

EVAC Track & Field Championships - Sat, 26th July 2014 - Sandy

100 metres						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M35	1	771	Atholl Lawson	Corby AC	Corby	12.3
M35	2	767	Nigel Hayman	Ipswich Harriers	Ips	12.3
M35	3	737	James Collings	West Norfolk AC	W Norf	12.8
M35	4	792	Nick Breeze	Wellingborough & District AC	W'boro	12.9
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M40	1	802	Jesse Wilson	Corby AC	Corby	12.8
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M45	1	789	Steve Mayfield	Fairlands Valley Spartans RC	FVS	13.4
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M50	1	814	Desmond Wilkinson	Luton AC	Lut	13.3
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M55	1	795	Tennyson James	Bedford & County AC	Bed C	12.6
M55	2	717	Wilson Paterson	Corby AC	Corby	13.1
M55	3	766	Mark Freeman	Fairlands Valley Spartans RC	FVS	17.2
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M60	1	796	Ray Watkins	Southern Counties Veterans A	SC Vets	12.8
M60	2	751	Christopher Monk	Midland Masters AC	Mid M	13.1
M60	3	793	Mark Wyndham-Jones	Open	OPEN	14.3
M60	4	801	Patrick Reynolds	Veterans AC	Vets	17.9
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M65	1	748	Tony Wells	Corby AC	Corby	14.1
M65	2	783	Colin Harries	Biggleswade AC	Bigg	17.0
M65	3	741	Jeffrey Reed	Ryston Runners AC	Ryst	17.8
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F35	1	772	Tanya Daniels	City of Norwich AC	Norw	14.5
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F40	1	722	Melanie Brown	City of Norwich AC	Norw	14.0
F40	2	715	Wendy Day	Lincoln Wellington AC	Linc W	14.7
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F50	1	774	Alison Slatcher	Bedford & County AC	Bed C	13.9
F50	2	800	Clare St John-Coleman	Chelmsford AC	Chelm	15.4
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F55	1	806	Carole Filer	City of Norwich AC	Norw	14.2
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F60	1	743	Emily McMahon	Enfield & Haringey AC	E&H	15.9

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200 metres						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M35	1	771	Atholl Lawson	Corby AC	Corby	24.8
M35	2	767	Nigel Hayman	Ipswich Harriers	Ips	25.2
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M40	1	802	Jesse Wilson	Corby AC	Corby	27.5
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M50	1	746	Ricardo Huskisson	Nene Valley Harriers	Nene V	25
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M55	1	795	Tennyson James	Bedford & County AC	Bed C	25.9
M55	2	717	Wilson Paterson	Corby AC	Corby	27.6
M55	3	766	Mark Freeman	Fairlands Valley Spartans RC	FVS	35.8
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M60	1	796	Ray Watkins	Southern Counties Veterans A	SC Vets	25.7
M60	2	801	Patrick Reynolds	Veterans AC	Vets	37.5
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M65	1	748	Tony Wells	Corby AC	Corby	29.7
M65	2	783	Colin Harries	Biggleswade AC	Bigg	39
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F35	1	772	Tanya Daniels	City of Norwich AC	Norw	31.5
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F40	1	722	Melanie Brown	City of Norwich AC	Norw	28.5
F40	2	715	Wendy Day	Lincoln Wellington AC	Linc W	30.4
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F50	1	774	Alison Slatcher	Bedford & County AC	Bed C	28.2
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F55	1	752	Edith Caux	Luton AC	Lut	29.6
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F75	1	742	Anne Martin	Wyndham AC	Wym	45.5

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400 metres						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M35	1	771	Atholl Lawson	Corby AC	Corby	58.2
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M45	1	761	Peter Benedickter	Bedford & County AC	Bed C	54.8
M45	2	747	Lance Croft	Bedford & County AC	Bed C	58.9
M45	3	789	Steve Mayfield	Fairlands Valley Spartans RC	FVS	60.3
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M50	1	785	Malcolm Down	Marshall Milton Keynes AC	Mil K	61.1
M50	2	776	John Harris	Fairlands Valley Spartans RC	FVS	65.5
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M55	1	717	Wilson Paterson	Corby AC	Corby	63.1
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M60	1	796	Ray Watkins	Southern Counties Veterans A	SC Vets	60.6
M60	2	721	Peter Duhig	Ryston Runners AC	Ryst	76.7
M60	3	801	Patrick Reynolds	Veterans AC	Vets	93.1
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M65	1	783	Colin Harries	Biggleswade AC	Bigg	93.5
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M70	1	710	Roger Duffield	Tiptree Road Runners	T'tree	108.5
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F40	1	718	Nicola Neill	West Norfolk AC	W Norf	68.2
F40	2	736	Katrina Wasteneay	West Norfolk AC	W Norf	68.9
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F75	1	702	Mary Holmes	Cambridge & Coleridge AC	C&C	101.4

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800 metres						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M35	1	811	Peter Straiton	Open	OPEN	02:01.4
M35	2	797	Glen Richardson	City of Norwich AC	Norw	02:07.4
M35	3	704	Matthew Pyatt	Huntingdonshire AC	Hunts	02:08.4
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M40	1	781	Christopher Westcott	Fairlands Valley Spartans RC	FVS	02:12.0
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M45	1	784	Andrew Coleman	Basildon AC	Bas	02:09.1
M45	2	747	Lance Croft	Bedford & County AC	Bed C	02:20.1
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M50	1	785	Malcolm Down	Marshall Milton Keynes AC	Mil K	02:20.4
M50	2	776	John Harris	Fairlands Valley Spartans RC	FVS	02:23.4
M50	3	753	Kevin Russell	Eastern Veterans AC	E Vets	02:27.5
M50	4	787	Mark Gowers	Billericay Striders RC	B'cay	02:33.9
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M55	1	778	Peter Thompson	Walden Tri	Walden Tri	02:23.4
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M60	1	775	Alasdair Gibson	Marshall Milton Keynes AC	Mil K	02:32.0
M60	2	721	Peter Duhig	Ryston Runners AC	Ryst	03:03.7
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M70	1	710	Roger Duffield	Tiptree Road Runners	T'tree	03:42.8
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
<i>F40</i>	1	718	Nicola Neill	West Norfolk AC	W Norf	02:32.9
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
<i>F45</i>	1	804	Lindsay Lister	Biggleswade AC	Bigg	02:40.0
<i>F45</i>	2	728	Jo Isbill	Ryston Runners AC	Ryst	02:50.5
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
<i>F60</i>	1	810	Margaret Phillips	Cambridge & Coleridge AC	C&C	03:05.2
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
<i>F75</i>	1	702	Mary Holmes	Cambridge & Coleridge AC	C&C	03:41.0

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1500 metres						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M35	1	704	Matthew Pyatt	Huntingdonshire AC	Hunts	04:19.9
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M45	1	732	Andy Neatham	Fairlands Valley Spartans RC	FVS	04:35.1
M45	2	703	Dean Houlton	Thorney RC	Thorn	05:08.0
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M50	1	753	Kevin Russell	Eastern Veterans AC	E Vets	05:11.7
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F40	1	809	Rosie Canham	Luton AC	Lut	05:35.7
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F45	1	728	Jo Isbill	Ryston Runners AC	Ryst	05:50.2
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F60	1	813	Alison Bourgeois	Eastern Veterans AC	E Vets	06:00.5
F60	2	810	Margaret Phillips	Cambridge & Coleridge AC	C&C	06:11.2
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F70	1	740	Iris Hornsey	Fairlands Valley Spartans RC	FVS	07:46.3

3000 metres						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M35	1	714	Andy Cohen-Wray	Bedford & County AC	Bed C	10:56.2
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M45	1	705	Paul Dobson	Springfield Striders RC	Spring S	09:45.1
M45	2	703	Dean Houlton	Thorney RC	Thorn	10:45.5
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M50	1	753	Kevin Russell	Eastern Veterans AC	E Vets	10:44.1
M50	2	787	Mark Gowers	Billericay Striders RC	B'cay	10:54.1
M50	3	799	Paul Jeggo	Springfield Striders RC	Spring S	11:17.2
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M55	1	724	Brian Rogers	Ipswich JAFFA RC	Ips J	11:12.0
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M70	1	710	Roger Duffield	Tiptree Road Runners	T'tree	16:27.3

2k Walk						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F50	1	808	Pamela Abbott	Cambridge & Coleridge AC	C&C	0.0
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F55	1	773	Sharon Crowley	Fairlands Valley Spartans RC	FVS	0.0

80 metres Hurdles						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F50	1	765	Gaye Clarke	Ryston Runners AC	Ryst	13.9
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F55	1	759	Penny Butcher	Huntingdonshire AC	Hunts	18.3

100 metres Hurdles						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M50	1	716	Glen Reddington	Windsor, Slough, Eton & Houn	WSEH	15.2
M50	2	777	Richard Phelan	Huntingdonshire AC	Hunts	20.7
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M55	1	795	Tennyson James	Bedford & County AC	Bed C	16.0
M55	2	798	John Mayor	Stevenage & North Herts AC	SNH	16.2
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F35	1	772	Tanya Daniels	City of Norwich AC	Norw	22.1

110 metres Hurdles						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M35	1	767	Nigel Hayman	Ipswich Harriers	Ips	15.9

300 metres Hurdles						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M65	1	748	Tony Wells	Corby AC	Corby	49.9
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F50	1	750	Susan Frisby	Midland Masters AC	Mid M	51.8
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F55	1	759	Penny Butcher	Huntingdonshire AC	Hunts	62.8
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F60	1	743	Emily McMahon	Enfield & Haringey AC	E&H	59.8

400 metres Hurdles						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M35	1	714	Andy Cohen-Wray	Bedford & County AC	Bed C	70.6
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F40	1	736	Katrina Wastenev	West Norfolk AC	W Norf	77.2

High Jump						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M50	1	777	Richard Phelan	Huntingdonshire AC	Hunts	1.50
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M55	1	798	John Mayor	Stevenage & North Herts AC	SNH	1.50
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M60	1	793	Mark Wyndham-Jones	Open	OPEN	1.10
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F35	1	772	Tanya Daniels	City of Norwich AC	Norw	1.28
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F45	1	728	Jo Isbill	Ryston Runners AC	Ryst	1.20
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F50	1	765	Gaye Clarke	Ryston Runners AC	Ryst	1.37
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F55	1	806	Carole Filer	City of Norwich AC	Norw	1.31
F55	2	759	Penny Butcher	Huntingdonshire AC	Hunts	1.20
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F70	1	723	Patricia Hill	Newark AC	Newk	1.05

Long Jump						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M45	1	770	Paul Harrison	Ryston Runners AC	Ryst	5.30
M45	2	789	Steve Mayfield	Fairlands Valley Spartans RC	FVS	4.31
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M50	1	777	Richard Phelan	Huntingdonshire AC	Hunts	4.78
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M55	1	798	John Mayor	Stevenage & North Herts AC	SNH	4.83
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M60	1	812	David Folgate	Bedford & County AC	Bed C	4.24
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F35	1	772	Tanya Daniels	City of Norwich AC	Norw	3.89
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F45	1	728	Jo Isbill	Ryston Runners AC	Ryst	3.67
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F50	1	803	Denise Timmis	Lincoln Wellington AC	Linc W	4.29
F50	2	765	Gaye Clarke	Ryston Runners AC	Ryst	4.21
F50	3	800	Clare St John-Coleman	Chelmsford AC	Chelm	3.91
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F55	1	806	Carole Filer	City of Norwich AC	Norw	4.54
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F75	1	742	Anne Martin	Wyndham AC	Wym	2.72
Pole Vault						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M45	1	756	Derek Warn	Southern Counties Veterans A	SC Vets	2.70
M45	2	789	Steve Mayfield	Fairlands Valley Spartans RC	FVS	2.10
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M50	1	777	Richard Phelan	Huntingdonshire AC	Hunts	2.70
M50	2	791	Karl Eve	Peterborough AC	P'boro	2.50
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F35	1	764	Jemma Eastwood	Bedford & County AC	Bed C	3.25
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F40	1	790	Stephanie Mayfield	Fairlands Valley Spartans RC	FVS	1.80
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F45	1	728	Jo Isbill	Ryston Runners AC	Ryst	2.10

Triple Jump						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M35	1	767	Nigel Hayman	Ipswich Harriers	Ips	11.64
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M45	1	770	Paul Harrison	Ryston Runners AC	Ryst	10.89
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M50	1	777	Richard Phelan	Huntingdonshire AC	Hunts	9.91
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M60	1	812	David Folgate	Bedford & County AC	Bed C	10.24
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F45	1	728	Jo Isbill	Ryston Runners AC	Ryst	7.68
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F50	1	800	Clare St John-Coleman	Chelmsford AC	Chelm	7.86
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F75	1	742	Anne Martin	Wymondham AC	Wym	5.88

Discus Throw						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M45	1	738	Dave Bauer	Harlow AC	Harl	38.99
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M55	1	709	Jim Burke	Bedford & County AC	Bed C	26.99
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M60	1	758	Bill Renshaw	Midland Masters AC	Mid M	40.48
M60	2	726	Tony Richards	Croydon Harriers	Croy	37.25
M60	3	706	Bunt Scott	Marshall Milton Keynes AC	Mil K	33.37
M60	4	793	Mark Wyndham-Jones	Open	OPEN	32.93
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M65	1	768	Robert Richards	Bedford & County AC	Bed C	31.92
M65	2	741	Jeffrey Reed	Ryston Runners AC	Ryst	17.95
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M75	1	754	Jack Kee	Marshall Milton Keynes AC	Mil K	29.59
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F40	1	762	Emma Beales	Open	OPEN	40.80
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F50	1	731	Wendy Dunsford	Epsom & Ewell Harriers	E&E	22.34
F50	2	805	Oriana Johnson	Bedford & County AC	Bed C	20.38
F50	3	733	Catherine Bauer	Harlow AC	Harl	15.00
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F55	1	794	Brenda Russell	Vale of Aylesbury AC	VoA	19.85

Hammer Throw						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M45	1	738	Dave Bauer	Harlow AC	Harl	37.98
M45	2	703	Dean Houlton	Thorney RC	Thorn	17.50
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M55	1	739	Ian Cooley	Northern Veterans AC	N Vets	36.18
M55	2	709	Jim Burke	Bedford & County AC	Bed C	32.33
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M60	1	706	Bunt Scott	Marshall Milton Keynes AC	Mil K	36.47
M60	2	758	Bill Renshaw	Midland Masters AC	Mid M	32.81
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M75	1	754	Jack Kee	Marshall Milton Keynes AC	Mil K	40.23
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F40	1	782	Andrea Westcott	Fairlands Valley Spartans RC	FVS	13.26
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F45	1	745	Lorna Barlow	Corby AC	Corby	24.22
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F50	1	765	Gaye Clarke	Ryston Runners AC	Ryst	30.45
F50	2	731	Wendy Dunsford	Epsom & Ewell Harriers	E&E	29.81
F50	3	733	Catherine Bauer	Harlow AC	Harl	16.75
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F55	1	794	Brenda Russell	Vale of Aylesbury AC	VoA	30.10
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F70	1	723	Patricia Hill	Newark AC	Newk	26.11

Javelin Throw						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M35	1	792	Nick Breeze	Wellingborough & District AC	W'boro	26.54
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M45	1	703	Dean Houlton	Thorney RC	Thorn	27.14
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M55	1	709	Jim Burke	Bedford & County AC	Bed C	22.62
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M60	1	807	Mike Bennett	Southern Counties Veterans A	SC Vets	37.78
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M65	1	768	Robert Richards	Bedford & County AC	Bed C	35.36
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F40	1	762	Emma Beales	Open	OPEN	27.98
F40	2	718	Nicola Neill	West Norfolk AC	W Norf	18.71
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F50	1	765	Gaye Clarke	Ryston Runners AC	Ryst	16.59
F50	2	733	Catherine Bauer	Harlow AC	Harl	9.72
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F55	1	769	Sandra Ingham	Biggleswade AC	Bigg	21.53
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F75	1	702	Mary Holmes	Cambridge & Coleridge AC	C&C	16.08

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Shot Putt						
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M40	1	711	Gintas Degutis	Newham & Essex Beagles AC	NEB	15.23
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M45	1	738	Dave Bauer	Harlow AC	Harl	10.69
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M55	1	709	Jim Burke	Bedford & County AC	Bed C	8.10
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M60	1	726	Tony Richards	Croydon Harriers	Croy	11.23
M60	2	793	Mark Wyndham-Jones	Open	OPEN	10.52
M60	3	758	Bill Renshaw	Midland Masters AC	Mid M	10.36
M60	4	706	Bunt Scott	Marshall Milton Keynes AC	Mil K	9.15
M60	5	801	Patrick Reynolds	Veterans AC	Vets	7.49
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M65	1	768	Robert Richards	Bedford & County AC	Bed C	7.68
M65	2	741	Jeffrey Reed	Ryston Runners AC	Ryst	6.00
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
M75	1	754	Jack Kee	Marshall Milton Keynes AC	Mil K	8.59
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F35	1	772	Tanya Daniels	City of Norwich AC	Norw	7.05
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F50	1	805	Oriana Johnson	Bedford & County AC	Bed C	7.53
F50	2	765	Gaye Clarke	Ryston Runners AC	Ryst	7.38
F50	3	779	Claire Thompson	Walden Tri	Walden Tri	6.92
F50	4	808	Pamela Abbott	Cambridge & Coleridge AC	C&C	5.79
F50	5	733	Catherine Bauer	Harlow AC	Harl	5.54
Age Group	Pos	AthNo.	Athlete	Club	AW Club	Result
F55	1	769	Sandra Ingham	Biggleswade AC	Bigg	7.43
F55	2	794	Brenda Russell	Vale of Aylesbury AC	VoA	6.49