

Insert non scoring results at the bottom						
EMAC Track & Field League			Final		Teams =	8
Milton Keynes			Sat	19 September 2026		Overall Match Scores
O/A	Pos	Women's Teams	Bib	Final Points		Final Pos
518.5	1	Peterborough & Nene Valley	E	301.5		301.5 1
436.0	2	Thurrock H/Loughton	H	287.0		287.0 2
522.0	3	Marshall Milton Keynes	D	227.5		227.5 3
x	4	Team Northants	G	223.0		223.0 4
449.0	5	Cambridge & Coleridge	A	198.0		198.0 5
381.5	6	Chelmsford	B	192.0		192.0 6
364.0	7	Colchester Harriers	C	168.0		168.0 7
x	8	St Edmund P/Newmrk/W Suffolk	F	138.0		138.0 8

Highest Track Age Graded % =			88.5
Athlete	Karen Brooks	RDA	67
Club	Team Northants		
Event	800m W60-69 [W60+]		
Result	02:51.95		
Format to suit the result			

Highest Field Age Graded % =			77.4
Athlete	Emily McMahon	RDA	76
Club	Thurrock H/Loughton		
Event	High Jump W60-69 [W60+]		
Result	1.05		

Single letters (A-H, x) only		RDA = Race Day Age										Records				2023	EA No
		Do not insert athlete data in Results section - use "Declarations" tab only				Photo Finish scoring										AG %	
1003	100m	100m W35-49 [W35+]	RDA	Team	(NN.nn)	Pts	Wind	W35-49	W50-59	W60-69	W70+	AG %					
H	1	Joanne Ryan	39	Thurrock H/Loughton	12.94	8	+3.6	-	x	x	x	82.4	2792203				
E	2	Claire Smith	50	Peterborough & Nene Valley	13.32	7		x	LR	x	x	87.1	3575627				
F	3	Catherine Peck	44	St Edmund P/Newmrk/W Suffolk	14.03	6		-	x	x	x	79.0	4048604				
G	4	Michelle Dubois	49	Team Northants	14.09	5		-	x	x	x	81.7	4039449				
A	5	Anne Moindrot	43	Cambridge & Coleridge	15.17	4		-	x	x	x	72.5	2828378				
B	6	Laura Durn	49	Chelmsford	15.94	3		-	x	x	x	72.3	3192921				
D	7	Carly Scott	47	Marshall Milton Keynes	16.65	2		-	x	x	x	68.1	2684504				
C	8	Nikki Osborne	57	Colchester Harriers	22.02	1		x	-	x	x	55.7	3175112				
1005	100m	100m W50-59 [W50+]	RDA	Team	(NN.nn)	Pts	Wind					W50-59	W60-69	W70+	AG %	EA No	
E	1	Kelly Sutton	51	Peterborough & Nene Valley	13.95	8	+0.1		LR	x	x	83.9	2684036				
G	2	Kirstie Lloyd-Uzoegbu	55	Team Northants	15.37	7			-	x	x	78.6	4190699				
D	3	Stephanie Johnston	52	Marshall Milton Keynes	15.59	6			-	x	x	75.6	3401086				
C	4	Kate Sandercock	55	Colchester Harriers	16.64	5			-	x	x	72.6	2710816				
H	5	Rebecca Fricker	51	Thurrock H/Loughton	18.37	4			-	x	x	63.7	4255392				
B	6	Lorraine Cowley	58	Chelmsford	18.39	3			-	x	x	67.3	4204394				
F	7	Dawn Mason	69	St Edmund P/Newmrk/W Suffolk	19.07	2			x	-	x	71.1	2698800				
A	8	Sophie Moore	52	Cambridge & Coleridge	19.80	1			-	x	x	59.6	4136195				

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1006	100m	100m W60-69 [W60+]	RDA	Team	(NN.nn)	Pts	Wind
G	1	Tina Martin	61	Team Northants	15.44	8	+4.9
B	2	Clare St John-Coleman	66	Chelmsford	15.92	7	
F	3	Christine Anthony	63	St Edmund P/Newmrk/W Suffolk	16.29	6	
E	4	Kay Gibson	60	Peterborough & Nene Valley	17.95	5	
H	5	Jodie Farrell	60	Thurrock H/Loughton	19.34	4	
C	6	Susan Begent	61	Colchester Harriers	20.81	3	
A	7	Pamela Abbott	63	Cambridge & Coleridge	21.38	2	
	8					1	

1007	100m	100m W70+	RDA	Team	(NN.nn)	Pts	Wind
G	1	Georgina Smith	75	Team Northants	16.55	8	+3.6
H	2	Emily McMahon	76	Thurrock H/Loughton	16.80	7	
D	3	Fi Han Bromilow	72	Marshall Milton Keynes	24.78	6	
C	4	Suzanne King	72	Colchester Harriers	25.71	5	
F	5	Caroline McIntosh	74	St Edmund P/Newmrk/W Suffolk	26.29	4	
	6					3	
	7					2	
	8					1	

2003	200m	200m W35-49 [W35+]	RDA	Team	(NN.nn)	Pts	Wind
H	1	Joanne Ryan	39	Thurrock H/Loughton	27.30	8	+2.3
E	2	Claire Smith	50	Peterborough & Nene Valley	27.30	7	
F	3	Catherine Peck	44	St Edmund P/Newmrk/W Suffolk	29.85	6	
G	4	Michelle Dubois	49	Team Northants	29.98	5	
D	5	Michelle Simonds	41	Marshall Milton Keynes	32.81	4	
B	6	Laura Durn	49	Chelmsford	34.18	3	
A	7	Lowri Chatfield	48	Cambridge & Coleridge	35.84	2	
C	8	Nikki Osborne	57	Colchester Harriers	46.88	1	

2005	200m	200m W50-59 [W50+]	RDA	Team	(NN.nn)	Pts	Wind
E	1	Kelly Sutton	51	Peterborough & Nene Valley	28.85	8	+2.4
G	2	Kirstie Lloyd-Uzoegbu	55	Team Northants	32.51	7	
D	3	Stephanie Johnston	52	Marshall Milton Keynes	36.72	6	
C	4	Kate Sandercock	55	Colchester Harriers	37.13	5	
B	5	Lorraine Cowley	58	Chelmsford	39.02	4	
H	6	Rebecca Fricker	51	Thurrock H/Loughton	39.03	3	
A	7	Sarah Hames	58	Cambridge & Coleridge	41.31	2	
F	8	Eloise Bird	58	St Edmund P/Newmrk/W Suffolk	42.94	1	

W60-69	W70+	AG %	EA No
-	x	82.1	3463923
-	x	83.1	2717154
-	x	79.2	2715397
-	x	70.1	2809087
-	x	65.0	3217409
-	x	60.9	3368658
-	x	60.3	3191121

W70+	AG %	EA No
LR	86.3	3961665
LR	85.8	2900898
-	56.2	2690341
-	54.1	4139982
-	53.9	4249693

W35-49	W50-59	W60-69	W70+	AG %	EA No
-	x	x	x	80.0	2792203
x	LR	x	x	87.2	3575627
-	x	x	x	76.0	4048604
-	x	x	x	78.8	4039449
-	x	x	x	67.6	3375092
-	x	x	x	69.1	3192921
-	x	x	x	65.4	4062016
x	-	x	x	53.9	3175112

W50-59	W60-69	W70+	AG %	EA No
-	x	x	83.2	2684036
-	x	x	76.4	4190699
-	x	x	65.9	3401086
-	x	x	66.9	2710816
-	x	x	65.3	4204394
-	x	x	61.5	4255392
-	x	x	61.6	4240849
-	x	x	59.3	2715426

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2006	200m	200m W60-69 [W60+]	RDA	Team	(NN.nn)	Pts	Wind
G	1	Tina Martin	61	Team Northants	32.72	8	
F	2	Christine Anthony	63	St Edmund P/Newmrk/W Suffolk	35.27	7	
B	3	Clare St John-Coleman	66	Chelmsford	36.46	6	
E	4	Kay Gibson	60	Peterborough & Nene Valley	39.56	5	
H	5	Jodie Farrell	60	Thurrock H/Loughton	41.22	4	
D	6	Debra Brent	63	Marshall Milton Keynes	41.89	3	
A	7	Rosemary Abbott	65	Cambridge & Coleridge	43.14	2	
C	8	Susan Begent	61	Colchester Harriers	44.44	1	

4003	400m	400m W35-49 [W35+]	RDA	Team	(NN.nn)	Pts
E	1	Claire Smith	50	Peterborough & Nene Valley	64.98	8
H	2	Nina Brennan	41	Thurrock H/Loughton	67.62	7
C	3	Holly Weir	47	Colchester Harriers	73.37	6
B	4	Laura Durn	49	Chelmsford	74.06	5
D	5	Carly Scott	47	Marshall Milton Keynes	79.37	4
G	6	Adriana Melczynska	42	Team Northants	86.67	3
A	7	Megan Jackson	35	Cambridge & Coleridge	90.59	2
	8					1

4005	400m	400m W50-59 [W50+]	RDA	Team	(NN.nn)	Pts
C	1	Kate Sandercock	55	Colchester Harriers	79.96	8
E	2	Wendy Day	54	Peterborough & Nene Valley	81.44	7
G	3	Alison Wood	50	Team Northants	84.56	6
H	4	Lorna Gaffney	59	Thurrock H/Loughton	89.13	5
D	5	Maggie Allen	50	Marshall Milton Keynes	89.97	4
B	6	Lorraine Cowley	58	Chelmsford	90.64	3
A	7	Sophie Moore	52	Cambridge & Coleridge	92.95	2
	8					1

4006	400m	400m W60-69 [W60+]	RDA	Team	(NN.nn)	Pts
F	1	Christine Anthony	63	St Edmund P/Newmrk/W Suffolk	74.71	8
G	2	Tina Martin	61	Team Northants	74.72	7
B	3	Caroline Horden	60	Chelmsford	80.47	6
E	4	Roslyn Loutit	62	Peterborough & Nene Valley	86.64	5
H	5	Jodie Farrell	60	Thurrock H/Loughton	90.38	4
A	6	Joan Lasenby	66	Cambridge & Coleridge	97.05	3
C	7	Margaret Deasy	62	Colchester Harriers	99.68	2
	8					1

W60-69	W70+	AG %	EA No
-	x	79.9	3463923
-	x	75.4	2715397
-	x	74.9	2717154
-	x	65.5	2809087
-	x	62.9	3217409
-	x	63.5	3446073
-	x	62.8	4129090
-	x	58.8	3368658

W35-49	W50-59	W60-69	W70+	AG %	EA No
x	LR	x	x	85.0	3575627
-	x	x	x	76.0	2724680
-	x	x	x	73.4	2954087
-	x	x	x	74.0	3192921
-	x	x	x	67.9	2684504
-	x	x	x	59.7	4039146
-	x	x	x	54.3	3983729

W50-59	W60-69	W70+	AG %	EA No
-	x	x	72.3	2710816
-	x	x	70.3	2942952
-	x	x	65.4	3990179
-	x	x	67.5	2967666
-	x	x	61.4	2913410
-	x	x	65.7	4204394
-	x	x	60.5	4136195

W60-69	W70+	AG %	EA No
-	x	83.9	2715397
-	x	82.2	3463923
-	x	75.5	3421411
-	x	71.6	3179638
-	x	67.2	3217409
-	x	66.8	2746434
-	x	62.2	2754542

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8003	800m	800m W35-49 [W35+]	RDA	Team	(NN:NN.nn)	Pts
E	1	Kayleigh Longfoot	35	Peterborough & Nene Valley	02:35.74	8
D	2	Liga Gray	37	Marshall Milton Keynes	02:43.46	7
B	3	Laura Durn	49	Chelmsford	02:49.09	6
G	4	Linda Thomas	44	Team Northants	02:59.64	5
C	5	Katie Gibson	56	Colchester Harriers	03:03.06	4
H	6	Kristina Siupsinskaite	47	Thurrock H/Loughton	03:04.23	3
F	7	Anna Slater	49	St Edmund P/Newmrk/W Suffolk	03:11.36	2
A	8	Megan Jackson	35	Cambridge & Coleridge	03:19.92	1

8005	800m	800m W50-59 [W50+]	RDA	Team	(NN:NN.nn)	Pts
D	1	Maggie Allen	50	Marshall Milton Keynes	02:58.36	8
C	2	Kate Sandercock	55	Colchester Harriers	02:58.60	7
B	3	Anna Nuttall	53	Chelmsford	03:01.82	6
G	4	Barbara Willison	57	Team Northants	03:02.36	5
A	5	Sarah Hames	58	Cambridge & Coleridge	03:13.46	4
H	6	Lorna Gaffney	59	Thurrock H/Loughton	03:16.06	3
E	7	Nicky Morgan	56	Peterborough & Nene Valley	03:16.73	2
F	8	Eloise Bird	58	St Edmund P/Newmrk/W Suffolk	03:42.76	1

8006	800m	800m W60-69 [W60+]	RDA	Team	(NN:NN.nn)	Pts
G	1	Karen Brooks	67	Team Northants	02:51.95	8
B	2	Caroline Horden	60	Chelmsford	02:58.76	7
C	3	Margaret Deasy	62	Colchester Harriers	03:21.55	6
E	4	Betty Gash	67	Peterborough & Nene Valley	03:28.05	5
H	5	Anne Heeks	66	Thurrock H/Loughton	03:28.68	4
A	6	Joan Lasenby	66	Cambridge & Coleridge	03:30.76	3
D	7	Debra Brent	63	Marshall Milton Keynes	03:31.34	2
	8					1

15003	1500m	1500m W35-49 [W35+]	RDA	Team	(NN:NN.nn)	Pts
G	1	Maria Shaw	48	Team Northants	05:20.79	8
D	2	Liga Gray	37	Marshall Milton Keynes	05:25.05	7
C	3	Holly Weir	47	Colchester Harriers	05:27.04	6
E	4	Nichola Gibson	36	Peterborough & Nene Valley	06:17.06	5
H	5	Nikkii Barnett	56	Thurrock H/Loughton	06:19.38	4
F	6	Anna Slater	49	St Edmund P/Newmrk/W Suffolk	06:20.69	3
A	7	Megan Jackson	35	Cambridge & Coleridge	06:33.63	2
	8					1

W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	73.7	3724573
-	x	x	x	71.3	3830314
-	x	x	x	75.8	3192921
-	x	x	x	68.5	3768223
x	-	x	x	74.5	3764514
-	x	x	x	68.4	4127953
-	x	x	x	67.0	4221544
-	x	x	x	57.4	3983729

W50-59	W60+	W70+	AG %	EA No
-	x	x	72.5	2913410
-	x	x	75.7	2710816
-	x	x	73.0	4120398
-	x	x	75.5	2970231
-	x	x	71.9	4240849
-	x	x	71.6	2967666
-	x	x	69.4	2790270
-	x	x	62.4	2715426

W60+	W70+	AG %	EA No
-	x	88.5	2755877
-	x	79.3	3421411
-	x	71.7	2754542
-	x	73.1	3013691
-	x	72.2	2900806
-	x	71.4	2746434
-	x	69.1	3446073

W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	81.1	3866089
-	x	x	x	73.2	3830314
-	x	x	x	78.9	2954087
-	x	x	x	62.7	2684039
x	-	x	x	73.5	3879964
-	x	x	x	68.9	4221544
-	x	x	x	59.6	3983729

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15005	1500m	1500m W50-59 [W50+]	RDA	Team	(NN:NN.nn)	Pts
E	1	Elisabeth Sennitt Clough	51	Peterborough & Nene Valley	05:46.35	8
C	2	Annette Oakman	54	Colchester Harriers	05:46.96	7
D	3	Maggie Allen	50	Marshall Milton Keynes	05:52.45	6
B	4	Anna Nuttall	53	Chelmsford	06:12.12	5
A	5	Sophie Moore	52	Cambridge & Coleridge	06:45.83	4
H	6	Melanie Peddle	58	Thurrock H/Loughton	07:02.64	3
F	7	Eloise Bird	58	St Edmund P/Newmrk/W Suffolk	07:33.24	2
	8					1

15006	1500m	1500m W60-69 [W60+]	RDA	Team	(NN:NN.nn)	Pts
E	1	Roslyn Loutit	62	Peterborough & Nene Valley	05:57.37	8
B	2	Caroline Horden	60	Chelmsford	06:00.54	7
F	3	Christine Anthony	63	St Edmund P/Newmrk/W Suffolk	06:17.18	6
C	4	Margaret Deasy	62	Colchester Harriers	06:37.23	5
A	5	Joan Lasenby	66	Cambridge & Coleridge	07:00.59	4
H	6	Anne Heeks	66	Thurrock H/Loughton	07:24.22	3
G	7	Susan McPherson	63	Team Northants	08:09.50	2
	8					1

30003	3000m	3000m W35-49 [W35+]	RDA	Team	(NN:NN.nn)	Pts
E	1	Kayleigh Longfoot	35	Peterborough & Nene Valley	11:27.94	8
D	2	Liga Gray	37	Marshall Milton Keynes	11:55.08	7
C	3	Holly Weir	47	Colchester Harriers	12:01.97	6
G	4	Linda Thomas	44	Team Northants	13:06.42	5
H	5	Lorna Gaffney	59	Thurrock H/Loughton	13:39.96	4
F	6	Anna Slater	49	St Edmund P/Newmrk/W Suffolk	13:57.87	3
B	7	Samantha Kelly	49	Chelmsford	14:07.50	2
A	8	Megan Jackson	35	Cambridge & Coleridge	14:15.21	1

30005	3000m	3000m W50-59 [W50+]	RDA	Team	(NN:NN.nn)	Pts
C	1	Annette Oakman	54	Colchester Harriers	11:57.61	8
E	2	Elisabeth Sennitt Clough	51	Peterborough & Nene Valley	12:21.77	7
H	3	Nikkii Barnett	56	Thurrock H/Loughton	13:07.92	6
B	4	Anna Nuttall	53	Chelmsford	13:13.55	5
A	5	Sarah Hames	58	Cambridge & Coleridge	13:34.21	4
G	6	Barbara Willison	57	Team Northants	13:52.58	3
	7					2
	8					1

W50-59	W60+	W70+	AG %	EA No
-	x	x	77.0	3703928
-	x	x	79.0	2717127
-	x	x	75.1	2913410
-	x	x	73.0	4120398
-	x	x	66.3	4136195
-	x	x	67.2	3470739
-	x	x	62.7	2715426

W60+	W70+	AG %	EA No
-	x	82.5	3179638
-	x	80.3	3421411
-	x	79.0	2715397
-	x	74.2	2754542
-	x	72.9	2746434
-	x	69.0	2900806
-	x	60.8	3897592

W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	72.5	3724573
-	x	x	x	69.7	3830314
-	x	x	x	75.1	2954087
-	x	x	x	67.2	3768223
x	-	x	x	74.5	2967666
-	x	x	x	66.0	4221544
-	x	x	x	65.2	3898709
-	x	x	x	58.3	3983729

W50-59	W60+	W70+	AG %	EA No
-	x	x	80.8	2717127
-	x	x	75.9	3703928
-	x	x	75.1	3879964
-	x	x	72.4	4120398
-	x	x	74.2	4240849
-	x	x	71.8	2970231

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30006	3000m	3000m W60-69 [W60+]	RDA	Team	(NN:NN.nn)	Pts
E	1	Roslyn Loutit	62	Peterborough & Nene Valley	12:52.45	8
B	2	Caroline Horden	60	Chelmsford	13:09.69	7
C	3	Margaret Deasy	62	Colchester Harriers	13:32.41	6
F	4	Christine Anthony	63	St Edmund P/Newmrk/W Suffolk	13:40.54	5
H	5	Jodie Farrell	60	Thurrock H/Loughton	13:46.77	4
A	6	Jane Packman	61	Cambridge & Coleridge	14:00.95	3
D	7	Debra Brent	63	Marshall Milton Keynes	14:57.90	2
G	8	Susan McPherson	63	Team Northants	17:18.94	1

30007	3000m	3000m W70+	RDA	Team	(NN:NN.nn)	Pts
H	1	Gloria Bullen	71	Thurrock H/Loughton	16:39.39	8
D	2	Fi Han Bromilow	72	Marshall Milton Keynes	18:50.53	7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1

2KWA	2000mW	2km Walk 'A' [W35+]	RDA	Team	(NN:NN.nn)	Pts
H	1	Melanie Peddle	58	Thurrock H/Loughton	10:55.87	8
G	2	Aleksandra Majewska-Ani	39	Team Northants	11:34.19	7
E	3	Kay Gibson	60	Peterborough & Nene Valley	14:46.24	6
D	4	Bryony Gibbens	38	Marshall Milton Keynes	14:49.72	5
C	5	Susan Begent	61	Colchester Harriers	14:51.15	4
A	6	Pamela Abbott	63	Cambridge & Coleridge	15:44.75	3
	7					2
B	8	Caroline Horden	60	Chelmsford		DQ

2KWB	2000mW	2km Walk 'B' [W35+]	RDA	Team	(NN:NN.nn)	Pts
H	1	Anne Heeks	66	Thurrock H/Loughton	14:49.96	8
G	2	Alison Wood	50	Team Northants	14:50.06	7
A	3	Joan Lasenby	66	Cambridge & Coleridge	15:49.13	6
D	4	Michelle Simonds	41	Marshall Milton Keynes	16:41.86	5
E	5	Betty Gash	67	Peterborough & Nene Valley	16:49.41	4
	6					3
	7					2
C	8	Unknown athlete	-	Colchester Harriers		DQ

W60+	W70+	AG %	EA No
-	x	81.7	3179638
-	x	78.2	3421411
-	x	77.7	2754542
-	x	77.8	2715397
-	x	74.7	3217409
-	x	74.2	3021683
-	x	71.1	3446073
-	x	61.4	3897592

W70+	AG %	EA No
-	70.2	4016532
-	62.9	2690341

W35-49	W50-59	W60-69	W70+	EA No
x	-	x	x	3470739
-	x	x	x	4038377
x	x	-	x	2809087
-	x	x	x	2690430
x	x	-	x	3368658
x	x	-	x	3191121
				3421411

W35-49	W50-59	W60-69	W70+	EA No
x	x	-	x	2900806
x	-	x	x	3990179
x	x	-	x	2746434
-	x	x	x	3375092
x	x	-	x	3013691
				-

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400H3	LH	400mH W35-49 (76.2cm) [W35+]	RDA	Team	(NN.nn)	Pts
H	1	Claire Brennan	45	Thurrock H/Loughton	75.50	8
E	2	Samantha Eve Marsh	36	Peterborough & Nene Valley	80.84	7
D	3	Michelle Simonds	41	Marshall Milton Keynes	94.13	6
G	4	Aleksandra Majewska-Ani	39	Team Northants	100.99	5
	5					4
	6					3
	7					2
	8					1

W35-49
-
-
-
-

AG %	EA No
-	2667112
15.3	4203005
-	3375092
12.5	4038377

300H5	LH	300mH W50-59 (76.2) [W50+]	RDA	Team	(NN.nn)	Pts
E	1	Kelly Sutton	51	Peterborough & Nene Valley	54.58	8
C	2	Katie Gibson	56	Colchester Harriers	71.75	7
F	3	Eloise Bird	58	St Edmund P/Newmrk/W Suffolk	85.32	6
D	4	Stephanie Johnston	52	Marshall Milton Keynes	89.81	5
	5					4
	6					3
	7					2
	8					1

W50-59
-
-
-
-

AG %	EA No
81.7	2684036
64.7	3764514
55.3	2715426
50.0	3401086

300H6	LH	300mH W60-69 (68.6cm)	RDA	Team	(NN.nn)	Pts
E	1	Judith Jagger	66	Peterborough & Nene Valley	71.69	8
A	2	Joan Lasenby	66	Cambridge & Coleridge	87.20	7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1

W60-69
-
-

AG %	EA No
70.7	2676481
58.1	2746434

HT3	HT	Hammer W35-49 (4Kg) [W35+]	RDA	Team	(NN.nn)	Pts
D	1	Emma Beardmore	38	Marshall Milton Keynes	43.17	8
E	2	Andrea Jenkins	50	Peterborough & Nene Valley	43.13	7
A	3	Lowri Chatfield	48	Cambridge & Coleridge	23.85	6
G	4	Aleksandra Majewska-Ani	39	Team Northants	23.54	5
H	5	Nina Brennan	41	Thurrock H/Loughton	20.94	4
B	6	Carol Morris	59	Chelmsford	14.17	3
F	7	Catherine Peck	44	St Edmund P/Newmrk/W Suffolk	13.83	2
	8					1

W35-49
-
x
-
-
-
x
-

AG %	EA No
58.2	2690317
-	2768996
39.0	4062016
32.3	4038377
29.9	2724680
-	3661223
20.9	4048604

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HT5	HT	Hammer W50-59 (3Kg) [W50+]	RDA	Team	(NN.nn)	Pts
A	1	Sarah McGrath	53	Cambridge & Coleridge	33.76	8
H	2	Sue Lawrence	55	Thurrock H/Loughton	32.69	7
E	3	Sally Pusey	58	Peterborough & Nene Valley	24.16	6
D	4	Stephanie Johnston	52	Marshall Milton Keynes	21.08	5
B	5	Nicola Hewitt	53	Chelmsford	18.63	4
F	6	Lesley Linden	68	St Edmund P/Newmrk/W Suffolk	15.41	3
C	7	Kate Sandercock	55	Colchester Harriers	14.66	2
	8					1

HT6	HT	Hammer W60-69 (3Kg) [W60+]	RDA	Team	(NN.nn)	Pts
H	1	Jill Boosey	62	Thurrock H/Loughton	23.94	8
B	2	Shirley Quinn	72	Chelmsford	23.64	7
E	3	Judith Jagger	66	Peterborough & Nene Valley	22.52	6
F	4	Dawn Mason	69	St Edmund P/Newmrk/W Suffolk	19.73	5
C	5	Susan Begent	61	Colchester Harriers	14.81	4
A	6	Pamela Abbott	63	Cambridge & Coleridge	10.95	3
	7					2
	8					1

SP3	SP	Shot W35-49 (4Kg) [W35+]	RDA	Team	(NN.nn)	Pts
D	1	Emma Beardmore	38	Marshall Milton Keynes	10.91	8
E	2	Andrea Jenkins	50	Peterborough & Nene Valley	8.74	7
H	3	Caroline Drewitt	36	Thurrock H/Loughton	8.40	6
A	4	Anne Moindrot	43	Cambridge & Coleridge	8.17	5
G	5	Aleksandra Majewska-Ani	39	Team Northants	7.57	4
B	6	Nicola Hewitt	53	Chelmsford	6.08	3
C	7	Nikki Osborne	57	Colchester Harriers	4.36	2
	8					1

SP5	SP	Shot W50-59 (3Kg) [W50+]	RDA	Team	(NN.nn)	Pts
A	1	Sarah McGrath	53	Cambridge & Coleridge	10.55	8
H	2	Sue Lawrence	55	Thurrock H/Loughton	8.55	7
D	3	Stephanie Johnston	52	Marshall Milton Keynes	6.97	6
G	4	Tina Martin	61	Team Northants	6.69	5
E	5	Sally Pusey	58	Peterborough & Nene Valley	6.42	4
F	6	Lesley Linden	68	St Edmund P/Newmrk/W Suffolk	6.30	3
B	7	Carol Morris	59	Chelmsford	6.10	2
C	8	Kate Sandercock	55	Colchester Harriers	5.54	1

W50-59	W60-69	W70-74	AG %	EA No
-	x	x	52.9	3671649
-	x	x	53.4	2800620
-	x	x	42.1	3565059
-	x	x	32.3	3401086
-	x	x	29.2	4036272
x	-	x	-	3868491
-	x	x	23.9	2710816

W60-69	W70-74	AG %	EA No
-	x	45.6	2991112
x	-	57.6	2717141
-	x	47.1	2676481
-	x	44.4	2698800
-	x	27.6	3368658
-	x	21.3	3191121

W35-49	AG %	EA No
-	55.7	2690317
x	-	2768996
-	41.6	3369638
-	45.0	2828378
-	39.2	4038377
x	-	4036272
x	-	3175112

W50-59	W60-69	W70-74	AG %	EA No
-	x	x	59.2	3671649
-	x	x	49.7	2800620
-	x	x	38.5	3401086
x	-	x	43.5	3463923
-	x	x	39.4	3565059
x	-	x	47.2	3868491
-	x	x	38.1	3661223
-	x	x	32.2	2710816

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SP6	SP	Shot W60-69 [W60+] (3Kg)	RDA	Team	(NN.nn)	Pts
E	1	Judith Jagger	66	Peterborough & Nene Valley	8.11	8
H	2	Jill Boosey	62	Thurrock H/Loughton	6.06	7
A	3	Pamela Abbott	63	Cambridge & Coleridge	5.98	6
F	4	Dawn Mason	69	St Edmund P/Newmrk/W Suffolk	5.80	5
B	5	Tracy Minton	65	Chelmsford	5.30	4
G	6	Susan McPherson	63	Team Northants	5.02	3
C	7	Susan Begent	61	Colchester Harriers	4.92	2
	8					1

SP7	SP	Shot W70-74 [W70+] (3Kg)	RDA	Team	(NN.nn)	Pts
B	1	Shirley Quinn	72	Chelmsford	6.44	8
G	2	Georgina Smith	75	Team Northants	5.37	7
C	3	Suzanne King	72	Colchester Harriers	5.11	6
H	4	Barbara Higgins	71	Thurrock H/Loughton	4.95	5
F	5	Caroline McIntosh	74	St Edmund P/Newmrk/W Suffolk	4.24	4
D	6	Fi Han Bromilow	72	Marshall Milton Keynes	2.95	3
	7					2
	8					1

JT3	JT	Javelin W35-49 (600gm) [W35+]	RDA	Team	(NN.nn)	Pts
H	1	Caroline Drewitt	36	Thurrock H/Loughton	20.89	8
E	2	Andrea Jenkins	50	Peterborough & Nene Valley	19.24	7
F	3	Catherine Peck	44	St Edmund P/Newmrk/W Suffolk	18.35	6
G	4	Adriana Melczynska	42	Team Northants	18.28	5
A	5	Anne Moindrot	43	Cambridge & Coleridge	14.34	4
D	6	Bryony Gibbens	38	Marshall Milton Keynes	13.64	3
B	7	Carol Morris	59	Chelmsford	12.79	2
C	8	Nikki Osborne	57	Colchester Harriers	6.58	1

JT5	JT	Javelin W50-59 (500gm) [W50+]	RDA	Team	(NN.nn)	Pts
A	1	Sarah McGrath	53	Cambridge & Coleridge	21.02	8
H	2	Sue Lawrence	55	Thurrock H/Loughton	19.18	7
F	3	Lesley Linden	68	St Edmund P/Newmrk/W Suffolk	15.40	6
B	4	Nicola Hewitt	53	Chelmsford	13.31	5
C	5	Kate Sandercock	55	Colchester Harriers	11.75	4
E	6	Sally Pusey	58	Peterborough & Nene Valley	11.15	3
G	7	Barbara Willison	57	Team Northants	9.50	2
D	8	Stephanie Johnston	52	Marshall Milton Keynes	9.17	1

W60-69	W70-74	AG %	EA No
-	x	58.2	2676481
-	x	40.1	2991112
-	x	40.4	3191121
-	x	44.4	2698800
-	x	37.3	3374348
-	x	33.9	3897592
-	x	32.0	3368658

W70-74	AG %	EA No
-	52.8	2717141
x	38.6	3961665
-	41.9	4139982
-	39.6	2900812
-	36.5	4249693
-	24.2	2690341

W35-49	AG %	EA No
-	30.2	3369638
x	-	2768996
-	31.1	4048604
-	29.7	4039146
-	23.8	2828378
-	20.5	2690430
x	-	3661223
x	-	3175112

W50-59	W60-69	W70-74	AG %	EA No
-	x	x	39.2	3671649
-	x	x	37.4	2800620
x	-	x	40.5	3868491
-	x	x	24.8	4036272
-	x	x	22.9	2710816
-	x	x	23.2	3565059
-	x	x	19.3	2970231
-	x	x	16.7	3401086

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JT6	JT	Javelin W60-74 [W60+] (500gm)	RDA	Team	(NN.nn)	Pts
E	1	Judith Jagger	66	Peterborough & Nene Valley	19.59	8
A	2	Pamela Abbott	63	Cambridge & Coleridge	15.12	7
H	3	Jill Boosey	62	Thurrock H/Loughton	14.16	6
D	4	Debra Brent	63	Marshall Milton Keynes	11.80	5
F	5	Dawn Mason	69	St Edmund P/Newmrk/W Suffolk	11.64	4
G	6	Susan McPherson	63	Team Northants	9.43	3
C	7	Susan Begent	61	Colchester Harriers	8.66	2
B	8	Tracy Minton	65	Chelmsford	8.50	1

DT3	DT	Discus W35-49 [W35+] (1Kg)	RDA	Team	(NN.nn)	Pts
D	1	Emma Beardmore	38	Marshall Milton Keynes	37.41	8
E	2	Andrea Jenkins	50	Peterborough & Nene Valley	31.65	7
H	3	Caroline Drewitt	36	Thurrock H/Loughton	31.38	6
A	4	Anne Moindrot	43	Cambridge & Coleridge	27.78	5
G	5	Aleksandra Majewska-Ani	39	Team Northants	23.48	4
B	6	Nicola Hewitt	53	Chelmsford	13.29	3
C	7	Nikki Osborne	57	Colchester Harriers	7.91	2
	8					1

DT5	DT	Discus W50-59 [W50+] (1Kg)	RDA	Team	(NN.nn)	Pts
H	1	Sue Lawrence	55	Thurrock H/Loughton	23.59	8
A	2	Sarah McGrath	53	Cambridge & Coleridge	21.51	7
E	3	Sally Pusey	58	Peterborough & Nene Valley	15.77	6
B	4	Carol Morris	59	Chelmsford	15.27	5
D	5	Stephanie Johnston	52	Marshall Milton Keynes	14.67	4
F	6	Lesley Linden	68	St Edmund P/Newmrk/W Suffolk	14.28	3
C	7	Kate Sandercock	55	Colchester Harriers	11.31	2
G	8	Tina Martin	61	Team Northants	10.94	1

DT6	DT	Discus W60-69 [W60+] (1Kg)	RDA	Team	(NN.nn)	Pts
E	1	Judith Jagger	66	Peterborough & Nene Valley	25.27	8
H	2	Jill Boosey	62	Thurrock H/Loughton	13.27	7
F	3	Dawn Mason	69	St Edmund P/Newmrk/W Suffolk	12.31	6
B	4	Tracy Minton	65	Chelmsford	11.08	5
G	5	Susan McPherson	63	Team Northants	10.11	4
A	6	Joan Lasenby	66	Cambridge & Coleridge	9.77	3
C	7	Susan Begent	61	Colchester Harriers	9.63	2
	8					1

W60-69	W70-74	AG %	EA No
-	x	49.1	2676481
-	x	35.3	3191121
-	x	32.3	2991112
-	x	27.5	3446073
-	x	31.4	2698800
-	x	22.0	3897592
-	x	19.3	3368658
-	x	20.8	3374348

W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	54.2	2690317
x	-	x	x	57.4	2768996
-	x	x	x	43.9	3369638
-	x	x	x	44.1	2828378
-	x	x	x	34.6	4038377
x	-	x	x	25.5	4036272
x	-	x	x	16.5	3175112

W50-59	W60+	W70+	AG %	EA No
-	x	x	47.2	2800620
-	x	x	41.3	3671649
-	x	x	33.6	3565059
-	x	x	33.2	3661223
-	x	x	27.6	3401086
x	-	x	38.0	3868491
-	x	x	22.6	2710816
x	-	x	24.8	3463923

W60+	W70+	AG %	EA No
-	x	64.2	2676481
-	x	30.8	2991112
-	x	33.6	2698800
-	x	27.5	3374348
-	x	24.0	3897592
-	x	24.8	2746434
-	x	21.9	3368658

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DT7	DT	Discus W70-74 [W70+] (1Kg)	RDA	Team	(NN.nn)	Pts								
B	1	Shirley Quinn	70	Chelmsford	18.98	8								
H	2	Barbara Higgins	71	Thurrock H/Loughton	12.52	7								
C	3	Suzzanne King	72	Colchester Harriers	10.21	6								
G	4	Georgina Smith	75	Team Northants	8.97	5								
F	5	Caroline McIntosh	74	St Edmund P/Newmrk/W Suffolk	7.24	4								
D	6	Fi Han Bromilow	72	Marshall Milton Keynes	6.69	3								
	7					2								
	8					1								
LJ3	LJ	Long Jump W35-49 [W35+]	RDA	Team	(N.nn)	Pts	Wind	W35-49	W50-59	W60+	W70+	AG %	EA No	
D	1	Sophie Gibbens	41	Marshall Milton Keynes	4.06	8		-	x	x	x	60.3	2794530	
A	2	Anne Moindrot	43	Cambridge & Coleridge	4.05	7		-	x	x	x	61.6	2828378	
H	3	Kristina Siupsinskaite	47	Thurrock H/Loughton	3.66	6		-	x	x	x	58.2	4127953	
E	4	Samantha Eve Marsh	36	Peterborough & Nene Valley	3.56	5		-	x	x	x	50.1	4203005	
G	5	Adriana Melczynska	42	Team Northants	3.40	4		-	x	x	x	51.1	4039146	
F	6	Anna Slater	49	St Edmund P/Newmrk/W Suffolk	2.88	3		-	x	x	x	46.9	4221544	
B	7	Nicola Hewitt	53	Chelmsford	2.87	2		x	-	x	x	49.0	4036272	
C	8	Katie Gibson	56	Colchester Harriers	2.20	1		x	-	x	x	39.0	3764514	
LJ5	LJ	Long Jump W50-59 [W50+]	RDA	Team	(N.nn)	Pts	Wind		W50-59	W60+	W70+	AG %	EA No	
D	1	Stephanie Johnston	52	Marshall Milton Keynes	3.30	8			-	x	x	55.7	3401086	
A	2	Esther van Sluijs	51	Cambridge & Coleridge	3.21	7			-	x	x	53.5	4130065	
E	3	Wendy Day	54	Peterborough & Nene Valley	2.85	6			-	x	x	49.3	2942952	
C	4	Kate Sandercock	55	Colchester Harriers	2.79	5			-	x	x	48.8	2710816	
G	5	Alison Wood	50	Team Northants	2.31	4			-	x	x	38.1	3990179	
H	6	Rebecca Fricker	51	Thurrock H/Loughton	2.27	3			-	x	x	37.8	4255392	
B	7	Carol Morris	59	Chelmsford	2.21	2			-	x	x	40.6	3661223	
F	8	Eloise Bird	58	St Edmund P/Newmrk/W Suffolk	2.01	1			-	x	x	36.5	2715426	
LJ6	LJ	Long Jump W60-69 [W60+]	RDA	Team	(N.nn)	Pts	Wind			W60+	W70+	AG %	EA No	
B	1	Clare St John-Coleman	66	Chelmsford	3.52	8				-	x	70.8	2717154	
G	2	Tina Martin	61	Team Northants	2.71	7				-	x	51.1	3463923	
A	3	Pamela Abbott	63	Cambridge & Coleridge	2.44	6				-	x	47.2	3191121	
E	4	Betty Gash	67	Peterborough & Nene Valley	2.44	5				-	x	49.8	3013691	
F	5	Dawn Mason	69	St Edmund P/Newmrk/W Suffolk	2.26	4				-	x	47.4	2698800	
H	6	Anne Heeks	66	Thurrock H/Loughton	2.13	3				-	x	42.9	2900806	
	7					2								
	8					1								

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LJ7	LJ	Long Jump W70+	RDA	Team	(N.nn)	Pts	Wind					W70+	AG %	EA No
H	1	Emily McMahon	76	Thurrock H/Loughton	2.94	8						-	68.2	2900898
G	2	Georgina Smith	75	Team Northants	1.89	7						-	43.1	3961665
C	3	Suzzanne King	72	Colchester Harriers	1.51	6						-	33.0	4139982
D	4	Fi Han Bromilow	72	Marshall Milton Keynes	1.22	5						-	26.7	2690341
	5					4								
	6					3								
	7					2								
	8					1								
TJ3	TJ	Triple Jump W35-49 [W35+]	RDA	Team	(N.nn)	Pts	Wind	W35-49	W50-59	W60-69	W70+	AG %	EA No	
A	1	Anne Moindrot	43	Cambridge & Coleridge	9.35	8		-	x	x	x	66.3	2828378	
D	2	Sophie Gibbens	41	Marshall Milton Keynes	8.54	7		-	x	x	x	59.1	2794530	
E	3	Samantha Eve Marsh	36	Peterborough & Nene Valley	7.80	6		-	x	x	x	50.6	4203005	
H	4	Kristina Siupsinskaite	47	Thurrock H/Loughton	7.63	5		-	x	x	x	57.0	4127953	
G	5	Adriana Melczynska	42	Team Northants	7.14	4		-	x	x	x	50.0	4039146	
B	6	Samantha Kelly	49	Chelmsford	5.59	3		-	x	x	x	42.9	3898709	
C	7	Katie Gibson	56	Colchester Harriers	5.49	2		x	-	x	x	46.2	3764514	
	8					1								
TJ5	TJ	Triple Jump W50-59 [W50+]	RDA	Team	(N.nn)	Pts	Wind		W50-59	W60-69	W70+	AG %	EA No	
D	1	Stephanie Johnston	52	Marshall Milton Keynes	7.80	8			-	x	x	62.2	3401086	
A	2	Esther van Sluijs	51	Cambridge & Coleridge	6.78	7			-	x	x	53.4	4130065	
C	3	Kate Sandercock	55	Colchester Harriers	5.48	6			-	x	x	45.5	2710816	
E	4	Andrea Jenkins	50	Peterborough & Nene Valley	5.03	5			-	x	x	39.1	2768996	
H	5	Anne Heeks	66	Thurrock H/Loughton	4.86	4			x	-	x	46.8	2900806	
B	6	Lorraine Cowley	58	Chelmsford	4.70	3			-	x	x	40.6	4204394	
	7					2								
	8					1								
TJ6	TJ	Triple Jump W60-69 [W60+]	RDA	Team	(N.nn)	Pts	Wind			W60-69	W70+	AG %	EA No	
E	1	Judith Jagger	66	Peterborough & Nene Valley	7.34	8				-	x	70.6	2676481	
B	2	Clare St John-Coleman	66	Chelmsford	6.56	7				-	x	63.1	2717154	
A	3	Pamela Abbott	63	Cambridge & Coleridge	5.92	6				-	x	54.7	3191121	
G	4	Tina Martin	61	Team Northants	5.59	5				-	x	50.2	3463923	
H	5	Jodie Farrell	60	Thurrock H/Loughton	5.22	4				-	x	46.3	3217409	
F	6	Dawn Mason	69	St Edmund P/Newmrk/W Suffolk	5.06	3				-	x	50.7	2698800	
	7					2								
	8					1								

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HJ3	HJ	High Jump W35-49 [W35+]	RDA	Team	(N.nn)	Pts
D	1	Sophie Gibbens	41	Marshall Milton Keynes	1.36	8
E	2=	Nichola Gibson	36	Peterborough & Nene Valley	1.30	6.5
G	2=	Aleksandra Majewska-Ani	39	Team Northants	1.30	6.5
H	4	Claire Brennan	45	Thurrock H/Loughton	1.25	5
A	5	Anne Moindrot	43	Cambridge & Coleridge	1.20	4
B	6	Caroline Horden	60	Chelmsford	1.00	3
	7					2
	8					1

HJ5	HJ	High Jump W50-59 [W50+]	RDA	Team	(N.nn)	Pts
A	1	Esther van Sluijs	51	Cambridge & Coleridge	1.10	8
E	2	Andrea Jenkins	50	Peterborough & Nene Valley	1.10	7
D	3=	Stephanie Johnston	52	Marshall Milton Keynes	1.05	5.5
G	3=	Tina Martin	61	Team Northants	1.05	5.5
B	5	Carol Morris	59	Chelmsford	1.05	4
F	6	Eloise Bird	58	St Edmund P/Newmrk/W Suffolk	1.05	3
H	7	Lorna Gaffney	59	Thurrock H/Loughton	0.95	2
	8					1

HJ6	HJ	High Jump W60-69 [W60+]	RDA	Team	(N.nn)	Pts
E	1	Judith Jagger	66	Peterborough & Nene Valley	1.15	8
H	2	Emily McMahon	76	Thurrock H/Loughton	1.05	7
A	3	Pamela Abbott	63	Cambridge & Coleridge	1.00	6
F	4	Dawn Mason	69	St Edmund P/Newmrk/W Suffolk	0.90	5
	5					4
	6					3
	7					2
	8					1

PV3	PV	Pole Vault - W35-49 [W35+]	RDA	Team	(N.nn)	Pts
H	1	Claire Brennan	45	Thurrock H/Loughton	2.40	8
D	2	Bryony Gibbens	38	Marshall Milton Keynes	1.50	7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1

W35-49	W50-59	W60-69	W70+	AG %	EA No
-	X	X	X	70.4	2794530
-	X	X	X	64.1	2684039
-	X	X	X	66.0	4038377
-	X	X	X	67.3	2667112
-	X	X	X	63.4	2828378
X	X	-	X	62.5	3421411

W50-59	W60-69	W70+	AG %	EA No
-	X	X	62.9	4130065
-	X	X	62.2	2768996
-	X	X	60.6	3401086
X	-	X	66.3	3463923
-	X	X	65.0	3661223
-	X	X	64.4	2715426
-	X	X	58.8	2967666

W60-69	W70+	AG %	EA No
-	x	76.4	2676481
x	x	77.4	2900898
-	x	64.5	3191121
-	x	61.7	2698800

W35-49	W50-59	W60-69	W70+	AG %	EA No
-	x	x	x	53.6	2667112
-	x	x	x	30.8	2690430

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PV5	PV	Pole Vault - W50-59 [W50+]	RDA	Team	(N.nn)	Pts
D	1	Stephanie Johnston	52	Marshall Milton Keynes	1.40	8
	2					7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1

PV6	PV	Pole Vault - W60-69 [W60+]	RDA	Team	(N.nn)	Pts
B	1	Clare St John-Coleman	66	Chelmsford	1.40	8
H	2	Barbara Higgins	71	Thurrock H/Loughton	1.30	7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1

[illegible]

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R4224-3	MedR	Relay 4224 W35-49 [W35+]	RDA	Team	(N:NN.nn)	Pts	Rec
E	1	Nichola Gibson	36	Peterborough & Nene Valley	3:21.96	8	-
Ea		Samantha Eve Marsh	36	Peterborough & Nene Valley			
Eb		Kelly Sutton	51	Peterborough & Nene Valley			
Ec		Kayleigh Longfoot	35	Peterborough & Nene Valley			
H	2	Anne Heeks	66	Thurrock H/Loughton	3:35.22	7	
Ha		Claire Brennan	45	Thurrock H/Loughton			
Hb		Kristina Siupsinskaite	47	Thurrock H/Loughton			
Hc		Nina Brennan	41	Thurrock H/Loughton			
G	3	Linda Thomas	44	Team Northants	3:39.39	6	
C		Kirstie Lloyd-Uzoegbu	55	Team Northants			
Gb		Michelle Dubois	49	Team Northants			
Gc		Maria Shaw	48	Team Northants			
D	4	Michelle Simonds	41	Marshall Milton Keynes	3:48.05	5	
Da		Bryony Gibbens	38	Marshall Milton Keynes			
Db		Liga Gray	37	Marshall Milton Keynes			
Dc		Carly Scott	47	Marshall Milton Keynes			
B	5	Anna Nuttall	53	Chelmsford	4:01.86	4	
Ba		Caroline Horden	60	Chelmsford			
Bb		Samantha Kelly	49	Chelmsford			
Bc		Laura Durn	49	Chelmsford			
A	6	Megan Jackson	35	Cambridge & Coleridge	4:08.66	3	
Aa		Anne Moindrot	43	Cambridge & Coleridge			
Ab		Lowri Chatfield	48	Cambridge & Coleridge			
Ac		Joan Lasenby	66	Cambridge & Coleridge			
C	7	Margaret Deasy	62	Colchester Harriers	4:34.24	2	
Ca		Suzzanne King	72	Colchester Harriers			
Cb		Susan Begent	61	Colchester Harriers			
Cc		Holly Weir	47	Colchester Harriers			
	8					1	
a							
b							
c							

2684039
4203005
2684036
3724573
2900806
2667112
4127953
2724680
3768223
4190699
4039449
3866089
3375092
2690430
3830314
2684504
4120398
3421411
3898709
3192921
3983729
2828378
4062016
2746434
2754542
4139982
3368658
2954087

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R4224-5	MedR	Relay 4224 W50+	RDA	Team	(N:NN.nn)	Pts
E	1	Wendy Day	54	Peterborough & Nene Valley	3:45.32	8
Ea		Kay Gibson	60	Peterborough & Nene Valley		
Eb		Judith Jagger	66	Peterborough & Nene Valley		
Ec		Claire Smith	50	Peterborough & Nene Valley		
C	2	Annette Oakman	54	Colchester Harriers	4:06.18	7
Ca		Katie Gibson	56	Colchester Harriers		
Cb		Nikki Osborne	57	Colchester Harriers		
Cc		Kate Sandercock	55	Colchester Harriers		
G	3	Alison Wood	50	Team Northants	4:07.25	6
Ga		Tina Martin	61	Team Northants		
Gb		Georgina Smith	75	Team Northants		
Gc		Barbara Willison	57	Team Northants		
H	4	Lorna Gaffney	59	Thurrock H/Loughton	4:19.91	5
Ha		Emily McMahon	76	Thurrock H/Loughton		
Hb		Rebecca Fricker	51	Thurrock H/Loughton		
Hc		Nikkii Barnett	56	Thurrock H/Loughton		
A	5	Sophie Moore	52	Cambridge & Coleridge	4:36.12	4
Aa		Esther van Sluijs	51	Cambridge & Coleridge		
Ab		Sarah McGrath	53	Cambridge & Coleridge		
Ac		Sarah Hames	58	Cambridge & Coleridge		
B	6	Lorraine Cowley	58	Chelmsford	4:44.11	3
Ba		Clare St John-Coleman	66	Chelmsford		
Bb		Tracy Minton	65	Chelmsford		
Bc		Carol Morris	59	Chelmsford		
D	7	Debra Brent	63	Marshall Milton Keynes	5:08.73	2
Da		Maggie Allen	50	Marshall Milton Keynes		
Db		Fi Han Bromilow	72	Marshall Milton Keynes		
Dc		Stephanie Johnston	52	Marshall Milton Keynes		
	8					1
a						
b						
c						

Rec

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2942952
2809087
2676481
3575627
2717127
3764514
3175112
2710816
3990179
3463923
3961665
2970231
2967666
2900898
4255392
3879964
4136195
4130065
3671649
4240849
4204394
2717154
3374348
3661223
3446073
2913410
2690341
3401086