

Select result format	Insert non scoring results at the bottom					
☒ Photo Finish ☐ Hand Timing	EMAC Track & Field League			Final		Teams = 8
Overall Team Trophy	Thurrock (Grays)		Sat	06 September 2025		Overall
Women	O/A	Pos	Men's Teams	Bib	Final Points	
					Final	Pos
106.0	400.0	1	Bedford & County AC	1	294.0	1
x	x	2	Marshall Milton Keynes	6	266.0	2
240.0	470.5	3=	Peterborough & Nene Valley	7	230.0	3=
x	x	3=	City of Southend	4	230.0	3=
x	x	5	Colchester Harriers	5	207.5	5
230.0	401.0	6	Cambridge & Coleridge AC	2	171.0	6
291.0	448.5	7	Thurrock/Loughton AC	8	157.5	7
200.0	340.5	8	Chelmsford AC	3	140.5	8

Single numbers (0-8) only		RDA = Race Day Age						Do not insert athlete data in Results section - use "Declarations" tab only		Photo Finish scoring		Records				2023 AG %	EA No
1003		100m	100m M35-49 [M35+]		RDA	Team		(NN.nn)	Pts	Wind	M35-49	M50-59	M60-69	M70+			
100m M35-49 [M35+]	2	1	Matt Hamilton	41	Cambridge & Coleridge AC	11.89	8	x			-	x	x	x	83.9	2874921	
100m M35-49 [M35+]	4	2	Ade Elegbede	48	City of Southend	12.18	7				-	x	x	x	85.9	3940643	
100m M35-49 [M35+]	6	3	Panos Ioannou	44	Marshall Milton Keynes	12.44	6				-	x	x	x	81.8	3129009	
100m M35-49 [M35+]	1	4	Roy Chambers	39	Bedford & County AC	12.55	5				-	x	x	x	78.4	2667991	
100m M35-49 [M35+]	8	5	Michael Shortall	40	Thurrock/Loughton AC	12.77	4				-	x	x	x	77.6	2800336	
100m M35-49 [M35+]	7	6	Matthew Parsons	47	Peterborough & Nene Valley	13.38	3				-	x	x	x	77.7	2870547	
100m M35-49 [M35+]	5	7	Daniel King	42	Colchester Harriers	15.36	2				-	x	x	x	65.4	2710785	
100m M35-49 [M35+]		8					1										
1005		100m	100m M50-59 [M50+]		RDA	Team		(NN.nn)	Pts	Wind		M50-59	M60-69	M70+	AG %	EA No	
100m M50-59 [M50+]	6	1	Paul Canning	59	Marshall Milton Keynes	13.05	8	x				-	x	x	86.5	2971309	
100m M50-59 [M50+]	7	2	Julian Smith	56	Peterborough & Nene Valley	13.07	7					-	x	x	84.6	3017942	
100m M50-59 [M50+]	2	3	Tim Cheshire	52	Cambridge & Coleridge AC	13.53	6					-	x	x	79.5	3972473	
100m M50-59 [M50+]	1	4	Stephen Bass	52	Bedford & County AC	14.89	5					-	x	x	72.2	2797201	
100m M50-59 [M50+]	5	5	Ian Rattray	53	Colchester Harriers	15.26	4					-	x	x	71.0	3701958	
100m M50-59 [M50+]	3	6	Nigel Gardner	53	Chelmsford AC	15.31	3					-	x	x	70.7	3947236	
100m M50-59 [M50+]	8	7	Jon Whitehouse	52	Thurrock/Loughton AC	16.17	2					-	x	x	66.5	3370574	
100m M50-59 [M50+]	4	8	Angus Aldridge	62	City of Southend	16.91	1					x	-	x	68.2	3519971	
1006		100m	100m M60+		RDA	Team		(NN.nn)	Pts	Wind			M60-69	M70+	AG %	EA No	
100m M60+	6	1	John Browne	72	Marshall Milton Keynes	13.66	8	x					x	LR	90.5	3019098	
100m M60+	5	2	Steve Hennings	60	Colchester Harriers	14.46	7						-	x	78.6	3437629	
100m M60+	1	3	Tennynson James	67	Bedford & County AC	14.84	6						-	x	80.4	2775264	
100m M60+	4	4	Keith Palmer	60	City of Southend	15.41	5						-	x	73.8	2829682	
100m M60+	7	5	Dave Knighton	63	Peterborough & Nene Valley	15.98	4						-	x	72.6	2727820	
100m M60+	8	6	James Lambden	63	Thurrock/Loughton AC	16.11	3						-	x	72.0	3985156	
100m M60+	2	7	Peter Thompson	67	Cambridge & Coleridge AC	17.62	2						-	x	67.7	3545544	
100m M60+		8					1										
2003		200m	200m M35-49 - [M35+]		RDA	Team		(NN.nn)	Pts	Wind	M35-49	M50-59	M60-69	M70+	AG %	EA No	
200m M35-49 - [M35+]	2	1	Matt Hamilton	41	Cambridge & Coleridge AC	24.08	8	-2.7			-	x	x	x	84.6	2874921	
200m M35-49 - [M35+]	4	2	Darryl Clemence	43	City of Southend	24.30	7				-	x	x	x	84.9	4192305	
200m M35-49 - [M35+]	8	3	Michael Shortall	40	Thurrock/Loughton AC	25.10	6				-	x	x	x	80.6	2800336	
200m M35-49 - [M35+]	1	4	Roy Chambers	39	Bedford & County AC	25.13	5				-	x	x	x	80.0	2667991	
200m M35-49 - [M35+]	6	5	Panos Ioannou	44	Marshall Milton Keynes	25.24	4				-	x	x	x	82.3	3129009	
200m M35-49 - [M35+]	7	6	Matthew Parsons	47	Peterborough & Nene Valley	26.64	3				-	x	x	x	79.5	2870547	
200m M35-49 - [M35+]	5	7	Dominic King	42	Colchester Harriers	30.54	2				-	x	x	x	67.1	2710786	
200m M35-49 - [M35+]		8					1										
2005		200m	200m M50-59 [M50+]		RDA	Team		(NN.nn)	Pts	Wind		M50-59	M60-69	M70+	AG %	EA No	
200m M50-59 [M50+]	7	1	Julian Smith	56	Peterborough & Nene Valley	26.29	8	-5.8				-	x	x	85.5	3017942	
200m M50-59 [M50+]	6	2	Paul Canning	59	Marshall Milton Keynes	26.32	7	-3.6				-	x	x	87.1	2971309	
200m M50-59 [M50+]	2	3	Tim Cheshire	52	Cambridge & Coleridge AC	27.64	6	-5.8				-	x	x	79.2	3972473	
200m M50-59 [M50+]	3	4	Andrew Weller	59	Chelmsford AC	30.42	5	-5.8				-	x	x	75.4	3790496	
200m M50-59 [M50+]	1	5	Stephen Bass	52	Bedford & County AC	31.70	4	-3.6				-	x	x	69.1	2797201	
200m M50-59 [M50+]	5	6	Mark Evans	54	Colchester Harriers	33.77	3	-5.8				-	x	x	65.7	4190658	
200m M50-59 [M50+]	8	7	David Beatty	54	Thurrock/Loughton AC	34.15	2	-3.6				-	x	x	64.9	3764491	
200m M50-59 [M50+]	4	8	Angus Aldridge	62	City of Southend	34.74	1	-3.6				x	-	x	67.4	3519971	
2006		200m	200m M60-69 [M60+]		RDA	Team		(NN.nn)	Pts	Wind			M60-69	M70+	AG %	EA No	
200m M60-69 [M60+]	1	1	Tennynson James	67	Bedford & County AC	28.11	8	-3.7					-	x	86.1	2775264	
200m M60-69 [M60+]	6	2	John Browne	72	Marshall Milton Keynes	28.32	7	-3.7					x	LR	88.5	3019098	
200m M60-69 [M60+]	5	3	Steve Hennings	60	Colchester Harriers	29.53	6	-2.6					-	x	78.2	3437629	
200m M60-69 [M60+]	3	4	Mark Kybert	64	Chelmsford AC	29.61	5	-2.6					-	x	80.1	4015467	
200m M60-69 [M60+]	8	5	James Lambden	63	Thurrock/Loughton AC	33.14	4	-2.6					-	x	71.1	3985156	
200m M60-69 [M60+]	4	6	Keith Palmer	60	City of Southend	34.53	3	-3.7					-	x	66.9	2829682	
200m M60-69 [M60+]	2	7	Peter Thompson	67	Cambridge & Coleridge AC	34.93	2	-2.6					-	x	69.3	3545544	
200m M60-69 [M60+]	7	8	Malcolm Tuff	60	Peterborough & Nene Valley	38.41	1	-3.7					-	x	60.1	2781837	
4003		400m	400m M35-49 [M35+]		RDA	Team		(NN.nn)	Pts		M35-49	M50-59	M60-69	M70+	AG %	EA No	
400m M35-49 [M35+]	7	1	David Brown	47	Peterborough & Nene Valley	54.09	8				-	x	x	x	87.5	2955064	
400m M35-49 [M35+]	8	2	Olatunde Akerelle	42	Thurrock/Loughton AC	54.61	7				-	x	x	x	83.9	4115009	
400m M35-49 [M35+]	2	3	Chung Tu	41	Cambridge & Coleridge AC	55.44	6				-	x	x	x	82.1	3181559	
400m M35-49 [M35+]	4	4	Peter Smale	37	City of Southend	57.94	5				-	x	x	x	76.6	2829699	
400m M35-49 [M35+]	1	5	Paul Cooper	44	Bedford & County AC	61.23	4				-	x	x	x	75.8	4066864	
400m M35-49 [M35+]	6	6	Clint Grabs	38	Marshall Milton Keynes	61.32	3				-	x	x	x	72.8	2690440	
400m M35-49 [M35+]	5	7	Chris Sellens	40	Colchester Harriers	65.39	2				-	x	x	x	69.2	2710783	
400m M35-49 [M35+]		8					1										
4005		400m	400m M50-59 [M50+]		RDA	Team		(NN.nn)	Pts			M50-59	M60-69	M70+	AG %	EA No	
400m M50-59 [M50+]	7	1	Andrew Stowe	51	Peterborough & Nene Valley	59.63	8					-	x	x	81.5	3418825	
400m M50-59 [M50+]	1	2	Tennynson James	67	Bedford & County AC	64.17	7					x	-	x	84.5	2775264	
400m M50-59 [M50+]	6	3	Andrew McDonald	55	Marshall Milton Keynes	64.56	6					-	x	x	77.4	2912556	
400m M50-59 [M50+]	5	4	James Manly	52	Colchester Harriers	66.46	5					-	x	x	73.6	3249845	
400m M50-59 [M50+]	2	5	Stuart Dunlop	52	Cambridge & Coleridge AC	75.45	4					-	x	x	64.9	2746604	
400m M50-59 [M50+]	8	6	David Beatty	54	Thurrock/Loughton AC	76.87	3					-	x	x	64.5	3764491	
400m M50-59 [M50+]	4	7	Mark Waller	55	City of Southend	83.61	2					-	x	x	59.7	3549152	
400m M50-59 [M50+]		8					1										
8003		800m	800m M35-49 [M35+]		RDA	Team		(NN:NN.nn)	Pts		M35-49	M50-59	M60-69	M70+	AG %	EA No	
800m M35-49 [M35+]	7	1	Michael Major	35	Peterborough & Nene Valley	02:05.61	8				-	x	x	x	80.6	3546784	
800m M35-49 [M35+]	4	2	Peter Smale	37	City of Southend	02:11.08	7				-	x	x	x	78.5	2829699	
800m M35-49 [M35+]	6	3	Jonathan Peters	38	Marshall Milton Keynes	02:11.22	6				-	x	x	x	79.0	3299900	
800m M35-49 [M35+]	1	4	Chris Parson	44	Bedford & County AC	02:11.71	5				-	x	x	x	82.6	4122913	
800m M35-49 [M35+]	5	5	Chris Sellens	40	Colchester Harriers	02:17.82	4				-	x	x	x	76.4	2710783	
800m M35-49 [M35+]	2	6	Rick Merrick	42	Cambridge & Coleridge AC	02:20.22	3				-	x	x	x	76.3	3940398	
800m M35-49 [M35+]	3	7	Geoff Keily	46	Chelmsford AC	02:22.98	2				-	x	x	x	77.3	4006012	
800m M35-49 [M35+]	8	8	Scott Thrush	39	Thurrock/Loughton AC	02:27.26	1				-	x	x	x	71.0	3499158	
8005		800m	800m M50-59 [M50+]		RDA	Team		(NN:NN.nn)	Pts		M35-49	M50-59	M60-69	M70+	AG %	EA No	
800m M50-59 [M50+]	1	1	Simon Coombes	53	Bedford & County AC	02:13.11	8					-	x	x	87.9	2730567	
800m M50-59 [M50+]	7	2	Andrew Stowe	51	Peterborough & Nene Valley	02:14.30	7					-	x	x	85.7	3418825	
800m M50-59 [M50+]	4	3	Mark Waller	55	City of Southend												

	8006	800m	800m M60+	RDA	Team	(NN:NN.nn)	Pts		M60-69	M70+	AG %	EA No		
800m M60+	5	1	Colin Ridley	63	Colchester Harriers	02:31.78	8		-	x	83.7	2698820		
800m M60+	4	2	Simon Le Mare	63	City of Southend	02:33.35	7		-	x	82.8	2912777		
800m M60+	2	3	Kevin Russell	62	Cambridge & Coleridge AC	02:35.01	6		-	x	81.3	3155077		
800m M60+	7	4	Dave Knighton	63	Peterborough & Nene Valley	02:37.27	5		-	x	80.7	2727820		
800m M60+	3	5	Mark Kybert	64	Chelmsford AC	02:41.32	4		-	x	79.4	4015467		
800m M60+	6	6	Ian Van Lokven	67	Marshall Milton Keynes	02:48.23	3		-	x	78.1	2794665		
800m M60+		7					2							
800m M60+		8					1							
1500m M35-49 [M35+]	15003	1500m	1500m M35-49 [M35+]	RDA	Team	(NN:NN.nn)	Pts		M35-49	M50-59	M60-69	M70+	AG %	EA No
1500m M35-49 [M35+]	5	1	Angus Holford	36	Colchester Harriers	04:28.96	8		-	x	x	x	78.3	2749259
1500m M35-49 [M35+]	7	2	Daniel Lewis	48	Peterborough & Nene Valley	04:39.41	7		-	x	x	x	81.9	7017795
1500m M35-49 [M35+]	4	3	Peter Smale	37	City of Southend	04:41.17	6		-	x	x	x	75.4	2829699
1500m M35-49 [M35+]	2	4	Rick Merrick	42	Cambridge & Coleridge AC	04:41.17	5		-	x	x	x	77.9	3940398
1500m M35-49 [M35+]	1	5	Chris Parson	44	Bedford & County AC	04:42.23	4		-	x	x	x	78.7	4122913
1500m M35-49 [M35+]	6	6	James Down	38	Marshall Milton Keynes	04:48.91	3		-	x	x	x	73.8	3121635
1500m M35-49 [M35+]	3	7	Geoff Keily	46	Chelmsford AC	04:50.45	2		-	x	x	x	77.6	4006012
1500m M35-49 [M35+]	8	8	Robert Doyle	36	Thurrock/Loughton AC	04:53.06	1		-	x	x	x	71.8	2801600
1500m M50-59 [M50+]	15005	1500m	1500m M50-59 [M50+]	RDA	Team	(NN:NN.nn)	Pts		M50-59	M60-69	M70+	AG %	EA No	
1500m M50-59 [M50+]	1	1	Simon Coombes	53	Bedford & County AC	04:29.02	8		-	x	x	x	88.4	2730567
1500m M50-59 [M50+]	6	2	Steve Withers	52	Marshall Milton Keynes	05:08.63	7		-	x	x	x	76.4	3738404
1500m M50-59 [M50+]	8	3	Jon Whitehouse	52	Thurrock/Loughton AC	05:11.86	6		-	x	x	x	75.6	3370574
1500m M50-59 [M50+]	5	4	Paul Mingay	68	Colchester Harriers	05:20.57	5		x	-	x	x	84.6	2963981
1500m M50-59 [M50+]	2	5	Paul Fletcher	61	Cambridge & Coleridge AC	05:21.62	4		x	-	x	x	79.0	3181429
1500m M50-59 [M50+]	7	6	Sean Beard	59	Peterborough & Nene Valley	06:00.18	3		-	x	x	x	69.4	2727741
1500m M50-59 [M50+]		7					2							
1500m M50-59 [M50+]		8					1							
3000m M35-49 [M35+]	30003	3000m	3000m M35-49 [M35+]	RDA	Team	(NN:NN.nn)	Pts		M35-49	M50-59	M60-69	M70+	AG %	EA No
3000m M35-49 [M35+]	5	1	Angus Holford	36	Colchester Harriers	09:35.20	8		-	x	x	x	77.2	2749259
3000m M35-49 [M35+]	1	2	Paul Cooper	44	Bedford & County AC	09:58.13	7		-	x	x	x	78.8	4066864
3000m M35-49 [M35+]	7	3	Daniel Lewis	48	Peterborough & Nene Valley	10:02.98	6		-	x	x	x	80.7	7017795
3000m M35-49 [M35+]	8	4	Nick Barker	43	Thurrock/Loughton AC	10:03.98	5		-	x	x	x	77.5	4030887
3000m M35-49 [M35+]	2	5	Rick Merrick	42	Cambridge & Coleridge AC	10:26.74	4		-	x	x	x	74.1	3940398
3000m M35-49 [M35+]	6	6	James Down	38	Marshall Milton Keynes	10:39.82	3		-	x	x	x	70.4	3121635
3000m M35-49 [M35+]	3	7	Geoff Keily	46	Chelmsford AC	10:40.47	2		-	x	x	x	74.8	4006012
3000m M35-49 [M35+]	4	8	Graham Eastty	45	City of Southend	14:51.81	1		-	x	x	x	53.3	3262665
3000m M50-59 [M50+]	30005	3000m	3000m M50-59 [M50+]	RDA	Team	(NN:NN.nn)	Pts		M50-59	M60-69	M70+	AG %	EA No	
3000m M50-59 [M50+]	4	1	Mark Waller	55	City of Southend	09:40.14	8		-	x	x	x	89.1	3549152
3000m M50-59 [M50+]	1	2	Simon Coombes	53	Bedford & County AC	09:46.05	7		-	x	x	x	86.7	2730567
3000m M50-59 [M50+]	8	3	Jon Whitehouse	52	Thurrock/Loughton AC	10:46.55	6		-	x	x	x	77.9	3370574
3000m M50-59 [M50+]	5	4	Paul Mingay	68	Colchester Harriers	10:53.39	5		x	-	x	x	89.7	2963981
3000m M50-59 [M50+]	7	5	Nicholas Wilkins	52	Peterborough & Nene Valley	11:38.33	4		-	x	x	x	72.1	3827030
3000m M50-59 [M50+]	2	6	Paul Fletcher	61	Cambridge & Coleridge AC	11:43.90	3		x	-	x	x	77.6	3181429
3000m M50-59 [M50+]	6	7	Steve Withers	52	Marshall Milton Keynes	12:49.84	2		-	x	x	x	65.4	3738404
3000m M50-59 [M50+]		8					1							
3000m M60-69 [M60+]	30006	3000m	3000m M60-69 [M60+]	RDA	Team	(NN:NN.nn)	Pts		M60-69	M70+	AG %	EA No		
3000m M60-69 [M60+]	5	1	Colin Ridley	63	Colchester Harriers	10:47.87	8		-	x	x	x	86.0	2698820
3000m M60-69 [M60+]	2	2	Kevin Russell	62	Cambridge & Coleridge AC	11:22.98	7		-	x	x	x	80.8	3155077
3000m M60-69 [M60+]	4	3	Simon Le Mare	63	City of Southend	11:27.53	6		-	x	x	x	81.1	2912777
3000m M60-69 [M60+]	6	4	Ian Van Lokven	67	Marshall Milton Keynes	11:40.70	5		-	x	x	x	82.8	2794665
3000m M60-69 [M60+]	8	5	Eamonn Shelley	64	Thurrock/Loughton AC	12:28.87	4		-	x	x	x	75.2	2980570
3000m M60-69 [M60+]	3	6	Christopher Purse	66	Chelmsford AC	12:34.38	3		-	x	x	x	76.1	2759797
3000m M60-69 [M60+]		7					2							
3000m M60-69 [M60+]		8					1							
3000m M70+	30007	3000m	3000m M70+	RDA	Team	(NN:NN.nn)	Pts			M70+	AG %	EA No		
3000m M70+	6	1	John Skelton	74	Marshall Milton Keynes	12:04.26	8			-	86.5	2794640		
3000m M70+	2	2	Martin Kilduff	76	Cambridge & Coleridge AC	13:17.92	7			-	80.3	4072548		
3000m M70+	8	3	Bernard Johnson	70	Thurrock/Loughton AC	14:31.77	6			-	68.7	2951650		
3000m M70+	4	4	Alastair Kendrick	72	City of Southend	14:41.04	5			-	69.5	2764502		
3000m M70+		5					4							
3000m M70+		6					3							
3000m M70+		7					2							
3000m M70+		8					1							
2KmA Walk 'A' [M35+]	2KWA	2000mW	2KmA Walk 'A' [M35+]	RDA	Team	(NN:NN.nn)	Pts		M35-49	M50-59	M60-69	M70+	AG %	EA No
2KmA Walk 'A' [M35+]	5	1	Dominic King	42	Colchester Harriers	09:09.89	8		-	x	x	x		2710786
2KmA Walk 'A' [M35+]	1	2	Adam Hills	48	Bedford & County AC	11:19.42	7		-	x	x	x		3259465
2KmA Walk 'A' [M35+]	7	3	Timothy Clough	54	Peterborough & Nene Valley	12:20.54	6		x	-	x	x		3703927
2KmA Walk 'A' [M35+]	8	4	Eamonn Shelley	64	Thurrock/Loughton AC	13:19.93	5		x	x	-	x		2980570
2KmA Walk 'A' [M35+]	4	5	Graham Eastty	45	City of Southend	13:53.24	4		-	x	x	x		3262665
2KmA Walk 'A' [M35+]	3	6	Mark Kybert	64	Chelmsford AC	13:53.84	3		x	x	-	x		4015467
2KmA Walk 'A' [M35+]	2	7	Alvaro Drake	57	Cambridge & Coleridge AC	15:55.78	2		x	-	x	x		2746322
2KmA Walk 'A' [M35+]	6	8	Alasdair Gibson	73	Marshall Milton Keynes	17:30.30	1		x	x	x	-		2794532
2KmA Walk 'B' [M35+]	2KWB	2000mW	2KmA Walk 'B' [M35+]	RDA	Team	(NN:NN.nn)	Pts		M35-49	M50-59	M60-69	M70+	AG %	EA No
2KmA Walk 'B' [M35+]	5	1	Daniel King	42	Colchester Harriers	09:50.52	8		-	x	x	x		2710785
2KmA Walk 'B' [M35+]	4	2	Keith Palmer	60	City of Southend	14:01.56	7		x	x	-	x		2829682
2KmA Walk 'B' [M35+]	3	3	Geoff Keily	46	Chelmsford AC	14:05.63	6		-	x	x	x		4006012
2KmA Walk 'B' [M35+]	7	4	Andrew Robson	59	Peterborough & Nene Valley	15:11.57	5		x	-	x	x		3613664
2KmA Walk 'B' [M35+]	8	5	Bernard Johnson	70	Thurrock/Loughton AC	15:11.81	4		x	x	x	-		2951650
2KmA Walk 'B' [M35+]		6					3							
2KmA Walk 'B' [M35+]		7					2							
2KmA Walk 'B' [M35+]		8					1							
110mH M35-49 (99.1cm) [M35+]	110H3	SH	110mH M35-49 (99.1cm) [M35+]	RDA	Team	(NN.nn)	Pts	Wind	M35-49				AG %	EA No
110mH M35-49 (99.1cm) [M35+]	8	1	Michael Shortall	40	Thurrock/Loughton AC	17.24	8	-2.4	-				77.3	2800336
110mH M35-49 (99.1cm) [M35+]	6	2	Clint Grabs	38	Marshall Milton Keynes	20.13	7		-				65.2	2690440
110mH M35-49 (99.1cm) [M35+]	1	3	Roy Chambers	39	Bedford & County AC	21.25	6		-				62.2	2667991
110mH M35-49 (99.1cm) [M35+]	4	4	Greg Goodrem	41	City of Southend	21.30	5		-				63.0	2912893
110mH M35-49 (99.1cm) [M35+]	5	5	Chris Sellens	40	Colchester Harriers	23.35	4		-				57.0	2710783
110mH M35-49 (99.1cm) [M35+]		6					3							
110mH M35-49 (99.1cm) [M35+]		7					2							
110mH M35-49 (99.1cm) [M35+]		8					1							
100mH M50-59 (91.4cm) [M50+]	100H5	SH	100mH M50-59 (91.4cm) [M50+]	RDA	Team	(NN.nn)	Pts	Wind	M50-59				AG %	EA No
100mH M50-59 (91.4cm) [M50+]	6	1	Paul Canning	59	Marshall Milton Keynes	19.05	8	-2.5	-				75.7	2971309
100mH M50-59 (91.4cm) [M50+]	3	2	Nigel Gardner	53	Chelmsford AC	19.88	7		-				68.5	3947236
100mH M50-59 (91.4cm) [M50+]	1	3	Philip Bowers	58	Bedford & County AC	24.36	6		-				58.6	3797642
100mH M50-59 (91.4cm) [M50+]	8	4	David Beatty	54	Thurrock/Loughton AC	26.71	5		-				51.4	3764491
100mH M50-59 (91.4cm) [M50+]		5					4							
100mH M50-59 (91.4cm) [M50+]		6					3							
100mH M50-59 (91.4cm) [M50+]		7					2							
100mH M50-59 (91.4cm) [M50+]		8					1							
100mH M60+ (84cm)	100H6	SH	100mH M60+ (84cm)	RDA	Team	(NN.nn)	Pts	Wind	M60-69				AG %	EA No
100mH M60+ (84cm)	1	1	Tennyson James	67	Bedford & County AC	18.08	8	-2.9	-				-	2775264
100mH M60+ (84cm)	5	2	Kevin McAlinden	61	Colchester Harriers	23.42	7		-				-	2816582
100mH M60+ (84cm)	6	3	John Lawrence	61	Marshall Milton Keynes	25.40	6		-				-	3246421
100mH M60+ (84cm)	4	4	Unknown athlete	-	City of Southend	37.77	5		x				-	-
100mH M60+ (84cm)	8	5	Eamonn Shelley	64	Thurrock/Loughton AC	42.10	4		-				-	2980570
100mH M60+ (84cm)		6					3							
100mH M60+ (84cm)		7					2							
100mH M60+ (84cm)		8					1							

HT3	HT	Hammer M35-49 (7.26Kg) [M35+]	RDA	Team	(NN.nn)	Pts
Hammer M35-49 (7.26Kg) [M35+]	5	1	Robert Earle	64	Colchester Harriers	41.47 8
Hammer M35-49 (7.26Kg) [M35+]	1	2	Darren Kerr	55	Bedford & County AC	40.99 7
Hammer M35-49 (7.26Kg) [M35+]	3	3	Kevin Wilson	35	Chelmsford AC	33.19 6
Hammer M35-49 (7.26Kg) [M35+]	7	4	Mark Burbridge	51	Peterborough & Nene Valley	27.85 5
Hammer M35-49 (7.26Kg) [M35+]	6	5	Anthony Moffat	55	Marshall Milton Keynes	24.46 4
Hammer M35-49 (7.26Kg) [M35+]	2	6	Steven Green	42	Cambridge & Coleridge AC	13.13 3
Hammer M35-49 (7.26Kg) [M35+]	4	7	Greg Goodrem	41	City of Southend	10.85 2
Hammer M35-49 (7.26Kg) [M35+]	8	8	Jonathan Metcalf	65	Thurrock/Loughton AC	5.86 1
HT5	HT	Hammer M50-59 (6Kg) [M50+]	RDA	Team	(NN.nn)	Pts
Hammer M50-59 (6Kg) [M50+]	1	1	Glen Kerr	50	Bedford & County AC	53.30 8
Hammer M50-59 (6Kg) [M50+]	5	2	Gareth Cook	56	Colchester Harriers	51.00 7
Hammer M50-59 (6Kg) [M50+]	6	3	Mark Roberson	50	Marshall Milton Keynes	49.72 6
Hammer M50-59 (6Kg) [M50+]	7	4	Simon Achurch	50	Peterborough & Nene Valley	40.61 5
Hammer M50-59 (6Kg) [M50+]	2	5	Alvaro Drake	57	Cambridge & Coleridge AC	20.46 4
Hammer M50-59 (6Kg) [M50+]	4	6	Keith Palmer	60	City of Southend	17.65 3
Hammer M50-59 (6Kg) [M50+]	8	7	David Beatty	54	Thurrock/Loughton AC	14.64 2
Hammer M50-59 (6Kg) [M50+]		8				1
HT6	HT	Hammer M60-69 (5Kg) [M60+]	RDA	Team	(NN.nn)	Pts
Hammer M60-69 (5Kg) [M60+]	4	1	Peter Wishart	65	City of Southend	27.14 8
Hammer M60-69 (5Kg) [M60+]	6	2	Bunt Scott	74	Marshall Milton Keynes	23.75 7
Hammer M60-69 (5Kg) [M60+]	7	3	Timothy Needham	73	Peterborough & Nene Valley	23.13 6
Hammer M60-69 (5Kg) [M60+]	3	4	Geoffrey Tyler	76	Chelmsford AC	22.34 5
Hammer M60-69 (5Kg) [M60+]	1	5	Simon Eastwood	60	Bedford & County AC	22.21 4
Hammer M60-69 (5Kg) [M60+]	2	6	Ian Slack	64	Cambridge & Coleridge AC	18.21 3
Hammer M60-69 (5Kg) [M60+]	5	7	Kevin McAlinden	61	Colchester Harriers	15.29 2
Hammer M60-69 (5Kg) [M60+]	8	8	Bernard Johnson	70	Thurrock/Loughton AC	10.71 1
SP3	SP	Shot M35-49 (7.26Kg) [M35+]	RDA	Team	(NN.nn)	Pts
Shot M35-49 (7.26Kg) [M35+]	3	1	Roger Skedd	43	Chelmsford AC	12.31 8
Shot M35-49 (7.26Kg) [M35+]	1	2	Darren Kerr	55	Bedford & County AC	10.29 7
Shot M35-49 (7.26Kg) [M35+]	4	3	Paul Cooper	48	City of Southend	9.28 6
Shot M35-49 (7.26Kg) [M35+]	6	4	Eugene Swanepoel	53	Marshall Milton Keynes	9.08 5
Shot M35-49 (7.26Kg) [M35+]	7	5	Mark Burbridge	51	Peterborough & Nene Valley	8.55 4
Shot M35-49 (7.26Kg) [M35+]	2	6	Steven Green	42	Cambridge & Coleridge AC	7.37 3
Shot M35-49 (7.26Kg) [M35+]	8	7	Robert Doyle	36	Thurrock/Loughton AC	6.01 2
Shot M35-49 (7.26Kg) [M35+]	5	8	Simon Morgan	57	Colchester Harriers	5.42 1
SP5	SP	Shot M50-59 (6Kg) [M50+]	RDA	Team	(NN.nn)	Pts
Shot M50-59 (6Kg) [M50+]	7	1	Simon Achurch	50	Peterborough & Nene Valley	11.52 8
Shot M50-59 (6Kg) [M50+]	5	2	Gareth Cook	56	Colchester Harriers	10.89 7
Shot M50-59 (6Kg) [M50+]	1	3	Glen Kerr	50	Bedford & County AC	10.60 6
Shot M50-59 (6Kg) [M50+]	6	4	Mark Roberson	50	Marshall Milton Keynes	10.31 5
Shot M50-59 (6Kg) [M50+]	3	5	Nigel Gardner	53	Chelmsford AC	8.81 4
Shot M50-59 (6Kg) [M50+]	2	6	Alvaro Drake	57	Cambridge & Coleridge AC	7.20 3
Shot M50-59 (6Kg) [M50+]	4	7	Keith Palmer	60	City of Southend	7.08 2
Shot M50-59 (6Kg) [M50+]	8	8	David Beatty	54	Thurrock/Loughton AC	5.79 1
SP6	SP	Shot M60-69 (5Kg) [M60+]	RDA	Team	(NN.nn)	Pts
Shot M60-69 (5Kg) [M60+]	2	1	Michael Hausler	66	Cambridge & Coleridge AC	12.68 8
Shot M60-69 (5Kg) [M60+]	4	2	Peter Wishart	65	City of Southend	9.22 7
Shot M60-69 (5Kg) [M60+]	1	3	Simon Eastwood	60	Bedford & County AC	8.15 6
Shot M60-69 (5Kg) [M60+]	7	4	Mohinder (Paul) Rana	76	Peterborough & Nene Valley	6.74 5
Shot M60-69 (5Kg) [M60+]	8	5	Jonathan Metcalf	65	Thurrock/Loughton AC	6.39 4
Shot M60-69 (5Kg) [M60+]	5	6	Kevin McAlinden	61	Colchester Harriers	6.29 3
Shot M60-69 (5Kg) [M60+]	6	7	John Lawrence	61	Marshall Milton Keynes	5.92 2
Shot M60-69 (5Kg) [M60+]		8				1
SP7	SP	Shot M70-79 (4Kg) [M70+]	RDA	Team	(NN.nn)	Pts
Shot M70-79 (4Kg) [M70+]	7	1	Kevin Bates	73	Peterborough & Nene Valley	10.94 8
Shot M70-79 (4Kg) [M70+]	3	2	Geoffrey Tyler	76	Chelmsford AC	9.91 7
Shot M70-79 (4Kg) [M70+]	1	3	Graeme Packman	70	Bedford & County AC	9.11 6
Shot M70-79 (4Kg) [M70+]	6	4	Bunt Scott	74	Marshall Milton Keynes	8.55 5
Shot M70-79 (4Kg) [M70+]	8	5	David Hobbs	77	Thurrock/Loughton AC	4.78 4
Shot M70-79 (4Kg) [M70+]	4	6	Alastair Kendrick	72	City of Southend	3.11 3
Shot M70-79 (4Kg) [M70+]		7				2
Shot M70-79 (4Kg) [M70+]		8				1
JT3	JT	Javelin M35-49 (800gm) [M35+]	RDA	Team	(NN.nn)	Pts
Javelin M35-49 (800gm) [M35+]	4	1	Paul Cooper	48	City of Southend	50.20 8
Javelin M35-49 (800gm) [M35+]	7	2	Maxim Hall	38	Peterborough & Nene Valley	45.03 7
Javelin M35-49 (800gm) [M35+]	3	3	Roger Skedd	43	Chelmsford AC	43.74 6
Javelin M35-49 (800gm) [M35+]	1	4	Roy Chambers	39	Bedford & County AC	43.55 5
Javelin M35-49 (800gm) [M35+]	6	5	Eugene Swanepoel	53	Marshall Milton Keynes	35.93 4
Javelin M35-49 (800gm) [M35+]	5	6	Dominic King	42	Colchester Harriers	32.75 3
Javelin M35-49 (800gm) [M35+]	2	7	Kashif Ali	42	Cambridge & Coleridge AC	31.28 2
Javelin M35-49 (800gm) [M35+]	8	8	Nick Barker	43	Thurrock/Loughton AC	11.76 1
JT5	JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts
Javelin M50-59 (700gm)	7	1	Simon Achurch	50	Peterborough & Nene Valley	41.38 8
Javelin M50-59 (700gm)	6	2	Anthony Moffat	55	Marshall Milton Keynes	33.15 7
Javelin M50-59 (700gm)	1	3	Darren Kerr	55	Bedford & County AC	28.64 6
Javelin M50-59 (700gm)	3	4	Nigel Gardner	53	Chelmsford AC	27.91 5
Javelin M50-59 (700gm)	5	5	Gareth Cook	56	Colchester Harriers	27.76 4
Javelin M50-59 (700gm)	2	6	Alvaro Drake	57	Cambridge & Coleridge AC	20.20 3
Javelin M50-59 (700gm)	4	7	Keith Palmer	60	City of Southend	19.28 2
Javelin M50-59 (700gm)	8	8	David Beatty	54	Thurrock/Loughton AC	13.90 1
JT6	JT	Javelin M60-69 (600gm) [M60+]	RDA	Team	(NN.nn)	Pts
Javelin M60-69 (600gm) [M60+]	1	1	Simon Eastwood	60	Bedford & County AC	33.65 8
Javelin M60-69 (600gm) [M60+]	5	2	Robert Earle	64	Colchester Harriers	31.36 7
Javelin M60-69 (600gm) [M60+]	2	3	Ian Slack	64	Cambridge & Coleridge AC	28.19 6
Javelin M60-69 (600gm) [M60+]	6	4	Bunt Scott	74	Marshall Milton Keynes	25.18 5
Javelin M60-69 (600gm) [M60+]	3	5	Geoffrey Tyler	76	Chelmsford AC	22.35 4
Javelin M60-69 (600gm) [M60+]	4	6	Peter Wishart	65	City of Southend	21.72 3
Javelin M60-69 (600gm) [M60+]	7	7	Kevin Bates	73	Peterborough & Nene Valley	19.52 2
Javelin M60-69 (600gm) [M60+]	8	8	Jonathan Metcalf	65	Thurrock/Loughton AC	14.56 1
DT3	DT	Discus M35-49 (2Kg) [M35+]	RDA	Team	(NN.nn)	Pts
Discus M35-49 (2Kg) [M35+]	4	1	James Moncrieff	42	City of Southend	29.50 8
Discus M35-49 (2Kg) [M35+]	1	2	Roy Chambers	39	Bedford & County AC	25.72 7
Discus M35-49 (2Kg) [M35+]	6	3	Anthony Moffat	55	Marshall Milton Keynes	22.99 6
Discus M35-49 (2Kg) [M35+]	7	4	Mark Burbridge	51	Peterborough & Nene Valley	22.48 5
Discus M35-49 (2Kg) [M35+]	2	5	Steven Green	42	Cambridge & Coleridge AC	19.64 4
Discus M35-49 (2Kg) [M35+]	5	6	Simon Morgan	57	Colchester Harriers	14.63 3
Discus M35-49 (2Kg) [M35+]	8	7	Robert Doyle	36	Thurrock/Loughton AC	8.78 2
Discus M35-49 (2Kg) [M35+]		8				1
DT5	DT	Discus M50-59 (1.5Kg) [M50+]	RDA	Team	(NN.nn)	Pts
Discus M50-59 (1.5Kg) [M50+]	5	1	Gareth Cook	56	Colchester Harriers	37.47 8
Discus M50-59 (1.5Kg) [M50+]	7	2	Simon Achurch	50	Peterborough & Nene Valley	36.97 7
Discus M50-59 (1.5Kg) [M50+]	1	3	Darren Kerr	55	Bedford & County AC	32.99 6
Discus M50-59 (1.5Kg) [M50+]	6	4	Mark Roberson	50	Marshall Milton Keynes	24.37 5
Discus M50-59 (1.5Kg) [M50+]	2	5	Alvaro Drake	57	Cambridge & Coleridge AC	19.34 4
Discus M50-59 (1.5Kg) [M50+]	4	6	Keith Palmer	60	City of Southend	18.33 3
Discus M50-59 (1.5Kg) [M50+]	3	7	Nigel Gardner	53	Chelmsford AC	16.84 2
Discus M50-59 (1.5Kg) [M50+]	8	8	David Beatty	54	Thurrock/Loughton AC	13.95 1

M35-49	AG %	EA No
x	-	2658034
x	-	2669225
-	39.1	3113947
x	-	3768315
x	-	3947745
-	16.7	2721070
-	13.6	2912893
x	-	2899831
M50-59	AG %	EA No
-	68.5	2775274
-	72.0	2904993
-	63.9	2979459
-	52.2	2666249
-	29.4	2746322
x	-	2829682
-	20.0	3764491
M60-69	AG %	EA No
-	41.1	2663227
x	-	3273763
x	-	2662164
x	-	3341824
-	30.6	2774976
-	27.1	3021705
-	21.5	2816582
x	-	2951650
M35-49	AG %	EA No
-	60.9	2681217
x	-	2669225
-	49.1	3571280
x	-	4009384
x	-	3768315
-	36.0	2721070
-	27.2	2801600
x	-	2691566
M50-59	AG %	EA No
-	56.9	2666249
-	58.8	2904993
-	52.4	2775274
-	51.0	2979459
-	45.5	3947236
-	39.4	2746322
x	-	2829682
-	30.3	3764491
M60-69	AG %	EA No
-	73.5	3481546
-	52.5	2663227
-	42.7	2774976
x	-	3983974
-	36.4	2899831
-	33.5	2816582
-	31.5	3246421
M70-79	AG %	EA No
-	-	3983974
-	-	-
-	-	2774976
-	-	3246421
-	-	2899831
-	-	2663227
M35-49	AG %	EA No
-	64.8	3571280
-	49.8	3115211
-	52.1	2681217
-	48.9	2667991
x	-	4009384
-	38.4	2710786
-	36.7	4170529
-	14.0	4030887
M50-59	AG %	EA No
-	51.7	2666249
-	45.2	3947745
-	39.0	2669225
-	36.7	3947236
-	38.5	2904993
-	28.6	2746322
x	-	2829682
-	18.6	3764491
M60-69	AG %	EA No
-	46.7	2774976
-	47.3	2658034
-	42.5	3021705
x	-	3273763
x	-	3341824
-	33.5	2663227
x	-	3631212
-	22.4	2899831
M35-49	AG %	EA No
-	42.9	3984033
-	36.0	2667991
x	-	3947745
x	-	3768315
-	28.5	2721070
x	-	2691566
-	12.2	2801600
M50-59	AG %	EA No
-	57.6	2904993
-	51.8	2666249
-	49.9	2669225
-	34.2	2979459
-	30.2	2746322
x	-	2829682
-	24.7	3947236
-	20.8	3764491

										M60-79				AG %		EA No	
DT6	DT	Discus M60+ (1Kg)	RDA		Team		(NN.nn)	Pts									
Discus M60+ (1Kg)	4	1	Peter Wishart	65	City of Southend		37.60	8					-		55.4	2663227	
Discus M60+ (1Kg)	1	2	Simon Eastwood	60	Bedford & County AC		34.57	7					-		46.4	2774976	
Discus M60+ (1Kg)	2	3	Ian Slack	64	Cambridge & Coleridge AC		27.13	6					-		39.2	3021705	
Discus M60+ (1Kg)	7	4	Timothy Needham	73	Peterborough & Nene Valley		25.66	5					-		44.9	2662164	
Discus M60+ (1Kg)	6	5	Jim Lawrence	68	Marshall Milton Keynes		18.60	4					-		29.1	2690506	
Discus M60+ (1Kg)	8	6	Bernard Johnson	70	Thurrock/Loughton AC		17.81	3					-		29.1	2951650	
Discus M60+ (1Kg)	5	7	Kevin McAlinden	61	Colchester Harriers		17.07	2					-		23.3	2816582	
Discus M60+ (1Kg)		8						1									
DT7	DT	Discus M70+ (1Kg)	RDA		Team		(NN.nn)	Pts					M70-79	AG %	EA No		
Discus M70+ (1Kg)	3	1	Geoffrey Tyler	76	Chelmsford AC		35.58	8					LR	67.1	3341824		
Discus M70+ (1Kg)	1	2	Graeme Packman	70	Bedford & County AC		28.79	7					-	47.1	2774981		
Discus M70+ (1Kg)	6	3	Bunt Scott	74	Marshall Milton Keynes		27.77	6					-	49.8	3273763		
Discus M70+ (1Kg)	7	4	Mohinder (Paul) Rana	76	Peterborough & Nene Valley		26.84	5					-	50.6	3983974		
Discus M70+ (1Kg)	8	5	David Hobbs	77	Thurrock/Loughton AC		18.18	4					-	35.2	2900821		
Discus M70+ (1Kg)	4	6	Alastair Kendrick	72	City of Southend		7.00	3					-	12.0	2764502		
Discus M70+ (1Kg)		7						2									
Discus M70+ (1Kg)		8						1									
LJ3	LJ	Long Jump M35-49 [M35+]	RDA		Team		(N.nn)	Pts	Wind	M35-49	M50-59	M60-69	M70+	AG %	EA No		
Long Jump M35-49 [M35+]	6	1	Daniel Lui	37	Marshall Milton Keynes		5.73	8		-	x	x	x	68.0	4012666		
Long Jump M35-49 [M35+]	1	2	Roy Chambers	39	Bedford & County AC		5.67	7		-	x	x	x	68.7	2667991		
Long Jump M35-49 [M35+]	3	3	Roger Skedd	43	Chelmsford AC		5.50	6		-	x	x	x	69.7	2681217		
Long Jump M35-49 [M35+]	8	4	Michael Shortall	40	Thurrock/Loughton AC		5.24	5		-	x	x	x	64.2	2800336		
Long Jump M35-49 [M35+]	4	5	Ade Elegbede	48	City of Southend		4.98	4		-	x	x	x	66.9	3940643		
Long Jump M35-49 [M35+]	7	6	Matthew Dalton	45	Peterborough & Nene Valley		4.53	3		-	x	x	x	58.8	2809042		
Long Jump M35-49 [M35+]	2	7	Chung Tu	41	Cambridge & Coleridge AC		4.19	2		-	x	x	x	51.9	3181559		
Long Jump M35-49 [M35+]	5	8	Daniel King	42	Colchester Harriers		4.09	1		-	x	x	x	51.3	2710785		
LJ5	LJ	Long Jump M50-59 [M50+]	RDA		Team		(N.nn)	Pts	Wind	M50-59	M60-69	M70+	AG %	EA No			
Long Jump M50-59 [M50+]	1	1	Philip Bowers	58	Bedford & County AC		4.50	8		-	x	x	x	68.1	3797642		
Long Jump M50-59 [M50+]	6	2	Anthony Moffat	55	Marshall Milton Keynes		4.26	7		-	x	x	x	62.1	3947745		
Long Jump M50-59 [M50+]	3	3	Nigel Gardner	53	Chelmsford AC		4.19	6		-	x	x	x	59.7	3947236		
Long Jump M50-59 [M50+]	7	4	Paul Long	50	Peterborough & Nene Valley		3.99	5		-	x	x	x	54.8	3561894		
Long Jump M50-59 [M50+]	5	5	James Manly	52	Colchester Harriers		2.87	4		-	x	x	x	40.4	3249845		
Long Jump M50-59 [M50+]	8	6	Eamonn Shelley	64	Thurrock/Loughton AC		2.72	3		x	-	x	x	44.4	2980570		
Long Jump M50-59 [M50+]	4	7	Mark Waller	55	City of Southend		1.90	2		-	x	x	x	27.7	3549152		
Long Jump M50-59 [M50+]		8						1									
LJ6	LJ	Long Jump M60+	RDA		Team		(N.nn)	Pts	Wind	M60-69	M70+	AG %	EA No				
Long Jump M60+	4	1	Keith Palmer	60	City of Southend		4.17	8		-	x	64.7	2829682				
Long Jump M60+	2	2	Ian Slack	64	Cambridge & Coleridge AC		4.13	7		-	x	67.3	3021705				
Long Jump M60+	1	3	Richard Phelan	64	Bedford & County AC		4.13	6		-	x	67.3	2871564				
Long Jump M60+	8	4	James Lambden	63	Thurrock/Loughton AC		3.76	5		-	x	60.5	3985156				
Long Jump M60+	5	5	Kevin McAlinden	61	Colchester Harriers		3.36	4		-	x	52.7	2816582				
Long Jump M60+	6	6	Jim Lawrence	68	Marshall Milton Keynes		2.69	3		-	x	46.2	2690506				
Long Jump M60+	7	7	Kevin Bates	73	Peterborough & Nene Valley		2.60	2		x	-	47.8	3631212				
Long Jump M60+		8						1									
LJ7	LJ	Long Jump M70+	RDA		Team		(N.nn)	Pts	Wind	M70+	AG %	EA No					
Long Jump M70+	7	1	John Spriggs	73	Peterborough & Nene Valley		3.25	8		-	59.7	3573756					
Long Jump M70+	8	2	David Hobbs	77	Thurrock/Loughton AC		3.19	7		-	62.2	2900821					
Long Jump M70+	1	3	Christopher Keech	74	Bedford & County AC		2.80	6		-	52.2	2775272					
Long Jump M70+	6	4	Alasdair Gibson	73	Marshall Milton Keynes		2.30	5		-	42.3	2794532					
Long Jump M70+	3	5	Geoffrey Tyler	76	Chelmsford AC		1.71	4		-	32.8	3341824					
Long Jump M70+	4	6	Alastair Kendrick	72	City of Southend		1.32	3		-	23.9	2764502					
Long Jump M70+		7						2									
Long Jump M70+		8						1									
TJ3	TJ	Triple Jump M35-49 [M35+]	RDA		Team		(NN.nn)	Pts	Wind	M35-49	M50-59	M60-69	M70+	AG %	EA No		
Triple Jump M35-49 [M35+]	8	1	Michael Shortall	40	Thurrock/Loughton AC		11.29	8		-	x	x	x	65.1	2800336		
Triple Jump M35-49 [M35+]	6	2	Clint Grabs	38	Marshall Milton Keynes		11.05	7		-	x	x	x	62.4	2690440		
Triple Jump M35-49 [M35+]	1	3	Roy Chambers	39	Bedford & County AC		10.63	6		-	x	x	x	60.7	2667991		
Triple Jump M35-49 [M35+]	4	4	Greg Goodrem	41	City of Southend		10.60	5		-	x	x	x	61.8	2912893		
Triple Jump M35-49 [M35+]	7	5	Matthew Dalton	45	Peterborough & Nene Valley		10.34	4		-	x	x	x	63.0	2809042		
Triple Jump M35-49 [M35+]	3	6	Kevin Wilson	35	Chelmsford AC		10.08	3		-	x	x	x	55.2	3113947		
Triple Jump M35-49 [M35+]	2	7	Steven Green	42	Cambridge & Coleridge AC		9.56	2		-	x	x	x	56.3	2721070		
Triple Jump M35-49 [M35+]	5	8	Daniel King	42	Colchester Harriers		9.55	1		-	x	x	x	56.3	2710785		
TJ5	TJ	Triple Jump M50-59 [M50+]	RDA		Team		(NN.nn)	Pts	Wind	M50-59	M60-69	M70+	AG %	EA No			
Triple Jump M50-59 [M50+]	1	1	Philip Bowers	58	Bedford & County AC		9.97	8		-	x	x	x	71.1	3797642		
Triple Jump M50-59 [M50+]	6	2	Paul Canning	59	Marshall Milton Keynes		9.44	7		-	x	x	x	68.3	2971309		
Triple Jump M50-59 [M50+]	3	3	Nigel Gardner	53	Chelmsford AC		8.50	6		-	x	x	x	56.9	3947236		
Triple Jump M50-59 [M50+]	4	4	Keith Palmer	60	City of Southend		8.16	5		x	-	x	x	59.8	2829682		
Triple Jump M50-59 [M50+]	7	5	Andrew Robson	59	Peterborough & Nene Valley		7.81	4		-	x	x	x	56.5	3613664		
Triple Jump M50-59 [M50+]	8	6	Jon Whitehouse	52	Thurrock/Loughton AC		7.53	3		-	x	x	x	49.8	3370574		
Triple Jump M50-59 [M50+]	5	7	James Manly	52	Colchester Harriers		6.42	2		-	x	x	x	42.4	3249845		
Triple Jump M50-59 [M50+]		8						1									
TJ6	TJ	Triple Jump M60+	RDA		Team		(NN.nn)	Pts	Wind	M60-69	M70+	AG %	EA No				
Triple Jump M60+	1	1	Richard Phelan	64	Bedford & County AC		8.96	8		-	x	69.4	2871564				
Triple Jump M60+	2	2	Ian Slack	64	Cambridge & Coleridge AC		8.23	7		-	x	63.8	3021705				
Triple Jump M60+	4	3	Simon Le Mare	63	City of Southend		7.89	6		-	x	60.3	2912777				
Triple Jump M60+	7	4	John Spriggs	73	Peterborough & Nene Valley		7.71	5		x	-	68.6	3573756				
Triple Jump M60+	8	5	James Lambden	63	Thurrock/Loughton AC		7.59	4		-	x	58.0	3985156				
Triple Jump M60+	6	6	Richard Pownall	66	Marshall Milton Keynes		7.45	3		-	x	59.5	2690593				
Triple Jump M60+	5	7	Kevin McAlinden	61	Colchester Harriers		6.94	2		-	x	51.6	2816582				
Triple Jump M60+		8						1									
HJ3	HJ	High Jump M35-49 [M35+]	RDA		Team		(N.nn)	Pts	M35-49	M50-59	M60-69	M70+	AG %	EA No			
High Jump M35-49 [M35+]	6	1	Daniel Lui	37	Marshall Milton Keynes		1.80	8	-	x	x	x	75.9	4012666			
High Jump M35-49 [M35+]	3	2	Kevin Wilson	35	Chelmsford AC		1.65	7	-	x	x	x	68.3	3113947			
High Jump M35-49 [M35+]	4	3	Greg Goodrem	41	City of Southend		1.60	6	-	x	x	x	70.1	2912893			
High Jump M35-49 [M35+]	2	4	Steven Green	42	Cambridge & Coleridge AC		1.55	5	-	x	x	x	68.6	2721070			
High Jump M35-49 [M35+]	7	5	Matthew Dalton	45	Peterborough & Nene Valley		1.55	4	-	x	x	x	70.6	2809042			
High Jump M35-49 [M35+]	8	6	Olatunde Akerele	42	Thurrock/Loughton AC		1.45	3	-	x	x	x	64.1	4115009			
High Jump M35-49 [M35+]	5	7	Chris Sellens	40	Colchester Harriers		1.40	2	-	x	x	x	60.7	2710783			
High Jump M35-49 [M35+]	1	8	Roy Chambers	39	Bedford & County AC		1.30	1	-	x	x	x	55.9	2667991			
HJ5	HJ	High Jump M50-59 [M50+]	RDA		Team		(N.nn)	Pts	M50-59	M60-69	M70+	AG %	EA No				
High Jump M50-59 [M50+]	1	1	Philip Bowers	58	Bedford & County AC		1.40	8	-	x	x	x	72.7	3797642			
High Jump M50-59 [M50+]	6	2	Darren O'Leary	57	Marshall Milton Keynes		1.30	7	-	x	x	x	66.8	3678206			
High Jump M50-59 [M50+]	4	3	Simon Le Mare	63	City of Southend		1.25	6	x	-	x	x	68.3	2912777			
High Jump M50-59 [M50+]	5	4=	Ian Rattray	53	Colchester Harriers		1.20	4.5	-	x	x	x	59.2	3701958			
High Jump M50-59 [M50+]	3	4=	Andrew Weller	59	Chelmsford AC		1.20	4.5	-	x	x	x	62.9	3790496			
High Jump M50-59 [M50+]	2	6	Alvaro Drake	57	Cambridge & Coleridge AC		1.15	3	-	x	x	x	59.1	2746322			
High Jump M50-59 [M50+]	8	7	James Lambden	63	Thurrock/Loughton AC		1.10	2	x	-	x	x	60.1	3985156			
High Jump M50-59 [M50+]	7	8	Timothy Clough	54	Peterborough & Nene Valley		1.00	1	-	x	x	x	49.8	3703927			
PV3	PV	Pole Vault M35-49 [M35+]	RDA		Team		(N.nn)	Pts	M35-49	M50-59	M60-69	M70+	AG %	EA No			
Pole Vault M35-49 [M35+]	1	1	Robert Kingman	52	Bedford & County AC		3.80	8	x	LR	x	x	75.9	2702171			
Pole Vault M35-49 [M35+]	3	2	Roger Skedd	43	Chelmsford AC		3.40	7	-	x	x	x	60.8	2681217			
Pole Vault M35-49 [M35+]	4	3	Peter Smale	37	City of Southend		2.60	6	-	x	x	x	43.4	2829699			
Pole Vault M35-49 [M35+]	7	4	Matthew Dalton	45	Peterborough & Nene Valley		2.00	5	-	x	x	x	36.6	2809042			
Pole Vault M35-49 [M35+]	5	5	Daniel King	42	Colchester Harriers		1.80	4	-	x	x	x	31.8	2710785			
Pole Vault M35-49 [M35+]	6	6	Anthony Moffat	55	Marshall Milton Keynes		1.20	3	x	-	x	x	24.9	3947745</			

PV5	PV	Pole Vault M50-59 [M50+]	RDA	Team	(N.nn)	Pts
Pole Vault M50-59 [M50+]	1	Richard Phelan	64	Bedford & County AC	2.60	8
Pole Vault M50-59 [M50+]	6	Conrad Salthouse	58	Marshall Milton Keynes	2.20	7
Pole Vault M50-59 [M50+]	5	Ian Rattray	53	Colchester Harriers	1.80	6
Pole Vault M50-59 [M50+]	4	Angus Aldridge	62	City of Southend	1.60	5
Pole Vault M50-59 [M50+]		5				4
Pole Vault M50-59 [M50+]		6				3
Pole Vault M50-59 [M50+]		7				2
Pole Vault M50-59 [M50+]		8				1
PV6	PV	Pole Vault M60+	RDA	Team	(N.nn)	Pts
Pole Vault M60+	1	Simon Eastwood	60	Bedford & County AC	2.00	8
Pole Vault M60+	6	Richard Pownall	66	Marshall Milton Keynes	1.25	7
Pole Vault M60+	5	Kevin McAlinden	61	Colchester Harriers	1.25	6
Pole Vault M60+		4				5
Pole Vault M60+		5				4
Pole Vault M60+		6				3
Pole Vault M60+		7				2
Pole Vault M60+		8				1
R4224-35	MedR	Relay 4224 M35-49 [M35+]	RDA	Team	(N.NN.nn)	Pts
Relay 4224 M35-49 [M35+]	7	1 David Brown	47	Peterborough & Nene Valley	2:42.22	8
	7a	Matthew Parsons	47			
	7b	Matthew Dalton	45			
	7c	Michael Major	35			
Relay 4224 M35-49 [M35+]	4	2 Darryl Clemence	43	City of Southend	2:50.45	7
	4a	Ade Elegbede	48			
	4b	Greg Goodrem	41			
	4c	Peter Smale	37			
Relay 4224 M35-49 [M35+]	1	3 Paul Cooper	44	Bedford & County AC	2:53.40	6
	1a	Chris Parson	44			
	1b	Christopher Keech	74			
	1c	Roy Chambers	39			
Relay 4224 M35-49 [M35+]	2	4 Chung Tu	41	Cambridge & Coleridge AC	2:59.25	5
	2a	Rick Merrick	42			
	2b	Steven Green	42			
	2c	Ian Slack	64			
Relay 4224 M35-49 [M35+]	5	5 Angus Holford	36	Colchester Harriers	3:03.28	4
	5a	Dominic King	42			
	5b	Daniel King	42			
	5c	Chris Sellens	40			
Relay 4224 M35-49 [M35+]	6	6 Steve Withers	52	Marshall Milton Keynes	3:04.86	3
	6a	Daniel Lui	37			
	6b	Panos Ioannou	44			
	6c	James Down	38			
Relay 4224 M35-49 [M35+]		7				2
	a					
	b					
	c					
Relay 4224 M35-49 [M35+]		8				1
	a					
	b					
	c					
R4224-50	MedR	Relay 4224 M50+	RDA	Team	(N:NN.nn)	Pts
Relay 4224 M50+	7	1 Julian Smith	56	Peterborough & Nene Valley	2:58.63	8
	7a	Andrew Robson	59			
	7b	Paul Long	50			
	7c	Andrew Stowe	51			
Relay 4224 M50+	6	2 Andrew McDonald	55	Marshall Milton Keynes	3:01.64	7
	6a	Kerry Courtenay-Robin	59			
	6b	Darren O'Leary	57			
	6c	Paul Canning	59			
Relay 4224 M50+	1	3 Tennyson James	67	Bedford & County AC	3:17.37	6
	1a	Philip Bowers	58			
	1b	Simon Coombes	53			
	1c	Richard Phelan	64			
Relay 4224 M50+	2	4 Tim Cheshire	52	Cambridge & Coleridge AC	3:23.08	5
	2a	Stuart Dunlop	52			
	2b	Paul Fletcher	61			
	2c	Kevin Russell	62			
Relay 4224 M50+	5	5 Steve Hennings	60	Colchester Harriers	3:26.27	4
	5a	Ian Rattray	53			
	5b	Mark Evans	54			
	5c	James Manly	52			
Relay 4224 M50+	4	6 Simon Le Mare	63	City of Southend	3:28.78	3
	4a	Angus Aldridge	62			
	4b	Keith Palmer	60			
	4c	Mark Waller	55			
Relay 4224 M50+	8	7 David Beatty	54	Thurrock/Loughton AC	3:39.57	2
	8a	Jon Whitehouse	52			
	8b	Jonathan Metcalf	65			
	8c	James Lambden	63			
Relay 4224 M50+		8				1

M50-59	M60-69	M70+	AG %	EA No
x	-	x	61.4	2871564
-	x	x	47.6	3979201
-	x	x	36.4	3701958
x	-	x	36.7	3519971

M60-69	M70+	AG %	EA No
-	x	44.5	2774976
-	x	30.4	2690593
-	x	28.2	2816582

Rec
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2955064
2870547
2809042
3546784
4192305
3940643
2912893
2829699
4066864
4122913
2775272
2667991
3181559
3940398
2721070
3021705
2749259
2710786
2710785
2710783
3738404
4012666
3129009
3121635

Rec
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3017942
3613664
3561894
3418825
2912556
3812051
3678206
2971309
2775264
3797642
2730567
2871564
3972473
2746604
3181429
3155077
3437629
3701958
4190658
3249845
2912777
3519971
2829682
3549152
3764491
3370574
2899831
3985156