

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

Pos	Women's Teams	Bib	Match Score
1	Marshall Milton Keynes AC	A	229.5
2	Fairlands Valley Spartans	B	210
3	Chelmsford AC	C	197
4	Ryston Runners AC	F	178
5	Loughton AC	D	174.5
6	Peterborough AC	G	170.5
7	Nene Valley Harriers	H	64
8	Cambridge & Coleridge AC	E	62

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Stacy McGivern	38	Peterborough AC	14.61	8	-1	-	x	x	73.4
2	Kate Alexander	41	Chelmsford AC	14.81	7		-	x	x	75.0
3	Chrispina Odunewu	40	Marshall Milton Keynes AC	15.05	6		-	x	x	73.0
4	????	0	Nene Valley Harriers	15.09	5		x	x	x	-
5	Tessa Stephenson	55	Fairlands Valley Spartans	16.28	4		x	-	x	79.3
6	Melanie Watts	39	Ryston Runners AC	16.88	3		-	x	x	64.3
7	Julie Ryan	61	Loughton AC	19.54	2		x	x	-	70.0
8					1					

100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Monica Brown	50	Fairlands Valley Spartans	14.54	8	-2	-	x	84.4
2	Wendy Dunn	55	Peterborough AC	14.79	7		-	x	87.3
3	Janice Hardcastle	56	Marshall Milton Keynes AC	16.18	6		-	x	80.5
4	Jill Kent	57	Chelmsford AC	17.10	5		-	x	76.9
5	Iona Graham-Hagg	52	Cambridge & Coleridge AC	17.11	4		-	x	73.2
6	Christine Salvary	58	Loughton AC	17.75	3		-	x	74.8
7	Wendy Fisher	50	Ryston Runners AC	20.31	2		-	x	60.4
8					1				

100m	100m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Emily McMahon	65	Loughton AC	16.80	8	-2.5	-	84.4
2	Margaret Phillips	61	Cambridge & Coleridge AC	19.00	7		-	71.9
3	Jane Ashby	67	Ryston Runners AC	19.72	6		-	73.2
4	Catherine Craig	62	Fairlands Valley Spartans	20.10	5		-	68.6
5	Fi Han Bromilow	61	Marshall Milton Keynes AC	24.36	4		-	56.1
6					3			
7					2			
8					1			

200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Stacy McGivern	38	Peterborough AC	29.29	8	-0.7	-	x	x	75.2
2	Stephanie Johnston	41	Marshall Milton Keynes AC	31.40	7		-	x	x	72.9
3	Sarah Endicott	44	Nene Valley Harriers	31.66	6		-	x	x	75.0
4	Joanne Smith	48	Chelmsford AC	32.98	5		-	x	x	75.4
5	Melanie Watts	39	Ryston Runners AC	34.11	4		-	x	x	65.4
6	Barbara Higgins	60	Loughton AC	36.44	3		x	x	-	77.7
7	Peta Wilson	46	Fairlands Valley Spartans	36.76	2		-	x	x	66.1
8					1					

200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind
1	Wendy Dunn	55	Peterborough AC	30.6	8	
2	Monica Brown	50	Fairlands Valley Spartans	30.7	7	
3	Gaye Clarke	55	Ryston Runners AC	31.9	6	
4	Janice Hardcastle	56	Marshall Milton Keynes AC	33.3	5	
5	Jill Kent	57	Chelmsford AC	34.5	4	
6	Iona Graham-Hagg	52	Cambridge & Coleridge AC	35.3	3	
7	Christine Salvary	58	Loughton AC	35.8	2	
8					1	

Rec	Rec	AG %
-	x	87.8
-	x	82.9
-	x	84.3
-	x	81.5
-	x	79.5
-	x	73.7
-	x	77.4

200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind
1	Margaret Phillips	61	Cambridge & Coleridge AC	37.93	8	-1.4
2	Pam Ackland-Snow	62	Loughton AC	39.44	7	
3	Sylvia Sergeant	68	Chelmsford AC	40.35	6	
4	Catherine Craig	62	Fairlands Valley Spartans	42.70	5	
5	Gill Hart	62	Ryston Runners AC	44.18	4	
6	Fi Han Bromilow	61	Marshall Milton Keynes AC	50.90	3	
7					2	
8					1	

Rec	AG %
-	75.3
-	73.2
-	75.7
-	67.6
-	65.3
-	56.1

400m	400m W35-49	RDA	Team	(NN.n)	Pts
1	Stacy McGivern	38	Peterborough AC	64.26	8
2	Alana Slater	38	Marshall Milton Keynes AC	69.48	7
3	Joanne Smith	48	Chelmsford AC	71.25	6
4	Nicky Morgan	45	Nene Valley Harriers	73.06	5
5	Melanie Watts	39	Ryston Runners AC	82.53	4
6	Peta Wilson	46	Fairlands Valley Spartans	83.71	3
7	Julie Ryan	61	Loughton AC	111.83	2
8					1

Rec	Rec	Rec	AG %
-	x	x	79.9
-	x	x	73.9
-	x	x	80.0
-	x	x	75.7
-	x	x	62.9
-	x	x	66.8
x	x	-	57.5

400m	400m W50-59	RDA	Team	(NN.n)	Pts
1	Wendy Dunn	55	Peterborough AC	74.15	8
2	Tessa Stephenson	55	Fairlands Valley Spartans	77.48	7
3	Diane Baldwin	58	Marshall Milton Keynes AC	78.06	6
4	Jill Kent	57	Chelmsford AC	80.16	5
5	Jane Ashby	67	Ryston Runners AC	101.09	4
6	Pam Ackland-Snow	62	Loughton AC	111.20	3
7					2
8					1

Rec	Rec	AG %
-	x	82.2
-	x	78.7
-	x	80.3
-	x	77.5
x	-	67.9
x	-	58.4

800m	800m W35-49	RDA	Team	(NN:NN.n)	Pts
1	Corinne Nurse	37	Marshall Milton Keynes AC	02:31.02	8
2	Wendy Perkins	35	Peterborough AC	02:40.05	7
3	Joanne Smith	48	Chelmsford AC	02:41.00	6
4	Nicky Morgan	45	Nene Valley Harriers	02:42.05	5
5	Peta Wilson	46	Fairlands Valley Spartans	03:20.98	4
6	Sue Smith	51	Ryston Runners AC	04:23.74	3
7	Francoise Fernandez	65	Loughton AC	04:35.40	2
8					1

Rec	Rec	Rec	AG %
-	x	x	75.0
-	x	x	70.8
-	x	x	77.6
-	x	x	75.1
-	x	x	61.1
x	-	x	48.8
x	x	-	58.5

800m	800m W50-59	RDA	Team	(NN:NN.n)	Pts
1	Anne Heeks	55	Loughton AC	03:05.27	8
2	Julie Simmons	58	Fairlands Valley Spartans	03:07.77	7
3	Diane Farmer	56	Marshall Milton Keynes AC	03:12.63	6
4	Wendy Fisher	50	Ryston Runners AC	03:36.30	5
5	Tracy Minton	54	Chelmsford AC	03:59.22	4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	73.2
-	x	75.4
-	x	71.4
-	x	58.7
-	x	55.9

1500m	1500m W35-49	RDA	Team	(NN:NN.n)	Pts
1	Wendy King	43	Chelmsford AC	05:10.74	8
2	Nicky Morgan	45	Nene Valley Harriers	05:14.68	7
3	Kerry Adams	40	Marshall Milton Keynes AC	06:00.65	6
4	Andrea Westcott	44	Fairlands Valley Spartans	06:51.28	5
5	Wendy Fisher	50	Ryston Runners AC	07:00.99	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	81.8
-	x	x	82.7
-	x	x	68.1
-	x	x	62.5
x	-	x	65.7

1500m	1500m W50-59	RDA	Team	(NN:NN.n)	Pts
1	Diane Baldwin	58	Marshall Milton Keynes AC	05:51.01	8
2	Anne Heeks	55	Loughton AC	06:08.77	7
3	Julie Simmons	58	Fairlands Valley Spartans	06:12.42	6
4	Tracy Minton	54	Chelmsford AC	07:12.62	5
5	Elizabeth Blakie	57	Ryston Runners AC	07:19.00	4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	87.7
-	x	80.1
-	x	82.7
-	x	67.4
-	x	69.2

1500m	1500m W60+	RDA	Team	(NN:NN.n)	Pts
1	Yuko Gordon	64	Fairlands Valley Spartans	06:09.84	8
2	Margaret Phillips	61	Cambridge & Coleridge AC	06:14.22	7
3	Jane Ashby	67	Ryston Runners AC	07:24.00	6
4	Fi Han Bromilow	61	Marshall Milton Keynes AC	07:59.16	5
5	Jean Hobbs	66	Loughton AC	08:05.62	4
6					3
7					2
8					1

Rec	AG %
-	91.0
-	85.9
-	79.5
-	67.1
-	71.5

3000m	3000m W35-49	RDA	Team	(NN:NN.n)	Pts
1	Wendy King	43	Chelmsford AC	11:09.67	8
2	Nicky Morgan	45	Nene Valley Harriers	11:15.77	7
3	Kerry Adams	40	Marshall Milton Keynes AC	13:15.33	6
4	Wendy Perkins	35	Peterborough AC	13:40.18	5
5	Elizabeth Blakie	57	Ryston Runners AC	15:33.99	4
6	Andrea Westcott	44	Fairlands Valley Spartans	15:45.09	3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	80.7
-	x	x	81.8
-	x	x	66.0
-	x	x	62.0
x	-	x	69.1
-	x	x	57.8

3000m	3000m W50-59	RDA	Team	(NN:NN.n)	Pts
1	Helen Grant	52	Cambridge & Coleridge AC	12:51.54	8
2	Diane Farmer	56	Marshall Milton Keynes AC	13:16.53	7
3	Julie Simmons	58	Fairlands Valley Spartans	13:18.94	6
4	Anne Heeks	55	Loughton AC	14:41.70	5
5	Wendy Fisher	50	Ryston Runners AC	15:05.52	4
6	Tracy Minton	54	Chelmsford AC	16:08.78	3
7					2
8					1

Rec	Rec	AG %
-	x	78.2
-	x	79.9
-	x	82.0
-	x	71.2
-	x	64.9
-	x	64.0

3000m	3000m W60+	RDA	Team	(NN:NN.n)	Pts
1	Yuko Gordon	64	Fairlands Valley Spartans	12:57.63	8
2	Margaret Phillips	61	Cambridge & Coleridge AC	13:33.21	7
3	Jean Hobbs	66	Loughton AC	16:04.12	6
4	Fi Han Bromilow	61	Marshall Milton Keynes AC	16:44.47	5
5	Gill Hart	62	Ryston Runners AC	17:55.94	4
6					3
7					2
8					1

Rec	AG %
-	92.0
-	84.1
-	76.6
-	68.1
-	64.5

2000mW	2km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Diane Baldwin	58	Marshall Milton Keynes AC	12:24.96	8
2	Catherine Duhig	60	Ryston Runners AC	12:39.06	7
3	Pamela Abbott	52	Cambridge & Coleridge AC	13:37.36	6
4	Anne Heeks	55	Loughton AC	14:07.36	5
5	Kay Gibson	49	Peterborough AC	15:00.70	4
6	Sharon Crowley	57	Fairlands Valley Spartans	15:36.73	3
7	Tracy Minton	54	Chelmsford AC	18:38.31	2
8					1

Rec	Rec	Rec
x	-	x
x	x	-
x	-	x
x	-	x
-	x	x
x	-	x
x	-	x

2000mW	2km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Elizabeth Blakie	57	Ryston Runners AC	13:15.52	8
2	Francoise Fernandez	65	Loughton AC	14:15.03	7
3	Diane Farmer	56	Marshall Milton Keynes AC	14:24.85	6
4	Stephanie Mayfield	41	Fairlands Valley Spartans	15:55.51	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec
x	-	x
x	x	-
x	-	x
-	x	x

LH	300mH W50-59 (76.2)	RDA	Team	(NN.n)	Pts
1	Gaye Clarke	55	Ryston Runners AC	58.94	8
2	Lesley Byrne	52	Marshall Milton Keynes AC	62.72	7
3	Jill Kent	57	Chelmsford AC	63.09	6
4	Judith Jagger	55	Peterborough AC	69.27	5
5	Tessa Stephenson	55	Fairlands Valley Spartans	75.05	4
6	Barbara Higgins	60	Loughton AC	80.55	3
7					2
8					1

Rec	Rec	AG %
LR	x	83.4
LR	x	74.6
LR	x	80.4
-	x	70.9
-	x	65.5
x	-	-

LH	400mH W35-49 (76.2cm)	RDA	Team	(NN.n)	Pts
1	Corinne Nurse	37	Marshall Milton Keynes AC	78.93	8
2	Lisa Richardson	46	Peterborough AC	84.24	7
3	Wendy King	43	Chelmsford AC	89.49	6
4	Peta Wilson	46	Fairlands Valley Spartans	97.92	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	68.2
-	x	x	73.0
-	x	x	65.9
-	x	x	62.8

HT	Hammer W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Andrea Jenkins	39	Nene Valley Harriers	45.58	8
2	Chrispina Odunewu	40	Marshall Milton Keynes AC	18.12	7
3	Michaela Davis	49	Loughton AC	17.38	6
4	Kay Gibson	49	Peterborough AC	16.66	5
5	Stephanie Mayfield	41	Fairlands Valley Spartans	15.89	4
6	Sarah Stark	49	Chelmsford AC	15.09	3
7	Sue Smith	51	Ryston Runners AC	7.83	2
8					1

Rec	Rec	Rec	AG %
-	x	x	74.9
-	x	x	30.6
-	x	x	39.5
-	x	x	37.8
-	x	x	27.6
-	x	x	34.3
x	-	x	-

HT	Hammer W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Shirley Quinn	61	Chelmsford AC	33.80	8
2	Gaye Clarke	55	Ryston Runners AC	28.36	7
3	Judith Jagger	55	Peterborough AC	23.58	6
4	Katherine Merritt	52	Loughton AC	22.06	5
5	Jeanette Lawrence	58	Marshall Milton Keynes AC	21.54	4
6	Sharon Crowley	57	Fairlands Valley Spartans	17.06	3
7					2
8					1

Rec	Rec	AG %
x	-	68.5
-	x	50.6
-	x	42.1
-	x	37.2
-	x	40.9
-	x	31.7

SP	Shot W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Andrea Jenkins	39	Nene Valley Harriers	10.14	8
2	Chrispina Odunewu	40	Marshall Milton Keynes AC	8.08	7
3	Lisa Richardson	46	Peterborough AC	7.69	6
4	Sarah Stark	49	Chelmsford AC	6.31	5
5	Trudie Molloy	43	Fairlands Valley Spartans	5.98	4
6	Michaela Davis	49	Loughton AC	5.71	3
7	Sue Smith	51	Ryston Runners AC	3.27	2
8					1

Rec	Rec	Rec	AG %
-	x	x	51.4
-	x	x	41.9
-	x	x	45.9
-	x	x	40.8
-	x	x	33.2
-	x	x	36.9
x	-	x	-

SP	Shot W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Lesley Byrne	52	Marshall Milton Keynes AC	8.47	8
2	Judith Jagger	55	Peterborough AC	8.36	7
3	Gaye Clarke	55	Ryston Runners AC	7.77	6
4	Tessa Stephenson	55	Fairlands Valley Spartans	7.40	5
5	Tracy Minton	54	Chelmsford AC	6.46	4
6	Katherine Merritt	52	Loughton AC	6.38	3
7	Pamela Abbott	52	Cambridge & Coleridge AC	5.44	2
8					1

Rec	Rec	AG %
-	x	53.8
-	x	56.1
-	x	52.2
-	x	49.7
-	x	42.6
-	x	40.5
-	x	34.6

SP	Shot W60+ (3Kg)	RDA	Team	(NN.nn)	Pts
1	Shirley Quinn	61	Chelmsford AC	8.02	8
2	Marlene Simmonds	69	Ryston Runners AC	7.20	7
3	Pam Ackland-Snow	62	Loughton AC	5.91	6
4	Mary Holmes	79	Cambridge & Coleridge AC	4.80	5
5	Iris Hornsey	73	Fairlands Valley Spartans	4.44	4
6	Fi Han Bromilow	61	Marshall Milton Keynes AC	4.39	3
7					2
8					1

Rec	AG %
-	60.8
-	65.8
-	45.7
-	-
-	45.3
-	33.3

JT	Javelin W50-59 (500gm)	RDA	Team	(NN.nn)	Pts
1	Judith Jagger	55	Peterborough AC	21.17	8
2	Pam Ackland-Snow	62	Loughton AC	16.37	7
3	Shirley Quinn	61	Chelmsford AC	16.32	6
4	Gaye Clarke	55	Ryston Runners AC	13.81	5
5	Monica Brown	50	Fairlands Valley Spartans	13.54	4
6	Janice Hardcastle	56	Marshall Milton Keynes AC	9.71	3
7					2
8					1

Rec	Rec	AG %
-	x	44.8
x	-	40.9
x	-	39.9
-	x	29.2
-	x	25.3
-	x	21.1

DT	Discus W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts
1	Andrea Jenkins	39	Nene Valley Harriers	38.87	8
2	Lisa Richardson	46	Peterborough AC	19.51	7
3	Michaela Davis	49	Loughton AC	18.17	6
4	Jeanette Lawrence	58	Marshall Milton Keynes AC	14.15	5
5	Gill Hart	62	Ryston Runners AC	13.58	4
6	Trudie Molloy	43	Fairlands Valley Spartans	13.37	3
7	Sarah Stark	49	Chelmsford AC	12.78	2
8					1

Rec	Rec	Rec	AG %
-	x	x	55.2
-	x	x	31.0
-	x	x	30.4
x	-	x	28.1
x	x	-	29.4
-	x	x	20.2
-	x	x	21.3

DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts
1	Judith Jagger	55	Peterborough AC	24.57	8
2	Lesley Byrne	52	Marshall Milton Keynes AC	19.37	7
3	Tessa Stephenson	55	Fairlands Valley Spartans	19.28	6
4	Katherine Merritt	52	Loughton AC	15.22	5
5	Gaye Clarke	55	Ryston Runners AC	13.46	4
6	Tracy Minton	54	Chelmsford AC	13.41	3
7					2
8					1

Rec	Rec	AG %
-	x	45.9
-	x	34.2
-	x	36.0
-	x	26.8
-	x	25.1
-	x	24.6

DT	Discus W60+ (1Kg)	RDA	Team	(NN.nn)	Pts		Rec	AG %
1	Shirley Quinn	61	Chelmsford AC	30.14	8		LR	63.9
2	Marlene Simmonds	69	Ryston Runners AC	18.59	7		-	48.0
3	Pam Ackland-Snow	62	Loughton AC	15.30	6		-	33.2
4	Iris Hornsey	73	Fairlands Valley Spartans	9.74	5		-	28.2
5	Fi Han Bromilow	61	Marshall Milton Keynes AC	8.34	4		-	17.7
6					3			
7					2			
8					1			

LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Stacy McGivern	38	Peterborough AC	4.82	8		-	x	x	69.0
2	Kate Alexander	41	Chelmsford AC	4.42	7		-	x	x	65.6
3	Stephanie Johnston	41	Marshall Milton Keynes AC	3.60	6		-	x	x	53.4
4	Sarah Endicott	44	Nene Valley Harriers	3.19	5		-	x	x	49.2
5	Stephanie Mayfield	41	Fairlands Valley Spartans	3.04	4		-	x	x	45.1
6	Melanie Watts	39	Ryston Runners AC	2.65	3		-	x	x	38.4
7	Julie Ryan	61	Loughton AC	2.25	2		x	x	-	44.4
8					1					

LJ	Long Jump W50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
1	Gaye Clarke	55	Ryston Runners AC	4.14	8		-	x	74.3
2	Monica Brown	50	Fairlands Valley Spartans	4.05	7		-	x	67.6
3	Clare St John-Coleman	55	Chelmsford AC	3.66	6		-	x	65.7
4	Judith Jagger	55	Peterborough AC	3.60	5		-	x	64.6
5	Janice Hardcastle	56	Marshall Milton Keynes AC	3.43	4		-	x	62.5
6	Christine Salvary	58	Loughton AC	3.10	3		-	x	58.3
7	Iona Graham-Hagg	52	Cambridge & Coleridge AC	3.05	2		-	x	52.4
8					1				

LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
1	Emily McMahon	65	Loughton AC	3.65	8		LR	77.1
2	Sylvia Sergeant	68	Chelmsford AC	2.82	7		-	62.9
3	Iris Hornsey	73	Fairlands Valley Spartans	2.71	6		-	66.6
4	Marlene Simmonds	69	Ryston Runners AC	2.17	5		-	49.3
5					4			
6					3			
7					2			
8					1			

TJ	Triple Jump W35	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Kate Alexander	41	Chelmsford AC	8.48	8		-	x	x	63.0
2	Chrispina Odunewu	40	Marshall Milton Keynes AC	8.21	7		-	x	x	60.2
3	Lisa Richardson	46	Peterborough AC	7.95	6		-	x	x	62.8
4	Stephanie Mayfield	41	Fairlands Valley Spartans	6.91	5		-	x	x	51.3
5	Elizabeth Blakie	57	Ryston Runners AC	5.85	4		x	-	x	54.0
6	Michaela Davis	49	Loughton AC	5.40	3		-	x	x	44.4
7					2					
8					1					

TJ	Triple Jump W50-59	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	AG %
1	Monica Brown	50	Fairlands Valley Spartans	8.87	8		LR	x	74.0
2	Clare St John-Coleman	55	Chelmsford AC	7.81	7		-	x	70.0
3	Lesley Byrne	52	Marshall Milton Keynes AC	7.71	6		-	x	66.1
4	Judith Jagger	55	Peterborough AC	7.50	5		-	x	67.2
5	Christine Salvary	58	Loughton AC	6.65	4		-	x	62.3
6	Iona Graham-Hagg	52	Cambridge & Coleridge AC	6.50	3		-	x	55.7
7	Marlene Simmonds	69	Ryston Runners AC	5.84	2		x	-	66.0
8					1				

