

SEOA Middle Distance Championships - Medal Winners

M10

Gold Toby Prior (SAX)
Silver William Prior (SAX)

M12

Gold Matthew Derrick (SAX)
Silver Joseph Derrick (SAX)

M18

Gold Shane Muggeridge
(HAVOC)

W16

Gold Frida Petersen (CHIG)

M20-40

Gold Paul Couldridge (SLOW)
Silver Ben Windsor (SLOW)
Bronze Michael Balling (SLOW)

W20-40

Gold Sian Mitchell (HH)
Silver Becky Raftery (HH)
Bronze Carys Morgan (SLOW)

M45-50

Gold Neil Crickmore (SO)
Silver Chris Hooker (SO)
Bronze Ade Chapman (RAFO)

W45-50

Gold Susan Crickmore (SO)
Silver Julie Cleary (LOK)
Bronze Dorte Torpe Hansen
(SLOW)

M55-60

Gold Ian Ditchfield (MV)
Silver Steve Blount (SO)
Bronze Keith Tonkin (GO)

W55-60

Gold Christine Kiddier (GO)
Silver Christine Robinson (SLOW)
Bronze Jean Fitzgerald (SAX)

M65+

Gold Tom Edelsten (CHIG)
Silver Geoff Wright (GO)
Bronze Peter Martin (SAX)

W65+

Gold Susan Parker (SO)
Silver Joan Mills (SAX)
Bronze Bridget Hooper (SO)