

EVAC CHAMPIONSHIPS - 28th NOVEMBER 2014

HELD AT WICKSTEED PARK - WITH THANKS TO KETTERING HARRIERS

LADIES AND MEN OVER 60 RACE - 5000M

Race Pos	No	Runner	Club	Cat	Cat Pos	Time	Award
3	346	Christine Lathwell	Luton	F35	1	20.18	F35 Gold
8	341	Carrie Bedingfield	Cambridge & Coleridge	F35	2	21.34	F35 Silver
12	305	Jim Stocker	Hunts	M65	1	22.37	M65 Gold
15	306	Lionel Smith	Ely Runners	M60	1	23.16	M60 Gold
16	326	Peter Harris	Ely Runners	M60	2	23.23	M60 Silver
17	349	Lindsay Lister	Biggleswade	F50	1	23.29	F50 Silver
18	308	Glyn Smith	Cambridge & Coleridge	M65	2	24.15	M65 Silver
19	351	Paula Kessler	Cambridge & Coleridge	F45	1	24.15	F45 Gold
24	331	Tony Hale	WDAC	M60	3	25.26	M60 Bronze
25	337	Karen Cameron	Hunts	F45	2	25.29	F45 Silver
27	312	Diana Braverman	Cambridge & Coleridge	F60	1	26.32	F60 Gold
29	311	Linda Chandler-Hughes	Wootton Road Runners	F60	2	27.01	F60 Silver
30	345	David Folgate	Bedford & County	M60	4	27.48	
31	315	Don Hutchinson	Cambridge Triathlon	M65	3	27.54	M65 Bronze
33	352	Joanna Prigmore	Higham Harriers	F35	3	29.10	F35 Bronze
34	338	Mary Holmes	Cambridge & Coleridge	F75	1	29.54	F75 Gold
36	314	Margaret Bond	Higham Harriers	F55	1	30.28	F55 Gold
37	303	Alan Mills	WDAC	M75	1	30.46	M75 Gold

Finishers - 37

Finishers - 18

RACE - 10000M

Race Pos	No	Runner	Club	Cat	Cat Pos	Time	Award
5	330	Stephen Herring	Marshall Milton Keynes	M45	1	38.17	M45 Gold
11	356	Stephen Thompson	Kettering	M45	2	38.53	M45 Silver
12	317	Paul Muffett	North Norfolk Beach Runners	M55	1	39.11	M55 Gold
13	350	Simon Fell	Nene Valley Harriers	M35	1	39.22	M35 Gold
14	343	Malcolm Tuff	Ryston Runners	M50	1	39.28	M50 Gold
15	339	Julian Blackwell	WDAC	M40	1	39.38	M40 Gold
17	322	Jon Kemp	WDAC	M40	2	39.59	M40 Silver
19	355	Dan Doherty	Higham Harriers	M35	2	40.13	M35 Silver
23	348	Paul Nicholson	Sleaford Striders	M40	3	41.06	M40 Bronze
28	325	Shane Hunt	Hunts	M55	2	42.39	M55 Silver
29	332	Shaun Cherry	WDAC	M40	4	42.57	
31	327	Roger Bullen	WDAC	M50	2	43.30	M50 Silver
35	342	David Brown	Nene Valley Harriers	M35	3	44.12	M35 Bronze
36	328	Neil McDonald	WDAC	M50	3	44.36	M50 Bronze
37	324	Scott Magee	Corby	M40	5	44.42	
42	304	Eamonn Dorling	Thorney Running	M55	4	45.21	M55 Bronze
43	320	David Hutchings	Higham Harriers	M50	4	45.26	
53	309	Neil Gray	Higham Harriers	M35	3	47.02	
54	344	Neville Hawkins	Cambridge & Coleridge	M50	5	47.24	
55	354	Alan Griffiths	WDAC	M45	3	47.29	M45 Bronze
57	302	William Haining	Harwich Runners	M55	5	47.41	
58	333	Bernard Shannon	Cambridge & Coleridge	M45	4	48.08	
59	307	Gerald Meah	Cambridge & Coleridge	M55	6	48.25	
60	318	Keith Lok	WDAC	M35	4	49.14	

Total Finishers - 62

EVAC Finishers - 24