

Event	Position	No.	Name	Club	Age group	Performance
<b>Long Jump (W)</b>						
W40	1	334	Lesley Richardson	Enfield Harriers	W40	3m 54
W45	1	217	Monica Brown	Fairlands Valley Spartans	W45	4m 44
W50	1	368	Caroline Wright	Bedford & County AC	W50	3m 91
	2	269	Claire StJohn-Coleman	Chelmsford AC	W50	3m 87
W55	1	341	Carole Filer	City of Norwich	V55	4m 82
<b>Pole Vault (M)</b>						
M40	1	370	Robert Kingman	Newham & Essex Beagles	M40	4m
M45	1	268	Simon Eastwood	Bedford & County AC	M45	3m
	2	222	Steve Mayfield	Fairlands Valley Spartans	M45	2m
M50	1	322	Richard Phelan	Hunts AC	M50	2m 40
<b>300mH</b>						
M60	1	255	Tony Wells	Corby AC	M60	49.2
	2	247	Gerald Daniel	Chelmsford AC	M60	52.6
W60	DNF	405	Emily McMahon	Enfield Harriers	W60	DNF
<b>400mH</b>						
M40	1	286	Peter Benedicketer	Bedford & County AC	M40	60.6
M50	1	228	Paul Berrett	Havering Mayesbrook	M50	70.7
M55	1	312	John Mayor	Stevenage & North Herts	M55	67.6

Discus						
M35	1	161	Stuart Thurgood	Herne Hill Harriers	M35	35.30
	2	290	James Danobrega	Bedford & County AC	M35	27.49
M45	1	369	Dave Bauer	Harlow AC	M45	37.12
M55	1	348	John Turner	Marshall Milton Keynes AC	V55	31.14
	2	312	John Mayor	Stevenage & North Herts	M55	28.16
	3	165	Jim Burke	Bedford & County AC	M55	25.10
	4	248	Mike Burling	Marshall Milton Keynes AC	M55	24.86
M60	1	157	Anthony Richards	Croydon Harriers	M60	38.63
	2	390	Bunt Scott	Marshall Milton Keynes AC	M60	35.03
	3	77	Tim Needham	Nene Valley Harriers	V60	34.82
	4	375	Dave Faulkner	Loughton AC	M60	31.94
	5	170	John Blackwell	Nene Valley Harriers	V60	29.90
	6	258	Tim Saunders-Mullins	St Albans AC	M60	26.68
M65	1	152	Robert Richards	Bedford & County AC	M65	33.22
	2	356	Robert Burton	EVAC	M65	27.94
M75	1	169	Brian Sumner	Nene Valley Harriers	V75	24.48
	2	391	John Tyrrell	Fairlands Valley Spartans	M75	20.30
M80	1	388	Jaroslav Hanus	EVAC	M80	14.83
W35	1	398	Andrea Jenkins	Nene Valley Harriers	W35	38.53
W40	1	239	Sue Lawrence	Thurrock Harriers	W40	33.03
W45	1	380	Janet Smith	WSEH AC	W45	30.74
W50	1	75	Julie Wilson	Reading AC	W50	31.94
W50	2	358	Wendy Dunsford	Epsom & Ewell	W50	23.90
W55	1	271	Sandra Ingham	Biggleswade AC	W55	12.42
W75	1	392	Anne Martin	Wymondham AC	W75	17.44

**800m**

M35	1	384	David Allworthy	Colchester Harriers AC	M35	2m 02.3
	2	361	Peter Stratton	Corby AC	V35	2m 02.9
	3	355	Matt Pyatt	Fenlands Running Club	M35	2m 07.5
	4	309	Andy Cohen-Wray	Beford & County AC	M35	2m 12.0
M40	1	372	Gareth Edwards	Luton AC	V40	2m 08.2
M45	1	345	Andrew Coleman	Basildon AC	V45	2m 08.7
	2	371	Stephen Herring	Marshall Milton Keynes AC	M45	2m 12.6
M50	1	335	Jonathan Metcalf	Thurrock Harriers	M50	2m 19.3
	2	212	Malcolm Down	Marshall Milton Keynes AC	M50	2m 19.8
	3	330	John Harris	Fairlands Valley Spartans	V50	2m 21.2
	4	377	Kevin Pye	Charnwood AC	V50	2m 22.6
	5	374	Mark Gowers	Billeracay Striders	M50	2m 38.6
M55	1	346	Eamon Dorling	Thorney Running Club	V55	2m 44.1
	2	248	Mike Burling	Marshall Milton Keynes AC	M55	2m 44.7
	3	363	Robert Lands	Bedford & County AC	M55	3m 00.7
M75	1	350	David Carney	Bromsgrove & Redditch AC	V75	3m 25.9
W35	1	389	Petra Wilson	Fairlands Valley Spartans	V35	3m 03.0
W45	1	314	Julia Austin	Vales Of Aylesbury AC	W45	2m 38.4
W55	1	393	Margaret Phillips	Cambridge & Coleridge	W55	3m 08.1
	2	347	Heather Fallaize	Vales Of Aylesbury AC	V55	3m 08.9

<b>100m</b>						
M35	1	365	Atholl Lawson	Corby AC	V35	12.2
M40	1	366	Jesse Wilson	Corby AC	V40	12.8
	2	395	Comie Campbell	Biggleswade AC	M40	13.3
	3	382	Vladas Valatka	EVAC	M40	13.5
M50	1	376	Glen Reddington	WSEH AC	M50	12.6
	2	302	David Newman	Garden City Runners	M50	16.0
M55	1	275	John Browne	Marshall Milton Keynes AC	M55	12.2
	2	397	Tennyson James	Bedford & County AC	M55	12.5
	3	312	John Mayor	Stevenage & North Herts	M55	12.9
	4	349	Wilson Paterson	Corby AC	V55	13.0
	5	348	John Turner	Marshall Milton Keynes AC	V55	13.5
	6	246	Jim Lawrence	Marshall Milton Keynes AC	M55	14.5
M60	1	255	Tony Wells	Corby AC	M60	14.1
M65	1	305	Colin Harries	Biggleswade AC	M65	16.9
W35	1	353	Alana Slater	Marshall Milton Keynes AC	V35	13.4
W40	1	352	Wendy Day	LWAC	V40	14.6
	2	334	Lesley Richardson	Enfield Harriers	W40	16.2
W45	1	217	Monica Brown	Fairlands Valley Spartans	W45	13.7
W50	1	381	Elizabeth Welbourne	Ipswich AC	W50	14.2
	2	310	Yvonne Holmes	Ipswich AC	W50	14.5
	3	394	Amanda Rochester	Barnet & District AC	W50	14.9
	4	368	Caroline Wright	Bedford & County AC	W50	15.5
	5	385	Tessa Stephenson	Fairlands Valley Spartans	W50	15.8
W55	1	341	Carole Filer	City of Norwich	V55	13.8
W60	1	405	Emily McMahon	Enfield Harriers	W60	15.7

**High Jump (M)**

M35	1	290	James Danobrega	Bedford & County AC	M35	1m 62
M50	1	322	Richard Phelan	Hunts AC	M50	1m 50
M55	1	312	John Mayor	Stevenage & North Herts	M55	1m 56
M60	NJ	247	Gerald Daniel	Chelmsford AC	M60	NJ

**Hammer (W)**

W35	1	398	Andrea Jenkins	Nene Valley Harriers	W35	50.02
W40	1	239	Sue Lawrence	Thurrock Harriers	W40	34.66
W45	1	380	Janet Smith	WSEH AC	W45	44.57
W50	1	75	Julie Wilson	Reading AC	W50	39.16
	2	358	Wendy Dunsford	Epsom & Ewell AC	W50	29.08
W55	1	271	Sandra Ingham	Biggleswade AC	W55	14.69
W75	1	392	Anne Martin	Wyndham AC	W75	25.03

**3000m**

M35	1	342	Stuart Nelson	Wellingborough & District AC	V35	9m 42.2
	2	309	Andy Cohen-Wray	Bedford & County AC	M35	10m 55.1
M40	1	278	Simon Coombes	Bedford & County AC	M40	9m 05.0
	2	292	Paul Davies	Biggleswade AC	M40	10m 06.7
	3	237	Scott Magee	Corby AC	M40	10m 16.3
	4	351	Ian Day	Hunts AC	V40	10m 22.9
M55	1	346	Eamon Dorling	Thorney Running Club	V55	12m 10.3
M60	1	359	David Butler	Billeracay Striders	M60	9m 50.5
W50	1	313	Helen Grant	Cambridge & Coleridge	W50	11m 46.6
	2	357	Christine Anthony		V50	11m 50.1
W55	1	393	Margaret Phillips	Cambridge & Coleridge	W55	13m 10.9

<b>2000m Walk</b>						
M50	1	404	Robin Wynde	Biggleswade AC	M50	12m 53.9
M55	1	346	Eamon Dorling	Thorney Running Club	V55	12m 24.4
W50	1	387	Sharon Crowley	Fairlands Valley Spartans	V50	15m 20.7
<b>110/100mH</b>						
M35	1	290	James Danobrega	Bedford & County AC	M35	18.1
M50	1	376	Glen Reddington	WSEH AC	M50	14.9
	2	322	Richard Phelan	Hunts AC	M50	19.9
M55	1	397	Tennyson James	Bedford & County AC	M55	15.1
	2	312	John Mayor	Stevenage & North Herts	M55	15.5
M60	1	247	Gerald Daniel	Chelmsford AC	M60	19.7
<b>Javelin (M)</b>						
M45	1	222	Steve Mayfield	Fairlands Valley Spartans	M45	28.42
M50	1	228	Paul Berrett	Havering Mayesbrook	M50	28.71
M55	1	312	John Mayor	Stevenage & North Herts	M55	28.92
	2	165	Jim Burke	Bedford & County AC	M55	22.22
M60	1	170	John Blackwell	Nene Valley Harriers	V60	29.08
	2	390	Bunt Scott	Marshall Milton Keynes AC	M60	24.46
M65	1	152	Robert Richards	Bedford & County AC	M65	31.55
	2	356	Robert Burton	EVAC	M65	23.11
M75	1	169	Brian Sumner	Nene Valley Harriers	V75	21.25

<b>Triple Jump</b>						
M40	1	395	Comie Campbell	Biggleswade AC	M40	9m 28
M50	1	322	Richard Phelan	Hunts AC	M50	9m88
	2	321	Gerald Watson	Werrington	M50	9m55
W40	1	334	Lesley Richardson	Enfield Harriers	W40	7m15
<b>Javelin (W)</b>						
W35	1	398	Andrea Jenkins	Nene Valley Harriers	W35	25.97
W40	1	239	Sue Lawrence	Thurrock Harriers	W40	27.64
W55	1	271	Sandra Ingham	Biggleswade AC	W55	21.69
<b>High Jump (W)</b>						
W45	1	217	Monica Brown	Fairlands Valley Spartans	W45	1m 30
W55	1	341	Carole Filer	City of Norwich	V55	1m 40
<b>200m</b>						
M35	1	365	Atholl Lawson	Corby AC	V35	24.6
	2	361	Peter Stratton	Corby AC	V35	25.0
M40	1	366	Jesse Wilson	Corby AC	V40	26.3
	2	395	Comie Campbell	Biggleswade AC	M40	28.6
M50	1	376	Glen Reddington	WSEH AC	M50	26.1
	2	321	Gerald Watson	Werrington	M50	27.7
M55	1	275	John Browne	Marshall Milton Keynes AC	M55	26.6
	2	349	Wilson Paterson	Corby AC	V55	27.2
	3	348	John Turner	Marshall Milton Keynes AC	V55	28.4
	4	246	Jim Lawrence	Marshall Milton Keynes AC	M55	31.7
M65	1	305	Colin Harries	Biggleswade AC	M65	36.7

W35	1	353	Alana Slater	Marshall Milton Keynes AC	V35	28.2
W40	1	352	Wendy Day	LWAC	V40	30.8
W50	1	381	Elizabeth Welbourne	Ipswich AC	W50	30.3
	2	394	Amanda Rochester	Barnet & District AC	W50	30.6
W55	1	251	Edith Caux	Luton AC	W55	29.9
	2	244	Carol Alker	Luton AC	W55	32.0
<b>Shot (M)</b>						
M35	1	161	Stuart Thurgood	Herne Hill Harriers	M35	13.07
M40	1	76	Gindas Deglitis	Newham & Essex Beagles	M40	16.18
M45	1	369	Dave Bauer	Harlow AC	M45	10.61
M55	1	312	John Mayor	Stevenage & North Herts	M55	9.67
	2	348	John Turner	Marshall Milton Keynes AC	V55	8.96
	3	165	Jim Burke	Beford & County AC	M55	8.13
	4	248	Mike Burling	Marshall Milton Keynes AC	M55	7.54
M60	1	157	Anthony Richards	Croydon Harriers	M60	11.34
	2	170	John Blackwell	Nene Valley Harriers	V60	10.08
	3	390	Bunt Scott	Marshall Milton Keynes AC	M60	9.68
	4	258	Tim Saunders-Mullins	St Albans AC	M60	9.12
	5	375	Dave Faulkner	Loughton AC	M60	7.9
M65	1	152	Robert Richards	Bedford & County AC	M65	9.19
	2	356	Robert Burton	EVAC	M65	8.96
M70	1	155	Peter Hallett	EVAC	M70	8.96
M75	1	169	Brian Sumner	Nene Valley Harriers	V75	8.19
	2	391	John Tyrrell	Fairlands Valley Spartans	M75	7.86
M80	1	388	Jaroslav Hanus	EVAC	M80	6.18



**1500m**

M35	1	355	Matt Pyatt	Fenlands Running Club	M35	4m 26.6
	2	309	Andy Cohen-Wray	Bedford & County AC	M35	5m 04.4
	3	227	Mark Cheadle	Fairlands Valley Spartans	M35	5m 45.2
M40	1	372	Gareth Edwards	Luton AC	V40	4m 32.1
M45	1	371	Stephen Herring	Marshall Milton Keynes AC	M45	4m 36.6
M50	1	228	Paul Berrett	Havering Mayesbrook	M50	4m 40.4
	2	330	John Harris	Fairlands Valley Spartans	V50	4m 57.6
	3	374	Mark Gowers	Billeracay Striders	M50	5m 18.8
M55	1	346	Eamon Dorling	Thorney Running Club	V55	5m 30.8
W35	1	389	Petra Wilson	Fairlands Valley Spartans	V35	6m 34.8
W45	1	314	Julia Austin	Vales Of Aylesbury AC	W45	5m 19.5
W50	1	340	Maureen McCarthy	West Suffolk	V50	5m 28.7
	2	357	Christine Anthony		V50	5m 43.1
	3	313	Helen Grant	Cambridge & Coleridge	W50	6m 03.7
W55	1	347	Heather Fallaize	Vales Of Aylesbury AC	V55	6m 27.8
<b>400m</b>						
M35	1	399	David Brown	Nene Valley Harriers	M35	50.6
M40	1	400	Lee Bowker	Ipswich AC	V40	55.8
	2	237	Scott Magee	Corby AC	M40	65.6
	DNF	286	Peter Benedicketer	Bedford & County AC	M40	DNF
M45	1	364	Lance Croft	Bedford & County AC	V45	58.1
	2	222	Steve Mayfield	Fairlands Valley Spartans	M45	60.5
M50	1	335	Jonathan Metcalf	Thurrock Harriers	M50	60.2
	2	377	Kevin Pye	Charnwood AC	V50	61.2
	3	321	Gerald Watson	Werrington	M50	62.9
	4	302	David Newman	Garden City Runners	M50	72.4

M55	1	397	Tennyson James	Bedford & County AC	M55	59.5
M65	1	305	Colin Harries	Biggleswade AC	M65	91.0
M75	1	350	David Carney	Bromsgrove & Redditch AC	V75	90.4
W35	1	353	Alana Slater	Marshall Milton Keynes AC	V35	66.2
	2	276	Emma Coombes	Bedford & County AC	W35	68.2
W40	1	352	Wendy Day	LWAC	V40	72.8
W50	1	387	Sharon Crowley	Fairlands Valley Spartans	V50	94.5
<b>Shot (W)</b>						
W35	1	398	Andrea Jenkins	Nene Valley Harriers	W35	10.17
W40	1	239	Sue Lawrence	Thurrock Harriers	W40	9.88
	2	334	Lesley Richardson	Enfield Harriers	W40	6.42
W45	1	380	Janet Smith	WSEH AC	W45	8.61
	2	217	Monica Brown	Fairlands Valley Spartans	W45	6.63
W50	1	75	Julie Wilson	Reading AC	W50	10.35
	2	358	Wendy Dunsford	Epsom & Ewell AC	W50	8.53
	3	385	Tessa Stephenson	Fairlands Valley Spartans	W50	8.48
W55	1	271	Sandra Ingham	Biggleswade AC	W55	7.76
W75	1	392	Anne Martin	Wyndham AC	W75	7.51
<b>Long Jump (M)</b>						
M40	1	395	Comie Campbell	Biggleswade AC	M40	4m
M50	1	322	Richard Phelan	Hunts AC	M50	4m56
M55	1	312	John Mayor	Stevenage & North Herts	M55	5m

**Hammer (M)**

M35	1	161	Stuart Thurgood	Herne Hill Harriers	M35	57.10
M45	1	369	Dave Bauer	Harlow AC	M45	34.54
M55	1	165	Jim Burke	Beford & County AC	M55	29.30
	2	248	Mike Burling	Marshall Milton Keynes AC	M55	29.26
	3	246	Jim Lawrence	Marshall Milton Keynes AC	M55	21.82
M60	1	390	Bunt Scott	Marshall Milton Keynes AC	M60	36.63
	2	170	John Blackwell	Nene Valley Harriers	V60	35.06
	3	258	Tim Saunders-Mullins	St Albans AC	M60	33.50
	4	77	Tim Needham	Nene Valley Harriers	V60	32.90
M65	1	356	Robert Burton	EVAC	M65	22.09
M75	1	169	Brian Sumner	Nene Valley Harriers	V75	30.29
M80	1	388	Jaroslav Hanus	EVAC	M80	17.43