

Insert non scoring results at the bottom							
EMAC Track & Field League			Final			Teams = 8	
Bedford			Sun	10 September 2017		Overall Match Scores	
Overall Team Trophy	Women	O/A	Pos	Men's Teams	Bib	Final Points	Final Pos
	x	x	1	Bedford & County AC	1	248.5	1
	220	462.0	2	Marshall Milton Keynes AC	5	242	2
	200.5	401.0	3	Chelmsford AC/Springfield	3	200.5	3
	145	339.0	4	Southend AC	7	194	4
	x	x	5	Nene Valley Harriers	6	172	5
	x	x	6	Thurrock Harriers	8	148	6
	x	x	7	Corby AC	4	125	7
	144	235.0	8	Cambridge & Coleridge AC	2	91	8

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

Highest Track Age Graded % =			91.0
Athlete	Tennyson James	RDA	59
Club	Bedford & County AC		
Event	200m M50-59		
Result	26.2		
Format to suit the result (NN.n, NN.nn or NN:NN.n)			

Highest Field Age Graded % =			85.0
Athlete	David Folgate	RDA	66
Club	Bedford & County AC		
Event	Triple Jump M50-59		
Result	10.07		

		100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind
100m M35-49	5	1	Panos Ioannou	36	Marshall Milton Keynes AC	11.9	8	
100m M35-49	3	2	Amr Ziko	39	Chelmsford AC/Springfield	12.1	7	
100m M35-49	6	3	Julian Smith	48	Nene Valley Harriers	12.4	6	
100m M35-49	7	4	Graham Easty	37	Southend AC	13.1	5	
100m M35-49	2	5	Istvan Jacso	38	Cambridge & Coleridge AC	13.1	4	
100m M35-49	4	6	Jesse Wilson	45	Corby AC	13.3	3	
100m M35-49	1	7	Stephen Bass	44	Bedford & County AC	13.8	2	
100m M35-49	8	8	Anthony Tobin	36	Thurrock Harriers	14.2	1	
		100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind
100m M50-59	5	1	Paul Canning	51	Marshall Milton Keynes AC	12.5	8	
100m M50-59	4	2	Dougie Donald	58	Corby AC	12.9	7	
100m M50-59	1	3	Tennyson James	59	Bedford & County AC	13.4	6	
100m M50-59	7	4	Keith Palmer	52	Southend AC	13.8	5	
100m M50-59	8	5	Jonathan Metcalf	57	Thurrock Harriers	14.3	4	
100m M50-59	3	6	Tony Roberts	51	Chelmsford AC/Springfield	14.4	3	
100m M50-59	2	7	Keith Clarke	50	Cambridge & Coleridge AC	14.6	2	
100m M50-59	6	DNF	Ricardo Huskisson	57	Nene Valley Harriers			
		100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind
100m M60+	5	1	John Browne	64	Marshall Milton Keynes AC	13.6	8	
100m M60+	1	2	Christopher Keech	66	Bedford & County AC	14.3	7	
100m M60+	3	3	Gerald Daniel	64	Chelmsford AC/Springfield	15.1	6	
100m M60+	7	4	Peter Binns	70	Southend AC	16.3	5	
100m M60+	8	5	Michael Bumstead	66	Thurrock Harriers	16.8	4	
100m M60+		6					3	
100m M60+		7					2	
100m M60+		8					1	
		200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind
200m M35-49	6	1	David Brown	39	Nene Valley Harriers	24.1	8	
200m M35-49	5	2	Panos Ioannou	36	Marshall Milton Keynes AC	24.7	7	
200m M35-49	3	3	Amr Ziko	39	Chelmsford AC/Springfield	25.0	6	
200m M35-49	1	4	Peter Benedickter	48	Bedford & County AC	26.4	5	
200m M35-49	7	5	Graham Easty	37	Southend AC	26.6	4	
200m M35-49	4	6	Jesse Wilson	45	Corby AC	26.7	3	
200m M35-49	8	7	Anthony Tobin	36	Thurrock Harriers	28.6	2	
200m M35-49	2	8	Keith Clarke	50	Cambridge & Coleridge AC	30.5	1	

Rec	Rec	Rec	AG %	EA No.
-	x	x	83.8	3129009
-	x	x	84.1	2797216
-	x	x	87.4	3017942
-	x	x	76.6	3262665
-	x	x	77.2	3090091
-	x	x	79.8	3084970
-	x	x	76.4	2797201
-	x	x	70.2	2835958
Rec	Rec	AG %	EA No.	
-	x	88.4	2971309	
-	x	89.6	2909395	
-	x	86.8	2775264	
-	x	80.6	2829682	
-	x	80.3	2899831	
-	x	76.7	3116301	
-	x	75.2	3090049	
-			2727803	
Rec	AG %	EA No.		
-	88.1	3019098		
-	84.8	2775272		
-	79.4	2717069		
-	76.2	2829532		
-	72.2	3107121		
Rec	Rec	Rec	AG %	EA No.
-	x	x	85.8	2955064
-	x	x	81.8	3129009
-	x	x	82.7	2797216
-	x	x	83.7	2768765
-	x	x	76.5	3262665
-	x	x	81.0	3084970
-	x	x	70.6	2835958
x	-	x	73.5	3090049

Match Points							
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2005	200m	200m M50-59	RDA	Team	(NN.n)	Pts	Wind	
	5	1	Paul Canning	51	Marshall Milton Keynes AC	25.9	8	
	1	2	Tennyson James	59	Bedford & County AC	26.2	7	
	200m M50-59	6	3	Ricardo Huskisson	57	Nene Valley Harriers	27.3	6
	200m M50-59	3	4	Kevin McAlinden	53	Chelmsford AC/Springfield	27.4	5
	200m M50-59	8	5	Jonathan Metcalf	57	Thurrock Harriers	28.2	4
	200m M50-59	4	6	Wilson Paterson	59	Corby AC	28.6	3
	200m M50-59	7	7	Keith Palmer	52	Southend AC	28.8	2
	200m M50-59	2	8	Joseph Tucker	57	Cambridge & Coleridge AC	30.7	1

2006	200m	200m M60+	RDA	Team	(NN.n)	Pts	Wind	
	200m M60+	5	1	John Browne	64	Marshall Milton Keynes AC	29.6	8
	200m M60+	1	2	Christopher Keech	66	Bedford & County AC	31.5	7
	200m M60+	3	3	Gerald Daniel	64	Chelmsford AC/Springfield	31.7	6
	200m M60+	7	4	Peter Binns	70	Southend AC	33.0	5
	200m M60+	8	5	Bernard Johnson	62	Thurrock Harriers	34.0	4
	200m M60+	6	6	John Spriggs	65	Nene Valley Harriers	35.6	3
	200m M60+		7				2	
	200m M60+		8				1	

4003	400m	400m M35-49	RDA	Team	(NN.n)	Pts		
	400m M35-49	6	1	David Brown	39	Nene Valley Harriers	52.2	8
	400m M35-49	1	2	Peter Benedickter	48	Bedford & County AC	56.9	7
	400m M35-49	7	3	Graham Easty	37	Southend AC	58.3	6
	400m M35-49	2	4	Vincent Courtois	41	Cambridge & Coleridge AC	59.2	5
	400m M35-49	4	5	Jesse Wilson	45	Corby AC	59.6	4
	400m M35-49	5	6	Jeremy Vick	39	Marshall Milton Keynes AC	61.3	3
	400m M35-49	8	7	Anthony Tobin	36	Thurrock Harriers	62.1	2
	400m M35-49	3	8	Damian Barrett	45	Chelmsford AC/Springfield	68.0	1

4005	400m	400m M50-59	RDA	Team	(NN.n)	Pts		
	400m M50-59	1	1	Tennyson James	59	Bedford & County AC	59.3	8
	400m M50-59	3	2	Kevin McAlinden	53	Chelmsford AC/Springfield	60.3	7
	400m M50-59	4	3	Dougie Donald	58	Corby AC	61.7	6
	400m M50-59	5	4	Paul Canning	51	Marshall Milton Keynes AC	61.7	5
	400m M50-59	8	5	Jonathan Metcalf	57	Thurrock Harriers	62.3	4
	400m M50-59	7	6	Stephen Solomon	55	Southend AC	70.6	3
	400m M50-59	2	7	Joseph Tucker	57	Cambridge & Coleridge AC	72.4	2
	400m M50-59	6	8	Paul Parkin	53	Nene Valley Harriers	78.5	1

8003	800m	800m M35-49	RDA	Team	(NN:NN.n)	Pts		
	800m M35-49	6	1	Sean Reidy	36	Nene Valley Harriers	02:09.9	8
	800m M35-49	1	2	Simon Coombes	45	Bedford & County AC	02:12.0	7
	800m M35-49	7	3	Lee Taylor	42	Southend AC	02:15.9	6
	800m M35-49	2	4	Vincent Courtois	41	Cambridge & Coleridge AC	02:18.0	5
	800m M35-49	3	5	Mark Newton	37	Chelmsford AC/Springfield	02:18.2	4
	800m M35-49	5	6	Christopher Finister	44	Marshall Milton Keynes AC	02:18.9	3
	800m M35-49	8	7	Nick Trencher	44	Thurrock Harriers	02:27.6	2
	800m M35-49	4	DNF	Peter Straiton	42	Corby AC		

8005	800m	800m M50-59	RDA	Team	(NN:NN.n)	Pts		
	800m M50-59	3	1	Tony Roberts	51	Chelmsford AC/Springfield	02:21.8	8
	800m M50-59	5	2	Dennis Edghill	59	Marshall Milton Keynes AC	02:25.7	7
	800m M50-59	1	3	Lance Croft	51	Bedford & County AC	02:29.8	6
	800m M50-59	4	4	John Donaldson	58	Corby AC	02:33.5	5
	800m M50-59	7	5	Angus Aldridge	54	Southend AC	02:52.6	4
	800m M50-59	8	6	Bernard Johnson	62	Thurrock Harriers	03:00.8	3
	800m M50-59	6	7	Barry Warne	56	Nene Valley Harriers	03:08.1	2
	800m M50-59		8				1	

Rec	Rec	AG %	EA No.
-	x	87.1	2971309
-	x	91.0	2775264
-	x	86.1	2727803
-	x	83.5	2816582
-	x	83.4	2899831
-	x	83.3	2698683
-	x	78.9	2829682
-	x	76.6	2869123

Rec	AG %	EA No.
-	83.2	3019098
-	79.3	2775272
-	77.7	2717069
-	78.2	2829532
-	71.5	2951650
-	69.6	3573756

Rec	Rec	Rec	AG %	EA No.
-	x	x	87.8	2955064
-	x	x	85.8	2768765
-	x	x	77.5	3262665
-	x	x	78.6	3696546
-	x	x	80.3	3084970
-	x	x	74.8	3223790
-	x	x	72.2	2835958
-	x	x	70.4	3040911

Rec	Rec	AG %	EA No.
-	x	88.6	2775264
-	x	83.8	2816582
-	x	84.6	2909395
-	x	80.8	2971309
-	x	83.2	2899831
-	x	72.5	3503002
-	x	71.6	2869123
-	x	64.4	3253516

Rec	Rec	Rec	AG %	EA No.
-	x	x	78.8	2727873
-	x	x	84.4	2730567
-	x	x	79.7	3075645
-	x	x	77.8	3696546
-	x	x	74.8	2759782
-	x	x	79.4	3534571
-	x	x	74.7	3093770
-	x			2750845

Rec	Rec	AG %	EA No.
-	x	82.7	3116301
-	x	85.9	2690403
-	x	78.3	2775197
-	x	80.9	3225404
-	x	69.7	3519971
x	-	70.9	2951650
-	x	65.0	2727892

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1500m	1500m M35-49	RDA	Team	(NN:NN.n)	Pts	
7	1	Simon Coombes	45	Bedford & County AC	04:16.3	8
1500m M35-49	1	Mark Waive	47	Southend AC	04:38.9	7
1500m M35-49	5	Christopher Finister	44	Marshall Milton Keynes AC	04:42.9	6
1500m M35-49	6	James Macdonald	35	Nene Valley Harriers	04:55.2	5
1500m M35-49	8	Nick Trencher	44	Thurrock Harriers	05:00.7	4
1500m M35-49	3	Antony Goodall	41	Chelmsford AC/Springfield	05:05.3	3
1500m M35-49	4	Gary Beckwith	41	Corby AC	05:35.2	2
1500m M35-49	8					1

1500m	1500m M50-59	RDA	Team	(NN:NN.n)	Pts		
1500m M50-59	3	1	Tony Roberts	51	Chelmsford AC/Springfield	05:04.9	8
1500m M50-59	8	2	Jonathan Metcalf	57	Thurrock Harriers	05:14.7	7
1500m M50-59	4	3	John Donaldson	58	Corby AC	05:31.0	6
1500m M50-59	2	4	Richard Lyle	51	Cambridge & Coleridge AC	05:40.7	5
1500m M50-59	5	5	Stewart Fraser	59	Marshall Milton Keynes AC	05:42.1	4
1500m M50-59	7	6	Stephen Solomon	55	Southend AC	05:47.8	3
1500m M50-59	6	7	Paul Parkin	53	Nene Valley Harriers	06:00.3	2
1500m M50-59	8					1	

1500m	1500m M60+	RDA	Team	(NN:NN.n)	Pts		
1500m M60+	5	1	John Skelton	66	Marshall Milton Keynes AC	05:19.1	8
1500m M60+	8	2	Michael Bumstead	66	Thurrock Harriers	05:42.3	7
1500m M60+	2	3	Charlie Ritchie	62	Cambridge & Coleridge AC	05:47.6	6
1500m M60+	7	4	Peter Binns	70	Southend AC	05:51.5	5
1500m M60+	1	5	Paul Wilkerson	62	Bedford & County AC	05:53.4	4
1500m M60+	3	6	David Gridley	61	Chelmsford AC/Springfield	07:32.5	3
1500m M60+	7					2	
1500m M60+	8					1	

3000m	3000m M35-49	RDA	Team	(NN:NN.n)	Pts		
3000m M35-49	1	1	Simon Coombes	45	Bedford & County AC	09:19.6	8
3000m M35-49	7	2	Lee Taylor	42	Southend AC	09:26.4	7
3000m M35-49	3	3	Mark Newton	37	Chelmsford AC/Springfield	09:27.2	6
3000m M35-49	5	4	Stephen Herring	49	Marshall Milton Keynes AC	09:51.7	5
3000m M35-49	6	5	James Macdonald	35	Nene Valley Harriers	10:33.8	4
3000m M35-49	8	6	Toby Draper	45	Thurrock Harriers	11:15.2	3
3000m M35-49	4	7	Gary Beckwith	41	Corby AC	12:07.4	2
3000m M35-49	8					1	

3000m	3000m M50-59	RDA	Team	(NN:NN.n)	Pts		
3000m M50-59	6	1	Sean Beard	51	Nene Valley Harriers	10:22.8	8
3000m M50-59	3	2	Andrew Stewart	57	Chelmsford AC/Springfield	12:10.2	7
3000m M50-59	4	3	John McCrone	50	Corby AC	12:11.7	6
3000m M50-59	5	4	Stewart Fraser	59	Marshall Milton Keynes AC	12:16.2	5
3000m M50-59	2	5	Richard Lyle	51	Cambridge & Coleridge AC	12:19.7	4
3000m M50-59	8	6	Bernard Johnson	62	Thurrock Harriers	12:20.8	3
3000m M50-59	7	7	Angus Aldridge	54	Southend AC	14:12.5	2
3000m M50-59	8					1	

3000m	3000m M60+	RDA	Team	(NN:NN.n)	Pts		
3000m M60+	5	1	John Skelton	66	Marshall Milton Keynes AC	10:54.8	8
3000m M60+	8	2	Michael Bumstead	66	Thurrock Harriers	11:53.3	7
3000m M60+	1	3	Paul Wilkerson	62	Bedford & County AC	12:10.6	6
3000m M60+	2	4	Charlie Ritchie	62	Cambridge & Coleridge AC	12:12.6	5
3000m M60+	7	5	Peter Binns	70	Southend AC	12:34.1	4
3000m M60+	6					3	
3000m M60+	7					2	
3000m M60+	8					1	

Rec	Rec	Rec	AG %	EA No.
-	x	x	88.2	2730567
-	x	x	82.4	2793912
-	x	x	79.3	3534571
-	x	x	71.2	3504037
-	x	x	74.6	3093770
-	x	x	71.9	3389920
-	x	x	65.5	3647559
-	-	-		

Rec	Rec	AG %	EA No.
-	x	77.8	3116301
-	x	79.2	2899831
-	x	76.0	3225404
-	x	69.6	3021669
-	x	74.1	2690421
-	x	70.5	3503002
-	x	66.9	3253516
-	-		

Rec	AG %	EA No.
-	84.6	2794640
-	78.9	3107121
-	74.9	3120773
-	80.0	2829532
-	73.7	2775378
-	57.1	3645998
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Rec	Rec	Rec	AG %	EA No.
-	x	x	86.4	2730567
-	x	x	83.4	3075645
-	x	x	80.3	2759782
-	x	x	84.3	2805865
-	x	x	70.9	3504037
-	x	x	71.6	3298936
-	x	x	64.5	3647559
-	-	-		

Rec	Rec	AG %	EA No.
-	x	81.4	2727741
-	x	73.0	2669387
-	x	68.7	3267001
-	x	73.7	2690421
-	x	68.6	3021669
x	-	75.2	2951650
-	x	61.0	3519971
-	-		

Rec	AG %	EA No.
-	88.2	2794640
-	81.0	3107121
-	76.2	2775378
-	76.0	3120773
-	79.7	2829532
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SP3	SP	Shot M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts	
	6	1	Simon Achurch	42	Nene Valley Harriers	11.09	8
Shot M35-49 (7.26Kg)	1	2	James Danobrega	41	Bedford & County AC	10.10	7
Shot M35-49 (7.26Kg)	3	3	Damian Barrett	45	Chelmsford AC/Springfield	10.01	6
Shot M35-49 (7.26Kg)	5	4	Mark Roberson	42	Marshall Milton Keynes AC	8.96	5
Shot M35-49 (7.26Kg)	4	5	Peter Straiton	42	Corby AC	8.21	4
Shot M35-49 (7.26Kg)	8	6	Marek Kowalski	46	Thurrock Harriers	8.11	3
Shot M35-49 (7.26Kg)	2	7	Keith Clarke	50	Cambridge & Coleridge AC	7.49	2
Shot M35-49 (7.26Kg)	7	8	Gary Cheek	46	Southend AC	7.05	1

SP5	SP	Shot M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts	
	7	1	Robert Earle	56	Southend AC	12.68	8
Shot M50-59 (6Kg)	5	2	Mark Featherstone	52	Marshall Milton Keynes AC	12.10	7
Shot M50-59 (6Kg)	3	3	David Bauer	51	Chelmsford AC/Springfield	11.53	6
Shot M50-59 (6Kg)	4	4	Peter Knott	59	Corby AC	10.53	5
Shot M50-59 (6Kg)	2	5	Ian Slack	56	Cambridge & Coleridge AC	7.79	4
Shot M50-59 (6Kg)	1	6	Jim Burke	61	Bedford & County AC	7.07	3
Shot M50-59 (6Kg)	8	7	Michael Bumstead	66	Thurrock Harriers	5.33	2
Shot M50-59 (6Kg)		8					1

SP6	SP	Shot M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts	
	3	1	Geoff Tyler	68	Chelmsford AC/Springfield	10.37	8
Shot M60-69 (5Kg)	5	2	Bunt Scott	66	Marshall Milton Keynes AC	10.16	7
Shot M60-69 (5Kg)	1	3	Graeme Packman	62	Bedford & County AC	9.81	6
Shot M60-69 (5Kg)	6	4	Tim Needham	65	Nene Valley Harriers	7.73	5
Shot M60-69 (5Kg)	8	5	Bernard Johnson	62	Thurrock Harriers	6.20	4
Shot M60-69 (5Kg)	7	6	John Brock	67	Southend AC	5.78	3
Shot M60-69 (5Kg)		7					2
Shot M60-69 (5Kg)		8					1

JT3	JT	Javelin M35-49 (800gm)	RDA	Team	(NN.nn)	Pts	
	6	1	Simon Achurch	42	Nene Valley Harriers	43.25	8
Javelin M35-49 (800gm)	1	2	James Danobrega	41	Bedford & County AC	37.37	7
Javelin M35-49 (800gm)	4	3	Peter Straiton	42	Corby AC	34.16	6
Javelin M35-49 (800gm)	5	4	Mark Roberson	42	Marshall Milton Keynes AC	32.98	5
Javelin M35-49 (800gm)	8	5	Nigel Instance	49	Thurrock Harriers	32.79	4
Javelin M35-49 (800gm)	2	6	Istvan Jacso	38	Cambridge & Coleridge AC	28.95	3
Javelin M35-49 (800gm)	7	7	Stephen Solomon	55	Southend AC	27.74	2
Javelin M35-49 (800gm)	3	8	Chris Clark	52	Chelmsford AC/Springfield	18.41	1

JT5	JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts	
	5	1	Mark Featherstone	52	Marshall Milton Keynes AC	38.82	8
Javelin M50-59 (700gm)	1	2	Simon Eastwood	52	Bedford & County AC	36.14	7
Javelin M50-59 (700gm)	7	3	Robert Earle	56	Southend AC	32.00	6
Javelin M50-59 (700gm)	3	4	Martin Branfoot	61	Chelmsford AC/Springfield	31.80	5
Javelin M50-59 (700gm)	2	5	Ian Slack	56	Cambridge & Coleridge AC	27.42	4
Javelin M50-59 (700gm)	4	6	Peter Knott	59	Corby AC	24.12	3
Javelin M50-59 (700gm)	8	7	Bernard Johnson	62	Thurrock Harriers	19.72	2
Javelin M50-59 (700gm)	6	8	Sean Beard	51	Nene Valley Harriers	12.07	1

DT3	DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts	
	1	1	Gavin Fordham	38	Bedford & County AC	33.93	8
Discus M35-49 (2Kg)	6	2	Simon Achurch	42	Nene Valley Harriers	33.37	7
Discus M35-49 (2Kg)	5	3	Mark Roberson	42	Marshall Milton Keynes AC	24.86	6
Discus M35-49 (2Kg)	8	4	Nigel Instance	49	Thurrock Harriers	21.40	5
Discus M35-49 (2Kg)	2	5	Keith Clarke	50	Cambridge & Coleridge AC	21.34	4
Discus M35-49 (2Kg)	7	6	Gary Cheek	46	Southend AC	19.83	3
Discus M35-49 (2Kg)	3	7	Chris Clark	52	Chelmsford AC/Springfield	18.42	2
Discus M35-49 (2Kg)	4	8	Gary Beckwith	41	Corby AC	18.27	1

Rec	Rec	Rec	AG %	EA No.
-	x	x	50.8	2666249
-	x	x	45.6	2775199
-	x	x	48.2	3040911
-	x	x	41.1	2979459
-	x	x	37.6	2750845
-	x	x	39.8	3479748
x	-	x	-	3090049
-	x	x	34.6	3301261

Rec	Rec	AG %	EA No.
-	x	71.4	2658034
-	x	62.5	3480510
-	x	58.4	2953600
-	x	63.6	2829262
-	x	43.9	3021705
x	-	-	2797493
x	-	-	3107121

Rec	AG %	EA No.
-	73.0	3341824
-	66.8	3273763
-	57.0	2774981
-	49.2	2662164
-	36.0	2951650
-	39.3	2829537

Rec	Rec	Rec	AG %	EA No.
-	x	x	51.2	2666249
-	x	x	43.5	2775199
-	x	x	40.5	2750845
-	x	x	39.1	2979459
-	x	x	44.0	3124740
-	x	x	32.1	3090091
x	-	x	-	3503002
x	-	x	-	2686851

Rec	Rec	AG %	EA No.
-	x	52.3	3480510
-	x	48.7	2774976
-	x	46.6	2658034
x	-	-	2717049
-	x	39.9	3021705
-	x	37.4	2829262
x	-	-	2951650
-	x	16.0	2727741

Rec	Rec	Rec	AG %	EA No.
-	x	x	45.8	2774968
-	x	x	45.9	2666249
-	x	x	34.2	2979459
-	x	x	32.8	3124740
x	-	x	-	3090049
-	x	x	28.6	3301261
x	-	x	-	2686851
-	x	x	24.9	3647559

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TJ5	TJ	Triple Jump M50-59	RDA	Team	(N.nn)	Pts	Wind
	1	1 David Folgate	66	Bedford & County AC	10.07	8	
Triple Jump M50-59	1	2 Paul Canning	51	Marshall Milton Keynes AC	9.47	7	
Triple Jump M50-59	2	3 Keith Clarke	50	Cambridge & Coleridge AC	8.94	6	
Triple Jump M50-59	3	4 Dave Barnett	59	Chelmsford AC/Springfield	8.44	5	
Triple Jump M50-59	8	5 Jonathan Metcalf	57	Thurrock Harriers	8.15	4	
Triple Jump M50-59	7	6 Keith Palmer	52	Southend AC	8.09	3	
Triple Jump M50-59	6	7 Ricardo Huskisson	57	Nene Valley Harriers	7.00	2	
Triple Jump M50-59	4	8 Wilson Paterson	59	Corby AC	6.71	1	

Rec	Rec	AG %	EA No.
x	-	85.0	2667011
-	x	63.7	2971309
-	x	59.4	3090049
-	x	63.7	2717042(x)
-	x	59.7	2899831
-	x	55.2	2829682
-	x	51.3	2727803
-	x	50.6	2698683

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HJ3	HJ	High Jump M35-49	RDA	Team	(N.nn)	Pts
High Jump M35-49	4	1 Peter Straiton	42	Corby AC	1.55	8
High Jump M35-49	1	2 James Danobrega	41	Bedford & County AC	1.55	7
High Jump M35-49	6	3 Adam Fidgett	35	Nene Valley Harriers	1.45	6
High Jump M35-49	7	4 Graham Easty	37	Southend AC	1.40	5
High Jump M35-49	8	5 Toby Draper	45	Thurrock Harriers	1.30	4
High Jump M35-49	2	6 Keith Clarke	50	Cambridge & Coleridge AC	1.30	3
High Jump M35-49	5	7 Stephen Herring	49	Marshall Milton Keynes AC	1.15	2
High Jump M35-49		8				1

Rec	Rec	Rec	AG %	EA No.
-	x	x	71.4	2750845
-	x	x	70.7	2775199
-	x	x	62.4	2821146
-	x	x	61.4	3262665
-	x	x	61.7	3298936
x	-	x	65.0	3090049
-	x	x	56.9	2805865

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HJ5	HJ	High Jump M50-59	RDA	Team	(N.nn)	Pts
High Jump M50-59	5	1 Mark Featherstone	52	Marshall Milton Keynes AC	1.58	8
High Jump M50-59	1	2 Simon Eastwood	52	Bedford & County AC	1.30	7
High Jump M50-59	6	3 Ricardo Huskisson	57	Nene Valley Harriers	1.30	6
High Jump M50-59	4	4 John McCrone	50	Corby AC	1.30	5
High Jump M50-59	3	5 Dave Barnett	59	Chelmsford AC/Springfield	1.25	4
High Jump M50-59	7	6 Keith Palmer	52	Southend AC	1.15	3
High Jump M50-59	8	7 Jonathan Metcalf	57	Thurrock Harriers	1.15	2
High Jump M50-59		8				1

Rec	Rec	AG %	EA No.
LR=	x	80.7	3480510
-	x	66.4	2774976
-	x	70.3	2727803
-	x	65.0	3267001
-	x	69.2	2717042(x)
-	x	58.8	2829682
-	x	62.2	2899831

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HJ6	HJ	High Jump M60+	RDA	Team	(N.nn)	Pts
High Jump M60+	1	= David Folgate	66	Bedford & County AC	1.30	7.5
High Jump M60+	3	= Gerald Daniel	64	Chelmsford AC/Springfield	1.30	7.5
High Jump M60+	8	3 Michael Bumstead	66	Thurrock Harriers	1.15	6
High Jump M60+	5	4 John Skelton	66	Marshall Milton Keynes AC	1.05	5
High Jump M60+	7	5 John Brock	67	Southend AC	1.00	4
High Jump M60+		6				3
High Jump M60+		7				2
High Jump M60+		8				1

Rec	AG %	EA No.
-	78.5	2667011
-	76.5	2717069
-	69.5	3107121
-	63.4	2794640
-	61.2	2829537

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PV3	PV	Pole Vault M35-49	RDA	Team	(N.nn)	Pts
Pole Vault M35-49	1	1 Robert Kingman	44	Bedford & County AC	3.10	8
Pole Vault M35-49	6	2 Adam Fidgett	35	Nene Valley Harriers	3.00	7
Pole Vault M35-49	7	3 Gary Cheek	46	Southend AC	2.10	6
Pole Vault M35-49	3	4 Dave Barnett	59	Chelmsford AC/Springfield	1.70	5
Pole Vault M35-49		5				4
Pole Vault M35-49		6				3
Pole Vault M35-49		7				2
Pole Vault M35-49		8				1

Rec	Rec	Rec	AG %	EA No.
-	x	x	58.7	2702171
-	x	x	50.8	2821146
-	x	x	40.9	3301261
x	-	x	40.2	2717042(x)

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PV5	PV	Pole Vault M50-59	RDA	Team	(N.nn)	Pts
Pole Vault M50-59	1	1 Simon Eastwood	52	Bedford & County AC	2.80	8
Pole Vault M50-59	6	2 Ricardo Huskisson	57	Nene Valley Harriers	2.10	7
Pole Vault M50-59	7	3 Angus Aldridge	54	Southend AC	1.90	6
Pole Vault M50-59	3	4 Martin Branfoot	61	Chelmsford AC/Springfield	1.70	5
Pole Vault M50-59	4	5 John Donaldson	58	Corby AC	1.10	4
Pole Vault M50-59		6				3
Pole Vault M50-59		7				2
Pole Vault M50-59		8				1

Rec	Rec	AG %	EA No.
-	x	59.4	2774976
-	x	48.1	2727803
-	x	41.5	3519971
x	-	41.6	2717049
-	x	25.6	3225404

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R4224-35	MedR	Relay 4224 M35-49	RDA	Team	(N:NN.n)	Pts
Relay 4224 M35-49	6	1		Nene Valley Harriers	02:39.9	8
Relay 4224 M35-49	7	2		Southend AC	02:54.0	7
Relay 4224 M35-49	1	3		Bedford & County AC	02:55.2	6
Relay 4224 M35-49	4	4		Corby AC	02:55.6	5
Relay 4224 M35-49	5	5		Marshall Milton Keynes AC	02:58.5	4
Relay 4224 M35-49	8	6		Thurrock Harriers	03:07.7	3
Relay 4224 M35-49	3	7		Chelmsford AC/Springfield	03:14.3	2
Relay 4224 M35-49		8				1
R4224-50	MedR	Relay 4224 M50+	RDA	Team	(N:NN.n)	Pts
Relay 4224 M50+	1	1		Bedford & County AC	03:09.0	8
Relay 4224 M50+	3	2		Chelmsford AC/Springfield	03:09.7	7
Relay 4224 M50+	5	3		Marshall Milton Keynes AC	03:10.1	6
Relay 4224 M50+	4	4		Corby AC	03:18.6	5
Relay 4224 M50+	7	5		Southend AC	03:31.6	4
Relay 4224 M50+		6				3
Relay 4224 M50+		7				2
Relay 4224 M50+		8				1

AG = Age Group (eg M45, W60)

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248.5	91	200.5	125	242	172	194	148

Insert non scoring results at the bottom							
EMAC Track & Field League			Final		Teams = 8		
Bedford			Sun	10 September 2017		Overall Match Scores	
Men	O/A	Pos	Women's Teams	Bib	Final Points	Final	Pos
x	x	1	Fairlands Valley Spartans	C	241	241	1
242	462.0	2	Marshall Milton Keynes AC	F	220	220	2
200.5	401.0	3	Chelmsford AC/Springfield	B	200.5	200.5	3
x	x	4	Loughton AC	E	191	191	4
x	x	5	Ryston Runners AC	G	159.5	159.5	5
194	339.0	6	Southend AC	H	145	145	6
91	235.0	7	Cambridge & Coleridge AC	A	144	144	7
x	x	8	Huntingdonshire AC	D	107	107	8

RDA = Race Day Age

Overall Team Trophy

Men	O/A	Pos	Women's Teams	Bib	Final Points	Final	Pos
x	x	1	Fairlands Valley Spartans	C	241	241	1
242	462.0	2	Marshall Milton Keynes AC	F	220	220	2
200.5	401.0	3	Chelmsford AC/Springfield	B	200.5	200.5	3
x	x	4	Loughton AC	E	191	191	4
x	x	5	Ryston Runners AC	G	159.5	159.5	5
194	339.0	6	Southend AC	H	145	145	6
91	235.0	7	Cambridge & Coleridge AC	A	144	144	7
x	x	8	Huntingdonshire AC	D	107	107	8

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

Highest Track Age Graded % =			94.7
Athlete	Yuko Gordon	RDA	66
Club	Fairlands Valley Spartans		
Event	3000m W60+		
Result	13:00.0		
Format to suit the result (NN.n, NN.nn or NN:NN.n)			

Highest Field Age Graded % =			83.2
Athlete	Emily McMahon	RDA	67
Club	Loughton AC		
Event	High Jump W60+		
Result	1.09		

Match Points

A	B	C	D	E	F	G	H
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1003	100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind
100m W35-49	A	1	Sophie Detienne	43	Cambridge & Coleridge AC	14.2	8
100m W35-49	D	2	Joanne Abel	44	Huntingdonshire AC	15.0	7
100m W35-49	F	3	Chrispina Odunewu	42	Marshall Milton Keynes AC	15.0	6
100m W35-49	B	4	Heidi Johnson	42	Chelmsford AC/Springfield	15.2	5
100m W35-49	C	5	Tessa Stephenson	57	Fairlands Valley Spartans	15.9	4
100m W35-49	E	6	Mary Knapman	38	Loughton AC	16.4	3
100m W35-49	H	7	Sue Cribbs	45	Southend AC	16.7	2
100m W35-49	G	8	Wendy Fisher	52	Ryston Runners AC	20.7	1
1005	100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind
100m W50-59	C	1	Monica Brown	52	Fairlands Valley Spartans	14.2	8
100m W50-59	G	2	Gaye Clarke	57	Ryston Runners AC	15.6	7
100m W50-59	B	3	Clare St John-Coleman	57	Chelmsford AC/Springfield	15.7	6
100m W50-59	E	4	Michaela Davis	51	Loughton AC	16.5	5
100m W50-59	A	5	Stefanie Godfrey	52	Cambridge & Coleridge AC	16.6	4
100m W50-59	H	6	Susan Brown	53	Southend AC	16.8	3
100m W50-59	F	7	Janice Hardcastle	58	Marshall Milton Keynes AC	16.8	2
100m W50-59	D	8	Sandra Pedley	52	Huntingdonshire AC	19.0	1
1006	100m	100m W60+	RDA	Team	(NN.n)	Pts	Wind
100m W60+	E	1	Emily McMahon	67	Loughton AC	16.5	8
100m W60+	G	2	Gill Hart	64	Ryston Runners AC	19.1	7
100m W60+	C	3	Catherine Craig	64	Fairlands Valley Spartans	19.5	6
100m W60+	B	4	Janet Hill	62	Chelmsford AC/Springfield	19.5	5
100m W60+	H	5	Marion Matthews-Smith	62	Southend AC	21.7	4
100m W60+	F	6	Fi Han Bromilow	63	Marshall Milton Keynes AC	22.1	3
100m W60+	A	7	Mary Holmes	81	Cambridge & Coleridge AC	22.2	2
100m W60+		8					1
2003	200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind
200m W35-49	A	1	Sophie Detienne	43	Cambridge & Coleridge AC	29.2	8
200m W35-49	F	2	Chrispina Odunewu	42	Marshall Milton Keynes AC	31.9	7
200m W35-49	B	3	Heidi Johnson	42	Chelmsford AC/Springfield	32.0	6
200m W35-49	C	4	Tessa Stephenson	57	Fairlands Valley Spartans	33.2	5
200m W35-49	E	5	Mary Knapman	38	Loughton AC	33.8	4
200m W35-49	H	6	Sue Cribbs	45	Southend AC	34.0	3
200m W35-49	G	7	Wendy Fisher	52	Ryston Runners AC	46.5	2
200m W35-49		8					1

Rec	Rec	Rec	AG %	EA No.
-	x	x	80.0	3696548
-	x	x	76.6	3485878
-	x	x	74.9	3238878
-	x	x	73.9	3658820
x	-	x	82.7	2724359
-	x	x	65.4	2792205
-	x	x	69.6	3553182
x	-	x	60.5	3141148
-	x		88.1	2724317
-	x		84.3	2781883
-	x		83.8	2717154
-	x		75.1	2792211
-	x		75.4	3251013
-	x		75.3	2669613
-	x		79.1	2690455
-	x		65.9	2984526
-	x		87.5	2900898
-			73.6	2762611
-			72.1	3574941
-			70.7	2759736
-			63.6	3596410
-			63.0	2690341
-			77.8	2746388
-	x	x	80.3	3696548
-	x	x	72.6	3238878
-	x	x	72.4	3658820
x	-	x	82.6	2724359
-	x	x	65.2	2792205
-	x	x	70.7	3553182
x	-	x	55.9	3141148

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2005	200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind
200m W50-59	C	1	Monica Brown	52	Fairlands Valley Spartans	30.7	8
200m W50-59	G	2	Gaye Clarke	57	Ryston Runners AC	33.0	7
200m W50-59	A	3	Stefanie Godfrey	52	Cambridge & Coleridge AC	34.5	6
200m W50-59	F	4	Janice Hardcastle	58	Marshall Milton Keynes AC	35.1	5
200m W50-59	E	5	Michaela Davis	51	Loughton AC	36.0	4
200m W50-59	H	6	Susan Brown	53	Southend AC	36.3	3
200m W50-59	B	7	Jill Kent	59	Chelmsford AC/Springfield	37.1	2
200m W50-59	D	8	Sandra Pedley	52	Huntingdonshire AC	40.9	1

Rec	Rec	AG %	EA No.
-	x	84.7	2724317
-	x	83.1	2781883
-	x	75.4	3251013
-	x	79.0	2690455
-	x	71.5	2792211
-	x	72.4	2669613
-	x	75.5	2918300
-	x	63.6	2984526

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2006	200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind
200m W60+	A	1	Margaret Phillips	63	Cambridge & Coleridge AC	37.0	8
200m W60+	E	2	Barbara Higgins	62	Loughton AC	40.0	7
200m W60+	G	3	Gill Hart	64	Ryston Runners AC	41.9	6
200m W60+	C	4	Iris Hornsey	75	Fairlands Valley Spartans	43.9	5
200m W60+	B	5	Janet Hill	62	Chelmsford AC/Springfield	45.0	4
200m W60+	H	6	Marion Matthews-Smith	62	Southend AC	48.0	3
200m W60+	F	7	Fi Han Bromilow	63	Marshall Milton Keynes AC	49.1	2
200m W60+		8				1	

Rec	AG %	EA No.
-	78.7	2975645
-	72.1	2900812
-	70.2	2762611
-	74.2	3076646
-	64.1	2759736
-	60.1	3596410
-	59.3	2690341

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4003	400m	400m W35-49	RDA	Team	(NN.n)	Pts	
400m W35-49	A	1	Sophie Detienne	43	Cambridge & Coleridge AC	64.2	8
400m W35-49	B	2	Heidi Johnson	42	Chelmsford AC/Springfield	72.3	7
400m W35-49	C	3	Suzy Hawkins	41	Fairlands Valley Spartans	75.0	6
400m W35-49	H	4	Sue Cribbs	45	Southend AC	75.4	5
400m W35-49	F	5	Debra Brent	54	Marshall Milton Keynes AC	83.1	4
400m W35-49	E	6	Michaela Davis	51	Loughton AC	95.7	3
400m W35-49	G	7	Wendy Fisher	52	Ryston Runners AC	103.9	2
400m W35-49		8				1	

Rec	Rec	Rec	AG %	EA No.
-	x	x	84.4	3696548
-	x	x	74.1	3658820
-	x	x	70.7	3433958
-	x	x	73.4	3553182
x	-	x	72.7	3446073
x	-	x	61.3	2792211
x	-	x	57.0	3141148

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4005	400m	400m W50-59	RDA	Team	(NN.n)	Pts	
400m W50-59	C	1	Tessa Stephenson	57	Fairlands Valley Spartans	78.9	8
400m W50-59	F	2	Diane Baldwin	60	Marshall Milton Keynes AC	87.1	7
400m W50-59	B	3	Jill Kent	59	Chelmsford AC/Springfield	89.9	6
400m W50-59	H	4	Teresa Pearmain	53	Southend AC	91.5	5
400m W50-59	A	5	Helen Grant	54	Cambridge & Coleridge AC	98.3	4
400m W50-59	G	6	Elizabeth Blakie	59	Ryston Runners AC	101.7	3
400m W50-59	E	7	Barbara Higgins	62	Loughton AC	108.0	2
400m W50-59		8				1	

Rec	Rec	AG %	EA No.
-	x	78.7	2724359
x	-	73.3	2681224
-	x	70.3	2918300
-	x	65.4	3228985
-	x	61.4	2999763
-	x	62.2	2781871
x	-	60.1	2900812

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8003	800m	800m W35-49	RDA	Team	(NN:NN.n)	Pts	
800m W35-49	F	1	Corinne Nurse	39	Marshall Milton Keynes AC	02:42.8	8
800m W35-49	C	2	Suzy Hawkins	41	Fairlands Valley Spartans	02:49.2	7
800m W35-49	E	3	Mary Knapman	38	Loughton AC	02:56.6	6
800m W35-49	H	4	Kasia Kostyrka-Allchorne	39	Southend AC	02:58.4	5
800m W35-49	A	5	Samantha Collins-Shirley	44	Cambridge & Coleridge AC	03:15.6	4
800m W35-49	B	6	Tracy Minton	56	Chelmsford AC/Springfield	03:52.4	3
800m W35-49	G	7	Elizabeth Blakie	59	Ryston Runners AC	03:53.1	2
800m W35-49		8				1	

Rec	Rec	Rec	AG %	EA No.
-	x	x	70.9	3223762
-	x	x	69.5	3433958
-	x	x	64.8	2792205
-	x	x	64.7	3194956
-	x	x	61.7	3112370
x	-	x	59.2	3374348
x	-	x	61.6	2781871

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8005	800m	800m W50-59	RDA	Team	(NN:NN.n)	Pts	
800m W50-59	C	1	Alison Wood	51	Fairlands Valley Spartans	02:42.8	8
800m W50-59	B	2	Joanne Smith	50	Chelmsford AC/Springfield	02:49.2	7
800m W50-59	H	3	Vanessa Mathers	50	Southend AC	03:07.9	6
800m W50-59	F	4	Diane Farmer	58	Marshall Milton Keynes AC	03:17.1	5
800m W50-59	E	5	Anne Heeks	57	Loughton AC	03:19.5	4
800m W50-59	A	6	Helen Grant	54	Cambridge & Coleridge AC	03:28.1	3
800m W50-59	G	7	Wendy Fisher	52	Ryston Runners AC	03:44.5	2
800m W50-59		8				1	

Rec	Rec	AG %	EA No.
-	x	79.0	2977454
-	x	75.1	2741504
-	x	67.6	2984207
-	x	71.8	2690410
-	x	69.9	2900806
-	x	64.3	2999763
-	x	58.0	3141148

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15003	1500m	1500m W35-49	RDA	Team	(NN:NN.n)	Pts
H	1	Tracy English	40	Southend AC	05:15.3	8
C	2	Christine Lathwell	41	Fairlands Valley Spartans	05:24.7	7
F	3	Corinne Nurse	39	Marshall Milton Keynes AC	05:36.1	6
E	4	Mary Knapman	38	Loughton AC	05:58.9	5
A	5	Samantha Collins-Shirley	44	Cambridge & Coleridge AC	06:33.4	4
G	6	Elizabeth Blakie	59	Ryston Runners AC	07:39.3	3
B	7	Tracy Minton	56	Chelmsford AC/Springfield	07:52.9	2
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15005	1500m	1500m W50-59	RDA	Team	(NN:NN.n)	Pts
C	1	Alison Wood	51	Fairlands Valley Spartans	05:43.2	8
B	2	Joanne Smith	50	Chelmsford AC/Springfield	05:47.1	7
A	3	Stefanie Godfrey	52	Cambridge & Coleridge AC	05:52.7	6
F	4	Diane Farmer	58	Marshall Milton Keynes AC	06:29.7	5
E	5	Anne Heeks	57	Loughton AC	06:54.9	4
H	6	Susan Crompton	54	Southend AC	07:18.8	3
G	7	Wendy Fisher	52	Ryston Runners AC	07:28.7	2
	8					1

15006	1500m	1500m W60+	RDA	Team	(NN:NN.n)	Pts
F	1	Diane Baldwin	60	Marshall Milton Keynes AC	06:13.0	8
C	2	Julie Simmons	60	Fairlands Valley Spartans	06:36.2	7
B	3	Janet Hill	62	Chelmsford AC/Springfield	07:38.5	6
E	4	Jean Hobbs	68	Loughton AC	07:43.4	5
G	5	Jane Ashby	69	Ryston Runners AC	07:49.4	4
A	6	Mary Holmes	81	Cambridge & Coleridge AC	08:23.2	3
	7					2
	8					1

30003	3000m	3000m W35-49	RDA	Team	(NN:NN.n)	Pts
H	1	Tracy English	40	Southend AC	11:34.3	8
C	2	Christine Lathwell	41	Fairlands Valley Spartans	11:54.1	7
A	3	Stefanie Godfrey	52	Cambridge & Coleridge AC	12:28.8	6
F	4	Debra Brent	54	Marshall Milton Keynes AC	12:43.6	5
E	5	Melanie Peddle	49	Loughton AC	15:36.2	4
B	6	Tracy Minton	56	Chelmsford AC/Springfield	16:10.2	3
	7					2
	8					1

30005	3000m	3000m W50-59	RDA	Team	(NN:NN.n)	Pts
H	1	Vanessa Mathers	50	Southend AC	12:56.8	8
F	2	Diane Farmer	58	Marshall Milton Keynes AC	13:25.7	7
A	3	Helen Grant	54	Cambridge & Coleridge AC	13:55.9	6
C	4	Julie Simmons	60	Fairlands Valley Spartans	14:01.3	5
E	5	Anne Heeks	57	Loughton AC	14:19.4	4
G	6	Wendy Fisher	52	Ryston Runners AC	15:16.4	3
	7					2
	8					1

30006	3000m	3000m W60+	RDA	Team	(NN:NN.n)	Pts
A	1	Margaret Phillips	63	Cambridge & Coleridge AC	12:55.5	8
C	2	Yuko Gordon	66	Fairlands Valley Spartans	13:00.0	7
F	3	Diane Baldwin	60	Marshall Milton Keynes AC	13:48.3	6
G	4	Jane Ashby	69	Ryston Runners AC	14:49.9	5
E	5	Jean Hobbs	68	Loughton AC	15:44.4	4
B	6	Janet Hill	62	Chelmsford AC/Springfield	15:51.8	3
	7					2
	8					1

Rec	Rec	Rec	AG %	EA No.
-	x	x	77.9	3457620
-	x	x	76.5	2768712
-	x	x	72.4	3223762
-	x	x	67.3	2792205
-	x	x	65.3	3112370
x	-	x	68.0	2781871
x	-	x	63.3	3374348

Rec	Rec	AG %	EA No.
-	x	81.6	2977454
-	x	79.7	2741504
-	x	80.5	3251013
-	x	79.0	2690410
-	x	73.2	2900806
-	x	66.4	2829567
-	x	63.3	3141148

Rec	AG %	EA No.
-	85.0	2681224
-	80.0	2768478
-	71.2	2759736
-	77.4	2792223
-	77.7	3225574
-	90.8	2746388

Rec	Rec	Rec	AG %	EA No.
-	x	x	75.6	3457620
-	x	x	74.1	2768712
x	-	x	80.6	3251013
x	-	x	81.1	3446073
-	x	x	62.0	3470739
x	-	x	65.6	3374348

Rec	Rec	AG %	EA No.
-	x	75.7	2984207
-	x	81.3	2690410
-	x	74.1	2999763
x	-	80.1	2768478
-	x	75.1	2900806
-	x	65.8	3141148

Rec	AG %	EA No.
-	90.9	2975645
-	94.7	2675680
-	81.4	2681224
-	87.2	3225574
-	80.8	2792223
-	72.9	2759736

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2KWA	2000mW	2km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
E	1	Melanie Peddle	49	Loughton AC	11:10.8	8
H	2	Kasia Kostyrka-Allchorne	39	Southend AC	12:40.5	7
F	3	Diane Baldwin	60	Marshall Milton Keynes AC	13:08.0	6
G	4	Elizabeth Blakie	59	Ryston Runners AC	13:31.9	5
A	5	Pamela Abbott	54	Cambridge & Coleridge AC	14:19.9	4
C	6	Sharon Crowley	59	Fairlands Valley Spartans	14:49.5	3
B	7	Tracy Minton	56	Chelmsford AC/Springfield	15:54.3	2
	8					1

Rec	Rec	Rec	EA No.
-	x	x	3470739
-	x	x	3194956
x	x	-	2681224
x	-	x	2781871
x	-	x	3191121
x	-	x	2665073
x	-	x	3374348

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2KWB	2000mW	2km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
E	1	Anne Heeks	57	Loughton AC	14:13.3	8
F	2	Stephanie Johnston	43	Marshall Milton Keynes AC	16:34.9	7
G	3	Sue Smith	53	Ryston Runners AC	16:49.2	6
C	4	Christine Lathwell	41	Fairlands Valley Spartans	18:37.3	5
A	DQ	Mary Holmes	81	Cambridge & Coleridge AC		
	6					0
	7					0
	8					0

Rec	Rec	Rec	EA No.
x	-	x	2900806
-	x	x	3401086
x	-	x	2868653
-	x	x	2768712
			2746388

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100H3	SH	100mH W35-49 (84cm)	RDA	Team	(NN.n)	Pts	Wind
F	1	Corinne Nurse	39	Marshall Milton Keynes AC	23.7	8	
E	2	Mary Knapman	38	Loughton AC	24.6	7	
B	3	Heidi Johnson	42	Chelmsford AC/Springfield	26.8	6	
C	4	Andrea Westcott	46	Fairlands Valley Spartans	46.8	5	
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	6					3	
	7					2	
	8					1	

Wind	Rec	Rec	Rec	AG %	EA No.
	-	x	x	53.8	3223762
	-	x	x	51.5	2792205
	-	x	x	-	3658820
	-	x	x	-	2994183

(W35-39 = 84cm, 2.7kg, 13m, 8.5m, 10.5m, x10)						
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80H5	SH	80mH W50-59 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind
G	1	Gaye Clarke	57	Ryston Runners AC	14.8	8	
C	2	Monica Brown	52	Fairlands Valley Spartans	16.0	7	
D	3	Penny Butcher	58	Huntingdonshire AC	16.4	6	
F	4	Janice Hardcastle	58	Marshall Milton Keynes AC	19.3	5	
B	5	Jill Kent	59	Chelmsford AC/Springfield	20.5	4	
	6					3	
	7					2	
	8					1	

Wind	Rec	Rec	AG %	EA No.
	-	x	85.0	2781883
	-	x	74.2	2724317
	-	x	77.6	2701915
	-	x	65.9	2690455
	-	x	62.7	2918300

(W50-59 = 76.2cm, 2.7kg, 12m, 7m, 19m, x8)						
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HT3	HT	Hammer W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
D	1	Margit Bialobrzaska	38	Huntingdonshire AC	28.27	8
A	2	Sarah Mcgrath	44	Cambridge & Coleridge AC	21.47	7
B	3	Carol Morris	50	Chelmsford AC/Springfield	19.90	6
H	4	Susan Brown	53	Southend AC	17.90	5
C	5	Stephanie Mayfield	43	Fairlands Valley Spartans	17.88	4
F	6	Chispina Odunewu	42	Marshall Milton Keynes AC	17.53	3
E	7	Katherine Merritt	54	Loughton AC	17.08	2
G	8	Marlene Simmonds	71	Ryston Runners AC	13.79	1

Rec	Rec	Rec	AG %	EA No.
-	x	x	45.2	3623496
-	x	x	40.9	3671649
x	-	x	-	3661223
x	-	x	-	2669613
-	x	x	33.0	3261663
-	x	x	31.4	3238878
x	-	x	-	3592202
x	x	-	-	2781826

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HT5	HT	Hammer W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
B	1	Shirley Quinn	63	Chelmsford AC/Springfield	36.30	8
G	2	Gaye Clarke	57	Ryston Runners AC	31.43	7
F	3	Jeanette Lawrence	60	Marshall Milton Keynes AC	21.66	6
H	4	Stephanie Stamp	65	Southend AC	20.22	5
E	5	Pam Ackland-Snow	64	Loughton AC	19.59	4
C	6	Sharon Crowley	59	Fairlands Valley Spartans	17.10	3
D	7	Sandra Pedley	52	Huntingdonshire AC	14.98	2
A	8	Pamela Abbott	54	Cambridge & Coleridge AC	13.15	1

Rec	Rec	AG %	EA No.
x	LR	-	2717141
-	x	58.4	2781883
x	-	-	3129026
x	-	-	3243500
x	-	-	3592196
-	x	33.2	2665073
-	x	25.2	2984526
-	x	23.0	3191121

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SP3	SP	Shot W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts	
	A	1	Sarah Mcgrath	44	Cambridge & Coleridge AC	9.06	8
Shot W35-49 (4Kg)	F	2	Chrispina Odunewu	42	Marshall Milton Keynes AC	8.26	7
Shot W35-49 (4Kg)	D	3	Joanne Abel	44	Huntingdonshire AC	6.21	6
Shot W35-49 (4Kg)	B	4	Carol Morris	50	Chelmsford AC/Springfield	6.18	5
Shot W35-49 (4Kg)	C	5	Monica Brown	52	Fairlands Valley Spartans	6.14	4
Shot W35-49 (4Kg)	E	6	Katherine Merritt	54	Loughton AC	5.86	3
Shot W35-49 (4Kg)	H	7	Natasha Lagden	43	Southend AC	5.30	2
Shot W35-49 (4Kg)	G	8	Sue Smith	53	Ryston Runners AC	3.30	1

SP5	SP	Shot W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts	
	C	1	Tessa Stephenson	57	Fairlands Valley Spartans	7.91	8
Shot W50-59 (3Kg)	D	2	Penny Butcher	58	Huntingdonshire AC	6.91	7
Shot W50-59 (3Kg)	G	3	Gaye Clarke	57	Ryston Runners AC	6.76	6
Shot W50-59 (3Kg)	B	4	Sarah Stark	51	Chelmsford AC/Springfield	6.52	5
Shot W50-59 (3Kg)	A	5	Pamela Abbott	54	Cambridge & Coleridge AC	5.99	4
Shot W50-59 (3Kg)	H	6	Susan Brown	53	Southend AC	5.73	3
Shot W50-59 (3Kg)	E	7	Pam Ackland-Snow	64	Loughton AC	5.69	2
Shot W50-59 (3Kg)	F	8	Diane Farmer	58	Marshall Milton Keynes AC	5.56	1

SP6	SP	Shot W60+ (3Kg)	RDA	Team	(NN.nn)	Pts	
	B	1	Shirley Quinn	63	Chelmsford AC/Springfield	7.68	8
Shot W60+ (3Kg)	E	2	Emily McMahon	67	Loughton AC	6.98	7
Shot W60+ (3Kg)	G	3	Marlene Simmonds	71	Ryston Runners AC	6.64	6
Shot W60+ (3Kg)	H	4	Stephanie Stamp	65	Southend AC	5.79	5
Shot W60+ (3Kg)	F	5	Jeanette Lawrence	60	Marshall Milton Keynes AC	5.08	4
Shot W60+ (3Kg)	C	6	Iris Hornsey	75	Fairlands Valley Spartans	4.02	3
Shot W60+ (3Kg)		7				2	
Shot W60+ (3Kg)		8				1	

JT3	JT	Javelin W35-49 (600gm)	RDA	Team	(NN.nn)	Pts	
	D	1	Margit Bialobrzaska	38	Huntingdonshire AC	23.55	8
Javelin W35-49 (600gm)	A	2	Sarah Mcgrath	44	Cambridge & Coleridge AC	22.38	7
Javelin W35-49 (600gm)	F	3	Chrispina Odunewu	42	Marshall Milton Keynes AC	16.44	6
Javelin W35-49 (600gm)	B	4	Carol Morris	50	Chelmsford AC/Springfield	15.74	5
Javelin W35-49 (600gm)	C	5	Andrea Westcott	46	Fairlands Valley Spartans	15.08	4
Javelin W35-49 (600gm)	G	6	Marlene Simmonds	71	Ryston Runners AC	13.22	3
Javelin W35-49 (600gm)	E	7	Katherine Merritt	54	Loughton AC	12.93	2
Javelin W35-49 (600gm)	H	8	Natasha Lagden	43	Southend AC	10.84	1

JT5	JT	Javelin W50-59 (500gm)	RDA	Team	(NN.nn)	Pts	
	D	1	Penny Butcher	58	Huntingdonshire AC	18.30	8
Javelin W50-59 (500gm)	C	2	Monica Brown	52	Fairlands Valley Spartans	17.14	7
Javelin W50-59 (500gm)	H	3	Susan Crompton	54	Southend AC	15.87	6
Javelin W50-59 (500gm)	E	4	Pam Ackland-Snow	64	Loughton AC	14.84	5
Javelin W50-59 (500gm)	G	5	Gaye Clarke	57	Ryston Runners AC	14.45	4
Javelin W50-59 (500gm)	B	6	Sarah Stark	51	Chelmsford AC/Springfield	13.52	3
Javelin W50-59 (500gm)	A	7	Mary Holmes	81	Cambridge & Coleridge AC	12.38	2
Javelin W50-59 (500gm)	F	8	Jeanette Lawrence	60	Marshall Milton Keynes AC	8.53	1

DT3	DT	Disc W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts	
	F	1	Emma Beales	45	Marshall Milton Keynes AC	39.36	8
Disc W35-49 (1Kg)	A	2	Sarah Mcgrath	44	Cambridge & Coleridge AC	27.58	7
Disc W35-49 (1Kg)	D	3	Margit Bialobrzaska	38	Huntingdonshire AC	23.87	6
Disc W35-49 (1Kg)	B	4	Carol Morris	50	Chelmsford AC/Springfield	16.77	5
Disc W35-49 (1Kg)	E	5	Katherine Merritt	54	Loughton AC	15.35	4
Disc W35-49 (1Kg)	H	6	Natasha Lagden	43	Southend AC	12.54	3
Disc W35-49 (1Kg)	C	7	Stephanie Mayfield	43	Fairlands Valley Spartans	12.13	2
Disc W35-49 (1Kg)	G	8	Gill Hart	64	Ryston Runners AC	11.29	1

Rec	Rec	Rec	AG %	EA No.
-	x	x	51.5	3671649
-	x	x	44.7	3238878
-	x	x	35.3	3485878
x	-	x	-	3661223
x	-	x	-	2724317
x	-	x	-	3592202
-	x	x	29.4	2829638
x	-	x	-	2868653

Rec	Rec	AG %	EA No.
-	x	55.2	2724359
-	x	49.2	2701915
-	x	47.2	2781883
-	x	40.7	2675725
-	x	39.5	3191121
-	x	37.1	2669613
x	-	46.0	3592196
-	x	39.6	2690410

Rec	AG %	EA No.
-	56.2	2717141
-	46.3	2900898
-	39.3	2781826
-	40.6	3243500
-	39.5	3129026
-	21.4	3076646

Rec	Rec	Rec	AG %	EA No.
-	x	x	33.7	3623496
-	x	x	37.1	3671649
-	x	x	25.9	3238878
x	-	x	-	3661223
-	x	x	26.4	2994183
x	x	-	-	2781826
x	-	x	-	3592202
-	x	x	17.5	2829638

Rec	Rec	AG %	EA No.
-	x	42.1	2701915
-	x	33.6	2724317
-	x	32.7	2829567
x	-	38.8	3592196
-	x	32.3	2781883
-	x	25.9	2675725
x	-	-	2746388
x	-	20.4	3129026

Rec	Rec	Rec	AG %	EA No.
-	x	x	61.4	2690316
-	x	x	42.3	3671649
-	x	x	33.4	3623496
x	-	x	28.5	3661223
x	-	x	28.1	3592202
-	x	x	18.9	2829638
-	x	x	18.3	3261663
x	x	-	25.6	2762611

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DT5	DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts
	E	1	Michaela Davis	51	Loughton AC	15.77 8
	B	2	Sarah Stark	51	Chelmsford AC/Springfield	13.85 7
	H	3	Susan Brown	53	Southend AC	11.75 6
	D	4	Sandra Pedley	52	Huntingdonshire AC	11.24 5
	F	5	Diane Farmer	58	Marshall Milton Keynes AC	8.44 4
	A	6	Helen Grant	54	Cambridge & Coleridge AC	7.51 3
		7				2
		8				1

DT6	DT	Discus W60+ (1Kg)	RDA	Team	(NN.nn)	Pts
	B	1	Shirley Quinn	63	Chelmsford AC/Springfield	31.18 8
	G	2	Marlene Simmonds	71	Ryston Runners AC	15.55 7
	E	3	Pam Ackland-Snow	64	Loughton AC	14.33 6
	F	4	Jeanette Lawrence	60	Marshall Milton Keynes AC	13.23 5
	C	5	Julie Simmons	60	Fairlands Valley Spartans	12.65 4
	H	6	Stephanie Stamp	65	Southend AC	12.12 3
	A	7	Mary Holmes	81	Cambridge & Coleridge AC	10.27 2
		8				1

LJ3	LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Wind
	D	1	Joanne Abel	44	Huntingdonshire AC	4.23 8	
	F	2	Stephanie Johnston	43	Marshall Milton Keynes AC	3.73 7	
	B	3	Heidi Johnson	42	Chelmsford AC/Springfield	3.38 6	
	C	4	Tessa Stephenson	57	Fairlands Valley Spartans	3.38 5	
	H	5	Kasia Kostyrka-Allchorne	39	Southend AC	3.15 4	
	A	6	Samantha Collins-Shirley	44	Cambridge & Coleridge AC	2.82 3	
	G	7	Elizabeth Blakie	59	Ryston Runners AC	2.70 2	
	E	8	Mary Knapman	38	Loughton AC	2.60 1	

LJ5	LJ	Long Jump W50-59	RDA	Team	(N.nn)	Pts	Wind
	D	1	Monica Brown	52	Fairlands Valley Spartans	4.30 8	
	C	2	Penny Butcher	58	Huntingdonshire AC	3.98 7	
	G	3	Gaye Clarke	57	Ryston Runners AC	3.81 6	
	B	4	Clare St John-Coleman	57	Chelmsford AC/Springfield	3.40 5	
	F	5	Janice Hardcastle	58	Marshall Milton Keynes AC	3.13 4	
	E	6	Michaela Davis	51	Loughton AC	2.89 3	
	H	7	Susan Brown	53	Southend AC	2.83 2	
		8				1	

LJ6	LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind
	E	1	Emily McMahon	67	Loughton AC	3.50 8	
	G	2	Marlene Simmonds	71	Ryston Runners AC	2.69 7	
	F	3	Diane Baldwin	60	Marshall Milton Keynes AC	2.48 6	
	C	4	Iris Hornsey	75	Fairlands Valley Spartans	2.35 5	
	B	5	Shirley Quinn	63	Chelmsford AC/Springfield	2.21 4	
	H	6	Marion Matthews-Smith	62	Southend AC	2.11 3	
	A	7	Mary Holmes	81	Cambridge & Coleridge AC	2.01 2	
		8				1	

TJ3	TJ	Triple Jump W35	RDA	Team	(NN.nn)	Pts	Wind
	D	1	Joanne Abel	44	Huntingdonshire AC	8.95 8	
	F	2	Stephanie Johnston	43	Marshall Milton Keynes AC	8.40 7	
	E	3	Mary Knapman	38	Loughton AC	8.28 6	
	B	4	Heidi Johnson	42	Chelmsford AC/Springfield	7.61 5	
	C	5	Stephanie Mayfield	43	Fairlands Valley Spartans	7.00 4	
	H	6	Kasia Kostyrka-Allchorne	39	Southend AC	6.78 3	
	G	7	Marlene Simmonds	71	Ryston Runners AC	6.37 2	
		8				1	

Rec	Rec	AG %	EA No.
-	x	27.3	2792211
-	x	24.0	2675725
-	x	21.1	2669613
-	x	19.8	2984526
-	x	16.8	2690410
-	x	13.8	2999763

Rec	AG %	EA No.
LR	69.2	2717141
-	42.5	2781826
-	32.6	3592196
-	27.4	3129026
-	26.2	2768478
-	28.2	3243500
-	-	2746388

Rec	Rec	Rec	AG %	EA No.
-	x	x	65.2	3485878
-	x	x	56.8	3401086
-	x	x	50.8	3658820
x	-	x	62.6	2724359
-	x	x	45.6	3194956
-	x	x	43.5	3112370
x	-	x	51.5	2781871
-	x	x	37.2	2792205

Rec	Rec	AG %	EA No.
-	x	73.9	2724317
-	x	74.8	2701915
-	x	70.6	2781883
-	x	63.0	2717154
-	x	58.8	2690455
-	x	49.0	2792211
-	x	49.3	2669613

Rec	AG %	EA No.
-	76.6	2900898
-	63.6	2781826
-	48.1	2681224
-	60.3	3076646
-	45.1	2717141
-	42.3	3596410
-	60.9	2746388

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TJ5	TJ	Triple Jump W50-59	RDA	Team	(N.n.n)	Pts	Wind
	C	1	Monica Brown	52	Fairlands Valley Spartans	8.90	8
	F	2	Janice Hardcastle	58	Marshall Milton Keynes AC	7.98	7
	B	3	Clare St John-Coleman	57	Chelmsford AC/Springfield	7.44	6
	D	4	Sandra Pedley	52	Huntingdonshire AC	6.86	5
	H	5	Susan Brown	53	Southend AC	6.80	4
	E	6	Michaela Davis	51	Loughton AC	6.13	3
	G	7	Elizabeth Blakie	59	Ryston Runners AC	5.94	2
	A	8	Pamela Abbott	54	Cambridge & Coleridge AC	5.80	1

HJ3	HJ	High Jump W35-49	RDA	Team	(N.n.n)	Pts	
	F	1	Corinne Nurse	39	Marshall Milton Keynes AC	1.30	8
	B	2	Heidi Johnson	42	Chelmsford AC/Springfield	1.24	7
	C	3	Andrea Westcott	46	Fairlands Valley Spartans	1.15	6
	G	4	Elizabeth Blakie	59	Ryston Runners AC	1.00	5
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		6				3	
		7				2	
		8				1	

HJ5	HJ	High Jump W50-59	RDA	Team	(N.n.n)	Pts	
	C	1	Monica Brown	52	Fairlands Valley Spartans	1.27	8
	G	2	Gaye Clarke	57	Ryston Runners AC	1.27	7
	D	3	Penny Butcher	58	Huntingdonshire AC	1.24	6
	F	4	Janice Hardcastle	58	Marshall Milton Keynes AC	1.12	5
	E	5	Michaela Davis	51	Loughton AC	1.09	4
		6				3	
		7				2	
		8				1	

HJ6	HJ	High Jump W60+	RDA	Team	(N.n.n)	Pts	
	E	1	Emily McMahon	67	Loughton AC	1.09	8
	G	2	Marlene Simmonds	71	Ryston Runners AC	1.00	7
	B	3=	Shirley Quinn	63	Chelmsford AC/Springfield	1.00	5.5
	C	3=	Catherine Craig	64	Fairlands Valley Spartans	1.00	5.5
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		6				3	
		7				2	
		8				1	

PV3	PV	Pole Vault W35-49	RDA	Team	(N.n.n)	Pts	
	C	1	Stephanie Mayfield	43	Fairlands Valley Spartans	2.00	8
	H	2	Natasha Lagden	43	Southend AC	1.50	7
	E	3	Michaela Davis	51	Loughton AC	1.30	6
	F	4	Corinne Nurse	39	Marshall Milton Keynes AC	1.10	5
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		7				2	
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PV5	PV	Pole Vault W50-59	RDA	Team	(N.n.n)	Pts	
	D	1	Sandra Pedley	52	Huntingdonshire AC	1.80	8
	B	2	Clare St John-Coleman	57	Chelmsford AC/Springfield	1.60	7
	E	3	Barbara Higgins	62	Loughton AC	1.30	6
	C	4=	Monica Brown	52	Fairlands Valley Spartans	1.10	4.5
	G	4=	Gaye Clarke	57	Ryston Runners AC	1.10	4.5
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		7				2	
		8				1	

Rec	Rec	AG %	EA No.
-	x	76.3	2724317
-	x	74.8	2690455
-	x	68.7	2717154
-	x	58.8	2984526
-	x	59.2	2669613
-	x	51.9	2792211
-	x	56.6	2781871
-	x	51.2	3191121

Rec	Rec	Rec	AG %	EA No.
-	x	x	67.7	3223762
-	x	x	67.0	3658820
-	x	x	65.0	2994183
x	-	x	67.6	2781871

Rec	Rec	AG %	EA No.
-	x	77.4	2724317
-	x	83.0	2781883
-	x	82.7	2701915
-	x	74.7	2690455
-	x	65.7	2792211

Rec	AG %	EA No.
-	83.2	2900898
-	82.0	2781826
-	71.4	2717141
-	73.0	3574941

Rec	Rec	Rec	AG %	EA No.
-	x	x	48.4	3261663
-	x	x	36.3	2829638
x	-	x	36.4	2792211
-	x	x	24.9	3223762

Rec	Rec	AG %	EA No.
-	x	51.4	2984526
-	x	50.6	2717154
x	-	46.3	2900812
-	x	31.4	2724317
-	x	34.8	2781883

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R4224-35	MedR	Relay 4224 W35-49	RDA	Team	(NN:NN.n)	Pts
Relay 4224 W35-49	F	1		Marshall Milton Keynes AC	03:35.9	8
Relay 4224 W35-49	H	2		Southend AC	03:39.7	7
Relay 4224 W35-49	C	3		Fairlands Valley Spartans	03:50.3	6
Relay 4224 W35-49	A	4		Cambridge & Coleridge AC	04:20.4	5
Relay 4224 W35-49	B	5		Chelmsford AC/Springfield	04:35.9	4
Relay 4224 W35-49	E	6		Loughton AC	04:43.7	3
Relay 4224 W35-49	G	7		Ryston Runners AC	05:59.7	2
Relay 4224 W35-49		8				1
R4224-50	MedR	Relay 4224 W50+	RDA	Team	(NN:NN.n)	Pts
Relay 4224 W50+	C	1		Fairlands Valley Spartans	03:51.5	8
Relay 4224 W50+	B	2		Chelmsford AC/Springfield	04:03.0	7
Relay 4224 W50+	F	3		Marshall Milton Keynes AC	04:15.9	6
Relay 4224 W50+	E	4		Loughton AC	04:22.4	5
Relay 4224 W50+	G	5		Ryston Runners AC	04:29.2	4
Relay 4224 W50+	H	6		Southend AC	04:34.2	3
Relay 4224 W50+		7				2
Relay 4224 W50+		8				1

AG = Age Group (eg M45, W60)

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