:35.52 C****Finals**

1	278 David Bedwell	M63 MMAC	4:57.26
2	301 Alan Newman	M63 SCVAC	5:33.36
3	317 Ian Wright	M60 MMAC	5:38.74
4	288 Alan Dolton	M60 SCVAC	5:55.27

**M65 1500 Metre Run****65 Champions: 5:14.50 C****Finals**

1	343 David Oxland	M65 MMAC	5:14.18 C
2	339 Michael Mann	M68 VAC	5:28.18
3	351 Ian Snow	M66 SWVAC	5:30.44
4	327 John Exley	M69 SCVAC	5:31.96
5	332 Peter Hamilton	M69 SWVAC	5:34.78
6	318 Ray Aiken	M65 SVHC	5:41.28
7	324 Peter Duhig	M67 EVAC	6:15.23



**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****M70 1500 Metre Run****Finals**

1	368 Peter Giles	M72 VAC	5:25.51
2	362 Phil Brennan	M74 MMAC	6:03.71
3	371 John Horton	M72 SWVAC	6:05.76

**M75 1500 Metre Run****Finals**

1	387 John Batchelor	M76 VAC	5:46.54
2	390 John Garber	M75 EVAC	7:01.32

**M80 1500 Metre Run****Finals**

1	402 Richard Pitcairn-Knowles	M84 VAC	9:01.69
---	401 Rodney Mills	M80 NMAC	DNF

**W35 3000 Metre Run**

35 Champions: 10:08.35 C

**Finals**

1	418 Jacqueline Etherington	W38 SVHC	11:03.46
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**W40 3000 Metre Run****Finals**

1	448 Steph Spencer	W44 MMAC	11:12.25
2	452 Claire Thompson	W40 SVHC	11:19.29

**W45 3000 Metre Run****Finals**

1	473 Frida Run Thordardottir	W47 ICELAND	10:54.46
2	457 Lynne Champion	W48 SCVAC	11:22.72
3	469 Stephanie Robson	W45 VAC	11:44.05
---	476 Julie Wilson	W49 SVHC	DNF

**W55 3000 Metre Run****Finals**

1	528 Fiona Matheson	W55 SVHC	10:28.93
2	523 Jenny Hughes	W56 SCVAC	12:39.06

**M35 3000 Metre Run**

35 Champions: 8:50.77 C

**Finals**

1	21 Bruno Lima	M35 PORTUGAL	8:47.69 C
2	11 Jozsef Farkas	M37 SVHC	9:07.75
3	13 Mark Gardner	M35 NMAC	9:23.09
4	22 Tony Macdowall	M35 VAC	9:56.37
5	8 Andy Cohen-Wray	M39 EVAC	10:40.31

**M40 3000 Metre Run****Finals**

1	73 Grant Ramsay	M44 SVHC	9:34.05
2	57 Simon Fell	M40 EVAC	9:52.01

**M45 3000 Metre Run****Finals**

1	151 Kerry-Liam Wilson	M46 SVHC	9:10.53
2	143 Mark Symes	M48 SCVAC	9:17.51
3	101 James Douglas	M45 MMAC	9:18.95
4	138 David Smith	M49 MMAC	9:28.63
5	114 Ian Johnston	M49 SVHC	9:43.67

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****Finals ... (M45 3000 Metre Run)**

---	100 Andy Del Nevo	M49 SCVAC	DNF
---	135 Calvin Scoltock	M47 MMAC	DNF

**M50 3000 Metre Run**

**50 Champions: 8:58.67 C 08/03/2015 Guy Bracken, North East M**

<b>Finals</b>			
1	153 Simon Anderson	M53 SWVAC	9:39.86
2	202 Tony Tuohy	M54 VAC	9:47.22
3	190 Simon Rayner	M53 OPEN	9:49.44
4	196 Anthony Roper	M53 MMAC	10:15.84
5	195 Andrew Rolt	M50 SCVAC	10:39.38
6	181 Don Lawless	M52 SVHC	11:06.38

**M55 3000 Metre Run**

<b>Finals</b>			
1	212 Guy Bracken	M55 NEMAA	9:07.70
2	259 Colin Ridley	M55 EVAC	9:43.15
3	227 Rob Fox	M57 MMAC	10:25.92
4	249 Pete O'Connell	M56 SCVAC	10:50.65
5	224 Steven Doxey	M56 NMAC	11:17.20
6	251 Colin Oxlade	M58 SCVAC	11:44.08
7	263 Andrew Stewart	M56 VAC	11:46.20

**M65 3000 Metre Run**

**65 Champions: 11:25.51 C 08/03/2015 Aleksander Swiecicki, Midland Mast**

<b>Finals</b>			
1	343 David Oxland	M65 MMAC	11:13.56 C
2	339 Michael Mann	M68 VAC	11:30.28
3	344 Don Powell	M66 SCVAC	11:35.29
4	332 Peter Hamilton	M69 SWVAC	11:50.19
5	320 Dave Beattie	M69 SCVAC	11:58.68
6	327 John Exley	M69 SCVAC	12:03.49

**M70 3000 Metre Run**

<b>Finals</b>			
1	368 Peter Giles	M72 VAC	11:30.22
2	362 Phil Brennan	M74 MMAC	13:11.19

**M75 3000 Metre Run**

<b>Finals</b>			
1	387 John Batchelor	M76 VAC	12:25.75

**M60 3000 Metre Run**

<b>Finals</b>			
1	283 Alan Camp	M60 VAC	10:45.29
2	278 David Bedwell	M63 MMAC	11:00.25
3	306 Huw Roberts	M60 WMAA	11:34.29
4	301 Alan Newman	M63 SCVAC	11:57.63
5	309 Malcolm Thirlaway	M60 NEMAA	12:09.58
6	317 Ian Wright	M60 MMAC	12:33.58
7	288 Alan Dolton	M60 SCVAC	12:53.01

**W60 3000 Metre Run**

**60 Champions: 11:29.52 C**

<b>Finals</b>			
8	555 Phyllis Hands	W61 SVHC	13:38.41

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****W70 3000 Metre Run**

<b>Finals</b>			
1	586 Pauline Rich	W71 VAC	14:33.99

**W75 3000 Metre Run**

<b>Finals</b>			
1	588 Kathleen Stewart	W77 NEMAA	17:12.99
2	589 Betty Stracey	W77 EVAC	17:57.64

**M80 3000 Metre Run**

<b>Finals</b>			
1	402 Richard Pitcairn-Knowles	M84 VAC	18:42.54

**W35 60 Metre Hurdles**

35 Champions: 9.26 C

<b>Finals</b>			
1	423 Jane Scott	W35 SVHC	10.23

**W40 60 Metre Hurdles**

<b>Finals</b>			
1	445 Diana Norman	W42 SCVAC	9.46
2	432 Sarah Burke	W43 VAC	9.84
3	453 Paula Williams	W44 MMAC	9.87
4	434 Amanda Cook	W40 WMAA	10.17

**W50 60 Metre Hurdles**

Championship: 9.71 C

<b>Finals</b>			
1	509 Jan Timberlake	W50 WMAA	11.91
2	507 Marise Taylor	W53 MMAC	12.08
3	481 Tracey Bosworth	W51 SWVAC	14.01

**W55 60 Metre Hurdles**

Championship: 9.89 C 12/03/2016 Susan Frisby, Midland Mast

<b>Finals</b>			
1	520 Susan Frisby	W56 MMAC	10.17
2	517 Gaye Clarke	W56 EVAC	10.89
3	533 Jill Roginski	W58 MMAC	11.61
4	514 Mary Barrett	W58 IRELAND	11.64
5	515 Penny Butcher	W58 EVAC	11.84

**W60 60 Metre Hurdles**

Championship: 10.69 C

<b>Finals</b>			
1	557 Jane Horder	W60 MMAC	9.92 C
2	550 Carole Filer	W61 EVAC	10.06 C
3	544 Lyn Ahmet	W64 SCVAC	13.21

**W65 60 Metre Hurdles**

65 Champions: 11.46 C 12/03/2016 Emily McMahon, Eastern VAC

<b>Finals</b>			
1	576 Emily McMahon	W66 EVAC	12.55
2	569 Jean Fail	W67 SWVAC	13.66

**W70 60 Metre Hurdles**

<b>Finals</b>			
1	585 Patricia Oakes	W70 WMAA	14.09

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****M35 60 Metre Hurdles****Championship:** 8.03 C 12/03/2016 Mensah Elliott, Southern Cou**Finals**

1	9 Liam Collins	M38 NEMAA	8.14
2	27 Clint Nicholls	M38 EVAC	8.89
3	32 Sean Reidy	M36 EVAC	8.94
4	25 Carl McMullen	M37 NMAC	9.12

**M40 60 Metre Hurdles****Championship:** 8.85 C 07/03/2015 Peter Davey, Southern Cou**Finals**

1	55 Mensah Elliott	M40 SCVAC	8.07 C
2	60 Carson Graham	M40 SVHC	9.29

**M45 60 Metre Hurdles****Championship:** 8.66 C**Finals**

1	86 Joe Appiah	M46 SCVAC	8.46 C
2	139 Gary Smith	M46 EVAC	8.93
3	107 Glenn Gray	M48 SCVAC	9.87
4	130 David Pearson	M49 SWVAC	9.98
5	137 David Shortridge	M46 SCVAC	13.53

**M50 60 Metre Hurdles****50 Champions:** 8.81 C**Finals**

1	158 Donald Brown	M53 MMAC	9.18
2	191 Glen Reddington	M54 SCVAC	9.63
3	162 Richard Christian	M52 SCVAC	10.44

**M55 60 Metre Hurdles****Finals**

1	245 John Mayor	M58 EVAC	9.53
2	226 Paul Edwards	M57 MMAC	10.25
3	246 Iain Moody	M55 MMAC	10.77

**M60 60 Metre Hurdles****60 Champions:** 9.94 C 12/03/2016 Ian Willoughby, Midland Mast**Finals**

1	315 Ian Willoughby	M63 MMAC	10.02
2	305 Robert Reynolds	M60 OPEN	10.03
3	307 Rashpal Singh	M64 MMAC	12.75

**M65 60 Metre Hurdles****Finals**

1	357 Tony Wells	M68 EVAC	10.36
2	326 Adrian Essex	M66 SCVAC	11.87

**M70 60 Metre Hurdles****70 Champions:** 10.06 C**Finals**

1	365 Lawrie Dunn	M70 MMAC	12.20
2	377 Robert Maggio	M70 EVAC	18.64

**M75 60 Metre Hurdles****Finals**

1	389 Barry Ferguson	M75 VAC	11.48
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**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****M80 60 Metre Hurdles**

<b>Finals</b>			
1	398 Tony Bowman	M81 NMAC	11.47

**W35 High Jump**

35 Champions: 1.68m C

<b>Finals</b>			
1	422 Heidi Nicholas	W36 EVAC	1.45m
2	412 Maria Chacon	W39 SPAIN	1.40m
3	426 Jody Ward	W38 MMAC	1.30m

**W40 High Jump**

<b>Finals</b>			
1	435 Claudia Cabbage	W44 SCVAC	1.35m
2	449 Kirsty Tanner	W43 SCVAC	1.25m
---	429 Ayamba Akim	W44 VAC	DQ

**W45 High Jump**

<b>Finals</b>			
1	460 Irie Hill	W48 MMAC	1.45m

**W50 High Jump**

<b>Finals</b>			
1	490 Melanie Garland	W54 WMAA	1.40m
2	486 Janet Dickinson	W50 SWVAC	1.35m
3	509 Jan Timberlake	W50 WMAA	1.25m

**W55 High Jump**

55 Champions: 1.42m C

<b>Finals</b>			
1	515 Penny Butcher	W58 EVAC	1.30m
2	517 Gaye Clarke	W56 EVAC	1.30m
3	519 Teresa Eades	W58 SCVAC	1.27m
4	532 Susan Richardson	W55 NMAC	1.24m
5	521 Janice Hardcastle	W57 EVAC	1.21m

**W60 High Jump**

<b>Finals</b>			
1	550 Carole Filer	W61 EVAC	1.33m
2	568 Sue Yeomans	W63 SCVAC	1.18m

**W65 High Jump**

<b>Finals</b>			
1	576 Emily McMahon	W66 EVAC	1.09m

**W70 High Jump**

<b>Finals</b>			
1	585 Patricia Oakes	W70 WMAA	1.03m

**M35 High Jump**

35 Champions: 2.01m C 08/03/2015 Daniel Graham, Northern Vet

<b>Finals</b>			
1	27 Clint Nicholls	M38 EVAC	1.80m
2	31 Andrew Reeves	M35 MMAC	1.65m

**M40 High Jump**

<b>Finals</b>			
1	66 Alwyn Lombaard	M42 VAC	1.80m
2	56 Andrew England	M44 NMAC	1.70m

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****Finals ... (M40 High Jump)**

3	60 Carson Graham	M40 SVHC	1.60m
---	54 David Dupouy	M44 FRANCE	NH

**M45 High Jump**

<b>Finals</b>			
1	91 Kevin Byrne	M45 IRELAND	1.60m
2	149 Jeroen Van Riel	M47 NETHERLANDS	1.55m

**M50 High Jump**

<b>Finals</b>			
1	183 Steve Linsell	M53 NMAC	1.70m
2	177 Paul Husbands	M50 MMAC	1.60m
3	187 Wole Odele	M52 SCVAC	1.60m
4	192 Mark Roach	M51 SWVAC	1.50m

**M55 High Jump**

**55 Champions: 1.65m C**

<b>Finals</b>			
1	252 Richard Phelan	M55 EVAC	1.40m

**M60 High Jump**

<b>Finals</b>			
1	280 David Blunt	M63 VAC	1.45m
2	274 Paul Askew	M62 MMAC	1.45m
3	311 Trevor Wade	M60 SCVAC	1.40m

**M65 High Jump**

<b>Finals</b>			
1	335 Geoffrey Kitchener	M67 VAC	1.21m

**M70 High Jump**

<b>Finals</b>			
1	384 Edward Wagner	M71 NMAC	1.22m
2	363 Juan Chacon Chacon	M72 SPAIN	1.12m

**M75 High Jump**

<b>Finals</b>			
1	388 Roger Bruck	M77 SCVAC	1.21m

**M45 Pole Vault**

<b>Finals</b>			
1	91 Kevin Byrne	M45 IRELAND	3.20m
2	90 Andrew Buchanan	M46 SCVAC	3.00m
---	115 Egryn Jones	M45 SCVAC	NH

**M50 Pole Vault**

<b>Finals</b>			
1	155 John Andrews	M53 SCVAC	3.40m
2	168 Simon Eastwood	M51 EVAC	2.90m
3	167 Alan Easey	M53 VAC	2.80m

**M55 Pole Vault**

<b>Finals</b>			
1	253 Keith Powell	M56 WMAA	2.60m
---	229 Kelvyn Grundy	M58 NMAC	NH
---	241 Allan Leiper	M56 SCVAC	NH

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****M60 Pole Vault****Finals**

1	314 Allan Williams	M63 SCVAC	3.20m
2	280 David Blunt	M63 VAC	3.10m
3	302 Paul Oakes	M63 EVAC	2.60m

**W35 Pole Vault****35 Champions: 3.35m C****Finals**

1	417 Jemma Eastwood	W38 EVAC	3.30m
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**W40 Pole Vault****Finals**

1	435 Claudia Cubbage	W44 SCVAC	2.40m
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**W45 Pole Vault****Finals**

1	460 Irie Hill	W48 MMAC	3.40m
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**W50 Pole Vault****Finals**

1	499 Jacqueline Montgomery	W52 SCVAC	2.60m
2	502 Sandra Pedley	W51 EVAC	1.90m

**W55 Pole Vault****Finals**

1	519 Teresa Eades	W58 SCVAC	2.50m
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**W60 Pole Vault****Finals**

1	568 Sue Yeomans	W63 SCVAC	2.60m
2	559 Jennifer Ibbitson	W60 NMAC	2.30m
3	547 Sue Dassie	W64 SCVAC	2.10m

**M75 Pole Vault****Finals**

---	392 John Howe	M75 WMAA	NH
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**W35 Long Jump****35 Champions: 5.51m C****Finals**

1	422 Heidi Nicholas	W36 EVAC	4.59m
2	426 Jody Ward	W38 MMAC	4.18m
3	413 Ainslea Cross	W36 MMAC	3.75m
4	414 Amanda Dodge	W37 EVAC	3.31m

**W40 Long Jump****Finals**

1	436 Fiona Davidson	W44 SVHC	4.93m
2	443 Stacy McGivern	W40 EVAC	4.89m
3	434 Amanda Cook	W40 WMAA	4.52m
4	433 Lourdes Camos	W43 SPAIN	4.19m
5	449 Kirsty Tanner	W43 SCVAC	3.80m

**W45 Long Jump****Finals**

1	455 Jackie Breslin	W48 SCVAC	3.61m
2	468 Lesley Richardson	W47 SCVAC	2.76m

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****W50 Long Jump****50 Champions: 4.49m C 12/03/2016 Jo Willoughby, Midland Mast****Finals**

1	490 Melanie Garland	W54 WMAA	4.46m
2	486 Janet Dickinson	W50 SWVAC	4.41m
3	484 Monica Brown	W52 EVAC	4.40m
4	509 Jan Timberlake	W50 WMAA	4.13m
5	507 Marise Taylor	W53 MMAC	3.59m
6	488 Christine Feely	W54 EVAC	3.10m

**W55 Long Jump****Finals**

1	520 Susan Frisby	W56 MMAC	4.19m
2	532 Susan Richardson	W55 NMAC	4.09m
3	530 Averil McClelland	W58 NMAC	4.05m
4	519 Teresa Eades	W58 SCVAC	4.03m
5	515 Penny Butcher	W58 EVAC	3.85m
6	542 Lesley Willis	W55 MMAC	3.78m
7	543 Rosalind Zeffertt	W55 SCVAC	3.61m
8	521 Janice Hardeastle	W57 EVAC	3.45m

**W60 Long Jump****60 Champions: 4.02m C****Finals**

1	550 Carole Filer	W61 EVAC	4.44m C
2	551 Christine Fry	W61 SCVAC	3.60m
3	568 Sue Yeomans	W63 SCVAC	3.44m
4	563 Christine Salvary	W60 SCVAC	3.31m
5	544 Lyn Ahmet	W64 SCVAC	3.27m

**W70 Long Jump****Finals**

1	585 Patricia Oakes	W70 WMAA	2.62m
2	584 Daphne Marler	W70 WMAA	1.87m

**M35 Long Jump****35 Champions: 6.87m C****Finals**

1	25 Carl McMullen	M37 NMAC	6.18m
2	27 Clint Nicholls	M38 EVAC	5.90m
3	19 Alexander Lee	M35 SCVAC	5.75m
4	20 Stephen Leek	M36 SVHC	5.53m
5	39 Amr Ziko	M38 EVAC	4.84m

**M40 Long Jump****Finals**

1	47 Stuart Channon	M40 VAC	5.68m
2	60 Carson Graham	M40 SVHC	5.65m
3	78 Franck Triolaire	M43 FRANCE	5.25m
4	54 David Dupouy	M44 FRANCE	4.24m

**M45 Long Jump****Championship: 6.15m C****Finals**

1	118 Mark Lawrence	M46 MMAC	6.25m C
2	119 Andy Lewis	M49 SCVAC	6.19m C
3	86 Joe Appiah	M46 SCVAC	6.12m



**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****Finals ... (M45 Long Jump)**

4	120 Neil Lincoln	M46 SCVAC	5.96m
5	127 Samuel Nash	M45 SCVAC	5.74m
6	126 John Munroe	M48 SCVAC	5.51m
7	139 Gary Smith	M46 EVAC	5.42m
8	110 William Harris	M46 VAC	4.64m
---	134 Dave Roberts	M49 SCVAC	FOUL

**M50 Long Jump****50 Champions: 5.72m C****Finals**

1	204 Richard Weekes	M52 VAC	4.98m
2	167 Alan Easey	M53 VAC	4.92m
3	188 Keith Palmer	M52 EVAC	4.57m
4	175 Richard Halsey	M54 SCVAC	3.54m

**M55 Long Jump****Finals**

1	228 Julien Gittens	M55 NMAC	5.37m
2	252 Richard Phelan	M55 EVAC	4.83m
3	233 Henry Hopkins	M59 MMAC	4.82m
4	268 Clifford Warren	M55 VAC	4.80m
5	253 Keith Powell	M56 WMAA	4.48m

**M60 Long Jump****60 Champions: 5.23m C****Finals**

1	311 Trevor Wade	M60 SCVAC	4.50m
2	307 Rashpal Singh	M64 MMAC	4.43m
3	280 David Blunt	M63 VAC	4.20m
4	286 Roderick Davies	M60 WMAA	4.19m
5	302 Paul Oakes	M63 EVAC	4.13m

**M65 Long Jump****Finals**

1	326 Adrian Essex	M66 SCVAC	3.98m
2	345 Patrick Reynolds	M66 IRELAND	2.79m

**M70 Long Jump****Finals**

1	376 Allan Long	M74 VAC	4.12m
2	383 James Smith	M72 SVHC	4.02m
3	385 Roy White	M70 SCVAC	3.81m
4	364 Peter Daw	M72 SWVAC	3.65m

**M75 Long Jump****Finals**

1	388 Roger Bruck	M77 SCVAC	3.34m
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**M95 Long Jump****Finals**

1	408 Charles Eugster	M97 VAC	1.29m
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**W40 Triple Jump****40 Champions: 10.89m C****Finals**

1	445 Diana Norman	W42 SCVAC	10.53m
2	433 Lourdes Camos	W43 SPAIN	8.83m

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****Finals ... (W40 Triple Jump)**

3	449 Kirsty Tanner	W43 SCVAC	8.04m
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**W45 Triple Jump****Finals**

1	455 Jackie Breslin	W48 SCVAC	7.85m
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**W50 Triple Jump****Finals**

1	512 Jo Willoughby	W53 MMAC	9.44m
2	490 Melanie Garland	W54 WMAA	9.15m
3	509 Jan Timberlake	W50 WMAA	8.79m

**W55 Triple Jump****55 Champions: 8.90m C****Finals**

1	519 Teresa Eades	W58 SCVAC	8.88m
2	532 Susan Richardson	W55 NMAC	8.28m

**W60 Triple Jump****Finals**

1	544 Lyn Ahmet	W64 SCVAC	7.41m
2	563 Christine Salvary	W60 SCVAC	7.06m
3	547 Sue Dassie	W64 SCVAC	6.54m

**W70 Triple Jump****Finals**

1	585 Patricia Oakes	W70 WMAA	6.20m
2	584 Daphne Marler	W70 WMAA	4.53m

**M35 Triple Jump****35 Champions: 14.02m C****Finals**

1	25 Carl McMullen	M37 NMAC	11.22m
2	20 Stephen Leek	M36 SVHC	10.40m

**M40 Triple Jump****Finals**

1	64 Stephen Lake	M44 SCVAC	11.08m
2	52 Peter Davey	M43 SCVAC	10.35m

**M45 Triple Jump****Finals**

1	128 Keith Newton	M48 SCVAC	11.86m
2	120 Neil Lincoln	M46 SCVAC	11.58m
3	131 Ben Radcliffe	M47 SCVAC	11.11m
4	116 Marek Kowalski	M45 EVAC	10.41m
5	134 Dave Roberts	M49 SCVAC	9.72m

**M50 Triple Jump****50 Champions: 11.90m C****Finals**

1	176 Paul Harrison	M50 EVAC	10.82m
2	162 Richard Christian	M52 SCVAC	8.56m
---	183 Steve Linsell	M53 NMAC	FOUL

**M55 Triple Jump****Finals**

1	228 Julien Gittens	M55 NMAC	11.67m
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**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****Finals ... (M55 Triple Jump)**

2	225 Albert Earle	M59 MMAC	10.45m
3	233 Henry Hopkins	M59 MMAC	10.22m
4	268 Clifford Warren	M55 VAC	9.95m
5	261 David Shields	M56 WMAA	9.19m

**M60 Triple Jump****Finals**

1	280 David Blunt	M63 VAC	9.24m
---	307 Rashpal Singh	M64 MMAC	FOUL

**M65 Triple Jump****65 Champions: 10.70m C****Finals**

1	330 David Folgate	M65 EVAC	10.14m
2	326 Adrian Essex	M66 SCVAC	8.12m
3	345 Patrick Reynolds	M66 IRELAND	6.55m

**M70 Triple Jump****Finals**

1	381 Norman Rice	M74 VAC	7.90m
2	383 James Smith	M72 SVHC	7.81m
3	385 Roy White	M70 SCVAC	7.67m
4	377 Robert Maggio	M70 EVAC	5.19m

**W35 Shot Put****35 Champions: 11.34m C****Finals**

1	420 Monique Heijns	W39 NETHERLANDS	10.82m
2	419 Nene Harrison	W36 SCVAC	10.01m

**W40 Shot Put****Finals**

1	445 Diana Norman	W42 SCVAC	10.80m
2	435 Claudia Cabbage	W44 SCVAC	10.16m
3	453 Paula Williams	W44 MMAC	10.02m
4	430 Cath Alford	W44 WMAA	9.20m

**W45 Shot Put****Finals**

1	463 Sue Lawrence	W46 SCVAC	9.85m
2	474 Camilla Thrush	W48 SCVAC	9.02m
3	468 Lesley Richardson	W47 SCVAC	7.08m
4	470 Anita Saunders	W46 NMAC	6.88m

**W50 Shot Put****Finals**

1	513 Julie Wilson	W54 EVAC	9.28m
2	486 Janet Dickinson	W50 SWVAC	9.13m
3	494 Karen Llewelin	W53 WMAA	9.10m
4	489 Lorna Foster	W53 MMAC	9.07m
5	505 Janet Smith	W52 SCVAC	8.93m
6	488 Christine Feely	W54 EVAC	6.00m

**W55 Shot Put****Championship: 11.71m C****Finals**

1	514 Mary Barrett	W58 IRELAND	10.79m
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**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****Finals ... (W55 Shot Put)**

2	516 Claire Cameron	W58 SVHC	9.21m
3	520 Susan Frisby	W56 MMAC	8.49m
4	533 Jill Roginski	W58 MMAC	8.43m
5	518 Wendy Dunsford	W56 EVAC	8.14m
6	538 Tessa Stephenson	W56 EVAC	8.02m
7	524 Oriana Johnson	W55 EVAC	7.42m
8	542 Lesley Willis	W55 MMAC	7.28m
9	531 Angela Morgan	W58 SCVAC	7.16m
10	515 Penny Butcher	W58 EVAC	6.89m
11	535 Brenda Russell	W58 EVAC	6.00m

**W60 Shot Put****60 Champions: 11.36m C**

<b>Finals</b>			
1	559 Jennifer Ibbitson	W60 NMAC	8.95m
2	547 Sue Dassie	W64 SCVAC	8.07m
3	548 Anje de Lang	W61 NETHERLANDS	7.67m
4	550 Carole Filer	W61 EVAC	7.22m
5	565 Stephanie Stamp	W64 EVAC	7.04m
6	556 Pat Higgins	W60 MMAC	6.83m

**W65 Shot Put**

<b>Finals</b>			
1	578 Vilma Thompson	W65 SCVAC	10.26m

**W70 Shot Put**

<b>Finals</b>			
1	587 Liz Sissons	W72 SCVAC	7.64m
2	581 Ann Bolitho	W74 SCVAC	6.18m
3	582 Elizabeth Brandon	W71 SCVAC	6.08m

**M35 Shot Put****35 Champions: 14.67m C**

<b>Finals</b>			
1	27 Clint Nicholls	M38 EVAC	9.27m
2	7 Navid Childs	M35 WMAA	8.45m

**M40 Shot Put**

<b>Finals</b>			
1	42 Ken Baker	M43 EVAC	13.15m
2	65 Graham Lay	M41 SCVAC	12.62m
3	77 Stuart Thurgood	M40 SCVAC	12.17m
4	40 Simon Achurch	M42 EVAC	11.91m
5	79 Daniel Upton	M41 VAC	11.37m

**M45 Shot Put**

<b>Finals</b>			
1	119 Andy Lewis	M49 SCVAC	12.46m
2	148 John Twiddle	M48 NMAC	11.78m
3	136 Andrew Sheerin	M46 SWVAC	11.53m
4	103 Peter Evans	M48 VAC	9.59m
5	132 Vito Ricci	M49 MMAC	7.76m

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****M50 Shot Put****50 Champions: 15.38m C****Finals**

1	206 Stephen Whyte	M52 EVAC	13.29m
2	197 Stuart Ryan	M54 NEMAA	13.14m
3	160 David Burrell	M52 EVAC	11.99m
4	203 Andrew Turner	M53 WMAA	11.67m
5	171 Jim Gillespie	M54 EVAC	9.05m

**M55 Shot Put****Finals**

1	241 Allan Leiper	M56 SCVAC	13.02m
2	214 Robert Broadbridge	M57 SWVAC	12.20m
3	231 Michael Hausler	M57 EVAC	12.04m
4	219 Renzo Di Libero	M55 VAC	11.39m
5	247 John Moreland	M58 MMAC	11.30m
6	220 Stephen Dobson	M55 SWVAC	10.69m
7	255 Glyn Pugh	M56 WMAA	10.38m
8	210 Nick Barton	M57 SCVAC	9.97m
9	271 Peter Wishart	M56 VAC	9.65m

**M60 Shot Put****Championship: 14.22m C****Finals**

1	290 John Fenton	M60 SCVAC	11.74m
2	308 Trevor Straker	M64 NEMAA	10.90m
3	303 Graeme Packman	M62 EVAC	10.22m
4	302 Paul Oakes	M63 EVAC	10.07m
5	277 Kevin Bates	M64 OPEN	9.70m
6	300 Timothy Needham	M64 EVAC	7.83m

**M65 Shot Put****65 Champions: 12.72m C 12/03/2016 Neil Griffin, Southern Cou****Finals**

1	331 Neil Griffin	M68 SCVAC	12.41m
2	355 Geoff Tyler	M68 EVAC	12.40m
3	347 Tony Richards	M67 VAC	11.10m
4	348 Bunt Scott	M66 EVAC	9.92m
5	321 John Blackwell	M66 EVAC	9.67m
6	350 Robert Smith	M65 SCVAC	9.34m
7	345 Patrick Reynolds	M66 IRELAND	7.30m

**M70 Shot Put****70 Champions: 12.75m C****Finals**

1	369 Barry Hawksworth	M70 MMAC	12.21m
2	370 Mike Hazlewood	M71 NMAC	10.88m
3	379 Garry Negus	M74 SCVAC	10.30m
4	384 Edward Wagner	M71 NMAC	9.76m
5	373 Richard Jegou	M72 MMAC	9.60m
6	367 John Gilbert	M73 VAC	8.91m
7	375 David Kuester	M72 MMAC	8.53m

**M75 Shot Put****Finals**

1	397 John Watts	M77 NMAC	11.03m
2	391 Peter Hallett	M77 EVAC	8.20m

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****Finals ... (M75 Shot Put)**

3	396 Richard Turner	M75 OPEN	8.14m
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**M80 Shot Put****Finals**

1	399 Warwick Dixon	M81 SCVAC	8.39m
2	403 Clifford Taylor	M84 VAC	8.11m

**M85 Shot Put****Finals**

1	406 John Kirkham	M88 VAC	6.72m
2	405 James Farrar	M88 NMAC	4.81m

**W40 Discus Throw**

40 Champions: 36.92m C

**Finals**

1	439 Claire Lacey	W41 SCVAC	18.93m
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**W45 Discus Throw****Finals**

1	463 Sue Lawrence	W46 SCVAC	27.42m
2	474 Camilla Thrush	W48 SCVAC	26.87m

**W50 Discus Throw****Finals**

1	486 Janet Dickinson	W50 SWVAC	26.03m
2	513 Julie Wilson	W54 EVAC	24.76m
3	494 Karen Llewellyn	W53 WMAA	21.20m
4	490 Melanie Garland	W54 WMAA	21.02m

**W55 Discus Throw****Finals**

1	516 Claire Cameron	W58 SVHC	26.33m
2	536 Deborah Singleton	W58 VAC	23.60m
3	518 Wendy Dunsford	W56 EVAC	23.13m
4	524 Oriana Johnson	W55 EVAC	17.66m

**W60 Discus Throw****Finals**

1	565 Stephanie Stamp	W64 EVAC	12.72m
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**W70 Discus Throw****Finals**

1	587 Liz Sissons	W72 SCVAC	16.27m
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**M35 Discus Throw**

35 Champions: 42.12m C

**Finals**

1	29 Ashley Pritchard	M37 NMAC	36.09m
2	12 Adam Fidgett	M35 EVAC	27.95m

**M40 Discus Throw****Finals**

1	40 Simon Achurch	M42 EVAC	31.94m
2	79 Daniel Upton	M41 VAC	30.84m
3	83 Ian Williams	M41 WMAA	27.87m

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****M45 Discus Throw****Finals**

1	148 John Twiddle	M48 NMAC	33.88m
2	103 Peter Evans	M48 VAC	28.70m
3	132 Vito Ricci	M49 MMAC	25.68m
4	105 Leeroy Golding	M49 NMAC	25.10m
5	134 Dave Roberts	M49 SCVAC	19.02m

**M50 Discus Throw****Finals**

1	159 Kevin Brown	M52 MMAC	46.98m
2	197 Stuart Ryan	M54 NEMAA	40.35m
3	203 Andrew Turner	M53 WMAA	35.76m
4	160 David Burrell	M52 EVAC	33.53m
5	206 Stephen Whyte	M52 EVAC	32.53m
6	171 Jim Gillespie	M54 EVAC	27.91m

**M55 Discus Throw**

**55 Champions: 44.41m C 12/03/2016 John Moreland, Midland Mast**

**Finals**

1	247 John Moreland	M58 MMAC	42.07m
2	254 Chris Privett	M57 VAC	40.59m
3	210 Nick Barton	M57 SCVAC	38.87m
4	231 Michael Hausler	M57 EVAC	35.05m
5	255 Glyn Pugh	M56 WMAA	30.49m
6	271 Peter Wishart	M56 VAC	28.85m

**M60 Discus Throw****Finals**

1	303 Graeme Packman	M62 EVAC	35.67m
2	308 Trevor Straker	M64 NEMAA	35.17m
3	302 Paul Oakes	M63 EVAC	33.57m
4	284 Peter Coote	M62 MMAC	27.69m
5	300 Timothy Needham	M64 EVAC	27.33m

**M65 Discus Throw**

**Championship: 41.71m C 13/03/2016 Michael Ferne, Southern Cou**

**Finals**

1	355 Geoff Tyler	M68 EVAC	40.40m
2	329 Michael Ferne	M69 SCVAC	40.22m
3	348 Bunt Scott	M66 EVAC	34.71m
4	321 John Blackwell	M66 EVAC	31.95m
5	350 Robert Smith	M65 SCVAC	26.70m
6	354 Clive Thomson	M65 SCVAC	24.31m

**M70 Discus Throw**

**70 Champions: 37.80m C 13/03/2016 Mike Hazlewood, NMAC**

**Finals**

1	370 Mike Hazlewood	M71 NMAC	35.54m
2	369 Barry Hawksworth	M70 MMAC	35.28m
3	367 John Gilbert	M73 VAC	29.23m
4	373 Richard Jegou	M72 MMAC	27.01m
5	375 David Kuester	M72 MMAC	24.75m

**M75 Discus Throw****Finals**

1	397 John Watts	M77 NMAC	38.12m
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**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****Finals ... (M75 Discus Throw)**

2	396 Richard Turner	M75 OPEN	22.36m
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**M80 Discus Throw****Finals**

1	399 Warwick Dixon	M81 SCVAC	27.64m
2	403 Clifford Taylor	M84 VAC	15.70m

**M85 Discus Throw****Finals**

1	406 John Kirkham	M88 VAC	14.50m
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**W40 Hammer Throw**

**40 Champions: 46.62m C 12/03/2016 Andrea Jenkins, Eastern VAC**

**Finals**

1	430 Cath Alford	W44 WMAA	31.87m
2	437 Tracey Gould	W40 VAC	30.72m

**W45 Hammer Throw****Finals**

1	463 Sue Lawrence	W46 SCVAC	35.98m
2	474 Camilla Thrush	W48 SCVAC	29.78m

**W50 Hammer Throw****Finals**

1	501 Barbara Norris	W50 SWITZERLAND	46.93m
2	505 Janet Smith	W52 SCVAC	39.84m
3	495 Marion Loveridge	W54 MMAC	38.63m
4	486 Janet Dickinson	W50 SWVAC	34.51m
5	513 Julie Wilson	W54 EVAC	30.70m
6	494 Karen Llewellyn	W53 WMAA	30.53m
7	489 Lorna Foster	W53 MMAC	5.58m

**W55 Hammer Throw**

**55 Champions: 35.55m C**

**Finals**

1	526 Karen Jones	W56 SWVAC	35.69m C
2	540 Kim Weir	W55 VAC	32.73m
3	518 Wendy Dunsford	W56 EVAC	27.85m
4	516 Claire Cameron	W58 SVHC	25.60m
5	531 Angela Morgan	W58 SCVAC	23.83m
6	535 Brenda Russell	W58 EVAC	23.67m

**W60 Hammer Throw****Finals**

1	556 Pat Higgins	W60 MMAC	26.80m
2	559 Jennifer Ibbitson	W60 NMAC	22.88m
3	565 Stephanie Stamp	W64 EVAC	19.44m
4	548 Anje de Lang	W61 NETHERLANDS	17.14m

**W65 Hammer Throw****Finals**

1	573 Rosemary Hutton	W69 SWVAC	26.09m
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**W70 Hammer Throw****Finals**

1	582 Elizabeth Brandon	W71 SCVAC	20.53m
2	587 Liz Sissons	W72 SCVAC	19.39m



**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****M40 Hammer Throw****40 Champions: 55.59m C****Finals**

1	77 Stuart Thurgood	M40 SCVAC	50.80m
2	40 Simon Achurch	M42 EVAC	41.76m
3	79 Daniel Upton	M41 VAC	31.12m
4	65 Graham Lay	M41 SCVAC	29.44m

**M45 Hammer Throw****Finals**

1	148 John Twiddle	M48 NMAC	38.57m
2	136 Andrew Sheerin	M46 SWVAC	31.66m
3	132 Vito Ricci	M49 MMAC	27.58m

**M50 Hammer Throw****Finals**

1	206 Stephen Whyte	M52 EVAC	58.41m
2	163 Wesley Clarke	M53 VAC	45.48m
3	160 David Burrell	M52 EVAC	42.86m

**M55 Hammer Throw****55 Champions: 50.31m C****Finals**

1	254 Chris Privett	M57 VAC	43.07m
2	247 John Moreland	M58 MMAC	39.35m
3	255 Glyn Pugh	M56 WMAA	34.77m
4	215 Ian Cooley	M59 NMAC	33.47m
5	214 Robert Broadbridge	M57 SWVAC	6.35m

**M60 Hammer Throw****Finals**

1	294 Eugene Lawlor	M61 IRELAND	48.71m
2	275 Mike Bale	M60 SCVAC	32.66m
3	300 Timothy Needham	M64 EVAC	30.48m
4	303 Graeme Packman	M62 EVAC	23.60m

**M65 Hammer Throw****65 Champions: 47.08m C****Finals**

1	348 Bunt Scott	M66 EVAC	34.81m
2	354 Clive Thomson	M65 SCVAC	33.46m
3	321 John Blackwell	M66 EVAC	29.83m
4	350 Robert Smith	M65 SCVAC	23.16m
5	326 Adrian Essex	M66 SCVAC	20.88m

**M70 Hammer Throw****Championship: 45.75m C****Finals**

1	369 Barry Hawksworth	M70 MMAC	48.72m C
2	370 Mike Hazlewood	M71 NMAC	35.79m
3	379 Garry Negus	M74 SCVAC	33.90m
4	367 John Gilbert	M73 VAC	30.90m
5	378 Christopher Melluish	M72 SCVAC	30.76m
6	375 David Kuester	M72 MMAC	30.18m
7	373 Richard Jegou	M72 MMAC	28.39m
8	377 Robert Maggio	M70 EVAC	12.50m

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****M75 Hammer Throw**

<b>Finals</b>			
1	396 Richard Turner	M75 OPEN	27.13m

**M80 Hammer Throw**

<b>Finals</b>			
1	399 Warwick Dixon	M81 SCVAC	29.77m
2	403 Clifford Taylor	M84 VAC	24.45m

**M85 Hammer Throw**

<b>Finals</b>			
1	406 John Kirkham	M88 VAC	19.62m

**W40 Javelin Throw**

**40 Champions: 32.20m C 13/03/2016 Diana Norman, Southern Cou**

<b>Finals</b>			
1	450 Lisa Tanushi	W42 EVAC	27.24m
2	439 Claire Lacey	W41 SCVAC	23.29m

**W45 Javelin Throw**

<b>Finals</b>			
1	463 Sue Lawrence	W46 SCVAC	25.00m
2	474 Camilla Thrush	W48 SCVAC	22.26m
---	458 Deborah Doherty	W48 SCVAC	FOUL

**W50 Javelin Throw**

<b>Finals</b>			
1	491 Caroline Garratt	W53 VAC	39.06m
2	486 Janet Dickinson	W50 SWVAC	24.29m
3	494 Karen Llewellyn	W53 WMAA	17.73m

**W60 Javelin Throw**

<b>Finals</b>			
1	565 Stephanie Stamp	W64 EVAC	11.81m

**W70 Javelin Throw**

<b>Finals</b>			
1	587 Liz Sissons	W72 SCVAC	15.69m

**M35 Javelin Throw**

**35 Champions: 44.72m C**

<b>Finals</b>			
1	20 Stephen Leek	M36 SVHC	40.16m
2	29 Ashley Pritchard	M37 NMAC	40.13m
3	35 Darren Towart	M39 NEMAA	39.00m

**M40 Javelin Throw**

<b>Finals</b>			
1	40 Simon Achurch	M42 EVAC	39.54m
2	83 Ian Williams	M41 WMAA	31.90m

**M45 Javelin Throw**

<b>Finals</b>			
1	89 Andrew Bruce	M46 SVHC	41.06m
2	103 Peter Evans	M48 VAC	36.17m
3	149 Jeroen Van Riel	M47 NETHERLANDS	33.16m
4	112 David Hunt	M49 VAC	32.62m
5	134 Dave Roberts	M49 SCVAC	23.46m

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****M50 Javelin Throw****Finals**

1	189 Trevor Ratcliffe	M53 SCVAC	51.02m
2	197 Stuart Ryan	M54 NEMAA	41.92m
3	160 David Burrell	M52 EVAC	36.70m

**M55 Javelin Throw****55 Champions: 44.95m C****Finals**

1	231 Michael Hausler	M57 EVAC	36.01m
2	210 Nick Barton	M57 SCVAC	32.71m
3	220 Stephen Dobson	M55 SWVAC	31.22m

**M60 Javelin Throw****Finals**

1	284 Peter Coote	M62 MMAC	33.23m
2	302 Paul Oakes	M63 EVAC	32.98m
3	308 Trevor Straker	M64 NEMAA	26.17m

**M65 Javelin Throw****65 Champions: 39.31m C****Finals**

1	325 Joe Eastwood	M67 SCVAC	32.53m
2	348 Bunt Scott	M66 EVAC	27.17m
3	350 Robert Smith	M65 SCVAC	25.21m
4	345 Patrick Reynolds	M66 IRELAND	13.00m

**M70 Javelin Throw****Finals**

1	369 Barry Hawksworth	M70 MMAC	34.94m
2	370 Mike Hazlewood	M71 NMAC	32.41m
3	364 Peter Daw	M72 SWVAC	32.17m
4	385 Roy White	M70 SCVAC	28.58m
5	375 David Kuester	M72 MMAC	22.34m
6	367 John Gilbert	M73 VAC	21.49m
7	377 Robert Maggio	M70 EVAC	9.21m

**M80 Javelin Throw****Finals**

1	399 Warwick Dixon	M81 SCVAC	17.41m
2	403 Clifford Taylor	M84 VAC	15.97m

**M85 Javelin Throw****Finals**

1	406 John Kirkham	M88 VAC	10.08m
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**W40 Weight Throw****40 Champions: 14.17m C 12/03/2016 Andrea Jenkins, Eastern VAC****Finals**

1	430 Cath Alford	W44 WMAA	9.39m
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**W45 Weight Throw****Finals**

1	463 Sue Lawrence	W46 SCVAC	11.42m
2	474 Camilla Thrush	W48 SCVAC	9.15m

**W50 Weight Throw****Finals**

1	505 Janet Smith	W52 SCVAC	14.15m
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**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****Finals ... (W50 Weight Throw)**

2	513 Julie Wilson	W54 EVAC	10.85m
3	494 Karen Llewellyn	W53 WMAA	9.75m

**W55 Weight Throw****55 Champions: 12.72m C****Finals**

1	526 Karen Jones	W56 SWVAC	10.52m
2	516 Claire Cameron	W58 SVHC	9.44m
3	518 Wendy Dunsford	W56 EVAC	9.15m
4	535 Brenda Russell	W58 EVAC	7.49m
5	531 Angela Morgan	W58 SCVAC	6.57m

**W60 Weight Throw****Finals**

1	559 Jennifer Ibbitson	W60 NMAC	12.97m
2	556 Pat Higgins	W60 MMAC	10.40m
3	547 Sue Dassie	W64 SCVAC	9.45m
4	565 Stephanie Stamp	W64 EVAC	7.43m

**W65 Weight Throw****Finals**

1	573 Rosemary Hutton	W69 SWVAC	9.57m
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**W70 Weight Throw****Finals**

1	587 Liz Sissons	W72 SCVAC	7.77m
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**M40 Weight Throw****40 Champions: 11.32m C 13/03/2016 Simon Achurch, Eastern VAC****Finals**

1	77 Stuart Thurgood	M40 SCVAC	15.13m C
2	65 Graham Lay	M41 SCVAC	11.13m
3	79 Daniel Upton	M41 VAC	10.94m
4	40 Simon Achurch	M42 EVAC	10.31m

**M45 Weight Throw****Finals**

1	148 John Twiddle	M48 NMAC	10.76m
2	136 Andrew Sheerin	M46 SWVAC	10.70m

**M50 Weight Throw****Finals**

1	206 Stephen Whyte	M52 EVAC	18.97m
2	160 David Burrell	M52 EVAC	13.29m
3	203 Andrew Turner	M53 WMAA	13.13m
4	171 Jim Gillespie	M54 EVAC	10.15m

**M55 Weight Throw****55 Champions: 18.78m C 13/03/2016 Robert Earle, Eastern VAC****Finals**

1	254 Chris Privett	M57 VAC	15.47m
2	247 John Moreland	M58 MMAC	14.05m
3	255 Glyn Pugh	M56 WMAA	13.05m
4	215 Ian Cooley	M59 NMAC	12.92m

**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****M60 Weight Throw****Finals**

1	294 Eugene Lawlor	M61 IRELAND	14.52m
2	275 Mike Bale	M60 SCVAC	12.80m
3	300 Timothy Needham	M64 EVAC	11.08m

**M65 Weight Throw****65 Champions: 17.78m C****Finals**

1	348 Bunt Scott	M66 EVAC	12.81m
2	321 John Blackwell	M66 EVAC	12.42m
3	354 Clive Thomson	M65 SCVAC	12.36m
4	350 Robert Smith	M65 SCVAC	10.85m
5	326 Adrian Essex	M66 SCVAC	9.51m

**M70 Weight Throw****Finals**

1	369 Barry Hawksworth	M70 MMAC	18.13m
2	370 Mike Hazlewood	M71 NMAC	13.79m
3	379 Garry Negus	M74 SCVAC	13.03m
4	375 David Kuester	M72 MMAC	12.94m
5	367 John Gilbert	M73 VAC	11.82m
6	373 Richard Jegou	M72 MMAC	10.42m

**M75 Weight Throw****Finals**

1	396 Richard Turner	M75 OPEN	9.59m
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**M80 Weight Throw****Finals**

1	399 Warwick Dixon	M81 SCVAC	10.88m
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**M85 Weight Throw****Finals**

1	406 John Kirkham	M88 VAC	8.05m
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**M55 3000 Metre Race Walk****Finals**

1	258 Francisco Reis	M56 SCVAC	14:05.21
2	265 Ray Thomson	M59 NMAC	20:45.01

**M60 3000 Metre Race Walk****Finals**

1	296 Malcolm Martin	M62 SCVAC	15:52.97
2	310 Ian Torode	M60 SWVAC	19:23.16

**M65 3000 Metre Race Walk****Finals**

1	346 Ian Richards	M68 VAC	14:53.81
2	322 Peter Boszko	M67 MMAC	16:43.39
3	340 Roger Michell	M69 MMAC	18:01.85

**M70 3000 Metre Race Walk****Finals**

1	360 John Borgars	M70 EVAC	20:08.45
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**W35 3000 Metre Race Walk****Finals**

1	416 Carolyn Dyall	W39 MMAC	17:15.59
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**BMAF Indoor Championships 2017 - 11/03/2017 to 12/03/2017****Lee Valley****Results****W45 3000 Metre Race Walk**

Finals		
1	465 Melanie Peddle	W48 EVAC 17:43.03
2	461 Wendy Kane	W48 MMAC 17:52.17

**W50 3000 Metre Race Walk**

Finals		
1	497 Helen Middleton	W54 EVAC 17:34.30
2	496 Angela Martin	W52 SCVAC 19:57.97

**W60 3000 Metre Race Walk**

Finals		
1	549 Cath Duhig	W62 EVAC 18:39.29

**M75 3000 Metre Race Walk**

75 Champions: 16:45.13 C

Finals		
1	394 Ronald Penfold	M75 VAC 19:13.27
2	395 Ron Stewart	M75 NEMAA 23:49.60

**M80 3000 Metre Race Walk**

Finals		
1	404 Norbert Will	M81 NIMAA 21:47.49