

R2248-50	MedR	Relay 2248 M50+	RDA	Team	Pts
5	1			Southend AC	04:37.7 8
7	2			Bedford & County AC	04:42.8 7
6	3			Thurrock Harriers	04:51.5 6
8	4			Marshall Milton Keynes AC	04:52.9 5
1	5			Ryston Runners AC	DQ
	6				0
	7				0
	8				0

Rec
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-
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-
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				8			
						7	
					6		
							5
0							
196	82	154.5	161	211.5	162	241.5	149.5

LJ5		LJ	Long Jump W50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %							
g	1	Monica Brown	51	Fairlands Valley Spartans	4.41	8			-	x	74.7						8	
d	2	Judith Jagger	56	Peterborough AC	3.85	7			-	x	70.1			7				
h	3	Lesley Byrne	53	Marshall Milton Keynes AC	3.53	6			-	x	61.5						6	
a	4	Jo Isbill	51	Ryston Runners AC	3.14	5			-	x	53.2		5					
e	5	Christine Salvary	59	Loughton AC	3.10	4			-	x	59.2				4			
f	6	Susan Brown	52	Southend AC	2.82	3			-	x	48.5					3		
b	7	Pamela Abbott	53	Cambridge & Coleridge AC	2.71	2			-	x	47.2			2				
	8					1												
LJ6		LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %								
e	1	Emily McMahon	66	Loughton AC	3.56	8			-	76.6				8				
h	2	Ursula Ghaleb	63	Marshall Milton Keynes AC	2.55	7			-	52.0							7	
a	3	Marlene Simmonds	70	Ryston Runners AC	2.54	6			-	58.8		6						
b	4	Margaret Phillips	62	Cambridge & Coleridge AC	2.23	5			-	44.7			5					
g	5	Iris Horsey	74	Fairlands Valley Spartans	2.21	4			-	55.5							4	
c	6	Sally Hewitt	62	Wellingborough & District AC	2.17	3			-	43.5				3				
f	7	Marion Matthews-Smith	61	Southend AC	1.97	2			-	38.9						2		
	8					1												
TJ3		TJ	Triple Jump W35	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	Rec	AG %						
e	1	Mary Knapman	37	Loughton AC	8.77	8			-	x	x	62.1				8		
d	2	Lisa Richardson	47	Peterborough AC	8.76	7			-	x	x	70.2			7			
h	3	Stephanie Johnston	42	Marshall Milton Keynes AC	8.67	6			-	x	x	65.1					6	
g	4	Stephanie Mayfield	42	Fairlands Valley Spartans	7.21	5			-	x	x	54.2					5	
a	5	Kasia Kostyrka-Allchorne	38	Southend AC	7.06	4			-	x	x	50.5					4	
f	6	Elizabeth Blakie	58	Ryston Runners AC	6.01	3			x	-	x	56.3		3				
c	7	Kirsty Hewitt	35	Wellingborough & District AC	5.06	2			-	x	x	35.0			2			
	8					1												
TJ5		TJ	Triple Jump W50-59	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	AG %							
g	1	Monica Brown	51	Fairlands Valley Spartans	9.03	8			-	x	76.4						8	
d	2	Janice Hardcastle	57	Marshall Milton Keynes AC	7.95	7			-	x	73.4						7	
h	3	Judith Jagger	56	Peterborough AC	7.45	6			-	x	67.7			6				
f	4	Susan Brown	52	Southend AC	7.02	5			-	x	60.2					5		
a	5	Jo Isbill	51	Ryston Runners AC	6.54	4			-	x	55.3		4					
e	6	Christine Salvary	59	Loughton AC	6.37	3			-	x	60.7				3			
b	7	Pamela Abbott	53	Cambridge & Coleridge AC	5.91	2			-	x	51.4			2				
c	8	Deborah Varnfield	54	Wellingborough & District AC	5.79	1			-	x	51.1				1			
HJ3		HJ	High Jump W35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %						
h	1	Corinne Nurse	38	Marshall Milton Keynes AC	1.30	8			-	x	x	67.0					8	
d	2	Lisa Richardson	47	Peterborough AC	1.30	7			-	x	x	74.3			7			
a	3	Kelly De-Gol	37	Ryston Runners AC	1.20	6			-	x	x	61.2		6				
g	4	Andrea Westcott	45	Fairlands Valley Spartans	1.15	5			-	x	x	64.3					5	
f	5	Natasha Lagden	42	Southend AC	1.05	4			-	x	x	56.8					4	
e	6	Barbara Higgins	61	Loughton AC	1.00	3			x	x	-	69.4			3			
	7					2												
	8					1												
HJ5		HJ	High Jump W50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %							
g	1	Monica Brown	51	Fairlands Valley Spartans	1.30	8			-	x	78.3						8	
h	2	Janice Hardcastle	57	Marshall Milton Keynes AC	1.20	7			-	x	78.4						7	
d	3	Judith Jagger	56	Peterborough AC	1.15	6			-	x	74.2			6				
e	4	Michaela Davis	50	Loughton AC	1.15	5			-	x	68.5				5			
a	5	Jo Isbill	51	Ryston Runners AC	1.10	4			-	x	66.3		4					
b	6	Pamela Abbott	53	Cambridge & Coleridge AC	1.05	3			-	x	65.2			3				
f	7	Susan Brown	52	Southend AC	1.00	2			-	x	61.0					2		
	8					1												
HJ6		HJ	High Jump W60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %								
e	1	Emily McMahon	66	Loughton AC	1.15	8			LR=	86.5				8				
g	2	Catherine Craig	63	Fairlands Valley Spartans	1.05	7			-	75.0							7	
a	3	Marlene Simmonds	70	Ryston Runners AC	1.00	6			-	80.5		6						
	4					5												
	5					4												
	6					3												
	7					2												
	8					1												
PV3		PV	Pole Vault W35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %						
g	1=	Stephanie Mayfield	42	Fairlands Valley Spartans	1.70	7.5			-	x	x	40.5					7.5	
f	1=	Natasha Lagden	42	Southend AC	1.70	7.5			-	x	x	40.5				7.5		
a	3	Kelly De-Gol	37	Ryston Runners AC	1.70	6			-	x	x	37.4		6				
h	4	Lesley Byrne	53	Marshall Milton Keynes AC	1.50	5			x	-	x	43.7					5	
e	5	Michaela Davis	50	Loughton AC	1.50	4			x	-	x	41.2				4		
	6					3												
	7					2												
	8					1												
RAQ-35		MedR	Relay 2248 W35-49	RDA	Team	(N.NN.n)	Pts	Wind	Rec									
h	1		Marshall Milton Keynes AC	04:48.6	8				-								8	
f	2		Southend AC	04:56.5	7				-						7			
a	3		Ryston Runners AC	05:10.2	6				-				6					
g	4		Fairlands Valley Spartans	05:21.8	5				-							5		
e	5		Loughton AC	06:59.4	4				-						4			
	6				3													
	7				2													
	8				1													
RAQ-50		MedR	Relay 2248 W50+	RDA	Team	(N.NN.n)	Pts	Wind	Rec									
b	1		Cambridge & Coleridge AC	05:47.9	8				-				8					
h	2		Marshall Milton Keynes AC	05:52.1	7				-								7	
g	3		Fairlands Valley Spartans	06:19.6	6				-							6		
a	4		Ryston Runners AC	06:35.8	5				-				5					
f	5		Southend AC	06:40.2	4				-							4		
e	6		Loughton AC	06:44.2	3				-						3			
	7				2													
	8				1													
199	148	50	136	182	161.5	225.5	226											