

EVAC Track & Field League -		NE Division - Match 2		Teams = 4	
Cambridge		Wed	01/06/2016	Overall Match Scores	
Pos	Men's Teams	Bib	Match Score	1 + 2	Pos
3	Ryston Runners AC	1	48	135	1
1	Cambridge & Coleridge AC	2	61	77	3
2	West Norfolk AC	3	53	107	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+)	Derived from Age Grade Tables of 2015
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200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Matt Ward	45	Cambridge & Coleridge AC	27.3	4		-	x	x	79.2
2	James Collings	39	West Norfolk AC	27.3	3		-	x	x	75.7
3					2					
4					1					
5					0					
6					0					
282	Rojimon Cherian	42	Cambridge & Coleridge AC	32.3	N/S		-	x	x	65.5
5	Peter Sunderland		Tynesdale	29.1	N/S		x	x	x	

200m	200m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Geoff Powley	54	West Norfolk AC	28.3	4		-	x	81.4
2	Joseph Tucker	56	Cambridge & Coleridge AC	30.3	3		-	x	77.1
3	Chris Bunce	55	Ryston Runners AC	32.1	2		-	x	72.3
4					1				
5					0				
6					0				
281	Joe Phillip	58	Cambridge & Coleridge AC	36.3	N/S		-	x	65.2
444	Duncan Gray		West Suffolk (Guest)	40.8	N/S		x	x	

200m	200m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Ian Reeve	63	West Norfolk AC	30.5	4		-	80.2
2	Noel Moss	71	Cambridge & Coleridge AC	37.7	3		-	69.5
3	Jeffrey Reed	71	Ryston Runners AC	40.2	2		-	65.2
4					1			
5					0			
6					0			
7					0			
8					0			

1500m	1500m M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Matthew Pyatt	39	Ryston Runners AC	04:25.3	4	-	x	x	81.5
2	Matt Ward	45	Cambridge & Coleridge AC	05:08.2	3	-	x	x	73.4
3					2				
4					1				
5					0				
6					0				
7					0				
285	Sam Barrett	42	Cambridge & Coleridge AC	05:03.3	N/S	-	x	x	72.9

1500m	1500m M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %
1	Anthony Savage	54	Ryston Runners AC	05:38.1	4	-	x	71.9
2	Gerald Meah	58	Cambridge & Coleridge AC	05:56.6	3	-	x	70.5
3	Robert Vincent	50	West Norfolk AC	09:31.3	2	-	x	41.2
4					1			
5					0			
6					0			
7					0			
444	Duncan Gray		West Suffolk (Guest)	06:54.7	N/S	x	x	

1500m	<b>1500m M60+</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Pts</b>
1	Jeffrey Reed	71	Ryston Runners AC	07:29.3	4
2					3
3					2
4					1
5					0
6					0
7					0
8					0

<b>Rec</b>	<b>AG %</b>
-	63.4

1500mW	<b>1K5m Walk 'A'</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Pts</b>
1	Joseph Tucker	56	Cambridge & Coleridge AC	10:04.3	4
2	Paul Firmage	61	Ryston Runners AC	10:09.0	3
3	Robert Vincent	50	West Norfolk AC	12:28.9	2
4					1
5					0
6					0
7					0
8					0

<b>Rec</b>	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>
x	-	x	61.8
x	x	-	64.4
x	-	x	47.3

1500mW	<b>1K5m Walk 'B'</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Pts</b>
1	Rojimon Cherian	42	Cambridge & Coleridge AC	11:00.0	4
2					3
3					2
4					1
5					0
6					0
7					0
444	Duncan Gray		West Suffolk Guest)	11:16.0	N/S

<b>Rec</b>	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>
-	x	x	50.3
x	x	x	

SH	<b>110mH M35-49 (99.1cm)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.n)</i>	<b>Pts</b>	<b>Wind</b>
1					4	
2					3	
3					2	
4					1	
5					0	
6					0	
7					0	
8					0	

<b>Rec</b>	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>

SH	<b>100mH M50-59 (91.4cm)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.n)</i>	<b>Pts</b>	<b>Wind</b>
1	Geoff Powley	54	West Norfolk AC	20.2	4	
2					3	
3					2	
4					1	
5					0	
6					0	
7					0	
8					0	

<b>Rec</b>	<b>Rec</b>	<b>AG %</b>
-	x	69.3

JT	<b>Javelin M35-49 (800gm)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>
1	Adam Dewdney	43	West Norfolk AC	21.69	4
2	Rojimon Cherian	42	Cambridge & Coleridge AC	21.26	3
3					2
4					1
5					0
6					0
7					0
8					0

<b>Rec</b>	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>
-	x	x	26.1
-	x	x	25.2

JT	<b>Javelin M50-59 (700gm)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>
1	Geoff Powley	54	West Norfolk AC	36.06	4
2	Michael Hausler	56	Cambridge & Coleridge AC	35.85	3
3	David Lane	51	Ryston Runners AC	20.85	2
4					1
5					0
6					0
7					0
172	A Holdsworth	53	Cambridge & Coleridge AC	21.35	N/S

<b>Rec</b>	<b>Rec</b>	<b>AG %</b>
-	x	50.5
-	x	52.2
-	x	27.6
-	x	29.3

JT	Javelin M60-69 (600gm)	RDA	Team	(NN.nn)	Pts	Rec	AG %
1	Paul Oakes	63	Ryston Runners AC	33.04	4	-	52.9
2	Ian Reeve	63	West Norfolk AC	26.07	3	-	41.8
3	Noel Moss	71	Cambridge & Coleridge AC	17.65	2	-	-
4					1		
5					0		
6					0		
7					0		
8					0		

DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
1	Keith Clarke	48	Cambridge & Coleridge AC	18.24	4	-	x	x	27.4
2	Adam Dewdney	43	West Norfolk AC	16.12	3	-	x	x	22.4
3					2				
4					1				
5					0				
6					0				
7					0				
8					0				

DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %
1	Michael Hausler	56	Cambridge & Coleridge AC	33.68	4	-	x	51.2
2	Geoff Powley	54	West Norfolk AC	29.87	3	-	x	43.4
3	David Lane	51	Ryston Runners AC	17.61	2	-	x	24.2
4					1			
5					0			
6					0			
7					0			
172	Andrew Holdsworth	53	Cambridge & Coleridge AC	19.91	N/S	-	x	28.4

DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %
1	Paul Oakes	63	Ryston Runners AC	35.92	4	-	58.0
2	Ian Reeve	63	West Norfolk AC	19.02	3	-	30.7
3	Noel Moss	71	Cambridge & Coleridge AC	14.84	2	-	29.0
4					1		
5					0		
6					0		
7					0		
8	Jeffery Reed	71	Ryston	16.89	N/S	-	33.1

TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Paul Harrison	49	Ryston Runners AC	9.83	4		-	x	x	64.4
2	James Collings	39	West Norfolk AC	8.53	3		-	x	x	49.4
3	Matt Ward	45	Cambridge & Coleridge AC	7.80	2		-	x	x	48.6
4					1					
5					0					
6					0					
7					0					
8					0					

TJ	Triple Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
1	David Lane	51	Ryston Runners AC	9.06	4		-	x	61.0
2	Geoff Powley	54	West Norfolk AC	8.90	3		-	x	62.4
3	Ian Slack	55	Cambridge & Coleridge AC	8.49	2		-	x	60.4
4					1				
5					0				
6					0				
7					0				
8					0				

HJ	High Jump M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
1	Matt Ward	45	Cambridge & Coleridge AC	1.20	4	-	x	x	56.9
2					3				
3					2				
4					1				
5					0				
6					0				
7					0				
8					0				



EVAC Track & Field League -		NE Division - Match 2		Teams = 4	
Cambridge		Wed	01/06/2016		Overall Match Scores
Pos	Women's Teams	Bib	Match Score	1 + 2	Pos
3	Ryston Runners AC	A	47	118	1
1	Cambridge & Coleridge AC	B	54	98	2
4	West Norfolk AC	C	0	14	4
2	W Suffolk/St Ed. Pacers/Waveney	D	51	81	3
4	0	E	0	0	5
4	0	F	0	0	5
4	0	G	0	0	5
4	0	H	0	0	5

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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200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind
1	Sally Ball	41	W Suffolk/St Ed. Pacers/Waveney	29.5	4	
2	Tanya Daniels	38	Ryston Runners AC	31.1	3	
3	Alison Wilson	49	Cambridge & Coleridge AC	36.7	2	
4					1	
5					0	
6					0	
7					0	
168	Kelly DeGol	36	Ryston Runners	32.9	N/S	

Rec	Rec	Rec	AG %
-	x	x	77.6
-	x	x	70.8
-	x	x	68.6
-	x	x	65.3

200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind
1	Christine Anthony	53	W Suffolk/St Ed. Pacers/Waveney	34.0	4	
2	Iona Graham-Hagg	53	Cambridge & Coleridge AC	36.8	3	
3	Sue Smith	51	Ryston Runners AC	62.6	2	
4					1	
5					0	
6					0	
20	Joan Lasenby	56	Cambridge & Coleridge AC	35.4	N/S	
279	Stephanie Godfrey	50	Cambridge & Coleridge AC	33.6	N/S	

Rec	Rec	AG %
-	x	77.3
-	x	71.5
-	x	41.1
-	x	76.7
-	x	75.8

200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind
1	Margaret Phillips	62	Cambridge & Coleridge AC	37.7	4	
2	Marlene Simmonds	70	Ryston Runners AC	47.4	3	
3					2	
4					1	
5					0	
6					0	
738	Pat Oakes	70	Ashford	45.2	N/S	
8						

Rec	AG %
-	76.5
-	65.7
-	68.9

1500m	1500m W35-49	RDA	Team	(NN:NN.n)	Pts
1	Angie Joiner-Handy	47	W Suffolk/St Ed. Pacers/Waveney	05:19.2	4
2	Joan Lasenby	56	Cambridge & Coleridge AC	05:43.7	3
3	Lisa Pyatt	38	Ryston Runners AC	06:02.7	2
4					1
5					0
6					0
168	Kelly DeGol	36	Ryston Runners	05:38.8	N/S
8					

Rec	Rec	Rec	AG %
-	x	x	83.5
x	-	x	87.1
-	x	x	66.6
-	x	x	70.3

1500m	1500m W50-59	RDA	Team	(NN:NN.n)	Pts
1	Christine Anthony	53	W Suffolk/St Ed. Pacers/Waveney	05:22.4	4
2	Stefanie Godfrey	50	Cambridge & Coleridge AC	05:42.0	3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	AG %
-	x	89.2
-	x	80.9

1500m	1500m W60+	RDA	Team	(NN:NN.n)	Pts
1	Margaret Phillips	62	Cambridge & Coleridge AC	06:18.3	4
2					3
3					2
4					1
5					0
6					0
284	Helen Grant	53	Cambridge & Coleridge	06:13.9	N/S
8					

Rec	AG %
-	86.3
x	76.9

1500mW	1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Mary Holmes	79	Cambridge & Coleridge AC	11:01.5	4
2	Sally Ball	41	W Suffolk/St Ed. Pacers/Waveney	11:42.4	3
3	Sue Smith	51	Ryston Runners AC	11:48.0	2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	Rec	AG %
x	x	-	80.5
-	x	x	50.2
x	-	x	54.1

1500mW	1K5m Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Alison Wilson	49	Cambridge & Coleridge AC	11:32.7	4
2	Dawn Mason	59	W Suffolk/St Ed. Pacers/Waveney	12:09.9	3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	54.4
x	-	x	56.4

SH	100mH W35-49 (84cm)	RDA	Team	(NN.n)	Pts	Wind
1	Tanya Daniels	38	Ryston Runners AC	22.0	4	
2					3	
3					2	
4					1	
5					0	
6					0	
7					0	
8					0	

Rec	Rec	Rec	AG %
-	x	x	57.6

SH	80mH W50-59 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind
1	Christine Anthony	53	W Suffolk/St Ed. Pacers/Waveney	20.4	4	
2	Iona Graham-Hagg	53	Cambridge & Coleridge AC	22.9	3	
3					2	
4					1	
5					0	
6					0	
7					0	
8					0	

Rec	Rec	AG %
-	x	58.9
-	x	52.5

JT	Javelin W35-49 (600gm)	RDA	Team	(NN.n)	Pts
1	Kelly De-Gol	36	Ryston Runners AC	17.41	4
2	Sally Ball	41	W Suffolk/St Ed. Pacers/Waveney	7.34	3
3	Rebecca Wilburn	43	Cambridge & Coleridge AC	4.61	2
4					1
5					0
6					0
7					0
152	Lyndsay Yellop	37	Ryston Runners AC	11.87	N/S

Rec	Rec	Rec	AG %
-	x	x	23.8
-	x	x	11.3
-	x	x	7.4
-	x	x	16.6

JT	Javelin W50-59 (500gm)	RDA	Team	(NN.n)	Pts
1	Dawn Mason	59	W Suffolk/St Ed. Pacers/Waveney	12.74	4
2	Helen Grant	53	Cambridge & Coleridge AC	9.66	3
3	Sue Smith	51	Ryston Runners AC	5.71	2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	AG %
-	x	30.2
-	x	19.4
-	x	10.9

JT	Javelin W60+ (500gm)	RDA	Team	(NN.n)	Pts
1	Marlene Simmonds	70	Ryston Runners AC	14.93	4
2	Mary Holmes	79	Cambridge & Coleridge AC	13.97	3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	AG %
-	45.5
-	-





EVAC Track & Field League -		SE Division - Match 2		Teams = 6	
Chelmsford		Wed	01/06/2016	Overall	
				Match Scores	
Pos	Men's Teams	Bib	Match Score	1 + 2	Pos
1	Southend AC	1	96.5	193.5	1
3	Chelmsford AC	2	73	123	4
4	Loughton AC	3	70	138	3
2	Thurrock Harriers	4	89	182	2
6	Fleet Street Runners	5	49	98	5
5	Tendring/Ipswich Harriers	6	53.5	96.5	6
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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200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Clive Farrow	46	Southend AC	24.9	6		-	x	x	87.5
2	Lee Bowker	43	Tendring/Ipswich Harriers	25.7	5		-	x	x	82.9
3	Antony Babbs	49	Loughton AC	27.2	4		-	x	x	81.8
4	Andy Coleman	48	Chelmsford AC	27.2	3		-	x	x	81.2
5	Marek Kowalski	44	Thurrock Harriers	27.6	2		-	x	x	77.8
6	Mark Preskett	41	Fleet Street Runners	28.0	1		-	x	x	75.0
7					0					
8					0					

200m	200m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Keith Palmer	51	Southend AC	27.1	6		-	x	83.3
2	Clifford Warren	54	Loughton AC	27.8	5		-	x	82.9
3	Stephen Kemp	55	Thurrock Harriers	29.3	4		-	x	79.2
4	Dave Barnett	58	Chelmsford AC	30.5	3		-	x	77.6
5					2				
6					1				
7					0				
8					0				

200m	200m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Gerald Daniel	63	Chelmsford AC	31.0	6		-	78.9
2	Peter Binns	68	Southend AC	32.4	5		-	78.4
3	Bernard Johnson	60	Thurrock Harriers	35.6	4		-	67.4
4	Robert Woolliams	60	Tendring/Ipswich Harriers	35.9	3		-	66.9
5	Robert Maggio	70	Loughton AC	40.2	2		-	64.2
6					1			
7					0			
8					0			

1500m	1500m M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Lee Taylor	41	Southend AC	04:35.9	6	-	x	x	79.5
2	Andy Coleman	48	Chelmsford AC	04:49.7	5	-	x	x	79.9
3	Geordie Clarke	35	Fleet Street Runners	04:56.7	4	-	x	x	70.9
4	Nigel Instance	48	Thurrock Harriers	05:35.3	3	-	x	x	69.1
5	Antony Babbs	49	Loughton AC	05:59.9	2	-	x	x	64.9
6					1				
7					0				
	Robin Tubbs	46	Chelmsford / Guest	04:51.6	N/S	-	x	x	78.2

1500m	1500m M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %
1	Simon Le Mare	54	Southend AC	04:52.7	6	-	x	83.1
2	Michael Bridgeland	58	Chelmsford AC	04:59.8	5	-	x	83.9
3	Mark Gowers	55	Fleet Street Runners	05:37.8	4	-	x	72.6
4	Martin Mack	50	Thurrock Harriers	05:44.5	3	-	x	68.3
5				06:57.3	2	x	x	
6					1			
7					0			
8					0			

1500m	<b>1500m M60+</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Pts</b>		<b>Rec</b>	<b>AG %</b>		
1	Michael Bumstead	64	Thurrock Harriers	05:37.1	6		-	78.7		
2	Peter Binns	68	Southend AC	05:48.0	5		-	79.1		
3	John Borgars	70	Loughton AC	06:57.3	4		-	67.4		
4	Roger Cole	66	Chelmsford AC	07:29.3	3		-	60.1		
5					2					
6					1					
7					0					
8					0					
1500mW	<b>1K5m Walk 'A'</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Pts</b>		<b>Rec</b>	<b>Rec</b>	<b>Rec</b>	
1	Mark Preskett	41	Fleet Street Runners	08:19.1	6		LR	x	x	66.0
2	Stephen Kemp	55	Thurrock Harriers	09:02.5	5		x	-	x	68.3
3	Keith Palmer	51	Southend AC	09:17.6	4		x	-	x	64.1
4	John Borgars	70	Loughton AC	09:28.9	3		x	x	-	76.1
5	Roger Cole	66	Chelmsford AC	10:03.0	2		x	x	-	68.6
6	Stephen Cartwright	58	Tendingr/lpswich Harriers	10:48.2	1		x	-	x	58.7
7					0					
8					0					
1500mW	<b>1K5m Walk 'B'</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Pts</b>		<b>Rec</b>	<b>Rec</b>	<b>Rec</b>	
1	Michael Bumstead	64	Thurrock Harriers	09:23.3	6		x	x	-	71.8
2	John Brock	66	Southend AC	09:55.8	5		x	x	-	69.4
3	Dave Barnett	58	Chelmsford AC	10:22.4	4		x	-	x	61.2
4	Peter Cassidy	76	Loughton AC	11:02.3	3		x	x	-	70.7
5	Gurjit Dehl	36	Fleet Street Runners		2					
6					1					
7					0					
8					0					
SH	<b>110mH M35-49 (99.1cm)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.n)</i>	<b>Pts</b>	<b>Wind</b>	<b>Rec</b>	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>
1	Clint Nicholls	37	Fleet Street Runners	15.9	6		-	x	x	82.6
2	Nigel Hayman	41	Tendingr/lpswich Harriers	16.6	5		-	x	x	82.0
3	Clive Farrow	46	Southend AC	21.3	4		-	x	x	66.6
4	Marek Kowalski	44	Thurrock Harriers	21.4	3		-	x	x	65.2
5					2					
6					1					
7					0					
8					0					
SH	<b>100mH M50-59 (91.4cm)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.n)</i>	<b>Pts</b>	<b>Wind</b>	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>	
1	Jim Harrison	52	Loughton AC	19.3	6		-	x	70.6	
2	Jonathan Metcalf	56	Thurrock Harriers	21.5	5		-	x	66.9	
3	Keith Palmer	51	Southend AC	25.4	4		-	x	52.9	
4					3					
5					2					
6					1					
7					0					
8					0					
JT	<b>Javelin M35-49 (800gm)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>		<b>Rec</b>	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>
1	David Hughes	43	Tendingr/lpswich Harriers	32.08	6		-	x	x	38.6
2	Clint Nicholls	37	Fleet Street Runners	31.73	5		-	x	x	34.7
3	Nigel Instance	48	Thurrock Harriers	29.62	4		-	x	x	39.0
4	Gary Cheek	45	Southend AC	20.53	3		-	x	x	25.6
5	Antony Babbs	49	Loughton AC	19.90	2		-	x	x	26.7
6	Chris Clark	51	Chelmsford AC	14.95	1		x	-	x	-
7					0					
8					0					
JT	<b>Javelin M50-59 (700gm)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>		<b>Rec</b>	<b>Rec</b>	<b>AG %</b>	
1	Jim Harrison	52	Loughton AC	31.00	6		-	x	41.8	
2	Geoff Tyler	67	Chelmsford AC	26.81	5		x	-	-	
3	Martin Mack	50	Thurrock Harriers	21.12	4		-	x	27.4	
4	Mark Gowers	55	Fleet Street Runners	17.96	3		-	x	25.6	
5	Angus Aldridge	53	Southend AC	17.51	2		-	x	24.0	
6					1					
7					0		x	x	-	
	Joe McGrath	36	Fleet / Guest	24.03	N/S		x	x	-	

JT	Javelin M60-69 (600gm)	RDA	Team	(NN.nn)	Pts	Rec	AG %
1	Martin Branfoot	60	Chelmsford AC	31.12	6	-	46.8
2	Bernard Johnson	60	Thurrock Harriers	15.93	5	-	23.9
3	John Clark	73	Southend AC	14.88	4	-	-
4	Paul Willcox	63	Tendring/lpswich Harriers	13.08	3	-	21.0
5	Robert Maggio	70	Loughton AC	10.82	2	-	-
6					1		
7					0		
8					0		

DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
1	David Hughes	43	Tendring/lpswich Harriers	30.56	6	-	x	x	42.5
2	Clint Nicholls	37	Fleet Street Runners	27.37	5	-	x	x	36.9
3	Chris Clark	51	Chelmsford AC	20.80	4	x	-	x	-
4	Nigel Instance	48	Thurrock Harriers	19.31	3	-	x	x	29.0
5	Antony Babbs	49	Loughton AC	16.10	2	-	x	x	24.7
6	Gary Cheek	45	Southend AC	15.49	1	-	x	x	22.0
	Joe McGrath	36	Fleet / Guest	16.23	N/S	-	x	x	21.9
	Gurjit Dehl	36	Fleet / Guest	14.55	N/S	-	x	x	19.6

DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %
1	David Bauer	50	Chelmsford AC	38.36	6	-	x	51.8
2	Martin Mack	50	Thurrock Harriers	27.37	5	-	x	36.9
3	Angus Aldridge	53	Southend AC	19.29	4	-	x	27.5
4	Jim Harrison	52	Loughton AC	19.20	3	-	x	26.9
5	Stephen Cartwright	58	Tendring/lpswich Harriers	18.24	2	-	x	29.2
6					1			
	Kevin Bain	50	Chelmsford / Guest	27.80	N/S	-	x	37.5
8								

DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %
1	Geoff Tyler	67	Chelmsford AC	38.49	6	-	68.1
2	Dave Faulkner	63	Loughton AC	28.00	5	-	45.2
3	John Clark	73	Southend AC	16.23	4	-	33.5
4	Paul Willcox	63	Tendring/lpswich Harriers	16.16	3	-	26.1
5	Bernard Johnson	60	Thurrock Harriers	16.10	2	-	24.4
6					1		
7					0		
8					0		

TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Nigel Hayman	41	Tendring/lpswich Harriers	11.20	6		-	x	x	66.4
2	Clive Farrow	46	Southend AC	9.57	5		-	x	x	60.3
3	Marek Kowalski	44	Thurrock Harriers	9.48	4		-	x	x	58.3
4	Gurjit Dehl	36	Fleet Street Runners	7.90	3		-	x	x	44.2
5	Antony Babbs	49	Loughton AC	7.86	2		-	x	x	51.5
6					1					
7					0					
8					0					

TJ	Triple Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
1	Clifford Warren	54	Loughton AC	10.23	6		-	x	71.7
2	Keith Palmer	51	Southend AC	8.93	5		-	x	60.1
3	Dave Barnett	58	Chelmsford AC	8.91	4		-	x	66.2
4	Jonathan Metcalf	56	Thurrock Harriers	7.78	3		-	x	56.1
5					2				
6					1				
7					0				
8					0				

HJ	High Jump M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
1	Clint Nicholls	37	Fleet Street Runners	1.75	6	-	x	x	76.8
2	Nigel Hayman	41	Tendring/lpswich Harriers	1.45	5	-	x	x	66.1
3	Marek Kowalski	44	Thurrock Harriers	1.35	4	-	x	x	63.4
4 =	Antony Babbs	49	Loughton AC	1.30	2.5	-	x	x	64.3
4 =	Clive Farrow	46	Southend AC	1.30	2.5	-	x	x	62.3
6					2				
7					1				
8					-1				

HJ	High Jump M50-59	RDA	Team	(N.nn)	Pts
1 =	Clifford Warren	54	Loughton AC	1.30	5.5
1 =	Keith Palmer	51	Southend AC	1.30	5.5
3	Dave Barnett	58	Chelmsford AC	1.25	4
4	Jonathan Metcalf	56	Thurrock Harriers	1.15	3
5					2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	67.9
-	x	65.7
-	x	68.4
-	x	61.5

HJ	High Jump M60+	RDA	Team	(N.nn)	Pts
1	Gerald Daniel	63	Chelmsford AC	1.20	6
2	Michael Bumstead	64	Thurrock Harriers	1.20	5
3 =	Paul Willcox	63	Tending/Ipswich Harriers	1.00	3.5
3 =	John Brock	66	Southend AC	1.00	3.5
5					3
6					2
7					1
8					-1

Rec	AG %
-	69.8
-	70.7
-	58.1
-	60.4

MedR	Relay 4x2 M35-49	RDA	Team	(N:NN.n)	Pts
1			Southend AC	01:49.9	6
2			Tending/Ipswich Harriers	02:00.3	5
3			Fleet Street Runners	02:17.9	4
4					3
5					2
6					1
7					0
8					0

Rec
-
-
-

MedR	Relay 4x2 M50+	RDA	Team	(N:NN.n)	Pts
1			Thurrock Harriers	02:07.9	6
2			Loughton AC	02:22.1	5
3			Southend AC	Disqualified	
4					0
5					0
6					0
7					0
8					0

Rec
-
-
-

EVAC Track & Field League -		SE Division - Match 2		Teams = 6	
Chelmsford		Wed	01/06/2016		Overall
				Match Scores	
Pos	Women's Teams	Bib	Match Score	1 + 2	Pos
2	Southend AC	A	93	180	2
3	Chelmsford AC	B	75	154	3
1	Loughton AC	C	108	192	1
6	Thurrock Harriers	D	0	41	5
5	Fleet Street Runners	E	8	18	6
4	Tendring/Ipswich Harriers	F	46	96	4
6	0	G	0	0	7
6	0	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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200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Elizabeth Welbourn	55	Tendring/Ipswich Harriers	30.3	6		x	-	x	88.7
2	Tracy English	39	Southend AC	31.4	5		-	x	x	71.1
3	Mary Knapman	37	Loughton AC	33.1	4		-	x	x	65.7
4	Madeleine Armstrong	35	Fleet Street Runners	35.8	3		-	x	x	59.6
5	Jane Harvey	46	Chelmsford AC	37.5	2		-	x	x	64.8
6					1					
7					0					
8					0					

200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Yvonne Holmes	53	Tendring/Ipswich Harriers	31.9	6		-	x	82.4
2	Sue Brown	51	Southend AC	35.1	5		-	x	73.3
3	Jill Kent	58	Chelmsford AC	35.1	4		-	x	79.0
4	Christine Salvary	59	Loughton AC	37.1	3		-	x	75.5
5					2				
	Clare St. John Coleman	55	Chelmsford / Guest	34.1	N/S		-	x	78.8
7									
8									

200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Barbara Higgins	61	Loughton AC	39.2	6		-	72.9
2	June Cork	70	Southend AC	48.8	5		-	63.8
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

1500m	1500m W35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Claire Cornwell	36	Southend AC	05:00.8	6	-	x	x	79.1
2	Ellie Cumner	35	Tendring/Ipswich Harriers	05:32.3	5	-	x	x	71.2
3	Joanne Smith	49	Chelmsford AC	05:36.1	4	-	x	x	81.3
4	Mary Knapman	37	Loughton AC	05:57.7	3	-	x	x	67.0
5	Madeleine Armstrong	35	Fleet Street Runners	06:04.5	2	-	x	x	64.9
6					1				
	Kasia Kostyrka-Allchorne	38	Guest	06:01.1	N/S	-	x	x	66.9
8									

1500m	1500m W50-59	RDA	Team	Pts	Rec	Rec	AG %	
1	Teresa Pearmain	51	Southend AC	06:46.0	6	-	x	69.0
2	Tracy Minton	55	Chelmsford AC	07:22.1	5	-	x	66.8
3	Pam Ackland-Snow	63	Loughton AC	10:30.9	4	x	-	52.5
4					3			
5					2			
6					1			
7					0			
8					0			

1500m	1500m W60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %
1	Diane Wooller	62	Tendring/Ipswich Harriers	06:39.8	6	-	81.6
2	Jean Hobbs	67	Loughton AC	07:45.7	5	-	75.8
3					4		
4					3		
5					2		
6					1		
7					0		
8					0		

1500mW	1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Kasia Kostyrka-Allchorne	38	Southend AC	09:56.4	6	-	x	x	57.9
2	Melanie Peddle	65	Loughton AC	10:03.2	5	x	x	-	72.7
3	Tracy Minton	55	Chelmsford AC	10:49.3	4	x	-	x	61.1
4	Elizabeth Pfeuti	38	Fleet Street Runners	10:51.1	3	-	x	x	53.0
5					2				
6					1				
7					0				
8					0				

1500mW	1K5m Walk 'B'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Francoise Fernandez	47	Loughton AC	10:46.7	6	-	x	x	57.3
2	Collette Frampton	35	Southend AC	11:02.3	5	-	x	x	51.4
3					4				
4					3				
5					2				
6					1				
7					0				
8					0				

SH	80mH W35-49 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Natasha Lagden	42	Southend AC	18.9	6		-	x	x	-
2	Melanie Peddle	47	Loughton AC	35.7	5		-	x	x	-
3					4					
4					3					
5					2					
6					1					
7					0					
8					0					

SH	80mH W50-59 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Jill Kent	58	Chelmsford AC	19.6	6		-	x	64.9
2	Barbara Higgins	61	Loughton AC	26.0	5		x	-	-
3	Sue Brown	51	Southend AC	30.4	4		-	x	38.6
4					3				
5					2				
6					1				
7					0				
8					0				

JT	Javelin W35-49 (600gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
1	Carol Morris	49	Chelmsford AC	16.09	6	-	x	x	30.8
2	Katherine Merritt	52	Loughton AC	13.62	5	x	-	x	-
3	Sian Gifford	45	Tendring/Ipswich Harriers	10.81	4	-	x	x	18.4
4	Collette Frampton	35	Southend AC	8.96	3	-	x	x	12.3
5					2				
	Carey Hollick	36	Tendring/Ipswich / Guest	13.57	N/S	-	x	x	18.6
7									
8									

JT	Javelin W50-59 (500gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %
1	Pam Ackland-Snow	63	Loughton AC	14.15	6	x	-	36.2
2	Yvonne Holmes	53	Tendring/Ipswich Harriers	11.79	5	-	x	23.7
3	Sue Brown	51	Southend AC	10.51	4	-	x	20.1
4	Tracy Minton	55	Chelmsford AC	8.84	3	-	x	18.7
5					2			
6					1			
7					0			
8					0			

JT	Javelin W60+ (500gm)	RDA	Team	(NN.nn)	Pts
1	Shirley Quinn	61	Chelmsford AC	13.51	6
2	Francoise Fernandez	65	Loughton AC	10.06	5
3	June Cork	70	Southend AC	9.96	4
4					3
5					2
6					1
7					0
8					0

Rec	AG %
-	33.0
-	27.0
-	30.3

DT	Discus W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts
1	Katherine Merritt	52	Loughton AC	17.17	6
2	Carol Morris	49	Chelmsford AC	16.99	5
3	Carey Hollick	45	Tendring/Ipswich Harriers	15.20	4
4	Collette Frampton	35	Southend AC	10.66	3
5					2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
x	-	x	30.3
-	x	x	28.4
-	x	x	23.7
-	x	x	14.3

DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts
1	Shirley Quinn	61	Chelmsford AC	27.94	6
2	Pam Ackland-Snow	63	Loughton AC	15.40	5
3	Yvonne Holmes	53	Tendring/Ipswich Harriers	11.49	4
4	Sue Brown	51	Southend AC	11.45	3
5					2
6					1
7					0
8					0

Rec	Rec	AG %
x	-	59.2
x	-	34.2
-	x	20.7
-	x	19.8

TJ	Triple Jump W35	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Mary Knapman	37	Loughton AC	8.45	6		-	x	x	59.8
2	Kasia Kostyrka-Allchorne	38	Southend AC	7.17	5		-	x	x	51.3
3	Carol Morris	49	Chelmsford AC	5.52	4		-	x	x	45.4
4					3					
5					2					
6					1					
7					0					
8					0					

TJ	Triple Jump W50-59	RDA	Team	(NN.nn)	Pts	Wind
1	Clare St John-Coleman	55	Chelmsford AC	8.25	6	
2	Sue Brown	51	Southend AC	6.85	5	
3	Christine Salvary	59	Loughton AC	6.67	4	
4					3	
5					2	
6					1	
7					0	
8					0	

Rec	Rec	AG %
-	x	73.9
-	x	58.0
-	x	63.5

HJ	High Jump W35-49	RDA	Team	(N.nn)	Pts
1	Michaela Davis	61	Loughton AC	1.10	6
2	Carol Morris	49	Chelmsford AC	1.10	5
3	Natasha Lagden	42	Southend AC	1.00	4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
x	x	-	76.4
-	x	x	64.7
-	x	x	54.1

HJ	High Jump W50-59	RDA	Team	(N.nn)	Pts
1	Sue Brown	51	Southend AC	1.10	6
2	Clare St John-Coleman	55	Chelmsford AC	1.00	5
3	Christine Salvary	59	Loughton AC	0.90	4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	66.3
-	x	63.7
-	x	60.8



EVAC Track & Field League -		SW Division - Match 2		Teams = 6	
Bedford		Wed	01/06/2016	Overall Match Scores	
Pos	Men's Teams	Bib	Match Score	1 + 2	Pos
2	Marshall Milton Keynes AC	1	100	176	2
1	Bedford & County AC	2	107	225	1
6	Luton AC	3	26	62	6
5	Biggleswade AC	4	37	75	5
4	Bedford Harriers	5	66	142	4
3	Fairlands Valley Spartans	6	79	160	3
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+)	Derived from Age Grade Tables of 2015

200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Daniel Bottesch	41	Luton AC		24.8	6	-	x	x	84.6
2	Peter Benedickter	47	Bedford & County AC		25.9	5	-	x	x	84.7
3	Phillip Catcheside	42	Marshall Milton Keynes AC		29.3	4	-	x	x	72.2
4	Anton McCalla	39	Fairlands Valley Spartans		29.9	3	-	x	x	69.1
5	Gary Finch	47	Bedford Harriers		30.6	2	-	x	x	71.7
6	Simon Strong	45	Biggleswade AC		34.1	1	-	x	x	63.4
7						0				
74	Stephen Bass	43	Bedford & County AC		28.7	N/S	-	x	x	74.2

200m	200m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Gary Butler	51	Bedford Harriers		26.0	6	-	x	86.8
2	Paul Canning	50	Marshall Milton Keynes AC		26.3	5	-	x	85.2
3	Tennyson James	58	Bedford & County AC		27.1	4	-	x	87.4
4	Steve Mayfield	50	Fairlands Valley Spartans		27.1	3	-	x	82.7
5						2			
6						1			
7						0			
8						0			

200m	200m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Christopher Keech	65	Bedford & County AC		31.1	6	-	79.7
2	David Frampton	60	Bedford Harriers		33.4	5	-	71.9
3	Alasdair Gibson	63	Marshall Milton Keynes AC		34.4	4	-	71.1
4	Mark Freeman	60	Fairlands Valley Spartans		34.8	3	-	69.0
5	Clark Skerratt	65	Biggleswade AC		37.8	2	-	65.6
6						1		
7						0		
8						0		

1500m	1500m M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %	
1	Simon Coombes	43	Bedford & County AC		04:20.1	6	-	x	x	85.6
2	Adam Mills	46	Bedford Harriers		04:41.1	5	-	x	x	81.1
3	Craig Halsey	37	Fairlands Valley Spartans		04:42.6	4	-	x	x	75.4
4	Jeremy Vick	38	Marshall Milton Keynes AC		04:45.0	3	-	x	x	75.3
5	Stuart Goodwin	38	Biggleswade AC		06:33.9	2	-	x	x	54.5
82	Gavin Reynolds	41	Bedford & County AC		04:54.6	N/S	-	x	x	74.5
81	Peter Webster	48	Bedford & County AC		05:24.9	N/S	-	x	x	71.3
85	James Kilroy	39	Fairlands Valley Spartans		05:50.8	N/S	-	x	x	61.6

1500m	1500m M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %	
1	James McMahon	55	Bedford & County AC		04:47.0	6	-	x	85.4
2	John McGrath	52	Biggleswade AC		04:48.9	5	-	x	82.8
3	Kevin Willett	52	Bedford Harriers		05:08.8	4	-	x	77.4
3	Mark Glading	56	Fairlands Valley Spartans		06:51.3	3	-	x	60.1
4	Jim Lawrence	59	Marshall Milton Keynes AC		07:02.6	2	-	x	60.0
5						1			
6						0			
76	Andrew Leach	52	Bedford & County AC		04:44.6	N/S	-	x	84.0

1500m	1500m M60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %
1	Alasdair Gibson	63	Marshall Milton Keynes AC	05:27.2	6	-	80.3
2	David Frampton	60	Bedford Harriers	05:28.4	5	-	77.9
3	Barry Osborne	65	Fairlands Valley Spartans	05:30.8	4	-	80.9
4	Aleksander Swiecicki	67	Bedford & County AC	05:34.0	3	-	81.6
5	Charles Arnold	60	Biggleswade AC	05:59.0	2	-	71.3
6					1		
7					0		
85					0		

  

1500mW	1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Adam Hills	39	Bedford Harriers	08:47.0	6	-	x	x	61.5
2	David Stephenson	53	Fairlands Valley Spartans	08:50.8	5	x	-	x	68.5
3	Lance Croft	49	Bedford & County AC	08:56.6	4	-	x	x	65.5
4	Robin Wynde	58	Biggleswade AC	09:14.4	3	x	-	x	68.7
5	Phillip Catcheside	42	Marshall Milton Keynes AC	10:13.2	2	-	x	x	54.1
6					1				
7					0				
8					0				

  

1500mW	1K5m Walk 'B'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Mark Freeman	60	Fairlands Valley Spartans	10:43.3	6	x	x	-	60.3
2	David Roberts	49	Bedford Harriers	10:43.7	5	-	x	x	54.6
3	Howard Darbon	73	Bedford & County AC	10:54.0	4	x	x	-	68.8
4	Brian Graves	76	Marshall Milton Keynes AC	11:55.6	3	x	x	-	65.4
5					2				
6					1				
7					0				
8					0				

  

SH	110mH M35-49 (99.1cm)	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Peter Benedickter	47	Bedford & County AC	18.5	6		-	x	x	77.3
2	Jeremy Vick	38	Marshall Milton Keynes AC	27.6	5		-	x	x	48.0
3					4					
4					3					
5					2					
6					1					
7					0					
8					0					

  

SH	100mH M50-59 (91.4cm)	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Paul Canning	50	Marshall Milton Keynes AC	19.4	6		-	x	68.3
2	Tennyson James	58	Bedford & County AC	20.9	5		-	x	70.7
3	David Brown	58	Biggleswade AC	21.8	4		-	x	67.8
4	David Stephenson	53	Fairlands Valley Spartans	25.3	3		-	x	54.6
5					2				
6					1				
7					0				
8					0				

  

JT	Javelin M35-49 (800gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
1	Mark Featherstone	51	Marshall Milton Keynes AC	32.82	6	x	-	x	-
2	James Danobrega	39	Bedford & County AC	31.26	5	-	x	x	35.2
3	Craig Halsey	37	Fairlands Valley Spartans	27.61	4	-	x	x	30.2
4	Geoff Grinsted	49	Luton AC	20.31	3	-	x	x	27.3
5	James Shea	45	Bedford Harriers	16.40	2	-	x	x	20.5
6					1				
7					0				
8					0				

  

JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %
1	David Burrell	52	Luton AC	34.96	6	-	x	47.1
2	Simon Eastwood	51	Bedford & County AC	32.52	5	-	x	43.0
3	Steve Mayfield	50	Fairlands Valley Spartans	24.85	4	-	x	32.3
4	David Goldsworthy	57	Marshall Milton Keynes AC	24.71	3	-	x	36.7
5	Steve Gaunt	57	Bedford Harriers	17.54	2	-	x	26.1
6	Robin Wynde	58	Biggleswade AC	14.41	1	-	x	21.9
7					0			
8					0			

JT	Javelin M60-69 (600gm)	RDA	Team	(NN.nn)	Pts	Rec	AG %
1	Bunt Scott	65	Marshall Milton Keynes AC	24.92	6	-	41.7
2	Jim Burke	60	Bedford & County AC	17.83	5	-	26.8
3	George Baxter	62	Bedford Harriers	12.80	4	-	20.1
4	Clark Skerratt	65	Biggleswade AC	12.43	3	-	20.8
5	Mark Freeman	60	Fairlands Valley Spartans	6.71	2	-	10.1
6					1		
7					0		
8					0		

DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
1	Gavin Fordham	37	Bedford & County AC	33.47	6	-	x	x	45.2
2	Mark Featherstone	51	Marshall Milton Keynes AC	32.04	5	x	-	x	-
3	Geoff Grinsted	49	Luton AC	24.53	4	-	x	x	37.6
4	Dean Newman	46	Bedford Harriers	17.02	3	-	x	x	24.6
5	Mark Glading	56	Fairlands Valley Spartans	15.78	2	x	-	x	-
6	Simon Strong	45	Biggleswade AC	14.18	1	-	x	x	20.1
7					0				
73	James Danobrega	39	Bedford & County AC	27.66	N/S	-	x	x	37.3

DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %
1	David Burrell	52	Luton AC	36.56	6	-	x	51.2
2	Simon Eastwood	51	Bedford & County AC	28.32	5	-	x	38.9
3	Steve Mayfield	50	Fairlands Valley Spartans	26.32	4	-	x	35.5
4	David Goldsworthy	57	Marshall Milton Keynes AC	19.18	3	-	x	29.9
5	Robin Wynde	58	Biggleswade AC	16.45	2	-	x	26.3
6	Mark Tinkler	58	Bedford Harriers	15.48	1	-	x	24.8
7					0			
8					0			

DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %
1	Bunt Scott	65	Marshall Milton Keynes AC	34.57	6	-	58.4
2	Graeme Packman	61	Bedford & County AC	32.57	5	-	50.4
3	Charles Arnold	60	Biggleswade AC	18.34	4	-	27.8
4	George Baxter	62	Bedford Harriers	16.65	3	-	26.3
5	Barry Osborne	65	Fairlands Valley Spartans	13.94	2	-	23.5
6	Alan DGLISH	66	Luton AC	13.61	1	-	23.5
7					0		
86	Jim Burke	60	Bedford & County AC	28.12	N/S	-	42.6

TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Stephen Bass	43	Bedford & County AC	9.01	6		-	x	x	54.7
2	Mark Featherstone	51	Marshall Milton Keynes AC	8.41	5		x	-	x	56.6
3	Stuart Goodwin	38	Biggleswade AC	8.32	4		-	x	x	47.7
4	David Stephenson	53	Fairlands Valley Spartans	7.94	3		x	-	x	54.9
5	David Roberts	49	Bedford Harriers	7.02	2		-	x	x	46.0
6					1					
7					0					
8					0					

TJ	Triple Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
1	Paul Canning	50	Marshall Milton Keynes AC	9.12	6		-	x	60.6
2	Steve Mayfield	50	Fairlands Valley Spartans	8.28	5		-	x	55.0
3	Tennyson James	58	Bedford & County AC	7.80	4		-	x	58.0
4					3				
5					2				
6					1				
7					0				
8					0				

HJ	High Jump M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
1	Gavin Fordham	37	Bedford & County AC	1.60	6	-	x	x	70.2
2	Mark Featherstone	51	Marshall Milton Keynes AC	1.55	5	x	-	x	78.3
3	Steve Mayfield	50	Fairlands Valley Spartans	1.25	4	x	-	x	62.5
4	Stuart Goodwin	38	Biggleswade AC	1.15	3	-	x	x	50.9
5	Gary Finch	47	Bedford Harriers	1.00	2	-	x	x	48.4
6					1				
73	James Danobrega	39	Bedford & County AC	1.55	N/S	-	x	x	69.3
74	Stephen Bass	43	Bedford & County AC	1.30	N/S	-	x	x	60.4

HJ	High Jump M50-59	RDA	Team	(N.nn)	Pts
1	David Stephenson	53	Fairlands Valley Spartans	1.35	6
2	Simon Eastwood	51	Bedford & County AC	1.30	5
3	David Goldsworthy	57	Marshall Milton Keynes AC	1.20	4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	69.8
-	x	65.7
-	x	64.9

HJ	High Jump M60+	RDA	Team	(N.nn)	Pts
1	Alasdair Gibson	63	Marshall Milton Keynes AC	1.00	6
2					5
3					4
4					3
5					2
6					1
7					0
8					0

Rec	AG %
-	58.1

MedR	Relay 4x2 M35-49	RDA	Team	(N:NN.n)	Pts
1			Bedford & County AC	01:47.6	6
2			Marshall Milton Keynes AC	01:53.1	5
3			Bedford Harriers	02:01.5	4
4			Fairlands Valley Spartans	02:08.8	3
5					2
6					1
7					0
8					0

Rec
-
-
-
-

MedR	Relay 4x2 M50+	RDA	Team	(N:NN.n)	Pts
1			Fairlands Valley Spartans	02:09.0	6
2			Bedford Harriers	02:12.9	5
3					4
4					3
5					2
6					1
7					0
8					0

Rec
-
-

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

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-
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EVAC Track & Field League -		SW Division - Match 2		Teams = 6		
Bedford		Wed	01/06/2016		Overall Match Scores	
Pos	Women's Teams	Bib	Match Score		1 + 2	Pos
1	Marshall Milton Keynes AC	A	99		202	1
4	Bedford & County AC	B	35		56	4
6	Luton AC	C	8		20	6
5	Biggleswade AC	D	27		52	5
3	Bedford Harriers	E	74		146	3
2	Fairlands Valley Spartans	F	95		197	2
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+)	Derived from Age Grade Tables of 2015

200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Chripina Odunewu	41	Marshall Milton Keynes AC	31.6	6		-	x	x	72.4
2	Kirstie Meeten	40	Bedford Harriers	34.3	5		-	x	x	65.9
3	Peta Wilson	47	Fairlands Valley Spartans	35.7	4		-	x	x	68.9
4	Fiona Wynde	42	Biggleswade AC	38.6	3		-	x	x	60.0
5					2					
6					1					
7					0					
8					0					

200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Monica Brown	51	Fairlands Valley Spartans	30.1	6		-	x	85.5
2	Julia Austin	52	Bedford & County AC	34.6	5		-	x	75.2
3	Diane Baldwin	59	Marshall Milton Keynes AC	35.6	4		-	x	78.7
4	Sally Johnston	50	Bedford Harriers	39.1	3		-	x	65.1
5					2				
6					1				
7					0				
8					0				

200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Iris Hornsey	74	Fairlands Valley Spartans	42.4	6		-	76.1
2	Sheila Humphries	63	Bedford Harriers	48.6	5		-	60.0
3	Fi Han Bromilow	63	Marshall Milton Keynes AC	52.1	4		-	55.9
4					3			
5					2			
6					1			
7					0			
8					0			

1500m	1500m W35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Anna Folland	46	Bedford Harriers	05:10.5	6	-	x	x	84.8
2	Corinne Nurse	37	Marshall Milton Keynes AC	05:12.9	5	-	x	x	76.6
3	Christine Lathwell	39	Fairlands Valley Spartans	05:13.4	4	-	x	x	77.7
4	Fiona Wynde	42	Biggleswade AC	06:16.6	3	-	x	x	66.7
5	Emma Coombes	38	Bedford & County AC	06:50.8	2	-	x	x	58.8
6					1				
7					0				
8					0				

1500m	1500m W50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %
1	Lindsay Lister	51	Biggleswade AC	05:38.6	6	-	x	82.7
2	Julia Austin	52	Bedford & County AC	05:39.9	5	-	x	83.5
3	Diane Farmer	57	Marshall Milton Keynes AC	06:38.5	4	-	x	76.2
4	Jeanette Cheetham	51	Bedford Harriers	07:00.2	3	-	x	66.7
5	Sharon Crowley	57	Fairlands Valley Spartans	07:33.6	2	-	x	66.9
6					1			
7					0			
8					0			

1500m	1500m W60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %
1	Yuko Gordon	65	Fairlands Valley Spartans	06:06.5	6	-	93.3
2	Ursula Ghaleb	62	Marshall Milton Keynes AC	07:17.6	5	-	74.6
3	Jacqueline Keenan	67	Bedford Harriers	07:38.4	4	-	77.0
84	Diane Baldwin	59	Marshall Milton Keynes AC	05:55.3	N/S	x	87.9
80	Debra Brent	53	Marshall Milton Keynes AC	06:03.6	N/S	x	79.1
79	Lisa Yabsley	44	Marshall Milton Keynes AC	06:28.4	N/S	x	66.2
185	Hazel Clark	37	Fairlands Valley Spartans	06:32.8	N/S	x	61.0
77	Fi Han Bromilow	63	Marshall Milton Keynes AC	07:55.4	N/S	-	69.7

1500mW	1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Sally Cartwright	49	Bedford Harriers	08:50.6	6	LR	x	x	71.0
2	Fiona Wynde	42	Biggleswade AC	09:58.7	5	-	x	x	59.4
3	Ursula Ghaleb	62	Marshall Milton Keynes AC	09:59.0	4	x	x	-	70.9
4	Sharon Crowley	57	Fairlands Valley Spartans	10:37.3	3	x	-	x	63.4
5					2				
6					1				
7					0				
8					0				

1500mW	1K5m Walk 'B'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Janice Hardcastle	56	Marshall Milton Keynes AC	10:08.6	6	x	-	x	65.7
2	Hazel Clark	37	Fairlands Valley Spartans	11:29.1	5	-	x	x	49.8
3	Jacinta Horne	51	Bedford Harriers	11:33.6	4	x	-	x	55.2
4					3				
5					2				
6					1				
7					0				
8					0				

SH	80mH W35-49 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Stephanie Johnston	42	Marshall Milton Keynes AC	19.3	6		-	x	x	-
2	Tessa Stephenson	55	Fairlands Valley Spartans	19.4	5		x	-	x	-
3	Sally Cartwright	49	Bedford Harriers	20.0	4		-	x	x	-
4					3					
5					2					
6					1					
7					0					
8					0					

SH	80mH W50-59 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Monica Brown	51	Fairlands Valley Spartans	15.1	6		-	x	77.8
2	Debra Brent	53	Marshall Milton Keynes AC	23.3	5		-	x	51.6
3					4				
4					3				
5					2				
6					1				
7					0				
8					0				

JT	Javelin W35-49 (600gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
1	Jemma Eastwood	37	Bedford & County AC	19.63	6	-	x	x	27.5
2	Anna Litchfield	45	Bedford Harriers	18.20	5	-	x	x	31.0
3	Keely Grinsted	49	Luton AC	11.58	4	-	x	x	22.1
4	Andrea Westcott	45	Fairlands Valley Spartans	11.02	3	-	x	x	18.8
5	Chripina Odunewu	41	Marshall Milton Keynes AC	11.02	2	-	x	x	16.9
6					1				
7					0				
8					0				

JT	Javelin W50-59 (500gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %
1	Sandra Ingham	58	Biggleswade AC	20.11	6	-	x	46.2
2	Monica Brown	51	Fairlands Valley Spartans	16.45	5	-	x	31.5
3	Angela Kay	56	Bedford Harriers	11.83	4	-	x	25.7
4	Diane Presswell	51	Marshall Milton Keynes AC	11.61	3	-	x	22.2
5					2			
6					1			
7					0			
8					0			





EVAC Track & Field League -		NE Division - Match 2		Teams = 4	
Cambridge		Wed	01/06/2016	Overall Match Scores	
Pos	Men's Teams	Bib	Match Score	1 + 2	Pos
3	Ryston Runners AC	1	48	135	1
2	West Norfolk AC	3	53	107	2
1	Cambridge & Coleridge AC	2	61	77	3
4	W Suffolk/St Ed. Pacers/Waveney	4	0	0	4

EVAC Track & Field League -		NW Division - Match 2		Teams = 6	
Peterborough		Wed	18/05/2016	Overall Match Scores	
Pos	Men's Teams	Bib	Match Score	1 + 2	Pos
1	Nene Valley Harriers	3	98	201	1
3	Peterborough AC	2	88	194	2
4	Huntingdonshire AC	1	72.5	140.5	3
2	Corby AC	4	88.5	137.5	4
6	Wellingborough & District AC	5	28	77	5
5	Stamford Striders	6	48	73	6

EVAC Track & Field League -		SE Division - Match 2		Teams = 6	
Chelmsford		Wed	01/06/2016	Overall Match Scores	
Pos	Men's Teams	Bib	Match Score	1 + 2	Pos
1	Southend AC	1	96.5	193.5	1
2	Thurrock Harriers	4	89	182	2
4	Loughton AC	3	70	138	3
3	Chelmsford AC	2	73	123	4
6	Fleet Street Runners	5	49	98	5
5	Tendring/Ipswich Harriers	6	53.5	96.5	6

EVAC Track & Field League -		SW Division - Match 2		Teams = 6	
Bedford		Wed	01/06/2016	Overall Match Scores	
Pos	Men's Teams	Bib	Match Score	1 + 2	Pos
1	Bedford & County AC	2	107	225	1
2	Marshall Milton Keynes AC	1	100	176	2
3	Fairlands Valley Spartans	6	79	160	3
4	Bedford Harriers	5	66	142	4
5	Biggleswade AC	4	37	75	5
6	Luton AC	3	26	62	6

EVAC Track & Field League -		NE Division - Match 2		Teams = 4	
Cambridge		Wed	01/06/2016	Overall Match Scores	
Pos	Women's Teams	Bib	Match Score	1 + 2	Pos
3	Ryston Runners AC	A	47	118	1
1	Cambridge & Coleridge AC	B	54	98	2
2	W Suffolk/St Ed. Pacers/Waveney	D	51	81	3
4	West Norfolk AC	C	0	14	4

EVAC Track & Field League -		NW Division - Match 2		Teams = 6	
Peterborough		Wed	18/05/2016	Overall Match Scores	
Pos	Women's Teams	Bib	Match Score	1 + 2	Pos
2	Wellingborough & District AC	E	69	152	1
1	Peterborough AC	B	85	138	2
6	Huntingdonshire AC	A	19	86	3
3	Stamford Striders	F	50	71	4
4	Corby AC	D	45	66	5
5	Nene Valley Harriers	C	25	58	6

EVAC Track & Field League -		SE Division - Match 2		Teams = 6	
Chelmsford		Wed	01/06/2016	Overall Match Scores	
Pos	Women's Teams	Bib	Match Score	1 + 2	Pos
1	Loughton AC	C	108	192	1
2	Southend AC	A	93	180	2
3	Chelmsford AC	B	75	154	3
4	Tendring/Ipswich Harriers	F	46	96	4
6	Thurrock Harriers	D	0	41	5
5	Fleet Street Runners	E	8	18	6

EVAC Track & Field League -		SW Division - Match 2		Teams = 6	
Bedford		Wed	01/06/2016	Overall Match Scores	
Pos	Women's Teams	Bib	Match Score	1 + 2	Pos
1	Marshall Milton Keynes AC	A	99	202	1
2	Fairlands Valley Spartans	F	95	197	2
3	Bedford Harriers	E	74	146	3
4	Bedford & County AC	B	35	56	4
5	Biggleswade AC	D	27	52	5
6	Luton AC	C	8	20	6