Eastern Veterans League - Southend - 9 May 2012

	Mens's Teams	Score	
1	Chelmsford	82	1
2	Southend	66	2
3	Loughton	60	3
4	Thurrock	22	4
5		0	5
6		0	6
7		0	7

						Chelms 1	Lought 2	Southe 3	Thurro 4	5	6	7	Waste
200A		**M40 200m**	**TEAM**	**TIME**									
3	1	Keith Palmer	Southend	26.5	4			4					
2	2	Ty Holden	Loughton	26.8	3		3						
1	3	Steve Down	Chelmsford	28.1	2	2							
4	4	Steve Kemp	Thurrock	39.3	1				1				
	5				0								
	6				0								
	7				0								0
200B		**M50 200m**											
2	1	Cliff Warren	Loughton	27.7	4		4						
4	2	Jon Metcalf	Thurrock	28.7	3				3				
1	3	Dave Barnett	Chelmsford	29.3	2	2							
	4				1								
	5				0								
	6				0								
	7				0								1
200C		**M60 200m**											
2	1	David Hobbs	Loughton	31.7	4		4						
1	2	Roger Cole	Chelmsford	33.6	3	3							
3	3	John Brock	Southend	38.9	2			2					
	4				1								
	5				0								
	6				0								
	7				0								1
800A		**M40 800m**											
1	1	Andy Coleman	Chelmsford	2,15.4	4	4							
3	2	Chris Cattano	Southend	2,42.1	3			3					
2	3	John Ryan	Loughton	3,14.2	2		2						
4	4	Steve Kemp	Thurrock	3,18.8	1				1				
	5				0								
	6				0								
	7				0								0
800B		**M50 800m**											
4	1	Jon Metcalf	Thurrock	2,18.5	4				4				
1	2	Stuart Robertson	Chelmsford	2,27.8	3	3							
3	3	Simon Le Mare	Southend	2,36.9	2			2					
2	4	Rob Sargent	Loughton	3,02.0	1		1						
	5				0								
	6				0								
	7				0								0
800C		**M60 800m**											
3	1	Peter Binns	Southend	2,46.5	4			4					
1	2	Ian Pearce	Chelmsford	3,20.3	3	3							
2	3	John Borgars	Loughton	3,23.0	2		2						

	4				1								
	5				0								
	6				0								
	7				0								1
3000A		**M40 3000m**											
1	1	Nick Bridgeland	Chelmsford	9,51.2	4	4							
3	2	Chris Cattano	Southend	11,33.0	3			3					
2	3	Duncan Raynet	Loughton	14,50.7	2		2						
4	4	Steve Kemp	Thurrock	14,50.7	1				1				
	5				0								
	6				0								
	7				0								0
3000B		**M50 3000m**											
1	1	Dave Butler	Chelmsford	9,48.3	4	4							
3	2	Simon Le Mare	Southend	10,44.1	3			3					
4	3	Jon Metcalf	Thurrock	11,43.6	2				2				
2	4	Rob Sargent	Loughton	12,41.0	1		1						
	5				0								
	6				0								
	7				0								0
3000C		**M60 3000m**											
3	1	Peter Binns	Southend	11,37.6	4			4					
2	2	John Borgars	Loughton	14,54.8	3		3						
1	3	Roger Cole	Chelmsford	15.53.7	2	2							
	4				1								
	5				0								
	6				0								
	7				0								1
400HA		**M40 400m Hurdles**											
1	1	Steve Down	Chelmsford	1,12.3	4	4							
2	2	Jim Harrison	Loughton	1,13.2	3		3						
3	3	Paul Ffrench	Southend	1,15.9	2			2					
4	4	Mark Jenkins	Thurrock	1,17.4					0				
	5				0								
	6				0								
	7				0								1
400HB		**M50 400m Hurdles**											
1	1	Gary Daniel	Chelmsford	1,20.8	4	4							
2	2	Cliff Warren	Loughton	1,22.1	3		3						
	3				2								
	4				1								
	5				0								
	6				0								
	7				0								3
1mWA		**M40 1 mile Walk**											
3	1	Chris Cattano	Southend	8,22.8	4			4					
1	2	Kevin McAlinden	Chelmsford	11,53.5	3	3							
2	3	Duncan Rayney	Loughton	12.00.0	2		2						
	4				1								
	5				0								
	6				0								
	7				0								1
1mWB		**M50 1 mile Walk**											
4	1	Steve Kemp	Thurrock	9,18.3	4				4				
3	2	Peter Binns	Southend	9,45.1	3			3					
2	3	John Borgars	Loughton	10,20.1	2		2						

1	4	Dave Barnett	Chelmsford	11,45.4	1	1							
	5				0								
	6				0								
	7				0								0
1mWC		**M60 1 mile Walk**											
3	1	John Brock	Southend	10,19.3	4			4					
1	2	Phil Harris	Chelmsford	11,00.0	3	3							
2	3	Peter Cassidy	Loughton	11,05.5	2		2						
	4				1								
	5				0								
	6				0								
	7				0								1
PVA		**M40 Pole Vault**		**PERF**									
2	1	Jim Harrison	Loughton	2.30	4		4						
4	2	Mark Jenkins	Thurrock	2.00	3				3				
3	3	Chris Cattano	Southend	1.50	2			2					
1	4	Martin Gibbs	Chelmsford	1.00	1	1							
	5				0								
	6				0								
	7				0								0
PVB		**M50 Pole Vault**											
1	1	Dave Barnett	Chelmsford	1.00	4	4							
	2				3								
	3				2								
	4				1								
	5				0								
	6				0								
	7				0								6
TJA		**M40 Triple Jump**											
3	1	Paul Ffrench	Southend	11.01	4			4					
1	2	Steve Down	Chelmsford	9.81	3	3							
2	3	John Ryan	Loughton	7.52	2		2						
	4				1								
	5				0								
	6				0								
	7				0								1
TJB		**M50 Triple Jump**											
2	1	Cliff Warren	Loughton	10.51	4		4						
1	2	Dave Barnett	Chelmsford	9.26	3	3							
3	3	Peter Binns	Southend	7.25	2			2					
	4				1								
	5				0								
	6				0								
	7				0								1
TJC		**M60 Triple Jump**											
1	1	Phil Harris	Chelmsford	8.61	4	4							
2	2	David Hobbs	Loughton	8.22	3		3						
3	3	John Brock	Southend	6.08	2			2					
	4				1								
	5				0								
	6				0								
	7				0								1
SPA		**M40 Shot**											
3	1	Paul Ffrench	Southend	10.02	4			4					
1	2	Dave Bauer	Chelmsford	9.36	3	3							
2	3	Ty Holden	Loughton	8.37	2		2						

	4				1								
	5				0								
	6				0								
	7				0								1
SPB		**M50 Shot**											
3	1	Rob Earle	Southend	13.30	4			4					
1	2	Mike Williams	Chelmsford	10.68	3	3							
2	3	Mike Higgins	Loughton	6.44	2		2						
	4				1								
	5				0								
	6				0								
	7				0								1
SPC		**M60 Shot**											
1	1	Phil Harris	Chelmsford	7.51	4	4							
3	2	John Brock	Southend	6.98	3			3					
2	3	David Hobbs	Loughton	6.54	2		2						
	4				1								
	5				0								
	6				0								
	7				0								1
JTA		**M40 Javelin**											
1	1	Steve Down	Chelmsford	34.37	4	4							
4	2	Mark Jenkins	Thurrock	30.50	3				3				
2	3	Jim Harrison	Loughton	29.98	2		2						
3	4	Paul Ffrench	Southend	29.75	1			1					
	5				0								
	6				0								
	7				0								0
JTB		**M50 Javelin**											
3	1	Rob Earle	Southend	36.50	4			4					
1	2	Mike Williams	Chelmsford	31.74	3	3							
2	3	Mike Higgins	Loughton	15.06	2		2						
	4				1								
	5				0								
	6				0								
	7				0								1
4x400A		**M40 4x400m Relay**		**TIME**									
1	1	Chelmsford		4,03.5	4	4							
2	2	Loughton		4,23.0	3		3						
3	3	Southend		4,24.9	2			2					
	4				1								
	5				0								
	6				0								
	7				0								1
4x400B		**M50 4x400m Relay**		TIME									
1	1	Chelmsford		4,35.3	4	4							
	2				3								
	3				2								
	4				1								
	5				0								
	6				0								
	7				0								6
						82	**60**	**66**	**22**	**0**	**0**	**0**	**30**

	Womens's Teams	**Score**
1	Chelmsford	38

8

2	Loughton	35	9
3			
4			
5			
6			
7			

						Chelms	Lought	Southe	Thurro				Waste
200A		**F35 200m**	**CLUB**	**TIME**		8	9	10	11	12	13	14	
8	1	Sally Mhlanga	Chelmsford	30.3	2	2							
9	2	Sarah Stanton	Loughton	30.7	1		1						
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								0
200B		**F45 200m**											
9	1	Amanda Rochester	Loughton	31.6	2		2						
8	2	Jill Kent	Chelmsford	34.6	1	1							
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								0
200C		**F55 200m**											
9	1	Chris Salvary	Loughton	37.0	2		2						
8	2	Sylvia Sergeant	Chelmsford	43.0	1	1							
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								0
800A		**F35 800m**											
8	1	Sally Mhlanga	Chelmsford	2,30.7	2	2							
9	2	Gwen Harwood	Loughton	3,57.7	1		1						
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								0
800B		**F45 800m**											
8	1	Jo Smith	Chelmsford	2,46.3	2	2							
9	2	Ann Heeks	Loughton	3,02.3	1		1						
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								0
800C		**F55 800m**											
9	1	Jean Hobbs	Loughton	3,45.5	2		2						
8	2	Sylvia Sergeant	Chelmsford	4,30.7	1	1							
	3				0								
	4				0								
	5				0								
	6				0								

	7				0								0
3000A		**F35 3000m**											
8	1	Wendy King	Chelmsford	11,25.6	2	2							
9	2	Gwen Harwood	Loughton	16.57.9	1		1						
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								0
3000B		**F45 3000m**											
8	1	Jo Smith	Chelmsford	12,28.9	2	2							
	2				1								
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								1
3000C		**F55 3000m**											
9	1	Jean Hobbs	Loughton	15,19.9	2		2						
	2				1								
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								1
400HA		**F35 400m Hurdles**											
9	1	Sarah Stanton	Loughton	1,20.4	2		2						
8	2	Wendy King	Chelmsford	1,24.6	1	1							
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								0
400HB		**F45 400m Hurdles**											
8	1	Jill Kent	Chelmsford	1,33.1	2	2							
	2				1								
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								1
1mWA		**F35 1 mile Walk**											
9	1	Julie Ryan	Loughton	13,25.7	2		2						
	2				1								
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								1
1mWB		**F45 1 mile Walk**											
9	1	Ann Heeks	Loughton	11,08.6	2		2						
8	2	Elspeth Missen	Chelmsford	11,09.5	1	1							
	3				0								
	4				0								
	5				0								
	6				0								

	7				0								0
1mWC		**F55 1 mile Walk**											
8	1	Shirley Quinn	Chelmsford	12,10.5	2	2							
9	2	Pam Ackland-Snow	Loughton	13,00.9	1		1						
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								0
PVA		**F35 Pole Vault**		**PERF**									
9	1	Michaela Davis	Loughton	1.40	2		2						
	2				1								
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								1
PVB		**F45 Pole Vault**											
8	1	Clare St J Coleman	Chelmsford	1.60	2	2							
9	2	Barbara Higgins	Loughton	1.40	1		1						
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								0
TJA		**F35 Triple Jump**											
8	1	Carol Double	Chelmsford	6.25	2	2							
9	2	Michaela Davis	Loughton	5.40	1		1						
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								0
TJB		**F45 Triple Jump**											
8	1	Clare St J Coleman	Chelmsford	8.39	2	2							
9	2	Chris Salvary	Loughton	6.45	1		1						
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								0
SPA		**F35 Shot**											
9	1	Kate Merritt	Loughton	7.07	2		2						
8	2	Carol Double	Chelmsford	6.65	1	1							
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								0
SPB		**F45 Shot**											
8	1	Tracy Minton	Chelmsford	6.40	2	2							
9	2	Barbara Higgins	Loughton	5.18	1		1						
	3				0								
	4				0								
	5				0								
	6				0								

	7				0								0
SPC		**F55 Shot**											
8	1	Shirley Quinn	Chelmsford	8.47	2	2							
9	2	Pam Ackland-Snow	Loughton	6.38	1		1						
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								0
JTA		**F35 Javelin**											
9	1	Kate Merritt	Loughton	17.70	2		2						
8	2	Carol Double	Chelmsford	16.40	1	1							
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								0
JTB		**F45 Javelin**											
8	1	Tracy Minton	Chelmsford	12.78	2	2							
9	2	Ann Heeks	Loughton	7.66	1		1						
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								0
JTC		**F55 Javelin**											
8	1	Shirley Quinn	Chelmsford	18.28	2	2							
9	2	Pam Ackland-Snow	Loughton	14.46	1		1						
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								0
4x400A		**F35 4x400m Relay**		**TIME**									
8	1	Chelmsford		4,55.1	2	2							
9	2	Loughton		6,13.3	1		1						
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								0
4x400B		**F45 4x400m Relay**		**TIME**									
9	1	Loughton		5,45.2	2		2						
8	2	Chelmsford		6,41.8	1	1							
	3				0								
	4				0								
	5				0								
	6				0								
	7				0								0
						38	**35**	**0**	**0**	**0**	**0**	**0**	**5**