

3000C		M50 3000m			
3	1	Barry Warne	Peterborough	11:10.9	5
1	2	Joe Tucker	Cambridge & Col.	13:45.6	4
4	3	C Milnes	Ryston	13:56.1	3
	4				2
	5				1
3000D		M60 3000m			
3	1	Keith Brookes	Peterborough	12:18.6	5
4	2	Mick Ennis	Ryston	14:56.8	4
1	3	Nick Ward	Cambridge & Col.	15:24.1	3
	4				2
	5				1
400HB		M40 400M hurdles			
3	1	Neil Martin	Peterborough	87.6	5
	2				4
	3				3
	4				2
	5				1
400HC		M50 400M hurdles			
3	1	David Whitehead	Peterborough	83.6	5
	2				4
	3				3
	4				2
	5				1
1mWA		M35+ 1mWalk "A"			
3	1	Eamonn Dorling	Peterborough	9:43.5	5
1	2	Joe Tucker	Cambridge & Col.	10:19.8	4
4	3	Paul Firmage	Ryston	10:22.1	3
	4				2
	5				1
1mWB		M35+ 1mWalk "B"			
3	1	Peter Brantom	Peterborough	10:50.3	5
1	2	Matt Ward	Cambridge & Col.	11:36.5	4
4	3	C Milnes	Ryston	11:48.1	3
	4				2
	5				1
PVA		M35 Pole Vault			
1	1	Noel Moss	Cambridge & Col.	2.10	5
4	2	Martin Ive	Ryston	1.80	4
	3				3
	4				2
	5				1
PVB		M40 Pole Vault			
1	1	Alec Taylor	Cambridge & Col.	2.40	5
3	2	Michael Moore	Peterborough	1.80	4
	3				3
	4				2
	5				1
PVC		M50 Pole Vault			
3	1	Karl Eve	Peterborough	2.60	5
2	2	Gordon Slater	City of Norwich	2.20	4
1	3	Ian Slack	Cambridge & Col.	1.80	3
	4				2
	5				1
TJB		M40 Triple Jump			
4	1	Paul Harrison	Ryston	10.27	5
1	2	Keith Clarke	Cambridge & Col.	10.16	4
3	3	Neil Martin	Peterborough	9.70	3
	4				2
	5				1

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TJC		M50 Triple Jump				
1	1	Ian Slack	Cambridge & Col.	8.40	5	
3	2	Dave Whitehead	Peterborough	6.60	4	
	3				3	
	3				2	
	5				1	
DTB		M40 Discus				
3	1	Andy Wain	Peterborough	29.69	5	
1	2	Alec Taylor	Cambridge & Col.	22.55	4	
5	3	R Vincent	West Norfolk	17.99	3	
	4				2	
	5				1	
DTC		M50 Discus				
3	1	Karl Eve	Peterborough	29.06	5	
1	2	Ian Slack	Cambridge & Col.	25.28	4	
	3				3	
	4				2	
	5				1	
DTD		M60 Discus				
3	1	Tim Needham	Peterborough	33.63	5	
1	2	Phil Bramford	Cambridge & Col.	27.49	4	
4	3	Jeff Reid	Ryston	18.87	3	
	4				2	
	5				1	
JTA		M35 Javelin				
3	1	Ken Baker	Peterborough	38.89	5	
4	2	Martin Ives	Ryston	25.07	4	
1	3	Matt Ward	Cambridge & Col.	20.72	3	
	4				2	
	5				1	
JTB		M40 Javelin				
3	1	Andy Wain	Peterborough	36.33	5	
1	2	Alec Taylor	Cambridge & Col.	32.99	4	
5	3	R Vincent	West Norfolk	25.17	3	
4	4	Malcolm Tuff	Ryston	19.53	2	
	5				1	
JTC		M50 Javelin				
1	1	Ian Slack	Cambridge & Col.	30.23	5	
3	2	Roger Hudson	Peterborough	27.46	4	
4	3	C Milnes	Ryston	6.45	3	
	4				2	
	5				1	
JTD		M60 Javelin				
1	1	Noel Moss	Cambridge & Col.	20.91	5	
3	2	Tim Needham	Peterborough	19.28	4	
4	3	Jeff Reid	Ryston	14.52	3	
	4				2	
	5				1	
RelayB		M35-49 (400,200,200,400m)				
3	1	Peterborough		3:00.6	5	
1	2	Cambridge & Col.		3:05.9	4	
4	3	Ryston		3:09.3	3	
	4				2	
	5				1	
RelayC		M50 (400,200,200,400m)				
3	1	Peterborough		3:44.9	5	
1	2	Cambridge & Col.		4:00.1	4	
4	3	Ryston		5:04.8	3	
	4				2	
	5				1	

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Womens's Teams

Score

1	Ryston	96
2	Cambridge & Col.	43
3	West Norfolk	41
4	Peterborough	32
5	City of Norwich	21

200A **F35 200m**

8	1	Stacey McGivern	Peterborough	29.3	5
10	2	Nicky Neill	West Norfolk	32.0	4
9	3	Jo Brooks	Ryston	37.1	3
	4				2
	5				1

200B **F45 200m**

9	1	Karen Wood	Ryston	35.2	5
	2				4
	3				3
	4				2
	5				1

200C **F55 200m**

7	1	Carole Filer	City of Norwich	29.8	5
9	2	Elizabeth Blakie	Ryston	37.9	4
6	3	Mary Holmes	Cambridge & Col.	43.9	3
	4				2
	5				1

800A **F35 800m**

8	1	Stacey McGivern	Peterborough	2:29.3	5
10	2	Nicky Neill	West Norfolk	2:29.6	4
6	3	Joan Lasenby	Cambridge & Col.	2:50.8	3
9	4	Mel Watts	Ryston	3:24.5	2
	5				1

800B **F45 800m**

6	1	Helen Grant	Cambridge & Col.	2:51.9	5
9	2	Linda Marshall	Ryston	3:04.6	4
	3				3
	4				2
	5				1

800C **F55 800m**

6	1	Mary Holmes	Cambridge & Col.	3:42.0	5
9	2	Gill Hart	Ryston	3:52.0	4
	3				3
	4				2
	5				1

3000A **F35 3000m**

8	1	Nicky Morgan	Peterborough	12:12.9	5
10	2	Katrina Wastenev	West Norfolk	13:00.4	4
6	3	Rachel Roberts	Cambridge & Col.	14:07.5	3
	4				2
	5				1

3000B **F45 3000m**

6	1	Helen Grant	Cambridge & Col.	12:07.2	5
9	2	Sarah Taylor	Ryston	12:54.9	4
	3				3
	4				2
	5				1

3000C **F55 3000m**

9	1	Jane Ashby	Ryston	14:53.1	5
	2				4
	3				3
	4				2
	5				1

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400HA	F35 400m Hurdles				
10	1	Katrina Wastenev	West Norfolk	79.4	5
9	2	Helen Melville	Ryston	2:05.6	4
	3				3
	S				2
	5				1

400HB	F45 400m Hurdles				
9	1	Gaye Clarke	Ryston	78.9	5
	2				4
	3				3
	4				2
	5				1

1mWA	F35+ 1mWalk "A"				
10	1	Katrina Wastenev	West Norfolk	9:46.7	5
9	2	Elizabeth Blakie	Ryston	10:10.6	4
6	3	Rachel Roberts	Cambridge & Col.	10:33.3	3
8	4	Nicky Morgan	Peterborough	12:31.1	2
7	5	Carole Filer	City of Norwich	12:31.9	1

1mWB	F35+ 1mWalk "B"				
9	1	Sue Smith	Ryston	12:01.6	5
10	2	Lea Ely	West Norfolk	12:17.4	4
	3				3
	4				2
	5				1

PVA	F35 Pole Vault				
9	1	Jo Isbill	Ryston	2.00	5
	2				4
	3				3
	4				2
	5				1

PVB	F45 Pole Vault				
	1				5
	2				4
	3				3
	4				2
	5				1

TJA	F35 Triple Jump				
10	1	Katrina Wastenev	West Norfolk	7.41	5
9	2	Jo Isbill	Ryston	7.33	4
	3				3
	4				2
	5				1

TJB	F45 Triple Jump				
9	1	Elizabeth Blakie	Ryston	6.46	5
	2				4
	3				3
	4				2
	5				1

TJC	F55 Triple Jump				
9	1	Marlene Simmonds	Ryston	7.00	5
	2				4
	3				3
	4				2
	5				1

DTA	F35 Discus				
8	1	Andrea Jenkins	Peterborough	39.60	5
9	2	Jo Isbill	Ryston	15.46	4
6	3	Rachel Roberts	Cambridge & Col.	13.74	3
10	4	Katrina Wastenev	West Norfolk	12.82	2
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DTB		F45 Discus			
9	1	Gaye Clarke	Ryston	16.71	5
8	2	Kay Gibson	Peterborough	15.63	4
7	3	Carole Filer	City of Norwich	15.22	3
10	4	Lea Ely	West Norfolk	14.79	2
	5				1
DTC		F55 Discus			
6	1	Romana Martin	Cambridge & Col.	20.60	5
9	2	Marlene Simmonds	Ryston	19.37	4
7	3	Stephanie Mullarney	City of Norwich	14.02	3
	4				2
	5				1
JTA		F35 Javelin			
8	1	Andrea Jenkins	Peterborough	24.32	5
7	2	Maria Cann	City of Norwich	24.12	4
10	3	Nicky Neill	West Norfolk	15.76	3
6	4	Rachel Roberts	Cambridge & Col.	12.86	2
9	5	Jo Isbill	Ryston	7.78	1
JTB		F45 Javelin			
7	1	Stephanie Mullarney	City of Norwich	15.10	5
9	2	Gaye Clarke	Ryston	13.86	4
10	3	Lea Ely	West Norfolk	12.74	3
6	4	Romana Martin	Cambridge & Col.	11.74	2
8	5	Kay Gibson	Peterborough	8.38	1
Relay		F35 (400,200,200,400m)			
9	1	Ryston		4:03.6	5
6	2	Cambridge & Col.		4:12.6	4
	3				3
	4				2
	5				1
Relay		F45 (400,200,200,400m)			
9	1	Ryston		3:51.1	5
	2				4
	3				3
	4				2
	5				1

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