

EASTERN VETS TRACK & FIELD LEAGUE FINAL

MILTON KEYNES - 23 September 2012

Veteran Women

| | Team | Score |
|---|---------------------------|-------|
| 1 | Marshall Milton Keynes | 272 |
| 2 | Fairlands Valley Spartans | 249.5 |
| 3 | Ryston | 229 |
| 4 | Loughton | 199 |
| 5 | Chelmsford | 173 |
| 6 | Kettering | 131.5 |
| 7 | Corby AC | 119 |
| 8 | Bedford & County | 63 |

W35 100m

12.8

| | | | | |
|---|-----------------|---------------------------|------|---|
| 1 | Alana Slater | Marshall Milton Keynes | 14.7 | 8 |
| 2 | Sandra Puckerin | Kettering | 15.0 | 7 |
| 3 | Rosie Canham | Fairlands Valley Spartans | 15.7 | 6 |
| 4 | Judith Hodson | Corby AC | 16.1 | 5 |
| 5 | Michaela Davis | Loughton | 16.5 | 4 |
| 6 | Mel Watts | Ryston | 16.6 | 3 |
| 7 | Tracy Minton | Chelmsford | 21.3 | 2 |
| 8 | | | | 1 |

W45 100m

13.2

| | | | | |
|---|-----------------------|---------------------------|------|---|
| 1 | Monica Brown | Fairlands Valley Spartans | 14.5 | 8 |
| 2 | Amanda Rochester | Loughton | 15.9 | 7 |
| 3 | Jan Hardcastle | Marshall Milton Keynes | 16.3 | 6 |
| 4 | Clare St John Coleman | Chelmsford | 17.2 | 5 |
| 5 | Karen Wood | Ryston | 17.3 | 4 |
| 6 | Caroline Wright | Bedford & County | 18.3 | 3 |
| 7 | Kathryn Coleman | Kettering | 18.5 | 2 |
| 8 | Jeanette Vango | Corby AC | 19.2 | 1 |

W55 100m

14.8

| | | | | |
|---|-----------------|---------------------------|------|---|
| 1 | Jan Lawson | Marshall Milton Keynes | 16.8 | 8 |
| 2 | Chris Salvery | Loughton | 17.8 | 7 |
| 3 | Georgina Allen | Ryston | 18.2 | 6 |
| 4 | Sylvia Sergeant | Chelmsford | 18.6 | 5 |
| 5 | Julia Hancock | Bedford & County | 20.1 | 4 |
| 6 | Iris Hornsey | Fairlands Valley Spartans | 20.3 | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W35 200m

26.1

| | | | | |
|---|-----------------|---------------------------|------|---|
| 1 | Alana Slater | Marshall Milton Keynes | 28.9 | 8 |
| 2 | Rosie Canham | Fairlands Valley Spartans | 30.1 | 7 |
| 3 | Clare Potter | Corby AC | 31.7 | 6 |
| 4 | Katy Williams | Kettering | 32.3 | 5 |
| 5 | Michaela Davis | Loughton | 33.6 | 4 |
| 6 | Mel Watts | Ryston | 34.1 | 3 |
| 7 | Tracy Minton | Chelmsford | 34.7 | 2 |
| 8 | Salena Blackman | Bedford & County | 35.7 | 1 |

W45 200m

27.4

| | | | | |
|---|-----------------------|---------------------------|------|---|
| 1 | Monica Brown | Fairlands Valley Spartans | 30.1 | 8 |
| 2 | Amanda Rochester | Loughton | 32.0 | 7 |
| 3 | Jan Hardcastle | Marshall Milton Keynes | 33.2 | 6 |
| 4 | Clare St John Coleman | Chelmsford | 35.1 | 5 |
| 5 | Karen Wood | Ryston | 36.0 | 4 |
| 6 | Debra Galletta | Corby AC | 38.2 | 3 |
| 7 | Kathryn Coleman | Kettering | 39.4 | 2 |
| 8 | | | | 1 |

W55 200m

30.2

| | | | | |
|---|-----------------|---------------------------|------|---|
| 1 | Jan Lawson | Marshall Milton Keynes | 34.2 | 8 |
| 2 | Chris Salvery | Loughton | 36.5 | 7 |
| 3 | Julie Simmons | Fairlands Valley Spartans | 37.4 | 6 |
| 4 | Georgina Allen | Ryston | 37.7 | 5 |
| 5 | Sylvia Sergeant | Chelmsford | 38.4 | 4 |
| 6 | Julia Hancock | Bedford & County | 42.3 | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W35 400m

58.14

| | | | | |
|---|-------------------|---------------------------|-------|---|
| 1 | Alana Slater | Marshall Milton Keynes | 67.3 | 8 |
| 2 | Rosie Canham | Fairlands Valley Spartans | 69.1 | 7 |
| 3 | Clare Potter | Corby AC | 77.2 | 6 |
| 4 | Tina Blackwell | Bedford & County | 79.1 | 5 |
| 5 | Amanda Marlow | Kettering | 80.4 | 4 |
| 6 | Helen Melville | Ryston | 83.5 | 3 |
| 7 | Wendy King | Chelmsford | 90.9 | 2 |
| 8 | Jane Forker Clark | Loughton | 108.6 | 1 |

W45 400m

64.9

| | | | | |
|---|------------------|---------------------------|-------|---|
| 1 | Helen Keyworth | Kettering | 70.3 | 8 |
| 2 | Amanda Rochester | Loughton | 71.5 | 7 |
| 3 | Chris Feely | Fairlands Valley Spartans | 76.0 | 6 |
| 4 | Linda Marshall | Ryston | 85.1 | 5 |
| 5 | Diane Farmer | Marshall Milton Keynes | 86.8 | 4 |
| 6 | Joanne Smith | Chelmsford | 105.6 | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W35 800m

2:15.3

| | | | | |
|---|-----------------|---------------------------|--------|---|
| 1 | Alana Slater | Marshall Milton Keynes | 2:34.9 | 8 |
| 2 | Rosie Canham | Fairlands Valley Spartans | 2:36.5 | 7 |
| 3 | Wendy King | Chelmsford | 2:37.3 | 6 |
| 4 | Amanda Marlow | Kettering | 3:01.0 | 5 |
| 5 | Pauline Drewery | Ryston | 3:05.3 | 4 |
| 6 | Gwen Harwood | Loughton | 4:06.4 | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W45 800m

2:33.0

| | | | | |
|---|------------------|---------------------------|--------|---|
| 1 | Joanne Smith | Chelmsford | 2:43.7 | 8 |
| 2 | Chris Feely | Fairlands Valley Spartans | 2:53.5 | 7 |
| 3 | Helen Keyworth | Kettering | 2:57.8 | 6 |
| 4 | Diane Farmer | Marshall Milton Keynes | 3:00.9 | 5 |
| 5 | Linda Marshall | Ryston | 3:04.1 | 4 |
| 6 | Debra Galletta | Corby AC | 3:08.7 | 3 |
| 7 | Pam Ackland-Snow | Loughton | 3:55.2 | 2 |
| 8 | | | | 1 |

W55 800m

2:51.6

| | | | | |
|---|----------------|---------------------------|--------|---|
| 1 | Diane Baldwin | Marshall Milton Keynes | 2:47.9 | 8 |
| 2 | Julie Simmons | Fairlands Valley Spartans | 2:56.0 | 7 |
| 3 | Georgina Allen | Ryston | 3:36.0 | 6 |
| 4 | Jean Hobbs | Loughton | 3:43.0 | 5 |
| 5 | Julia Hancock | Bedford & County | 3:49.5 | 4 |
| 6 | - | Chelmsford | 4:26.7 | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

LEAGUE RECORD**W35 1500m**

4:55.1

| | | | | |
|---|-----------------|---------------------------|--------|---|
| 1 | Wendy King | Chelmsford | 5:33.6 | 8 |
| 2 | Julie Dalzell | Marshall Milton Keynes | 5:54.8 | 7 |
| 3 | Pauline Drewery | Ryston | 6:22.3 | 6 |
| 4 | Rosie Canham | Fairlands Valley Spartans | 6:42.1 | 5 |
| 5 | Amanda Marlow | Kettering | 6:44.0 | 4 |
| 6 | Gwen Harwood | Loughton | 8:31.0 | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W45 1500m

5:00.1

| | | | | |
|---|----------------|---------------------------|--------|---|
| 1 | Joanne Smith | Chelmsford | 5:45.4 | 8 |
| 2 | Sarah Taylor | Ryston | 6:01.6 | 7 |
| 3 | Kerry Munn | Kettering | 6:11.4 | 6 |
| 4 | Chris Feely | Fairlands Valley Spartans | 6:18.9 | 5 |
| 5 | Debra Galletta | Corby AC | 6:42.7 | 4 |
| 6 | Ursula Ghaleb | Marshall Milton Keynes | 7:16.5 | 3 |
| 7 | | | 7:46.8 | 2 |
| 8 | | | | 1 |

W35 3000m

10:25.4

| | | | | |
|---|---------------|---------------------------|---------|---|
| 1 | Wendy King | Chelmsford | 11:38.5 | 8 |
| 2 | Julie Dalzell | Marshall Milton Keynes | 12:23.0 | 7 |
| 3 | Rosie Canham | Fairlands Valley Spartans | 14:13.2 | 6 |
| 4 | Sue Smith | Ryston | 16:39.4 | 5 |
| 5 | Gwen Harwood | Loughton | 17:01.0 | 4 |
| 6 | | | | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W45 3000m

10:28.6

| | | | | |
|---|----------------|---------------------------|---------|---|
| 1 | Joanne Smith | Chelmsford | 12:05.6 | 8 |
| 2 | Diane Farmer | Marshall Milton Keynes | 12:24.8 | 7 |
| 3 | Sarah Taylor | Ryston | 12:32.9 | 6 |
| 4 | Kerry Munn | Kettering | 12:50.4 | 5 |
| 5 | Debra Galletta | Corby AC | 14:04.3 | 4 |
| 6 | Sharon Crowley | Fairlands Valley Spartans | 15:25.2 | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W55 3000m

12:39.0

| | | | | |
|---|---------------|---------------------------|---------|---|
| 1 | Diane Baldwin | Marshall Milton Keynes | 12:21.6 | 8 |
| 2 | Anne Furbank | Bedford & County | 12:44.8 | 7 |
| 3 | Julie Simmons | Fairlands Valley Spartans | 12:53.7 | 6 |
| 4 | Jean Hobbs | Loughton | 15:41.6 | 5 |
| 5 | Helen Sewell | Ryston | 17:40.3 | 4 |
| 6 | | | | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W35 100m Hurdles

Cancelled

15.3

| | | | | |
|---|--------------------|---------------------------|--|-----|
| 1 | Judith Hodson | Corby AC | | 6.5 |
| 1 | Stephanie Mayfield | Fairlands Valley Spartans | | 6.5 |
| 1 | Lesley Byrne | Marshall Milton Keynes | | 6.5 |
| 1 | Jo Isbill | Ryston | | 6.5 |
| 5 | | | | 4 |
| 6 | | | | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W45 80m Hurdles

Cancelled

12.6

| | | | | |
|---|-------------------|---------------------------|--|---|
| 1 | Chris Feely | Fairlands Valley Spartans | | 6 |
| 1 | Helen Keyworth | Kettering | | 6 |
| 1 | Charmaine Johnson | Loughton | | 6 |
| 1 | Jan Hardcastle | Marshall Milton Keynes | | 6 |
| 1 | Linda Marshall | Ryston | | 6 |
| 6 | | | | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W35 400m Hurdles

67.9

| | | | | |
|---|--------------------|---------------------------|-------|---|
| 1 | Clare Potter | Corby AC | 84.1 | 8 |
| 2 | Lesley Byrne | Marshall Milton Keynes | 89.5 | 7 |
| 3 | Tina Blackwell | Bedford & County | 93.0 | 6 |
| 4 | Stephanie Mayfield | Fairlands Valley Spartans | 100.2 | 5 |
| 5 | Helen Melville | Ryston | 104.3 | 4 |
| 6 | | | | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W45 400m Hurdles

69.8

| | | | | |
|---|-------------------|---------------------------|-------|---|
| 1 | Helen Keyworth | Kettering | 80.7 | 8 |
| 2 | Charmaine Johnson | Loughton | 83.0 | 7 |
| 3 | Gaye Clarke | Ryston | 88.8 | 6 |
| 4 | Diane Baldwin | Marshall Milton Keynes | 108.0 | 5 |
| 5 | Sharon Crowley | Fairlands Valley Spartans | 123.9 | 4 |
| 6 | | | | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W35 2000m Walk

9:54.3

| | | | | |
|---|-------------------|---------------------------|---------|---|
| 1 | Helen Middleton | Bedford & County | 11:14.5 | 8 |
| 2 | Alison Ray | Marshall Milton Keynes | 13:34.3 | 7 |
| 3 | Jane Forker Clark | Loughton | 13:57.1 | 6 |
| 4 | Sue Smith | Ryston | 14:45.2 | 5 |
| 5 | Tessa Stephenson | Fairlands Valley Spartans | 17:29.7 | 4 |
| 6 | | | | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W45 2000m Walk

10:45.9

| | | | | |
|---|------------------|---------------------------|---------|---|
| 1 | Paula Blizzard | Bedford & County | 12:49.3 | 8 |
| 2 | Liz Blakie | Ryston | 12:55.0 | 7 |
| 3 | Ursula Ghaleb | Marshall Milton Keynes | 13:24.0 | 6 |
| 4 | Elspeth Missen | Chelmsford | 13:42.8 | 5 |
| 5 | Sharon Crowley | Fairlands Valley Spartans | 14:02.5 | 4 |
| 6 | Debra Galletta | Corby AC | 14:51.1 | 3 |
| 7 | Pam Ackland-Snow | Loughton | 14:55.5 | 2 |
| 8 | Kathryn Coleman | Kettering | 15:00.7 | 1 |

W55 2000m Walk

11:23.2

| | | | | |
|---|---------------|---------------------------|---------|---|
| 1 | Cath Duhig | Ryston | 11:28.7 | 8 |
| 2 | Diane Baldwin | Marshall Milton Keynes | 11:45.2 | 7 |
| 3 | Jan Fry | Fairlands Valley Spartans | 14:02.5 | 6 |
| 4 | Jean Hobbs | Loughton | 15:11.5 | 5 |
| 5 | | | | 4 |
| 6 | | | | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W35 High Jump

Cancelled

1.45

| | | | | |
|---|------------------|---------------------------|--|-----|
| 1 | Judith Hodson | Corby AC | | 5.5 |
| 1 | Tessa Stephenson | Fairlands Valley Spartans | | 5.5 |
| 1 | Amanda Marlow | Kettering | | 5.5 |
| 1 | Michaela Davis | Loughton | | 5.5 |
| 1 | Lesley Byrne | Marshall Milton Keynes | | 5.5 |
| 1 | Jo Isbill | Ryston | | 5.5 |
| 7 | | | | 2 |
| 8 | | | | 1 |

| W45 High Jump | | | Cancelled | 1.45 |
|----------------------|-----------------------|---------------------------|-----------|------|
| 1 | Clare St John Coleman | Chelmsford | | 5 |
| 1 | Jeanette Vango | Corby AC | | 5 |
| 1 | Monica Brown | Fairlands Valley Spartans | | 5 |
| 1 | Sarah Bailey | Kettering | | 5 |
| 1 | Barbara Higgins | Loughton | | 5 |
| 1 | Jan Hardcastle | Marshall Milton Keynes | | 5 |
| 1 | Gaye Clarke | Ryston | | 5 |
| 8 | | | | 1 |

| W35 Pole Vault | | | 2.90 | |
|-----------------------|--------------------|---------------------------|------|---|
| 1 | Judith Hodson | Corby AC | 2.20 | 8 |
| 2 | Jo Isbill | Ryston | 2.10 | 7 |
| 3 | Stephanie Mayfield | Fairlands Valley Spartans | 1.50 | 6 |
| 4 | Lesley Byrne | Marshall Milton Keynes | 1.30 | 5 |
| 5 | Michaela Davis | Loughton | 1.30 | 4 |
| 6 | | | | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

| W45 Pole Vault | | | 2.30 | |
|-----------------------|-----------------------|---------------------------|------|-----|
| 1 | Clare St John Coleman | Chelmsford | 1.40 | 8 |
| 2 | Monica Brown | Fairlands Valley Spartans | 1.30 | 6.5 |
| 2 | Barbara Higgins | Loughton | 1.30 | 6.5 |
| 4 | Gaye Clarke | Ryston | 1.30 | 5 |
| 5 | | | | 4 |
| 6 | | | | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

| W35 Long Jump | | | 5.25 | |
|----------------------|--------------------|---------------------------|------|---|
| 1 | Sandra Puckerin | Kettering | 4.20 | 8 |
| 2 | Alana Slater | Marshall Milton Keynes | 4.04 | 7 |
| 3 | Salena Blackman | Bedford & County | 3.38 | 6 |
| 4 | Judith Hodson | Corby AC | 3.28 | 5 |
| 5 | Michaela Davis | Loughton | 3.17 | 4 |
| 6 | Tracy Minton | Chelmsford | 3.01 | 3 |
| 7 | Stephanie Mayfield | Fairlands Valley Spartans | 3.00 | 2 |
| 8 | Mel Watts | Ryston | 2.73 | 1 |

| W45 Long Jump | | | 5.04 | |
|----------------------|-----------------------|---------------------------|------|---|
| 1 | Monica Brown | Fairlands Valley Spartans | 4.10 | 8 |
| 2 | Gaye Clarke | Ryston | 4.02 | 7 |
| 3 | Jan Hardcastle | Marshall Milton Keynes | 3.70 | 6 |
| 4 | Clare St John Coleman | Chelmsford | 3.65 | 5 |
| 5 | Jeanette Vango | Corby AC | 3.28 | 4 |
| 6 | Kathryn Coleman | Kettering | 2.77 | 3 |
| 7 | Julia Ryan | Loughton | 2.31 | 2 |
| 8 | | | | 1 |

W55 Long Jump

4.39

| | | | | |
|---|------------------|---------------------------|------|---|
| 1 | Marlene Simmonds | Ryston | 3.28 | 8 |
| 2 | Chris Salvery | Loughton | 3.24 | 7 |
| 3 | Sylvia Sergeant | Chelmsford | 3.06 | 6 |
| 4 | Diane Baldwin | Marshall Milton Keynes | 2.95 | 5 |
| 5 | Iris Hornsey | Fairlands Valley Spartans | 2.89 | 4 |
| 6 | | | | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W35 Triple Jump

10.28

| | | | | |
|---|--------------------|---------------------------|------|---|
| 1 | Jo Isbill | Ryston | 8.18 | 8 |
| 2 | Clare Potter | Corby AC | 8.03 | 7 |
| 3 | Sandra Puckerin | Kettering | 8.02 | 6 |
| 4 | Lesley Byrne | Marshall Milton Keynes | 7.87 | 5 |
| 5 | Stephanie Mayfield | Fairlands Valley Spartans | 7.48 | 4 |
| 6 | Michaela Davis | Loughton | 6.64 | 3 |
| 7 | Tracy Minton | Chelmsford | 5.50 | 2 |
| 8 | | | | 1 |

W45 Triple Jump

9.70

| | | | | |
|---|-----------------------|---------------------------|------|---|
| 1 | Monica Brown | Fairlands Valley Spartans | 8.73 | 8 |
| 2 | Jan Hardcastle | Marshall Milton Keynes | 8.48 | 7 |
| 3 | Clare St John Coleman | Chelmsford | 7.99 | 6 |
| 4 | Liz Blakie | Ryston | 6.86 | 5 |
| 5 | Chris Salvery | Loughton | 6.85 | 4 |
| 6 | Sarah Bailey | Kettering | 5.92 | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W35 Shot Putt

11.49

| | | | | |
|---|------------------|---------------------------|------|---|
| 1 | Tessa Stephenson | Fairlands Valley Spartans | 8.30 | 8 |
| 2 | Lesley Byrne | Marshall Milton Keynes | 7.89 | 7 |
| 3 | Salena Blackman | Bedford & County | 6.55 | 6 |
| 4 | Pauline Drewery | Ryston | 6.42 | 5 |
| 5 | Kate Merritt | Loughton | 6.40 | 4 |
| 6 | Amanda Marlow | Kettering | 6.33 | 3 |
| 7 | Judith Hodson | Corby AC | 6.02 | 2 |
| 8 | Tracy Minton | Chelmsford | 5.98 | 1 |

W45 Shot Putt

9.05

| | | | | |
|---|-------------------|---------------------------|------|---|
| 1 | Charmaine Johnson | Loughton | 8.28 | 8 |
| 2 | Monica Brown | Fairlands Valley Spartans | 6.64 | 7 |
| 3 | Jan Hardcastle | Marshall Milton Keynes | 6.39 | 6 |
| 4 | Sarah Stark | Chelmsford | 6.15 | 5 |
| 5 | Jeanette Vango | Corby AC | 6.08 | 4 |
| 6 | Maureen Wolfe | Ryston | 5.71 | 3 |
| 7 | Sarah Bailey | Kettering | 5.42 | 2 |
| 8 | | | | 1 |

W55 Shot Putt

9.45

| | | | | |
|---|-------------------|---------------------------|------|---|
| 1 | Shirley Quinn | Chelmsford | 8.12 | 8 |
| 2 | Marlene Simmonds | Ryston | 7.94 | 7 |
| 3 | Jan Lawson | Marshall Milton Keynes | 7.04 | 6 |
| 4 | Barbara Higgins | Loughton | 5.89 | 5 |
| 5 | Carolyn Shortland | Fairlands Valley Spartans | 5.16 | 4 |
| 6 | | | | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W35 Discus

44.00

| | | | | |
|---|------------------|---------------------------|-------|---|
| 1 | Tessa Stephenson | Fairlands Valley Spartans | 17.30 | 8 |
| 2 | Lesley Byrne | Marshall Milton Keynes | 17.25 | 7 |
| 3 | Kate Merritt | Loughton | 16.30 | 6 |
| 4 | Tracy Minton | Chelmsford | 15.66 | 5 |
| 5 | Jo Isbill | Ryston | 14.56 | 4 |
| 6 | Amanda Marlow | Kettering | 13.27 | 3 |
| 7 | Clare Potter | Corby AC | 11.46 | 2 |
| 8 | | | | 1 |

W45 Discus

31.90

| | | | | |
|---|-------------------|---------------------------|-------|---|
| 1 | Pam Ackland-Snow | Loughton | 15.03 | 8 |
| 2 | Chris Feely | Fairlands Valley Spartans | 14.98 | 7 |
| 3 | Sarah Stark | Chelmsford | 13.87 | 6 |
| 4 | Maureen Wolfe | Ryston | 12.86 | 5 |
| 5 | Jeanette Lawrence | Marshall Milton Keynes | 12.36 | 4 |
| 6 | Jeanette Vango | Corby AC | 12.15 | 3 |
| 7 | Sarah Bailey | Kettering | 11.06 | 2 |
| 8 | | | | 1 |

W55 Discus

33.77

| | | | | |
|---|-------------------|---------------------------|-------|---|
| 1 | Shirley Quinn | Chelmsford | 22.58 | 8 |
| 2 | Marlene Simmonds | Ryston | 17.42 | 7 |
| 3 | Jan Lawson | Marshall Milton Keynes | 15.38 | 6 |
| 4 | Carolyn Shortland | Fairlands Valley Spartans | 12.15 | 5 |
| 5 | Barbara Higgins | Loughton | 11.80 | 4 |
| 6 | | | | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W35 Hammer

50.53

| | | | | |
|---|-------------------|---------------------------|-------|---|
| 1 | Kate Merritt | Loughton | 20.32 | 8 |
| 2 | Carolyn Shortland | Fairlands Valley Spartans | 17.06 | 7 |
| 3 | Clare Potter | Corby AC | 16.95 | 6 |
| 4 | Tracy Minton | Chelmsford | 15.92 | 5 |
| 5 | Jo Isbill | Ryston | 14.25 | 4 |
| 6 | Alison Ray | Marshall Milton Keynes | 12.99 | 3 |
| 7 | Amanda Marlow | Kettering | 12.16 | 2 |
| 8 | | | | 1 |

W45 Hammer

34.56

| | | | | |
|---|-------------------|---------------------------|-------|---|
| 1 | Shirley Quinn | Chelmsford | 26.82 | 8 |
| 2 | Gaye Clarke | Ryston | 21.53 | 7 |
| 3 | Jeanette Lawrence | Marshall Milton Keynes | 20.09 | 6 |
| 4 | Pam Ackland-Snow | Loughton | 15.99 | 5 |
| 5 | Sarah Bailey | Kettering | 13.67 | 4 |
| 6 | Sharon Crowley | Fairlands Valley Spartans | 13.29 | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W35 Javelin

33.54

| | | | | |
|---|-----------------|------------------------|-------|---|
| 1 | Judith Hodson | Corby AC | 23.50 | 8 |
| 2 | Lesley Byrne | Marshall Milton Keynes | 17.21 | 7 |
| 3 | Amanda Marlow | Kettering | 16.82 | 6 |
| 4 | Kate Merritt | Loughton | 15.17 | 5 |
| 5 | Pauline Drewery | Ryston | 11.61 | 4 |
| 6 | Tracy Minton | Chelmsford | 11.33 | 3 |
| 7 | Tina Blackwell | Bedford & County | 9.34 | 2 |
| 8 | | | | 1 |

W45 Javelin

28.65

| | | | | |
|---|------------------|---------------------------|-------|---|
| 1 | Monica Brown | Fairlands Valley Spartans | 16.88 | 8 |
| 2 | Sarah Stark | Chelmsford | 14.66 | 7 |
| 3 | Jan Lawson | Marshall Milton Keynes | 14.49 | 6 |
| 4 | Pam Ackland-Snow | Loughton | 13.34 | 5 |
| 5 | Debra Galletta | Corby AC | 10.82 | 4 |
| 6 | Maureen Wolfe | Ryston | 10.24 | 3 |
| 7 | Sarah Bailey | Kettering | 9.89 | 2 |
| 8 | | | | 1 |

W35 400m, 200m, 200m, 400m Relay

3:14.5

| | | | | |
|---|--|---------------------------|--------|---|
| 1 | | Kettering | 3:35.5 | 8 |
| 2 | | Marshall Milton Keynes | 3:50.6 | 7 |
| 3 | | Corby AC | 3:54.0 | 6 |
| 4 | | Ryston | 3:55.9 | 5 |
| 5 | | Fairlands Valley Spartans | 4:02.6 | 4 |
| 6 | | Loughton | 4:10.4 | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |

W45 400m, 200m, 200m, 400m Relay

3:25.4

| | | | | |
|---|--|---------------------------|--------|---|
| 1 | | Marshall Milton Keynes | 3:47.7 | 8 |
| 2 | | Fairlands Valley Spartans | 3:52.6 | 7 |
| 3 | | Ryston | 3:56.4 | 6 |
| 4 | | Loughton | 4:12.7 | 5 |
| 5 | | | | 4 |
| 6 | | | | 3 |
| 7 | | | | 2 |
| 8 | | | | 1 |