EVAC Track & Field League - | **SW Division - Match 1** | 7

Wed | **06/05/2015**

	= Competed as a Non-scorer
	= Not paid up so defaults to Non-scorer

Pos	Men's Teams	Score	Bib
1	Marshall Milton Keynes AC	115	1
2	Fairlands Valley Spartans	101	4
3	Bedford & County AC	87	5
4	Biggleswade AC	60	3
5	Luton AC	52	7
6	Bedford Harriers	0	2
6	Saffron Striders	0	6

Highest Age Graded % =

Athlete	
Club	
Event	
Result	

RDA = Race Day Age

Note: Because of poor quality times/positions the 3000m results will not be published in AW/Pof10

							EVAC League Record?	Match Points 1	2	3	4	5	6	7	8	waste
200m	**200m M35-49**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**									
1	Peter Benedickter	46	Bedford & County AC	26.2	7		-					7				
2	Paul Canning	48	Marshall Milton Keynes AC	26.3	6		-	6								
3	Steve Mayfield	49	Fairlands Valley Spartans	26.8	5		-				5					
4	Neil Carrington	46	Biggleswade AC	28.8	4		-			4						
5					3											
6					2											
7					1											
8	Andy Cohen-Wray	37	Bedford & County AC	27.3	N/S		-									6
200m	**200m M50-59**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**									
1	Tennyson James	57	Bedford & County AC	26.8	7		-					7				
2	Des Wilkinson	52	Luton AC	28.5	6		-							6		
3	David Brown	56	Biggleswade AC	28.8	5		-			5						
4	John Turner	58	Marshall Milton Keynes AC	29.6	4		-	4								
5	Mark Freeman	58	Fairlands Valley Spartans	36.3	3		-				3					
6					2											
7					1											
8	Ivars Licietis	60	MMK	29.8	N/S		-									3
200m	**200m M60+**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**									
1	John Haines	60	Biggleswade AC	30.5	7		-			7						
2	David Folgate	64	Bedford & County AC	31.8	6		-					6				
3	Alasdair Gibson	62	Marshall Milton Keynes AC	32.2	5		-	5								
4	Jim Brown	62	Fairlands Valley Spartans	49.2	4		-				4					
5					3											
6					2											
7					1											
8					0											6
800m	**800m M35-49**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Shane Jay	37	Luton AC	02:12.3	7		-							7		
2	Christopher Westcott	42	Fairlands Valley Spartans	02:15.0	6		-				6					
3	Mark Dowson	39	Marshall Milton Keynes AC	02:16.4	5		-	5								
4	Peter Benedickter	46	Bedford & County AC	02:23.2	4		-					4				
5					3											
6					2											
7					1											
8	Gavin Reynolds	40	Bedford & County AC	02:26.2	N/S		-									6
800m	**800m M50-59**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	John McGrath	51	Biggleswade AC	02:35.5	7		-			7						
2	John Harris	52	Fairlands Valley Spartans	02:40.1	6		-				6					
3	Ivars Licietis	59	Marshall Milton Keynes AC	02:56.3	5		-	5								
4	Chris Andrews	57	Bedford & County AC	03:04.1	4		-					4				
5					3											
6					2											
7					1											
8	Steve Herring	46	Marshall Milton Keynes AC	02:26.9	N/S		-									6
3000m	**3000m M35-49**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Simon Coombes	42	Bedford & County AC	09:19.7	7		-					7				
2	Jeremy Vick	37	Marshall Milton Keynes AC	09:53.9	6		-	6								
3	Christopher Westcott	42	Fairlands Valley Spartans	10:08.9	5		-				5					
4					4											
5					3											
6					2											
7					1											
8	Tony Fitzpatrick	49	Bedford & County AC	12:18.3	N/S		-									10
3000m	**3000m M50-59**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	James McMahon	54	Bedford & County AC	09:59.0	7		-					7				
2	David Bowker	56	Fairlands Valley Spartans	11:19.3	6		-				6					
3	Christopher Addams	55	Biggleswade AC	12:10.2	5		-			5						
4	Jim Lawrence	58	Marshall Milton Keynes AC	16:11.0	4		-	4								
5					3											
6					2											
7					1											
8					0											6

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3000m	**3000m M60+**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Alan Daglish	65	Luton AC	12:13.2	7		-							7		
2	Alasdair Gibson	62	Marshall Milton Keynes AC	12:50.7	6		-	6								
3	Jim Brown	62	Fairlands Valley Spartans	14:25.0	5		-				5					
4					4											
5					3											
6					2											
7					1											
8					0											10
1500mW	**1K5m Walk 'A'**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	David Bowker	56	Fairlands Valley Spartans	08:44.7	7		LR				7					
2	Robin Wynde	57	Biggleswade AC	08:51.5	6		LR			6						
3	Carl Baldwin	61	Marshall Milton Keynes AC	10:14.3	5		LR	5								
4	Giorgio Garafalo	74	Bedford & County AC	12:07.1	4		LR					4				
5					3											
6					2											
7					1											
8					0											6
1500mW	**1K5m Walk 'B'**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Barry King	48	Fairlands Valley Spartans	09:00.2	7		LR				7					
2	Brian Graves	75	Marshall Milton Keynes AC	11:16.8	6		LR	6								
3					5											
4					4											
5					3											
6					2											
7					1											
8					0											15
HT	**Hammer Throw M35-49**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	Alan Nisbet	45	Marshall Milton Keynes AC	33.10	7		-	7								
2	Geoff Grinsted	48	Luton AC	20.65	6		-							6		
3	Graeme Packman	60	Bedford & County AC	18.25	5		-					5				
4	Steve Mayfield	49	Fairlands Valley Spartans	15.44	4		-				4					
5					3											
6					2											
7					1											
8					0											6
HT	**Hammer Throw M50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	David Burrell	51	Luton AC	44.90	7		-							7		
2	Jack Kee	75	Marshall Milton Keynes AC	28.93	6		-	6								
3	Jim Burke	59	Bedford & County AC	26.20	5		-					5				
4	Mark Glading	55	Fairlands Valley Spartans	17.10	4		-				4					
5					3											
6					2											
7					1											
8					0											6
HT	**Hammer Throw M60+**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	Bunt Scott	64	Marshall Milton Keynes AC	31.23	7		-	7								
2	Jim Brown	62	Fairlands Valley Spartans	5.28	6		-				6					
3					5											
4					4											
5					3											
6					2											
7					1											
8	Carl Baldwin	61	Marshall Milton Keynes AC	23.27	N/S		-									15
SP	**Shot Putt M35-49**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	Mark Featherstone	49	Marshall Milton Keynes AC	10.00	7		-	7								
2	Geoff Grinsted	48	Luton AC	9.03	6		-							6		
3	Graeme Packman	60	Bedford & County AC	7.89	5		-					5				
4	Barry King	48	Fairlands Valley Spartans	6.38	4		-				4					
5	Neil Carrington	46	Biggleswade AC	5.87	3		-			3						
6					2											
7	Alan Nisbet	45	Marshall Milton Keynes AC	9.67	N/S		-									
8	Andre Sinclair-Linton	49	Marshall Milton Keynes AC	8.75	N/S		-									3
SP	**Shot Putt M50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	David Burrell	51	Luton AC	11.26	7		-							7		
2	David Goldsworthy	56	Marshall Milton Keynes AC	9.60	6		-	6								
3	Mark Glading	55	Fairlands Valley Spartans	7.56	5		-				5					
4	Jim Burke	59	Bedford & County AC	7.52	4		-					4				
5	John Haines	60	Biggleswade AC	6.93	3		-			3						
6					2											
7					1											
8	Carl Baldwin (5Kg)	61	Marshall Milton Keynes AC	8.07	N/S		-									3
LJ	**Long Jump M35-49**	**RDA**	**Team**	*(N.nn)*	**Pts**	**Wind**	**Rec**									
1	Neil Carrington	46	Biggleswade AC	4.85	7		-			7						
2	Steve Mayfield	49	Fairlands Valley Spartans	4.63	6		-				6					
3	Paul Canning	48	Marshall Milton Keynes AC	4.22	5		-	5								
4	Lance Croft	48	Bedford & County AC	3.53	4		-					4				
5					3											
6					2											
7					1											
8	Andre Sinclair-Linton	49	Marshall Milton Keynes AC	4.91	N/S		-									6

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LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec									
1	Tennyson James	57	Bedford & County AC	4.32	7		-					7				
2	Des Wilkinson	52	Luton AC	3.53	6		-							6		
3	John Turner	58	Marshall Milton Keynes AC	3.41	5		-	5								
4	Mark Freeman	58	Fairlands Valley Spartans	1.85	4		-				4					
5					3											
6					2											
7					1											
8					0											6

LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts	Wind	Rec									
1	Carl Baldwin	61	Marshall Milton Keynes AC	3.55	7		-	7								
2	John Haines	60	Biggleswade AC	3.02	6		-			6						
3	David Folgate	64	Bedford & County AC	2.81	5		-					5				
4	Jim Brown	62	Fairlands Valley Spartans	1.35	4		-				4					
5					3											
6					2											
7					1											
8					0											6

MedR	Relay 2248 M35-49	RDA	Team	(N:NN.n)	Pts		Rec									
1			Marshall Milton Keynes AC	04:11.7	7		-	7								
2			Bedford & County AC	04:13.5	6		-					6				
3			Fairlands Valley Spartans	04:37.5	5		-				5					
4					4											
5					3											
6					2											
7					1											
8					0											10

MedR	Relay 2248 M50+	RDA	Team	(N:NN.n)	Pts		Rec									
1			Biggleswade AC	05:00.1	7		-			7						
2			Marshall Milton Keynes AC	05:19.9	6		-	6								
3			Fairlands Valley Spartans	05:59.9	5		-				5					
4					4											
5					3											
6					2											
7					1											
8					0											10
								115	0	60	101	87	0	52	0	125

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EVAC Track & Field League - | **SW Division - Match 1** | 7 | **Wed** | **06/05/2015**

= Competed as a Non-scorer
= Not paid up so defaults to Non-scorer

Pos	Women's Teams	Score	Bib
1	Fairlands Valley Spartans	118	D
2	Marshall Milton Keynes AC	95	A
3	Luton AC	53	G
4	Bedford & County AC	30	E
5	Biggleswade AC	28	C
6	Bedford Harriers	0	B
6	Saffron Striders	0	F

Highest Age Graded % =

Athlete	
Club	
Event	
Result	

RDA = Race Day Age

Note: Because of poor quality times/positions the 3000m results will not be published in AW/Pof10

							EVAC League Record?	Match Points A	B	C	D	E	F	G	H	waste
200m	**200m W35-49**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**									
1	Alison Slatcher	52	Bedford & County AC	29.6	7		-					7				
2	Wendy Palmer	48	Luton AC	31.4	6		-							6		
3	Stephanie Johnston	40	Marshall Milton Keynes AC	32.7	5		-	5								
4	Trudie Molloy	43	Fairlands Valley Spartans	38.1	4		-				4					
5					3											
6					2											
7					1											
8	Jo Winfield	41	Luton AC	31.1	N/S		-									6
200m	**200m W50-59**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**									
1	Monica Brown	50	Fairlands Valley Spartans	30.5	7		-				7					
2	Edith Caux	58	Luton AC	30.7	6		-							6		
3	Lesley Byrne	52	Marshall Milton Keynes AC	36.6	5		-	5								
4					4											
5					3											
6					2											
7					1											
8					0											10
200m	**200m W60+**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**									
1	Carol Alker	60	Luton AC	33.4	7		LR							7		
2	Julia Hancock	66	Bedford & County AC	43.1	6		-					6				
3	Iris Hornsey	73	Fairlands Valley Spartans	44.9	5		-				5					
4					4											
5					3											
6					2											
7					1											
8					0											10
800m	**800m W35-49**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Corinne Nurse	36	Marshall Milton Keynes AC	02:31.7	7		-	7								
2	Rosie Canham	41	Luton AC	02:34.0	6		-							6		
3	Zoe Luscombe	40	Biggleswade AC	02:56.1	5		-			5						
4	Andrea Westcott	44	Fairlands Valley Spartans	03:37.2	4		-				4					
5					3											
6					2											
7					1											
8	???		Luton AC	02:44.3	N/S		-									6
800m	**800m W50-59**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Julie Simmons	57	Fairlands Valley Spartans	03:11.0	7		-				7					
2	Diane Baldwin	58	Marshall Milton Keynes AC	03:21.1	6		-	6								
3					5											
4					4											
5					3											
6					2											
7					1											
8					0											15
3000m	**3000m W35-49**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Christine Lathwell	38	Luton AC	11:33.1	7		-							7		
2	Kerry Adams	39	Marshall Milton Keynes AC	12:40.3	6		-	6								
3	Peta Wilson	46	Fairlands Valley Spartans	14:47.1	5		-				5					
4					4											
5					3											
6					2											
7					1											
8					0											10
3000m	**3000m W50-59**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Diane Farmer	55	Marshall Milton Keynes AC	13:17.7	7		-	7								
2	Julie Simmons	57	Fairlands Valley Spartans	13:18.6	6		-				6					
3	Lorraine Daglish	58	Luton AC	14:09.3	5		-							5		
4					4											
5					3											
6					2											
7					1											
8					0											10

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3000m	3000m W60+	RDA	Team	(NN:NN.n)	Pts	Rec									
1	Catherine Craig	62	Fairlands Valley Spartans	16:16.5	7	-				7					
2					6										
3					5										
4					4										
5					3										
6					2										
7					1										
8					0										21

1500mW	1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Pts	Rec									
1	Diane Baldwin	58	Marshall Milton Keynes AC	08:51.5	7	LR	7								
2	Julie Simmons	57	Fairlands Valley Spartans	09:09.6	6	LR				6					
3	Paula Blizard	50	Bedford & County AC	09:42.5	5	LR					5				
4					4										
5					3										
6					2										
7					1										
8	Stephanie Johnston	40	Marshall Milton Keynes AC	11:25.5	N/S	LR									10

1500mW	1K5m Walk 'B'	RDA	Team	(NN:NN.n)	Pts	Rec									
1	Sharon Crowley	56	Fairlands Valley Spartans	10:39.4	7	LR				7					
2	Diane Farmer	55	Marshall Milton Keynes AC	10:53.3	6	LR	6								
3					5										
4					4										
5					3										
6					2										
7					1										
8					0										15

HT	Hammer Throw W35	RDA	Team	(NN.nn)	Pts	Rec									
1	Chrispina Odunewu	40	Marshall Milton Keynes AC	16.65	7	-	7								
2	Joanne Ellary	37	Biggleswade AC	16.60	6	-			6						
3	Andrea Westcott	44	Fairlands Valley Spartans	12.92	5	-				5					
4					4										
5					3										
6					2										
7					1										
8					0										10

HT	Hammer Throw W50-59	RDA	Team	(NN.nn)	Pts	Rec									
1	Brenda Russell	57	Bedford & County AC	27.30	7	-					7				
2	Jeanette Lawrence	57	Marshall Milton Keynes AC	19.67	6	-	6								
3	Sharon Crowley	56	Fairlands Valley Spartans	16.51	5	-				5					
4	Sandra Ingham	57	Biggleswade AC	15.33	4	-			4						
5					3										
6					2										
7					1										
8					0										6

HT	Hammer Throw W60+	RDA	Team	(NN.nn)	Pts	Rec									
1	Iris Hornsey	73	Fairlands Valley Spartans	10.97	7	-				7					
2					6										
3					5										
4					4										
5					3										
6					2										
7					1										
8					0										21

SP	Shot Putt W35-49	RDA	Team	(NN.nn)	Pts	Rec									
1	Chrispina Odunewu	40	Marshall Milton Keynes AC	7.60	7	-	7								
2	Trudie Molloy	43	Fairlands Valley Spartans	6.02	6	-				6					
3	Joanne Ellary	37	Biggleswade AC	5.28	5	-			5						
4					4										
5					3										
6					2										
7					1										
8					0										10

SP	Shot Putt W50-59	RDA	Team	(NN.nn)	Pts	Rec									
1	Lesley Byrne	52	Marshall Milton Keynes AC	8.50	7	-	7								
2	Tessa Stephenson	54	Fairlands Valley Spartans	8.11	6	-				6					
3	Oriana Johnson	53	Bedford & County AC	6.60	5	-					5				
4	Sandra Ingham	57	Biggleswade AC	6.50	4	-			4						
5	Carol Alker	60	Luton AC	5.75	3	-							3		
6					2										
7					1										
8	Brenda Russell	57	Bedford & County AC	6.42	N/S	-									3

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LJ	**Long Jump W35-49**	**RDA**	**Team**	*(N.nn)*	**Pts**	**Wind**	**Rec**									
1	Stephanie Johnston	40	Marshall Milton Keynes AC	3.44	7		-	7								
2	Christine Lathwell	38	Luton AC	3.31	6		-							6		
3	Stephanie Mayfield	41	Fairlands Valley Spartans	3.08	5		-				5					
4	Joanne Ellary	37	Biggleswade AC	1.83	4		-			4						
5					3											
6					2											
7					1											
8					0											6

LJ	**Long Jump W50-59**	**RDA**	**Team**	*(N.nn)*	**Pts**	**Wind**	**Rec**									
1	Monica Brown	50	Fairlands Valley Spartans	3.63	7		-				7					
2	Lesley Byrne	52	Marshall Milton Keynes AC	3.53	6		-	6								
3					5											
4					4											
5					3											
6					2											
7					1											
8					0											15

LJ	**Long Jump W60+**	**RDA**	**Team**	*(N.nn)*	**Pts**	**Wind**	**Rec**									
1	Iris Hornsey	73	Fairlands Valley Spartans	2.31	7		-				7					
2					6											
3					5											
4					4											
5					3											
6					2											
7					1											
8					0											21

MedR	**Relay 2248 W35-49**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**	**Rec**									
1			Luton AC	05:03.4	7	-							7		
2			Marshall Milton Keynes AC	05:14.4	6	-	6								
3			Fairlands Valley Spartans	06:33.6	5	-				5					
4					4										
5					3										
6					2										
7					1										
8					0										10

MedR	**Relay 2248 W50+**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**	**Rec**									
1			Fairlands Valley Spartans	06:31.6	7	LR				7					
2					6										
3					5										
4					4										
5					3										
6					2										
7					1										
8					0										21
							94	0	30	118	30	0	53	0	204

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EVAC Track & Field League - | **NW Division - Match 1** | 6 | **Wed** | **29/04/2015**

	= Competed as a Non-scorer
	= Not paid up so defaults to Non-scorer

Pos	Men's Teams	Score	Bib
1	Wellingborough & District AC	86	5
2	Peterborough AC	76	2
2	Huntingdonshire AC	76	6
4	Nene Valley Harriers	53	1
5	Corby AC	39	3
6	Higham Harriers	0	4

Highest Age Graded % = 87.1

Athlete	David Whitehead
Club	Peterborough AC
Event	200m M60+
Result	27.9

RDA = Race Day Age

Note: Because of the use of non-graded Timekeepers the times will not be published in AW/Pof10

EVAC League Record?

								Match Points								waste
200m	**200m M35-49**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	
1	David Graham	0	Nene Valley Harriers	23.7	N/S		-	N/S								
2	Matthew Dalton	35	Peterborough AC	24.2	6		-		6							
3	Atholl Lawson	40	Corby AC	24.7	5		-			5						
4	Keith Lok	39	Wellingborough & District AC	25.9	4		-					4				
5	Matt Linnell	40	Huntingdonshire AC	26.6	3		-						3			
6					2											
7	?????	???	Wellingborough & District AC	25.0	N/S		-									
8	Jesse Wilson	43	Corby AC	26.7	N/S		-									3
200m	**200m M50-59**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**									
1	Wilson Paterson	57	Corby AC	28.3	6		-			6						
2	Richard Phelan	53	Huntingdonshire AC	28.6	5		-						5			
3	Studney Kirby	50	Wellingborough & District AC	35.4	4		-					4				
4					3											
5					2											
6					1											
7					0											
8					0											6
200m	**200m M60+**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**									
1	David Whitehead	62	Peterborough AC	27.9	6		-		6							
2	Wayne DuBose	60	Huntingdonshire AC	31.1	5		-						5			
3	Alan Mills	76	Wellingborough & District AC	41.5	4		-					4				
4					3											
5					2											
6					1											
7					0											
8					0											6
800m	**800m M35-49**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Peter Straiton.	40	Corby AC	02:10.2	N/S		-			N/S						
2	Simon Fell	38	Nene Valley Harriers	02:11.7	6		-	6								
3	Martin Newton	37	Wellingborough & District AC	02:28.3	5		-					5				
4	Bruce Grimley	60	Huntingdonshire AC	02:48.9	4		-						4			
5	Eamonn Dorling	60	Peterborough AC	02:58.5	3		-		3							
6					2											
7					1											
8					0											3
800m	**800m M50-59**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	John Donaldson	56	Wellingborough & District AC	02:30.9	6		-					6				
2	Wilson Paterson	57	Corby AC	03:02.2	5		-			5						
3	Philip Young	56	Huntingdonshire AC	03:07.9	4		-						4			
4	Barry Warne.	54	Nene Valley Harriers	03:15.6	N/S		-	N/S								
5	Peter Brantom	65	Peterborough AC	03:19.6	3		-		3							
6					2											
7					1											
8					0											3
3000m	**3000m M35-49**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Simon Fell	38	Nene Valley Harriers	09:48.0	6		-	6								
2	Julian Blackwell	43	Wellingborough & District AC	10:48.0	5		-					5				
3	Jesse Wilson	43	Corby AC	10:51.0	4		-			4						
4					3											
5					2											
6					1											
7					0											
8					0											6
3000m	**3000m M50-59**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Richard Holland	56	Huntingdonshire AC	11:11.0	6		-						6			
2	Roger Bullen	53	Wellingborough & District AC	11:19.0	5		-					5				
3	Paul Parkin	50	Nene Valley Harriers	13:19.0	4		-	4								
4	Peter Brantom	65	Peterborough AC	14:22.0	3		-		3							
5					2											
6					1											
7					0											
8	Barry Warne.	54	Wellingborough & District AC	12:44.0	N/S		-									3

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3000m	**3000m M60+**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**	**Rec**									
1	Bruce Grimley	60	Huntingdonshire AC	11:27.0	6	-						6			
2	Eamonn Dorling	60	Peterborough AC	12:05.0	5	-		5							
3					4										
4					3										
5					2										
6					1										
7					0										
8					0										10

1500mW	**1K5m Walk 'A'**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**	**Rec**									
1	Tony Hale	63	Wellingborough & District AC	08:44.0	6	LR					6				
2	Eamonn Dorling	60	Peterborough AC	09:14.0	5	LR		5							
3	Peter Straiton.	40	Corby AC	09:30.0	N/S	LR			N/S						
4	Wayne DuBose	60	Huntingdonshire AC	10:02.0	4	LR						4			
5					3										
6					2										
7					1										
8					0										6

1500mW	**1K5m Walk 'B'**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**	**Rec**									
1	Alan Mills	76	Wellingborough & District AC	08:46.0	6	LR					6				
2	Peter Brantom	65	Peterborough AC	09:16.0	5	LR		5							
3					4										
4					3										
5					2										
6					1										
7					0										
8					0										10

HT	**Hammer Throw M35-49**	**RDA**	**Team**	*(NN.nn)*	**Pts**	**Rec**									
1	Simon Achurch.	40	Nene Valley Harriers	39.73	6	-	6								
2	Nick Breeze	40	Wellingborough & District AC	20.98	5	-					5				
3	Matthew Linnell	40	Huntingdonshire AC	15.79	4	-						4			
4	Leigh Porter	39	Peterborough AC	12.89	3	-		3							
5					2										
6					1										
7					0										
8					0										3

HT	**Hammer Throw M50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**	**Rec**									
1	Robert Ellingham	50	Huntingdonshire AC	42.13	6	-						6			
2	Timothy Needham	62	Nene Valley Harriers	25.68	5	-	5								
3	Karl Eve	52	Peterborough AC	24.18	4	-		4							
4	Studney Kirby	50	Wellingborough & District AC	6.38	3	-					3				
5					2										
6					1										
7					0										
8					0										3

HT	**Hammer Throw M60+**	**RDA**	**Team**	*(NN.nn)*	**Pts**	**Rec**									
1	John Blackwell	64	Nene Valley Harriers	34.02	6	-	6								
2	Tony Hale	63	Wellingborough & District AC	15.26	5	-					5				
3	Wayne DuBose	60	Huntingdonshire AC	9.16	4	-						4			
4	Peter Brantom	65	Peterborough AC	7.29	3	-		3							
5					2										
6					1										
7					0										
8					0										3

SP	**Shot Putt M35-49**	**RDA**	**Team**	*(NN.nn)*	**Pts**	**Rec**									
1	Simon Achurch.	40	Nene Valley Harriers	11.58	6	-	6								
2	Nick Breeze	40	Wellingborough & District AC	9.01	5	-					5				
3	Leigh Porter	39	Peterborough AC	8.57	4	-		4							
4	Jesse Wilson	43	Corby AC	8.34	3	-			3						
5	Matthew Linnell	40	Huntingdonshire AC	7.10	2	-						2			
6					1										
7					0										
8					0										1

SP	**Shot Putt M50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**	**Rec**									
1	Karl Eve	52	Peterborough AC	10.07	6	-		6							
2	Robert Ellingham	50	Huntingdonshire AC	9.47	5	-						5			
3	John Blackwell	64	Nene Valley Harriers	9.46	4	-	4								
4	Wilson Paterson	57	Corby AC	6.16	3	-			3						
5	Studney Kirby	50	Wellingborough & District AC	5.71	2	-					2				
6					1										
7					0										
8					0										1

LJ	**Long Jump M35-49**	**RDA**	**Team**	*(N.nn)*	**Pts**	**Wind**	**Rec**									
1	Leigh Porter	39	Peterborough AC	5.62	6		-		6							
2	Matthew Linnell	40	Huntingdonshire AC	4.32	5		-						5			
3	Atholl Lawson	40	Corby AC	3.53	4		-			4						
4	Julian Blackwell	43	Wellingborough & District AC	3.19	3		-					3				
5					2											
6					1											
7					0											
8					0											3

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LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec									
1	Richard Phelan	53	Huntingdonshire AC	4.88	6		-						6			
2	Karl Eve	52	Peterborough AC	4.63	5		-		5							
3	Studney Kirby	50	Wellingborough & District AC	3.56	4		-					4				
4	Wilson Paterson	57	Corby AC	3.43	3		-			3						
5	John Blackwell	64	Nene Valley Harriers	2.25	2		-	2								
6					1											
7					0											
8					0											1

LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts	Wind	Rec									
1	David Whitehead	62	Peterborough AC	4.58	6		-		6							
2	Wayne DuBose	60	Huntingdonshire AC	3.10	5		-						5			
3	Tony Hale	63	Wellingborough & District AC	2.03	4		-					4				
4	Timothy Needham	62	Nene Valley Harriers	2.00	3		-	3								
5					2											
6					1											
7					0											
8					0											3

MedR	Relay 2248 M35-49	RDA	Team	(N:NN.n)	Pts	Rec									
1			Corby AC	04:01.0	6	-			6						
2			Nene Valley Harriers	04:11.9	5	-	5								
3			Wellingborough & District AC	04:41.4	4	-					4				
4			Peterborough AC	04:47.6	3	-		3							
5			Huntingdonshire AC	04:48.9	2	-						2			
6					1										
7					0										
8					0										1

MedR	Relay 2248 M50+	RDA	Team	(N:NN.n)	Pts	Rec									
1			Wellingborough & District AC	05:07.4	6	-					6				
2					5										
3					4										
4					3										
5					2										
6					1										
7					0										
8					0										15
							53	76	39	0	86	76	0	0	74

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EVAC Track & Field League - | **NW Division - Match 1** | 6 | **Wed** | **29/04/2015**

= Competed as a Non-scorer
= Not paid up so defaults to Non-scorer

Pos	Women's Teams	Score	Bib
1	Wellingborough & District AC	78	E
2	Peterborough AC	55	B
3	Huntingdonshire AC	37	F
4	Nene Valley Harriers	23	A
5	Corby AC	10	C
6	Higham Harriers	0	D

Highest Age Graded % = 85.9

Athlete	Wendy Dunn
Club	Peterborough AC
Event	200m W50-59
Result	31.3

RDA = Race Day Age

Note: Because of the use of non-graded Timekeepers the times will not be published in AW/Pof10

EVAC League Record?

									Match Points								
200m	**200m W35-49**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**		**A**	**B**	**C**	**D**	**E**	**F**	**G**	**H**	**waste**
1	Stacy McGivern	38	Peterborough AC	29.9	6		-			6							
2	Andrea Linnell	38	Huntingdonshire AC	32.9	5		-							5			
3	Louise Kemp	37	Wellingborough & District AC	37.3	4		-						4				
4					3												
5					2												
6					1												
7					0												
8					0												6
200m	**200m W50-59**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**										
1	Wendy Dunn	55	Peterborough AC	31.3	6		-			6							
2	Penny Butcher	56	Huntingdonshire AC	36.7	5		-							5			
3	Deborah Varnfield	52	Wellingborough & District AC	38.5	4		-						4				
4					3												
5					2												
6					1												
7					0												
8					0												6
200m	**200m W60+**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**										
1	Sally Hewitt	61	Wellingborough & District AC	41.9	6		-						6				
2					5												
3					4												
4					3												
5					2												
6					1												
7					0												
8					0												15
800m	**800m W35-49**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**										
1	Wendy Perkins	35	Peterborough AC	02:38.3	6		-			6							
2	Natasha Wain	42	Wellingborough & District AC	03:08.4	5		-						5				
3					4												
4					3												
5					2												
6					1												
7					0												
8					0												10
800m	**800m W50-59**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**										
1	Deborah Varnfield	52	Wellingborough & District AC	03:20.8	6		-						6				
2					5												
3					4												
4					3												
5					2												
6					1												
7					0												
8					0												15
3000m	**3000m W35-49**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**										
1	Nicky Morgan	45	Nene Valley Harriers	12:00.0	6		-		6								
2	Sarah Ellwood	40	Wellingborough & District AC	12:21.0	5		-						5				
3	Karen Cameron	49	Huntingdonshire AC	13:31.0	4		-							4			
4					3												
5					2												
6					1												
7					0												
8					0												6
3000m	**3000m W50-59**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**										
1					6												
2					5												
3					4												
4					3												
5					2												
6					1												
7					0												
8					0												21

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3000m	3000m W60+	RDA	Team	(NN:NN.n)	Pts	Rec									
1					6										
2					5										
3					4										
4					3										
5					2										
6					1										
7					0										
8					0										21
1500mW	1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Pts	Rec									
1	Karen Cameron	49	Huntingdonshire AC	09:33.0	6	LR						6			
2	Claire Wilcock	46	Wellingborough & District AC	10:26.0	5	LR					5				
3					4										
4					3										
5					2										
6					1										
7					0										
8					0										10
1500mW	1K5m Walk 'B'	RDA	Team	(NN:NN.n)	Pts	Rec									
1	Sally Hewitt	61	Wellingborough & District AC	11:12.0	6	LR					6				
2					5										
3					4										
4					3										
5					2										
6					1										
7					0										
8					0										15
HT	Hammer Throw W35-49	RDA	Team	(NN.nn)	Pts	Rec									
1	Andrea Jenkins	39	Nene Valley Harriers	41.64	6	-	6								
2	Lorna Barlow	47	Corby AC	23.01	5	-			5						
3	Kay Gibson	49	Peterborough AC	17.86	4	-		4							
4					3										
5					2										
6					1										
7					0										
8					0										6
HT	Hammer Throw W50-59	RDA	Team	(NN.nn)	Pts	Rec									
1	Judith Jagger	54	Peterborough AC	22.84	6	-		6							
2	Deborah Varnfield	52	Wellingborough & District AC	9.36	5	-					5				
3					4										
4					3										
5					2										
6					1										
7					0										
8					0										10
HT	Hammer Throw W60+	RDA	Team	(NN.nn)	Pts	Rec									
1	Sally Hewitt	61	Wellingborough & District AC	4.37	6	-					6				
2					5										
3					4										
4					3										
5					2										
6					1										
7					0										
8					0										15
SP	Shot Putt W35-49	RDA	Team	(NN.nn)	Pts	Rec									
1	Andrea Jenkins	39	Nene Valley Harriers	9.27	6	-	6								
2	Lorna Barlow	47	Corby AC	5.93	5	-			5						
3	Kay Gibson	49	Peterborough AC	5.48	4	-		4							
4	Natasha Wain	42	Wellingborough & District AC	4.77	3	-					3				
5	Paula Waller	45	Huntingdonshire AC	4.09	2	-						2			
6					1										
7					0										
8					0										1
SP	Shot Putt W50-59	RDA	Team	(NN.nn)	Pts	Rec									
1	Judith Jagger	54	Peterborough AC	8.66	6	LR		6							
2	Brenda Church	62	Nene Valley Harriers	5.32	5	-	5								
3	Deborah Varnfield	52	Wellingborough & District AC	3.30	4	-					4				
4					3										
5					2										
6					1										
7					0										
8	Louise Kemp (?Kg)	37	Wellingborough & District AC	5.85	N/S	-									6
LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Wind	Rec								
1	Stacy McGivern	38	Peterborough AC	4.76	6		-		6						
2	Paula Waller	45	Huntingdonshire AC	3.63	5		-					5			
3	Louise Kemp	37	Wellingborough & District AC	3.05	4		-				4				
4					3										
5					2										
6					1										
7					0										
8	Natasha Wain	42	Wellingborough & District AC	2.84	N/S		-								6

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LJ	Long Jump W50-59	RDA	Team	(N.nn)	Pts	Wind	Rec									
1	Penny Butcher	56	Huntingdonshire AC	3.80	6		-						6			
2	Judith Jagger	54	Peterborough AC	3.71	5		-		5							
3	Deborah Varnfield	52	Wellingborough & District AC	2.71	4		-					4				
4					3											
5					2											
6					1											
7					0											
8					0											6

LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind	Rec									
1	Sally Hewitt	61	Wellingborough & District AC	2.19	6		-					6				
2					5											
3					4											
4					3											
5					2											
6					1											
7					0											
8					0											15

MedR	Relay 2248 W35-49	RDA	Team	(NN:NN.n)	Pts	Rec									
1			Peterborough AC	05:38.8	6	-		6							
2			Wellingborough & District AC	05:39.3	5	-					5				
3			Huntingdonshire AC	05:43.4	4	-						4			
4					3										
5					2										
6					1										
7					0										
8					0										6

MedR	Relay 2248 W50+	RDA	Team	(NN:NN.n)	Pts	Rec									
1					6										
2					5										
3					4										
4					3										
5					2										
6					1										
7					0										
8					0										21
						23	55	10	0	78	37	0	0	190	

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EVAC Track & Field League - | **SE Division - Match 1** | 6 | **Wed** | **06/05/2015**

= Competed as a Non-scorer
= Not paid up so defaults to Non-scorer

Pos	Men's Teams	Score	Bib
1	Southend AC	98	2
2	Thurrock Harriers/ Pitsea RC	79	1
3	Chelmsford AC	71	3
4	Loughton AC	55	5
5	Fleet Street Runners	39	4
6	Ipswich Harriers	19	6

RDA = Race Day Age

EVAC League Record?

Highest Age Graded % = 86.1

Athlete	Michael Bridgeland
Club	Chelmsford AC
Event	3000m M50-59
Result	10:19.4

							Match Points								waste
							1	2	3	4	5	6	7	8	
200m	**200m M35-49**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**								
1	Lee Bowker	42	Ipswich Harriers	26.3	6		-						6		
2	Clive Farrow	45	Southend AC	27.1	5		-		5						
3	Marek Kowalski	43	Thurrock Harriers/ Pitsea RC	28.7	4		-	4							
4	Mark Preskett	40	Fleet Street Runners	29.6	3		-			3					
5	Jim Harrison	51	Loughton AC	29.7	2		-				2				
6	Tony Roberts	49	Chelmsford AC	30.1	1		-		1						
7					0										
8					0										0
200m	**200m M50-59**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**								
1	Keith Palmer	50	Southend AC	29.1	6		-		6						
2	Clifford Warren	53	Loughton AC	29.6	5		-				5				
3	Jonathan Metcalf	55	Thurrock Harriers/ Pitsea RC	30.8	4		-	4							
4	Dave Barnett	0	Chelmsford AC	33.2	3		-		3						
5					2										
6					1										
7					0										
8					0										3
200m	**200m M60+**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**								
1	Gerald Daniel	62	Chelmsford AC	32.9	6		-			6					
2	Peter Binns	67	Southend AC	34.3	5		-		5						
3	Barry Gardner	61	Fleet Street Runners	35.5	4		-			4					
4	Chris Reed	64	Thurrock Harriers/ Pitsea RC	37.1	3		-	3							
5	Robert Maggio	68	Loughton AC	39.4	2		-				2				
6					1										
7					0										
8					0										1
800m	**800m M35-49**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**								
1	Joe McGrath	35	Fleet Street Runners	02:16.0	6		-			6					
2	Tyrone Farrer	41	Southend AC	02:24.5	5		-		5						
3	Tony Hyde	49	Thurrock Harriers/ Pitsea RC	02:26.4	4		-	4							
4	Tony Roberts	49	Chelmsford AC	02:27.0	3		-		3						
5					2										
6					1										
7					0										
8					0										3
800m	**800m M50-59**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**								
1	Jonathan Metcalf	55	Thurrock Harriers/ Pitsea RC	02:26.0	6		-	6							
2	Simon Le Mare	53	Southend AC	02:30.4	5		-		5						
3	Peter Tullett	55	Chelmsford AC	02:35.6	4		-			4					
4	Jim Harrison	51	Loughton AC	02:36.9	3		-				3				
5	Barry Gardner	61	Fleet Street Runners	03:08.8	2		-			2					
6					1										
7					0										
8					0										1
3000m	**3000m M35-49**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**								
1	Lee Martin	43	Chelmsford AC	09:53.8	6		-		6						
2	Lee Taylor	39	Southend AC	09:59.2	5		-		5						
3	Joe McGrath	35	Fleet Street Runners	10:48.1	4		-			4					
4	Eamonn Shelley	54	Thurrock Harriers/ Pitsea RC	11:04.3	3		-	3							
5					2										
6					1										
7					0										
8					0										3
3000m	**3000m M50-59**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**								
1	Michael Bridgeland	57	Chelmsford AC	10:19.4	6		-		6						
2	Donald Lawless	50	Thurrock Harriers/ Pitsea RC	10:45.4	5		-	5							
3	Simon Le Mare	53	Southend AC	10:55.6	4		-		4						
4	John Borgars	69	Loughton AC	15:51.8	3		-				3				
5					2										
6					1										
7					0										
8					0										3

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3000m	**3000m M60+**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Michael Bumstead	63	Thurrock Harriers/ Pitsea RC	11:39.8	6		-	6								
2	Peter Binns	67	Southend AC	12:23.0	5		-		5							
3	Robert Maggio	68	Loughton AC	15:16.2	4		-					4				
4	Roger Cole	65	Chelmsford AC	15:27.7	3		-			3						
5					2											
6					1											
7					0											
8					0											3
1500mW	**1K5m Walk 'A'**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Stephen Kemp	54	Thurrock Harriers/ Pitsea RC	08:32.1	6		LR	6								
2	Mark Preskett	40	Fleet Street Runners	09:31.3	5		LR				5					
3	Peter Cassidy	75	Loughton AC	09:35.3	4		LR					4				
4	John Brock	65	Southend AC	09:57.7	3		LR		3							
5	Roger Cole	65	Chelmsford AC	10:08.2	2		LR			2						
6					1											
7					0											
8					0											1
1500mW	**1K5m Walk 'B'**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Keith Palmer	50	Southend AC	09:24.4	6		LR		6							
2	Eamonn Shelley	54	Thurrock Harriers/ Pitsea RC	09:38.9	5		LR	5								
3	John Borgars	69	Loughton AC	10:21.5	4		LR					4				
4					3											
5					2											
6					1											
7					0											
8					0											6
HT	**Hammer Throw M35-49**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	David Hughes	42	Ipswich Harriers	30.01	6		-						6			
2	Dave Barnett	57	Chelmsford AC	20.87	5		-			5						
3	Ian Hawthorn	50	Thurrock Harriers/ Pitsea RC	15.94	4		-	4								
4	Gary Cheek	44	Southend AC	14.23	3		-		3							
5	Gurjit Dehl	35	Fleet Street Runners	11.72	2		-				2					
6	Clifford Warren	53	Loughton AC	6.35	1		-					1				
7					0											
8					0											0
HT	**Hammer Throw M50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	Robert Earle	54	Southend AC	53.46	6		-		6							
2	Chris Clarke	50	Chelmsford AC	23.31	5		-			5						
3	Jim Harrison	51	Loughton AC	22.12	4		-					4				
4	Mark Jenkins	51	Thurrock Harriers/ Pitsea RC	17.88	3		-	3								
5					2											
6					1											
7					0											
8					0											3
HT	**Hammer Throw M60+**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	Geoff Tyler	66	Chelmsford AC	31.16	6		-			6						
2	John Brock	65	Southend AC	15.04	5		-		5							
3					4											
4					3											
5					2											
6					1											
7					0											
8					0											10
SP	**Shot Putt M35-49**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	Geoff Tyler	66	Chelmsford AC	9.60	6		-			6						
2	David Hughes	42	Ipswich Harriers	9.53	5		-						5			
3	Gary Cheek	44	Southend AC	6.56	4		-		4							
4	Gurjit Dehl	35	Fleet Street Runners	6.12	3		-				3					
5	Clifford Warren	53	Loughton AC	4.21	2		-					2				
6	Ian Hawthorn	50	Thurrock Harriers/ Pitsea RC	3.99	1		-	1								
7					0											
8					0											0
SP	**Shot Putt M50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	Robert Earle	54	Southend AC	13.77	6		-		6							
2	Jim Harrison	51	Loughton AC	7.96	5		-					5				
3	Mark Jenkins	51	Thurrock Harriers/ Pitsea RC	7.63	4		-	4								
4					3											
5					2											
6					1											
7					0											
8					0											6
LJ	**Long Jump M35-49**	**RDA**	**Team**	*(N.nn)*	**Pts**	**Wind**	**Rec**									
1	Joe McGrath	35	Fleet Street Runners	4.8	6		-				6					
2	Clive Farrow	45	Southend AC	4.45	5		-		5							
3	Jim Harrison	51	Loughton AC	4.21	4		-					4				
4	Paul Mitchell	40	Thurrock Harriers/ Pitsea RC	3.57	3		-	3								
5	John Wooller	44	Ipswich Harriers	3.13	2		-						2			
6					1											
7					0											
8					0											1

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LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec									
1	Clifford Warren	53	Loughton AC	4.62	6		-					6				
2	Keith Palmer	50	Southend AC	4.50	5		-		5							
3	Dave Barnett	57	Chelmsford AC	3.88	4		-			4						
4	Mark Jenkins	51	Thurrock Harriers/ Pitsea RC	3.52	3		-	3								
5					2											
6					1											
7					0											
8					0											3

LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts	Wind	Rec									
1	Gerald Daniel	62	Chelmsford AC	3.62	6		-			6						
2	John Brock	65	Southend AC	2.36	5		-		5							
3	Chris Reed	64	Thurrock Harriers/ Pitsea RC	2.22	4		-	4								
4	Robert Maggio	68	Loughton AC	2.15	3		-					3				
5					2											
6					1											
7					0											
8					0											3

MedR	Relay 2248 M35-49	RDA	Team	(N:NN.n)	Pts	Rec									
1			Southend AC	04:18.3	6	-		6							
2			Thurrock Harriers/ Pitsea RC	04:33.6	5	-	5								
3			Fleet Street Runners	04:37.3	4	-				4					
4					3										
5					2										
6					1										
7					0										
8					0										6

MedR	Relay 2248 M50+	RDA	Team	(N:NN.n)	Pts	Rec									
1			Thurrock Harriers/ Pitsea RC	04:39.6	6	-	6								
2			Chelmsford AC	04:42.4	5	-			5						
3			Southend AC	05:11.1	4	-		4							
4			Loughton AC	05:58.7	3	-					3				
5					2										
6					1										
7					0										
8					0										3
							79	98	71	39	55	19	0	0	50

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EVAC Track & Field League - | **SE Division - Match 1** | 6 | **Wed** | **06/05/2015**

	= Competed as a Non-scorer
	= Not paid up so defaults to Non-scorer

Pos	Women's Teams	Score	Bib
1	Loughton AC	89	E
2	Southend AC	77	B
3	Chelmsford AC	61	C
4	Fleet Street Runners	23	D
5	Thurrock Harriers/ Pitsea RC	18	A
6	Ipswich Harriers	12	F

RDA = Race Day Age

EVAC League Record?

Highest Age Graded % =	70.6
Athlete	Lynn Talbert
Club	Thurrock Harriers/ Pitsea RC
Event	200m W50-59
Result	34.1

						Match Points								
200m	**200m W35-49**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**	**A**	**B**	**C**	**D**	**E**	**F**	**G**	**H**	**waste**
1	Natasha Lagden	41	Southend AC	32.7	6		-		6							
2	Michaela Davis	49	Loughton AC	34.8	5		-					5				
3	Joanne Smith	48	Chelmsford AC	35.4	4		-			4						
4	Elizabeth Pfeuti	37	Fleet Street Runners	38.6	3		-				3					
5					2											
6					1											
7					0											
8					0											3
200m	**200m W50-59**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**									
1	Yvonne Holmes	52	Ipswich Harriers	33.9	6		-						6			
2	Lynn Talbert	56	Thurrock Harriers/ Pitsea RC	34.1	5		-	5								
3	Susan Brown.	50	Southend AC	34.9	4		-		4							
4	Clare St John-Coleman	54	Chelmsford AC	35.2	3		-			3						
5	Christine Salvary	58	Loughton AC	39.1	2		-					2				
6					1											
7					0											
8					0											3
200m	**200m W60+**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**									
1	Barbara Higgins	60	Loughton AC	38.5	6		LR					6				
2	Sylvia Sergeant	67	Chelmsford AC	43.4	5		-			5						
3	Stephanie Stamp	62	Southend AC	50.9	4		-		4							
4					3											
5					2											
6					1											
7					0											
8					0											6
800m	**800m W35-49**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Joanne Smith	48	Chelmsford AC	02:48.5	6		-			6						
2	Natasha Lagden	41	Southend AC	02:52.4	5		-		5							
3	Jodie Farrell	49	Thurrock Harriers/ Pitsea RC	03:00.2	4		-	4								
4	Elizabeth Pfeuti	37	Fleet Street Runners	03:13.4	3		-				3					
5	Melanie Peddle	46	Loughton AC	03:39.7	2		-					2				
6					1											
7					0											
8					0											1
800m	**800m W50-59**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Lynn Talbert	56	Thurrock Harriers/ Pitsea RC	03:18.1	6		-	6								
2	Teresa Pearmain	50	Southend AC	03:25.0	5		-		5							
3	Clare St John-Coleman	54	Chelmsford AC	03:46.5	4		-			4						
4	Pam Ackland-Snow	62	Loughton AC	04:20.1	3		-					3				
5					2											
6					1											
7					0											
8					0											3
3000m	**3000m W35-49**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Wendy King	43	Chelmsford AC	11:36.5	6		-			6						
2	Anne Jenkinson	43	Southend AC	12:08.8	5		-		5							
3	Elizabeth Pfeuti	37	Fleet Street Runners	13:37.3	4		-				4					
4	Melanie Peddle	46	Loughton AC	14:55.5	3		-					3				
5					2											
6					1											
7					0											
8					0											3
3000m	**3000m W50-59**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1					6											
2					5											
3					4											
4					3											
5					2											
6					1											
7					0											
8					0											21

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3000m	3000m W60+	RDA	Team	(NN:NN.n)	Pts	Rec									
1	Jean Hobbs	66	Loughton AC	15:49.3	6	-					6				
2					5										
3					4										
4					3										
5					2										
6					1										
7					0										
8					0										15

1500mW	1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Pts	Rec									
1	Kasia Kostyrka-Allchorne	37	Southend AC	10:15.5	6	LR		6							
2	Francoise Fernandez	64	Loughton AC	10:37.4	5	LR					5				
3	Tracy Minton	54	Chelmsford AC	11:51.1	4	LR			4						
4					3										
5					2										
6					1										
7					0										
8					0										6

1500mW	1K5m Walk 'B'	RDA	Team	(NN:NN.n)	Pts	Rec									
1	Jean Hobbs	66	Loughton AC	12:29.8	6	LR					6				
2					5										
3					4										
4					3										
5					2										
6					1										
7					0										
8					0										15

HT	Hammer Throw W35	RDA	Team	(NN.nn)	Pts	Rec									
1	Michaela Davis	49	Loughton AC	17.82	6	-					6				
2	Elizabeth Pfeuti	37	Fleet Street Runners	12.32	5	-				5					
3	Natasha Lagden	41	Southend AC	9.05	4	-		4							
4					3										
5					2										
6					1										
7					0										
8					0										6

HT	Hammer Throw W50-59	RDA	Team	(NN.nn)	Pts	Rec									
1	Susan Brown.	50	Southend AC	20.99	6	-		6							
2	Tracy Minton	54	Chelmsford AC	20.74	5	-			5						
3	Pam Ackland-Snow	62	Loughton AC	18.53	4	-					4				
4					3										
5					2										
6					1										
7					0										
8					0										10

HT	Hammer Throw W60+	RDA	Team	(NN.nn)	Pts	Rec									
1	Shirley Quinn	60	Chelmsford AC	32.28	6	LR			6						
2	Barbara Higgins	60	Loughton AC	21.66	5	LR					5				
3	Stephanie Stamp	62	Southend AC	16.65	4	-		4							
4					3										
5					2										
6					1										
7					0										
8					0										6

SP	Shot Putt W35-49	RDA	Team	(NN.nn)	Pts	Rec									
1	Michaela Davis	49	Loughton AC	5.71	6	-					6				
2	Natalie Cummins	41	Southend AC	4.71	5	-		5							
3	Elizabeth Pfeuti	37	Fleet Street Runners	4.32	4	-				4					
4					3										
5					2										
6					1										
7					0										
8					0										6

SP	Shot Putt W50-59	RDA	Team	(NN.nn)	Pts	Rec									
1	Yvonne Holmes	52	Ipswich Harriers	6.43	6	-						6			
2	Stephanie Stamp	62	Southend AC	5.80	5	-		5							
3	Pam Ackland-Snow	62	Loughton AC	5.55	4	-					4				
4	Lynn Talbert	56	Thurrock Harriers/ Pitsea RC	5.45	3	-	3								
5					2										
6					1										
7					0										
8					0										3

LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Wind	Rec									
1	Michaela Davis	49	Loughton AC	2.62	6		-					6				
2	Kasia Kostyrka-Allchorne	37	Southend AC	2.48	5		-		5							
3	Elizabeth Pfeuti	37	Fleet Street Runners	2.17	4		-				4					
4					3											
5					2											
6					1											
7					0											
8					0											6

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LJ	Long Jump W50-59	RDA	Team	*(N.nn)*	Pts	Wind	Rec									
1	Clare St John-Coleman	54	Chelmsford AC	3.35	6		-			6						
2	Christine Salvary	58	Loughton AC	2.88	5		-					5				
3	Susan Brown.	50	Southend AC	2.56	4		-		4							
4					3											
5					2											
6					1											
7					0											
8					0											6

LJ	Long Jump W60+	RDA	Team	*(N.nn)*	Pts	Wind	Rec									
1	Sylvia Sergeant	67	Chelmsford AC	2.61	6		-			6						
2	Julie Ryan	60	Loughton AC	2.17	5		-					5				
3	Stephanie Stamp	62	Southend AC	1.70	4		-		4							
4					3											
5					2											
6					1											
7					0											
8					0											6

MedR	Relay 2248 W35-49	RDA	Team	*(NN:NN.n)*	Pts	Rec									
1			Chelmsford AC	05:23.3	6	-			6						
2			Southend AC	05:32.9	5	-		5							
3			Loughton AC	07:02.2	4	-					4				
4					3										
5					2										
6					1										
7					0										
8					0										6

MedR	Relay 2248 W50+	RDA	Team	*(NN:NN.n)*	Pts	Rec									
1			Loughton AC	07:44.2	6	LR					6				
2					5										
3					4										
4					3										
5					2										
6					1										
7					0										
8					0										15
							18	67	63	23	91	12	0	0	125

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EVAC Track & Field League - | **NE Division - Match 1** | 5 | **Wed** | **06/05/2015**

= Competed as a Non-scorer
= Not paid up so defaults to Non-scorer

Pos	Men's Teams	Score	Bib
1	Ryston Runners AC	88	1
2	Cambridge & Coleridge AC	59	3
3	West Norfolk AC	46	2
4	W Suffolk AC / St Ed. Pacers	0	4
4		0	5
4	Waveney Valley AC	0	6

RDA = Race Day Age

EVAC League Record?

Highest Age Graded % =

Athlete	
Club	
Event	
Result	

									Match Points								waste
									1	2	3	4	5	6	7	8	
200m	**200m M35-49**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**										
1	Marcus Hawkins	41	Ryston Runners AC	27.6	5		-		5								
2	James Collings	38	West Norfolk AC	28.1	4		-			4							
3	Keith Clarke	47	Cambridge & Coleridge AC	29.0	3		-				3						
4					2												
5					1												
6					0												
7					0												
8					0												3
200m	**200m M50-59**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**										
1	Geoff Powley	53	West Norfolk AC	32.2	5		-			5							
2	Andrew Holdsworth	52	Cambridge & Coleridge AC	33.9	4		-				4						
3	Chris Chapman	58	Ryston Runners AC	35.1	3		-		3								
4					2												
5					1												
6					0												
7					0												
8					0												3
200m	**200m M60+**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**										
1	Noel Moss	70	Cambridge & Coleridge AC	40.7	5		-				5						
2	Michael Ennis	73	Ryston Runners AC	47.0	4		-		4								
3					3												
4					2												
5					1												
6					0												
7					0												
8					0												6
800m	**800m M35-49**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**										
1	Matthew Pyatt	38	Ryston Runners AC	02:10.4	5		-		5								
2	Matt Ward	44	Cambridge & Coleridge AC	02:37.5	4		-				4						
3	Robert Vincent	49	West Norfolk AC	04:21.7	3		-			3							
4					2												
5					1												
6					0												
7					0												
8					0												3
800m	**800m M50-59**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**										
1	Malcolm Tuff	50	Ryston Runners AC	02:21.0	5		-		5								
2	Geoff Powley	53	West Norfolk AC	02:58.3	4		-			4							
3					3												
4					2												
5					1												
6					0												
7					0												
8					0												6
3000m	**3000m M35-49**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**										
1	Nicholas Bensley	45	Ryston Runners AC	10:36.0	5		-		5								
2	Matt Ward	44	Cambridge & Coleridge AC	11:53.0	4		-				4						
3					3												
4					2												
5					1												
6					0												
7					0												
8	Stephen Gibbs	35	Guest (Norwich RR)	09:49.3	N/S		-										6
3000m	**3000m M50-59**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**										
1	Geoff Powley	53	West Norfolk AC	13:09.9	5		-			5							
2	Martin Blackburn	57	Ryston Runners AC	14:01.5	4		-		4								
3					3												
4					2												
5					1												
6					0												
7					0												
8					0												6

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3000m	**3000m M60+**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Peter Johnson	61	Ryston Runners AC	11:31.7	5		-	5								
2	Alan Baldock	66	Cambridge & Coleridge AC	16:36.0	4		-			4						
3					3											
4					2											
5					1											
6					0											
7					0											
8					0											6
1500mW	**1K5m Walk 'A'**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Paul Firmage	60	Ryston Runners AC	10:13.5	5		LR	5								
2	Robert Vincent	49	West Norfolk AC	12:13.8	4		LR		4							
3					3											
4					2											
5					1											
6					0											
7					0											
8					0											6
1500mW	**1K5m Walk 'B'**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Peter Duhig	65	Ryston Runners AC	10:13.8	5		LR	5								
2	Adam Dewdney	40	West Norfolk AC	12:21.1	N/S		LR		N/S							
3					0											
4					0											
5					0											
6					0											
7					0											
8					0											0
HT	**Hammer Throw M35-49**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	Keith Clarke	47	Cambridge & Coleridge AC	18.27	5		-			5						
2	Barry Smith	49	Ryston Runners AC	11.06	4		-	4								
3					3											
4					2											
5					1											
6					0											
7					0											
8					0											6
HT	**Hammer Throw M50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	Geoff Powley	53	West Norfolk AC	19.26	5		-		5							
2	David Lane	50	Ryston Runners AC	16.90	4		-	4								
3					3											
4					2											
5					1											
6					0											
7					0											
8					0											6
HT	**Hammer Throw M60+**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	Noel Moss	70	Cambridge & Coleridge AC	15.23	5		-			5						
2	Martin Simmonds	74	Ryston Runners AC	14.50	4		-	4								
3					3											
4					2											
5					1											
6					0											
7					0											
8					0											6
SP	**Shot Putt M35-49**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	Keith Clarke	47	Cambridge & Coleridge AC	7.56	5		-			5						
2	Adam Dewdney	40	West Norfolk AC	6.60	N/S		-		N/S							
3	Barry Smith	49	Ryston Runners AC	5.87	4		-	4								
4					3											
5					2											
6					1											
7					0											
8					0											6
SP	**Shot Putt M50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	Geoff Powley	53	West Norfolk AC	7.86	5		-		5							
2	Andrew Holdsworth	52	Cambridge & Coleridge AC	7.54	4		-			4						
3	Keith Morris	55	Ryston Runners AC	6.11	3		-	3								
4					2											
5					1											
6					0											
7					0											
8					0											3
LJ	**Long Jump M35-49**	**RDA**	**Team**	*(N.nn)*	**Pts**	**Wind**	**Rec**									
1	Paul Harrison	48	Ryston Runners AC	4.90	5		-	5								
2	Keith Clarke	47	Cambridge & Coleridge AC	4.22	4		-			4						
3	James Collings	38	West Norfolk AC	4.21	3		-		3							
4					2											
5					1											
6					0											
7					0											
8					0											3

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LJ	Long Jump M50-59	RDA	Team	*(N.nn)*	Pts	Wind	Rec									
1	Geoff Powley	53	West Norfolk AC	4.23	5		-		5							
2	David Lane	50	Ryston Runners AC	4.16	4		-	4								
3	Andrew Holdsworth	52	Cambridge & Coleridge AC	3.35	3		-			3						
4					2											
5					1											
6					0											
7					0											
8					0											3

LJ	Long Jump M60+	RDA	Team	*(N.nn)*	Pts	Wind	Rec									
1	Noel Moss	70	Cambridge & Coleridge AC	2.95	5		-			5						
2	Jeffrey Reed	70	Ryston Runners AC	2.43	4		-	4								
3					3											
4					2											
5					1											
6					0											
7					0											
8					0											6

MedR	Relay 2248 M35-49	RDA	Team	*(N:NN.n)*	Pts	Rec									
1			Ryston Runners AC	04:23.1	5	-	5								
2			Cambridge & Coleridge AC	05:04.0	4	-			4						
3			West Norfolk AC	06:44.4	3	-		3							
4					2										
5					1										
6					0										
7					0										
8					0										3

MedR	Relay 2248 M50+	RDA	Team	*(N:NN.n)*	Pts	Rec									
1			Ryston Runners AC	04:57.2	5	-	5								
2					4										
3					3										
4					2										
5					1										
6					0										
7					0										
8					0										10
							88	46	59	0	0	0	0	0	84

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EVAC Track & Field League - | **NE Division - Match 1** | 5

Wed | **06/05/2015**

= Competed as a Non-scorer

= Not paid up so defaults to Non-scorer

Pos	Women's Teams	Score	Bib
1	Ryston Runners AC	89	A
2	Cambridge & Coleridge AC	50	C
3	West Norfolk AC	27	B
4	W Suffolk AC / St Ed. Pacers	17	D
5		0	E
5	Waveney Valley AC	0	F

RDA = Race Day Age

EVAC League Record?

Highest Age Graded % =

Athlete	
Club	
Event	
Result	

									Match Points								waste
									A	B	C	D	E	F	G	H	
200m	**200m W35-49**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**										
1	Nicola Neill	43	West Norfolk AC	35.3	5		-			5							
2	Melanie Watts	38	Ryston Runners AC	38.4	4		-		4								
3	Iona Graham-Hagg	52	Cambridge & Coleridge AC	39.1	3		-				3						
4					2												
5					1												
6					0												
7					0												
8					0												3
200m	**200m W50-59**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**										
1	Karen Wood	50	Ryston Runners AC	38.3	5		-		5								
2	Jayne Arthur	54	Cambridge & Coleridge AC	39.3	4		-				4						
3					3												
4					2												
5					1												
6					0												
7					0												
8					0												6
200m	**200m W60+**	**RDA**	**Team**	*(NN.n)*	**Pts**	**Wind**	**Rec**										
1	Gill Hart	62	Ryston Runners AC	46.8	5		-		5								
2	Mary Holmes	78	Cambridge & Coleridge AC	46.9	4		-				4						
3					3												
4					2												
5					1												
6					0												
7					0												
8					0												6
800m	**800m W35-49**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**										
1	Nicola Neill	43	West Norfolk AC	02:38.9	5		-			5							
2	Joan Lasenby	55	Cambridge & Coleridge AC	02:59.6	4		-				4						
3	Linda Marshall	50	Ryston Runners AC	03:15.7	3		-		3								
4					2												
5					1												
6					0												
7					0												
8					0												3
800m	**800m W50-59**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**										
1	Christine Anthony	52	W Suffolk AC / St Ed. Pacers	02:46.7	5		-					5					
2	Helen Grant	52	Cambridge & Coleridge AC	03:14.8	4		-				4						
3	Wendy Fisher	50	Ryston Runners AC	03:29.2	3		-		3								
4					2												
5					1												
6					0												
7					0												
8					0												3
3000m	**3000m W35-49**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**										
1	Katrina Wasteney	43	West Norfolk AC	12:32.2	5		-			5							
2	Joan Lasenby	55	Cambridge & Coleridge AC	12:44.4	4		-				4						
3	Helen Melville	39	Ryston Runners AC	14:05.0	3		-		3								
4					2												
5					1												
6					0												
7					0												
8					0												3
3000m	**3000m W50-59**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**										
1	Christine Anthony	52	W Suffolk AC / St Ed. Pacers	12:00.4	5		-					5					
2	Helen Grant	52	Cambridge & Coleridge AC	13:11.5	4		-				4						
3	Sarah Taylor	50	Ryston Runners AC	14:06.2	3		-		3								
4					2												
5					1												
6					0												
7					0												
8					0												3

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3000m	**3000m W60+**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Celia Duncan	61	W Suffolk AC / St Ed. Pacers	13:00.7	5		-				5					
2	Gill Hart	62	Ryston Runners AC	17:47.6	4		-	4								
3					3											
4					2											
5					1											
6					0											
7					0											
8					0											6

1500mW	**1K5m Walk 'A'**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Catherine Duhig	60	Ryston Runners AC	09:09.6	5		LR	5								
2	Katrina Wasteney	43	West Norfolk AC	09:17.3	4		LR		4							
3	Pamela Abbott	52	Cambridge & Coleridge AC	10:06.2	3		LR			3						
4	Celia Duncan	61	W Suffolk AC / St Ed. Pacers	11:25.3	2		LR				2					
5					1											
6					0											
7					0											
8	Sue Smith	50	Ryston Runners AC	11:08.9	N/S		LR									1

1500mW	**1K5m Walk 'B'**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**		**Rec**									
1	Elizabeth Blakie	56	Ryston Runners AC	09:35.7	5		LR	5								
2					4											
3					3											
4					2											
5					1											
6					0											
7					0											
8					0											10

HT	**Hammer Throw W35**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	Tanya Daniels	37	Ryston Runners AC	15.69	5		-	5								
2	Katrina Wasteney	43	West Norfolk AC	11.82	4		-		4							
3					3											
4					2											
5					1											
6					0											
7					0											
8					0											6

HT	**Hammer Throw W50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	Gaye Clarke	54	Ryston Runners AC	28.88	5		-	5								
2					4											
3					3											
4					2											
5					1											
6					0											
7					0											
8					0											10

HT	**Hammer Throw W60+**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	Marlene Simmonds	69	Ryston Runners AC	16.18	5		-	5								
2					4											
3					3											
4					2											
5					1											
6					0											
7					0											
8					0											10

SP	**Shot Putt W35-49**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	Tanya Daniels	37	Ryston Runners AC	6.63	5		-	5								
2	Nicola Neill	43	West Norfolk AC	5.66	4		-		4							
3	Joan Lasenby	55	Cambridge & Coleridge AC	5.50	3		-			3						
4					2											
5					1											
6					0											
7					0											
8					0											3

SP	**Shot Putt W50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**									
1	Gaye Clarke	54	Ryston Runners AC	7.62	5		-	5								
2	Pamela Abbott	52	Cambridge & Coleridge AC	5.63	4		-			4						
3					3											
4					2											
5					1											
6					0											
7					0											
8					0											6

LJ	**Long Jump W35-49**	**RDA**	**Team**	*(N.nn)*	**Pts**	**Wind**	**Rec**									
1	Tanya Daniels	37	Ryston Runners AC	3.84	5		-	5								
2	Iona Graham-Hagg	52	Cambridge & Coleridge AC	2.96	4		-			4						
3					3											
4					2											
5					1											
6					0											
7					0											
8					0											6

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LJ	Long Jump W50-59	RDA	Team	(N.nn)	Pts	Wind	Rec									
1	Karen Wood	50	Ryston Runners AC	3.07	5		-	5								
2	Pamela Abbott	52	Cambridge & Coleridge AC	2.43	4		-			4						
3					3											
4					2											
5					1											
6					0											
7					0											
8	Jo Isbill	50	Ryston Runners AC	2.77	N/S		-									6

LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind	Rec									
1	Marlene Simmonds	69	Ryston Runners AC	2.79	5		-	5								
2					4											
3					3											
4					2											
5					1											
6					0											
7					0											
8					0											10

MedR	Relay 2248 W35-49	RDA	Team	(NN:NN.n)	Pts	Rec									
1			Ryston Runners AC	05:44.8	5	-	5								
2					4										
3					3										
4					2										
5					1										
6					0										
7					0										
8					0										10

MedR	Relay 2248 W50+	RDA	Team	(NN:NN.n)	Pts	Rec									
1			Cambridge & Coleridge AC	06:05.5	5	LR			5						
2			Ryston Runners AC	06:59.9	4	LR	4								
3					3										
4					2										
5					1										
6					0										
7					0										
8					0										6
							89	27	50	17	0	0	0	0	101

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