EVAC Track & Field League	SW Division - Match B		Teams = 7
Bedford	Wed	03/06/2015	Overall Match Scores

Pos	SW - Men's Teams	Bib	Match B Score	A+B	Pos
1	Bedford & County AC	5	152	239	1
2	Marshall Milton Keynes AC	1	112	227	2
3	Fairlands Valley Spartans	4	97	198	3
4	Biggleswade AC	3	63	123	4
5	Luton AC	7	67	119	5
6	Bedford Harriers	2	46	46	6
7	Saffron Striders	6	0	0	7
7	-	8	0	0	7

EVAC League Record?

Derived from Age Grade Tables of 2015

RDA = Race Day Age

Walks results not going to AW/Pof10

Non Scoring = N/S

100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Daniel Bottesch	40	Luton AC	12.1	7		-	84.8
2	Peter Benedickter	46	Bedford & County AC	12.5	6		-	85.5
3	Paul Canning	49	Marshall Milton Keynes AC	12.5	5		-	87.2
4	Steve Mayfield	49	Fairlands Valley Spartans	13.1	4		-	83.2
5	David Roberts	48	Bedford Harriers	14.7	3		-	73.7
6	Stuart Goodwin	37	Biggleswade AC	15.3	2		-	65.6
7					1			
8					0			

100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Tennyson James	57	Bedford & County AC	12.7	7		-	90.4
2	Gary Butler	50	Bedford Harriers	13.0	6		-	84.5
3	John Turner	58	Marshall Milton Keynes AC	13.5	5		-	85.6
4	David Brown	57	Biggleswade AC	14.2	4		-	80.9
5	Mark Freeman	59	Fairlands Valley Spartans	17.7	3		-	65.7
6	Jim Keech	64	Bedford & County AC	14.2	N/S		-	84.4
7	?????		Bedford Harriers	15.4	N/S		-	
8	Chris Addams	55	Biggleswade AC	16.7	N/S		-	67.9

400m	400m M35-49	RDA	Team	(NN.n)	Pts	Rec	AG %
1	Peter Benedickter	46	Bedford & County AC	55.0	7	-	87.6
2	Daniel Bottesch	40	Luton AC	55.6	6	-	83.1
3	Christopher Westcott	42	Fairlands Valley Spartans	57.1	5	-	82.0
4	Paul Canning	49	Marshall Milton Keynes AC	59.6	4	-	82.5
5	Adam Hills	38	Bedford Harriers	64.2	3	-	70.9
6	Paul Davies	45	Biggleswade AC	66.1	2	-	72.4
7					1		
8	Steve Mayfield	49	Fairlands Valley Spartans	60.4	N/S	-	81.4

400m	400m M50-59	RDA	Team	(NN.n)	Pts	Rec	AG %
1	Tennyson James	57	Bedford & County AC	58.5	7	-	88.7
2	Gary Butler	50	Bedford Harriers	58.6	6	-	84.5
3	David Brown	57	Biggleswade AC	63.0	5	-	82.3
4	Ivars Licietis	59	Marshall Milton Keynes AC	64.6	4	-	81.3
5	John Harris	53	Fairlands Valley Spartans	67.4	3	-	75.0
6	Tony Thompson	57	Luton AC	71.1	2	-	72.9
7					1		
8	Chris Addams	55	Biggleswade AC	77.5	N/S	-	66.1

400m	400m M60+	RDA	Team	(NN.n)	Pts	Rec	AG %
1	John Haines	60	Biggleswade AC	79.0	7	-	66.9
2	David Folgate	64	Bedford & County AC	94.7	6	-	57.2
3	Jim Brown	62	Fairlands Valley Spartans	99.7	5	-	53.7
4	Carl Baldwin	61	Marshall Milton Keynes AC	117.1	4	-	45.4
5					3		
6					2		
7					1		
8					0		

1500m	1500m M35-49	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Simon Coombes	42	Bedford & County AC	04:12.1	7		-	87.7
2	Adam Mills	45	Bedford Harriers	04:31.9	6		-	83.2
3	Grant Ramsay	42	Fairlands Valley Spartans	04:32.4	5		-	81.2
4	Mark Dowson	39	Marshall Milton Keynes AC	04:36.3	4		-	78.2
5	Paul Davies	45	Biggleswade AC	04:42.1	3		-	80.2
6					2			
7					1			
8					0			

1500m	1500m M50-59	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	James McMahon	54	Bedford & County AC	04:38.3	7		-	87.4
2	Kevin Willett	51	Bedford Harriers	04:55.3	6		-	80.3
3	David Bowker	56	Fairlands Valley Spartans	05:13.1	5		-	79.0
4	Tony Thompson	57	Luton AC	05:25.4	4		-	76.6
5	Christopher Addams	55	Biggleswade AC	05:48.2	3		-	70.4
6	Stewart Fraser	56	Marshall Milton Keynes AC	05:50.1	2		-	70.6
7					1			
8	955 ???		???	04:51.4	N/S		-	

1500m	1500m M60+	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Aleksander Swiecicki	66	Bedford & County AC	05:34.4	7		-	80.8
2	John Haines	60	Biggleswade AC	05:45.6	6		-	74.0
3	Jim Brown	62	Fairlands Valley Spartans	06:49.0	5		-	63.7
4	Carl Baldwin	61	Marshall Milton Keynes AC	09:38.2	4		-	44.6
5	Charlie Palmer		Bedford & County AC	04:34.3	N/S			
6	Gavin Reynolds	40	Bedford & County AC	04:50.0	N/S		-	75.1
7	Anthony Fitzpatrick	49	Bedford & County AC	05:15.8	N/S		-	73.9
8	Jim Black	46	Bedford & County AC	05:17.1	N/S		-	71.9

1MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts		Rec	
1	David Bowker	56	Fairlands Valley Spartans	09:13.6	7		-	72.6
2	Alan Daglish	65	Luton AC	09:16.3	6		-	79.1
3	Robin Wynde	57	Biggleswade AC	10:01.1	5		-	67.5
4	Jim Lawrence	58	Marshall Milton Keynes AC	10:44.6	4		-	63.5
5	Howard Darbon	72	Bedford & County AC	11:30.8	3		-	69.1
6					2			
7	Walks result not going to AW/Pof10				1			
8					0			

1MileW	1M Walk 'B'	RDA	Team	(NN:NN.n)	Pts		Rec	
1	Graeme Packman	60	Bedford & County AC	11:32.0	7		-	60.3
2	Brian Graves	75	Marshall Milton Keynes AC	11:38.8	6		-	71.1
3	Jim Brown	62	Fairlands Valley Spartans	14:20.4	5		-	49.5
4					4			
5	Walks result not going to AW/Pof10				3			
6					2			
7					1			
8					0			

SH	110mH M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Gavin Fordham	36	Bedford & County AC	16.4	7		-	79.4
2					6			
3					5			
4					4			
5					3			
6					2			
7					1			
8	Peter Benedickter	46	Bedford & County AC	18.1	N/S		-	78.4

SH	100mH M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Des Wilkinson	52	Luton AC	14.9	7		LR	91.4
2	Tennyson James	57	Bedford & County AC	16.0	6		-	91.1
3	Colin Ross	58	Bedford Harriers	DSQ			-	
4					0			
5					0			
6					0			
7					0			
8					0			

JT	Javelin Throw M35-49	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	James Danobrega	38	Bedford & County AC	34.43	7		-	38.2
2	Steve Mayfield	49	Fairlands Valley Spartans	28.98	6		-	38.9
3	Mark Featherstone	56	Marshall Milton Keynes AC	29.07	5		-	-
3	Geoff Grinsted	48	Luton AC	17.68	4		-	23.3
4	Stuart Goodwin	37	Biggleswade AC	17.68	3		-	19.3
6					2			
7					1			
8					0			

JT	Javelin Throw M50-59	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	David Burrell	51	Luton AC	37.17	7		-	49.2
2	Simon Eastwood	50	Bedford & County AC	34.93	6		-	45.4
8	David Goldsworthy	56	Marshall Milton Keynes AC	32.17	5		-	46.9
4	Mark Glading	55	Fairlands Valley Spartans	16.76	4		-	23.9
5	Mark Tinkler	57	Bedford Harriers	15.72	3		-	23.4
6	Clark Skerratt	64	Biggleswade AC	14.46	2		-	-
7	Jim Burke (700gm)	59	Bedford & County AC	21.45	N/S		-	33.3

JT	Javelin Throw M60+	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	Robert Richards	67	Bedford & County AC	29.41	7		-	51.6
2	Bunt Scott	64	Marshall Milton Keynes AC	25.51	6		-	41.8
3	John Haines	60	Biggleswade AC	23.40	5		-	35.2
4	Alan Daglish	65	Luton AC	14.05	4		-	23.5
5					3			
6					2			
7					1			
8					0			

DT	Discus Throw M35-49	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	Gavin Fordham	36	Bedford & County AC	32.94	7		-	44.5
2	Alan Nisbet	45	Marshall Milton Keynes AC	28.63	6		-	40.6
3	Geoff Grinsted	48	Luton AC	26.19	5		-	39.3
4	Steve Mayfield	49	Fairlands Valley Spartans	23.14	4		-	35.5
5					3			
6	Mark Featherstone (1.5Kg)	50	Marshall Milton Keynes AC	28.17	N/S		-	-
7	James Danobrega (2Kg)	38	Bedford & County AC	25.85	N/S		-	34.9
8	Jim Burke (1.5Kg)	59	Bedford & County AC	25.13	N/S		-	-

DT	Discus Throw M50-59	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	David Burrell	51	Luton AC	40.49	7		-	55.7
2	John Turner	58	Marshall Milton Keynes AC	31.47	6		-	50.4
3	Simon Eastwood	50	Bedford & County AC	29.91	5		-	40.4
4	Mark Glading	55	Fairlands Valley Spartans	22.98	4		-	34.1
5	Mark Tinkler	57	Bedford Harriers	15.21	3		-	23.7
6	Clark Skerratt	64	Biggleswade AC	9.08	2		-	-
7					1			
8	Bunt Scott	64	Marshall Milton Keynes AC	26.26	N/S		-	-

TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
1	Steven Hossent	41	Marshall Milton Keynes AC	10.27	7		-	60.9
2	Steve Mayfield	49	Fairlands Valley Spartans	8.81	6		-	57.7
3	Stephen Bass	42	Bedford & County AC	8.70	5		-	52.2
4	Stuart Goodwin	37	Biggleswade AC	8.63	4		-	48.9
5					3			
6					2			
7					1			
8					0			

TJ	Triple Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
1	David Folgate	64	Bedford & County AC	9.76	7		-	79.7
2	Carl Baldwin	61	Marshall Milton Keynes AC	7.71	6		-	60.0
3	John Harris	53	Fairlands Valley Spartans	6.83	5		-	47.2
4					4			
5					3			
6					2			
7					1			
8					0			

HJ	High Jump M35-49	RDA	Team	(N.nn)	Pts	Rec	AG %
1	Gavin Fordham	36	Bedford & County AC	1.76	7	LR	76.5
2	Andre Sinclair-Linton	49	Marshall Milton Keynes AC	1.55	6	-	76.7
3	Christopher Westcott	42	Fairlands Valley Spartans	1.30	5	-	59.8
4	Daniel Bottesch	40	Luton AC	1.20	4	-	54.2
5					3		
6					2		
7	James Danobrega	38	Bedford & County AC	1.50	N/S	-	66.4
8	Mark Featherstone	50	Marshall Milton Keynes AC	1.20	N/S	-	60.0

HJ	High Jump M50-59	RDA	Team	(N.nn)	Pts	Rec	AG %
1	Simon Eastwood	50	Bedford & County AC	1.45	7	-	72.5
2	John Harris	53	Fairlands Valley Spartans	1.30	6	-	67.2
3	David Goldsworthy	56	Marshall Milton Keynes AC	1.25	5	-	66.8
4	David Burrell	51	Luton AC	1.15	4	-	58.1
5					3		
6					2		
7					1		
8					0		

HJ	High Jump M60+	RDA	Team	(N.nn)	Pts	Rec	AG %
1	David Folgate	64	Bedford & County AC	1.30	7	LR	76.5
2	Carl Baldwin	61	Marshall Milton Keynes AC	1.25	6	LR	70.9
3	Clark Skerratt	64	Biggleswade AC	1.00	5	LR	58.9
4					4		
5					3		
6					2		
7					1		
8					0		

MedR	Relay 4224 M35-49	RDA	Team	(N:NN.n)	Pts	Rec
1			Bedford & County AC	02:50.4	7	-
2			Fairlands Valley Spartans	02:57.4	6	-
3			Marshall Milton Keynes AC	02:59.1	5	-
4			Bedford Harriers	03:12.8	4	-
5					3	
6					2	
7					1	
8					0	

MedR	Relay 4224 M50+	RDA	Team	(N:NN.n)	Pts	Rec
1			Marshall Milton Keynes AC	03:23.0	7	-
2			Bedford Harriers	03:26.5	6	-
3			Biggleswade AC	03:27.1	5	-
4			Fairlands Valley Spartans	03:34.0	4	-
5			Bedford & County AC	03:36.4	3	-
6					2	
7					1	
8					0	

EVAC Track & Field League	SW Division - Match B		Teams = 7
Bedford	Wed	03/06/2015	Overall Match Scores

Pos	SW - Women's Teams	Bib	Match B Score	A+B	Pos
1	Fairlands Valley Spartans	D	127	245	1
2	Marshall Milton Keynes AC	A	133	228	2
3	Luton AC	G	77	130	3
4	Bedford & County AC	E	67	97	4
5	Biggleswade AC	C	35	63	5
6	Bedford Harriers	B	24	24	6
7	Saffron Striders	F	0	0	7
7	-	H	0	0	7

EVAC League Record?

Derived from Age Grade Tables of 2015

RDA = Race Day Age

Walks result not going to AW/Pof10

Non Scoring = N/S

100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Joanna Winfield	41	Luton AC	14.9	7		-	*74.6*
2	Stephanie Johnston	41	Marshall Milton Keynes AC	14.9	6		-	*74.6*
3	Peta Wilson	46	Fairlands Valley Spartans	21.1	5		-	*55.7*
4					4			
5					3			
6					2			
7					1			
8					0			

100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Monica Brown	50	Fairlands Valley Spartans	14.1	7		-	*87.0*
2	Edith Caux	58	Luton AC	15.1	6		-	*88.0*
3	Janice Hardcastle	55	Marshall Milton Keynes AC	15.5	5		-	*83.3*
4					4			
5					3			
6					2			
7					1			
8					0			

400m	400m W35-49	RDA	Team	(NN.n)	Pts		Rec	AG %
1	Rosie Canham	41	Luton AC	65.6	7		-	*80.9*
2	Alana Slater	38	Marshall Milton Keynes AC	69.8	6		-	*73.6*
3	Zoe Luscombe	40	Biggleswade AC	72.2	5		-	*72.7*
4	Peta Wilson	46	Fairlands Valley Spartans	88.3	4		-	*63.3*
5					3			
6					2			
7					1			
8	Joe Gunney		Luton AC	67.6	N/S		-	

400m	400m W50-59	RDA	Team	(NN.n)	Pts		Rec	AG %
1	Edith Caux	58	Luton AC	72.5	7		-	*86.4*
2	Lindsay Lister	50	Biggleswade AC	74.5	6		-	*78.1*
3	Diane Baldwin	58	Marshall Milton Keynes AC	77.4	5		-	*80.9*
4	Julie Simmons	57	Fairlands Valley Spartans	86.8	4		-	*71.5*
5	Jeanete Cheetham	50	Bedford Harriers	97.4	3		-	*59.7*
6					2			
7					1			
8					0			

400m	400m W60+	RDA	Team	(NN.n)	Pts		Rec	AG %
1	Sheila Humphries	62	Bedford Harriers	95.3	7		LR	*68.1*
2	Catherine Craig	62	Fairlands Valley Spartans	97.4	6		LR	*66.6*
3	Julia Hancock	66	Bedford & County AC	97.5	5		LR	*69.4*
4	Fi Han Bromilow	61	Marshall Milton Keynes AC	110.0	4		-	*58.5*
5					3			
6					2			
7					1			
8	Iris Hornsey	73	Fairlands Valley Spartans	102.1	N/S		-	*75.5*

1500m	1500m W35-49	RDA	Team	(NN:NN.n)	Pts	Rec	AG %
1	Anna Folland	45	Bedford Harriers	05:11.2	7	-	83.6
2	Christine Lathwell	38	Luton AC	05:17.3	6	-	76.1
3	Kerry Adams	39	Marshall Milton Keynes AC	05:43.8	5	-	70.8
4	Andrea Westcott	44	Fairlands Valley Spartans	06:54.8	4	-	62.0
5					3		
6					2		
7					1		
8					0		

1500m	1500m W50-59	RDA	Team	(NN:NN.n)	Pts	Rec	AG %
1	Gill Fullen	50	Bedford Harriers	05:11.2	7	-	88.9
2	Lindsay Lister	50	Biggleswade AC	05:48.7	6	-	79.3
3	Diane Baldwin	58	Marshall Milton Keynes AC	06:00.0	5	-	85.5
4	Julie Simmons	57	Fairlands Valley Spartans	06:13.8	4	-	81.2
5	Lorraine Daglish	58	Luton AC	06:31.7	3	-	78.6
6					2		
7					1		
8					0		

1500m	1500m W60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %
1	Yuko Gordon	64	Fairlands Valley Spartans	06:03.4	7	LR	92.6
2	Fi Han Bromilow	61	Marshall Milton Keynes AC	07:53.4	6	-	67.9
3					5		
4					4		
5					3		
6					2		
7					1		
8					0		

1MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts	Rec	AG %
1	Helen Middleton	52	Bedford & County AC	09:12.3	7	-	75.1
2	Diane Baldwin	58	Marshall Milton Keynes AC	09:16.5	6	-	78.7
3	Julie Simmons	57	Fairlands Valley Spartans	09:17.5	5	-	77.8
4	- -	0	Luton AC	14:20.4	4	-	-
5					3		
6	Walks result not going to AW/Pof10				2		
7					1		
8					0		

1MileW	1M Walk 'B'	RDA	Team	(NN:NN.n)	Pts	Rec	AG %
1	Sharon Crowley	56	Fairlands Valley Spartans	11:09.6	7	-	64.2
2	Diane Farmer	56	Marshall Milton Keynes AC	11:14.1	6	-	63.8
3					5		
4	Walks result not going to AW/Pof10				4		
5					3		
6					2		
7					1		
8					0		

SH	100mH W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Jemma Eastwood	36	Bedford & County AC	18.7	7		-	67.1
2	Corinne Nurse	36	Marshall Milton Keynes AC	20.8	6		-	60.3
3	Joanna Winfield	41	Luton AC	22.0	5		-	-
4	Stephanie Mayfield	41	Fairlands Valley Spartans	25.0	4		-	-
5					3			
6					2			
7					1			
8					0			

SH	80mH W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Monica Brown	50	Fairlands Valley Spartans	15.4	7		-	75.4
2	Diane Baldwin	58	Marshall Milton Keynes AC	31.5	6		-	40.4
3					5			
4					4			
5					3			
6					2			
7					1			
8					0			

JT	Javelin Throw W35-49	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	Emma Beales	43	Marshall Milton Keynes AC	22.00	7		-	35.5
2	Jemma Eastwood	36	Bedford & County AC	21.59	6		-	29.5
3	Joanne Ellary	37	Biggleswade AC	11.40	5		-	15.9
4	Keely Grinsted	48	Luton AC	11.20	4		-	20.8
5	Andrea Westcott	44	Fairlands Valley Spartans	9.37	3		-	15.5
6					2			
7					1			
8	Steph Johnston (600gm)	41	Marshall Milton Keynes AC	11.48	N/S		-	17.6

JT	Javelin Throw W50-59	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	Sandra Ingham	57	Biggleswade AC	24.18	7		-	54.0
2	Monica Brown	50	Fairlands Valley Spartans	15.53	6		-	29.0
3	Oriana Johnson	53	Bedford & County AC	14.60	5		-	29.3
4	Janice Hardcastle	55	Marshall Milton Keynes AC	10.54	4		-	22.3
5	Lorraine Daglish	58	Luton AC	10.43	3		-	24.0
6					2			
7	Brenda Russell (500gm)	57	Bedford & County AC	12.63	N/S		-	28.2
8	Julia Mackay (500gm)	50	Biggleswade AC	8.15	N/S		-	15.2

JT	Javelin Throw W60+	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	Iris Hornsey	73	Fairlands Valley Spartans	10.85	7		-	36.0
2	Julia Hancock	66	Bedford & County AC	7.57	6		-	20.8
3	Fi Han Bromilow	61	Marshall Milton Keynes AC	4.72	5		-	11.5
4					4			
5					3			
6					2			
7					1			
8					0			

DT	Discus Throw W35-49	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	Emma Beales	43	Marshall Milton Keynes AC	38.46	7		-	58.1
2	Jemma Eastwood	36	Bedford & County AC	27.00	6		-	36.7
3	Keely Grinsted	48	Luton AC	15.94	5		-	26.2
4	Stephanie Mayfield	41	Fairlands Valley Spartans	12.18	4		-	17.8
5					3			
6					2			
7					1			
8					0			

DT	Discus Throw W50-59	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	Oriana Johnson	53	Bedford & County AC	16.67	7		-	30.0
2	Sandra Ingham	57	Biggleswade AC	13.86	6		-	27.0
3	Lorraine Daglish	58	Luton AC	11.58	5		-	23.0
4	Diane Farmer	56	Marshall Milton Keynes AC	10.69	4		-	20.4
5	Monica Brown	50	Fairlands Valley Spartans	10.36	3		-	17.6
6					2			
7	Brenda Russell	57	Bedford & County AC	17.64	N/S		-	34.3
8	Julia Mackay	50	Biggleswade AC	10.57	N/S		-	18.0

TJ	Triple Jump W35	RDA	Team	(NN.nn)	Pts	Wind	Rec	AG %
1	Jemma Eastwood	36	Bedford & County AC	8.90	7		-	62.2
2	Stephanie Johnston	41	Marshall Milton Keynes AC	8.34	6		-	61.9
3	Stephanie Mayfield	41	Fairlands Valley Spartans	6.79	5		-	50.4
4	Christine Lathwell	38	Luton AC	6.60	4		-	47.2
5					3			
6					2			
7					1			
8					0			

TJ	Triple Jump W50-59	RDA	Team	(NN.nn)	Pts	Wind	Rec	AG %
1	Janice Hardcastle	55	Marshall Milton Keynes AC	8.53	7		-	76.4
2	Monica Brown	50	Fairlands Valley Spartans	7.89	6		-	65.8
3					5			
4					4			
5					3			
6					2			
7					1			
8					0			

HJ	High Jump W35-49	RDA	Team	*(N.nn)*	Pts	Rec	*AG %*
1	Corinne Nurse	36	Marshall Milton Keynes AC	1.43	7	-	*71.9*
2	Jemma Eastwood	36	Bedford & County AC	1.30	6	-	*65.3*
3	Christine Lathwell	38	Luton AC	1.00	5	-	*51.5*
4	Peta Wilson	46	Fairlands Valley Spartans	1.00	4	-	*56.5*
5					3		
6					2		
7					1		
8					0		

HJ	High Jump W50-59	RDA	Team	*(N.nn)*	Pts	Rec	*AG %*
1	Monica Brown	50	Fairlands Valley Spartans	1.30	7	-	*77.4*
2	Janice Hardcastle	55	Marshall Milton Keynes AC	1.25	6	-	*79.6*
3	Barbara Haughton	50	Bedford & County AC	1.20	5	-	*71.4*
4					4		
5					3		
6					2		
7					1		
8					0		

HJ	High Jump W60+	RDA	Team	*(N.nn)*	Pts	Rec	*AG %*
1	Catherine Craig	62	Fairlands Valley Spartans	1.00	7	LR	*70.4*
2					6		
3					5		
4					4		
5					3		
6					2		
7					1		
8					0		

MedR	Relay 4224 W35-49	RDA	Team	*(NN:NN.n)*	Pts	Rec
1			Marshall Milton Keynes AC	03:19.3	7	-
2			Luton AC	03:25.2	6	-
3			Fairlands Valley Spartans	04:33.0	5	-
4					4	
5					3	
6					2	
7					1	
8					0	

MedR	Relay 4224 W50+	RDA	Team	*(NN:NN.n)*	Pts	Rec
1			Marshall Milton Keynes AC	04:06.3	7	LR
2			Fairlands Valley Spartans	04:15.5	6	LR
3					5	
4					4	
5					3	
6					2	
7					1	
8					0	

EVAC Track & Field League	SE Division - Match B		Teams = 6
Southend	Wed	03/06/2015	Overall Match Scores

Pos	SE - Men's Teams	Bib	Match B Score	A+B	Pos
1	Southend AC	2	116	214	1
2	Thurrock Harriers/ Pitsea RC	1	98	177	2
3	Chelmsford AC	3	90	161	3
4	Loughton AC	5	56	111	4
5	Fleet Street Runners	4	49	88	5
6	Ipswich Harriers	6	21	40	6
7	-	7	0	0	7
7	-	8	0	0	7

RDA = Race Day Age

EVAC League Record?

Derived from Age Grade Tables of 2015

100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Clive Farrow	45	Southend AC	12.4	6		-	*85.6*
2	Marek Kowalski	43	Thurrock Harriers/ Pitsea RC	13.0	5		-	*80.5*
3	Antony Babbs	48	Loughton AC	13.4	4		-	*80.8*
4	Mark Preskett	40	Fleet Street Runners	13.7	3		-	*74.9*
5	Roger Cole	65	Chelmsford AC	16.4	2		-	*73.5*
6					1			
7					0			
8					0			

100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Keith Palmer	50	Southend AC	13.5	6		-	*81.3*
2	Jonathan Metcalf	55	Thurrock Harriers/ Pitsea RC	14.2	5		-	*79.9*
3	Robert Woolliams	59	Ipswich Harriers	15.2	4		-	*76.5*
4	Dave Barnett	57	Chelmsford AC	15.9	3		-	*72.2*
5	John Borgars	69	Loughton AC	18.7	2		-	*66.0*
6					1			
7	Stephen Soloman	52	Southend AC	14.9	NS		-	*74.6*
8								

400m	400m M35-49	RDA	Team	(NN.n)	Pts		Rec	AG %
1	Graham Eastty	35	Southend AC	56.8	6		-	*78.4*
2	Joe McGrath	35	Fleet Street Runners	57.9	5		-	*76.9*
3	Antony Babbs	48	Loughton AC	62.1	4		-	*78.7*
4	Michael Woodward	37	Thurrock Harriers/ Pitsea RC	63.8	3		-	*70.8*
5	Roger Cole	65	Chelmsford AC	80.6	2		-	*67.7*
	Jason Syrett	47	Thurrock Harriers/ Pitsea RC	64.7	NS		-	*75.0*
	Paul Mitchell	35	Thurrock Harriers/ Pitsea RC	72.1	NS		-	*61.7*

400m	400m M50-59	RDA	Team	(NN.n)	Pts		Rec	AG %
1	Jonathan Metcalf	55	Thurrock Harriers/ Pitsea RC	62.0	6		-	*82.6*
2	Dave Barnett	57	Chelmsford AC	70.1	5		-	*74.0*
3	Michael Whittaker	57	Southend AC	73.0	4		-	*71.0*
4	Robert Woolliams	59	Ipswich Harriers	74.8	3		-	*70.2*
5	Robert Sargent	61	Loughton AC	86.7	2		-	*61.4*
					1			
	Steve Kemp	54	Thurrock Harriers/ Pitsea RC	64.4	NS		-	*79.0*
	Stephen Soloman	52	Southend AC	70.7	NS		-	*71.0*

400m	400m M60+	RDA	Team	(NN.n)	Pts		Rec	AG %
1	Michael Bumstead	63	Thurrock Harriers/ Pitsea RC	69.9	6		-	*77.1*
2	Peter Binns	67	Southend AC	71.4	5		-	*78.8*
3	Gerald Daniel	62	Chelmsford AC	79.6	4		-	*67.3*
4	Robert Maggio	69	Loughton AC	86.0	3		-	*67.5*
5					2			
6					1			
7					0			
8					0			

1500m	1500m M35-49	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Lee Martin	43	Chelmsford AC	04:33.5	6		-	81.4
2	Scott Rice	44	Thurrock Harriers/ Pitsea RC	04:34.3	5		-	81.8
3	Joe McGrath	35	Fleet Street Runners	04:42.4	4		-	74.5
4	Tyrone Farrer	41	Southend AC	04:47.6	3		-	76.3
5	Antony Babbs	48	Loughton AC	06:06.2	2		-	63.2
	Geordie Clarke	35	Fleet Street Runners	04:44.9	NS		-	73.8
	Michael Woodward	37	Thurrock Harriers/ Pitsea RC	05:08.3	NS		-	69.1
	Jason Syrett	47	Thurrock Harriers/ Pitsea RC	05:09.0	NS		-	74.3
1500m	1500m M50-59	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Michael Bridgeland	57	Chelmsford AC	04:44.7	6		-	87.6
2	Donald Lawless	50	Thurrock Harriers/ Pitsea RC	04:44.9	5		-	82.6
3	Michael Whittaker	57	Southend AC	05:03.0	4		-	82.3
	Steve Kemp	54	Thurrock Harriers/ Pitsea RC	05:20.5	NS		-	75.9
					0			
1500m	1500m M60+	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Michael Bumstead	63	Thurrock Harriers/ Pitsea RC	05:14.9	6		-	83.4
2	Peter Binns	67	Southend AC	05:30.7	5		-	82.4
3	Barry Thorpe	60	Chelmsford AC	05:43.0	4		-	74.6
4	Robert Sargent	61	Loughton AC	06:37.9	3		-	64.9
5					2			
6					1			
7					0			
8					0			
1MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts		Rec	
1	Stephen Kemp	54	Thurrock Harriers/ Pitsea RC	09:45.6	6		-	67.4
2	Mark Preskett	40	Fleet Street Runners	09:56.4	5		-	58.9
3	Keith Palmer	50	Southend AC	10:17.1	4		-	61.8
4	Roger Cole	65	Chelmsford AC	10:38.1	3		-	68.9
5					2			
6					1			
7					0			
8					0			
1MileW	1M Walk 'B'	RDA	Team	(NN:NN.n)	Pts		Rec	
1	John Brock	65	Southend AC	10:29.6	6		-	69.8
2	Bernard Johnson	59	Thurrock Harriers/ Pitsea RC	10:29.7	5		-	65.6
3	Dave Barnett	57	Chelmsford AC	10:59.3	4		-	61.5
4	Peter Cassidy	75	Loughton AC	10:59.8	3		-	75.3
5	Gurjit Dehl	35	Fleet Street Runners	12:16.3	2		-	-
6					1			
7					0			
8					0			
SH	110mH M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Clint Nicholls	36	Fleet Street Runners	16.2	6		-	80.4
2	Toby Sullivan	42	Southend AC	19.0	5		-	72.3
DSQ	Toby Draper	42	Thurrock Harriers/ Pitsea RC	-	0		-	
4								
5					0			
6					0			
7					0			
8					0			
SH	100mH M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Jim Harrison	51	Loughton AC	19.7	6		-	68.2
2	Dave Barnett	57	Chelmsford AC	25.6	5		-	57.0
DSQ	Donald Lawless	50	Thurrock Harriers/ Pitsea RC	-			-	
4					0			
5					0			
6					0			
7					0			
8					0			

JT	Javelin Throw M35-49	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	Clint Nicholls	36	Fleet Street Runners	32.11	6		-	34.5
2	David Hughes	42	Ipswich Harriers	31.19	5		-	36.9
3	Jason Syrett	47	Thurrock Harriers/ Pitsea RC	23.51	4		-	30.4
4	Gary Cheek	44	Southend AC	18.49	3		-	22.7
5	Roger Cole	65	Chelmsford AC	16.47	2		-	-
6	Antony Babbs	48	Loughton AC	16.31	1		-	21.5
7					0			
	Gurjit Dehl	35	Fleet Street Runners		NS			0.0

JT	Javelin Throw M50-59	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	Robert Earle	54	Southend AC	35.24	6		-	49.3
2	Martin Branfoot	58	Chelmsford AC	33.39	5		-	50.7
3	Jim Harrison	51	Loughton AC	27.62	4		-	36.5
4	Stephen Kemp	54	Thurrock Harriers/ Pitsea RC	11.71	3		-	16.4
	Stephen Soloman	52	Southend AC	27.81	NS		-	37.5
	Ian Hawthorn	50	Thurrock Harriers/ Pitsea RC	19.50	NS		-	20.8
	Chris Clark	50	Chelmsford AC	15.98	NS			-

JT	Javelin Throw M60+	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	Geoff Tyler	66	Chelmsford AC	22.40	6		-	38.4
2	John Clark	72	Southend AC	16.25	5		-	-
3	Chris Reed	64	Thurrock Harriers/ Pitsea RC	13.30	4		-	21.8
4	Robert Maggio	69	Loughton AC	5.05	3		-	9.3
								-
					0			

DT	Discus Throw M35-49	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	Geoff Tyler	66	Chelmsford AC	29.72	6		-	-
2	David Hughes	42	Ipswich Harriers	27.94	5		-	38.4
3	Gary Cheek	44	Southend AC	20.16	4		-	28.3
4	Martin Mack	49	Thurrock Harriers/ Pitsea RC	17.45	3		-	26.7
5	Gurjit Dehl	35	Fleet Street Runners	16.18	2		-	21.8
6	Robert Maggio	69	Loughton AC	10.13	1		-	-
7					0			
8					0			

DT	Discus Throw M50-59	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	Robert Earle	54	Southend AC	45.00	6		-	65.4
2	Chris Clark	50	Chelmsford AC	22.09	5		-	29.8
3	Jim Harrison	51	Loughton AC	21.70	4		-	29.8
4	Ian Hawthorn	50	Thurrock Harriers/ Pitsea RC	20.33	3		-	27.4
5					2			
	John Clark (1kg)	72	Southend AC	16.97	NS		-	-
7								
8								

TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
1	Joe McGrath	35	Fleet Street Runners	10.42	6		-	57.7
2	Clive Farrow	45	Southend AC	9.60	5		-	59.8
3	John Wooller	44	Ipswich Harriers	7.96	4		-	49.0
4	Toby Draper	42	Thurrock Harriers/ Pitsea RC	7.49	3		-	45.0
5	Antony Babbs	48	Loughton AC	6.79	2		-	43.9
6	Roger Cole	65	Chelmsford AC	6.54	1		-	54.3
7					0			
8					0			

TJ	Triple Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
1	Keith Palmer	50	Southend AC	9.33	6		-	62.0
2	Dave Barnett	57	Chelmsford AC	8.16	5		-	59.8
3	Mark Jenkins	51	Thurrock Harriers/ Pitsea RC	7.72	4		-	52.0
4					3			
	Mark Preskett	40	Fleet Street Runners	8.67	NS		-	50.8
6								
7								
8					0			

HJ	**High Jump M35-49**	**RDA**	**Team**	*(N.nn)*	**Pts**	**Rec**	***AG %***
1	Toby Sullivan	42	Southend AC	1.60	6	-	*73.7*
2	Joe McGrath	35	Fleet Street Runners	1.55	5	-	*66.7*
3	Antony Babbs	48	Loughton AC	1.30	4	-	*63.6*
4	Paul Mitchell	40	Thurrock Harriers/ Pitsea RC	1.25	3	-	*56.4*
5	Roger Cole	65	Chelmsford AC	1.00	2	-	*59.6*
6					1		
7					0		
8					0		

HJ	**High Jump M50-59**	**RDA**	**Team**	*(N.nn)*	**Pts**	**Rec**	***AG %***
1	Keith Palmer	50	Southend AC	1.30	6	-	*65.0*
2	Dave Barnett	57	Chelmsford AC	1.25	5	-	*67.6*
3	Mark Jenkins	51	Thurrock Harriers/ Pitsea RC	1.25	4	-	*63.2*
4	Jim Harrison	51	Loughton AC	1.20	3	-	*60.7*
5					2		
6					1		
7					0		
8					0		

HJ	**High Jump M60+**	**RDA**	**Team**	*(N.nn)*	**Pts**	**Rec**	***AG %***
1	Gerald Daniel	62	Chelmsford AC	1.30	6	LR	*74.6*
2	Michael Bumstead	63	Thurrock Harriers/ Pitsea RC	1.25	5	LR	*72.7*
3	John Brock	65	Southend AC	1.10	4	LR	*65.6*
4	Robert Maggio	69	Loughton AC	1.05	3	LR	*66.0*
5					2		
6					1		
7					0		
8					0		

MedR	**Relay 4224 M35-49**	**RDA**	**Team**	*(N:NN.n)*	**Pts**	**Rec**
1			Southend AC	02:52.6	6	-
2			Fleet Street Runners	02:58.6	5	-
3			Thurrock Harriers/ Pitsea RC	03:07.6	4	-
4			Chelmsford AC	03:25.7	3	-
5			Loughton AC	03:56.9	2	-
6					1	
7					0	
8					0	

MedR	**Relay 4224 M50+**	**RDA**	**Team**	*(N:NN.n)*	**Pts**	**Rec**
1			Thurrock Harriers/ Pitsea RC	03:14.3	6	-
2			Southend AC	03:27.8	5	-
4					0	
5					0	
6					0	
7					0	
8					0	

EVAC Track & Field League	SE Division - Match B		Teams = 6	
Southend	Wed	03/06/2015	Overall Match Scores	

Pos	SE - Women's Teams	Bib	Match B Score	A+B	Pos
5	Thurrock Harriers/ Pitsea RC	A	12	29	4
1	Southend AC	B	102	178	2
2	Chelmsford AC	C	91	158	3
6	Fleet Street Runners	D	0	23	6
2	Loughton AC	E	91	179	1
4	Ipswich Harriers	F	17	28	5
6	-	G	0	0	7
6	-	H	0	0	7

RDA = Race Day Age

EVAC League Record?

Derived from Age Grade Tables of 2015

100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Natasha Lagden	41	Southend AC	15.3	6		-	72.6
2	Michaela Davis	49	Loughton AC	15.9	5		-	76.3
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Yvonne Holmes	52	Ipswich Harriers	15.0	6		-	83.4
2	Clare St John-Coleman	54	Chelmsford AC	15.9	5		-	80.3
3	Emily McMahon	65	Loughton AC	16.3	4		-	87.0
4	Susan Brown	50	Southend AC	16.9	3		-	72.6
5					2			
	Christine Salvary	58	Loughton AC	16.6	NS		-	80.0
	Jill Kent	57	Chelmsford AC	16.9	NS		-	77.8
	Barbara Higgins	61	Loughton AC	17.0	NS		-	80.4

400m	400m W35-49	RDA	Team	(NN.n)	Pts	Rec	AG %
1	Joanne Smith	48	Chelmsford AC	73.8	6	-	77.2
2	Anne Jenkinson	43	Southend AC	82.8	5	-	65.4
3	Michaela Davis	49	Loughton AC	92.0	4	-	62.6
4					3		
5					2		
6					1		
7					0		
8					0		

400m	400m W50-59	RDA	Team	(NN.n)	Pts	Rec	AG %
1	Yvonne Holmes	52	Ipswich Harriers	76.3	6	-	77.7
2	Jill Kent	57	Chelmsford AC	79.5	5	-	78.1
3	Christine Salvary	58	Loughton AC	85.8	4	-	73.0
4	Susan Brown	50	Southend AC	87.1	3	-	66.8
5					2		
6					1		
7					0		
8					0		

400m	400m W60+	RDA	Team	(NN.n)	Pts	Rec	AG %
1	Stephanie Stamp	62	Southend AC	111.6	6	-	58.2
2	Julie Ryan	61	Loughton AC	No time	5	-	
3					4		
4					3		
5					2		
6					1		
7					0		
8					0		

1500m	1500m W35-49	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Claire Cornwell	35	Southend AC	05:23.5	6		-	73.2
2	Joanne Smith	48	Chelmsford AC	05:31.5	5		-	81.4
3	Michaela Davis	49	Loughton AC	07:39.1	4		-	59.5
4					3			
	Kasia Kostyrka-Allchorne	37	Southend AC	06:12.2	NS		-	64.4
6								
7					0			
8					0			

1500m	1500m W50-59	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Tracy Minton	54	Chelmsford AC	06:34.8	6		-	73.8
2	Melanie Carole Panting	59	Southend AC	07:57.8	5		-	65.4
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

1500m	1500m W60+	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1					6			
2					5			
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

1MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Kasia Kostyrka-Allchorne	37	Southend AC	11:10.5	6		-	55.0
2	Francoise Fernandez	64	Loughton AC	11:22.1	5		-	68.4
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

1MileW	1M Walk 'B'	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Tracy Minton	54	Chelmsford AC	12:10.0	6		-	57.8
2	Melanie Carole Panting	59	Southend AC	13:07.4	5		-	56.2
3	Julie Ryan	61	Loughton AC	15:12.1	4		-	49.5
4					3			
5					2			
6					1			
7					0			
8					0			

SH	100mH W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Kasia Kostyrka-Allchorne	37	Southend AC	52.3	6		-	24.1
2					5			
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

SH	80mH W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Jill Kent	57	Chelmsford AC	19.0	6		-	66.2
2	Susan Brown	50	Southend AC	23.0	5		-	50.5
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

JT	**Javelin Throw W35-49**	**RDA**	**Team**	*N*	**Pts**		**Rec**	***AG %***
1	Sue Lawrence	44	Thurrock Harriers/ Pitsea RC	22.76	6		-	*37.7*
2	Yvonne Holmes	52	Ipswich Harriers	11.27	5		-	-
3	Sarah Stark	49	Chelmsford AC	10.73	4		-	*20.5*
4	Natalie Cummins	41	Southend AC	10.13	3		-	*15.6*
5	Michaela Davis	49	Loughton AC	9.14	2		-	*17.5*
6					1			
7					0			
8					0			

JT	**Javelin Throw W50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**	***AG %***
1	Katherine Merritt	51	Loughton AC	13.15	6		-	*25.2*
2	Tracy Minton	54	Chelmsford AC	11.92	5		-	*24.6*
3	Susan Brown	50	Southend AC	9.02	4		-	*16.9*
4					3			
5					2			
6					1			
7					0			
8					0			

JT	**Javelin Throw W60+**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**	***AG %***
1	Shirley Quinn	60	Chelmsford AC	17.32	6		-	*41.4*
2	Emily McMahon	65	Loughton AC	12.18	5		-	*32.6*
3	Stephanie Stamp	62	Southend AC	11.60	4		-	*29.0*
4					3			
5					2			
6					1			
7					0			
8					0			

DT	**Discus Throw W35-49**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**	***AG %***
1	Sue Lawrence	44	Thurrock Harriers/ Pitsea RC	29.17	6		-	*44.8*
2	Sarah Stark	49	Chelmsford AC	16.27	5		-	*27.2*
3	Sally Newman-Russell	47	Southend AC	16.00	4		-	*25.8*
4	Barbara Higgins	60	Loughton AC	14.85	3		-	*30.8*
5					2			
6					1			
7					0			
8					0			

DT	**Discus Throw W50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**	***AG %***
1	Shirley Quinn	60	Chelmsford AC	30.18	6		-	*62.6*
2	Katherine Merritt	51	Loughton AC	12.90	5		-	*22.3*
3	Susan Brown	50	Southend AC	12.90	4		-	*21.9*
4					3			
5					2			
6					1			
7					0			
8					0			

TJ	**Triple Jump W35**	**RDA**	**Team**	*(NN.nn)*	**Pts**	**Wind**	**Rec**	***AG %***
1	Michaela Davis	49	Loughton AC	6.44	6		-	*53.0*
2	Carol Morris	48	Chelmsford AC	5.75	5		-	*46.7*
3	Natasha Lagden	41	Southend AC	5.75	4		-	*42.7*
4					3			
5					2			
6					1			
7					0			
8					0			

TJ	**Triple Jump W50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**	**Wind**	**Rec**	***AG %***
1	Clare St John-Coleman	54	Chelmsford AC	7.81	6		-	*68.9*
2	Christine Salvary	58	Loughton AC	7.02	5		-	*65.8*
3	Susan Brown	50	Southend AC	6.89	4		-	*57.5*
4					3			
5					2			
6					1			
7					0			
8					0			

HJ	High Jump W35-49	RDA	Team	*(N.nn)*	Pts	Rec	*AG %*
1	Michaela Davis	49	Loughton AC	1.15	6	-	*67.6*
2	Carol Morris	48	Chelmsford AC	1.10	5	-	*64.0*
3	Natasha Lagden	41	Southend AC	1.05	4	-	*55.9*
4					3		
5					2		
6=					1		
6=					0		
8					0		

HJ	High Jump W50-59	RDA	Team	*(N.nn)*	Pts	Rec	*AG %*
1	Barbara Higgins	60	Loughton AC	1.05	6	-	*71.9*
2	Clare St John-Coleman	54	Chelmsford AC	1.05	5	-	*66.0*
3	Susan Brown	50	Southend AC	1.00	4	-	*59.5*
4					3		
4					2		
4					1		
7					0		
8					0		

HJ	High Jump W60+	RDA	Team	*(N.nn)*	Pts	Rec	*AG %*
1	Emily McMahon	65	Loughton AC	1.15	6	LR	*85.1*
2					5		
3					4		
4					3		
5					2		
6					1		
7					0		
8					0		

MedR	Relay 4224 W35-49	RDA	Team	*(NN:NN.n)*	Pts	Rec
1			Southend AC	03:37.0	6	-
2			Chelmsford AC	03:49.0	5	-
3					4	
4					3	
5					2	
6					1	
7					0	
8					0	

MedR	Relay 4224 W50+	RDA	Team	*(NN:NN.n)*	Pts	Rec
1			Loughton AC	04:28.8	6	LR
2			Southend AC	04:58.8	5	LR
3					4	
4					3	
5					2	
6					1	
7					0	
8					0	

EVAC Track & Field League	NW Division - Match B		Teams = 6
Peterborough	Wed	03/06/2015	Overall Match Scores

Pos	NW - Men's Teams	Bib	Match B Score	A+B	Pos
1	Peterborough AC	2	120	195	1
2	Wellingborough & District AC	5	81	166	2
3	Huntingdonshire AC	6	82	157	3
4	Nene Valley Harriers	1	84	143	4
5	Corby AC	3	20	58	5
6	Higham Harriers	4	0	0	6
6	-	7	0	0	6
6	-	8	0	0	6

RDA = Race Day Age

EVAC League Record?

Derived from Age Grade Tables of 2015

100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Matthew Dalton	35	Peterborough AC	11.9	6		-	83.2
2	Julian Smith	46	Nene Valley Harriers	12.5	5		-	85.5
3	Jesse Wilson	43	Corby AC	13.0	4		-	80.5
4	Martin Newton	37	Wellingborough & District AC	14.0	3		-	71.7
5	Dave Ensor	48	Huntingdonshire AC	15.6	2		-	69.4
6					1			
7					0			
8					0			

100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Ricardo Huskisson	55	Nene Valley Harriers	13.1	6		-	86.6
2	David Whitehead	62	Peterborough AC	13.7	5		-	86.4
3	Richard Phelan	53	Huntingdonshire AC	14.2	4		-	78.8
4	John Donaldson	56	Wellingborough & District AC	15.2	3		-	75.1
ns	Daniel Bates	36	Wellingborough	14.7	0		-	67.8
6					0			
7					0			
8					0			

400m	400m M35-49	RDA	Team	(NN.n)	Pts	Rec	AG %
1	Atholl Lawson	40	Corby AC	53.6	6	-	86.2
2	Matthew Dalton	35	Peterborough AC	53.7	5	-	82.9
3	Julian Smith	46	Nene Valley Harriers	57.5	4	-	83.8
4	Keith Lok	40	Wellingborough & District AC	61.8	3	-	74.7
5	Peter Downhill	46	Huntingdonshire AC	67.8	2	-	71.1
6					1		
7					0		
8					0		

400m	400m M50-59	RDA	Team	(NN.n)	Pts	Rec	AG %
1	John Donaldson	56	Wellingborough & District AC	66.0	6	-	78.1
2	Jim Morris	50	Nene Valley Harriers	66.0	5	-	75.0
3	Peter Ward	50	Peterborough AC	66.5	4	-	74.5
4					3		
5					2		
6					1		
7					0		
8					0		

400m	400m M60+	RDA	Team	(NN.n)	Pts	Rec	AG %
1	David Whitehead	62	Peterborough AC	63.2	6	-	84.7
2	Wayne DuBose	60	Huntingdonshire AC	78.2	5	-	67.6
3	Mick Smith	67	Wellingborough & District AC	82.3	4	-	68.3
ns	Peter Brantom	65	Peterborough AC	81.2	0	-	67.2
5					0		
6					0		
7					0		
8					0		

1500m	1500m M35-49	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Simon Fell	38	Nene Valley Harriers	04:39.1	6		-	-
2	Peter Downhill	46	Huntingdonshire AC	04:48.1	5		-	79.1
3	Steven Hall	44	Peterborough AC	04:48.8	4		-	77.7
4	Jon Kemp	44	Wellingborough & District AC	04:57.5	3		-	75.4
ns	Sean Beard	49	Nene Valley Harriers	04:42.5	0		-	82.6
ns	Terry Moat	47	Peterborough AC	05:28.6	0		-	69.9
ns	Alan Griffiths	47	Wellingborough	05:25.4	0		-	70.6
ns	Mark Harrison	41	Wellingborough	05:35.7	0		-	65.4
1500m	1500m M50-59	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Jim Morris	50	Nene Valley Harriers	05:05.5	6		-	77.0
2	Richard Holland	56	Huntingdonshire AC	05:13.6	5		-	78.8
3	Peter Ward	50	Peterborough AC	05:20.3	4		-	73.5
4	Andy Bird	51	Wellingborough & District AC	06:54.1	3		-	57.3
ns	Barry Warne	54	Nene Valley Harriers	05:45.1	0		-	70.4
6					0			
7					0			
8					0			
1500m	1500m M60+	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Eamonn Dorling	60	Peterborough AC	05:22.8	6		-	79.3
2	Mick Smith	67	Wellingborough & District AC	05:52.9	5		-	77.2
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			
1MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts		Rec	
1	Eamonn Dorling	60	Peterborough AC	10:20.0	6		-	67.3
2	Alan Griffiths	47	Wellingborough & District AC	11:00.8	5		-	56.3
3	Wayne DuBose	60	Huntingdonshire AC	11:10.4	4		-	62.3
4	Barry Warne	54	Nene Valley Harriers	13:43.0	3		-	48.0
5					2			
6					1			
7					0			
8					0			
1MileW	1M Walk 'B'	RDA	Team	(NN:NN.n)	Pts		Rec	
1	Rodney Dunn	62	Peterborough AC	10:29.4	6		-	67.7
2	Alan Mills	76	Wellingborough & District AC	11:26.0	5		-	-
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			
SH	110mH M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Matthew Dalton	35	Peterborough AC	24.4	6		-	52.9
2					5			
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			
SH	100mH M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Karl Eve	52	Peterborough AC	18.9	6		-	72.0
2	Richard Phelan	53	Huntingdonshire AC	19.5	5		-	70.8
3	Ricardo Huskisson	55	Nene Valley Harriers	21.6	4		-	65.8
4	Andy Bird	51	Wellingborough & District AC	26.1	3		-	51.5
5					2			
6					1			
7					0			
8					0			

JT	Javelin Throw M35-49	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	Simon Achurch	40	Nene Valley Harriers	40.43	6		-	46.3
2	Leigh Porter	39	Peterborough AC	30.21	5		-	34.1
3	Dave Ensor	48	Huntingdonshire AC	28.35	4		-	37.3
4	Nick Breeze	40	Wellingborough & District AC	23.40	3		-	26.8
5					2			
6					1			
7					0			
8					0			

JT	Javelin Throw M50-59	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	Karl Eve	52	Peterborough AC	30.20	6		-	40.7
2	Robert Ellingham	50	Huntingdonshire AC	24.76	5		-	32.2
3	Andy Bird	51	Wellingborough & District AC	24.46	4		-	32.4
4	Roger Hudson	52	Nene Valley Harriers	24.35	3		-	32.8
5					2			
6					1			
7					0			
8					0			

JT	Javelin Throw M60+	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	Wayne DuBose	60	Huntingdonshire AC	25.48	6		-	38.3
2	John Blackwell	64	Nene Valley Harriers	23.60	5		-	38.6
3	Peter Brantom	65	Peterborough AC	13.23	4		-	22.2
4	Alan Mills	76	Wellingborough & District AC	9.25	3		-	-
5					2			
6					1			
7					0			
8					0			

DT	Discus Throw M35-49	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	Simon Achurch	40	Nene Valley Harriers	32.23	6		-	43.5
2	Matthew Dalton	35	Peterborough AC	19.29	5		-	26.0
3	Dave Ensor	48	Huntingdonshire AC	16.49	4		-	24.8
4	Daniel Bates	36	Wellingborough & District AC	14.05	3		-	19.0
ns	Nick Breeze	40	Wellingborough & District AC	20.89	0		-	28.2
6					0			
7					0			
8					0			

DT	Discus Throw M50-59	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	Robert Ellingham	50	Huntingdonshire AC	31.13	6		-	42.0
2	Karl Eve	52	Peterborough AC	29.09	5		-	40.7
3	John Blackwell	64	Nene Valley Harriers	26.47	4		-	-
4	Andy Bird	51	Wellingborough & District AC	17.76	3		-	24.4
ns	Roger Hudson	52	Nene Valley Harriers	23.59	0		-	33.0
ns	Tim Needham (1Kg)	62	Nene Valley Harriers	31.50	0		-	-
7					0			
8					0			

TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
1	Leigh Porter	39	Peterborough AC	10.78	6		-	62.5
2	Julian Smith	46	Nene Valley Harriers	8.05	5		-	50.8
3	Dave Ensor	48	Huntingdonshire AC	7.92	4		-	51.2
4	Alan Griffiths	47	Wellingborough & District AC	6.12	3		-	39.1
5					2			
6					1			
7					0			
8					0			

TJ	Triple Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
1	Richard Phelan	53	Huntingdonshire AC	10.57	6		-	73.1
2	Karl Eve	52	Peterborough AC	9.58	5		-	65.3
3	Ricardo Huskisson	55	Nene Valley Harriers	9.49	4		-	67.5
4	Andy Bird	51	Wellingborough & District AC	7.20	3		-	48.5
5					2			
6					1			
7					0			
8					0			

HJ	High Jump M35-49	RDA	Team	*(N.nn)*	Pts	Rec	*AG %*
1	Leigh Porter	39	Peterborough AC	1.55	6	-	*69.3*
2	Atholl Lawson	40	Corby AC	1.40	5	-	*63.2*
3	Nick Breeze	40	Wellingborough & District AC	1.35	4	-	*60.9*
4	Dave Ensor	48	Huntingdonshire AC	1.30	3	-	*63.6*
5	Simon Achurch	40	Nene Valley Harriers	1.25	2	-	*56.4*
6					1		
7					0		
8					0		

HJ	High Jump M50-59	RDA	Team	*(N.nn)*	Pts	Rec	*AG %*
1	Richard Phelan	53	Huntingdonshire AC	1.55	6	LR=	*80.1*
2	Karl Eve	52	Peterborough AC	1.50	5	-	*76.7*
3	Ricardo Huskisson	55	Nene Valley Harriers	1.35	4	-	*71.3*
4	Andy Bird	51	Wellingborough & District AC	1.00	3	-	*50.5*
5					2		
6					1		
7					0		
8					0		

HJ	High Jump M60+	RDA	Team	*(N.nn)*	Pts	Rec	*AG %*
1	Wayne DuBose	60	Huntingdonshire AC	1.25	6	LR	*70.0*
2	David Whitehead	62	Peterborough AC	1.20	5	LR	*68.9*
3					4		
4					3		
5					2		
6					1		
7					0		
8					0		

MedR	Relay 4224 M35-49	RDA	Team	*(N:NN.n)*	Pts	Rec
1			Nene Valley Harriers	03:07.2	6	-
2			Corby AC	03:10.0	5	-
3			Peterborough AC	03:17.9	4	-
4			Wellingborough & District AC	03:25.0	3	-
5					2	
6					1	
7					0	
8					0	

MedR	Relay 4224 M50+	RDA	Team	*(N:NN.n)*	Pts	Rec
1			Wellingborough & District AC	03:51.6	6	-
2					5	
3					4	
4					3	
5					2	
6					1	
7					0	
8					0	

EVAC Track & Field League	NW Division - Match B		Teams = 6
Peterborough	Wed	03/06/2015	Overall Match Scores

Pos	NW - Women's Teams	Bib	Match B Score	A+B	Pos
3	Nene Valley Harriers	A	54	77	3
1	Peterborough AC	B	95	150	2
5	Corby AC	C	0	10	5
5	Higham Harriers	D	0	0	6
2	Wellingborough & District AC	E	76	154	1
4	Huntingdonshire AC	F	5	42	4
5	-	G	0	0	6
5	-	H	0	0	6

RDA = Race Day Age

EVAC League Record?

Derived from Age Grade Tables of 2015

100m	100m W35-49	RDA	Team	*(NN.n)*	Pts	Wind	Rec	*AG %*
1	Sarah Endicott	43	Nene Valley Harriers	15.6	6		-	*72.9*
2	Joanne Abel	42	Huntingdonshire AC	15.8	5		-	*71.1*
3	Natasha Wain	42	Wellingborough & District AC	17.4	4		-	*64.6*
4	Kay Gibson	49	Peterborough AC	18.5	3		-	*65.6*
5					2			
6					1			
7					0			
8					0			

100m	100m W50-59	RDA	Team	*(NN.n)*	Pts	Wind	Rec	*AG %*
1	Judith Jagger	54	Peterborough AC	16.4	6		-	*77.9*
2	Deborah Varnfield	52	Wellingborough & District AC	17.7	5		-	*70.7*
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

400m	400m W35-49	RDA	Team	*(NN.n)*	Pts		Rec	*AG %*
1	Wendy Perkins	35	Peterborough AC	67.7	6		-	*73.4*
2	Tracy McCartney	38	Nene Valley Harriers	74.7	5		-	*68.7*
3	Natasha Wain	42	Wellingborough & District AC	83.4	4		-	*64.3*
4					3			
5					2			
6					1			
7					0			
8					0			

400m	400m W50-59	RDA	Team	*(NN.n)*	Pts		Rec	*AG %*
1	Deborah Varnfield	52	Wellingborough & District AC	84.6	6		-	*70.1*
2					5			
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

400m	400m W60+	RDA	Team	*(NN.n)*	Pts		Rec	*AG %*
1	Julia Cooke-Simmons	60	Wellingborough & District AC	104.0	6		-	*61.4*
2					5			
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

1500m	1500m W35-49	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Philippa Taylor	47	Nene Valley Harriers	04:58.1	6		-	89.4
2	Wendy Perkins	35	Peterborough AC	05:56.4	5		-	66.4
3	Louise Kemp	37	Wellingborough & District AC	06:19.6	4		-	63.1
ns	Nicky Morgan	45	Nene Valley Harriers	05:16.5	3		-	82.2
5					2			
6					1			
7					0			
8					0			

1500m	1500m W50-59	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1					6			
2					5			
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

1500m	1500m W60+	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1					6			
2					5			
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

1MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Kay Gibson	49	Peterborough AC	12:21.0	6		-	54.6
2	Natasha Wain	42	Wellingborough & District AC	12:54.4	5		-	49.3
3	Brenda Church	62	Nene Valley Harriers	13:43.0	4		-	55.4
4					3			
5					2			
6					1			
7					0			
8					0			

1MileW	1M Walk 'B'	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Audrey Sutton	69	Peterborough AC	12:33.2	6		-	65.7
2	Julia Cooke-Simmons	60	Wellingborough & District AC	12:54.4	5		-	57.7
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

SH	100mH W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Lisa Richardson	46	Peterborough AC	21.1	6		-	-
2	Andrea Page	39	Nene Valley Harriers	30.7	5		-	41.5
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

SH	80mH W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Judith Jagger	54	Peterborough AC	18.5	6		-	65.7
2					5			
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

JT	**Javelin Throw W35-49**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**	***AG %***
1	Andrea Jenkins	39	Nene Valley Harriers	24.61	6		-	*36.0*
2	Lisa Richardson	46	Peterborough AC	19.56	5		-	*34.2*
3	Claire Wilcock	46	Wellingborough & District AC	14.10	4		-	*24.7*
ns	Louise Kemp			14.33	3		-	
5					2			
6					1			
7					0			
8					0			

JT	**Javelin Throw W50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**	***AG %***
1	Judith Jagger	54	Peterborough AC	25.15	6		LR	*51.9*
2	Deborah Varnfield	52	Wellingborough & District AC	8.37	5		-	*16.4*
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

JT	**Javelin Throw W60+**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**	***AG %***
1	Julia Cooke-Simmons	60	Wellingborough & District AC	11.63	6		-	*27.8*
2	Brenda Church	62	Nene Valley Harriers	10.15	5		-	*25.4*
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

DT	**Discus Throw W35-49**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**	***AG %***
1	Andrea Jenkins	39	Nene Valley Harriers	36.74	6		-	*52.2*
2	Kay Gibson	49	Peterborough AC	14.27	5		-	*23.8*
3	Claire Wilcock	46	Wellingborough & District AC	10.18	4		-	*16.2*
4					3			
5					2			
6					1			
7					0			
8					0			

DT	**Discus Throw W50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**	***AG %***
1	Judith Jagger	54	Peterborough AC	24.53	6		-	*44.9*
2	Brenda Church	62	Nene Valley Harriers	11.33	5		-	*24.6*
3	Deborah Varnfield	52	Wellingborough & District AC	10.60	4		-	*18.7*
4					3			
5					2			
6					1			
7					0			
8					0			

TJ	**Triple Jump W35**	**RDA**	**Team**	*(NN.nn)*	**Pts**	**Wind**	**Rec**	***AG %***
1	Lisa Richardson	46	Peterborough AC	7.25	6		-	*57.3*
2	Louise Kemp	37	Wellingborough & District AC	6.46	5		-	*45.7*
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

TJ	**Triple Jump W50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**	**Wind**	**Rec**	***AG %***
1	Judith Jagger	54	Peterborough AC	6.55	6		-	*57.8*
2	Deborah Varnfield	52	Wellingborough & District AC	6.15	5		-	*52.7*
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

HJ	High Jump W35-49	RDA	Team	*(N.nn)*	Pts	Rec	*AG %*
1	Lisa Richardson	46	Peterborough AC	1.25	6	-	*70.6*
2					5		
3					4		
4					3		
5					2		
6=					1		
6=					0		
8					0		

HJ	High Jump W50-59	RDA	Team	*(N.nn)*	Pts	Rec	*AG %*
1	Judith Jagger	54	Peterborough AC	1.20	6	-	*75.5*
2					5		
3					4		
4					3		
5					2		
6					1		
7					0		
8					0		

HJ	High Jump W60+	RDA	Team	*(N.nn)*	Pts	Rec	*AG %*
1					6		
2					5		
3					4		
4					3		
5					2		
6					1		
7					0		
8					0		

MedR	Relay 4224 W35-49	RDA	Team	*(NN:NN.n)*	Pts	Rec
1			Nene Valley Harriers	03:35.8	6	-
2			Peterborough AC	03:37.1	5	-
3			Wellingborough & District AC	04:13.9	4	-
4					3	
5					2	
6					1	
7					0	
8					0	

MedR	Relay 4224 W50+	RDA	Team	*(NN:NN.n)*	Pts	Rec
1					6	
2					5	
3					4	
4					3	
5					2	
6					1	
7					0	
8					0	

EVAC Track & Field League	NE Division - Match B		Teams = 5
Kings Lynn	Wed	03/06/2015	Overall Match Scores

Pos	NE - Men's Teams	Bib	Match B Score	A+B	Pos
1	Ryston Runners AC	1	89	177	1
2	Cambridge & Coleridge AC	3	88	147	2
3	West Norfolk AC	2	63	109	3
4	W Suffolk AC / St Ed. Pacers	4	0	0	4
4	-	5	0	0	4
4	Waveney Valley AC	6	0	0	4
4	-	7	0	0	4
4	-	8	0	0	4

RDA = Race Day Age

EVAC League Record?

Derived from Age Grade Tables of 2015

100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	James Collings	38	West Norfolk AC	13.0	5		-	77.8
2	Keith Clarke	47	Cambridge & Coleridge AC	13.6	4		-	79.1
3	Darren Easter	43	Ryston Runners AC	15.0	3		-	69.8
4					2			
5					1			
ns	Nick Bensley	45	Ryston Runners AC	14.6	0		-	72.7
7					0			
8					0			

100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Geoff Powley	53	West Norfolk AC	13.8	5		-	81.1
2	Joseph Tucker	55	Cambridge & Coleridge AC	15.0	4		-	75.6
3	Chris Chapman	58	Ryston Runners AC	15.9	3		-	72.7
4					2			
5					1			
ns	Rojimon Cherjan	41	Cambridge & Coleridge AC	15.0	0		-	68.8
7					0			
8					0			

400m	400m M35-49	RDA	Team	(NN.n)	Pts		Rec	AG %
1	Matt Ward	44	Cambridge & Coleridge AC	58.4	5		-	81.4
2	Che Plant	35	Ryston Runners AC	60.3	4		-	-
3	Adam Dewdney	42	West Norfolk AC	75.7	3		-	61.9
4					2			
5					1			
ns	Martin Blackburn	58	Ryston Runners AC	77.4	0		-	67.4
7					0			
8					0			

400m	400m M50-59	RDA	Team	(NN.n)	Pts		Rec	AG %
1	Geoff Powley	53	West Norfolk AC	67.1	5		-	75.3
2	Joseph Tucker	55	Cambridge & Coleridge AC	73.8	4		-	69.4
3	Chris Chapman	58	Ryston Runners AC	76.9	3		-	67.9
4					2			
5					1			
6					0			
7					0			
8					0			

400m	400m M60+	RDA	Team	(NN.n)	Pts		Rec	AG %
1	Noel Moss	70	Cambridge & Coleridge AC	89.0	5		-	66.3
2	Michael Ennis	73	Ryston Runners AC	146.7	4		-	42.6
3					3			
4					2			
5					1			
6					0			
7					0			
8					0			

1500m	1500m M35-49	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Matthew Pyatt	38	Ryston Runners AC	04:22.7	5		-	81.7
2	Matt Ward	44	Cambridge & Coleridge AC	05:13.8	4		-	71.5
3	Robert Vincent	49	West Norfolk AC	08:39.0	3		-	45.0
4					2			
5					1			
ns	Shaun Mann	43	Ryston Runners AC	05:07.3	0		-	72.5
7					0			
8					0			

1500m	1500m M50-59	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Anthony Savage.	53	Ryston Runners AC	05:23.1	5		-	74.6
2	Geoff Powley	53	West Norfolk AC	05:43.5	4		-	70.2
3	Joseph Tucker	55	Cambridge & Coleridge AC	07:56.6	3		-	51.4
4					2			
5					1			
6					0			
7					0			
8					0			

1500m	1500m M60+	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Peter Johnson	61	Ryston Runners AC	05:29.0	5		-	78.5
2	Michael Ward	64	Cambridge & Coleridge AC	06:59.3	4		-	63.2
3					3			
4					2			
5					1			
6					0			
7					0			
8					0			

1MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts		Rec	
1	Paul Firmage	60	Ryston Runners AC	10:44.6	5		-	64.8
2	Joseph Tucker	55	Cambridge & Coleridge AC	11:03.6	4		-	60.0
3	Robert Vincent	49	West Norfolk AC	12:48.0	3		-	49.2
4					2			
5					1			
6					0			
7					0			
8					0			

1MileW	1M Walk 'B'	RDA	Team	(NN:NN.n)	Pts		Rec	
1	Martin Simmonds	74	Ryston Runners AC	11:08.2	5		-	73.3
2	Rojimon Cherjan	41	Cambridge & Coleridge AC	11:57.4	4		-	49.4
3					3			
4					2			
5					1			
6					0			
7					0			
8					0			

SH	110mH M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Che Plant	35	Ryston Runners AC	23.2	5		-	55.7
2					4			
3					3			
4					2			
5					1			
6					0			
7					0			
8					0			

SH	100mH M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Geoff Powley	53	West Norfolk AC	20.3	5		-	68.0
2					4			
3					3			
4					2			
5					1			
6					0			
7					0			
8					0			

JT	Javelin Throw M35-49	RDA	Team	(NN.nn)	Pts		Rec	AG %

1	Keith Clarke	47	Cambridge & Coleridge AC	24.28	5		-	*31.4*
2	Shaun Mann	43	Ryston Runners AC	21.40	4		-	*25.8*
3	Adam Dewdney	42	West Norfolk AC	18.98	3		-	*22.5*
4					2			
5					1			
6					0			
7					0			
8					0			
JT	**Javelin Throw M50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**	***AG %***
1	Geoff Powley	53	West Norfolk AC	32.03	5		-	*44.0*
2	Ian Slack	54	Cambridge & Coleridge AC	28.84	4		-	*40.4*
3	Keith Morris	55	Ryston Runners AC	13.86	3		-	*19.8*
4					2			
5					1			
6					0			
7					0			
8					0			
JT	**Javelin Throw M60+**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**	***AG %***
1	Paul Oakes	62	Ryston Runners AC	33.59	5		-	*52.7*
2	Noel Moss	70	Cambridge & Coleridge AC	16.92	4		-	-
3					3			
4					2			
5					1			
6					0			
7					0			
8					0			
DT	**Discus Throw M35-49**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**	***AG %***
1	Paul Oakes	62	Ryston Runners AC	24.74	5		-	-
2	Matt Ward	44	Cambridge & Coleridge AC	21.21	4		-	*29.8*
3	Adam Dewdney	42	West Norfolk AC	13.63	3		-	*18.8*
4					2			
5					1			
6					0			
7					0			
8					0			
DT	**Discus Throw M50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**	***AG %***
1	Geoff Powley	53	West Norfolk AC	32.28	5		-	*46.0*
2	Ian Slack	54	Cambridge & Coleridge AC	27.33	4		-	*39.7*
3	Martin Blackburn	58	Ryston Runners AC	13.26	3		-	*21.2*
4					2			
5					1			
6					0			
7					0			
8					0			
TJ	**Triple Jump M35-49**	**RDA**	**Team**	*(N.nn)*	**Pts**	**Wind**	**Rec**	***AG %***
1	Paul Harrison	48	Ryston Runners AC	11.01	5		-	*71.2*
2	Keith Clarke	47	Cambridge & Coleridge AC	9.59	4		-	*61.2*
3	James Collings	38	West Norfolk AC	8.45	3		-	*48.4*
4					2			
5					1			
6					0			
7					0			
8					0			
TJ	**Triple Jump M50-59**	**RDA**	**Team**	*(N.nn)*	**Pts**	**Wind**	**Rec**	***AG %***
1	David Lane	50	Ryston Runners AC	9.04	5		-	*60.0*
2	Ian Slack	54	Cambridge & Coleridge AC	8.11	4		-	*56.9*
3					3			
4					2			
5					1			
6					0			
7					0			
8					0			
HJ	**High Jump M35-49**	**RDA**	**Team**	*(N.nn)*	**Pts**		**Rec**	***AG %***
1	Keith Clarke	47	Cambridge & Coleridge AC	1.40	5		-	*67.8*

2	Paul Oakes	62	Ryston Runners AC	1.35	4	-	*77.5*
3	Robert Vincent	49	West Norfolk AC	1.00	3	-	*49.5*
4					2		
5					1		
6					0		
7					0		
8					0		

HJ	**High Jump M50-59**	**RDA**	**Team**	*(N.nn)*	**Pts**	**Rec**	***AG %***
1	Geoff Powley	53	West Norfolk AC	1.40	5	-	*72.3*
2	David Lane	50	Ryston Runners AC	1.35	4	-	*67.5*
3	Ian Slack	54	Cambridge & Coleridge AC	1.30	3	-	*67.9*
4					2		
5					1		
6					0		
7					0		
8					0		

HJ	**High Jump M60+**	**RDA**	**Team**	*(N.nn)*	**Pts**	**Rec**	***AG %***
1	Noel Moss	70	Cambridge & Coleridge AC	1.00	5	LR	*63.7*
2					4		
3					3		
4					2		
5					1		
6					0		
7					0		
8					0		

MedR	**Relay 4224 M35-49**	**RDA**	**Team**	*(N:NN.n)*	**Pts**	**Rec**
1			Cambridge & Coleridge AC	02:59.5	5	-
2			Ryston Runners AC	03:04.3	4	-
3			West Norfolk AC	03:44.4	3	-
4					2	
5					1	
6					0	
7					0	
8					0	

MedR	**Relay 4224 M50+**	**RDA**	**Team**	*(N:NN.n)*	**Pts**	**Rec**
1			Ryston Runners AC	03:55.4	5	-
2					4	
3					3	
4					2	
5					1	
6					0	
7					0	
8					0	

EVAC Track & Field League	NE Division - Match B		Teams = 5	
Kings Lynn	Wed	03/06/2015	Overall Match Scores	

Pos	NE - Women's Teams	Bib	Match B Score	A+B	Pos
1	Ryston Runners AC	A	103	192	1
2	Cambridge & Coleridge AC	C	62	112	2
3	West Norfolk AC	B	28	55	3
4	W Suffolk AC / St Ed. Pacers	D	17	34	4
5	-	E	0	0	5
5	Waveney Valley AC	F	0	0	5
5	-	G	0	0	5
5	-	H	0	0	5

RDA = Race Day Age

EVAC League Record?

Derived from Age Grade Tables of 2015

100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Nicola Neill	43	West Norfolk AC	15.4	5		-	73.8
2	Melanie Watts	38	Ryston Runners AC	16.6	4		-	64.6
3	Joan Lasenby	55	Cambridge & Coleridge AC	17.1	3		-	75.5
4					2			
5					1			
6					0			
ns	Tanya Daniels	37	Ryston Runners AC	14.5	0		-	73.1
8					0			

100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Karen Wood	50	Ryston Runners AC	16.9	5		-	72.6
2	Helen Grant	52	Cambridge & Coleridge AC	19.7	4		-	63.5
3					3			
4					2			
5					1			
6					0			
7					0			
8					0			

400m	400m W35-49	RDA	Team	(NN.n)	Pts	Rec	AG %
1	Nicola Neill	43	West Norfolk AC	66.5	5	-	81.5
2	Joan Lasenby	55	Cambridge & Coleridge AC	75.6	4	-	80.7
3	Melanie Watts	38	Ryston Runners AC	80.0	3	-	64.2
4					2		
5					1		
ns	Karen Wood	50	Ryston Runners AC	82.2	0	-	70.8
7					0		
8					0		

400m	400m W50-59	RDA	Team	(NN.n)	Pts	Rec	AG %
1	Christine Anthony	52	W Suffolk AC / St Ed. Pacers	71.9	5	-	82.4
2	Linda Marshall	50	Ryston Runners AC	80.5	4	-	72.3
3	Helen Grant	52	Cambridge & Coleridge AC	89.2	3	-	66.4
4					2		
5					1		
6					0		
7					0		
8					0		

400m	400m W60+	RDA	Team	(NN.n)	Pts	Rec	AG %
1	Mary Holmes	78	Cambridge & Coleridge AC	140.2	5	-	-
2					4		
3					3		
4					2		
5					1		
6					0		
7					0		
8					0		

1500m	1500m W35-49	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Joan Lasenby	55	Cambridge & Coleridge AC	05:47.0	5		-	85.1
2	Katrina Wasteney	43	West Norfolk AC	05:54.9	4		-	71.6
3	Helen Melville	39	Ryston Runners AC	06:38.2	3		-	61.2
4					2			
5					1			
6					0			
7					0			
8					0			

1500m	1500m W50-59	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Christine Anthony	52	W Suffolk AC / St Ed. Pacers	05:25.7	5		-	87.1
2	Jo Isbill	50	Ryston Runners AC	05:57.1	4		-	77.5
3	Helen Grant	52	Cambridge & Coleridge AC	06:03.3	3		-	78.1
4					2			
5					1			
ns	Sarah Taylor	50	Ryston Runners AC	06:15.6	0		-	73.7
7					0			
8					0			

1500m	1500m W60+	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Celia Duncan	61	W Suffolk AC / St Ed. Pacers	06:07.9	5		LR	87.4
2	Jane Ashby	67	Ryston Runners AC	07:30.5	4		-	78.3
3					3			
4					2			
5					1			
6					0			
7					0			
8					0			

1MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Katrina Wasteney	43	West Norfolk AC	10:10.1	5		-	63.1
2	Elizabeth Blakie	57	Ryston Runners AC	10:14.1	4		-	70.6
3	Pamela Abbott	52	Cambridge & Coleridge AC	10:30.3	3		-	65.8
4	Celia Duncan	61	W Suffolk AC / St Ed. Pacers	11:18.8	2		-	66.5
5					1			
6					0			
7					0			
8					0			

1MileW	1M Walk 'B'	RDA	Team	(NN:NN.n)	Pts		Rec	AG %
1	Sue Smith	50	Ryston Runners AC	11:58.4	5		-	56.8
2					4			
3					3			
4					2			
5					1			
6					0			
7					0			
8					0			

SH	100mH W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Tanya Daniels	37	Ryston Runners AC	20.9	5		-	60.3
2					4			
3					3			
4					2			
5					1			
6					0			
7					0			
8					0			

SH	80mH W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Gaye Clarke	54	Ryston Runners AC	14.3	5		-	85.0
2					4			
3					3			
4					2			
5					1			
6					0			
7					0			
8					0			

JT	Javelin Throw W35-49	RDA	Team	(NN.nn)	Pts		Rec	AG %

1	Nicola Neill	43	West Norfolk AC	19.34	5		-	*31.2*
2	Tanya Daniels	37	Ryston Runners AC	16.52	4		-	*23.1*
3	Joan Lasenby	55	Cambridge & Coleridge AC	10.40	3		-	-
4					2			
5					1			
6					0			
7					0			
8					0			
JT	**Javelin Throw W50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**	***AG %***
1	Gaye Clarke	54	Ryston Runners AC	17.00	5		-	*35.1*
2	Helen Grant	52	Cambridge & Coleridge AC	5.81	4		-	*11.4*
3					3			
4					2			
5					1			
6					0			
7					0			
8					0			
JT	**Javelin Throw W60+**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**	***AG %***
1	Marlene Simmonds	69	Ryston Runners AC	14.94	5		-	*44.3*
2	Mary Holmes	78	Cambridge & Coleridge AC	14.42	4		-	-
3					3			
4					2			
5					1			
6					0			
7					0			
8					0			
DT	**Discus Throw W35-49**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**	***AG %***
1	Joan Lasenby	55	Cambridge & Coleridge AC	12.94	5		-	*24.2*
2	Katrina Wasteney	43	West Norfolk AC	12.40	4		-	*18.7*
3	Tanya Daniels	37	Ryston Runners AC	12.18	3		-	*16.8*
4					2			
5					1			
6					0			
7					0			
8					0			
DT	**Discus Throw W50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**		**Rec**	***AG %***
1	Marlene Simmonds	69	Ryston Runners AC	18.31	5		-	*47.3*
2	Helen Grant	52	Cambridge & Coleridge AC	6.23	4		-	*11.0*
3					3			
4					2			
5					1			
6					0			
7					0			
8					0			
TJ	**Triple Jump W35**	**RDA**	**Team**	*(NN.nn)*	**Pts**	**Wind**	**Rec**	***AG %***
1	Marlene Simmonds	69	Ryston Runners AC	6.59	5		-	*74.5*
2					4			
3					3			
4					2			
5					1			
6					0			
7					0			
8					0			
TJ	**Triple Jump W50-59**	**RDA**	**Team**	*(NN.nn)*	**Pts**	**Wind**	**Rec**	***AG %***
1	Jo Isbill	50	Ryston Runners AC	6.78	5		-	*56.5*
2	Pamela Abbott	52	Cambridge & Coleridge AC	5.69	4		-	*48.8*
3					3			
4					2			
5					1			
ns	Pat Oakes	69	SCVAC / Ashford AC	6.25	0		-	*70.6*
7					0			
8					0			
HJ	**High Jump W35-49**	**RDA**	**Team**	*(N.nn)*	**Pts**		**Rec**	***AG %***
1	Tanya Daniels	37	Ryston Runners AC	1.33	5		-	*67.9*

2					4		
3					3		
4					2		
5					1		
6=					0		
6=					0		
8					0		
HJ	**High Jump W50-59**	**RDA**	**Team**	*(N.nn)*	**Pts**	**Rec**	***AG %***
1	Gaye Clarke	54	Ryston Runners AC	1.30	5	-	*81.8*
2	Pamela Abbott	52	Cambridge & Coleridge AC	1.00	4	-	*61.0*
3					3		
4					2		
5					1		
6					0		
7					0		
8					0		
HJ	**High Jump W60+**	**RDA**	**Team**	*(N.nn)*	**Pts**	**Rec**	***AG %***
1	Marlene Simmonds	69	Ryston Runners AC	1.05	5	LR	*83.3*
2					4		
3					3		
4					2		
5					1		
ns	Pat Oakes	69	SCVAC / Ashford AC	1.10	0		*87.3*
7					0		
8					0		
MedR	**Relay 4224 W35-49**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**	**Rec**	
1			Ryston Runners AC	03:49.0	5	-	
2					4		
3					3		
4					2		
5					1		
6					0		
7					0		
8					0		
MedR	**Relay 4224 W50+**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**	**Rec**	
1			Ryston Runners AC	03:58.6	5	LR	
2			Cambridge & Coleridge AC	04:25.9	4	LR	
3					3		
4					2		
5					1		
6					0		
7					0		
8					0		

League Positions after Match B

Pos	SW - Men's Teams	Bib	Match B Score	A+B
1	Bedford & County AC	5	152	239
2	Marshall Milton Keynes AC	1	112	227
3	Fairlands Valley Spartans	4	97	198
4	Biggleswade AC	3	63	123
5	Luton AC	7	67	119
6	Bedford Harriers	2	46	46
7	Saffron Striders	6	0	0

Pos	SW - Women's Teams	Bib	Match B Score	A+B
1	Fairlands Valley Spartans	D	127	245
2	Marshall Milton Keynes AC	A	133	228
3	Luton AC	G	77	130
4	Bedford & County AC	E	67	97
5	Biggleswade AC	C	35	63
6	Bedford Harriers	B	24	24
7	Saffron Striders	F	0	0

Pos	NW - Men's Teams	Bib	Match B Score	A+B
1	Peterborough AC	2	120	195
2	Wellingborough & District AC	5	81	166
3	Huntingdonshire AC	6	82	157
4	Nene Valley Harriers	1	84	143
5	Corby AC	3	20	58
6	Higham Harriers	4	0	0

Pos	NW - Women's Teams	Bib	Match B Score	A+B
1	Wellingborough & District AC	E	76	154
2	Peterborough AC	B	95	150
3	Nene Valley Harriers	A	54	77
4	Huntingdonshire AC	F	5	42
5	Corby AC	C	0	10
6	Higham Harriers	D	0	0

Pos	SE - Men's Teams	Bib	Match B Score	A+B
1	Southend AC	2	116	214
2	Thurrock Harriers/ Pitsea RC	1	98	177
3	Chelmsford AC	3	90	161
4	Loughton AC	5	56	111
5	Fleet Street Runners	4	49	88
6	Ipswich Harriers	6	21	40

Pos	SE - Women's Teams	Bib	Match B Score	A+B
1	Loughton AC	E	91	179
2	Southend AC	B	102	178
3	Chelmsford AC	C	91	158
4	Thurrock Harriers/ Pitsea RC	A	12	29
5	Ipswich Harriers	F	17	28
6	Fleet Street Runners	D	0	23

Pos	NE - Men's Teams	Bib	Match B Score	A+B
1	Ryston Runners AC	1	94	182
2	Cambridge & Coleridge AC	3	88	147
3	West Norfolk AC	2	63	109
4	W Suffolk AC / St Ed. Pacers	4	0	0
4	-	5	0	0
4	Waveney Valley AC	6	0	0

Pos	NE - Women's Teams	Bib	Match B Score	A+B
1	Ryston Runners AC	A	103	192
2	Cambridge & Coleridge AC	C	62	112
3	West Norfolk AC	B	28	55
4	W Suffolk AC / St Ed. Pacers	D	17	34
5	-	E	0	0
5	Waveney Valley AC	F	0	0