EMAC Track & Field Championships - Sat, 11th Aug 2018 - Southend

100 metres

Pos	Bib	EMAC Mem?	Athlete	Club	Abbr. Club	Age Group	Result	Wind Speed	CBP?	Medal Std?
1	21	C	Panos Ioannou	Marshall Milton Keynes AC	Mil K	V35M	12.3		-	Yes
2	158	C	Justin Hubbard	Colchester & Tendring AC	C&T	V35M	12.6		-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	120	C	Nigel Hayman	Ipswich Harriers	Ips	V40M	12.8		-	Yes
2	149	C	Anton McCalla	Fairlands Valley Spartans	FVS	V40M	13.7		-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	90	C	Yinka Opaleye	Huntingdonshire AC	Hunts	V45M	12.5		-	Yes
2	84	C	Gary Smith	Bedford & County AC	Bed C	V45M	12.9		-	Yes
3	159	C	Steven Ball	Thurrock Harriers	Thurr	V45M	13.3		-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	81	C	Paul Canning	Marshall Milton Keynes AC	Mil K	V50M	12.6		-	Yes
2	147	C	Kerry Courtenay-Robin	Marshall Milton Keynes AC	Mil K	V50M	13.1		-	Yes
3	144	C	Steve Mayfield	Stevenage & North Herts AC	SNH	V50M	13.5		-	Yes
4	142	C	Keith Palmer	Southend On Sea AC	S'end	V50M	13.8		-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	117	VAC	Pat Logan	Kingston AC And Poly Harriers	K&P	V55M	12.9		*	*
2	37	C	Dougie Donald	Corby AC	Corby	V55M	13.0		-	Yes
3	18	C	Andrew Stewart	Chiltern Harriers AC	Chilt	V55M	15.8		-	-
4	156	C	Tom Weatherhead	Garden City Runners	Gard CR	V55M	16.8		-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	38	VAC	Ian Turner	Enfield and Haringey A C	E&H	V60M	13.7		*	*
2	143	SCVAC	Rob Sibley	Medway and Maidstone AC	M&M	V60M	14.0		*	*
3	2	C	Robert Woolliams	Ipswich Harriers	Ips	V60M	14.5		-	Yes
4	175	C	Alan Matthews-Smith	Southend On Sea AC	S'end	V60M	18.6		-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	65	C	John Browne	Marshall Milton Keynes AC	Mil K	V65M	13.4		-	Yes
2	105	VAC	Paul Wignall	Hercules Wimbledon AC	HW	V65M	14.3		*	*
3	130	C	Mark Wyndham-Jones	City Of Norwich AC	Norw	V65M	14.6		-	Yes
4	63	OPEN	Tom Clinton	Ireland	IRL	V65M	15.0		*	*
5	69	C	Dennis Wallington	Blackheath and Bromley Harriers Athletic Club	B&B	V65M	16.4		-	Yes

6	129	VAC	Patrick Reynolds	Veterans AC	Vets	V65M	16.7		*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	75	SWVAC	Ray Lewis	City Of Portsmouth AC	Ports	V70M	18.5		*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	29	NIMAA	Patsy Forbes	Mid Ulster AC	Mid U	V75M	15.3		*	*
2	115	SCVAC	Ron Davies	-	-	V75M	15.5		*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	39	VAC	Richard Pitcairn-Knowles	Sevenoaks AC	S'oaks	V85M	22.8		*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	112	C	Amanda Dodge	Basildon AC	Bas	V35W	16.3		-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**		**CBP?**	**Medal Std?**
1	31	MMAC	Paula Williams	Stratford Upon Avon AC	Strat	V45W	13.5		*	*
2	36	C	Yvette Clayton	Corby AC	Corby	V45W	14.3		-	Yes
3	118	C	Lorraine Ramet	Southend On Sea AC	S'end	V45W	15.8		-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**		**CBP?**	**Medal Std?**
1	128	C	Susan Brown	Southend On Sea AC	S'end	V50W	17.0		-	Yes
2	43	C	Angela Underdown	Saint Edmund Pacers	St Ed	V50W	18.3		-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**		**CBP?**	**Medal Std?**
1	136	C	Elizabeth Welbourn	Ipswich Harriers	Ips	V55W	15.0		-	Yes
2	141	C	Yvonne Holmes	Ipswich Harriers	Ips	V55W	15.1		-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**		**CBP?**	**Medal Std?**
1	174	C	Susan Horton	Benfleet RC	Ben	V60W	17.4		-	Yes
2	54	C	Barbara Higgins	Loughton AC	Loughton	V60W	17.5		-	Yes
3	160	C	Marion Matthews-Smith	Southend On Sea AC	S'end	V60W	21.7		-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**		**CBP?**	**Medal Std?**
1	45	NMAC	Caroline Marler	Otley AC	Otl	V65W	16.3		*	*
2	71	SCVAC	Sue Dassie	Epsom & Ewell Harriers	E&E	V65W	16.7		*	*

		EMAC Mem?	**200 metres**					**Wind Speed**		
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	21	C	Panos Ioannou	Marshall Milton Keynes AC	Mil K	V35M	25.7		-	Yes
2	158	C	Justin Hubbard	Colchester & Tendring AC	C&T	V35M	27.2		-	Yes
3	16	C	Tony Bacon	Haverhill Running Club	Haver	V35M	29.1		-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	120	C	Nigel Hayman	Ipswich Harriers	Ips	V40M	26.1		-	Yes

2	151	C	Andy Cohen-Wray	Bedford & County AC	Bed C	V40M	27.7		-	Yes
3	165	C	James Sadlier	Peterborough AC	P'boro	V40M	28.0		-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	159	C	Steven Ball	Thurrock Harriers	Thurr	V45M	27.2		-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	81	C	Paul Canning	Marshall Milton Keynes AC	Mil K	V50M	25.9		-	Yes
2	147	C	Kerry Courtenay-Robin	Marshall Milton Keynes AC	Mil K	V50M	27.6		-	Yes
3	167	SCVAC	Barrie Marsden	Wycombe Phoenix Harriers & AC	Wyc P	V50M	28.6		*	*
4	142	C	Keith Palmer	Southend On Sea AC	S'end	V50M	29.0		-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	37	C	Dougie Donald	Corby AC	Corby	V55M	28.2		-	Yes
2	18	C	Andrew Stewart	Chiltern Harriers AC	Chilt	V55M	32.7		-	-
3	156	C	Tom Weatherhead	Garden City Runners	Gard CR	V55M	33.9		-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	66	C	Les Percival	Paddock Wood AC	Padd W	V60M	29.3		-	Yes
2	2	C	Robert Woolliams	Ipswich Harriers	Ips	V60M	29.7		-	Yes
3	175	C	Alan Matthews-Smith	Southend On Sea AC	S'end	V60M	40.8		-	-
4	170	OPEN	Michael Downes	Ipswich Jaffa RC	Ips J	V60M	DNF		*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	65	C	John Browne	Marshall Milton Keynes AC	Mil K	V65M	29.2		-	Yes
2	63	OPEN	Tom Clinton	Ireland	IRL	V65M	32.3		*	*
3	129	VAC	Patrick Reynolds	Veterans AC	Vets	V65M	37.6		*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	75	SWVAC	Ray Lewis	City Of Portsmouth AC	Ports	V70M	38.6		*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	115	SCVAC	Ron Davies	-	-	V75M	33.8		*	*
2	104	C	Terry Casey	Veterans AC	Vets	V75M	48.3		-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	36	C	Yvette Clayton	Corby AC	Corby	V45W	29.4		-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	43	C	Angela Underdown	Saint Edmund Pacers	St Ed	V50W	39.8		-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	136	C	Elizabeth Welbourn	Ipswich Harriers	Ips	V55W	31.9		-	-
2	141	C	Yvonne Holmes	Ipswich Harriers	Ips	V55W	32.7		-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	54	C	Barbara Higgins	Loughton AC	Loughton	V60W	37.7		-	-
2	160	C	Marion Matthews-Smith	Southend On Sea AC	S'end	V60W	48.7		-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	45	NMAC	Caroline Marler	Otley AC	Otl	V65W	34.0		*	*

400 metres

Pos	Bib	EMAC Mem?	Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	134	C	Graham Eastty	Southend On Sea AC	S'end	V35M	58.0	-	Yes
2	93	C	Dan Gartlan	Ipswich Harriers	Ips	V35M	59.1	-	Yes
3	6	C	Ian Debnam	Winchester & District AC	Win	V35M	61.7	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	151	C	Andy Cohen-Wray	Bedford & County AC	Bed C	V40M	59.8	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	159	C	Steven Ball	Thurrock Harriers	Thurr	V45M	61.4	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	144	C	Steve Mayfield	Stevenage & North Herts AC	SNH	V50M	61.6	-	Yes
2	107	SCVAC	Trevor Crysell	Paddock Wood AC	Padd W	V50M	65.0	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	46	C	Paul Berrett	Havering AC	Have	V55M	62.4	-	Yes
2	41	C	John Donaldson	Corby AC	Corby	V55M	63.1	-	Yes
3	140	C	Clifford Warren	Loughton AC	Loughton	V55M	63.8	-	Yes
4	156	C	Tom Weatherhead	Garden City Runners	Gard CR	V55M	76.2	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	66	C	Les Percival	Paddock Wood AC	Padd W	V60M	68.6	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	131	C	John Spriggs	Nene Valley Harriers	Nene V	V65M	80.7	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	75	SWVAC	Ray Lewis	City Of Portsmouth AC	Ports	V70M	83.2	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	169	C	John Garber	Herne Hill Harriers	Herne H	V75M	81.2	-	Yes
2	104	C	Terry Casey	Veterans AC	Vets	V75M	112.8	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	49	NIMAA	Ruth Perioli	Ballydrain Harriers	B'drain	V60W	77.3	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	45	NMAC	Caroline Marler	Otley AC	Otl	V65W	76.2	*	*

800 metres

Pos	Bib	EMAC Mem?	Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	122	C	Glen Richardson	City Of Norwich AC	Norw	V35M	02:09.9	-	Yes

Pos	Bib	EMAC?	Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	79	C	Peter Caton	Woodford Green AC with Essex Ladies	WG&EL	V40M	02:10.5	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	87	C	Stephen Herring	Marshall Milton Keynes AC	Mil K	V50M	02:12.6	-	Yes
2	103	C	Paul Parkin	Nene Valley Harriers	Nene V	V50M	02:57.4	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	72	SCVAC	Ian Wright	Croydon Harriers	Croy	V55M	02:19.3	*	*
2	46	C	Paul Berrett	Havering AC	Have	V55M	02:20.7	-	Yes
3	41	C	John Donaldson	Corby AC	Corby	V55M	02:28.8	-	Yes
4	18	C	Andrew Stewart	Chiltern Harriers AC	Chilt	V55M	02:47.1	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	114	C	Peter Binns	Southend On Sea AC	S'end	V70M	02:52.8	CBP	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	169	C	John Garber	Herne Hill Harriers	Herne H	V75M	03:31.6	CBP	Yes

1500 metres

Pos	Bib	EMAC Mem?	Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	122	C	Glen Richardson	City Of Norwich AC	Norw	V35M	04:44.9	-	Yes
2	16	C	Tony Bacon	Haverhill Running Club	Haver	V35M	04:50.8	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	79	C	Peter Caton	Woodford Green AC with Essex Ladies	WG&EL	V40M	04:45.2	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	44	C	Richard Flutter	Colchester Harriers AC	Col H	V50M	05:12.1	-	Yes
2	103	C	Paul Parkin	Nene Valley Harriers	Nene V	V50M	05:55.6	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	57	C	Geoffrey Brewster	Huntingdonshire AC	Hunts	V55M	05:12.8	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	85	C	Barry Osborne	Fairlands Valley Spartans	FVS	V65M	05:35.3	-	Yes
2	125	C	Tim Newton	Ipswich Jaffa RC	Ips J	V65M	06:00.2	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	114	C	Peter Binns	Southend On Sea AC	S'end	V70M	05:55.2	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	169	C	John Garber	Herne Hill Harriers	Herne H	V75M	07:25.1	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	12	C	Rebecca Luxton	Chelmsford AC	Chelm	V35W	04:59.6	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	24	SCVAC	Mitch Lloyd	Basingstoke & Mid Hants AC	BMH	V40W	04:57.5	*	*

3000 metres

Pos	Bib	EMAC Mem?	Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	16	C	Tony Bacon	Haverhill Running Club	Haver	V35M	10:10.5	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	165	C	James Sadlier	Peterborough AC	P'boro	V40M	10:56.7	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	137	C	Steve Cooper	Blackheath and Bromley Harriers Athletic Club	B&B	V45M	09:59.5	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	127	C	Sean Beard	Nene Valley Harriers	Nene V	V50M	11:05.1	-	Yes
2	103	C	Paul Parkin	Nene Valley Harriers	Nene V	V50M	12:20.4	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	78	C	Eamonn Shelley	Thurrock Harriers	Thurr	V55M	11:14.2	-	Yes
2	40	C	David Bowker	Fairlands Valley Spartans	FVS	V55M	11:50.5	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	88	C	William Haining	Harwich Runners	Harw	V60M	11:55.8	-	Yes
2	47	C	Michael Kelly	Marshall Milton Keynes AC	Mil K	V60M	13:40.2	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	125	C	Tim Newton	Ipswich Jaffa RC	Ips J	V65M	12:07.8	-	Yes
2	121	C	Peter Harris	Ely Runners	Ely	V65M	12:11.2	-	Yes
3	152	C	Jim Stocker	Huntingdonshire AC	Hunts	V65M	12:40.9	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	100	C	Aleksander Swiecicki	Bedford & County AC	Bed C	V70M	12:05.7	CBP	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	172	OPEN	Lisa Butler	Benfleet RC	Ben	V50W	14:58.4	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	148	C	Elke Hausler	Eastern Masters AC	EMAC	V55W	12:35.1	-	Yes

2k Walk

Pos	Bib	EMAC Mem?	Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	176	C	Mark Culshaw	Ilford AC	Ilf	V50M	11:17.1	CBP	Yes
2	17	C	Simon Morgan	Colchester Harriers AC	Col H	V50M	12:02.4	-	Yes
3	142	C	Keith Palmer	Southend On Sea AC	S'end	V50M	13:05.7	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	40	C	David Bowker	Fairlands Valley Spartans	FVS	V55M	11:56.1	-	Yes

2	78	C	Eamonn Shelley	Thurrock Harriers	Thurr	V55M	12:27.9		-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**		**CBP?**	**Medal Std?**
1	145	C	John Brock	Southend On Sea AC	S'end	V65M	14:52.3		-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**		**CBP?**	**Medal Std?**
1	114	C	Peter Binns	Southend On Sea AC	S'end	V70M	13:52.1		-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**		**CBP?**	**Medal Std?**
1	168	OPEN	Gordon Franklin	Southend On Sea AC	S'end	V80M	18:56.3		*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**		**CBP?**	**Medal Std?**
1	132	C	Melanie Peddle	Loughton AC	Loughton	V45W	11:07.3		-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**		**CBP?**	**Medal Std?**
1	43	C	Angela Underdown	Saint Edmund Pacers	St Ed	V50W	13:22.5		-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**		**CBP?**	**Medal Std?**
1	177	C	Rachel Lawless	Ilford AC	Ilf	V55W	12:51.4		-	Yes
2	124	C	Pamela Abbott	Enfield and Haringey A C	E&H	V55W	13:44.0		-	Yes
3	178	VAC	Lesley Morris	Ilford AC	Ilf	V55W	14:03.1		*	*

		EMAC Mem?	**80 metres Hurdles**					**Wind Speed**		
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	31	MMAC	Paula Williams	Stratford Upon Avon AC	Strat	V45W	13.7		*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**		**CBP?**	**Medal Std?**
1	62	VAC	Wendy Lewis	Reading AC	Read	V50W	14.3		*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**		**CBP?**	**Medal Std?**
1	64	MMAC	Susan Frisby	Leicester Coritanian AC	Leic C	V55W	13.6		*	*
2	89	C	Jill Roginski	Harborough AC	Harb	V55W	16.3		-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**		**CBP?**	**Medal Std?**
1	98	WMAA	Patricia Oakes	Ashford AC	Ashf	V70W	22.5		*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**		**CBP?**	**Medal Std?**
1	27	C	Patricia Hill	Newark AC	Newk	V75W	21.6		CBP	Yes

		EMAC Mem?	**100 metres Hurdles**					**Wind Speed**		
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**

1	167	SCVAC	Barrie Marsden	Wycombe Phoenix Harriers & AC	Wyc P	V50M	16.6		*	*
2	81	C	Paul Canning	Marshall Milton Keynes AC	Mil K	V50M	18.7		-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	143	SCVAC	Rob Sibley	Medway and Maidstone AC	M&M	V60M	20.2		*	*

110 metres Hurdles

		EMAC Mem?						**Wind Speed**		
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	93	C	Dan Gartlan	Ipswich Harriers	Ips	V35M	19.7		-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	120	C	Nigel Hayman	Ipswich Harriers	Ips	V40M	16.9		-	Yes
2	15	C	Dan Upton	Trafford Athletic Club	Traff	V40M	23.9		-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	ws+/-	**CBP?**	**Medal Std?**
1	84	C	Gary Smith	Bedford & County AC	Bed C	V45M	16.6		-	Yes

300 metres Hurdles

		EMAC Mem?							
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	64	MMAC	Susan Frisby	Leicester Coritanian AC	Leic C	V55W	51.6	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	162	C	Linda Donnelly	Southend On Sea AC	S'end	V60W	104.3	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	102	C	Gerald Daniel	Chelmsford AC	Chelm	V65M	62.2	-	Yes

400 metres Hurdles

		EMAC Mem?							
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	6	C	Ian Debnam	Winchester & District AC	Win	V35M	64.1	-	Yes
2	93	C	Dan Gartlan	Ipswich Harriers	Ips	V35M	64.8	-	Yes
3	134	C	Graham Eastty	Southend On Sea AC	S'end	V35M	65.4	-	Yes

High Jump

	EMAC Mem?

Pos	Bib	EMAC?	Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	146	C	Martin Gardner	Huntingdonshire AC	Hunts	V40M	1.36	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	126	C	Philip Bowers	Huntingdonshire AC	Hunts	V50M	1.54	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	106	C	Richard Phelan	Huntingdonshire AC	Hunts	V55M	1.45	-	Yes
2	56	VAC	Sean O'Keeffe	Serpentine RC	Serp	V55M	1.36	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	163	C	Heidi Nicholas	Basildon AC	Bas	V35W	1.42	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	68	C	Eloise Bird	Saint Edmund Pacers	St Ed	V50W	1.12	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	124	C	Pamela Abbott	Enfield and Haringey A C	E&H	V55W	1.00	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	1	C	Emily McMahon	Enfield and Haringey A C	E&H	V65W	1.15	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	27	C	Patricia Hill	Newark AC	Newk	V75W	1.00	-	Yes

Long Jump

EMAC Mem?

Pos	Bib	EMAC?	Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	158	C	Justin Hubbard	Colchester & Tendring AC	C&T	V35M	5.10	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	28	C	Aaron Bollu	Colchester & Tendring AC	C&T	V40M	5.37	-	Yes
2	149	C	Anton McCalla	Fairlands Valley Spartans	FVS	V40M	4.59	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	42	SCVAC	Craig Beecham	Southern Counties Veterans AC	SC Vets	V45M	5.55	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	126	C	Philip Bowers	Huntingdonshire AC	Hunts	V50M	5.36	-	Yes
2	107	SCVAC	Trevor Crysell	Paddock Wood AC	Padd W	V50M	4.70	*	*
3	142	C	Keith Palmer	Southend On Sea AC	S'end	V50M	4.61	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	140	C	Clifford Warren	Loughton AC	Loughton	V55M	5.00	-	Yes
2	106	C	Richard Phelan	Huntingdonshire AC	Hunts	V55M	4.84	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	131	C	John Spriggs	Nene Valley Harriers	Nene V	V65M	3.85	-	Yes
2	129	VAC	Patrick Reynolds	Veterans AC	Vets	V65M	3.20	*	*
3	69	C	Dennis Wallington	Blackheath and Bromley Harriers Athletic Club	B&B	V65M	3.11	-	-

Pos	Bib	EMAC?	Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	76	VAC	Allan Long	Herne Hill Harriers	Herne H	V75M	4.03	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	163	C	Heidi Nicholas	Basildon AC	Bas	V35W	4.66	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	20	WMAA	Jan Timberlake	Worcester AC	Worc	V50W	4.42	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	89	C	Jill Roginski	Harborough AC	Harb	V55W	3.82	-	Yes
2	124	C	Pamela Abbott	Enfield and Haringey A C	E&H	V55W	2.84	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	174	C	Susan Horton	Benfleet RC	Ben	V60W	3.36	-	Yes
2	160	C	Marion Matthews-Smith	Southend On Sea AC	S'end	V60W	2.37	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	1	C	Emily McMahon	Loughton AC	Loughton	V65W	3.58	*	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	98	WMAA	Patricia Oakes	Ashford AC	Ashf	V70W	2.70	*	*

EMAC Mem?

Pole Vault

Pos	Bib	EMAC?	Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	52	SCVAC	Chris Mills	Windsor Slough Eton & Hounslow AC	WSEH	V40M	4.00	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	154	C	Simon Eastwood	Bedford & County AC	Bed C	V50M	3.10	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	106	C	Richard Phelan	Huntingdonshire AC	Hunts	V55M	3.30	CBP	Yes
2	96	SCVAC	Wayne Martin	Hastings AC	Hast	V55M	2.90	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	67	SCVAC	Allan Williams	Blackheath and Bromley Harriers Athletic Club	B&B	V65M	3.00	*	*
2	139	C	Paul Oakes	Ryston Runners	Ryst	V65M	2.10	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	153	C	Jemma Eastwood	Bedford & County AC	Bed C	V35W	3.00	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	95	C	Stephanie Pain	City Of Norwich AC	Norw	V40W	2.20	=CBP	Yes
2	8	C	Natasha Lagden	Southend On Sea AC	S'end	V40W	1.60	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	68	C	Eloise Bird	Saint Edmund Pacers	St Ed	V50W	1.70	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	71	SCVAC	Sue Dassie	Epsom & Ewell Harriers	E&E	V65W	1.90	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	200		Jayne Gray	Hastings AC	Hast	V35W	2.10	*	*

Triple Jump

Pos	Bib	EMAC Mem?	Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	6	C	Ian Debnam	Winchester & District AC	Win	V35M	10.76	-	Yes
2	93	C	Dan Gartlan	Ipswich Harriers	Ips	V35M	10.56	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	28	C	Aaron Bollu	Colchester & Tendring AC	C&T	V40M	11.45	-	Yes
2	149	C	Anton McCalla	Fairlands Valley Spartans	FVS	V40M	9.68	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	42	SCVAC	Craig Beecham	Southern Counties Veterans AC	SC Vets	V45M	10.96	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	123	C	Paul Harrison	Ryston Runners	Ryst	V50M	11.54	-	Yes
2	126	C	Philip Bowers	Huntingdonshire AC	Hunts	V50M	10.61	-	Yes
3	107	SCVAC	Trevor Crysell	Paddock Wood AC	Padd W	V50M	9.85	*	*
4	142	C	Keith Palmer	Southend On Sea AC	S'end	V50M	8.72	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	140	C	Clifford Warren	Loughton AC	Loughton	V55M	10.27	-	Yes
2	106	C	Richard Phelan	Huntingdonshire AC	Hunts	V55M	10.22	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	131	C	John Spriggs	Nene Valley Harriers	Nene V	V65M	8.21	-	Yes
2	129	VAC	Patrick Reynolds	Veterans AC	Vets	V65M	6.04	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	76	VAC	Allan Long	Herne Hill Harriers	Herne H	V75M	8.39	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	163	C	Heidi Nicholas	Basildon AC	Bas	V35W	9.00	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	20	WMAA	Jan Timberlake	Worcester AC	Worc	V50W	8.66	*	*
2	128	C	Susan Brown	Southend On Sea AC	S'end	V50W	6.92	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	124	C	Pamela Abbott	Enfield and Haringey A C	E&H	V55W	6.28	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	98	WMAA	Patricia Oakes	Ashford AC	Ashf	V70W	6.10	*	*

Discus Throw

Pos	Bib	EMAC Mem?	Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?

1	93	C	Dan Gartlan	Ipswich Harriers	Ips	V35M	23.85	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	15	C	Dan Upton	Trafford Athletic Club	Traff	V40M	34.66	-	Yes
2	146	C	Martin Gardner	Huntingdonshire AC	Hunts	V40M	30.62	-	Yes
3	94	C	Christopher Kent	West Suffolk AC	W Suff	V40M	29.32	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	157	C	David Bauer	Harlow AC	Harl	V50M	39.80	-	Yes
2	32	VAC	Peter Evans	Woking AC	Woking	V50M	38.81	*	*
3	11	C	Robert Ellingham	Huntingdonshire AC	Hunts	V50M	30.15	-	Yes
4	144	C	Steve Mayfield	Stevenage & North Herts AC	SNH	V50M	26.62	-	-
5	119	OPEN	Stephen Talbot	Dartford Harriers AC	Dartf	V50M	26.42	*	*
6	155	MMAC	Simon Wills	Birchfield Harriers	Bir	V50M	25.00	*	*
7	142	C	Keith Palmer	Southend On Sea AC	S'end	V50M	19.67	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	101	SCVAC	Andrew Rushbrook	Bexley AC	Bexley	V55M	30.57	*	*
2	7	C	Jim Gillespie	Eastern Masters AC	EMAC	V55M	25.92	-	-
3	56	VAC	Sean O'Keeffe	Serpentine RC	Serp	V55M	25.48	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	5	SCVAC	Jacek Drzewiecki	Bracknell AC	Brack	V60M	38.65	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	3	C	Geoff Tyler	Chelmsford AC	Chelm	V65M	39.04	-	Yes
2	130	C	Mark Wyndham-Jones	City Of Norwich AC	Norw	V65M	38.30	-	Yes
3	19	C	Bunt Scott	Marshall Milton Keynes AC	Mil K	V65M	37.06	-	Yes
4	30	C	Tony Richards	Croydon Harriers	Croy	V65M	34.11	-	Yes
5	139	C	Paul Oakes	Ryston Runners	Ryst	V65M	30.39	-	Yes
6	25	C	Timothy Needham	Nene Valley Harriers	Nene V	V65M	27.67	-	Yes
7	99	C	John Blackwell	Nene Valley Harriers	Nene V	V65M	25.90	-	Yes
8	69	C	Dennis Wallington	Blackheath and Bromley Harriers Athletic Club	B&B	V65M	20.38	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	108	SCVAC	Neil Griffin	Windsor Slough Eton & Hounslow AC	WSEH	V70M	40.72	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	168	OPEN	Gordon Franklin	Southend On Sea AC	S'end	V80M	11.66	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	77	C	Andrea Jenkins	Nene Valley Harriers	Nene V	V40W	38.12	-	Yes
2	116	VAC	Tracey Gould	Ealing Southall & Middlesex AC	ESM	V40W	24.83	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	55	C	Jacqueline Cherry	Oxford City AC	Oxf C	V45W	27.90	-	Yes
2	133	C	Sarah Mcgrath	Cambridge & Coleridge AC	C&C	V45W	25.40	-	Yes
3	58	C	Carey Hollick	Colchester & Tendring AC	C&T	V45W	22.51	-	Yes

Pos	Bib	EMAC?	Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	166	SCVAC	Helene Marie Kehoe	London Heathside	Lon Hth	V50W	17.53	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	23	C	Shirley Quinn	Chelmsford AC	Chelm	V60W	29.18	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	138	C	Stephanie Stamp	Southend On Sea AC	S'end	V65W	12.69	-	-

Hammer Throw

EMAC Mem?

Pos	Bib	EMAC?	Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	34	C	Stuart Thurgood	Herne Hill Harriers	Herne H	V40M	50.45	-	Yes
2	15	C	Dan Upton	Trafford Athletic Club	Traff	V40M	31.58	-	Yes
3	94	C	Christopher Kent	West Suffolk AC	W Suff	V40M	22.49	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	11	C	Robert Ellingham	Huntingdonshire AC	Hunts	V50M	42.82	-	Yes
2	157	C	David Bauer	Harlow AC	Harl	V50M	39.70	-	Yes
3	119	OPEN	Stephen Talbot	Dartford Harriers AC	Dartf	V50M	32.53	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	101	SCVAC	Andrew Rushbrook	Bexley AC	Bexley	V55M	29.62	*	*
2	7	C	Jim Gillespie	Eastern Masters AC	EMAC	V55M	26.95	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	97	SCVAC	Eugene Lawlor	Yate & District AC	Yate	V60M	48.65	*	*
2	9	C	David Valentine *	West Suffolk AC	W Suff	V60M	45.93	CBP	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	19	C	Bunt Scott	Marshall Milton Keynes AC	Mil K	V65M	33.43	-	Yes
2	25	C	Timothy Needham	Nene Valley Harriers	Nene V	V65M	29.95	-	Yes
3	3	C	Geoff Tyler	Chelmsford AC	Chelm	V65M	29.26	-	Yes
4	99	C	John Blackwell	Nene Valley Harriers	Nene V	V65M	29.11	-	Yes
5	30	C	Tony Richards	Croydon Harriers	Croy	V65M	28.12	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	112	C	Amanda Dodge	Basildon AC	Bas	V35W	14.13	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	77	C	Andrea Jenkins	Nene Valley Harriers	Nene V	V40W	46.99	CBP	Yes
2	116	VAC	Tracey Gould	Ealing Southall & Middlesex AC	ESM	V40W	31.16	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	133	C	Sarah Mcgrath	Cambridge & Coleridge AC	C&C	V45W	22.36	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	128	C	Susan Brown	Southend On Sea AC	S'end	V50W	21.73	-	Yes

2	166	SCVAC	Helene Marie Kehoe	London Heathside	Lon Hth	V50W	18.00	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	23	C	Shirley Quinn	Chelmsford AC	Chelm	V60W	32.98	-	Yes
2	54	C	Barbara Higgins	Loughton AC	Loughton	V60W	21.79	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	138	C	Stephanie Stamp	Southend On Sea AC	S'end	V65W	17.02	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	27	C	Patricia Hill	Newark AC	Newk	V75W	26.83	-	Yes

Javelin Throw

Pos	**Bib**	**EMAC Mem?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	93	C	Dan Gartlan	Ipswich Harriers	Ips	V35M	32.37	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	94	C	Christopher Kent	West Suffolk AC	W Suff	V40M	40.80	-	Yes
2	28	C	Aaron Bollu	Colchester & Tendring AC	C&T	V40M	31.38	-	-
3	15	C	Dan Upton	Trafford Athletic Club	Traff	V40M	25.89	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	46	C	Paul Berrett	Havering AC	Have	V55M	28.86	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	175	C	Alan Matthews-Smith	Southend On Sea AC	S'end	V60M	11.92	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	30	C	Tony Richards	Croydon Harriers	Croy	V65M	30.54	-	Yes
2	130	C	Mark Wyndham-Jones	City Of Norwich AC	Norw	V65M	30.47	-	Yes
3	139	C	Paul Oakes	Ryston Runners	Ryst	V65M	29.23	-	Yes
4	19	C	Bunt Scott	Marshall Milton Keynes AC	Mil K	V65M	27.81	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	91	SCVAC	Victor Adcock	City Of Portsmouth AC	Ports	V80M	30.30	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	112	C	Amanda Dodge	Basildon AC	Bas	V35W	13.79	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	95	C	Stephanie Pain	City Of Norwich AC	Norw	V40W	24.86	-	Yes
2	116	VAC	Tracey Gould	Ealing Southall & Middlesex AC	ESM	V40W	20.92	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	31	MMAC	Paula Williams	Stratford Upon Avon AC	Strat	V45W	30.08	*	*
2	133	C	Sarah Mcgrath	Cambridge & Coleridge AC	C&C	V45W	22.71	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	173	C	Sandra Ingham	Biggleswade AC	Bigg	V60W	21.49	-	Yes

2	23	C	Shirley Quinn	Chelmsford AC	Chelm	V60W	14.71	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	138	C	Stephanie Stamp	Southend On Sea AC	S'end	V65W	11.46	-	-

Shot Putt

Pos	Bib	EMAC Mem?	Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	15	C	Dan Upton	Trafford Athletic Club	Traff	V40M	12.56	-	Yes
2	94	C	Christopher Kent	West Suffolk AC	W Suff	V40M	11.64	-	Yes
3	146	C	Martin Gardner	Huntingdonshire AC	Hunts	V40M	9.75	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	83	C	Gintas Degutis	Newham & Essex Beagles AC	NEB	V45M	14.83	CBP	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	157	C	David Bauer	Harlow AC	Harl	V50M	10.96	-	Yes
2	32	VAC	Peter Evans	Woking AC	Woking	V50M	10.15	*	*
3	144	C	Steve Mayfield	Stevenage & North Herts AC	SNH	V50M	7.97	-	-
4	155	MMAC	Simon Wills	Birchfield Harriers	Bir	V50M	7.45	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	51	C	Michael Hausler	Cambridge & Coleridge AC	C&C	V55M	12.07	CBP	Yes
2	7	C	Jim Gillespie	Eastern Masters AC	EMAC	V55M	8.25	-	-
3	56	VAC	Sean O'Keeffe	Serpentine RC	Serp	V55M	8.13	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	35	C	Peter Knott	Corby AC	Corby	V60M	11.25	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	3	C	Geoff Tyler	Chelmsford AC	Chelm	V65M	11.18	-	Yes
2	30	C	Tony Richards	Croydon Harriers	Croy	V65M	10.80	-	Yes
3	130	C	Mark Wyndham-Jones	City Of Norwich AC	Norw	V65M	10.27	-	Yes
4	139	C	Paul Oakes	Ryston Runners	Ryst	V65M	9.35	-	Yes
5	19	C	Bunt Scott	Marshall Milton Keynes AC	Mil K	V65M	9.33	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	77	C	Andrea Jenkins	Nene Valley Harriers	Nene V	V40W	9.35	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	133	C	Sarah Mcgrath	Cambridge & Coleridge AC	C&C	V45W	9.51	-	Yes
2	58	C	Carey Hollick	Colchester & Tendring AC	C&T	V45W	7.16	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	166	SCVAC	Helene Marie Kehoe	London Heathside	Lon Hth	V50W	6.48	*	*
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	89	C	Jill Roginski	Harborough AC	Harb	V55W	8.78	-	Yes

2	124	C	Pamela Abbott	Enfield and Haringey A C	E&H	V55W	6.26	-	-
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	23	C	Shirley Quinn	Chelmsford AC	Chelm	V60W	8.37	-	Yes
2	173	C	Sandra Ingham	Biggleswade AC	Bigg	V60W	7.35	-	Yes
Pos	**Bib**	**EMAC?**	**Athlete**	**Club**	**Abbr. Club**	**Age Group**	**Result**	**CBP?**	**Medal Std?**
1	138	C	Stephanie Stamp	Southend On Sea AC	S'end	V65W	5.36	-	Yes