

EVAC Track & Field League -		NE Division - Match 1		Teams = 4	
King's Lynn		Wed	04/05/2016	Overall Match Scores	
Pos	Men's Teams	Bib	Match Score	1	Pos
1	Ryston Runners AC	1	86	86	1
3	Cambridge & Coleridge AC	2	16	16	3
2	West Norfolk AC	3	55	55	2
4	W Suffolk/St Ed. Pacers/Waveney	4	0	0	4
4		0	5	0	4
4		0	6	0	4
4		0	7	0	4
4		0	8	0	4

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)
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100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec
1	Daniel Yellop	35	Ryston Runners AC	11.9	4		-	x	x
2	James Collings	39	West Norfolk AC	13.1	3		-	x	x
3					2				
4	Stuart Howlett	50	Ryston Runners AC	13.5	NS		x	-	x
5	Nicholas Bensley	46	Ryston Runners AC	15.0	NS		-	x	x
6									
7									
8									

100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec
1	Robert Vincent	50	West Norfolk AC	14.0	4		-	x
2	Andrew Holdsworth	53	Cambridge & Coleridge AC	14.6	3		-	x
3	David Lane	51	Ryston Runners AC	14.6	2		-	x
4					1			
5					0			
6					0			
7					0			
8					0			

100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec
1	Ian Reeve	63	West Norfolk AC	14.4	4		-
2	Peter Duhig	66	Ryston Runners AC	16.2	3		-
3	Noel Moss	71	Cambridge & Coleridge AC	19.8	2		-
4					1		
5					0		
6					0		
7					0		
8					0		

400m	400m M35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec
1	Nicholas Bensley	46	Ryston Runners AC	64.4	4	-	x	x
2	Neil Watson	43	West Norfolk AC	64.8	3	-	x	x
3					2			
4	Ian Hogarth	37	Ryston Runners AC	63.3	NS	-	x	x
5	Jeffrey Reed	71	Ryston Runners AC	90.5	NS	x	x	-
6								
7								
8								

400m	400m M50-59	RDA	Team	(NN.n)	Pts	Rec	Rec
1	Chris Chapman	59	Ryston Runners AC	76.9	4	-	x
2	Robert Vincent	50	West Norfolk AC	92.3	3	-	x
3					2		
4					1		
5					0		
6					0		
7					0		
8					0		

400m	400m M60+ Non-Scoring	RDA	Team	(NN.n)	Pts
1					0
2					0
3					0
4					0
5					0
6					0
7					0
8					0

Rec

3000m	3000m M35-49	RDA	Team	(NN:NN.n)	Pts
1	Matthew Pyatt	39	Ryston Runners AC	09:18.1	4
2	Neil Watson	43	West Norfolk AC	11:17.8	3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	Rec
-	x	x
-	x	x

3000m	3000m M50-59	RDA	Team	(NN:NN.n)	Pts
1	Anthony Savage	54	Ryston Runners AC	11:14.1	4
2					3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	Rec
-	x

3000m	3000m M60+	RDA	Team	(NN:NN.n)	Pts
1	Peter Johnson	62	Ryston Runners AC	11:07.4	4
2	Ian Reeve	63	West Norfolk AC	16:04.1	3
3					2
4					1
5					0
6					0
7					0
8					0

Rec
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1000mW	1Km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Paul Firmage	61	Ryston Runners AC	06:45.3	4
2	Robert Vincent	50	West Norfolk AC	08:09.2	3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	Rec
x	x	-
x	-	x

1000mW	1Km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Peter Duhig	66	Ryston Runners AC	06:59.3	4
2					3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	Rec
x	x	-

HT	Hammer M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	Ian Hogarth	37	Ryston Runners AC	11.95	4
2	Allan Williams	40	West Norfolk AC	11.50	3
3					2
4					1

Rec	Rec	Rec
-	x	x
-	x	x

5					0
6					0
7					0
8					0

HT	Hammer M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	David Lane	51	Ryston Runners AC	16.59	4
2	Andrew Holdsworth	53	Cambridge & Coleridge AC	15.47	3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	Rec
-	x
-	x

HT	Hammer M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Paul Oakes	63	Ryston Runners AC	34.79	4
2	Ian Reeve	63	West Norfolk AC	21.93	3
3	Noel Moss	71	Cambridge & Coleridge AC	15.68	2
4					1
5					0
6					0
7					0
8					0

Rec
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-
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SP	Shot M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	Daniel Yellop	35	Ryston Runners AC	9.69	4
2	Allan Williams	40	West Norfolk AC	8.07	3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	Rec
-	x	x
-	x	x

SP	Shot M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	Andrew Holdsworth	53	Cambridge & Coleridge AC	7.76	4
2	David Lane	51	Ryston Runners AC	6.90	3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	Rec
-	x
-	x

SP	Shot M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Paul Oakes	63	Ryston Runners AC	10.81	4
2	Ian Reeve	63	West Norfolk AC	8.72	3
3					2
4					1
5					0
6					0
7					0
8					0

Rec
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LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec
1	Paul Harrison	49	Ryston Runners AC	4.60	4		-	x	x
2	James Collings	39	West Norfolk AC	4.10	3		-	x	x
3					2				
4					1				
5					0				
6					0				
7					0				
8					0				

LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec
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EVAC Track & Field League -		NE Division - Match 1		Teams = 4	
King's Lynn		Wed	04/05/2016		Overall
				Match Scores	
Pos	Women's Teams	Bib	Match Score	1	Pos
1	Ryston Runners AC	A	71	71	1
2	Cambridge & Coleridge AC	B	44	44	2
4	West Norfolk AC	C	14	14	4
3	W Suffolk/St Ed. Pacers/Waveney	D	30	30	3
5		E	0	0	5
5		F	0	0	5
5		G	0	0	5
5		H	0	0	5

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)
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100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec
1	Tanya Daniels	38	Ryston Runners AC	14.7	4		-	x	x
2	Angie Joiner-Handy	47	W Suffolk/St Ed. Pacers/Waveney	16.3	3		-	x	x
3	Alison Wilson	49	Cambridge & Coleridge AC	19.3	2		-	x	x
4					1				
5					0				
6					0				
7					0				
8					0				

100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec
1	Karen Wood	51	Ryston Runners AC	16.4	4		-	x
2	Joan Lasenby	56	Cambridge & Coleridge AC	17.4	3		-	x
3	Dawn Mason	59	W Suffolk/St Ed. Pacers/Waveney	18.2	2		-	x
4					1			
5					0			
6					0			
7					0			
8					0			

100m	100m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec
1	Gill Hart	63	Ryston Runners AC	19.3	4		-
2	Mary Holmes	79	Cambridge & Coleridge AC	21.0	3		-
3					2		
4	Emma Benefer		Ryston Runners AC	18.9	N/S		x
5	Pat Oakes		Ryston Runners AC	19.3	N/S		x
6							
7							
8							

400m	400m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec
1	Marie French	35	Ryston Runners AC	72.9	4		-	x	x
2	Katrina Wasteney	44	West Norfolk AC	77.6	3		-	x	x
3	Alison Wilson	49	Cambridge & Coleridge AC	80.9	2		-	x	x
4					1				
5	Emma Benefer		Ryston Runners AC	91.7	N/S		x	x	x
6									
7									
8									

400m	400m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec
1	Christine Anthony	53	W Suffolk/St Ed. Pacers/Waveney	73.3	4		-	x
2	Joan Lasenby	56	Cambridge & Coleridge AC	76.9	3		-	x
3	Jo Isbill	51	Ryston Runners AC	86.9	2		-	x
4					1			
5	Pat Oakes		Ryston Runners AC	91.4	N/S		x	x
6								
7								
8								

3000m	3000m W35-49	RDA	Team	(NN:NN.n)	Pts	Wind	Rec	Rec	Rec
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8				0
SP	Shot W35-49 (4Kg)	RDA	Team	(NN.nn) Pts
1	Tanya Daniels	38	Ryston Runners AC	6.45 4
2	Nicola Neill	44	West Norfolk AC	5.92 3
3	Pamela Abbott	53	Cambridge & Coleridge AC	5.34 2
4				1
5				0
6				0
7				0
8				0

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

SP	Shot W50-59 (3Kg)	RDA	Team	(NN.nn) Pts
1	Dawn Mason	59	W Suffolk/St Ed. Pacers/Waveney	5.98 4
2	Sue Smith	51	Ryston Runners AC	3.91 3
3				2
4				1
5				0
6				0
7				0
8				0

Rec	Rec
-	x
-	x

SP	Shot W60+ (3Kg)	RDA	Team	(NN.nn) Pts
1	Marlene Simmonds	70	Ryston Runners AC	6.84 4
2	Mary Holmes	79	Cambridge & Coleridge AC	4.65 3
3				2
4				1
5				0
6				0
7				0
8				0

Rec
-
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LJ	Long Jump W35-49	RDA	Team	(N.nn) Pts	Wind	Rec	Rec	Rec
1	Tanya Daniels	38	Ryston Runners AC	3.55 4		-	x	x
2	Alison Wilson	49	Cambridge & Coleridge AC	1.99 3		-	x	x
3				2				
4				1				
5				0				
6				0				
7				0				
8				0				

LJ	Long Jump W50-59	RDA	Team	(N.nn) Pts	Wind	Rec	Rec
1	Karen Wood	51	Ryston Runners AC	3.09 4		-	x
2	Dawn Mason	59	W Suffolk/St Ed. Pacers/Waveney	2.50 3		-	x
3	Pamela Abbott	53	Cambridge & Coleridge AC	2.38 2		-	x
4				1			
5				0			
6				0			
7				0			
8				0			

Rec
-
-
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LJ	Long Jump W60+	RDA	Team	(N.nn) Pts	Wind	Rec
1	Marlene Simmonds	70	Ryston Runners AC	2.36 4		-
2	Mary Holmes	79	Cambridge & Coleridge AC	2.07 3		-
3				2		
4				1		
5				0		
6				0		
7				0		
8				0		

PV	Pole Vault W35-49	RDA	Team	(N.nn) Pts	Rec	Rec	Rec
1				4			
2				3			
3=				2			
3=				1			
3=				0			

Rec	Rec	Rec

EVAC Track & Field League -			NW Division - Match 1		Teams = 6		
St Ives			Wed	04/05/2016		Overall Match Scores	
Pos	Men's Teams	Bib	Match Score		1	Pos	
3	Huntingdonshire AC	1	68		68	3	
1	Peterborough AC	2	106		106	1	
2	Nene Valley Harriers	3	103		103	2	
4	Corby AC	4	49		49	4	
4	Wellingborough & District AC	5	49		49	4	
6	Stamford Striders	6	25		25	6	
7		0	0		0	7	
7		0	0		0	7	

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)
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100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec
1	Matthew Dalton	36	Peterborough AC	12.2	6		-	x	x
2	Atholl Lawson	41	Corby AC	12.4	5		-	x	x
3	Julian Smith	47	Nene Valley Harriers	12.6	4		-	x	x
4	Nick Breeze	41	Wellingborough & District AC	13.0	3		-	x	x
5	Mark Alderson	41	Stamford Striders	14.3	2		-	x	x
6							x	x	x
7	Gareth Williams		Stamford	13.6	NS				
8	Neil Carrington		Hunts	14.3	NS				

100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec
1	Ricardo Huskisson	56	Nene Valley Harriers	12.7	6		-	x
2	Dougie Donald	57	Corby AC	12.8	5		-	x
3	Richard Phelan	54	Huntingdonshire AC	14.3	4		-	x
4	John Donaldson	57	Wellingborough & District AC	14.7	3		-	x
5	Martin Hilton	57	Peterborough AC	15.8	2		-	x
6					1			
7					0			
8					0			

100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec
1	Wayne DuBose	61	Huntingdonshire AC	15.3	6		-
2	John Spriggs	63	Nene Valley Harriers	16.5	5		-
3	Peter Brantom	66	Peterborough AC	19.8	4		-
4	Alan Mills	77	Wellingborough & District AC	20.8	3		-
5					2		
6					1		
7					0		
8					0		

400m	400m M35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec
1	Atholl Lawson	41	Corby AC	54.3	6	-	x	x
2	Julian Smith	47	Nene Valley Harriers	58.8	5	-	x	x
3	Martin Dawson	35	Peterborough AC	60.9	4	-	x	x
4	Simon Fell	39	Stamford Striders	62.4	3	-	x	x
5	Keith Lok	40	Wellingborough & District AC	62.5	2	-	x	x
6	Peter Downhill	47	Huntingdonshire AC	159.0	1	-	x	x
7					0			
8	James Sadlier		Peterborough	59.4	NS	x	x	x

400m	400m M50-59	RDA	Team	(NN.n)	Pts	Rec	Rec
1	Ricardo Huskisson	56	Nene Valley Harriers	64.6	6	-	x
2	John Donaldson	57	Wellingborough & District AC	65.7	5	-	x
3	Peter Ward	51	Peterborough 1C	66.5	4	-	x
4	Geoffrey Brewster	57	Huntingdonshire AC	71.5	3	-	x
5	Nigel Taylor	58	Corby AC	71.8	2	-	x
6					1		
7					0		
8					0		

400m	400m M60+ Non-scoring ONLY	RDA	Team	(NN.n)	Pts
1					0
2					0
3					0
4					0
5					0
6					0
7					0
8					0

Rec

3000m	3000m M35-49	RDA	Team	(NN:NN.n)	Pts
1	John Pike	41	Peterborough AC	09:37.2	6
2	Simon Fell	39	Stamford Striders	09:47.6	5
3	Ian Gallagher	35	Huntingdonshire AC	10:20.0	4
4	John Nash	35	Nene Valley Harriers	10:23.4	3
5	Scott Magee	45	Corby AC	10:35.5	2
6	Jon Kemp	44	Wellingborough & District AC	10:43.3	1
7					0
8					0

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

3000m	3000m M50-59	RDA	Team	(NN:NN.n)	Pts
1	Peter Ward	51	Peterborough AC	10:53.3	6
2	Geoffrey Brewster	57	Huntingdonshire AC	11:13.4	5
3	Barry Warne	55	Nene Valley Harriers	11:38.9	4
4	Nigel Taylor	51	Corby AC	12:09.6	3
5	Studney Kirby	51	Wellingborough & District AC	12:22.5	2
6	Alan Griffiths		Wellingborough	11:52.0	NS
7	John McCrone		Corby	11:56.0	NS
8	Paul Parkin		NVH	13:31.4	NS

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

3000m	3000m M60+	RDA	Team	(NN:NN.n)	Pts
1	Eamonn Dorling	61	Peterborough AC	12:46.7	6
2					5
3	James Skinner		Stamford	09:57.6	NS
4	Steve Hall		Peterborough	10:24.5	NS
5	Ty Farrer		Hunts	10:31.8	NS
6	Gareth Williams		Stamford	11:05.6	NS
7	Mark Alderson		Stamford	11:30.5	NS
8	Ed Fancourt		Stamford	11:45.5	NS

Rec
-
x
x
x
x
x
x

1000mW	1Km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	James Skinner	41	Stamford Striders	05:24.3	6
2	Rodney Dunn	63	Peterborough AC	05:44.2	5
3	Alan Griffiths	48	Wellingborough & District AC	06:29.9	4
4	Wayne DuBose	61	Huntingdonshire AC	06:41.6	3
5	John McCrone	49	Corby AC	06:49.7	2
6	--	0	Nene Valley Harriers	07:10.8	1
7					0
8					0

Rec	Rec	Rec
LR	x	x
x	x	LR
-	x	x
x	x	-
-	x	x
x	x	x

1000mW	1Km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Peter Brantom	66	Peterborough AC	06:16.3	6
2	Alan Mills	77	Wellingborough & District AC	06:36.0	5
3	Ed Fancourt	48	Stamford Striders	06:55.3	4
4					3
5					2
6					1
7					0
8					0

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

HT	Hammer M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	Simon Achurch	41	Nene Valley Harriers	38.89	6
2	Nick Breeze	41	Wellingborough & District AC	20.82	5
3	Dave Ensor	49	Huntingdonshire AC	13.06	4
4	John McCrone	49	Corby AC	11.69	3

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

5	Matthew Dalton	36	Peterborough AC	7.33	2
6					1
7					0
8	Richard Harrison		NVH	16.70	NS

-	x	x
x	x	x

HT	Hammer M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	Robert Ellingham	51	Huntingdonshire AC	41.75	6
2	John Blackwell	65	Nene Valley Harriers	27.74	5
3	Karl Eve	53	Peterborough AC	22.17	4
4	Peter Knott	58	Corby AC	19.72	3
5	Studney Kirby	51	Wellingborough & District AC	6.41	2
6					1
7					0
8					0

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

HT	Hammer M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Timothy Needham	63	Nene Valley Harriers	27.58	6
2	Wayne DuBose	61	Huntingdonshire AC	16.16	5
3	Eamonn Dorling	61	Peterborough AC	7.87	4
4					3
5					2
6					1
7					0
8					0

Rec
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SP	Shot M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	Simon Achurch	41	Nene Valley Harriers	12.25	6
2	Nick Breeze	41	Wellingborough & District AC	8.99	5
3	Matthew Dalton	36	Peterborough AC	7.98	4
4	Mark Alderson	41	Stamford Striders	5.61	3
5	Atholl Lawson	41	Corby AC	5.56	2
6					1
7					0
8					0

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

SP	Shot M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	Karl Eve	53	Peterborough AC	10.64	6
2	Peter Knott	58	Corby AC	10.4	5
3	Robert Ellingham	51	Huntingdonshire AC	10.05	4
4	John Blackwell	65	Nene Valley Harriers	8.96	3
5	Studney Kirby	51	Wellingborough & District AC	5.35	2
6					1
7					0
8					0

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

SP	Shot M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Wayne DuBose	61	Huntingdonshire AC	9.75	6
2	Timothy Needham	63	Nene Valley Harriers	8.07	5
3	Eamonn Dorling	61	Peterborough AC	6.59	4
4					3
5					2
6					1
7					0
8					0

Rec
-
-
-

LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec
1	Sean Reidy	35	Nene Valley Harriers	4.94	6		-	x	x
2	Neil Carrington	0	Huntingdonshire AC	4.7	5		x	x	x
3	Matthew Dalton	36	Peterborough AC	3.98	4		-	x	x
4	Scott Magee	45	Corby AC	3.05	3		-	x	x
5	Alan Griffiths	48	Wellingborough & District AC	3	2		-	x	x
6					1				
7					0				
8					0				

LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec
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1	Ricardo Huskisson	56	Nene Valley Harriers	3.86	6	
2	Dougie Donald	57	Corby AC	3.33	5	
3	Martin Hilton	57	Peterborough AC	3.23	4	
4					3	
5					2	
6					1	
7					0	
8					0	

-	x
-	x
-	x

LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts	Wind
1	Wayne DuBose	61	Huntingdonshire AC	3.48	6	
2	John Spriggs	63	Nene Valley Harriers	3.31	5	
3	Peter Brantom	66	Peterborough AC	2.96	4	
4					3	
5					2	
6					1	
7					0	
8					0	

Rec
-
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PV	Pole Vault M35-49	RDA	Team	(N.nn)	Pts
1	Sean Reidy	35	Nene Valley Harriers	2.40	6
2	Dave Ensor	49	Huntingdonshire AC	1.80	5
3	Matthew Dalton	36	Peterborough AC	1.40	4
4					3
5					2
6					1
7					0
8					0

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

PV	Pole Vault M50-59	RDA	Team	(N.nn)	Pts
1	Karl Eve	53	Peterborough AC	2.00	6
2	Ricardo Huskisson	56	Nene Valley Harriers	1.20	5
3					4
4					3
5					2
6					1
7					0
8					0

Rec	Rec
-	x
-	x

MedR	Relay 4x1 M35-49	RDA	Team	(NN.n)	Pts
1			Peterborough AC	53.0	6
2			Wellingborough & District AC	54.6	5
3			Nene Valley Harriers	55.5	4
4			Corby AC	55.9	3
5			Stamford Striders	56.1	2
6			Huntingdonshire AC	56.4	1
7					0
8					0

Rec
-
-
-
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-

MedR	Relay 4x1 M50+	RDA	Team	(NN.n)	Pts
1			Nene Valley Harriers	65.7	6
2			Peterborough AC	66.1	5
3					4
4					3
5					2
6					1
7					0
8					0

Rec
-
-

EVAC Track & Field League -		NW Division - Match 1		Teams = 6	
St Ives		Wed	04/05/2016	Overall Match Scores	
Pos	Women's Teams	Bib	Match Score	1	Pos
2	Huntingdonshire AC	A	67	67	2
3	Peterborough AC	B	53	53	3
4	Nene Valley Harriers	C	33	33	4
5	Corby AC	D	21	21	5
1	Wellingborough & District AC	E	83	83	1
5	Stamford Striders	F	21	21	5
7		0	0	0	7
7		0	0	0	7

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)
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100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec
1	Claire Smith	39	Nene Valley Harriers	14.8	6		-	x	x
2	Andrea Linnell	39	Huntingdonshire AC	15.0	5		-	x	x
3	Lisa Richardson	47	Peterborough AC	15.7	4		-	x	x
4	Kim Geeves	35	Wellingborough & District AC	16.7	3		-	x	x
5	Sue Paterson	48	Corby AC	18.9	2		-	x	x
6					1		x	x	x
7					0				
8	Sandra Acton		Hunts	28.7	NS		x	x	x

100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec
1	Judith Jagger	55	Peterborough AC	16.8	6		-	x
2	Sandra Pedley	50	Huntingdonshire AC	18.2	5		-	x
3	Liz Makin	55	Stamford Striders	18.8	4		-	x
4	Deborah Varnfield	53	Wellingborough & District AC	19.1	3		-	x
5					2			
6					1			
7					0			
8					0			

100m	100m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec
1	Julia Cooke-Simmons	61	Wellingborough & District AC	20.6	6		-
2	Jennifer Coville	63	Huntingdonshire AC	32.8	5		-
3					4		
4					3		
5					2		
6					1		
7					0		
8					0		

400m	400m W35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec
1	Wendy Perkins	36	Peterborough AC	66.9	6	-	x	x
2	Claire Smith	39	Nene Valley Harriers	68.3	5	-	x	x
3	Louise Kemp	38	Wellingborough & District AC	86.1	4	-	x	x
4	Tracey Shepherd	48	Corby AC	92.4	3	-	x	x
5	Sandra Acton	35	Huntingdonshire AC	156.3	2	-	x	x
6					1			
7					0			
8					0			

400m	400m W50-59	RDA	Team	(NN.n)	Pts	Rec	Rec
1	Penny Butcher	57	Huntingdonshire AC	80.3	6	-	x
2	Liz Makin	55	Stamford Striders	88.3	5	-	x
3	Deborah Varnfield	53	Wellingborough & District AC	97.4	4	-	x
4					3		
5					2		
6					1		
7					0		
8					0		

3000m	3000m W35-49	RDA	Team	<i>(NN:NN.n)</i>	Pts
1	Nicky Morgan	46	Nene Valley Harriers	11:34.3	6
2	Sally Coombs	45	Corby AC	12:59.0	5
3	Natasha Wain	43	Wellingborough & District AC	13:54.0	4
4					3
5					2
6					1
7					0
8					0

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

3000m	3000m W50-59	RDA	Team	<i>(NN:NN.n)</i>	Pts
1	Valerie Anslow	55	Wellingborough & District AC	15:44.1	6
2					5
3					4
4					3
5					2
6					1
7					0
8					0

Rec	Rec
-	x

3000m	3000m W60+	RDA	Team	<i>(NN:NN.n)</i>	Pts
1	Sally Hewitt	62	Wellingborough & District AC	16:40.5	6
2					5
3					4
4					3
5					2
6					1
7					0
8					0

Rec
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1000mW	1km Walk 'A'	RDA	Team	<i>(NN:NN.n)</i>	Pts
1	Margaret Skinner	36	Stamford Striders	05:22.4	6
2	Kay Gibson	50	Peterborough AC	06:42.1	5
3	Julia Cooke-Simmons	61	Wellingborough & District AC	06:46.8	4
4	Jennifer Coville	63	Huntingdonshire AC	07:51.4	3
5	Tracey Shepherd	48	Corby AC	07:54.3	2
6					1
7					0
8					0

Rec	Rec	Rec
LR	x	x
x	-	x
x	x	-
x	x	-
-	x	x

1000mW	1km Walk 'B'	RDA	Team	<i>(NN:NN.n)</i>	Pts
1					6
2					5
3					4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	Rec

HT	Hammer W35-49 (4Kg)	RDA	Team	<i>(NN.nn)</i>	Pts
1	Andrea Jenkins	40	Nene Valley Harriers	45.62	6
2	Lisa Richardson	47	Peterborough AC	13.01	5
3	Kim Geeves	35	Wellingborough & District AC	6.63	4
4	Tracey Shepherd	48	Corby AC	5.29	3
5					2
6					1
7					0
8					0

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

HT	Hammer W50-59 (3Kg)	RDA	Team	<i>(NN.nn)</i>	Pts
1	Judith Jagger	55	Peterborough AC	23.41	6
2	Deborah Varnfield	53	Wellingborough & District AC	10.91	5
3	Penny Butcher	57	Huntingdonshire AC	7.75	4
4					3

Rec	Rec
-	x
-	x
-	x

5					2
6					1
7					0
8					0

SP	Shot W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Andrea Jenkins	40	Nene Valley Harriers	9.71	6
2	Wendy Perkins	36	Peterborough AC	6.49	5
3	Sue Paterson	48	Corby AC	5.98	4
4	Joanne Abel	43	Huntingdonshire AC	5.76	3
5	Margaret Skinner	36	Stamford Striders	4.89	2
6	Kirsty Hewitt	35	Wellingborough & District AC	3.29	1
7					0
8	Lisa Richardson		Peterborough	7.36	NS

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

SP	Shot W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Judith Jagger	55	Peterborough AC	9.23	6
2	Penny Butcher	57	Huntingdonshire AC	6.73	5
3	Liz Makin	55	Stamford Striders	4.94	4
4	Valerie Anslow	55	Wellingborough & District AC	4.56	3
5					2
6					1
7					0
8					0

Rec	Rec
-	x
-	x
-	x
-	x

SP	Shot W60+ (3Kg)	RDA	Team	(NN.nn)	Pts
1	Julia Cooke-Simmons	61	Wellingborough & District AC	5.64	6
2	Jennifer Coville	63	Huntingdonshire AC	5.56	5
3					4
4					3
5					2
6					1
7					0
8					0

Rec
-
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LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec
1	Joanne Abel	43	Huntingdonshire AC	3.77	6		-	x	x
2	Lisa Richardson	47	Peterborough AC	3.59	5		-	x	x
3	Claire Smith	39	Nene Valley Harriers	3.23	4		-	x	x
4	Louise Kemp	38	Wellingborough & District AC	3.16	3		-	x	x
5	Sue Paterson	48	Corby AC	2.70	2		-	x	x
6					1				
7	Debbie Varnfield		Wellingborough	2.37	NS		x	x	x
8	Kim Geeves		Wellingborough	3.44	NS		x	x	x

LJ	Long Jump W50-59	RDA	Team	(N.nn)	Pts	Wind
1	Penny Butcher	57	Huntingdonshire AC	3.87	6	
2	Judith Jagger	55	Peterborough AC	3.54	5	
3	Valerie Anslow	55	Wellingborough & District AC	2.22	4	
4					3	
5					2	
6					1	
7					0	
8					0	

Rec	Rec
-	x
-	x
-	x

LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind
1	Sally Hewitt	62	Wellingborough & District AC	1.93	6	
2					5	
3					4	
4					3	
5					2	
6					1	
7					0	
8					0	

Rec
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PV	Pole Vault W35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec
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EVAC Track & Field League -		SE Division - Match 1		Teams = 6	
Thurrock		Wed	04/05/2016	Overall	
			Match Scores		
Pos	Men's Teams	Bib	Match Score	1	Pos
1	Southend AC	1	97	97	1
4	Chelmsford AC	2	50	50	4
3	Loughton AC	3	68	68	3
2	Thurrock Harriers	4	93	93	2
5	Fleet Street Runners	5	49	49	5
6	Tendring/Ipswich Harriers	6	43	43	6
7		0 7	0	0	7
7		0 8	0	0	7

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)
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100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec
1	Clint Nicholls	37	Fleet Street Runners	12.7	6		-	x	x
2	Clive Farrow	46	Southend AC	12.9	5		-	x	x
3	Nigel Hayman	41	Tendring/Ipswich Harriers	13.0	4		-	x	x
4	Antony Babbs	49	Loughton AC	13.4	3		-	x	x
5	Marek Kowalski	44	Thurrock Harriers	13.5	2		-	x	x
6					1				
7	Ray Patterson (N/S)		Colchester	13.7	0		x	x	x
8	Terry Maher (N/S)		Colchester	14.1	0		x	x	x

100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec
1	Clifford Warren	54	Loughton AC	14.1	6		-	x
2	Keith Palmer	51	Southend AC	14.5	5		-	x
3	Stephen Kemp	55	Thurrock Harriers	15.0	4		-	x
4					3			
5					2			
6					1			
7					0			
8					0			

100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec
1	Robert Woolliams	60	Tendring/Ipswich Harriers	15.1	6		-
2	Gerald Daniel	63	Chelmsford AC	15.5	5		-
3	Michael Bumstead	64	Thurrock Harriers	16.2	4		-
4	Peter Binns	68	Southend AC	16.2	3		-
5	David Hobbs	68	Loughton AC	16.7	2		-
6					1		
7					0		
8					0		

400m	400m M35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec
1	Clint Nicholls	37	Fleet Street Runners	57.4	6	-	x	x
2	Graham Eastty	36	Southend AC	58.8	5	-	x	x
3	Antony Babbs	49	Loughton AC	60.4	4	-	x	x
4	Terry Maher	43	Tendring/Ipswich Harriers	62.5	3	-	x	x
5	Nigel Instance	48	Thurrock Harriers	64.4	2	-	x	x
6					1			
7					0			
8					0			

400m	400m M50-59	RDA	Team	(NN.n)	Pts	Rec	Rec
1	Clifford Warren	54	Loughton AC	63.0	6	-	x
2	Jonathan Metcalf	56	Thurrock Harriers	63.4	5	-	x
3	Stephen Solomon	53	Southend AC	70.7	4	-	x
4					3		
5					2		
6					1		
7	Angus Aldridge (N/S)		Southend AC	73.6	0	x	x
8					0		

400m	400m M60+ Non-scoring ONLY	RDA	Team	<i>(NN.n)</i>	Pts
1	Robert Woolliams	60	Tendring/Ipswich Harriers	72.6	0
2					0
3					0
4					0
5					0
6					0
7					0
8					0

Rec
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3000m	3000m M35-49	RDA	Team	<i>(NN:NN.n)</i>	Pts
1	Lee Taylor	40	Southend AC	09:35.5	6
2	Bobby Riddaway	45	Fleet Street Runners	10:37.7	5
3	Toby Draper	43	Thurrock Harriers	10:55.8	4
4	Trevor Robinson	42	Loughton AC	13:54.2	3
5					2
6					1
7					0
8					0

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

3000m	3000m M50-59	RDA	Team	<i>(NN:NN.n)</i>	Pts
1	Michael Bridgeland	58	Chelmsford AC	10:08.4	6
2	Simon Le Mare	54	Southend AC	10:21.1	5
3	Mark Gowers	55	Fleet Street Runners	10:56.4	4
4	Jonathan Metcalf	56	Thurrock Harriers	11:20.8	3
5	John Borgars	70	Loughton AC	14:24.1	2
6					1
7	Jonathan Gardner (N/S)	47	Fleet Street Runners	10:51.4	0
8					0

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

3000m	3000m M60+	RDA	Team	<i>(NN:NN.n)</i>	Pts
1	Peter Binns	68	Southend AC	11:48.8	6
2	Michael Bumstead	64	Thurrock Harriers	14:42.9	5
3	Robert Maggio	69	Loughton AC	14:50.2	4
4					3
5					2
6					1
7					0
8					0

Rec
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1000mW	1Km Walk 'A'	RDA	Team	<i>(NN:NN.n)</i>	Pts
1	Mark Preskett	41	Fleet Street Runners	05:35.0	6
2	Stephen Kemp	55	Thurrock Harriers	05:45.9	5
3	John Borgars	70	Loughton AC	05:58.8	4
4	Keith Palmer	51	Southend AC	06:15.9	3
5	Paul Willcox	63	Tendring/Ipswich Harriers	09:14.9	2
6					1
7					0
8					0

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

1000mW	1Km Walk 'B'	RDA	Team	<i>(NN:NN.n)</i>	Pts
1	Jonathan Gardner	47	Fleet Street Runners	05:44.1	6
2	Eamonn Shelley	55	Thurrock Harriers	06:08.3	5
3	John Brock	66	Southend AC	06:22.6	4
4	Peter Cassidy	76	Loughton AC	06:48.6	3
5	David Kelway	43	Tendring/Ipswich Harriers	09:14.9	2
6					1
7	Oli Astley (N/S)		Fleet Street Runners	07:28.1	0
8					0

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

HT	Hammer M35-49 (7.26Kg)	RDA	Team	<i>(NN.nn)</i>	Pts
1	Chris Clark	51	Chelmsford AC	20.10	6
2	Nigel Instance	48	Thurrock Harriers	19.39	5
3	Gurjit Dehl	36	Fleet Street Runners	13.74	4
4	Gary Cheek	45	Southend AC	12.50	3

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

5	Trevor Robinson	42	Loughton AC	6.93	2
6					1
7					0
8					0

-	x	x

HT	Hammer M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	David Bauer	50	Chelmsford AC	36.19	6
2	Martin Mack	50	Thurrock Harriers	17.47	5
3	John Brock	66	Southend AC	6.40	4
4					3
5					2
6					1
7					0
8					0

Rec	Rec
-	x
-	x
x	-

HT	Hammer M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Malcolm Fenton	60	Tendring/Ipswich Harriers	46.06	6
2	Geoff Tyler	67	Chelmsford AC	30.24	5
3	John Clark	73	Southend AC	18.79	4
4	Robert Maggio	69	Loughton AC	11.84	3
5	Bernard Johnson	60	Thurrock Harriers	10.96	2
6					1
7					0
8					0

Rec
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SP	Shot M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	David Kelway	43	Tendring/Ipswich Harriers	7.50	6
2	Nigel Instance	48	Thurrock Harriers	7.12	5
3	Chris Clark	51	Chelmsford AC	6.71	4
4	Gary Cheek	45	Southend AC	6.52	3
5	Trevor Robinson	42	Loughton AC	6.36	2
6	Gurjit Dehl	36	Fleet Street Runners	6.34	1
7					0
8					0

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

SP	Shot M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	David Bauer	50	Chelmsford AC	11.89	6
2	Angus Aldridge	52	Southend AC	7.23	5
3	Martin Mack	50	Thurrock Harriers	7.15	4
4	John Borgars	70	Loughton AC	5.48	3
5					2
6					1
7					0
8					0

Rec	Rec
-	x
-	x
-	x
x	-

SP	Shot M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Geoff Tyler	67	Chelmsford AC	11.39	6
2	Paul Willcox	63	Tendring/Ipswich Harriers	6.39	5
3	John Clark	73	Southend AC	6.31	4
4	Bernard Johnson	60	Thurrock Harriers	5.83	3
5	Robert Maggio	69	Loughton AC	5.06	2
6					1
7	Gerald Daniel (N/S)		Chelmsford AC	8.73	0
8					0

Rec
-
-
-
-
-
x

LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec
1	Marek Kowalski	44	Thurrock Harriers	4.99	6		-	x	x
2	Clive Farrow	46	Southend AC	4.78	5		-	x	x
3	Antony Babbs	49	Loughton AC	4.58	4		-	x	x
4	David Kelway	43	Tendring/Ipswich Harriers	4.18	3		-	x	x
5	Mark Preskett	41	Fleet Street Runners	3.86	2		-	x	x
6					1				
7					0				
8					0				

LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec
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1	Clifford Warren	54	Loughton AC	4.60	6	
2	Keith Palmer	51	Southend AC	3.74	5	
3	Mark Jenkins	52	Thurrock Harriers	3.13	4	
4					3	
5					2	
6					1	
7					0	
8					0	

-	x
-	x
-	x

LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts	Wind
1	Gerald Daniel	63	Chelmsford AC	3.84	6	
2	David Hobbs	68	Loughton AC	3.51	5	
3	Bernard Johnson	60	Thurrock Harriers	2.56	4	
4	John Brock	66	Southend AC	2.41	3	
5					2	
6					1	
7					0	
8					0	

Rec
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PV	Pole Vault M35-49	RDA	Team	(N.nn)	Pts
1	Clint Nicholls	37	Fleet Street Runners	2.60	6
2	Gary Cheek	45	Southend AC	1.40	5
3					4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	Rec
-	x	x
-	x	x

PV	Pole Vault M50-59	RDA	Team	(N.nn)	Pts
1	Mark Jenkins	52	Thurrock Harriers	1.40	6
2					5
3					4
4					3
5					2
6					1
7					0
8					0

Rec	Rec
-	x

MedR	Relay 4x1 M35-49	RDA	Team	(NN.n)	Pts
1			Tendring/Ipswich Harriers	52.7	6
2			Southend AC	53.2	5
3			Thurrock Harriers	55.9	4
4			Fleet Street Runners	59.0	3
5					2
6					1
7					0
8					0

Rec
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MedR	Relay 4x1 M50+	RDA	Team	(NN.n)	Pts
1			Thurrock Harriers	60.5	6
2			Southend AC	62.2	5
3			Loughton AC	71.5	4
4					3
5					2
6					1
7					0
8					0

Rec
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EVAC Track & Field League -		SE Division - Match 1		Teams = 6	
Thurrock		Wed	04/05/2016	Overall Match Scores	
Pos	Women's Teams	Bib	Match Score	1	Pos
1	Southend AC	A	87	87	1
3	Chelmsford AC	B	79	79	3
2	Loughton AC	C	84	84	2
5	Thurrock Harriers	D	41	41	5
6	Fleet Street Runners	E	10	10	6
4	Tendring/Ipswich Harriers	F	50	50	4
7		G	0	0	7
7		H	0	0	7

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)
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100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec
1	Sian Gifford	47	Tendring/Ipswich Harriers	15.6	6		-	x	x
2	Natasha Lagden	42	Southend AC	16.6	5		-	x	x
3	Michaela Davis	50	Loughton AC	16.8	4		x	-	x
4	Joanne Smith	49	Chelmsford AC	17.4	3		-	x	x
5	Toni Radley	45	Thurrock Harriers	17.6	2		-	x	x
6	Elizabeth Pfeuti	38	Fleet Street Runners	19.8	1		-	x	x
7					0				
8					0				

100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec
1	Yvonne Holmes	53	Tendring/Ipswich Harriers	15.6	6		-	x
2	Susan Brown	51	Southend AC	17.4	5		-	x
3	Tracy Minton	55	Chelmsford AC	18.2	4		-	x
4	Jodie Farrell	50	Thurrock Harriers	18.6	3		-	x
5	Julie Ryan	61	Loughton AC	20.1	2		x	-
6					1			
7					0			
8					0			

100m	100m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec
1	Barbara Higgins	61	Loughton AC	18.4	6		-
2	Shirley Quinn	61	Chelmsford AC	21.4	5		-
3	Melanie Panting	60	Southend AC	23.3	4		-
4					3		
5					2		
6					1		
7					0		
8					0		

400m	400m W35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec
1	Tracy English	39	Southend AC	69.4	6	-	x	x
2	Sian Gifford	47	Tendring/Ipswich Harriers	71.1	5	-	x	x
3	Joanne Smith	49	Chelmsford AC	73.6	4	-	x	x
4	Toni Radley	45	Thurrock Harriers	80.7	3	-	x	x
5	Melanie Peddle	47	Loughton AC	104.4	2	-	x	x
6					1			
7	Kasia Kostyrka-Allchorne		Southend AC	78.7	0	x	x	x
8					0			

400m	400m W50-59	RDA	Team	(NN.n)	Pts	Rec	Rec
1	Jodie Farrell	50	Thurrock Harriers	83.1	6	-	x
2	Teresa Pearmain	51	Southend AC	89.8	5	-	x
3	Tracy Minton	55	Chelmsford AC	94.6	4	-	x
4	Jean Hobbs	67	Loughton AC	116.8	3	x	-
5					2		
6					1		
7					0		
8					0		

3000m	3000m W35-49	RDA	Team	(NN:NN.n)	Pts
1	Claire Cornwell	35	Southend AC	10:48.6	6
2	Joanne Smith	49	Chelmsford AC	11:53.0	5
3	Toni Radley	45	Thurrock Harriers	12:08.5	4
4	Elizabeth Pfeuti	38	Fleet Street Runners	14:19.3	3
5	Melanie Peddle	47	Loughton AC	15:00.8	2
6					1
7					0
8					0

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

3000m	3000m W50-59	RDA	Team	(NN:NN.n)	Pts
1	Margaret Deasy	52	Tendring/Ipswich Harriers	11:37.0	6
2	Teresa Pearmain	51	Southend AC	14:25.5	5
3	Tracy Minton	55	Chelmsford AC	16:01.1	4
4					3
5					2
6					1
7					0
8					0

Rec	Rec
-	x
-	x
-	x

3000m	3000m W60+	RDA	Team	(NN:NN.n)	Pts
1	Diane Wooller	62	Tendring/Ipswich Harriers	13:57.4	6
2	Melanie Panting	60	Southend AC	15:29.6	5
3	Jean Hobbs	67	Loughton AC	15:31.3	4
4					3
5					2
6					1
7					0
8					0

Rec
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1000mW	1km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Kasia Kostyrka-Allchorne	38	Southend AC	06:24.0	6
2	Melanie Peddle	47	Loughton AC	06:32.2	5
3	Tracy Minton	55	Chelmsford AC	07:27.5	4
4					3
5					2
6					1
7					0
8					0

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

1000mW	1km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Julie Ryan	61	Loughton AC	08:53.0	6
2					5
3					4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	Rec
x	x	-

HT	Hammer W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Sue Lawrence	45	Thurrock Harriers	35.17	6
2	Carol Morris	49	Chelmsford AC	19.14	5
3	Katherine Merritt	52	Loughton AC	15.43	4
4	Elizabeth Pfeuti	38	Fleet Street Runners	14.10	3
5	Collette Frampton	35	Southend AC	9.76	2
6					1
7					0
8					0

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

HT	Hammer W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Shirley Quinn	61	Chelmsford AC	33.77	6
2	Jill Boosey	52	Thurrock Harriers	22.21	5
3	Barbara Higgins	61	Loughton AC	20.35	4
4	Stephanie Stamp	63	Southend AC	17.67	3

Rec	Rec
x	-
-	x
x	-
x	-

5					2
6					1
7					0
8					0

SP	Shot W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Sue Lawrence	45	Thurrock Harriers	9.51	6
2	Carol Morris	49	Chelmsford AC	6.16	5
3	Katherine Merritt	52	Loughton AC	5.20	4
4	Sian Gifford	47	Tendring/Ipswich Harriers	4.96	3
5	Collette Frampton	35	Southend AC	4.56	2
6	Elizabeth Pfeuti	38	Fleet Street Runners	4.53	1
7					0
8					0

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

SP	Shot W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Jill Boosey	52	Thurrock Harriers	6.99	6
2	Sarah Stark	50	Chelmsford AC	6.97	5
3	Yvonne Holmes	53	Tendring/Ipswich Harriers	6.24	4
4	Susan Brown	51	Southend AC	5.93	3
5	Barbara Higgins	61	Loughton AC	5.65	2
6					1
7					0
8					0

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

SP	Shot W60+ (3Kg)	RDA	Team	(NN.nn)	Pts
1	Shirley Quinn	61	Chelmsford AC	7.78	6
2	Emily McMahon	66	Loughton AC	6.91	5
3	Stephanie Stamp	63	Southend AC	6.09	4
4	Diane Wooller	62	Tendring/Ipswich Harriers	4.51	3
5					2
6					1
7					0
8					0

Rec
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LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec
1	Sian Gifford	47	Tendring/Ipswich Harriers	3.31	6		-	x	x
2	Kasia Kostyrka-Allchorne	38	Southend AC	3.30	5		-	x	x
3	Michaela Davis	50	Loughton AC	2.75	4		x	-	x
4	Carol Morris	49	Chelmsford AC	2.50	3		-	x	x
5	Elizabeth Pfeuti	38	Fleet Street Runners	1.89	2		-	x	x
6					1				
7					0				
8					0				

LJ	Long Jump W50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec
1	Clare St John-Coleman	55	Chelmsford AC	3.53	6		-	x
2	Susan Brown	51	Southend AC	2.39	5		-	x
3	Julie Ryan	61	Loughton AC	2.09	4		x	-
4					3			
5					2			
6					1			
7					0			
8					0			

LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind	Rec
1	Emily McMahon	66	Loughton AC	3.48	6		-
2	Melanie Panting	60	Southend AC	1.12	5		-
3					4		
4					3		
5					2		
6					1		
7					0		
8					0		

PV	Pole Vault W35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec
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EVAC Track & Field League -		SW Division - Match 1		Teams = 6	
Sandy		Wed	04/05/2016	Overall Match Scores	
Pos	Men's Teams	Bib	Match Score	1	Pos
3	Marshall Milton Keynes AC	1	76	76	3
1	Bedford & County AC	2	118	118	1
6	Luton AC	3	36	36	6
5	Biggleswade AC	4	38	38	5
3	Bedford Harriers	5	76	76	3
2	Fairlands Valley Spartans	6	81	81	2
7		0 7	0	0	7
7		0 8	0	0	7

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)
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100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec
1	Peter Benedickter	47	Bedford & County AC	12.7	6		-	x	x
2	Daniel Bottesch	41	Luton AC	12.7	5		-	x	x
3	Anton McCalla	38	Fairlands Valley Spartans	14.5	4		-	x	x
4	Gary Finch	47	Bedford Harriers	15.2	3		-	x	x
5	Stuart Goodwin	38	Biggleswade AC	15.4	2		-	x	x
6	Jim Lawrence	59	Marshall Milton Keynes AC	15.4	1		x	-	x
7					0				
8					0				

100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec
1	Tennyson James	58	Bedford & County AC	13.2	6		-	x
2	Gary Butler	50	Bedford Harriers	13.3	5		-	x
3	Steve Mayfield	50	Fairlands Valley Spartans	13.7	4		-	x
4	Mark Featherstone	50	Marshall Milton Keynes AC	14.2	3		-	x
5	David Brown	57	Biggleswade AC	14.4	2		-	x
6					1			
7					0			
8					0			

100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec
1	Ivars Licietis	60	Marshall Milton Keynes AC	14.1	6		-
2	Christopher Keech	64	Bedford & County AC	15.3	5		-
3	Charles Arnold	60	Biggleswade AC	16.1	4		-
4	David Frampton	60	Bedford Harriers	16.2	3		-
5	Barry Osborne	65	Fairlands Valley Spartans	19.8	2		-
6					1		
7					0		
8					0		

400m	400m M35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec
1	Peter Benedickter	47	Bedford & County AC	56.3	6	-	x	x
2	Craig Halsey	37	Fairlands Valley Spartans	61.3	5	-	x	x
3	Jeremy Vick	38	Marshall Milton Keynes AC	61.7	4	-	x	x
4	Ian Hammett	37	Bedford Harriers	70.4	3	-	x	x
5					2			
6					1			
7					0			
8					0			

400m	400m M50-59	RDA	Team	(NN.n)	Pts	Rec	Rec
1	Gary Butler	50	Bedford Harriers	58.4	6	-	x
2	Tennyson James	58	Bedford & County AC	59.0	5	-	x
3	Steve Mayfield	50	Fairlands Valley Spartans	60.5	4	-	x
4	Ivars Licietis	60	Marshall Milton Keynes AC	62.4	3	x	LR=
5	David Brown	57	Biggleswade AC	64.4	2	-	x
6					1		
7					0		
8	Chris Andrews	58	Bedford & County AC	75.5	NS	-	x

400m	400m M60+ Non-scoring ONLY	RDA	Team	(NN.n)	Pts
1					0
2					0
3					0
4					0
5					0
6					0
7					0
8					0

Rec

3000m	3000m M35-49	RDA	Team	(NN:NN.n)	Pts
1	Mark Ryall	35	Marshall Milton Keynes AC	09:00.0	6
2	Simon Coombes	43	Bedford & County AC	09:18.1	5
3	Adam Mills	46	Bedford Harriers	09:47.6	4
4	Craig Halsey	37	Fairlands Valley Spartans	09:50.8	3
5					2
6					1
7					0
8					0

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

3000m	3000m M50-59	RDA	Team	(NN:NN.n)	Pts
1	Andy Neatham	50	Fairlands Valley Spartans	09:56.6	6
2	Kevin Willett	52	Bedford Harriers	10:46.7	5
3	Stewart Fraser	57	Marshall Milton Keynes AC	12:03.0	4
4	Robert Lands	58	Bedford & County AC	12:46.4	3
5					2
6					1
7					0
8					0

Rec	Rec
-	x
-	x
-	x
-	x

3000m	3000m M60+	RDA	Team	(NN:NN.n)	Pts
1	David Frampton	60	Bedford Harriers	11:25.6	6
2	Barry Osborne	65	Fairlands Valley Spartans	11:31.1	5
3	Aleksander Swiecicki	67	Bedford & County AC	11:44.9	4
4	Alan DGLISH	66	Luton AC	12:20.7	3
5	Charles Arnold	60	Biggleswade AC	12:38.1	2
6					1
7	Stephen Herring	47	Marshall Milton Keynes AC	10:15.7	NS
8	John Harris	53	Fairlands Valley Spartans	11:14.7	NS

Rec
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x
x

1000mW	1Km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Barry King	49	Fairlands Valley Spartans	05:56.2	6
2	Alan DGLISH	66	Luton AC	05:57.1	5
3	Ian Hammett	37	Bedford Harriers	05:57.5	4
4	Robin Wynde	58	Biggleswade AC	06:07.9	3
5	Lance Croft	49	Bedford & County AC	06:40.7	2
6	Jim Lawrence	59	Marshall Milton Keynes AC	06:56.2	1
7					0
8					0

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

1000mW	1Km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Graeme Packman	61	Bedford & County AC	06:41.0	6
2	Dean Newman	46	Bedford Harriers	06:56.4	5
3	Mark Freeman	59	Fairlands Valley Spartans	07:31.1	4
4	Brian Graves	76	Marshall Milton Keynes AC	07:58.9	3
5					2
6					1
7					0
8					0

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

HT	Hammer M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	Geoff Grinsted	49	Luton AC	20.30	6
2	Graeme Packman	61	Bedford & County AC	18.33	5
3	Jim Lawrence	59	Marshall Milton Keynes AC	16.29	4
4	Barry King	49	Fairlands Valley Spartans	14.81	3

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

5	James Shea	45	Bedford Harriers	12.08	2
6					1
7					0
8					0

-	x	x

HT	Hammer M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	David Burrell	52	Luton AC	48.90	6
2	Jim Burke	60	Bedford & County AC	26.69	5
3	Michael Burling	58	Marshall Milton Keynes AC	26.35	4
4	Steve Mayfield	50	Fairlands Valley Spartans	21.07	3
5	Steve Gaunt	57	Bedford Harriers	11.97	2
6					1
7					0
8					0

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

HT	Hammer M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Bunt Scott	65	Marshall Milton Keynes AC	32.25	6
2	Robert Richards	68	Bedford & County AC	17.51	5
3	George Baxter	62	Bedford Harriers	15.73	4
4	Clark Skerratt	65	Biggleswade AC	8.40	3
5					2
6					1
7					0
8					0

Rec
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SP	Shot M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	Gavin Fordham	37	Bedford & County AC	10.60	6
2	Geoff Grinsted	49	Luton AC	8.84	5
3	James Shea	45	Bedford Harriers	7.67	4
4	Barry King	49	Fairlands Valley Spartans	6.54	3
5	Jeremy Vick	38	Marshall Milton Keynes AC	6.13	2
6	Simon Strong	45	Biggleswade AC	5.89	1
7	James Danobrega	39	Bedford & County AC	9.26	NS
8	Steve Bass	43	Bedford & County AC	7.03	NS

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

SP	Shot M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	David Burrell	52	Luton AC	12.01	6
2	Mark Featherstone	50	Marshall Milton Keynes AC	11.83	5
3	Simon Eastwood	51	Bedford & County AC	9.00	4
4	John Harris	53	Fairlands Valley Spartans	6.50	3
5	Steve Gaunt	57	Bedford Harriers	6.05	2
6	Robin Wynde	58	Biggleswade AC	5.86	1
7					0
8	Michael Burling	58	Marshall Milton Keynes AC	7.40	NS

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

SP	Shot M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Bunt Scott	65	Marshall Milton Keynes AC	10.31	6
2	Robert Richards	68	Bedford & County AC	7.96	5
3	Charles Arnold	60	Biggleswade AC	6.45	4
4	George Baxter	62	Bedford Harriers	5.50	3
5	Barry Osborne	65	Fairlands Valley Spartans	5.09	2
6					1
7					0
8	Jim Burke	60	Bedford & County AC	8.36	NS

Rec
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LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec
1	James Danobrega	39	Bedford & County AC	5.35	6		-	x	x
2	Stuart Goodwin	38	Biggleswade AC	3.66	5		-	x	x
3	Anton McCalla	38	Fairlands Valley Spartans	3.45	4		-	x	x
4	David Roberts	49	Bedford Harriers	3.41	3		-	x	x
5	Jim Lawrence	59	Marshall Milton Keynes AC	3.34	2		x	-	x
6					1				
7					0				
8					0				

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

LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec
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Rec	Rec
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1	Mark Featherstone	50	Marshall Milton Keynes AC	4.33	6	
2	Steve Mayfield	50	Fairlands Valley Spartans	4.30	5	
3	Tennyson James	58	Bedford & County AC	4.09	4	
4	Robin Wynde	58	Biggleswade AC	2.78	3	
5					2	
6	Gary Smith	45	Bedford & County AC	5.07	NS	
7	Stephen Bass	43	Bedford & County AC	4.44	NS	
8	Simon Strong	45	Biggleswade AC	3.42	NS	

-	x
-	x
-	x
-	x
x	x
x	x
x	x

LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts	Wind
1	David Folgate	65	Bedford & County AC	4.10	6	
2	Ivars Licietis	60	Marshall Milton Keynes AC	3.49	5	
3	David Frampton	60	Bedford Harriers	2.13	4	
4	Clark Skerratt	65	Biggleswade AC	2.07	3	
5	Barry Osborne	65	Fairlands Valley Spartans	1.91	2	
6					1	
7					0	
8					0	

Rec
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PV	Pole Vault M35-49	RDA	Team	(N.nn)	Pts
1	Robert Kingman	43	Bedford & County AC	4.00	6
2					5
3					4
4					3
5					2
6					1
7					0
8	Gavin Fordham	37	Bedford & County AC	4.00	NS

Rec	Rec	Rec
-	x	x
-	x	x

PV	Pole Vault M50-59	RDA	Team	(N.nn)	Pts
1	Simon Eastwood	51	Bedford & County AC	3.01	6
2	Steve Mayfield	50	Fairlands Valley Spartans	2.20	5
3					4
4					3
5					2
6					1
7					0
8					0

Rec	Rec
-	x
-	x

MedR	Relay 4x1 M35-49	RDA	Team	(NN.n)	Pts
1			Bedford & County AC	54.7	6
2			Marshall Milton Keynes AC	57.8	5
3			Bedford Harriers	61.7	4
4			Fairlands Valley Spartans	62.5	3
5					2
6					1
7					0
8					0

Rec
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MedR	Relay 4x1 M50+	RDA	Team	(NN.n)	Pts
1			Bedford & County AC	59.9	6
2			Fairlands Valley Spartans	60.3	5
3			Bedford Harriers	62.8	4
4			Biggleswade AC	67.9	3
5					2
6					1
7					0
8					0

Rec
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EVAC Track & Field League -		SW Division - Match 1		Teams = 6	
Sandy		Wed	04/05/2016		Overall Match Scores
Pos	Women's Teams	Bib	Match Score	1	Pos
1	Marshall Milton Keynes AC	A	103	103	1
5	Bedford & County AC	B	21	21	5
6	Luton AC	C	12	12	6
4	Biggleswade AC	D	25	25	4
3	Bedford Harriers	E	82	82	3
2	Fairlands Valley Spartans	F	102	102	2
7		0 G	0	0	7
7		0 H	0	0	7

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)
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100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec
1	Stephanie Johnston	41	Marshall Milton Keynes AC	15.6	6		-	x	x
2	Peta Wilson	47	Fairlands Valley Spartans	17.4	5		-	x	x
3	Eva Kovacs	47	Bedford Harriers	20.1	4		-	x	x
4					3				
5					2				
6					1				
7					0				
8					0				

100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec
1	Monica Brown	51	Fairlands Valley Spartans	14.3	6		-	x
2	Diane Baldwin	59	Marshall Milton Keynes AC	17.6	5		-	x
3	Jenny King	58	Bedford Harriers	19.7	4		-	x
4					3			
5					2			
6					1			
7					0			
8					0			

100m	100m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec
1	Carol Alker	61	Luton AC	16.2	6		-
2	Iris Hornsey	74	Fairlands Valley Spartans	20.6	5		-
3	Sheila Humphries	63	Bedford Harriers	23.7	4		-
4	Fi Han Bromilow	63	Marshall Milton Keynes AC	24.3	3		-
5					2		
6					1		
7					0		
8					0		

400m	400m W35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec
1	Corinne Nurse	37	Marshall Milton Keynes AC	65.3	6	-	x	x
2	Kirstie Meeten	40	Bedford Harriers	75.6	5	-	x	x
3	Peta Wilson	47	Fairlands Valley Spartans	80.5	4	-	x	x
4	Fiona Wynde	41	Biggleswade AC	82.6	3	-	x	x
5					2			
6					1			
7					0			
8					0			

400m	400m W50-59	RDA	Team	(NN.n)	Pts	Rec	Rec
1	Lindsay Lister	51	Biggleswade AC	71.5	6	-	x
2	Tessa Stephenson	55	Fairlands Valley Spartans	77.8	5	-	x
3	Diane Baldwin	59	Marshall Milton Keynes AC	79.2	4	-	x
4	Sally Johnston	50	Bedford Harriers	80.6	3	-	x
5					2		
6					1		
7					0		
8					0		

3000m	3000m W35-49	RDA	Team	<i>(NN:NN.n)</i>	Pts
1	Anna Folland	46	Bedford Harriers	11:17.1	6
2	Christine Lathwell	39	Fairlands Valley Spartans	11:22.0	5
3	Fiona Wynde	41	Biggleswade AC	12:19.1	4
4	Stephanie Johnston	41	Marshall Milton Keynes AC	16:08.9	3
5					2
6					1
7					0
8	Hazel Clark	37	Fairlands Valley Spartans	13:30.4	NS

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

3000m	3000m W50-59	RDA	Team	<i>(NN:NN.n)</i>	Pts
1	Gill Fullen	51	Bedford Harriers	11:01.5	6
2	Lindsay Lister	51	Biggleswade AC	11:55.0	5
3	Diane Farmer	56	Marshall Milton Keynes AC	13:49.4	4
4	Sharon Crowley	57	Fairlands Valley Spartans	16:12.5	3
5					2
6					1
7					0
8					0

Rec	Rec
LR	x
-	x
-	x
-	x

3000m	3000m W60+	RDA	Team	<i>(NN:NN.n)</i>	Pts
1	Fi Han Bromilow	63	Marshall Milton Keynes AC	16:13.5	6
2	Sheila Humphries	63	Bedford Harriers	16:20.4	5
3	Iris Hornsey	74	Fairlands Valley Spartans	16:48.1	4
4					3
5					2
6					1
7					0
8					0

Rec
-
-
-

1000mW	1km Walk 'A'	RDA	Team	<i>(NN:NN.n)</i>	Pts
1	Diane Baldwin	59	Marshall Milton Keynes AC	05:40.0	6
2	Sally Cartwright	48	Bedford Harriers	05:41.3	5
3	Sharon Crowley	57	Fairlands Valley Spartans	06:55.6	4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	Rec
x	LR	x
LR	x	x
x	-	x

1000mW	1km Walk 'B'	RDA	Team	<i>(NN:NN.n)</i>	Pts
1	Lesley Byrne	53	Marshall Milton Keynes AC	07:03.2	6
2	Hazel Clark	37	Fairlands Valley Spartans	07:31.7	5
3	Fiona Emmingham	45	Bedford Harriers	07:36.5	4
4					3
5					2
6					1
7					0
8					0

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

HT	Hammer W35-49 (4Kg)	RDA	Team	<i>(NN.nn)</i>	Pts
1	Stephanie Mayfield	42	Fairlands Valley Spartans	19.05	6
2	Diane Presswell	51	Marshall Milton Keynes AC	18.91	5
3	Anna Litchfield	45	Bedford Harriers	11.97	4
4					3
5					2
6					1
7					0
8					0

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

HT	Hammer W50-59 (3Kg)	RDA	Team	<i>(NN.nn)</i>	Pts
1	Brenda Russell	58	Bedford & County AC	26.03	6
2	Jeanette Lawrence	58	Marshall Milton Keynes AC	20.64	5
3	Sharon Crowley	57	Fairlands Valley Spartans	16.97	4
4	Sandra Ingham	58	Biggleswade AC	14.75	3

Rec	Rec
-	x
-	x
-	x
-	x

5	Angela Kay	56	Bedford Harriers	14.51	2
6					1
7					0
8					0

-	x

SP	Shot W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Jemma Eastwood	37	Bedford & County AC	8.54	6
2	Anna Litchfield	45	Bedford Harriers	6.45	5
3	Diane Presswell	51	Marshall Milton Keynes AC	5.60	4
4	Andrea Westcott	45	Fairlands Valley Spartans	4.13	3
5					2
6					1
7					0
8	Eva Kovacs	47	Bedford Harriers	5.23	NS

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

SP	Shot W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Tessa Stephenson	55	Fairlands Valley Spartans	8.00	6
2	Lesley Byrne	53	Marshall Milton Keynes AC	7.82	5
3	Sandra Ingham	58	Biggleswade AC	7.06	4
4	Oriana Johnson	54	Bedford & County AC	6.74	3
5	Angela Kay	56	Bedford Harriers	5.93	2
6					1
7					0
8	Brenda Russell	58	Bedford & County AC	6.33	NS

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

SP	Shot W60+ (3Kg)	RDA	Team	(NN.nn)	Pts
1	Carol Alker	61	Luton AC	5.83	6
2	Iris Hornsey	74	Fairlands Valley Spartans	4.50	5
3	Sheila Humphries	63	Bedford Harriers	4.45	4
4	Fi Han Bromilow	63	Marshall Milton Keynes AC	3.83	3
5					2
6					1
7					0
8					0

Rec
-
-
-
-

LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Wind
1	Corinne Nurse	37	Marshall Milton Keynes AC	3.51	6	
2	Sacha Trude	47	Bedford Harriers	2.83	5	
3					4	
4					3	
5					2	
6					1	
7					0	
8	Diane Baldwin	59	Marshall Milton Keynes AC	2.65	NS	

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

LJ	Long Jump W50-59	RDA	Team	(N.nn)	Pts	Wind
1	Monica Brown	51	Fairlands Valley Spartans	4.42	6	
2	Lesley Byrne	53	Marshall Milton Keynes AC	3.43	5	
3	Carole Darnell	56	Bedford Harriers	2.19	4	
4					3	
5					2	
6					1	
7					0	
8					0	

Rec	Rec
-	x
-	x
-	x

LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind
1	Iris Hornsey	74	Fairlands Valley Spartans	2.42	6	
2	Fi Han Bromilow	63	Marshall Milton Keynes AC	1.43	5	
3					4	
4					3	
5					2	
6					1	
7					0	
8					0	

Rec
-
-

PV	Pole Vault W35-49	RDA	Team	(N.nn)	Pts
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Rec	Rec	Rec
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