

EMAC Track & Field Championships - Sat, 22nd July 2017 - Southend

		EMAC Mem?	100 metres					Wind Speed		
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result	ws+/-	CBP?	Medal Std?
1	64	C	Justin Hubbard	Colchester & Tendring AC	C&T	V35M	12.8		-	G
1	91	OPEN	Antony Brown	Jersey Spartan AC	Jer	V40M	13.4		*	*
2	146	C	Danny O'Shea	Luton AC	Lut	V40M	13.5		-	G
1	87	C	Gary Smith	Luton AC	Lut	V45M	13.0		-	G
2	129	C	Jesse Wilson	Corby AC	Corby	V45M	13.1		-	S
1	92	C	Keith Palmer	Southend On Sea AC	S'end	V50M	13.9		-	G
2	15	SCVAC	Glen Reddington	Windsor Slough Eton & Hounslow AC	WSEH	V50M	14.1		*	*
3	47	C	David Stephenson	Fairlands Valley Spartans	FVS	V50M	14.2		-	S
4	49	OPEN	James Wood	Sudbury Joggers	Sud J	V50M	14.3		*	*
1	144	C	David Gill	Warrington AC	Warr	V55M	15.1		-	G
2	63	C	Andrew Stewart	Chiltern Harriers AC	Chilt	V55M	15.6		-	S
1	138	SCVAC	David Spencer	Brighton & Hove City AC	B&H	V65M	14.1		*	*
2	127	C	Mark Wyndham-Jones	City Of Norwich AC	Norw	V65M	14.5		-	G
3	66	VAC	Patrick Reynolds	Veterans AC	Vets	V65M	17.0		*	*
1	57	SWVAC	Neal Mason	South West Veterans AC	SW Vets	V70M	15.3		*	*
1	19	C	Terry Casey	Veterans AC	Vets	V75M	21.9		-	-
1	93	VAC	Richard Pitcairn-Knowles	Sevenoaks AC	S'oaks	V80M	22.2		*	*
1	139	C	Charlene Jacobs-Conradie	Luton AC	Lut	V35W	14.5		-	G
2	27	C	Heidi Nicholas	Basildon AC	Bas	V35W	14.7		-	S
3	103	C	Amanda Dodge	Eastern Masters AC	E Vets	V35W	16.6		-	-
1	48	C	Lisa Tanushi	Luton AC	Lut	V40W	14.8		-	G
2	6	C	Natasha Lagden	Southend On Sea AC	S'end	V40W	17.4		-	-
1	65	C	Carey Hollick	Colchester & Tendring AC	C&T	V45W	18.9		-	-
1	9	C	Yvonne Holmes	Ipswich Harriers	Ips	V50W	15.6		-	G
1	126	C	Clare St John-Coleman	Chelmsford AC	Chelm	V55W	16.3		-	G
2	124	C	Tessa Stephenson	Fairlands Valley Spartans	FVS	V55W	16.4		-	S
3	131	OPEN	Camilla Allwood	Serpentine RC	Serp	V55W	18.5		*	*
1	147	C	Barbara Higgins	Loughton AC	Loughton	V60W	18.4		-	G
2	122	C	Marion Matthews-Smith	Southend On Sea AC	S'end	V60W	22.0		-	-
1	128	C	Stephanie Stamp	Southend On Sea AC	S'end	V65W	22.6		-	-
1	123	C	June Cork	Southend On Sea AC	S'end	V70W	22.5		-	-

		EMAC Mem?	200 metres					Wind Speed		
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result	ws+/-	CBP?	Medal Std?
1	64	C	Justin Hubbard	Colchester & Tendring AC	C&T	V35M	26.3		-	G
2	88	C	Dan Gartlan	Ipswich Harriers	Ips	V35M	27.9		-	-
1	91	OPEN	Antony Brown	Jersey Spartan AC	Jer	V40M	27.6		*	*
1	129	C	Jesse Wilson	Corby AC	Corby	V45M	27.0		-	G
1	149	OPEN	Ian Crawley	Tonbridge AC	Ton	V50M	28.9		*	*
2	92	C	Keith Palmer	Southend On Sea AC	S'end	V50M	29.9		-	G
1	140	C	Clifford Warren	Loughton AC	Loughton	V55M	28.4		-	G
2	144	C	David Gill	Warrington AC	Warr	V55M	30.2		-	S
3	63	C	Andrew Stewart	Chiltern Harriers AC	Chilt	V55M	32.7		-	-
1	51	C	Robert Woolliams	Ipswich Harriers	Ips	V60M	30.6		-	G
1	138	SCVAC	David Spencer	Brighton & Hove City AC	B&H	V65M	29.0		*	*
2	127	C	Mark Wyndham-Jones	City Of Norwich AC	Norw	V65M	32.7		-	G
3	66	VAC	Patrick Reynolds	Veterans AC	Vets	V65M	35.6		*	*
1	19	C	Terry Casey	Veterans AC	Vets	V75M	46.3		-	-
1	93	VAC	Richard Pitcairn-Knowles	Sevenoaks AC	S'oaks	V80M	49.5		*	*
1	139	C	Charlene Jacobs-Conradie	Luton AC	Lut	V35W	28.7		-	G
2	27	C	Heidi Nicholas	Basildon AC	Bas	V35W	30.3		-	S
3	73	C	Nicola Evans	Benfleet RC	Ben	V35W	31.6		-	-
1	53	C	Sue Cribbs	Southend On Sea AC	S'end	V45W	34.2		-	-
2	65	C	Carey Hollick	Colchester & Tendring AC	C&T	V45W	53.0		-	-
1	9	C	Yvonne Holmes	Ipswich Harriers	Ips	V50W	32.8		-	G
2	130	C	Stefanie Godfrey	Cambridge & Coleridge AC	C&C	V50W	34.2		-	S
1	147	C	Barbara Higgins	Loughton AC	Loughton	V60W	38.8		-	G
1	128	C	Stephanie Stamp	Southend On Sea AC	S'end	V65W	50.5		-	-

		EMAC Mem?	400 metres				
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result
1	152	C	Glen Richardson	City Of Norwich AC	Norw	V35M	59.3
2	88	C	Dan Gartlan	Ipswich Harriers	Ips	V35M	60.9
1	91	OPEN	Antony Brown	Jersey Spartan AC	Jer	V40M	60.0
1	119	C	Martin Procter	Hertford & Ware Combines AC	HAWC	V50M	60.6
2	148	C	Kevin McAlinden	Colchester Harriers AC	Col H	V50M	61.6
3	149	OPEN	Ian Crawley	Tonbridge AC	Ton	V50M	62.0
4	71	C	Tony Roberts	Chelmsford AC	Chelm	V50M	63.5
5	109	C	Angus Aldridge	Southend On Sea AC	S'end	V50M	71.0
1	140	C	Clifford Warren	Loughton AC	Loughton	V55M	60.6
2	81	C	Stephen Kemp	Eastern Masters AC	E Vets	V55M	64.9
3	144	C	David Gill	Warrington AC	Warr	V55M	70.7
1	100	SVHC	William Lonsdale	Aberdeen AAC	A'deen	V65M	72.2
1	19	C	Terry Casey	Veterans AC	Vets	V75M	108.3
1	139	C	Charlene Jacobs-Conradie	Luton AC	Lut	V35W	64.1
2	73	C	Nicola Evans	Benfleet RC	Ben	V35W	71.9
1	136	C	Alison Wood	Fairlands Valley Spartans	FVS	V50W	69.3
1	124	C	Tessa Stephenson	Fairlands Valley Spartans	FVS	V55W	80.6
2	131	OPEN	Camilla Allwood	Serpentine RC	Serp	V55W	95.3

CBP?	Medal Std?
-	G
-	S
*	*
-	G
-	S
*	*
-	B
-	-
-	G
-	S
-	B
*	*
-	-
-	G
-	-
CBP	G
-	G
*	*

		EMAC Mem?	800 metres				
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result
1	152	C	Glen Richardson	City Of Norwich AC	Norw	V35M	02:10.7
1	54	C	Lee Taylor	Southend On Sea AC	S'end	V40M	02:07.5
2	114	OPEN	Crispian Bloomfield	Billericay Striders RC	B'cay	V40M	02:19.3
1	78	C	Matthew Bland	Havering AC	Have	V50M	02:15.4
2	148	C	Kevin McAlinden	Colchester Harriers AC	Col H	V50M	02:19.2
3	71	C	Tony Roberts	Chelmsford AC	Chelm	V50M	02:20.9
4	52	C	Don Lawless	Thurrock Harriers AC	Thurr	V50M	02:34.5
5	142	C	Paul Parkin	Nene Valley Harriers	Nene V	V50M	03:00.9
1	106	C	Geoffrey Brewster	Huntingdonshire AC	Hunts	V55M	02:31.1
2	144	C	David Gill	Warrington AC	Warr	V55M	02:34.0
3	81	C	Stephen Kemp	Eastern Masters AC	E Vets	V55M	03:34.6
4	63	C	Andrew Stewart	Chiltern Harriers AC	Chilt	V55M	02:45.9
1	62	SCVAC	Ian McCarthy	Cambridge Harriers	Camb H	V60M	02:48.5
2	143	C	Craig Smith	Rugby & Northampton AC	R&N	V60M	02:49.7
1	1	C	Peter Binns	Southend On Sea AC	S'end	V70M	02:53.7
1	139	C	Charlene Jacobs-Conradie	Luton AC	Lut	V35W	02:20.1
1	136	C	Alison Wood	Fairlands Valley Spartans	FVS	V50W	02:33.0
2	17	C	Christine Anthony	West Suffolk AC	W Suff	V50W	02:42.9
3	80	C	Julia Austin	Vale Of Aylesbury AC	VoA	V50W	02:48.2

CBP?	Medal Std?
-	G
-	G
*	*
-	G
-	S
-	B
-	x
-	x
-	G
-	S
-	B
-	x
*	*
-	G
CBP	G
-	G
CBP	G
-	S
-	B

		EMAC Mem?	1500 metres				
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result
1	139	C	Charlene Jacobs-Conradie	Luton AC	Lut	V35W	05:21.4
1	53	C	Sue Cribbs	Southend On Sea AC	S'end	V45W	06:07.3
1	17	C	Christine Anthony	West Suffolk AC	W Suff	V50W	05:36.8
2	80	C	Julia Austin	Vale Of Aylesbury AC	VoA	V50W	05:40.3
3	35	C	Helen Grant	Cambridge & Coleridge AC	C&C	V50W	06:38.0
1	34	C	Jenny Morgan	Saint Edmund Pacers	St Ed	V60W	06:27.5
1	114	OPEN	Crispian Bloomfield	Billericay Striders RC	B'cay	V40M	04:30.8
2	54	C	Lee Taylor	Southend On Sea AC	S'end	V40M	04:31.4
1	107	C	Stephen Herring	Marshall Milton Keynes AC	Mil K	V45M	04:37.0
1	38	C	Sean Beard	Nene Valley Harriers	Nene V	V50M	05:21.7
2	52	C	Don Lawless	Thurrock Harriers AC	Thurr	V50M	05:25.5
3	142	C	Paul Parkin	Nene Valley Harriers	Nene V	V50M	05:59.6
1	117	OPEN	Ian Budge	Billericay Striders RC	B'cay	V55M	05:17.3
2	4	C	Mark Gowers	Billericay Striders RC	B'cay	V55M	05:23.2
3	86	VAC	Sean O'Keefe	Serpentine RC	Serp	V55M	06:24.6
1	56	C	Bernard Johnson	Thurrock Harriers AC	Thurr	V60M	05:56.7
1	108	C	Michael Bumstead	Thurrock Harriers AC	Thurr	V65M	05:26.6
2	99	C	Tim Newton	Ipswich Jaffa RC	Ips J	V65M	06:02.7

CBP?	Medal Std?
-	G
-	G
-	G
-	S
-	-
-	G
*	*
-	G
-	G
-	G
-	-
*	*
-	G
*	*
-	G
-	G
-	G
-	S

		EMAC Mem?	3000 metres						
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	54	C	Lee Taylor	Southend On Sea AC	S'end	V40M	09:49.8	-	G
2	110	C	Andrew Stowe	Huntingdonshire AC	Hunts	V40M	10:03.7	-	S
1	18	C	Matthew Mason	Ely Runners	Ely	V45M	11:26.4	-	G
1	38	C	Sean Beard	Nene Valley Harriers	Nene V	V50M	10:36.1	-	G
2	52	C	Don Lawless	Thurrock Harriers AC	Thurr	V50M	11:21.9	-	S
3	142	C	Paul Parkin	Nene Valley Harriers	Nene V	V50M	12:18.2	-	B
1	4	C	Mark Gowers	Billerica Striders RC	B'cay	V55M	11:09.3	-	G
2	144	C	David Gill	Warrington AC	Warr	V55M	11:18.2	-	S
1	120	C	Peter Harris	Ely Runners	Ely	V65M	12:05.9	-	G
2	99	C	Tim Newton	Ipswich Jaffa RC	Ips J	V65M	12:13.3	-	S
1	58	C	John Borgars	Herts Phoenix AC	Herts P	V70M	19:39.1	-	G
1	132	C	Sally Judd	Chelmsford AC	Chelm	V40W	10:35.3	CBP	G
1	130	C	Stefanie Godfrey	Cambridge & Coleridge AC	C&C	V50W	12:02.8	-	G
2	35	C	Helen Grant	Cambridge & Coleridge AC	C&C	V50W	13:25.7	-	S
1	131	OPEN	Camilla Allwood	Serpentine RC	Serp	V55W	16:59.4	*	*
1	34	C	Jenny Morgan	Saint Edmund Pacers	St Ed	V60W	13:41.0	-	G

		EMAC Mem?	2k Walk						
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	92	C	Keith Palmer	Southend On Sea AC	S'end	V50M	13:25.7	-	G
1	50	C	Eamonn Shelley	Thurrock Harriers AC	Thurr	V55M	12:22.3	-	G
1	105	C	John Brock	Southend On Sea AC	S'end	V65M	14:21.3	CBP	G
1	24	C	Melanie Peddle	Loughton AC	Loughton	V45W	11:14.8	-	G
1	59	C	Pamela Abbott	Enfield & Haringey AC	E&H	V50W	14:24.5	-	G
1	104	C	Sharon Crowley	Fairlands Valley Spartans	FVS	V55W	14:24.5	-	G
1	58	C	John Borgars	Herts Phoenix AC	Herts P	V70M	12:23.8	CBP	G

		EMAC Mem?	80 metres Hurdles					Wind Speed		
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result	ws+/-	CBP?	Medal Std?
1	74	C	Robert Maggio	Eton Manor AC	Eton M	V70M	27.6		-	-
1	60	SCVAC	Louise Wood	Guildford & Godalming AC	G&G	V50W	15.3		*	*
1	85	OPEN	Claude Hemmer	Unattached	U/A	V65W	19.0		*	*

		EMAC Mem?	100 metres Hurdles					Wind Speed		
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result	ws+/-	CBP?	Medal Std?
1	15	SCVAC	Glen Reddington	Windsor Slough Eton & Hounslow AC	WSEH	V50M	18.2		*	*
2	149	OPEN	Ian Crawley	Tonbridge AC	Ton	V50M	19.7		*	*
1	67	SCVAC	Rob Sibley	Medway & Maidstone AC	M&M	V60M	19.4		*	*

		EMAC Mem?	110 metres Hurdles					Wind Speed		
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result	ws+/-	CBP?	Medal Std?
1	87	C	Gary Smith	Luton AC	Lut	V45M	18.2		-	G

		EMAC Mem?	300 metres Hurdles						
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	100	SVHC	William Lonsdale	Aberdeen AAC	A'deen	V65M	61.2	*	*
1	74	C	Robert Maggio	Eton Manor AC	Eton M	V70M	66.6	-	G

		EMAC Mem?	400 metres Hurdles						
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	41	C	Ian Debnam	Winchester & District AC	Win	V35M	64.6	-	G
2	88	C	Dan Gartlan	Ipswich Harriers	Ips	V35M	69.4	-	-
1	76	C	Sarah Robinson	Basildon AC	Bas	V35W	70.9	-	G

		EMAC Mem?	High Jump				
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result
1	112	C	Wayne Gadd	East Grinstead & District AC	E Grin	V45M	1.55
1	149	OPEN	Ian Crawley	Tonbridge AC	Ton	V50M	1.50
2	92	C	Keith Palmer	Southend On Sea AC	S'end	V50M	1.30
1	86	VAC	Sean O'Keeffe	Serpentine RC	Serp	V55M	1.45
2	113	C	Richard Phelan	Huntingdonshire AC	Hunts	V55M	1.10
1	27	C	Heidi Nicholas	Basildon AC	Bas	V35W	1.49
1	96	C	Stacy McGivern	Peterborough AC	P'boro	V40W	1.40
1	60	SCVAC	Louise Wood	Guildford & Godalming AC	G&G	V50W	1.25
2	59	C	Pamela Abbott	Enfield & Haringey AC	E&H	V50W	1.00

CBP?	Medal Std?
-	G
*	*
-	G
*	*
-	-
-	G
-	G
*	*
-	-

		EMAC Mem?	Long Jump				
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result
1	27	C	Heidi Nicholas	Basildon AC	Bas	V35W	4.95
1	48	C	Lisa Tanushi	Luton AC	Lut	V40W	4.45
1	59	C	Pamela Abbott	Enfield & Haringey AC	E&H	V50W	2.80
1	126	C	Clare St John-Coleman	Chelmsford AC	Chelm	V55W	3.77
1	122	C	Marion Matthews-Smith	Southend On Sea AC	S'end	V60W	2.31
1	8	C	Emily McMahon	Enfield & Haringey AC	E&H	V65W	3.77
1	41	C	Ian Debnam	Winchester & District AC	Win	V35M	5.14
1	146	C	Danny O'Shea	Luton AC	Lut	V40M	4.66
2	141	C	Stephen Bass	Bedford & County AC	Bed C	V40M	4.61
1	112	C	Wayne Gadd	East Grinstead & District AC	E Grin	V45M	5.25
2	137	C	Marek Kowalski	Thurrock Harriers AC	Thurr	V45M	5.12
1	119	C	Martin Procter	Hertford & Ware Combines AC	HAWC	V50M	5.30
2	92	C	Keith Palmer	Southend On Sea AC	S'end	V50M	4.42
3	47	C	David Stephenson	Fairlands Valley Spartans	FVS	V50M	4.10
1	113	C	Richard Phelan	Huntingdonshire AC	Hunts	V55M	5.01
2	140	C	Clifford Warren	Loughton AC	Loughton	V55M	4.91
3	86	VAC	Sean O'Keeffe	Serpentine RC	Serp	V55M	4.10
1	79	C	John Spriggs	Nene Valley Harriers	Nene V	V60M	4.06
1	57	SWVAC	Neal Mason	South West Veterans AC	SW Vets	V70M	4.26

CBP?	Medal Std?
-	G
-	G
-	-
-	G
-	-
-	-
CBP	G
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-	-
-	-
-	G
-	S
-	G
-	S
-	-
-	-
-	G
-	S
*	*
-	G
*	*

		EMAC Mem?	Pole Vault				
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result
1	55	C	Joe McGrath	Basildon AC	Bas	V35M	3.00
1	97	C	Robert Kingman	Newham & Essex Beagles AC	NEB	V40M	4.00
2	151	C	Pat Daly	Bedford & County AC	Bed C	V40M	3.10
1	150	C	Gary Cheek	Southend On Sea AC	S'end	V45M	1.90
1	95	C	Simon Eastwood	Bedford & County AC	Bed C	V50M	3.00
2	149	OPEN	Ian Crawley	Tonbridge AC	Ton	V50M	2.70
3	109	C	Angus Aldridge	Southend On Sea AC	S'end	V50M	2.00
1	113	C	Richard Phelan	Huntingdonshire AC	Hunts	V55M	3.20
1	94	C	Jemma Eastwood	Bedford & County AC	Bed C	V35W	3.20
1	6	C	Natasha Lagden	Southend On Sea AC	S'end	V40W	1.70

CBP?	Medal Std?
-	-
-	G
-	S
-	-
-	G
*	*
-	-
=CBP	G
-	G
-	-

		EMAC Mem?	Triple Jump				
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result
1	27	C	Heidi Nicholas	Basildon AC	Bas	V35W	9.15
1	59	C	Pamela Abbott	Enfield & Haringey AC	E&H	V50W	6.53
1	135	C	Lawrence Harvey	Trafford AC	Traff	V35M	14.79
2	30	C	Aaron Bollu	Colchester & Tendring AC	C&T	V35M	12.25
3	41	C	Ian Debnam	Winchester & District AC	Win	V35M	11.19
1	141	C	Stephen Bass	Bedford & County AC	Bed C	V40M	9.24
1	137	C	Marek Kowalski	Thurrock Harriers AC	Thurr	V45M	10.51
1	92	C	Keith Palmer	Southend On Sea AC	S'end	V50M	8.32
1	140	C	Clifford Warren	Loughton AC	Loughton	V55M	10.00
1	79	C	John Spriggs	Nene Valley Harriers	Nene V	V60M	8.09
1	100	SVHC	William Lonsdale	Aberdeen AAC	A'deen	V65M	9.23
2	66	VAC	Patrick Reynolds	Veterans AC	Vets	V65M	5.86

CBP?	Medal Std?
-	G
-	G
CBP	G
CBP	S
-	B
-	-
-	-
-	G
-	-
-	G
-	G
*	*
*	*

		EMAC Mem?	Discus Throw				
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result
1	88	C	Dan Gartlan	Ipswich Harriers	Ips	V35M	24.34
1	2	C	Dan Upton	Trafford AC	Traff	V40M	29.26
1	112	C	Wayne Gadd	East Grinstead & District AC	E Grin	V45M	25.86
1	125	C	David Bauer	Harlow AC	Harl	V50M	40.50
2	83	C	David Burrell	Luton AC	Lut	V50M	37.53
3	119	C	Martin Procter	Hertford & Ware Combines AC	HAWC	V50M	32.11
4	23	C	Geoff Grinsted	Luton AC	Lut	V50M	27.54
5	40	C	Chris Clark	Harlow AC	Harl	V50M	24.51
6	92	C	Keith Palmer	Southend On Sea AC	S'end	V50M	19.76
1	98	VAC	Peter Wishart	Cambridge Harriers	Camb H	V55M	32.64
2	84	VAC	Keith Seldon	Hillingdon AC	Hill	V55M	28.23
3	86	VAC	Sean O'Keefe	Serpentine RC	Serp	V55M	24.81
1	12	C	Jim Burke	Bedford & County AC	Bed C	V60M	29.10
2	21	C	Chris Pruski	Swansea Harriers AC	Swan	V60M	24.07
1	33	C	Tony Richards	Croydon Harriers	Croy	V65M	36.01
2	127	C	Mark Wyndham-Jones	City Of Norwich AC	Norw	V65M	35.81
3	11	C	Bunt Scott	Marshall Milton Keynes AC	Mil K	V65M	34.48
4	72	C	Brian Hatch	Chelmsford AC	Chelm	V65M	33.14
5	3	C	John Blackwell	Nene Valley Harriers	Nene V	V65M	30.96
6	75	MMAC	Brian Bowley	Burton AC	Burt	V65M	25.03
7	66	VAC	Patrick Reynolds	Veterans AC	Vets	V65M	17.95
1	45	VAC	John Gilbert	Invicta East Kent AC	Inv EK	V70M	27.97
1	46	VAC	John Kirkham	Veterans AC	Vets	V85M	16.01
1	89	C	Andrea Jenkins	Nene Valley Harriers	Nene V	V40W	37.76
2	31	C	Sarah Mcgrath	Cambridge & Coleridge AC	C&C	V40W	26.44
3	5	VAC	Tracey Gould	Ealing Southall & Middlesex AC	ESM	V40W	23.27
1	65	C	Carey Hollick	Colchester & Tendring AC	C&T	V45W	17.11
1	69	C	Julie Wilson	Reading AC	Read	V50W	26.92
2	22	C	Keely Grinsted	Luton AC	Lut	V50W	15.29
1	14	C	Wendy Dunsford	Epsom & Ewell Harriers	E&E	V55W	21.35
2	101	C	Brenda Russell	Vale Of Aylesbury AC	VoA	V55W	17.16
3	77	MMAC	Lesley Bowley	Burton AC	Burt	V55W	10.91
1	28	C	Shirley Quinn	Chelmsford AC	Chelm	V60W	29.30
1	128	C	Stephanie Stamp	Southend On Sea AC	S'end	V65W	10.95
1	123	C	June Cork	Southend On Sea AC	S'end	V70W	11.78
1	42	C	Anne Martin	Wymondham AC	Wym	V80W	13.04
2	13	SCVAC	Barbara Dunsford	Belgrave Harriers	Belg	V80W	9.25

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		EMAC Mem?	Hammer Throw				
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result
1	133	SCVAC	Stuart Thurgood	Herne Hill Harriers	Herne H	V40M	51.08
2	2	C	Dan Upton	Trafford AC	Traff	V40M	31.57
1	83	C	David Burrell	Luton AC	Lut	V50M	43.60
2	125	C	David Bauer	Harlow AC	Harl	V50M	39.90
3	40	C	Chris Clark	Harlow AC	Harl	V50M	23.98
4	23	C	Geoff Grinsted	Luton AC	Lut	V50M	22.65
1	84	VAC	Keith Seldon	Hillingdon AC	Hill	V55M	26.42
1	12	C	Jim Burke	Bedford & County AC	Bed C	V60M	26.01
1	11	C	Bunt Scott	Marshall Milton Keynes AC	Mil K	V65M	35.48
2	33	C	Tony Richards	Croydon Harriers	Croy	V65M	30.07
3	3	C	John Blackwell	Nene Valley Harriers	Nene V	V65M	29.00
1	45	VAC	John Gilbert	Invicta East Kent AC	Inv EK	V70M	29.71
1	46	VAC	John Kirkham	Veterans AC	Vets	V85M	20.29
1	103	C	Amanda Dodge	Eastern Masters AC	E Vets	V35W	14.52
1	89	C	Andrea Jenkins	Nene Valley Harriers	Nene V	V40W	46.74
2	5	VAC	Tracey Gould	Ealing Southall & Middlesex AC	ESM	V40W	32.99
3	31	C	Sarah Mcgrath	Cambridge & Coleridge AC	C&C	V40W	21.63
1	65	C	Carey Hollick	Colchester & Tendring AC	C&T	V45W	12.89
1	69	C	Julie Wilson	Reading AC	Read	V50W	33.73
2	22	C	Keely Grinsted	Luton AC	Lut	V50W	28.03
3	61	SCVAC	Deborah Montgomery	Team Kennet Triathlon & AC	Team K	V50W	22.74
1	14	C	Wendy Dunsford	Epsom & Ewell Harriers	E&E	V55W	30.78
2	101	C	Brenda Russell	Vale Of Aylesbury AC	VoA	V55W	24.47
3	102	SCVAC	Angela Morgan	Eastbourne Rovers AC	E'rne	V55W	23.22
1	28	C	Shirley Quinn	Chelmsford AC	Chelm	V60W	34.45
2	147	C	Barbara Higgins	Loughton AC	Loughton	V60W	20.18
1	128	C	Stephanie Stamp	Southend On Sea AC	S'end	V65W	18.57
1	111	SCVAC	Elizabeth Brandon	Eastbourne Rovers AC	E'rne	V70W	18.92
1	42	C	Anne Martin	Wymondham AC	Wym	V80W	18.99
2	13	SCVAC	Barbara Dunsford	Belgrave Harriers	Belg	V80W	13.81

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		EMAC Mem?	Javelin Throw					
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result	
1	48	C	Lisa Tanushi	Luton AC	Lut	V40W	27.21	
2	31	C	Sarah Mcgrath	Cambridge & Coleridge AC	C&C	V40W	20.67	
1	65	C	Carey Hollick	Colchester & Tendring AC	C&T	V45W	13.84	
2	53	C	Sue Cribbs	Southend On Sea AC	S'end	V45W	11.85	
1	61	SCVAC	Deborah Montgomery	Team Kennet Triathlon & AC	Team K	V50W	25.83	
2	69	C	Julie Wilson	Reading AC	Read	V50W	19.57	
1	28	C	Shirley Quinn	Chelmsford AC	Chelm	V60W	19.59	
1	128	C	Stephanie Stamp	Southend On Sea AC	S'end	V65W	9.75	
1	123	C	June Cork	Southend On Sea AC	S'end	V70W	11.10	
1	42	C	Anne Martin	Wymondham AC	Wym	V80W	10.49	
1	88	C	Dan Gartlan	Ipswich Harriers	Ips	V35M	35.39	
1	83	C	David Burrell	Luton AC	Lut	V50M	37.96	
2	23	C	Geoff Grinsted	Luton AC	Lut	V50M	20.19	
3	40	C	Chris Clark	Harlow AC	Harl	V50M	19.83	
1	84	VAC	Keith Seldon	Hillingdon AC	Hill	V55M	35.84	
1	21	C	Chris Pruski	Swansea Harriers AC	Swan	V60M	30.69	
2	12	C	Jim Burke	Bedford & County AC	Bed C	V60M	20.08	
1	33	C	Tony Richards	Croydon Harriers	Croy	V65M	31.71	
2	127	C	Mark Wyndham-Jones	City Of Norwich AC	Norw	V65M	31.14	
3	11	C	Bunt Scott	Marshall Milton Keynes AC	Mil K	V65M	28.85	
4	72	C	Brian Hatch	Chelmsford AC	Chelm	V65M	23.61	
5	75	MMAC	Brian Bowley	Burton AC	Burt	V65M	21.29	
6	3	C	John Blackwell	Nene Valley Harriers	Nene V	V65M	20.28	
1	45	VAC	John Gilbert	Invicta East Kent AC	Inv EK	V70M	24.04	
1	46	VAC	John Kirkham	Veterans AC	Vets	V85M	11.61	

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		EMAC Mem?	Shot Putt					
Pos	Bib		Athlete	Club	Abbr. Club	Age Group	Result	
1	133	SCVAC	Stuart Thurgood	Herne Hill Harriers	Herne H	V40M	12.36	
2	2	C	Dan Upton	Trafford AC	Traff	V40M	11.83	
1	83	C	David Burrell	Luton AC	Lut	V50M	11.49	
2	125	C	David Bauer	Harlow AC	Harl	V50M	11.37	
3	23	C	Geoff Grinsted	Luton AC	Lut	V50M	9.95	
4	47	C	David Stephenson	Fairlands Valley Spartans	FVS	V50M	7.96	
1	98	VAC	Peter Wishart	Cambridge Harriers	Camb H	V55M	9.56	
2	84	VAC	Keith Seldon	Hillingdon AC	Hill	V55M	9.22	
1	12	C	Jim Burke	Bedford & County AC	Bed C	V60M	8.45	
1	33	C	Tony Richards	Croydon Harriers	Croy	V65M	10.86	
2	127	C	Mark Wyndham-Jones	City Of Norwich AC	Norw	V65M	9.52	
3	72	C	Brian Hatch	Chelmsford AC	Chelm	V65M	9.49	
4	11	C	Bunt Scott	Marshall Milton Keynes AC	Mil K	V65M	9.48	
5	3	C	John Blackwell	Nene Valley Harriers	Nene V	V65M	9.09	
6	66	VAC	Patrick Reynolds	Veterans AC	Vets	V65M	6.96	
1	45	VAC	John Gilbert	Invicta East Kent AC	Inv EK	V70M	8.48	
1	46	VAC	John Kirkham	Veterans AC	Vets	V85M	6.39	
1	103	C	Amanda Dodge	Eastern Masters AC	E Vets	V35W	5.99	
1	89	C	Andrea Jenkins	Nene Valley Harriers	Nene V	V40W	9.80	
2	31	C	Sarah Mcgrath	Cambridge & Coleridge AC	C&C	V40W	9.49	
3	96	C	Stacy McGivern	Peterborough AC	P'boro	V40W	7.94	
1	65	C	Carey Hollick	Colchester & Tendring AC	C&T	V45W	6.35	
1	61	SCVAC	Deborah Montgomery	Team Kennet Triathlon & AC	Team K	V50W	10.59	
2	69	C	Julie Wilson	Reading AC	Read	V50W	9.62	
3	22	C	Keely Grinsted	Luton AC	Lut	V50W	7.39	
4	59	C	Pamela Abbott	Enfield & Haringey AC	E&H	V50W	5.97	
1	14	C	Wendy Dunsford	Epsom & Ewell Harriers	E&E	V55W	8.22	
2	124	C	Tessa Stephenson	Fairlands Valley Spartans	FVS	V55W	7.54	
3	102	SCVAC	Angela Morgan	Eastbourne Rovers AC	E'rne	V55W	7.09	
4	101	C	Brenda Russell	Vale Of Aylesbury AC	VoA	V55W	6.01	
5	131	OPEN	Camilla Allwood	Serpentine RC	Serp	V55W	5.25	
6	77	MMAC	Lesley Bowley	Burton AC	Burt	V55W	4.72	
1	28	C	Shirley Quinn	Chelmsford AC	Chelm	V60W	8.12	
1	128	C	Stephanie Stamp	Southend On Sea AC	S'end	V65W	6.36	
1	123	C	June Cork	Southend On Sea AC	S'end	V70W	5.64	
2	111	SCVAC	Elizabeth Brandon	Eastbourne Rovers AC	E'rne	V70W	5.62	
1	42	C	Anne Martin	Wymondham AC	Wym	V80W	5.84	
2	13	SCVAC	Barbara Dunsford	Belgrave Harriers	Belg	V80W	4.33	

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