EVAC Track & Field League -	Final	Teams = 8
Bedford	Sun 13/09/2015	

Pos	Men's Teams	Bib	Match Score
1	Bedford & County AC	8	266
2	Ryston Runners AC	3	213.5
3	Marshall Milton Keynes AC	7	208
4	Peterborough AC	1	207
5	Southend AC	5	184
6	Thurrock Harriers / Pitsea RC	6	157.5
7	Huntingdonshire AC	2	102
8	Cambridge & Coleridge AC	4	41

RDA = Race Day Age

100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Daniel Yellop	35	Ryston Runners AC	11.99	8	-1	-	x	x	82.5
2	Toby Sullivan	42	Southend AC	12.66	7		-	x	x	82.1
3	Paul Canning	49	Marshall Milton Keynes AC	12.71	6		-	x	x	85.8
4	Neil Torr	35	Peterborough AC	12.78	5		-	x	x	77.4
5	Marek Kowalski	44	Thurrock Harriers / Pitsea RC	13.30	4		-	x	x	79.3
6	Andy Cohen-Wray	38	Bedford & County AC	13.53	3		-	x	x	74.7
7	Keith Clarke	48	Cambridge & Coleridge AC	13.83	2		-	x	x	78.3
8	Matthew Linnell	40	Huntingdonshire AC	13.99	1		-	x	x	73.3

100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Tennyson James	57	Bedford & County AC	13.18	8	-	-	x	87.1
2	Keith Palmer	50	Southend AC	14.29	7		-	x	76.8
3	Tony Hyde	50	Thurrock Harriers / Pitsea RC	14.60	6		-	x	75.2
4	David Lane	50	Ryston Runners AC	14.71	5		-	x	74.6
5	John Turner	59	Marshall Milton Keynes AC	15.09	4		-	x	77.1
6	Martin Hilton	56	Peterborough AC	15.52	3		-	x	73.5
7					2				
8					1				

100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	David Whitehead	63	Peterborough AC	13.73	8	-0.9	-	86.8
2	Christopher Keech	64	Bedford & County AC	14.95	7		-	80.2
3	Peter Binns	68	Southend AC	15.93	6		-	77.1
4	Alasdair Gibson	63	Marshall Milton Keynes AC	16.12	5		-	73.9
5	Bernard Johnson	60	Thurrock Harriers / Pitsea RC	18.09	4		-	64.7
6	Michael Ennis	73	Ryston Runners AC	21.84	3		-	59.0
7					2			
8					1			

200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Daniel Yellop	35	Ryston Runners AC	24.20	8	-0.6	-	x	x	82.8
2	Peter Benedickter	46	Bedford & County AC	25.43	7		-	x	x	85.6
3	Paul Canning	49	Marshall Milton Keynes AC	25.50	6		-	x	x	87.3
4	Neil Torr	35	Peterborough AC	26.47	5		-	x	x	75.7
5	Keith Clarke	48	Cambridge & Coleridge AC	28.17	4		-	x	x	78.4
6	Gary Rowlatt	46	Thurrock Harriers / Pitsea RC	30.59	3		-	x	x	71.2
7					2					
8					1					

EVAC League Record? (M35-49)

EVAC League Record? (M50-59)

EVAC League Record? (M60+

Derived from Age Grade Tables of 2015

200m	200m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Tennyson James	57	Bedford & County AC	26.2	8		-	x	89.8
2	Tony Hyde	50	Thurrock Harriers / Pitsea RC	29.4	7		-	x	76.2
3	Keith Palmer	50	Southend AC	30.1	6		-	x	74.5
4	John Turner	59	Marshall Milton Keynes AC	30.8	5		-	x	77.4
5	Martin Hilton	56	Peterborough AC	30.9	4		-	x	75.6
6	Chris Milnes	58	Ryston Runners AC	40.8	3		-	x	58.0
7					2				
8					1				

200m	200m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	David Whitehead	63	Peterborough AC	27.7	8		-	88.3
2	Christopher Keech	64	Bedford & County AC	30.8	7		-	80.0
3	Alasdair Gibson	63	Marshall Milton Keynes AC	33.4	6		-	73.3
4	Bernard Johnson	60	Thurrock Harriers / Pitsea RC	34.6	5		-	69.4
5	John Brock	65	Southend AC	36.7	4		-	67.6
6	Michael Ennis	73	Ryston Runners AC	47.1	3		-	57.4
7					2			
8					1			

400m	400m M35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %
1	Daniel Yellop	35	Ryston Runners AC	54.29	8	-	x	x	82.0
2	Peter Benedickter	46	Bedford & County AC	55.08	7	-	x	x	87.5
3	Matthew Dalton	35	Peterborough AC	56.53	6	-	x	x	78.7
4	Mark Dowson	40	Marshall Milton Keynes AC	56.76	5	-	x	x	81.4
5	Graham Eastty	35	Southend AC	58.08	4	-	x	x	76.6
6	Toby Draper	43	Thurrock Harriers / Pitsea RC	63.23	3	-	x	x	74.6
7	Rojimon Cherian	41	Cambridge & Coleridge AC	63.27	2	-	x	x	73.5
8					1				

400m	400m M50-59	RDA	Team	(NN.n)	Pts	Rec	Rec	AG %
1	Tennyson James	57	Bedford & County AC	60.29	8	-	x	86.0
2	Jonathan Metcalf	55	Thurrock Harriers / Pitsea RC	61.60	7	-	x	83.1
3	Ivars Licietis	59	Marshall Milton Keynes AC	66.12	6	-	x	79.5
4	Peter Ward	51	Peterborough AC	67.01	5	-	x	74.4
5	Simon Le Mare	53	Southend AC	70.05	4	-	x	72.1
6	Chris Milnes	58	Ryston Runners AC	90.97	3	-	x	57.4
7					2			
8					1			

800m	800m M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Simon Coombes	43	Bedford & County AC	02:08.56	8	-	x	x	85.0
2	Mark Dowson	40	Marshall Milton Keynes AC	02:11.36	7	-	x	x	81.0
3	Graham Eastty	35	Southend AC	02:15.68	6	-	x	x	74.7
4	Che Plant	36	Ryston Runners AC	02:17.32	5	-	x	x	74.5
5	Iain Scott	38	Thurrock Harriers / Pitsea RC	02:31.97	4	-	x	x	68.7
6	Terence Moat	48	Peterborough AC	02:40.69	3	-	x	x	71.1
7					2				
8					1				

800m	800m M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %
1	Tony Hyde	50	Thurrock Harriers / Pitsea RC	02:27.54	8	-	x	78.8
2	Simon Le Mare	53	Southend AC	02:27.66	7	-	x	80.8
3	Peter Ward	51	Peterborough AC	02:30.93	6	-	x	77.7
4	Derek Darnell	56	Huntingdonshire AC	02:38.06	5	-	x	77.4
5	Ivars Licietis	59	Marshall Milton Keynes AC	02:40.28	4	-	x	78.1
6	Chris Andrews	57	Bedford & County AC	02:47.49	3	-	x	73.6
7	Peter Duhig	65	Ryston Runners AC	02:56.94	2	x	-	74.2
8					1			

1500m	1500m M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Simon Coombes	43	Bedford & County AC	04:14.51	8	-	x	x	87.5
2	Matthew Pyatt	38	Ryston Runners AC	04:19.38	7	-	x	x	82.7
3	Jeremy Vick	37	Marshall Milton Keynes AC	04:37.73	6	-	x	x	76.7
4	Mark Waine	45	Southend AC	04:38.28	5	-	x	x	81.3
5	Scott Rice	44	Thurrock Harriers / Pitsea RC	04:38.88	4	-	x	x	80.5
6	Terence Moat	48	Peterborough AC	05:32.43	3	-	x	x	69.7
7					2				
8					1				

1500m	1500m M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %
1	Simon Le Mare	53	Southend AC	04:48.20	8	-	x	83.7
2	James McMahon	55	Bedford & County AC	04:52.62	7	-	x	83.8
3	John Skelton	64	Marshall Milton Keynes AC	05:00.59	6	x	-	88.2
4	Peter Ward	51	Peterborough AC	05:04.06	5	-	x	78.0
5	Richard Holland	56	Huntingdonshire AC	05:05.48	4	-	x	80.9
6	Donald Lawless	51	Thurrock Harriers / Pitsea RC	05:08.68	3	-	x	76.8
7	Anthony Savage	54	Ryston Runners AC	05:46.53	2	-	x	70.2
8					1			

1500m	1500m M60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %
1	Alasdair Gibson	63	Marshall Milton Keynes AC	05:21.44	8	-	81.7
2	Aleksander Swiecicki	67	Bedford & County AC	05:25.17	7	-	83.8
3	Eamonn Dorling	60	Peterborough AC	05:25.94	6	-	78.5
4	Bernard Johnson	60	Thurrock Harriers / Pitsea RC	05:40.42	5	-	75.2
5	Peter Binns	68	Southend AC	05:51.20	4	-	78.4
6	Peter Duhig	65	Ryston Runners AC	05:53.10	3	-	75.8
7	Michael Ward	64	Cambridge & Coleridge AC	06:52.79	2	-	64.2
8					1		

3000m	3000m M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Simon Coombes	43	Bedford & County AC	09:07.98	8	-	x	x	86.9
2	Matthew Pyatt	38	Ryston Runners AC	09:18.47	7	-	x	x	82.1
3	Scott Rice	44	Thurrock Harriers / Pitsea RC	09:58.93	6	-	x	x	80.1
4	Lee Taylor	40	Southend AC	10:06.20	5	-	x	x	76.8
5	Jeremy Vick	37	Marshall Milton Keynes AC	10:08.50	4	-	x	x	74.8
6	Terence Moat	48	Peterborough AC	11:48.68	3	-	x	x	69.9
7	Philip Young	56	Huntingdonshire AC	13:38.33	2	x	-	x	64.6
8					1				

3000m	3000m M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %
1	James McMahon	55	Bedford & County AC	10:19.83	8	-	x	84.6
2	Simon Le Mare	53	Southend AC	10:37.95	7	-	x	80.8
3	Eamonn Shelley	54	Thurrock Harriers / Pitsea RC	10:59.31	6	-	x	78.8
4	Peter Ward	51	Peterborough AC	11:06.70	5	-	x	76.1
5	Richard Holland	56	Huntingdonshire AC	11:19.71	4	-	x	77.8
6	Stewart Fraser	57	Marshall Milton Keynes AC	12:06.47	3	-	x	73.4
7	Paul Firmage	60	Ryston Runners AC	13:09.46	2	x	-	69.3
8					1			

3000m	3000m M60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %
1	John Skelton	64	Marshall Milton Keynes AC	10:38.83	8	-	88.7
2	Peter Johnson	61	Ryston Runners AC	10:53.82	7	-	84.4
3	Aleksander Swiecicki	67	Bedford & County AC	11:28.60	6	-	84.6
4	Bruce Grimley	60	Huntingdonshire AC	11:37.74	5	-	78.4
5	Eamonn Dorling	60	Peterborough AC	11:48.14	4	-	77.3
6	Bernard Johnson	60	Thurrock Harriers / Pitsea RC	12:27.08	3	-	73.2
7	Peter Binns	68	Southend AC	12:42.11	2	-	77.2
8	Michael Ward	64	Cambridge & Coleridge AC	14:51.75	1	-	63.6

2000mW	2Km Walk 'A'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec
1	Roger Lilley	58	Cambridge & Coleridge AC	11:49.84	8	x	-	x
2	Eamonn Dorling	60	Peterborough AC	12:17.72	7	x	x	-
3	Keith Palmer	50	Southend AC	12:44.69	6	x	-	x
4	Eamonn Shelley	54	Thurrock Harriers / Pitsea RC	12:46.67	5	x	-	x
5	Robert Lands	57	Bedford & County AC	13:19.33	4	x	-	x
6	Paul Firmage	60	Ryston Runners AC	13:21.17	3	x	x	-
7	Carl Baldwin	61	Marshall Milton Keynes AC	13:44.02	2	x	x	-
8					1			

2000mW	2Km Walk 'B'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec
1	Rodney Dunn	62	Peterborough AC	13:08.52	8	x	x	-
2	John Brock	65	Southend AC	13:38.85	7	x	x	-
3	Paul Mitchell	40	Thurrock Harriers / Pitsea RC	13:45.80	6	-	x	x
4	Martin Simmonds	74	Ryston Runners AC	14:17.08	5	x	x	-
5	Jim Lawrence	58	Marshall Milton Keynes AC	14:22.05	4	x	-	x
6	Howard Darbon	72	Bedford & County AC	15:17.46	3	x	x	-
7					2			
8					1			

LH	400mH M35-49 (91.4cm)	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %
1	Peter Benedickter	46	Bedford & County AC	59.90	8	-	x	x	*90.4*
2	Matthew Dalton	35	Peterborough AC	60.76	7	-	x	x	*79.8*
3	Toby Sullivan	42	Southend AC	62.70	6	-	x	x	*83.1*
4	Che Plant	36	Ryston Runners AC	67.32	5	-	x	x	*72.8*
5	Paul Canning	49	Marshall Milton Keynes AC	72.21	4	-	x	x	*77.1*
6	Paul Mitchell	40	Thurrock Harriers / Pitsea RC	80.49	3	-	x	x	*63.4*
7					2				
8					1				

LH	400mH M50-59 (84.0cm)	RDA	Team	(NN.n)	Pts	Rec	Rec	AG %
1	Tennyson James	57	Bedford & County AC	67.12	8	-	x	*89.0*
2	Jonathan Metcalf	55	Thurrock Harriers / Pitsea RC	74.17	7	-	x	*79.3*
3	David Lane	50	Ryston Runners AC	81.28	6	-	x	*71.5*
4	John Brock	65	Southend AC	127.63	5	x	-	-
5	Carl Baldwin	61	Marshall Milton Keynes AC	152.35	4	x	-	-
6					3			
7					2			
8					1			

HT	Hammer M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
1	Michael Burling	58	Marshall Milton Keynes AC	22.13	8	x	x	x	-
2	Graeme Packman	60	Bedford & County AC	19.42	7	x	x	-	-
3	Toby Sullivan	42	Southend AC	17.87	6	-	x	x	*23.1*
4	Daniel Yellop	35	Ryston Runners AC	17.19	5	-	x	x	*19.8*
5	Martin Mack	49	Thurrock Harriers / Pitsea RC	15.50	4	-	x	x	*22.9*
6	Matthew Linnell	40	Huntingdonshire AC	14.80	3	-	x	x	*18.4*
7	Leigh Porter	39	Peterborough AC	14.65	2	-	x	x	*18.0*
8					1				

HT	Hammer M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %
1	Robert Ellingham	51	Huntingdonshire AC	42.95	8	-	x	*58.9*
2	Paul Oakes	62	Ryston Runners AC	31.08	7	x	-	-
3	Jim Burke	59	Bedford & County AC	30.74	6	-	x	*50.7*
4	Jack Kee	76	Marshall Milton Keynes AC	30.13	5	x	-	-
5	Karl Eve	52	Peterborough AC	25.86	4	-	x	*36.2*
6	Keith Palmer	50	Southend AC	19.42	3	-	x	*26.1*
7	Ian Hawthorn	50	Thurrock Harriers / Pitsea RC	18.86	2	-	x	*25.3*
8	Philip Bramford	65	Cambridge & Coleridge AC	18.76	1	x	-	-

SP	Shot M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
1	Gavin Fordham	36	Bedford & County AC	10.44	8	-	x	x	45.4
2	Daniel Yellop	35	Ryston Runners AC	9.47	7	-	x	x	41.0
3	Leigh Porter	39	Peterborough AC	9.36	6	-	x	x	41.4
4	Paul Canning	49	Marshall Milton Keynes AC	8.90	5	-	x	x	46.6
5	Gary Rowlatt	46	Thurrock Harriers / Pitsea RC	8.48	4	-	x	x	41.7
6	Keith Clarke	48	Cambridge & Coleridge AC	7.85	3	-	x	x	40.2
7	Toby Sullivan	42	Southend AC	7.26	2	-	x	x	33.3
8	Dave Ensor	48	Huntingdonshire AC	6.48	1	-	x	x	33.2

SP	Shot M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %
1	Karl Eve	52	Peterborough AC	10.84	8	-	x	56.0
2	Robert Ellingham	51	Huntingdonshire AC	9.80	7	-	x	49.6
3	Jim Burke	59	Bedford & County AC	8.76	6	-	x	52.9
4	John Turner	59	Marshall Milton Keynes AC	8.49	5	-	x	51.3
5	David Lane	50	Ryston Runners AC	7.02	4	-	x	34.8
6	Ian Hawthorn	50	Thurrock Harriers / Pitsea RC	6.53	3	-	x	32.4
7	John Brock	65	Southend AC	5.95	2	x	-	-
8					1			

SP	Shot M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %
1	Graeme Packman	60	Bedford & County AC	10.35	8	-	56.9
2	Paul Oakes	62	Ryston Runners AC	10.14	7	-	58.9
3	Bunt Scott	64	Marshall Milton Keynes AC	10.00	6	-	61.7
4	Wayne DuBose	60	Huntingdonshire AC	9.98	5	-	54.8
5	Philip Bramford	65	Cambridge & Coleridge AC	7.19	4	-	45.8
6	Peter Binns	68	Southend AC	6.54	3	-	46.0
7	Bernard Johnson	60	Thurrock Harriers / Pitsea RC	6.44	2	-	35.4
8	Peter Brantom	65	Peterborough AC	5.33	1	-	33.9

JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %
1	Simon Eastwood	50	Bedford & County AC	35.37	8	-	x	45.9
2	Paul Oakes	62	Ryston Runners AC	34.42	7	x	-	-
3	Karl Eve	52	Peterborough AC	32.26	6	-	x	43.5
4	John Turner	59	Marshall Milton Keynes AC	29.18	5	-	x	45.2
5	Keith Palmer	50	Southend AC	18.98	4	-	x	24.7
6	Eamonn Shelley	54	Thurrock Harriers / Pitsea RC	16.26	3	-	x	22.8
7					2			
8					1			

DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
1	Gavin Fordham	36	Bedford & County AC	33.93	8	-	x	x	45.8
2	Daniel Yellop	35	Ryston Runners AC	24.09	7	-	x	x	32.5
3	Toby Sullivan	42	Southend AC	19.89	6	-	x	x	27.4
4	Jack Kee	76	Marshall Milton Keynes AC	19.21	5	x	x	-	-
5	Matthew Dalton	35	Peterborough AC	18.91	4	-	x	x	25.5
6	Martin Mack	49	Thurrock Harriers / Pitsea RC	17.35	3	-	x	x	26.6
7	Dave Ensor	48	Huntingdonshire AC	16.89	2	-	x	x	25.4
8	Rojimon Cherian	41	Cambridge & Coleridge AC	15.65	1	-	x	x	21.3

DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %
1	Robert Ellingham	51	Huntingdonshire AC	32.71	8	-	x	45.0
2	Simon Eastwood	50	Bedford & County AC	31.00	7	-	x	41.8
3	Karl Eve	52	Peterborough AC	30.11	6	-	x	42.2
4	John Turner	59	Marshall Milton Keynes AC	29.90	5	-	x	49.1
5	David Lane	50	Ryston Runners AC	20.40	4	-	x	27.5
6	Ian Hawthorn	50	Thurrock Harriers / Pitsea RC	19.45	3	-	x	26.3
7	John Brock	65	Southend AC	14.64	2	x	-	-
8					1			

DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts				Rec	AG %
1	Bunt Scott	64	Marshall Milton Keynes AC	35.02	8				-	57.8
2	Paul Oakes	62	Ryston Runners AC	34.09	7				-	53.9
3	Graeme Packman	60	Bedford & County AC	32.20	6				-	48.8
4	Wayne DuBose	60	Huntingdonshire AC	29.32	5				-	44.5
5	Philip Bramford	65	Cambridge & Coleridge AC	24.68	4				-	41.7
6	Peter Binns	68	Southend AC	20.52	3				-	37.2
7	Bernard Johnson	60	Thurrock Harriers / Pitsea RC	17.82	2				-	27.0
8	Peter Brantom	65	Peterborough AC	15.71	1				-	26.5

LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Gavin Fordham	36	Bedford & County AC	5.76	8		-	x	x	68.4
2	Leigh Porter	39	Peterborough AC	5.35	7		-	x	x	65.7
3	Toby Sullivan	42	Southend AC	5.02	6		-	x	x	63.8
4	Marek Kowalski	44	Thurrock Harriers / Pitsea RC	4.89	5		-	x	x	63.6
5	Che Plant	36	Ryston Runners AC	4.67	4		-	x	x	55.4
6	Steven Hossent	42	Marshall Milton Keynes AC	4.65	3		-	x	x	59.1
7	Keith Clarke	48	Cambridge & Coleridge AC	4.41	2		-	x	x	60.3
8	Matthew Linnell	40	Huntingdonshire AC	4.37	1		-	x	x	54.3

LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
1	Richard Phelan	54	Huntingdonshire AC	4.99	8		-	x	73.8
2	Tennyson James	57	Bedford & County AC	4.82	7		-	x	74.3
3	Karl Eve	52	Peterborough AC	4.60	6		-	x	66.2
4	David Lane	50	Ryston Runners AC	4.48	5		-	x	62.8
5	Keith Palmer	50	Southend AC	3.98	4		-	x	55.8
6	Ivars Licietis	59	Marshall Milton Keynes AC	3.86	3		-	x	61.3
7	Eamonn Shelley	54	Thurrock Harriers / Pitsea RC	3.35	2		-	x	49.5
8					1				

LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
1	David Whitehead	63	Peterborough AC	4.65	8		-	78.4
2	Paul Oakes	62	Ryston Runners AC	4.38	7		-	72.7
3	Carl Baldwin	61	Marshall Milton Keynes AC	3.53	6		-	57.7
4	Christopher Keech	64	Bedford & County AC	3.43	5		-	58.7
5	John Brock	65	Southend AC	2.64	4		-	45.9
6	Bernard Johnson	60	Thurrock Harriers / Pitsea RC	2.38	3		-	38.3
7					2			
8					1			

TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Daniel Yellop	35	Ryston Runners AC	10.69	8		-	x	x	59.2
2	Leigh Porter	39	Peterborough AC	10.66	7		-	x	x	61.8
3	Steven Hossent	42	Marshall Milton Keynes AC	10.33	6		-	x	x	62.0
4	Toby Sullivan	42	Southend AC	10.26	5		-	x	x	61.6
5	Keith Clarke	48	Cambridge & Coleridge AC	9.71	4		-	x	x	62.8
6	Stephen Bass	42	Bedford & County AC	9.28	3		-	x	x	55.7
7	Toby Draper	43	Thurrock Harriers / Pitsea RC	8.16	2		-	x	x	49.6
8	Dave Ensor	48	Huntingdonshire AC	8.08	1		-	x	x	52.3

TJ	Triple Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
1	Richard Phelan	54	Huntingdonshire AC	10.36	8		-	x	72.7
2	Karl Eve	52	Peterborough AC	9.60	7		-	x	65.5
3	David Lane	50	Ryston Runners AC	9.31	6		-	x	61.8
4	Tennyson James	57	Bedford & County AC	9.31	5		-	x	68.2
5	Keith Palmer	50	Southend AC	9.09	4		-	x	60.4
6	Carl Baldwin	61	Marshall Milton Keynes AC	7.62	3		x	-	59.3
7	Donald Lawless	51	Thurrock Harriers / Pitsea RC	7.42	2		-	x	49.9
8					1				

HJ	High Jump M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
1	Gavin Fordham	36	Bedford & County AC	1.77	8	LR	x	x	76.9
2	Andre Sinclair-Linton	49	Marshall Milton Keynes AC	1.60	7	-	x	x	79.1
3	Daniel Yellop	35	Ryston Runners AC	1.55	6	-	x	x	66.7
4	Leigh Porter	39	Peterborough AC	1.55	5	-	x	x	69.3
5	Toby Sullivan	42	Southend AC	1.50	4	-	x	x	69.0
6	Keith Clarke	48	Cambridge & Coleridge AC	1.35	3	-	x	x	66.1
7=	Dave Ensor	48	Huntingdonshire AC	1.20	1.5	-	x	x	58.7
7=	Paul Mitchell	40	Thurrock Harriers / Pitsea RC	1.20	1.5	-	x	x	54.2

HJ	High Jump M50-59	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %
1	Karl Eve	52	Peterborough AC	1.50	8	-	x	76.7
2	Richard Phelan	54	Huntingdonshire AC	1.40	7	-	x	73.1
3	David Lane	50	Ryston Runners AC	1.30	6	-	x	65.0
4	Tennyson James	57	Bedford & County AC	1.25	5	-	x	67.6
5	Ivars Licietis	59	Marshall Milton Keynes AC	1.25	4	-	x	69.2
6	Keith Palmer	50	Southend AC	1.20	3	-	x	60.0
7	Jonathan Metcalf	55	Thurrock Harriers / Pitsea RC	1.20	2	-	x	63.4
8					1			

HJ	High Jump M60+	RDA	Team	(N.nn)	Pts	Rec	AG %
1=	Paul Oakes	62	Ryston Runners AC	1.30	7.5	LR=	74.6
1=	Wayne DuBose	60	Huntingdonshire AC	1.30	7.5	LR=	72.8
3	David Whitehead	63	Peterborough AC	1.25	6	-	72.7
4	Carl Baldwin	61	Marshall Milton Keynes AC	1.15	5	-	65.2
5	Christopher Keech	64	Bedford & County AC	1.10	4	-	64.8
6	John Brock	65	Southend AC	1.05	3	-	62.6
7	Bernard Johnson	60	Thurrock Harriers / Pitsea RC	1.05	2	-	58.8
8					1		

PV	Pole Vault M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
1	Gavin Fordham	36	Bedford & County AC	4.26	8	LR	x	x	73.0
2	Karl Eve	52	Peterborough AC	2.40	7	x	-	x	50.9
3	Toby Sullivan	42	Southend AC	2.40	6	-	x	x	44.3
4	Paul Oakes	62	Ryston Runners AC	2.30	5	x	x	-	57.3
5	Ivars Licietis	59	Marshall Milton Keynes AC	2.20	4	x	-	x	52.1
6	Dave Ensor	48	Huntingdonshire AC	2.00	3	-	x	x	40.0
7	Iain Scott	38	Thurrock Harriers / Pitsea RC	1.90	2	-	x	x	33.3
8					1				

MedR	Relay 2248 M35-49	RDA	Team	(N:NN.n)	Pts	Rec
1			Bedford & County AC	04:01.58	8	-
2			Ryston Runners AC	04:06.62	7	-
3			Marshall Milton Keynes AC	04:11.23	6	-
4			Southend AC	04:12.16	5	-
5			Thurrock Harriers / Pitsea RC	04:17.54	4	-
6			Peterborough AC	04:36.49	3	-
7					2	
8					1	

MedR	Relay 2248 M50+	RDA	Team	(N:NN.n)	Pts	Rec
1			Bedford & County AC	04:33.72	8	-
2			Thurrock Harriers / Pitsea RC	04:36.02	7	-
3			Marshall Milton Keynes AC	04:45.03	6	-
4			Huntingdonshire AC	04:52.74	5	-
5			Peterborough AC	04:56.02	4	-
6			Southend AC	05:05.29	3	-
7			Ryston Runners AC	05:55.70	2	-
8					1	