

SOUTHERN COUNTIES VETERANS
ATHLETICS CLUB

**Indoor Track and Field
Championship Programme**

Saturday 2nd April 2022

Lee Valley Athletics Centre
Picketts Lock
London
N9 0AS

SCVAC Indoor Championships – Lee Valley – 02.04.2022
Final Timetable

Track

11.00	60m Hurdles
11.45	3000m Walk
12.15	800m
12.45	200m
13.45	Lunch break for track officials
14.45	3000m
15.30	60m
16.30	400m
17.00	1500m

Men will run first, followed by women, but where there are very few athletes for a race men and women may run in the same race.
Younger athletes will run first followed by older.

All race events are Finals. Where there are too many athletes for a single age group race there will be seeded races where the Final finish positions will be decided as a time trial.

Field

11.00	Pole Vault - Men and Women
11.00	Shot - Women
11.00	Long Jump - Men - M35-59
12.00	Shot – Men - M35-59
12.00	Long Jump - Men M60+
13.00	Long Jump - Women - W35-59
13.00	Shot - Men M60+
14.00	Long Jump - Women W60+
14.30	High Jump - Men and Women
15.00	Triple Jump - Men
16.00	Triple Jump - Women

Four attempts only in Long Jump, Triple Jump and Shot.

SCVAC INDOOR CHAMPIONSHIPS – 02.04.2022 – LEE VALLEY
RACE ORDER

TIME	EVENT	RACE NO.	AGE GROUPS	MAX. NO. OF ATHLETES	
11.00	60m Hurdles	1	M35, M45	3	
		2	M50, M55	5	
		3	M60, M70, M80, W45	4	
		4	W60, W70	7	
11.45	3000m Walk	5	All	3	
12.15	800m	6	M35, M45, M50	6	
		7	M55, M60	6	
		8	M70, M75, W65, W70	4	
12.45	200m	9	W35, W45, W60	6	
		10	M35, M40	6	
		11	M45	4	
		12	M50 Members	6	
		13	M50 Guests	3	
		14	M55	4	
		15	M60	5	
		16	M70, M80	6	
		17	M75	5	
		18	W40, W45 Guest, W50	6	
		19	W45 Members	8	(2 seeded races)
		20	W45 Members		
		21	W60, W65	6	
		22	W70	5	
13.45	Lunch break for track officials				
14.45	3000m	23	M35-M64	10	
		24	M65+, all Women	9	
15.30	60m	25	M35, M40 Members	5	
		26	M35, M40 Guests	7	
		27	M45	4	
		28	M50	7	
		29	M55	6	
		30	M60	6	
		31	M65, M70	6	
		32	M75, M80	7	
		33	W35, W40	6	
		34	W45 Members	8	(2 seeded races)
		35	W45 Members		
		36	W50, W55, W60	7	
		37	W65	6	
		38	W70	5	
16.30	400m	39	M35, M40	5	
		40	M45, M50	6	
		41	M55, M60	5	
		42	M65, M75, M80	4	
		43	W35, W45	5	
		44	W50, W60, W65	3	
17.00	1500m	45	All Men	8	
		46	All Women	6	

Races may be combined if some athletes do not attend.

SCVAC INDOOR CHAMPIONSHIP BEST PERFORMANCES

M35	1500m	C McQuillen-Wright (G)	4:17.36	2008
M40	1500m	C Symonds	4:23.82	2016
M45	1500m	D Moore (G)	4:23.58	2009
M50	1500m	S Anderson (G)	4:31.48	2016
M55	1500m	D Butler (G)	4:37.6	2012
M60	1500m	M Mann (G)	5:03.43	2000
M65	1500m	M Mann (G)	5:30.00	2016
M70	1500m	J Batchelor	5:50.16	2015
M75	1500m	J Batchelor	6:02.19	2017
W35	1500m	C Oliver	5:07.26	2010
W40	1500m	N Richmond	5:27.0	2013
W45	1500m	J Pidgeon (G)	5:10.06	2010
W50	1500m	D Forrest	5:52.31	2019
W55	1500m	C Elms (G)	4:53.87	2019
W60	1500m	C Jones (G)	6:19.20	2018
W65	1500m	R Tabor (G)	6:23.58	2019
W70	1500m		-	
M35	200m	W MacGee	23.46	2008
M40	200m	A McMahon (G)	23.53	2016
M45	200m	P Logan	24.23	2010
M50	200m	R Huskisson (G)	25.20	2010
M55	200m	A Ross	25.24	2008
M60	200m	A Ross (G)	25.98	2015
M65	200m	T Bissett	27.49	2009
M70	200m	G Sutton (G)	27.60	2016
M75	200m	T Bissett	31.41	2019
M80	200m	J Evans (G)	39.30	2016
M85	200m	R Pitcairn-Knowles	47.42	2018
W35	200m	H Channon (G)	26.80	2013
W40	200m	K Burles	28.17	2019
W45	200m	K King	27.36	2008
W50	200m	H Godsell	28.94	2008
W55	200m	K King	28.71	2019
W60	200m	H Godsell	30.01	2016
W65	200m	H Godsell	30.58	2019
W70	200m	M Axtell	40.85	2015
W75	200m	B Green	59.40	2008
W80	200m	D Fraser (G)	51.47	2018
M35	3000m	R Palmer (G)	9:00.69	2010
M40	3000m	I Johnson	9:23.35	2010
M45	3000m	I Johnston (G)	9:31.31	2016
M50	3000m	T Tuohy (G)	9:40.47	2017
M55	3000m	G Ironmonger (G)	9:52.99	2018
M60	3000m	D Oxland (G)	10:14.16	2014
M65	3000m	D Oxland (G)	11:02.03	2018
M70	3000m	J Batchelor	12:12.45	2015
M75	3000m	P Brennan (G)	13:33.28	2019
W35	3000m		-	
W40	3000m		-	
W45	3000m	B Pickett	10:33.5	2012
W50	3000m	G Duckworth (G)	11:02.37	2010
W55	3000m	C Elms (G)	10:27.97	2019
W60	3000m	P Gallagher (G)	12:11.16	2009
W65	3000m	R Tabor (G)	12:18.67	2015
W70	3000m		-	
W75	3000m	P Jones	16:24.4	2012
M35	3000m Walk	A Hills (G)	16:53.00	2017
M40	3000m Walk		-	

M45	3000m Walk		-	
M50	3000m Walk	N Silvester	13:07.70	2008
M55	3000m Walk	F Reis	14:06.43	2016
M60	3000m Walk	I Richards (G)	14:39.7	2012
M65	3000m Walk	J Hall (G)	15:49.89	2014
M70	3000m Walk	A Thompson	15:52.03	2008
M75	3000m Walk	A Thompson	16:29.62	2012
M80	3000m Walk	A Thomson (G)	21:01.45	2019
W40	3000m Walk	P Cummings (G)	17:05.08	2019
W45	3000m Walk	M Noel (G)	18:15.8	2013
W50	3000m Walk	A Martin	20:14.30	2016
W55	3000m Walk	J Howard	17:55.8	2012
W60	3000m Walk	N Blatchford	18:16.1	2012
W65	3000m Walk	N Blatchford	18:34.2	2013
W70	3000m Walk	V Case	27:09.00	2008
M35	400m	E Williams	51.41	2008
M40	400m	P Benedickter	55.34	2010
M45	400m	K Bentham	53.59	2008
M50	400m	D Bokor-Ingram	53.47	2018
M55	400m	J Tilt	56.49	2018
M60	400m	R Watkins	60.44	2014
M65	400m	D Spencer	63.58	2016
M70	400m	T Bissett	75.56	2018
M75	400m	J Batchelor	78.16	2018
M80	400m	R Pitcairn-Knowles	104.54	2014
M85	400m	R Pitcairn-Knowles	123.30	2018
W35	400m	D Doherty	66.38	2008
W40	400m	D Norman	60.24	2017
W45	400m	L Hopkins	64.05	2009
W50	400m	S Read-Cayton (G)	63.79	2016
W55	400m	L Mahady (G)	67.10	2014
W60	400m	S James	94.38	2015
W65	400m	M West	76.23	2015
W70	400m		-	
W75	400m	P Jones	99.37	2012
M35	60m	J Carty	7.20	2007
M40	60m	A Noel	7.10	2005
M45	60m	P Logan	7.40	2008
M50	60m	G Walcott	7.60	2006
M55	60m	W Franklin	7.76	2008
M55	60m	R Frazer	7.80	2003
M60	60m	B Gray	7.90	1996
M60	60m	G Sutton	7.90	2006
M60	60m	J Browne	7.90	2014
M65	60m	C Williams	8.10	1997
M70	60m	G Sutton (G)	8.12	2016
M75	60m	A Long (G)	9.06	2019
M80	60m	S Stein	10.00	2001
M85	60m	R Pitcairn-Knowles	12.81	2018
W35	60m	H Channon (G)	8.00	2013
W40	60m	H Godsell	8.00	1996
W40	60m	K King	8.0	2005
W45	60m	H Godsell	8.2	2003
W45	60m	K King	8.20	2007
W45	60m	K King	8.2	2008
W50	60m	H Godsell	8.2	2005
W55	60m	K King	8.48	2019
W60	60m	V Parsons	8.9	2007
W65	60m	H Godsell	9.03	2019
W70	60m	I Holder	10.47	2012
W75	60m	I Holder (G)	11.45	2018

W80	60m	D Fraser (G)	13.92	2019
M35	60m Hurdles	M Elliott	8.33	2016
M40	60m Hurdles	A Lewis	8.4	2009
M45	60m Hurdles	G Reddington	8.92	2008
M50	60m Hurdles	G Reddington	9.1	2013
M55	60m Hurdles	J Howe	9.6	2001
M55	60m Hurdles	N Tunstall (G)	9.40	2019
M60	60m Hurdles	J Howe	10.1	2003
M65	60m Hurdles	B Ferguson	10.00	2007
M70	60m Hurdles	B Ferguson	10.7	2012
M75	60m Hurdles	B Ferguson	12.06	2018
W35	60m Hurdles	C Goddard	9.5	2005
W40	60m Hurdles	D Norman	9.52	2019
W45	60m Hurdles	K Reynolds	9.56	2014
W50	60m Hurdles	G Clarke	10.25	2012
W50	60m Hurdles	E McMahon	10.3	2001
W50	60m Hurdles	G Clarke	10.30	2013
W55	60m Hurdles	E McMahon	10.93	2008
W60	60m Hurdles	E McMahon	11.30	2013
W65	60m Hurdles	E McMahon	12.50	2018
W70	60m Hurdles	P Oakes (G)	14.51	2017
W75	60m Hurdles		-	
M35	800m	E Williams	1:59.68	2008
M40	800m	S Baldock	2:02.29	2010
M45	800m	A Haines	2:05.95	2014
M50	800m	M Symes	2:05.69	2019
M55	800m	J Gough (G)	2:11.13	2008
M60	800m	D Wilcock	2:21.31	2016
M65	800m	D Oxland (G)	2:31.46	2018
M70	800m	J Batchelor	2:51.74	2015
M75	800m	J Batchelor	2:52.05	2017
M80	800m	G Hopcraft	4:13.53	2010
W35	800m	F Maddocks	2:31.84	2019
W40	800m	D Norman	2:19.63	2017
W45	800m	A Ramos-Villaverde	2:33.21	2019
W50	800m	C Smith (G)	2:40.78	2010
W55	800m	V Mitchell	2:28.26	2019
W60	800m	A Riddell (G)	3:19.16	2019
W65	800m	R Tabor (G)	2:55.06	2016
W70	800m	P Gallagher (G)	3:50.47	2018
W75	800m	P Jones	3:41.3	2012
M35	High Jump	S Bobb	1.78	2012
M40	High Jump	D Dods	1.79	2018
M45	High Jump	D Talbot	1.62	2001
M50	High Jump	I Allen (G)	1.68	2018
M55	High Jump	G Capon	1.56	2017
M60	High Jump	D Talbot	1.47	2015
M65	High Jump	D Talbot	1.38	2019
M70	High Jump	J Robinson	1.25	2001
M70	High Jump	R Bruck	1.25	2013/14
M75	High Jump	R Bruck	1.21	2018
M80	High Jump		-	
W35	High Jump	C Goddard	1.64	2005
W40	High Jump	A Akim (G)	1.63	2016
W45	High Jump	I Barauskiene	1.45	2011
W50	High Jump	G Clarke	1.35	2013
W55	High Jump	T Eades	1.25	2014/17
W60	High Jump	J Ashton	1.17	2019
W65	High Jump	P Oakes	1.12	2012
W70	High Jump		-	
W75	High Jump		-	

M35	Long Jump	S Bobb	6.42	2012
M40	Long Jump	G Sunshine	6.44	2016
M45	Long Jump	T Wade	5.94	2005
M50	Long Jump	T Wade	5.93	2007
M55	Long Jump	P Guest (G)	5.40	2018
M60	Long Jump	M Lapka (G)	4.64	2018
M65	Long Jump	A Cheers	4.20	2010
M70	Long Jump	A Kalirai	4.08	1999
M75	Long Jump	A Long (G)	3.97	2018
M80	Long Jump	J Evans (G)	3.07	2016
W35	Long Jump	H Channon (G)	5.24	2013
W40	Long Jump	D Norman	5.29	2016
W45	Long Jump	A Griffiths	4.65	2007
W45	Long Jump	I Barauskiene	4.65	2011
W50	Long Jump	G Clarke	4.23	2013
W55	Long Jump	T Eades	4.15	2016
W60	Long Jump	I Holder	3.84	2005
W65	Long Jump	E McMahon	3.58	2019
W70	Long Jump	I Holder	3.48	2012
W75	Long Jump	I Holder (G)	2.97	2018
W80	Long Jump	D McLennan	1.72	2018
M35	Pole Vault	C Mills	4.41	2011
M40	Pole Vault	C Mills	4.20	2016
M45	Pole Vault	A Williams	4.21	2002
M45	Pole Vault	E Jones	4.21	2017
M50	Pole Vault	M Johnson (G)	4.64	2016
M55	Pole Vault	A Williams	3.91	2011
M60	Pole Vault	A Williams	3.21	2017
M65	Pole Vault	A Woods	2.80	1997
M70	Pole Vault	N Mason (G)	3.00	2018
M75	Pole Vault	A Woods	1.80	2007
W35	Pole Vault	J Eastwood (G)	3.10	2019
W40	Pole Vault	A Duke	2.50	2009/10
W40	Pole Vault	C Cabbage	2.50	2016
W45	Pole Vault	A Duke	2.61	2012
W50	Pole Vault	S Yeomans	2.70	2005/7
W55	Pole Vault	S Yeomans	2.71	2012
W60	Pole Vault	S Yeomans	2.60	2014
W65	Pole Vault	D McLennan	2.30	2005
W70	Pole Vault	D McLennan	2.10	2006
W75	Pole Vault		-	
M35	Shot	M Wiseman	14.65	2008
M40	Shot	M Wiseman	15.47	2011
M45	Shot	G Degutis (G)	14.93	2016
M50	Shot	N Griffin	15.35	2001
M55	Shot	N Griffin	14.25	2005
M60	Shot	N Griffin	14.25	2010
M65	Shot	G Hickey	12.66	2002
M70	Shot	G Hickey	12.12	2005
M75	Shot	J Hanus	9.59	2005
M80	Shot	C Taylor (G)	8.60	2016
W35	Shot	S Lawrence	10.92	2012
W40	Shot	D Norman	11.78	2019
W45	Shot	S Lawrence	10.19	2019
W50	Shot	B Terry	10.81	1996
W55	Shot	V Thompson	10.78	2008/10
W60	Shot	E Williams	11.17	1999
W65	Shot	E Williams	11.20	2003
W70	Shot	E Williams	10.13	2009
W75	Shot	M Grant Stevens	5.76	2008
W80	Shot	M Williams	4.46	1997

M35	Triple Jump	S Bobb	13.92	2012
M40	Triple Jump	S Bobb	13.48	2016
M45	Triple Jump	A Oyediran	13.55	2007
M50	Triple Jump	J Gittens (G)	11.60	2016
M55	Triple Jump	J Gittens (G)	11.64	2019
M60	Triple Jump	C Leon	9.82	2016
M65	Triple Jump	I Thomson	9.07	2019
M70	Triple Jump	A Kalirai	8.54	1999
M75	Triple Jump	A Long (G)	7.96	2018
M80	Triple Jump	J Evans (G)	6.99	2016
W35	Triple Jump	J Brown	10.79	1996
W40	Triple Jump	D Norman	10.90	2017
W45	Triple Jump	J Fail	9.26	1997
W50	Triple Jump	P Oakes	9.04	1997
W55	Triple Jump	M Garland (G)	9.18	2018
W60	Triple Jump	C Graham	7.97	2002
W65	Triple Jump	I Holder	7.43	2007
W70	Triple Jump	I Holder	7.16	2012
W75	Triple Jump	I Holder (G)	6.50	2018

INDOOR MEDAL STANDARDS

	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
60m	8.50	8.80	9.00	9.20	9.50	10.00	10.50	11.20	11.80	12.90
60m Hurdles	10.00	10.80	11.70	11.90	12.80	12.50	14.00	13.50	15.60	17.90
200m	28.10	28.70	29.30	30.30	31.40	33.10	34.90	37.90	41.80	48.90
400m	61.10	63.2	64.90	67.10	70.40	75.30	80.30	89.10	106.70	132.00
800m	2:23.00	2:27.00	2:31.00	2:37.00	2:45.00	2:58.00	3:12.00	3:31.00	4:03.00	4:46.00
1500m	5:04.00	5:10.00	5:17.00	5:30.00	5:43.00	6:05.00	6:41.00	7:23.00	8:29.00	10:16.00
3000m	10:07.00	10:38.00	11:16.00	11:52.00	12:39.00	13:23.00	14:07.00	15:24.00	17:03.00	19:17.00
3000m Walk	17:25.00	17:52.00	18:27.00	19:04.00	19:48.00	20:36.00	21:32.00	22:40.00	23:12.00	26:02.00
Pole Vault	2.90	2.75	2.65	2.50	2.35	2.15	2.00	1.85	1.75	1.60
High Jump	1.45	1.40	1.35	1.30	1.25	1.15	1.10	1.05	0.95	0.85
Long Jump	4.70	4.50	4.40	4.15	3.90	3.60	3.24	2.79	2.34	1.89
Triple Jump	10.24	9.90	9.50	9.05	8.65	8.10	7.30	6.40	5.60	4.90
Shot	9.90	9.30	8.50	8.90	8.20	8.75	7.60	8.30	6.50	4.90

	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
60m	9.30	9.60	10.20	10.70	11.40	12.10	12.80	13.60	14.60	15.7
60m Hurdles	11.80	11.70	12.20	12.80	13.30	13.90	14.50	14.90	15.50	15.9
200m	32.40	33.50	34.70	36.50	38.20	40.70	44.40	50.40	59.60	68.2
400m	72.40	75.50	79.00	82.80	86.90	91.00	95.40	103.40	116.60	129.8
800m	2:48:00	2:53:00	3:01:00	3:09:00	3:21:00	3:34:00	3:53:00	4:14:00	4:35:00	05:05:00
1500m	5:59:00	6:07:00	6:18:00	6:34:00	6:55:00	7:25:00	8:01:00	8:44:00	9:36:00	10:38:00
3000m	12:22:00	12:57:00	13:23:00	13:58:00	14:40:00	15:24:00	16:24:00	17:41:00	19:15:00	21:16:00
3000m Walk	20:15:00	20:32:00	20:59:00	21:28:00	22:05:00	22:49:00	23:44:00	24:56:00	26:13:00	27:41:00
Pole Vault	2.15	2.00	1.80	1.65	1.55	1.45	1.35	1.25	1.15	1.05
High Jump	1.25	1.20	1.15	1.10	1.00	0.95	0.90	0.85	0.75	0.7
Long Jump	3.83	3.60	3.38	3.14	2.88	2.66	2.42	2.18	1.96	1.67
Triple Jump	8.01	7.56	7.11	6.75	6.30	5.85	5.36	4.86	4.32	3.78
Shot	7.56	7.25	6.75	6.75	6.39	5.76	5.09	4.41	3.74	3.11