

EVAC Track & Field League -		NE Division - Match 4		Teams = 4	
Cambridge		Wed	03 August 2016		Overall
				Match Scores	
Pos	Men's Teams	Bib	Match 4	1, 2 & 3	Pos
1	Ryston Runners AC	1	82.5	292.5	1
2	Cambridge & Coleridge AC	2	59.5	159.5	3
3	West Norfolk AC	3	37	196	2
4	W Suffolk/St Ed. Pacers/Waveney	4	0	0	4
4		5	0	0	4
4		6	0	0	4
4		7	0	0	4
4		8	0	0	4

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind
1	Daniel Yellop	36	Ryston Runners AC	11.6	4	
2	James Collings	39	West Norfolk AC	12.6	3	
3	Joseph Tucker	56	Cambridge & Coleridge AC	14.6	2	
4					1	
5					0	
6					0	
7					0	
8	David Bettinson	43	Cambridge Triathlon Club	13.2	NS	

Rec	Rec	Rec	AG %
-	x	x	85.9
-	x	x	80.8
x	-	x	78.2
-	x	x	79.3

100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind
1	Stuart Howlett	50	Ryston Runners AC	12.9	4	
2	Andrew Holdsworth	53	Cambridge & Coleridge AC	14.1	3	
3					2	
4					1	
5					0	
6					0	
7					0	
8					0	

Rec	Rec	AG %
-	x	85.1
-	x	79.4

100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind
1	Ian Reeve	64	West Norfolk AC	14.6	4	
2	Noel Moss	71	Cambridge & Coleridge AC	17.7	3	
3	Jeffrey Reed	71	Ryston Runners AC	18.1	2	
4					1	
5					0	
6					0	
7					0	
8					0	

Rec	AG %
-	82.1
-	71.0
-	69.5

400m	400m M35-49	RDA	Team	(NN.n)	Pts
1	Che Plant	37	Ryston Runners AC	59.6	4
2	Neil Watson	43	West Norfolk AC	66.1	3
3	Joseph Tucker	56	Cambridge & Coleridge AC	75.9	2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	75.8
-	x	x	71.4
x	-	x	67.9

400m	400m M50-59	RDA	Team	(NN.n)	Pts
1	Anthony Savage	55	Ryston Runners AC	74.5	4
2	Andrew Holdsworth	53	Cambridge & Coleridge AC	82.9	3
3					2
4					1
5					0
6					0
7					0
8	David Bettinson	43	Cambridge Triathlon Club	13.2	NS

Rec	Rec	AG %
-	x	68.7
-	x	60.9
x	x	-

1Mile	1 Mile M35-49	RDA	Team	(NN:NN.n)	Pts
1	Ian Hogarth	37	Ryston Runners AC	05:49.5	4
2	Neil Watson	43	West Norfolk AC	05:56.0	3
3	Charlie Ritchie	61	Cambridge & Coleridge AC	06:15.6	2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	65.9
-	x	x	67.7
x	x	-	74.3

1Mile	1 Mile M50-59	RDA	Team	(NN:NN.n)	Pts
1	Malcolm Tuff	51	Ryston Runners AC	05:06.4	4
2	Gerald Meah	58	Cambridge & Coleridge AC	06:36.7	3
3					2
4					1
5					0
6					0
7					0
8	Anthony Savage	55	Ryston Runners AC	05:52.9	NS

Rec	Rec	AG %
-	x	83.7
-	x	68.6
-	x	75.1

1Mile	1 Mile M60+	RDA	Team	(NN:NN.n)	Pts
1	Glyn Smith	70	Cambridge & Coleridge AC	07:08.7	4
2	Ian Reeve	64	West Norfolk AC	07:22.1	3
3	Michael Ennis	74	Ryston Runners AC	08:04.9	2
4					1
5					0
6					0
7					0
8	David Bettinson	43	Cambridge Triathlon Club	13.2	NS

Rec	AG %
-	70.9
-	64.9
-	66.3
x	-

2000mW	2Km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Joseph Tucker	56	Cambridge & Coleridge AC	13:31.3	4
2	Paul Firmage	61	Ryston Runners AC	13:49.0	3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	Rec
x	-	x
x	x	-

2000mW	2Km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Keith Morris	56	Ryston Runners AC	16:57.5	4
2					3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	Rec
x	-	x

JT	Javelin M35-49 (800gm)	RDA	Team	(NN.nn)	Pts
1	Ian Slack	55	Cambridge & Coleridge AC	28.66	4
2	Daniel Yellop	36	Ryston Runners AC	26.12	3
3	Allan Williams	41	West Norfolk AC	24.56	2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	Rec	AG %
x	-	x	-
-	x	x	28.1
-	x	x	28.6

JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts
1	Stuart Howlett	50	Ryston Runners AC	35.91	4
2	Michael Hausler	57	Cambridge & Coleridge AC	34.84	3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	AG %
-	x	46.6
-	x	51.8

JT	Javelin M60-69 (600gm)	RDA	Team	(NN.nn)	Pts
1	Paul Oakes	63	Ryston Runners AC	29.15	4
2	Ian Reeve	64	West Norfolk AC	29.09	3
3	Noel Moss	71	Cambridge & Coleridge AC	17.67	2
4					1
5					0
6					0
7					0
8	Andrew Holdsworth	53	Cambridge & Coleridge AC	17.88	NS

Rec	AG %
-	46.7
-	47.6
-	-
x	-

DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts
1	Ian Slack	55	Cambridge & Coleridge AC	24.24	4
2	Daniel Yellop	36	Ryston Runners AC	22.04	3
3	Allan Williams	41	West Norfolk AC	19.92	2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	Rec	AG %
x	-	x	-
-	x	x	29.8
-	x	x	27.1

DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts
1	Michael Hausler	57	Cambridge & Coleridge AC	32.28	4
2	Stuart Howlett	50	Ryston Runners AC	27.03	3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	AG %
-	x	50.3
-	x	36.5

DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts
1	Paul Oakes	63	Ryston Runners AC	32.95	4
2	Ian Reeve	64	West Norfolk AC	27.65	3
3	Noel Moss	71	Cambridge & Coleridge AC	16.96	2
4					1
5					0
6					0
7					0
8	Jeffrey Reed	71	Ryston Runners AC	18.44	NS

Rec	AG %
-	53.2
-	45.7
-	33.2
-	36.1

TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Paul Harrison	49	Ryston Runners AC	10.01	4		-	x	x	65.6
2	Ian Slack	55	Cambridge & Coleridge AC	9.23	3		x	-	x	65.6
3	Adam Dewdney	43	West Norfolk AC	8.27	2		-	x	x	50.2
4					1					
5					0					
6					0					
7					0					
8					0					

Rec	Rec	Rec	AG %
-	x	x	65.6
x	-	x	65.6
-	x	x	50.2













EVAC Track & Field League -		NW Division - Match 3		Teams = 6	
Corby		Wed	10 August 2016		Overall
				Match Scores	
Pos	Men's Teams	Bib	Match 3	1, 2 & 3	Pos
6	Huntingdonshire AC	1	12	152.5	4
3	Peterborough AC	2	71	265	2
2	Nene Valley Harriers	3	72	273	1
1	Corby AC	4	98	235.5	3
5	Wellingborough & District AC	5	39	116	6
4	Stamford Striders	6	58	131	5
7		0	7	0	7
7		0	8	0	7

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Atholl Lawson	41	Corby AC		12.2	6	-	x	x	84.6
2	Sean Reidy	35	Nene Valley Harriers		13.1	5	-	x	x	75.5
3	Nick Breeze	41	Wellingborough & District AC		13.2	4	-	x	x	78.2
4	Mark Alderson	41	Stamford Striders		13.5	3	-	x	x	76.5
5						2				
6						1				
7						0				
8						0				

100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Ricardo Huskisson	56	Nene Valley Harriers		12.7	6	-	x	89.8
2	Dougie Donald	57	Corby AC		13.0	5	-	x	88.3
3	John Donaldson	57	Wellingborough & District AC		14.6	4	-	x	78.6
4	Martin Hilton	57	Peterborough AC		15.4	3	-	x	74.6
5	Jim Morris	51	Stamford Striders		15.8	2	-	x	69.9
6						1			
7						0			
8						0			

100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	David Whitehead	64	Peterborough AC		13.8	6	-	86.9
2	Tony Wells	67	Corby AC		15.0	5	-	81.3
3	Brian Kearsley	67	Stamford Striders		15.7	4	-	77.7
4	John Spriggs	64	Nene Valley Harriers		15.9	3	-	75.4
5						2		
6						1		
7						0		
8						0		

400m	400m M35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %	
1	David Brown	38	Nene Valley Harriers		51.8	6	-	x	x	87.8
2	Peter Straiton	41	Corby AC		54.5	5	-	x	x	85.3
3	James Sadlier	38	Peterborough AC		60.0	4	-	x	x	75.8
4	James Skinner	41	Stamford Striders		62.1	3	-	x	x	74.9
5	Zac O'Neil	37	Wellingborough & District AC		66.2	2	-	x	x	68.2
6						1				
7						0				
8						0				

400m	400m M50-59	RDA	Team	(NN.n)	Pts	Rec	Rec	AG %	
1	Ricardo Huskisson	56	Nene Valley Harriers		60.2	6	-	x	85.6
2	Wilson Paterson	58	Corby AC		64.8	5	-	x	80.5
3	Peter Ward	51	Peterborough AC		67.0	4	-	x	74.4
4	Jim Morris	51	Stamford Striders		68.3	3	-	x	73.0
5						2			
6						1			
7						0			
8						0			

1Mile	1 Mile M35-49	RDA	Team	(NN:NN.n)	Pts
1	Phil Martin	36	Peterborough AC	04:46.1	6
2	Simon Fell	39	Stamford Striders	05:00.7	5
3	Jon Kemp	45	Wellingborough & District AC	05:20.7	4
4	Scott Magee	45	Corby AC	05:24.2	3
5	Paul Parkin	52	Nene Valley Harriers	06:53.3	2
6	Andrew Stowe	42	Huntingdonshire AC	04:53.1	NS
7	John Pike	41	Peterborough AC	04:54.7	NS
8	Mark Alderson	41	Stamford Striders	05:45.0	NS

Rec	Rec	Rec	AG %
LR	x	x	80.0
-	x	x	77.8
-	x	x	76.3
-	x	x	75.5
x	-	x	62.6
x	x	x	81.6
-	x	x	80.5
-	x	x	68.8

1Mile	1 Mile M50-59	RDA	Team	(NN:NN.n)	Pts
1	Jim Morris	51	Stamford Striders	05:24.9	6
2	Peter Ward	51	Peterborough AC	05:31.7	5
3	John Donaldson	57	Wellingborough & District AC	05:38.8	4
4	Barry Warne	55	Nene Valley Harriers	06:09.9	3
5	Nigel Taylor	51	Corby AC	06:19.7	2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	79.0
-	x	77.3
-	x	79.6
-	x	71.7
-	x	67.6

1Mile	1 Mile M60+	RDA	Team	(NN:NN.n)	Pts
1	Eamonn Dorling	61	Peterborough AC	06:16.4	6
2	Brian Kearsley	67	Stamford Striders	06:23.4	5
3	Alan Mills	77	Wellingborough & District AC	08:57.2	4
4					3
5					2
6					1
7					0
8					0

Rec	AG %
-	74.2
-	76.9
-	63.2

2000mW	2Km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	James Skinner	41	Stamford Striders	11:26.5	6
2	Eamonn Dorling	61	Peterborough AC	13:00.6	5
3	Scott Magee	45	Corby AC	14:34.5	4
4	Barry Warne	55	Nene Valley Harriers	19:31.4	3
5					2
6					1
7					0
8					0

Rec	Rec	Rec
-	x	x
x	x	-
-	x	x
x	-	x

2000mW	2Km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Wilson Paterson	58	Corby AC	16:08.1	6
2					5
3					4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	Rec
x	-	x

JT	Javelin M35-49 (800gm)	RDA	Team	(NN.nn)	Pts
1	Simon Achurch	41	Nene Valley Harriers	43.74	6
2	Peter Straiton	41	Corby AC	37.02	5
3	Zac O'Neil	37	Wellingborough & District AC	24.73	4
4	Mark Alderson	41	Stamford Striders	14.17	3
5					2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	50.9
-	x	x	43.1
-	x	x	27.0
-	x	x	16.5



TJ	Triple Jump M50-59	RDA	Team	(N.nn)	Pts	Wind
1	Richard Phelan	54	Huntingdonshire AC	10.76	6	
2	Karl Eve	53	Peterborough AC	8.53	5	
3					4	
4					3	
5					2	
6					1	
7					0	
8					0	

Rec	Rec	AG %
-	x	75.5
-	x	59.0

TJ	Triple Jump M60+	RDA	Team	(N.nn)	Pts	Wind
1	John Spriggs	64	Nene Valley Harriers	7.14	6	
2	Tony Wells	67	Corby AC	6.18	5	
3					4	
4					3	
5					2	
6					1	
7					0	
8					0	

Rec	AG %
-	58.3
-	53.0

HJ	High Jump M35-49	RDA	Team	(N.nn)	Pts
1	Sean Reidy	35	Nene Valley Harriers	1.55	6
2	Atholl Lawson	41	Corby AC	1.50	5
3	Nick Breeze	41	Wellingborough & District AC	1.40	4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	66.7
-	x	x	68.4
-	x	x	63.8

HJ	High Jump M50-59	RDA	Team	(N.nn)	Pts
1	Richard Phelan	54	Huntingdonshire AC	1.57	6
2	Karl Eve	53	Peterborough AC	1.50	5
3					4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	AG %
LR	x	82.0
-	x	77.5

MedR	Relay 4224 M35-49	RDA	Team	(N:NN.n)	Pts
1			Corby AC	02:46.8	6
2			Stamford Striders	03:03.9	5
3			Wellingborough & District AC	03:09.8	4
4					3
5					2
6					1
7					0
8					0

Rec
-
-
-

MedR	Relay 4224 M50+	RDA	Team	(N:NN.n)	Pts
1			Corby AC	03:17.3	6
2			Peterborough AC	03:31.8	5
3			Nene Valley Harriers	03:45.1	4
4					3
5					2
6					1
7					0
8					0

Rec
-
-
-

EVAC Track & Field League -		NW Division - Match 3		Teams = 6	
Corby		Wed	10 August 2016		Overall
				Match Scores	
Pos	Women's Teams	Bib	Match 3	1, 2 & 3	Pos
6	Huntingdonshire AC	A	0	86	5
2	Peterborough AC	B	85	223	2
5	Nene Valley Harriers	C	11	69	6
4	Corby AC	D	39	105	4
1	Wellingborough & District AC	E	89	241	1
3	Stamford Striders	F	42	113	3
6		G	0	0	7
6		H	0	0	7

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Lisa Richardson	47	Peterborough AC		15.8	6	-	x	x	75.2
2	Elizabeth Fell	38	Stamford Striders		16.1	5	-	x	x	66.6
3	Louise Kemp	38	Wellingborough & District AC		17.3	4	-	x	x	62.0
4	Sally Coombs	45	Corby AC		17.5	3	-	x	x	66.5
5	--	0	Nene Valley Harriers		20.6	2	x	x	x	x
6						1				
7						0				
8						0				

100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Wendy Dunn	56	Peterborough AC		15.3	6	-	x	85.2
2	Deborah Varnfield	53	Wellingborough & District AC		18.4	5	-	x	68.7
3	Deb Galletta	54	Corby AC		20.9	4	-	x	61.1
4						3			
5						2			
6						1			
7						0			
8						0			

100m	100m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Julia Cooke-Simmons	62	Wellingborough & District AC		19.6	6	-	70.4
2						5		
3						4		
4						3		
5						2		
6						1		
7						0		
8						0		

400m	400m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Margaret Skinner	36	Stamford Striders		71.1	6	-	x	x	70.6
2	Sally Coombs	45	Corby AC		76.6	5	-	x	x	72.2
3	Lisa Richardson	47	Peterborough AC		79.4	4	-	x	x	71.1
4	--	0	Nene Valley Harriers		89.2	3	x	x	x	x
5	Kirsty Hewitt	35	Wellingborough & District AC		97.1	2	-	x	x	51.2
6						1				
7						0				
8						0				

400m	400m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Wendy Dunn	56	Peterborough AC		81.3	6	-	x	75.7
2	Linda Dawson	52	Wellingborough & District AC		99.1	5	-	x	59.8
3	Deb Galletta	54	Corby AC		100.8	4	-	x	59.9
4						3			
5						2			
6						1			
7						0			
8						0			









EVAC Track & Field League -		SE Division - Match 4		Teams = 6	
Enfield		Wed	27 July 2016		Overall
					Match Scores
Pos	Men's Teams	Bib	F	1, 2 & 3	Pos
1	Southend AC	1	114	425.5	1
4	Chelmsford AC	2	65	223	4
3	Loughton AC	3	87	305	3
2	Thurrock Harriers	4	98	365	2
6	Fleet Street Runners	5	0	116	6
5	Tendring/Ipswich Harriers	6	36	169.5	5
6		7	0	0	7
6		8	0	0	7

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015

100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Clive Farrow	46	Southend AC	12.3	6		-	x	x	86.9
2	Antony Babbs	49	Loughton AC	13.1	5		-	x	x	83.2
3	Iain Scott	38	Thurrock Harriers	13.8	4		-	x	x	73.3
4	Lee Bowker	43	Tendring/Ipswich Harriers	14.6	3		-	x	x	71.7
5					2					
6					1					
7	Anthony Tobin	35	Thurrock Harriers	13.4	N/S		-	x	x	73.8
8										

100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Keith Palmer	51	Southend AC	13.3	6		-	x	83.1
2	Clifford Warren	54	Loughton AC	13.7	5		-	x	82.2
3	Jonathan Metcalf	56	Thurrock Harriers	14.1	4		-	x	80.9
4	Tony Roberts	50	Chelmsford AC	14.3	3		-	x	76.8
5					2				
6					1				
7					0				
8					0				

100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Paul Willcox	64	Tendring/Ipswich Harriers	14.3	6		-	83.8
2	Roger Cole	66	Chelmsford AC	14.8	5		-	82.0
3	Peter Binns	69	Southend AC	15.3	4		-	80.7
4	Bernard Johnson	61	Thurrock Harriers	16.3	3		-	72.2
5	Robert Maggio	70	Loughton AC	17.9	2		-	69.4
6					1			
7	Bob Woolliam	60	Ipswich Harriers	14.9	n/s		-	78.5
8								

400m	400m M35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %
1	Clive Farrow	46	Southend AC	58.6	6	-	x	x	82.2
2	Lee Bowker	43	Tendring/Ipswich Harriers	59.2	5	-	x	x	79.7
3	Iain Scott	38	Thurrock Harriers	69.2	4	-	x	x	65.7
4					3				
5					2				
6					1				
7					0				
8					0				

400m	400m M50-59	RDA	Team	(NN.n)	Pts	Rec	Rec	AG %
1	Tony Roberts	50	Chelmsford AC	60.4	6	-	x	82.0
2	Clifford Warren	54	Loughton AC	62.0	5	-	x	82.0
3	Jonathan Metcalf	56	Thurrock Harriers	62.5	4	-	x	82.4
4	Robert Woolliams	60	Tendring/Ipswich Harriers	71.7	3	x	-	73.7
5	Angus Aldridge	53	Southend AC	72.6	2	-	x	69.6
6					1			
7					0			
8					0			

1Mile	<b>1 Mile M35-49</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Pts</b>
1	Lee Taylor	41	Southend AC	04:51.7	6
2	Anthony Tobin	35	Thurrock Harriers	05:55.3	5
3	John Borgars	70	Loughton AC	07:36.7	4
4					3
5					2
6					1
7	Mark Waive	38	Southend AC	05:34.7	N/S
8					

	<b>Rec</b>	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>
LR	x	x	x	81.4
-	x	x	x	64.0
x	x	-	-	66.6
-	x	x	x	69.3

1Mile	<b>1 Mile M50-59</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Pts</b>
1	Michael Bridgeland	58	Chelmsford AC	05:21.3	6
2	Don Lawless	51	Thurrock Harriers	05:55.4	5
3	Jim Harrison	52	Loughton AC	06:18.8	4
4	Angus Aldridge	53	Southend AC	06:46.9	3
5					2
6					1
7					0
8					0

	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>
-	x	x	84.7
-	x	x	72.2
-	x	x	68.3
-	x	x	64.1

1Mile	<b>1 Mile M60+</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Pts</b>
1	Michael Bumstead	65	Thurrock Harriers	05:58.9	6
2	Peter Binns	69	Southend AC	06:08.7	5
3	Robert Sargent	62	Loughton AC	07:25.3	4
4	Roger Cole	66	Chelmsford AC	07:46.6	3
5					2
6					1
7	Bernard Johnson	61	Thurrock Harriers	06:17.8	N/S
8					

	<b>Rec</b>	<b>AG %</b>
-	x	80.6
-	x	81.6
-	x	63.3
-	x	62.6
-	x	73.9

2000mW	<b>2Km Walk 'A'</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Pts</b>
1	John Borgars	70	Loughton AC	12:12.5	6
2	Keith Palmer	51	Southend AC	12:35.9	5
3	Michael Bumstead	65	Thurrock Harriers	13:07.0	4
4	Roger Cole	66	Chelmsford AC	13:57.7	3
5					2
6					1
7					0
8					0

	<b>Rec</b>	<b>Rec</b>	<b>Rec</b>
x	x	-	-
x	-	x	-
x	x	-	-
x	x	-	-

2000mW	<b>2Km Walk 'B'</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Pts</b>
1	John Brock	66	Southend AC	14:07.9	6
2	Peter Cassidy	76	Loughton AC	14:15.3	5
3	Anthony Tobin	35	Thurrock Harriers	16:42.6	4
4					3
5					2
6					1
7					0
2					0

	<b>Rec</b>	<b>Rec</b>	<b>Rec</b>
x	x	-	-
x	x	-	-
-	x	x	-

JT	<b>Javelin M35-49 (800gm)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>
1	David Hughes	43	Tendring/Ipswich Harriers	34.98	6
2	Toby Sullivan	43	Southend AC	34.10	5
3	Nigel Instance	48	Thurrock Harriers	32.13	4
4	Geoff Tyler	67	Chelmsford AC	26.00	3
5					2
6					1
7					0
8					0

	<b>Rec</b>	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>
-	x	x	x	42.1
-	x	x	x	41.1
-	x	x	x	42.3
x	x	-	-	-

JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts
1	Robert Earle	55	Southend AC	34.09	6
2	Jim Harrison	52	Loughton AC	31.12	5
3	David Bauer	50	Chelmsford AC	29.45	4
4	Mark Jenkins	52	Thurrock Harriers	24.91	3
5					2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	48.7
-	x	41.9
-	x	38.2
-	x	33.6

JT	Javelin M60-69 (600gm)	RDA	Team	(NN.nn)	Pts
1	Martin Branfoot	60	Chelmsford AC	36.23	6
2	Dave Faulkner	64	Loughton AC	16.99	5
3	Bernard Johnson	61	Thurrock Harriers	15.00	4
4	John Brock	66	Southend AC	9.34	3
5					2
6					1
7					0
8					0

Rec	AG %
LR	54.5
-	27.8
-	23.0
-	16.0

DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts
1	David Hughes	43	Tendring/Ipswich Harriers	27.94	6
2	Toby Sullivan	43	Southend AC	21.91	5
3	Nigel Instance	48	Thurrock Harriers	21.74	4
4	Antony Babbs	49	Loughton AC	14.39	3
5					2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	38.8
-	x	x	30.4
-	x	x	32.7
-	x	x	22.1

DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts
1	Robert Earle	55	Southend AC	44.26	6
2	David Bauer	50	Chelmsford AC	39.88	5
3	Mark Jenkins	52	Thurrock Harriers	22.03	4
4	Jim Harrison	52	Loughton AC	21.10	3
5					2
6					1
7	Angus Aldridge	53	Southend AC	18.50	n/s
8					0

Rec	Rec	AG %
-	x	65.6
-	x	53.8
-	x	30.8
-	x	29.5
-	x	26.4

DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts
1	Geoff Tyler	67	Chelmsford AC	38.93	6
2	Dave Faulkner	64	Loughton AC	28.77	5
3	Peter Binns	69	Southend AC	22.35	4
4	Bernard Johnson	61	Thurrock Harriers	20.46	3
5					2
6					1
7					0
8					0

Rec	AG %
-	68.9
-	47.5
-	41.5
-	31.7

TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Toby Sullivan	43	Southend AC	10.49	6		-	x	x	63.7
2	Anthony Tobin	35	Thurrock Harriers	8.57	5		-	x	x	47.5
3	Antony Babbs	49	Loughton AC	8.44	4		-	x	x	55.3
4	Jeremy Smith	44	Tendring/Ipswich Harriers	7.01	3		-	x	x	43.1
5					2					
6					1					
7					0					
8					0					

TJ	Triple Jump M50-59	RDA	Team	(N.nn)	Pts	Wind
1	Clifford Warren	54	Loughton AC	10.13	6	
2	Keith Palmer	51	Southend AC	9.11	5	
3	Mark Jenkins	52	Thurrock Harriers	7.39	4	
4					3	
5					2	
6					1	
7					0	
8					0	

Rec	Rec	AG %
-	x	71.0
-	x	61.3
-	x	50.4

TJ	Triple Jump M60+	RDA	Team	(N.nn)	Pts	Wind
1	Michael Bumstead	52	Thurrock Harriers	6.74	6	
2	Geoff Tyler	58	Chelmsford AC	6.14	5	
3	John Brock	51	Southend AC	5.79	4	
4	Robert Maggio	54	Loughton AC	5.58	3	
5					2	
6					1	
7					0	
8					0	

Rec	AG %
x	46.0
x	45.6
x	39.0
x	39.1

HJ	High Jump M35-49	RDA	Team	(N.nn)	Pts
1	Toby Sullivan	43	Southend AC	1.50	6
2	Iain Scott	38	Thurrock Harriers	1.25	5
3	Robert Maggio	70	Loughton AC	1.05	4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	69.7
-	x	x	55.3
x	x	-	66.9

HJ	High Jump M50-59	RDA	Team	(N.nn)	Pts
1	Clifford Warren	54	Loughton AC	1.35	6
2	Keith Palmer	51	Southend AC	1.30	5
3	Martin Branfoot	60	Chelmsford AC	1.20	4
4	Jonathan Metcalf	56	Thurrock Harriers	1.15	3
5					2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	70.5
-	x	65.7
x	-	67.2
-	x	61.5

MedR	Relay 4224 M35-49	RDA	Team	(N:NN.n)	Pts
1			Southend AC	02:53.1	6
2			Thurrock Harriers	03:12.8	5
3			Tendring/Ipswich Harriers	03:24.0	4
4					3
5					2
6					1
7					0
8					0

Rec
-
-
-

MedR	Relay 4224 M50+	RDA	Team	(N:NN.n)	Pts
1			Chelmsford AC	03:20.4	6
2			Thurrock Harriers	03:22.2	5
3			Southend AC	03:22.8	4
4			Loughton AC	03:29.1	3
5					2
6					1
7					0
8					0

Rec
-
-
-
-

<b>EVAC Track &amp; Field League -</b>		<b>SE Division - Match 4</b>		<b>Teams = 6</b>	
<b>Enfield</b>		<b>Wed</b>	<b>27 July 2016</b>		

Pos	Women's Teams	Bib	F	Overall Match Scores	
				1, 2 & 3	Pos
2	Southend AC	A	97	371	2
3	Chelmsford AC	B	63	291	3
1	Loughton AC	C	105	399	1
5	Thurrock Harriers	D	0	65	5
5	Fleet Street Runners	E	0	18	6
4	Tendring/Ipswich Harriers	F	54	172	4
5	0	G	0	0	7
5	0	H	0	0	7

RDA = Race Day Age

100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind
1	Clare St John-Coleman	55	Chelmsford AC	15.0	6	
2	Michaela Davis	50	Loughton AC	16.1	5	
3	Natasha Lagden	42	Southend AC	16.4	4	
4	Mandy Hicks	45	Tendring/Ipswich Harriers	23.6	3	
5					2	
6					1	
7					0	
8					0	

100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind
1	Yvonne Holmes	53	Tendring/Ipswich Harriers	15.1	6	
2	Susan Brown	52	Southend AC	16.1	5	
3	Jill Kent	58	Chelmsford AC	16.3	4	
4	Christine Salvary	59	Loughton AC	17.0	3	
5					2	
6	Tracy Minton	55	Chelmsford AC	18.6	n/s	
7						
8						

100m	100m W60+	RDA	Team	(NN.n)	Pts	Wind
1	Emily McMahon	66	Loughton AC	16.3	6	
2	Diane Wooller	62	Tendring/Ipswich Harriers	18.7	5	
3	Marion Matthews-Smith	61	Southend AC	23.0	4	
4					3	
5					2	
6	Barbara Higgins	61	Loughton AC	17.4	n/s	
7						
8						

400m	400m W35-49	RDA	Team	(NN.n)	Pts
1	Tracy English	39	Southend AC	68.4	6
2	Joanne Smith	49	Chelmsford AC	72.1	5
3	Mary Knapman	37	Loughton AC	73.6	4
4	Mandy Hicks	45	Tendring/Ipswich Harriers	131.7	3
5					2
6					1
7					0
8					0

400m	400m W50-59	RDA	Team	(NN.n)	Pts
1	Yvonne Holmes	53	Tendring/Ipswich Harriers	78.7	6
2	Jill Kent	58	Chelmsford AC	82.8	5
3	Teresa Pearmain	52	Southend AC	89.4	4
4	Michaela Davis	50	Loughton AC	100.9	3
5					2
6					1
7					0
8					0

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
x	-	x	86.1
x	-	x	76.2
-	x	x	68.5
-	x	x	49.3

Rec	Rec	AG %
-	x	83.7
-	x	77.7
-	x	81.5
-	x	78.9
-	x	69.4

Rec	AG %
-	87.8
-	73.8
-	59.4
-	78.6

Rec	Rec	Rec	AG %
-	x	x	75.9
-	x	x	79.8
-	x	x	69.0
-	x	x	42.0

Rec	Rec	AG %
-	x	76.0
-	x	75.7
-	x	66.3
-	x	57.6

1Mile	1Mile W35-49	RDA	Team	(NN:NN.n)	Pts
1	Joanne Smith	49	Chelmsford AC	05:57.9	6
2	Mary Knapman	37	Loughton AC	06:02.8	5
3	Lorraine Ramet	46	Southend AC	08:07.8	4
4	Mandy Hicks	45	Tendring/Ipswich Harriers		3
5					2
6					1
7					
8	Jackie Sargent		Spain?	08:07.7	N/S

Rec	Rec	Rec	AG %
-	x	x	82.5
-	x	x	71.4
-	x	x	58.3
x	x	x	

1Mile	1Mile W50-59	RDA	Team	(NN:NN.n)	Pts
1	Susan Crompton	53	Southend AC	08:14.5	6
2	Tracy Minton	55	Chelmsford AC	08:21.7	5
3	Michaela Davis	50	Loughton AC	08:33.6	4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	62.9
-	x	63.6
-	x	58.2

1Mile	1Mile W60+	RDA	Team	(NN:NN.n)	Pts
1	Diane Wooller	62	Tendring/Ipswich Harriers	07:15.5	6
2					5
3					4
4					3
5					2
6					1
7	Julia Galea	V60	Ilford AC	07:22.1	N/S
8					

Rec	AG %
-	81.0
x	x

2000mW	2km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Melanie Peddle	47	Loughton AC	12:04.9	6
2	Kasia Kostyrka-Allchorne	38	Southend AC	12:43.0	5
3	Tracy Minton	55	Chelmsford AC	15:55.0	4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	Rec
-	x	x
-	x	x
x	-	x

2000mW	2km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Francoise Fernandez	66	Loughton AC	14:51.7	6
2	Sally Newman-Russell	48	Southend AC	16:37.1	5
3					4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	Rec
x	x	-
-	x	x

JT	Javelin W35-49 (600gm)	RDA	Team	(NN.nn)	Pts
1	Sally Newman-Russell	48	Southend AC	13.09	6
2	Katherine Merritt	52	Loughton AC	12.54	5
3	Mandy Hicks	45	Tendring/Ipswich Harriers	10.41	4
4	Jenny Scholfield	53	Chelmsford AC	10.37	3
5					2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	24.3
x	-	x	-
-	x	x	17.7
x	-	x	-

JT	Javelin W50-59 (500gm)	RDA	Team	(NN.nn)	Pts
1	Susan Brown	52	Southend AC	12.75	6
2	Sarah Stark	50	Chelmsford AC	11.83	5
3	Emily McMahon	66	Loughton AC	10.50	4
4	Yvonne Holmes	53	Tendring/Ipswich Harriers	10.39	3
5					2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	25.0
-	x	22.1
x	-	28.8
-	x	20.9

DT	Discus W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts
1	Carey Hollick	45	Tendring/Ipswich Harriers	18.27	6
2	Katherine Merritt	52	Loughton AC	17.99	5
3	Sally Newman-Russell	48	Southend AC	17.81	4
4	Jenny Scholfield	53	Chelmsford AC	13.33	3
5					2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	28.5
x	-	x	31.7
-	x	x	29.2
x	-	x	24.0

DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts
1	Michaela Davis	50	Loughton AC	16.42	6
2	Sarah Stark	50	Chelmsford AC	15.78	5
3	Yvonne Holmes	53	Tendring/Ipswich Harriers	12.64	4
4	Susan Brown	52	Southend AC	10.65	3
5					2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	27.9
-	x	26.8
-	x	22.7
-	x	18.8

DT	Discus W60+ (1Kg)	RDA	Team	(NN.nn)	Pts
1	Barbara Higgins	61	Loughton AC	15.62	6
2	June Cork	70	Southend AC	11.19	5
3					4
4					3
5					2
6					1
7					0
8					0

Rec	AG %
-	33.1
-	29.7

TJ	Triple Jump W35	RDA	Team	(NN.nn)	Pts	Wind
1	Mary Knapman	37	Loughton AC	8.46	6	
2	Kasia Kostyrka-Allchorne	38	Southend AC	7.07	5	
3					4	
4					3	
5					2	
6					1	
7					0	
8					0	

Rec	Rec	Rec	AG %
-	x	x	59.9
-	x	x	50.6

TJ	Triple Jump W50-59	RDA	Team	(NN.nn)	Pts	Wind
1	Clare St John-Coleman	55	Chelmsford AC	8.31	6	
2	Susan Brown	52	Southend AC	6.46	5	
3	Christine Salvary	59	Loughton AC	5.91	4	
4					3	
5					2	
6					1	
7					0	
8					0	

Rec	Rec	AG %
-	x	74.5
-	x	55.4
-	x	56.3

TJ	Triple Jump W60+	RDA	Team	(NN.nn)	Pts	Wind
1	Barbara Higgins	61	Loughton AC	6.15	6	
2					5	
3					4	
4					3	
5					2	
6					1	
7					0	
8					0	

Rec	AG %
-	60.5

HJ	High Jump W35-49	RDA	Team	(N.nn)	Pts
1	Michaela Davis	50	Loughton AC	1.10	6
2	Natasha Lagden	42	Southend AC	1.05	5
3					4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
x	-	x	65.5
-	x	x	56.8

HJ	High Jump W50-59	RDA	Team	(N.nn)	Pts
1	Emily McMahon	66	Loughton AC	1.10	6
2	Susan Brown	52	Southend AC	1.00	5
3					4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	AG %
x	-	82.7
-	x	61.0

MedR	Relay 4224 W35-49	RDA	Team	(NN:NN.n)	Pts
1			Southend AC	03:29.2	6
2			Tendring/Ipswich Harriers	04:37.3	5
3			Loughton AC	04:45.1	4
4					3
5					2
6					1
7					0
8					0

Rec
-
-
-

MedR	Relay 4224 W50+	RDA	Team	(NN:NN.n)	Pts
1	? W35-49		Chelmsford AC	04:08.7	6
2			Loughton AC	04:32.5	5
3			Southend AC	04:48.0	4
4					3
5					2
6					1
7					0
8					0

Rec
-
-
-



EVAC Track & Field League -		SW Division - Match 4		Teams = 6	
Stevenage		Wed	03 August 2016		Overall
				Match Scores	
Pos	Men's Teams	Bib	Match 4	1, 2 & 3	Pos
2	Marshall Milton Keynes AC	1	100	376	2
1	Bedford & County AC	2	108	424	1
6	Luton AC	3	31	119	6
5	Biggleswade AC	4	52	158	5
3	Bedford Harriers	5	87	300	3
4	Fairlands Valley Spartans	6	66	298	4
7		0	0	0	7
7		0	0	0	7

RDA = Race Day Age

Because there was no official Starter all Track results are null for records and Power of 10

100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Daniel Bottesch	41	Luton AC	12.5	6		-	x	x	82.6
2	Peter Benedickter	47	Bedford & County AC	12.6	5		-	x	x	85.4
3	Simon Kirschner-Heavens	36	Marshall Milton Keynes AC	13.5	4		-	x	x	73.8
4	Stuart Goodwin	38	Biggleswade AC	14.9	3		-	x	x	67.8
5	Ian Hammett	37	Bedford Harriers	15.2	2		-	x	x	66.0
6	Tim Saban	49	Fairlands Valley Spartans	15.8	1		-	x	x	69.0
7					0					
8	Phillip Catcheside	42	Marshall Milton Keynes AC	13.9	NS		-	x	x	74.8
100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	
1	Tennyson James	58	Bedford & County AC	12.8	6		-	x	90.3	
2	Gary Butler	51	Bedford Harriers	13.0	5		-	x	85.0	
3	Andre Sinclair-Linton	50	Marshall Milton Keynes AC	13.2	4		-	x	83.2	
4	Steve Mayfield	50	Fairlands Valley Spartans	13.5	3		-	x	81.3	
5	David Brown	58	Biggleswade AC	15.0	2		-	x	77.0	
6					1					
7					0					
8					0					
100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %		
1	Ivars Licietis	60	Marshall Milton Keynes AC	13.8	6		-	84.8		
2	Christopher Keech	65	Bedford & County AC	15.2	5		-	79.3		
3	Charles Arnold	60	Biggleswade AC	15.8	4		-	74.1		
4	Neil Lovesey	61	Bedford Harriers	16.7	3		-	70.5		
5	Barry Osborne	65	Fairlands Valley Spartans	19.2	2		-	62.8		
6					1					
7					0					
8					0					
400m	400m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Peter Benedickter	47	Bedford & County AC	55.8	6		-	x	x	86.9
2	Christopher Westcott	43	Fairlands Valley Spartans	57.6	5		-	x	x	81.9
3	Jeremy Vick	38	Marshall Milton Keynes AC	61.8	4		-	x	x	73.6
4	Gary Finch	47	Bedford Harriers	66.2	3		-	x	x	73.3
5	Stuart Goodwin	38	Biggleswade AC	77.1	2		-	x	x	59.0
6					1					
7	Simon Kirschner-Heavens	36	Marshall Milton Keynes AC	62.4	NS		-	x	x	71.8
8	Jason Carvalho	38	Marshall Milton Keynes AC	65.4	NS		-	x	x	69.6

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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400m	400m M50-59	RDA	Team	(NN.n)	Pts
1	Gary Butler	51	Bedford Harriers	58.5	6
2	Tennyson James	58	Bedford & County AC	60.1	5
3	John McGrath	52	Biggleswade AC	61.0	4
4	Steve Mayfield	50	Fairlands Valley Spartans	61.7	3
5	Ivars Licietis	60	Marshall Milton Keynes AC	63.4	2
6					1
7					0
8	Malcolm Dunn		Garden City Joggers	62.8	NS

Rec	Rec	AG %
-	x	85.2
-	x	86.8
-	x	82.3
-	x	80.3
x	-	83.4
x	x	

1Mile	1 Mile M35-49	RDA	Team	(NN:NN.n)	Pts
1	Mark Ryall	35	Marshall Milton Keynes AC	04:37.3	6
2	Simon Coombes	44	Bedford & County AC	04:38.9	5
3	Adam Mills	46	Bedford Harriers	05:12.7	4
4					3
5					2
6					1
7					0
8	Phillip Catcheside	42	Marshall Milton Keynes AC	05:38.7	NS

Rec	Rec	Rec	AG %
LR	x	x	82.0
LR	x	x	87.0
-	x	x	78.9
-	x	x	70.6

1Mile	1 Mile M50-59	RDA	Team	(NN:NN.n)	Pts
1	John McGrath	52	Biggleswade AC	05:22.1	6
2	Kevin Willett	53	Bedford Harriers	05:25.6	5
3	John Harris	54	Fairlands Valley Spartans	05:32.0	4
4	Andrew Leach	52	Bedford & County AC	05:47.8	3
5	Jim Lawrence	59	Marshall Milton Keynes AC	07:52.8	2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	80.3
-	x	80.1
-	x	79.2
-	x	74.4
-	x	58.0

1Mile	1 Mile M60+	RDA	Team	(NN:NN.n)	Pts
1	John Skelton	65	Marshall Milton Keynes AC	05:26.0	6
2	David Frampton	60	Bedford Harriers	05:51.0	5
3	Aleksander Swiecicki	68	Bedford & County AC	05:58.8	4
4	Barry Osborne	65	Fairlands Valley Spartans	06:01.4	3
5	Alan DGLISH	66	Luton AC	06:05.2	2
6	Clark Skerratt	65	Biggleswade AC	07:19.1	1
7					0
8					0

Rec	AG %
LR	88.8
-	78.8
-	83.0
-	80.1
-	80.0
-	65.9

2000mW	2Km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Adam Hills	39	Bedford Harriers	10:50.4	6
2	David Bowker	57	Fairlands Valley Spartans	11:17.7	5
3	Jason Carvalho	38	Marshall Milton Keynes AC	12:17.7	4
4	Robin Wynde	58	Biggleswade AC	13:03.4	3
5	Graeme Packman	61	Bedford & County AC	14:50.9	2
6					1
7					0
8					0

Rec	Rec	Rec
-	x	x
x	-	x
-	x	x
x	-	x
x	x	-

2000mW	2Km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Ian Hammett	37	Bedford Harriers	12:08.7	6
2	Barry King	49	Fairlands Valley Spartans	13:25.8	5
3	Courtney Gunn	71	Bedford & County AC	15:07.5	4
4	Brian Graves	76	Marshall Milton Keynes AC	15:29.4	3
5					2
6					1
7					0
8					0

Rec	Rec	Rec
-	x	x
-	x	x
x	x	-
x	x	-

JT	Javelin M35-49 (800gm)	RDA	Team	(NN.nn)	Pts
1	James Danobrega	40	Bedford & County AC	34.71	6
2	Geoff Grinsted	49	Luton AC	23.51	5
3	Jeremy Vick	38	Marshall Milton Keynes AC	7.19	4
4	Dean Newman	46	Bedford Harriers	3.54	3
5					2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	39.8
-	x	x	31.6
-	x	x	8.0
-	x	x	4.5

JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts
1	David Burrell	52	Luton AC	38.72	6
2	Simon Eastwood	51	Bedford & County AC	36.66	5
3	David Goldsworthy	57	Marshall Milton Keynes AC	29.85	4
4	Steve Mayfield	50	Fairlands Valley Spartans	27.88	3
5	Mark Tinkler	58	Bedford Harriers	4.71	2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	52.2
-	x	48.5
-	x	44.4
-	x	36.2
-	x	7.1

JT	Javelin M60-69 (600gm)	RDA	Team	(NN.nn)	Pts
1	Bunt Scott	65	Marshall Milton Keynes AC	28.33	6
2	Jim Burke	60	Bedford & County AC	19.73	5
3	Clark Skerratt	65	Biggleswade AC	17.24	4
4	George Baxter	62	Bedford Harriers	10.33	3
5					2
6					1
7					0
8	Dave Faulkner	64	Loughton	17.36	NS

Rec	AG %
-	47.5
-	29.7
-	28.9
-	16.2
-	28.4

DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts
1	Geoff Grinsted	49	Luton AC	26.43	6
2	James Danobrega	40	Bedford & County AC	26.23	5
3	Dean Newman	46	Bedford Harriers	17.50	4
4	Barry King	49	Fairlands Valley Spartans	16.30	3
5	Jason Carvalho	38	Marshall Milton Keynes AC	12.14	2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	40.5
-	x	x	35.4
-	x	x	25.3
-	x	x	25.0
-	x	x	16.4

DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts
1	David Burrell	52	Luton AC	36.47	6
2	Simon Eastwood	51	Bedford & County AC	26.82	5
3	Steve Mayfield	50	Fairlands Valley Spartans	25.06	4
4	David Goldsworthy	57	Marshall Milton Keynes AC	24.78	3
5	Robin Wynde	58	Biggleswade AC	16.20	2
6	Mark Tinkler	58	Bedford Harriers	15.70	1
7					0
8					0

Rec	Rec	AG %
-	x	51.1
-	x	36.9
-	x	33.8
-	x	38.6
-	x	25.9
-	x	25.1

DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts
1	Bunt Scott	65	Marshall Milton Keynes AC	33.96	6
2	Graeme Packman	61	Bedford & County AC	33.27	5
3	Charles Arnold	60	Biggleswade AC	14.60	4
4	George Baxter	62	Bedford Harriers	14.47	3
5	Barry Osborne	65	Fairlands Valley Spartans	12.30	2
6					1
7	Dave Faulkner	64	Loughton	29.94	NS
8	Jim ?????		?????	27.81	NS

Rec	AG %
-	57.4
-	51.5
-	22.1
-	22.9
-	20.8
-	49.4
x	

TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	James Danobrega	40	Bedford & County AC	9.99	6		-	x	x	58.6
2	Simon Kirschner-Heavens	36	Marshall Milton Keynes AC	9.31	5		-	x	x	52.1
3	Stuart Goodwin	38	Biggleswade AC	8.32	4		-	x	x	47.7
4	Adam Hills	39	Bedford Harriers	7.98	3		-	x	x	46.2
5	Barry King	49	Fairlands Valley Spartans	7.77	2		-	x	x	50.9
6					1					
7					0					
8					0					

TJ	Triple Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
1	Andre Sinclair-Linton	50	Marshall Milton Keynes AC	10.35	6		-	x	68.7
2	Tennyson James	58	Bedford & County AC	9.04	5		-	x	67.2
3	David Stephenson	53	Fairlands Valley Spartans	8.50	4		-	x	58.8
4	Tony Barnes	52	Bedford Harriers	6.50	3		-	x	44.3
5					2				
6					1				
7					0				
8					0				

TJ	Triple Jump M60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
1	Ivars Licietis	50	Marshall Milton Keynes AC	7.83	6		x	52.0
2	Neil Lovesey	52	Bedford Harriers	7.52	5		x	51.3
3	Charles Arnold	56	Biggleswade AC	7.22	4		x	52.1
4	Christopher Keech	58	Bedford & County AC	6.23	3		x	46.3
5					2			
6					1			
7					0			
8					0			

HJ	High Jump M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
1	James Danobrega	40	Bedford & County AC	1.50	6	-	x	x	67.7
2	Phillip Catcheside	42	Marshall Milton Keynes AC	1.30	5	-	x	x	59.8
3	Adam Mills	46	Bedford Harriers	1.20	4	-	x	x	57.5
4	Steve Mayfield	50	Fairlands Valley Spartans	1.20	3	x	-	x	60.0
5	Stuart Goodwin	38	Biggleswade AC	1.15	2	-	x	x	50.9
6					1				
7					0				
8					0				

HJ	High Jump M50-59	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %
1	Simon Eastwood	51	Bedford & County AC	1.35	6	-	x	68.2
2	David Stephenson	53	Fairlands Valley Spartans	1.30	5	-	x	67.2
3	David Goldsworthy	57	Marshall Milton Keynes AC	1.30	4	-	x	70.3
4	Charles Arnold	60	Biggleswade AC	1.10	3	x	-	61.6
5	Neil Lovesey	61	Bedford Harriers	1.00	2	x	-	56.7
6					1			
7					0			
8					0			

MedR	Relay 4224 M35-49	RDA	Team	(N:NN.n)	Pts	Rec
1			Bedford & County AC	02:52.1	6	-
2			Marshall Milton Keynes AC	03:08.2	5	-
3			Fairlands Valley Spartans	03:13.0	4	-
4			Bedford Harriers	03:13.4	3	-
5					2	
6					1	
7					0	
8					0	

MedR	Relay 4224 M50+	RDA	Team	(N:NN.n)	Pts	Rec
1			Bedford Harriers	03:15.9	6	-
2			Fairlands Valley Spartans	03:17.7	5	-
3			Biggleswade AC	03:20.8	4	-
4			Marshall Milton Keynes AC	03:22.1	3	-
5					2	
6					1	
7					0	
8					0	

EVAC Track & Field League -		SW Division - Match 4		Teams = 6	
Stevenage		Wed	03 August 2016		Overall
					Match Scores
Pos	Women's Teams	Bib	Match 4	1, 2 & 3	Pos
2	Marshall Milton Keynes AC	A	96	392	2
6	Bedford & County AC	B	9	80	5
5	Luton AC	C	24	67	6
4	Biggleswade AC	D	28	91	4
3	Bedford Harriers	E	90	311	3
1	Fairlands Valley Spartans	F	106	412	1
7		0 G	0	0	7
7		0 H	0	0	7

RDA = Race Day Age

Because there was no official Starter all Track results are null for records and Power of 10

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind
1	Corinne Nurse	38	Marshall Milton Keynes AC	14.4	6	
2	Zoe Palmer	35	Luton AC	14.7	5	
3	Fiona Emmingham	45	Bedford Harriers	16.5	4	
4	Peta Wilson	47	Fairlands Valley Spartans	17.5	3	
5					2	
6					1	
7					0	
8	Joanna Winfield	42	Luton AC	15.0	NS	

Rec	Rec	Rec	AG %
-	x	x	74.5
-	x	x	71.4
-	x	x	70.5
-	x	x	67.9
-	x	x	74.9

100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind
1	Monica Brown	51	Fairlands Valley Spartans	14.0	6	
2	Janice Hardcastle	56	Marshall Milton Keynes AC	16.2	5	
3	Jacinta Horne	51	Bedford Harriers	20.8	4	
4					3	
5					2	
6					1	
7					0	
8					0	

Rec	Rec	AG %
LR=	x	88.5
-	x	80.4
-	x	59.6

100m	100m W60+	RDA	Team	(NN.n)	Pts	Wind
1	Carol Alker	61	Luton AC	16.5	6	
2	Iris Hornsey	74	Fairlands Valley Spartans	20.9	5	
3	Sheila Humphries	63	Bedford Harriers	22.0	4	
4	Fi Han Bromilow	62	Marshall Milton Keynes AC	24.4	3	
5					2	
6					1	
7					0	
8					0	

Rec	AG %
-	82.8
-	74.9
-	63.3
-	56.5

400m	400m W35-49	RDA	Team	(NN.n)	Pts
1	Corinne Nurse	38	Marshall Milton Keynes AC	63.4	6
2	Joanna Winfield	42	Luton AC	66.2	5
3	Rosie Canham	42	Fairlands Valley Spartans	72.7	4
4	Kirstie Meeten	40	Bedford Harriers	76.9	3
5	Fiona Wynde	42	Biggleswade AC	85.9	2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	81.0
-	x	x	81.0
-	x	x	73.7
-	x	x	68.3
-	x	x	62.4

400m	400m W50-59	RDA	Team	(NN.n)	Pts
1	Lindsay Lister	51	Biggleswade AC	70.4	6
2	Debra Brent	53	Marshall Milton Keynes AC	79.3	5
3	Tessa Stephenson	56	Fairlands Valley Spartans	84.9	4
4	Jennifer Lovesey	52	Bedford Harriers	87.7	3
5					2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	83.4
-	x	75.4
-	x	72.5
-	x	67.6

1Mile	1Mile W35-49	RDA	Team	(NN:NN.n)	Pts
1	Christine Lathwell	40	Fairlands Valley Spartans	05:36.5	6
2	Anna Folland	46	Bedford Harriers	05:41.8	5
3	Fiona Wynde	42	Biggleswade AC	06:27.2	4
4	Lesley Byrne	53	Marshall Milton Keynes AC	08:22.6	3
5					2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	79.0
-	x	x	83.2
-	x	x	70.1
x	-	x	61.8

1Mile	1Mile W50-59	RDA	Team	(NN:NN.n)	Pts
1	Lindsay Lister	51	Biggleswade AC	06:04.5	6
2	Debra Brent	53	Marshall Milton Keynes AC	06:29.2	5
3	Sally Johnston	50	Bedford Harriers	06:42.1	4
4	Julie Simmons	59	Fairlands Valley Spartans	07:04.4	3
5					2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	83.1
-	x	79.9
-	x	74.3
-	x	79.5

1Mile	1Mile W60+	RDA	Team	(NN:NN.n)	Pts
1	Catherine Craig	63	Fairlands Valley Spartans	07:57.6	6
2	Sheila Humphries	63	Bedford Harriers	08:02.8	5
3	Fi Han Bromilow	62	Marshall Milton Keynes AC	08:36.3	4
4					3
5					2
6	Alison Wood	50	Fairlands Valley Spartans	05:39.2	NS
7	Rosie Canham	42	Fairlands Valley Spartans	05:55.8	NS
8	Hazel Clark	37	Fairlands Valley Spartans	07:00.4	NS

Rec	AG %
-	75.0
-	74.2
-	68.3
x	88.1
x	76.3
x	61.7

2000mW	2km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Sally Cartwright	49	Bedford Harriers	11:17.4	6
2	Janice Hardcastle	56	Marshall Milton Keynes AC	14:23.8	5
3	Hazel Clark	37	Fairlands Valley Spartans	14:46.2	4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	Rec
-	x	x
x	-	x
-	x	x

2000mW	2km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Lesley Byrne	53	Marshall Milton Keynes AC	14:34.2	6
2	Jacinta Horne	51	Bedford Harriers	16:03.4	5
3	Christine Lathwell	40	Fairlands Valley Spartans	16:54.7	4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	Rec
x	-	x
x	-	x
-	x	x

JT	Javelin W35-49 (600gm)	RDA	Team	(NN.nn)	Pts
1	Anna Litchfield	45	Bedford Harriers	20.17	6
2	Lesley Byrne	53	Marshall Milton Keynes AC	15.11	5
3	Andrea Westcott	45	Fairlands Valley Spartans	12.91	4
4	Keely Grinsted	49	Luton AC	11.59	3
5					2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	34.4
x	-	x	-
-	x	x	22.0
-	x	x	22.2

JT	Javelin W50-59 (500gm)	RDA	Team	(NN.nn)	Pts
1	Sandra Ingham	58	Biggleswade AC	22.63	6
2	Monica Brown	51	Fairlands Valley Spartans	19.30	5
3	Angela Kay	56	Bedford Harriers	11.65	4
4	Brenda Russell	58	Bedford & County AC	10.69	3
5	Jeanette Lawrence	59	Marshall Milton Keynes AC	9.10	2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	52.0
-	x	36.9
-	x	25.3
-	x	24.6
-	x	21.5

DT	Discus W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts
1	Emma Beales	44	Marshall Milton Keynes AC	40.95	6
2	Keely Grinsted	49	Luton AC	18.13	5
3	Anna Litchfield	45	Bedford Harriers	12.85	4
4	Stephanie Mayfield	42	Fairlands Valley Spartans	12.40	3
5					2
6					1
7	Emma Beales (in Mens event)	44	Marshall Milton Keynes AC	42.11	0
8	Eva Kovacs	47	Bedford Harriers	14.47	0

Rec	Rec	Rec	AG %
-	x	x	62.9
-	x	x	30.3
-	x	x	20.0
-	x	x	18.4
-	x	x	64.6
-	x	x	23.3

DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts
1	Brenda Russell	58	Bedford & County AC	17.50	6
2	Tessa Stephenson	56	Fairlands Valley Spartans	16.75	5
3	Sandra Ingham	58	Biggleswade AC	15.11	4
4	Jeanette Lawrence	59	Marshall Milton Keynes AC	12.59	3
5	Angela Kay	56	Bedford Harriers	12.34	2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	34.7
-	x	31.9
-	x	30.0
-	x	25.5
-	x	23.5

DT	Discus W60+ (1Kg)	RDA	Team	(NN.nn)	Pts
1	Catherine Craig	63	Fairlands Valley Spartans	10.04	6
2	Jacqueline Keenan	67	Bedford Harriers	10.03	5
3	Fi Han Bromilow	62	Marshall Milton Keynes AC	8.01	4
4					3
5					2
6					1
7					0
8					0

Rec	AG %
-	22.3
-	24.5
-	17.4

TJ	Triple Jump W35	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Lesley Byrne	53	Marshall Milton Keynes AC	7.47	6		x	-	x	65.0
2	Stephanie Mayfield	42	Fairlands Valley Spartans	6.79	5		-	x	x	51.0
3	Sacha Trude	47	Bedford Harriers	5.54	4		-	x	x	44.4
4					3					
5					2					
6					1					
7					0					
8					0					





EVAC Track & Field League -		NE Division - Match 4		Teams = 4	
Cambridge		Wed	03 August 2016	Overall Match Scores	
Pos	Men's Teams	Bib	Match 4	1, 2, 3 & 4	Pos
1	Ryston Runners AC	1	82.5	292.5	1
3	West Norfolk AC	3	37	196	2
2	Cambridge & Coleridge AC	2	59.5	159.5	3
4	W Suffolk/St Ed. Pacers/Waveney	4	0	0	4

EVAC Track & Field League -		#VALUE!		Teams = 6	
#VALUE!		####	#VALUE!	Overall Match Scores	
Pos	Men's Teams	Bib	Match Score	1, 2 & 3	Pos
2	Nene Valley Harriers	3	72	273	1
3	Peterborough AC	2	71	265	2
1	Corby AC	4	98	235.5	3
6	Huntingdonshire AC	1	12	152.5	4
4	Stamford Striders	6	58	131	5
5	Wellingborough & District AC	5	39	116	6

EVAC Track & Field League -		SE Division - Match 4		Teams = 6	
Enfield		Wed	27 July 2016	Overall Match Scores	
Pos	Men's Teams	Bib	Match 4	1, 2, 3 & 4	Pos
1	Southend AC	1	114	425.5	1
2	Thurrock Harriers	4	98	365	2
3	Loughton AC	3	87	305	3
4	Chelmsford AC	2	65	223	4
5	Tendring/Ipswich Harriers	6	36	169.5	5
6	Fleet Street Runners	5	0	116	6

EVAC Track & Field League -		SW Division - Match 4		Teams = 6	
Stevenage		Wed	03 August 2016	Overall Match Scores	
Pos	Men's Teams	Bib	Match 4	1, 2, 3 & 4	Pos
1	Bedford & County AC	2	108	424	1
2	Marshall Milton Keynes AC	1	100	376	2
3	Bedford Harriers	5	87	300	3
4	Fairlands Valley Spartans	6	66	298	4
5	Biggleswade AC	4	52	158	5
6	Luton AC	3	31	119	6

EVAC Track & Field League -		NE Division - Match 4		Teams = 4	
Cambridge		Wed	03 August 2016	Overall Match Scores	
Pos	Women's Teams	Bib	Match 4	1, 2, 3 & 4	Pos
1	Ryston Runners AC	A	71	271	1
2	Cambridge & Coleridge AC	B	62	193	2
4	W Suffolk/St Ed. Pacers/Waveney	D	0	100	3
3	West Norfolk AC	C	16	54	4

EVAC Track & Field League -		#VALUE!		Teams = 6	
#VALUE!		####	#VALUE!	Overall Match Scores	
Pos	Women's Teams	Bib	Match Score	1, 2 & 3	Pos
1	Wellingborough & District AC	E	89	241	1
2	Peterborough AC	B	85	223	2
3	Stamford Striders	F	42	113	3
4	Corby AC	D	39	105	4
6	Huntingdonshire AC	A	0	86	5
5	Nene Valley Harriers	C	11	69	6

EVAC Track & Field League -		SE Division - Match 4		Teams = 6	
Enfield		Wed	27 July 2016	Overall Match Scores	
Pos	Women's Teams	Bib	Match 4	1, 2, 3 & 4	Pos
1	Loughton AC	C	105	399	1
2	Southend AC	A	97	371	2
3	Chelmsford AC	B	63	291	3
4	Tendring/Ipswich Harriers	F	54	172	4
5	Thurrock Harriers	D	0	65	5
5	Fleet Street Runners	E	0	18	6

EVAC Track & Field League -		SW Division - Match 4		Teams = 6	
Stevenage		Wed	03 August 2016	Overall Match Scores	
Pos	Women's Teams	Bib	Match 4	1, 2, 3 & 4	Pos
1	Fairlands Valley Spartans	F	106	412	1
2	Marshall Milton Keynes AC	A	96	392	2
3	Bedford Harriers	E	90	311	3
4	Biggleswade AC	D	28	91	4
6	Bedford & County AC	B	9	80	5
5	Luton AC	C	24	67	6