

EVAC Track & Field League -		NE Division - Match 3		Teams = 4	
King's Lynn		Wed	06/07/2016	Overall Match Scores	
Pos	Men's Teams	Bib	Match Score	1, 2 & 3	Pos
1	Ryston Runners AC	1	75	210	1
3	Cambridge & Coleridge AC	2	23	100	3
2	West Norfolk AC	3	52	159	2
4	W Suffolk/St Ed. Pacers/Waveney	4	0	0	4
4		0	5	0	4
4		0	6	0	4
4		0	7	0	4
4		0	8	0	4

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Daniel Yellop	35	Ryston Runners AC	26.5	4		-	x	x	75.6
2	James Collings	39	West Norfolk AC	27.1	3		-	x	x	76.3
3	Rojimon Cherian	42	Cambridge & Coleridge AC	30.6	2		-	x	x	69.1
4					1					
5					0					
6					0					
7	Nicholas Bensley	46	Ryston Runners AC	30.0	NS		-	x	x	72.6
8	Rhys Morgan	36	Ryston Runners AC	32.1	NS		-	x	x	62.9

200m	200m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Stuart Howlett	50	Ryston Runners AC	27.2	4		-	x	82.4
2	Joseph Tucker	56	Cambridge & Coleridge AC	31.7	3		-	x	73.7
3	Robert Vincent	50	West Norfolk AC	32.6	2		-	x	68.8
4					1				
5					0				
6					0				
7					0				
8					0				

800m	800m M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Matthew Pyatt	39	Ryston Runners AC	02:13.8	4	-	x	x	78.7
2	Neil Watson	43	West Norfolk AC	02:44.5	3	-	x	x	66.4
3	Rojimon Cherian	42	Cambridge & Coleridge AC	02:44.5	2	-	x	x	65.8
4					1				
5					0				
6					0				
7	Nicholas Bensley	46	Ryston Runners AC	02:26.3	NS	-	x	x	76.8
8	Rhys Morgan	36	Ryston Runners AC	02:50.6	NS	-	x	x	60.0

800m	800m M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %
1	Anthony Savage	54	Ryston Runners AC	02:45.4	4	-	x	72.7
2	Richard Lyle	50	Cambridge & Coleridge AC	02:50.6	3	-	x	68.2
3	Robert Vincent	50	West Norfolk AC	04:11.9	2	-	x	46.2
4					1			
5					0			
6					0			
7					0			
8					0			

800m	800m M60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %
1	Ian Reeve	63	West Norfolk AC	03:29.7	4	-	61.6
2	Michael Ennis	74	Ryston Runners AC	03:35.5	3	-	68.4
3					2		
4					1		
5					0		
6					0		
7					0		
8					0		

1MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Joseph Tucker	56	Cambridge & Coleridge AC	11:04.0	4	x	-	x	60.5
2	Paul Firmage	61	Ryston Runners AC	11:23.3	3	x	x	-	61.7
3	Robert Vincent	50	West Norfolk AC	14:00.0	2	x	-	x	45.4
4					1				
5					0				
6					0				
7					0				
8					0				

1MileW	1M Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Keith Morris	56	Ryston Runners AC	14:05.5	4
2					3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	Rec	AG %
x	-	x	47.5

LH	300mH M60-69 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind
1	Ian Reeve	63	West Norfolk AC	54.4	4	
2					3	
3					2	
4					1	
5					0	
6					0	
7					0	
8					0	

Rec	AG %
-	79.4

LH	400mH M35-49 (91.4cm)	RDA	Team	(NN.n)	Pts
1	Che Plant	37	Ryston Runners AC	68.3	4
2	Neil Watson	43	West Norfolk AC	85.4	3
3					2
4					1
5					0
6					0
7					0
8	Daniel Yellop	35	Ryston Runners AC	65.5	NS

Rec	Rec	Rec	AG %
-	x	x	72.5
-	x	x	61.6
-	x	x	74.0

LH	400mH M50-59 (84.0cm)	RDA	Team	(NN.n)	Pts
1					4
2					3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	AG %

HT	Hammer M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	Allan Williams	41	West Norfolk AC	19.07	4
2	Daniel Yellop	35	Ryston Runners AC	18.07	3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	24.2
-	x	x	20.8

HT	Hammer M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	Martin Simmonds	75	Ryston Runners AC	11.46	4
2					3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	AG %
x	-	-

HT	Hammer M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Paul Oakes	63	Ryston Runners AC	30.66	4
2	Ian Reeve	63	West Norfolk AC	19.89	3
3	Noel Moss	71	Cambridge & Coleridge AC	15.81	2
4					1
5					0
6					0
7					0
8					0

Rec	AG %
-	53.3
-	34.6
-	-

EVAC Track & Field League -		NE Division - Match 3		Teams = 4	
King's Lynn		Wed	06/07/2016		Overall Match Scores
Pos	Women's Teams	Bib	Match Score	1, 2 & 3	Pos
1	Ryston Runners AC	A	82	200	1
2	Cambridge & Coleridge AC	B	33	131	2
3	West Norfolk AC	C	24	38	4
4	W Suffolk/St Ed. Pacers/Waveney	D	19	100	3
5		0	E	0	5
5		0	F	0	5
5		0	G	0	5
5		0	H	0	5

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Tanya Daniels	38	Ryston Runners AC		31.1	4	-	x	x	70.8
2	Louise Rice	44	West Norfolk AC		34.2	3	-	x	x	69.4
3	Iona Graham-Hagg	53	Cambridge & Coleridge AC		34.7	2	x	-	x	75.8
4						1				
5						0				
6						0				
7						0				
8						0				
200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	
1	Christine Anthony	53	W Suffolk/St Ed. Pacers/Waveney		34.9	4	-	x	75.3	
2	Karen Wood	51	Ryston Runners AC		35.6	3	-	x	72.3	
3	Helen Grant	53	Cambridge & Coleridge AC		42.5	2	-	x	61.9	
4						1				
5						0				
6						0				
7						0				
8						0				
200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %		
1	Gill Hart	63	Ryston Runners AC		53.4	4	-	54.6		
2						3				
3						2				
4						1				
5						0				
6						0				
7						0				
8						0				
800m	800m W35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %	
1	Nicola Neill	44	West Norfolk AC		02:38.2	4	-	x	x	76.3
2	Lisa Pyatt	39	Ryston Runners AC		02:54.4	3	-	x	x	66.2
3	Helen Grant	53	Cambridge & Coleridge AC		03:11.6	2	x	-	x	68.9
4						1				
5						0				
6						0				
7						0				
8						0				
800m	800m W50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %		
1	Joan Lasenby	56	Cambridge & Coleridge AC		02:45.9	4	-	x	82.9	
2	Christine Anthony	53	W Suffolk/St Ed. Pacers/Waveney		02:52.2	3	-	x	76.7	
3	Jo Isbill	51	Ryston Runners AC		03:14.6	2	-	x	66.1	
4						1				
5						0				
6						0				
7						0				
8						0				
800m	800m W60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %			
1	Gill Hart	63	Ryston Runners AC		04:09.5	4	-	62.0		
2						3				
3						2				
4						1				
5						0				
6						0				
7						0				
8						0				

1MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Katrina Wastenev	44	West Norfolk AC	10:15.1	4
2	Elizabeth Blakie	58	Ryston Runners AC	10:16.3	3
3	Pamela Abbott	53	Cambridge & Coleridge AC	11:04.4	2
4	Dawn Mason	59	W Suffolk/St Ed. Pacers/Waveney	13:37.7	1
5					0
6					0
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	63.1
x	-	x	71.1
x	-	x	63.0
x	-	x	54.1

1MileW	1M Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Lyndsay Yellop	37	Ryston Runners AC	12:09.5	4
2	Alison Wilson	49	Cambridge & Coleridge AC	12:51.2	3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	50.6
-	x	x	52.4

LH	300mH W50-59 (76.2)	RDA	Team	(NN.n)	Pts
1	Gaye Clarke	55	Ryston Runners AC	63.3	4
2	Christine Anthony	53	W Suffolk/St Ed. Pacers/Waveney	63.3	3
3	Joan Lasenby	56	Cambridge & Coleridge AC	84.3	2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	AG %
-	x	77.6
-	x	75.2
-	x	59.2

LH	400mH W35-49 (76.2cm)	RDA	Team	(NN.n)	Pts
1	Tanya Daniels	38	Ryston Runners AC	82.4	4
2	Katrina Wastenev	44	West Norfolk AC	83.3	3
3	Iona Graham-Hagg	53	Cambridge & Coleridge AC	111.4	2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	66.3
-	x	x	71.8
x	-	x	-

HT	Hammer W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Katrina Wastenev	44	West Norfolk AC	13.71	4
2	Lyndsay Yellop	37	Ryston Runners AC	9.54	3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	26.1
-	x	x	14.8

HT	Hammer W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Gaye Clarke	55	Ryston Runners AC	29.58	4
2	Dawn Mason	59	W Suffolk/St Ed. Pacers/Waveney	20.48	3
3	Pamela Abbott	53	Cambridge & Coleridge AC	11.81	2
4					1
5					0
6					0
7					0
8					0

Rec	Rec	AG %
-	x	52.8
-	x	39.7
-	x	20.3

HT	Hammer W60+ (3Kg)	RDA	Team	(NN.nn)	Pts
1	Marlene Simmonds	70	Ryston Runners AC	16.31	4
2					3
3					2
4					1
5					0
6					0
7					0
8					0

Rec	AG %
-	41.4

SP	Shot W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Lyndsay Yellop	37	Ryston Runners AC	7.09	4
2	Katrina Wastenev	44	West Norfolk AC	5.58	3
3	Helen Grant	53	Cambridge & Coleridge AC	3.96	2
4					1
5					0
6					0
7					0
8	Tanya Daniels	38	Ryston Runners AC	6.65	NS

Rec	Rec	Rec	AG %
-	x	x	34.5
-	x	x	31.7
x	-	x	-
-	x	x	33.0

SP	Shot W50-59 (3Kg)	RDA	Team	(N.n)	Pts	Rec	Rec	AG %		
1	Gaye Clarke	55	Ryston Runners AC	7.83	4	-	x	52.6		
2	Pamela Abbott	53	Cambridge & Coleridge AC	6.23	3	-	x	40.3		
3	Dawn Mason	59	W Suffolk/St Ed. Pacers/Waveney	5.74	2	-	x	41.7		
4					1					
5					0					
6					0					
7					0					
8					0					
LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Tanya Daniels	38	Ryston Runners AC	3.87	4		-	x	x	55.4
2	Louise Rice	44	West Norfolk AC	3.14	3		-	x	x	48.4
3	Iona Graham-Hagg	53	Cambridge & Coleridge AC	3.08	2		x	-	x	53.7
4					1					
5					0					
6					0					
7					0					
8					0					
LJ	Long Jump W50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %	
1	Karen Wood	51	Ryston Runners AC	3.18	4		-	x	53.9	
2	Dawn Mason	59	W Suffolk/St Ed. Pacers/Waveney	2.32	3		-	x	44.3	
3	Pamela Abbott	53	Cambridge & Coleridge AC	2.24	2		-	x	39.0	
4					1					
5					0					
6					0					
7					0					
8					0					
LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %		
1	Marlene Simmonds	70	Ryston Runners AC	2.32	4		-	53.7		
2					3					
3					2					
4					1					
5					0					
6					0					
7					0					
8					0					
PV	Pole Vault W35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %	
1	Kelly De-Gol	36	Ryston Runners AC	1.80	4	-	x	x	39.0	
2					3					
3=					2					
3=					1					
3=					0					
6					0					
7					0					
8					0					
PV	Pole Vault W50-59	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %		
1	Jo Isbill	51	Ryston Runners AC	1.80	4	-	x	50.4		
2					3					
3					2					
4					1					
5					0					
6					0					
7					0					
8					0					
MedR	Relay 4x4 W35-49	RDA	Team	(NN:NN.n)	Pts	Rec				
1			Ryston Runners AC	05:26.3	4	-				
2			Cambridge & Coleridge AC	05:31.0	3	-				
3					2					
4					1					
5					0					
6					0					
7					0					
8					0					
MedR	Relay 4x4 W50+	RDA	Team	(NN:NN.n)	Pts	Rec				
1			Ryston Runners AC	06:20.0	4	LR				
2					3					
3					2					
4					1					
5					0					
6					0					
7					0					
8					0					

EVAC Track & Field League -		SE Division - Match 3		Teams = 6	
Southend		Wed	06/07/2016		Overall
				Match Scores	
Pos	Men's Teams	Bib	Match Score	1, 2 & 3	Pos
1	Southend AC	1	118	311.5	1
5	Chelmsford AC	2	35	158	4
3	Loughton AC	3	80	218	3
2	Thurrock Harriers	4	85	267	2
6	Fleet Street Runners	5	18	116	6
4	Tendring/Ipswich Harriers	6	37	133.5	5
7		0	0	0	7
7		0	0	0	7

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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RDA = Race Day Age

200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Jan Barnard	36	Fleet Street Runners		24.5	6	-	x	x	82.4
2	Clive Farrow	46	Southend AC		25.2	5	-	x	x	86.4
3	Lee Bowker	43	Tendring/Ipswich Harriers		26.6	4	-	x	x	80.1
4	Marek Kowalski	44	Thurrock Harriers		27.0	3	-	x	x	79.5
5	Trevor Robinson	42	Loughton AC		34.1	2	-	x	x	62.0
6						1				
7						0				
8						0				

200m	200m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Keith Palmer	51	Southend AC		27.8	6	-	x	81.2
2	Clifford Warren	54	Loughton AC		28.1	5	-	x	82.0
3	Stephen Kemp	55	Thurrock Harriers		29.0	4	-	x	80.0
4	David Stephenson	53	Tendring/Ipswich Harriers		34.6	3	-	x	66.1
5						2			
6						1			
7						0			
8	Steve Solomon	53	Southend AC		33.3	NS	-	x	68.7

200m	200m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Robert Woolliams	60	Tendring/Ipswich Harriers		30.5	6	-	78.7
2	Peter Binns	68	Southend AC		32.5	5	-	78.1
3	David Hobbs	68	Loughton AC		34.1	4	-	74.5
4						3		
5						2		
6						1		
7	Toby Draper	43	Thurrock Harriers		29.4	NS	x	-
8	Paul Willcox	63	Ipswich Harriers		30.0	NS	-	81.6

800m	800m M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %	
1	Lee Taylor	40	Southend AC		02:10.0	6	-	x	x	81.8
2	Toby Draper	43	Thurrock Harriers		02:24.8	5	-	x	x	75.5
3	Terry Maher	43	Tendring/Ipswich Harriers		02:36.7	4	-	x	x	69.7
4	Clifford Warren	54	Loughton AC		02:45.6	3	x	-	x	72.6
5						2				
6						1				
7						0				
8						0				

800m	800m M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %	
1	Tony Roberts	50	Chelmsford AC		02:14.8	6	-	x	86.3
2	Jonathan Metcalf	56	Thurrock Harriers		02:24.3	5	-	x	84.7
3	Simon Le Mare	54	Southend AC		02:24.9	4	-	x	83.0
4	Stephen Cartwright	58	Tendring/Ipswich Harriers		03:30.9	3	-	x	58.9
5						2			
6						1			
7						0			
8	Stephen Solomon (Non Scorer)	53	Southend AC		02:40.6	NS	-	x	74.3

800m	800m M60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %
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1	Peter Binns	68	Southend AC	02:55.0	6
2	John Borgars	70	Loughton AC	03:17.8	5
3	Roger Cole	66	Chelmsford AC	03:26.4	4
4					3
5					2
6					1
7					0
8					0

-	77.4
-	70.0
-	64.3

1MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Stephen Kemp	55	Thurrock Harriers	09:34.5	6
2	John Borgars	70	Loughton AC	09:36.3	5
3	Keith Palmer	51	Southend AC	10:08.6	4
4	Roger Cole	66	Chelmsford AC	10:58.3	3
5					2
6					1
7					0
8					0

Rec	Rec	Rec	
x	-	x	69.3
x	x	-	80.8
x	-	x	63.2
x	x	-	67.5

1MileW	1M Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	John Brock	66	Southend AC	11:21.6	6
2	Peter Cassidy	76	Loughton AC	11:23.5	5
3	Toby Draper	43	Thurrock Harriers	13:44.9	4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	Rec	
x	x	-	65.2
x	x	-	73.6
-	x	x	43.6

LH	300mH M60-69 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind
1	Paul Willcox	63	Tendring/Ipswich Harriers	54.3	6	
2	Peter Binns	68	Southend AC	66.4	5	
3	Robert Maggio	69	Loughton AC	74.0	4	
4					3	
5					2	
6					1	
7					0	
8					0	

Rec	AG %
-	79.6
-	71.1
-	64.9

LH	400mH M35-49 (91.4cm)	RDA	Team	(NN.n)	Pts
1	Graham Easty	36	Southend AC	70.7	6
2	Nigel Instance	48	Thurrock Harriers	77.1	5
3					4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	69.3
-	x	x	71.6

LH	400mH M50-59 (84.0cm)	RDA	Team	(NN.n)	Pts
1	Jonathan Metcalf	56	Thurrock Harriers	72.4	6
2	Jim Harrison	52	Loughton AC	79.5	5
3	David Stephenson	53	Tendring/Ipswich Harriers	107.6	4
4	John Brock	66	Southend AC	136.1	3
5					2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	81.4
-	x	73.4
-	x	54.4
x	-	-

LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Marek Kowalski	44	Thurrock Harriers	4.66	6		-	x	x	60.6
2	Graham Eastty	36	Southend AC	4.30	5		-	x	x	51.0
3	Terry Maher	43	Tendring/Ipswich Harriers	3.96	4		-	x	x	50.9
4	David Hobbs	68	Loughton AC	3.37	3		x	x	-	61.6
5					2					
6					1					
7					0					
8					0					

LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
1	Clifford Warren	54	Loughton AC	4.62	6		-	x	68.3
2	Keith Palmer	51	Southend AC	4.42	5		-	x	62.8
3	Mark Jenkins	52	Thurrock Harriers	3.42	4		-	x	49.2
4					3				
5					2				
6					1				
7					0				
8					0				

PV	Pole Vault M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
1	Clint Nicholls	37	Fleet Street Runners	2.60	6	-	x	x	45.1
2	Gary Cheek	45	Southend AC	2.00	5	-	x	x	38.4
3	Iain Scott	38	Thurrock Harriers	1.00	4	-	x	x	17.5
4					3				
5					2				
6					1				
7					0				
8	Joe McGrath	36	Fleet Street Runners	2.50	NS	-	x	x	42.8

PV	Pole Vault M50-59	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %
1	Jim Harrison	52	Loughton AC	2.50	6	-	x	53.0
2	Mark Jenkins	52	Thurrock Harriers	1.90	5	-	x	40.3
3	Angus Aldridge	52	Southend AC	1.80	4	-	x	38.2
4					3			
5					2			
6					1			
7					0			
8					0			

PV	Pole Vault M60+	RDA	Team	(N.nn)	Pts	Rec	AG %
1	Peter Binns	68	Southend AC	1.00	6	-	27.8
2					5		
3					4		
4					3		
5					2		
6					1		
7					0		
8					0		

MedR	Relay 4x4 M35-49	RDA	Team	(N:NN.n)	Pts	Rec
1			Southend AC	04:06.0	6	-
2			Thurrock Harriers	04:26.8	5	-
3					4	
4					3	
5					2	
6					1	
7					0	
8					0	

MedR	Relay 4x4 M50+	RDA	Team	(N:NN.n)	Pts
1			Southend AC	04:39.9	6
2			Thurrock Harriers	04:56.6	5
3			Loughton AC	05:48.8	4
4					3
5					2
6					1
7					0
8					0

Rec
-
-
-

EVAC Track & Field League -		SE Division - Match 3		Teams = 6		
Southend		Wed	06/07/2016		Overall Match Scores	
Pos	Women's Teams	Bib	Match Score	1, 2 & 3	Pos	
2	Southend AC	A	94	274	2	
3	Chelmsford AC	B	74	228	3	
1	Loughton AC	C	102	294	1	
4	Thurrock Harriers	D	24	65	5	
6	Fleet Street Runners	E	0	18	6	
5	Tendring/Ipswich Harriers	F	22	118	4	
6	0	G	0	0	7	
6	0	H	0	0	7	

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Tracy English	39	Southend AC	31.7	6		-	x	x	70.4
2	Joanne Smith	49	Chelmsford AC	33.2	5		-	x	x	75.8
3	Pam Ackland-Snow	63	Loughton AC	42.8	4		x	x	-	68.1
4					3					
5					2					
6					1					
7					0					
	Lorraine Ramet (Guest)	40	Essex Ladies	32.5	NS		-	x	x	69.6

200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Yvonne Holmes	53	Tendring/Ipswich Harriers	32.5	6		-	x	80.9
2	Michaela Davis	50	Loughton AC	35.0	5		-	x	72.7
3	Jill Kent	58	Chelmsford AC	35.0	4		-	x	79.2
4	Marion Matthews-Smith	61	Southend AC	53.1	3		x	-	53.8
5					2				
6					1				
7					0				
8					0				

200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Barbara Higgins	61	Loughton AC	37.4	6		-	76.4
2	Diane Wooller	62	Tendring/Ipswich Harriers	39.7	5		-	72.7
3	June Cork	69	Southend AC	46.0	4		-	67.1
4					3			
5					2			
6					0			
7					0			
8	Tracy Minton	55	Chelmsford AC	39.0	NS		x	68.9

800m	800m W35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Tracy English	39	Southend AC	02:34.0	6	-	x	x	75.0
2	Joanne Smith	49	Chelmsford AC	02:38.4	5	-	x	x	79.5
3	Melanie Peddle	47	Loughton AC	03:34.6	4	-	x	x	57.7
4					3				
5					2				
6					1				
7					0				
8					0				

HT	Hammer W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Sue Lawrence	45	Thurrock Harriers	33.91	6
2	Carol Morris	49	Chelmsford AC	19.99	5
3	Katherine Merritt	52	Loughton AC	18.08	4
4	Sally Newman-Russell	48	Southend AC	17.20	3
5					2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	66.8
-	x	x	45.4
x	-	x	-
-	x	x	37.6

HT	Hammer W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Jill Boosey	52	Thurrock Harriers	24.26	6
2	Susan Brown	51	Southend AC	20.92	5
3	Pam Ackland-Snow	63	Loughton AC	20.23	4
4	Tracy Minton	55	Chelmsford AC	19.77	3
5					2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	40.9
-	x	34.6
x	-	42.9
-	x	35.3

HT	Hammer W60+ (3Kg)	RDA	Team	(NN.nn)	Pts
1	Barbara Higgins	61	Loughton AC	20.84	6
2	Stephanie Stamp	63	Southend AC	18.54	5
3					4
4					3
5					2
6					1
7					0
8					0

Rec	AG %
-	42.2
-	39.3

SP	Shot W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Sue Lawrence	45	Thurrock Harriers	9.87	6
2	Carol Morris	49	Chelmsford AC	6.32	5
3	Katherine Merritt	52	Loughton AC	5.66	4
4	Sally Newman-Russell	48	Southend AC	5.12	3
5	Sian Gifford	47	Tendring/Ipswich Harriers	5.00	2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	57.5
-	x	x	40.8
x	-	x	-
-	x	x	32.2
-	x	x	30.6

SP	Shot W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Jill Boosey	52	Thurrock Harriers	7.36	6
2	Sarah Stark	50	Chelmsford AC	7.27	5
3	Emily McMahon	66	Loughton AC	7.01	4
4	Yvonne Holmes	53	Tendring/Ipswich Harriers	6.66	3
5	Stephanie Stamp	63	Southend AC	6.45	2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	46.8
-	x	44.6
x	-	59.5
-	x	43.1
x	-	51.0

LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Kasia Kostyrka-Allchorne	38	Southend AC	3.35	6		-	x	x	47.9
2	Carol Morris	49	Chelmsford AC	3.04	5		-	x	x	50.1
3	Pam Ackland-Snow	63	Loughton AC	1.56	4		x	x	-	31.8
4					3					
5					2					
6					1					
7					0					
8					0					

EVAC Track & Field League -		SW Division - Match 3		Teams = 6		
Milton Keynes		Wed	06/07/2016		Overall	
				Match Scores		
Pos	Men's Teams	Bib	Match Score		1, 2 & 3	Pos
1	Marshall Milton Keynes AC	1	100		276	2
2	Bedford & County AC	2	91		316	1
6	Luton AC	3	26		88	6
5	Biggleswade AC	4	31		106	5
4	Bedford Harriers	5	71		213	4
3	Fairlands Valley Spartans	6	72		232	3
7		0	0		0	7
7		0	0		0	7

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015

200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Daniel Bottesch	41	Luton AC	25.1	6		-	x	x	83.6
2	Andy Cohen-Wray	38	Bedford & County AC	26.6	5		-	x	x	77.1
3	Mark Dowson	40	Marshall Milton Keynes AC	27.1	4		-	x	x	76.9
4	David Roberts	49	Bedford Harriers	29.9	3		-	x	x	74.4
5	James Kilroy	39	Fairlands Valley Spartans	31.6	2		-	x	x	65.4
6					1					
7	Peter Webster	48	Bedford & County AC	28.1	NS		-	x	x	78.6
8	Jason Carvalho	38	Marshall Milton Keynes AC	29.5	NS		-	x	x	69.5

200m	200m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Paul Canning	50	Marshall Milton Keynes AC	26.6	6		-	x	84.3
2	David Stephenson	53	Fairlands Valley Spartans	28.9	5		-	x	79.2
3	Robin Wynde	58	Biggleswade AC	30.0	4		-	x	78.9
4	Tennyson James	58	Bedford & County AC	31.0	3		-	x	76.4
5	Mark Tinkler	58	Bedford Harriers	36.7	2		-	x	64.5
6					1				
7					0				
8					0				

800m	800m M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Simon Coombes	44	Bedford & County AC	02:07.0	6	-	x	x	86.9
2	Jeremy Vick	38	Marshall Milton Keynes AC	02:17.8	5	-	x	x	75.7
3	Gary Finch	47	Bedford Harriers	02:25.7	4	-	x	x	77.7
4	Tim Saban	49	Fairlands Valley Spartans	02:51.0	3	-	x	x	67.4
5					2				
6	Simon Kirschner-Heavens	36	Marshall Milton Keynes AC	02:22.7	NS	-	x	x	71.7
7	Peter Webster	48	Bedford & County AC	02:28.7	NS	-	x	x	76.8
8	Doug Yabsley		Marshall Milton Keynes AC	03:07.1	NS	x	x	x	

800m	800m M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %
1	John McGrath	52	Biggleswade AC	02:19.4	6	-	x	84.8
2	Steve Mayfield	50	Fairlands Valley Spartans	02:24.5	5	-	x	80.5
3	Kevin Willett	53	Bedford Harriers	02:28.0	4	-	x	80.6
4	Paul Canning	50	Marshall Milton Keynes AC	02:29.8	3	-	x	77.6
5	Anthony Fitzpatrick	50	Bedford & County AC	02:36.0	2	-	x	74.6
6					1			
7					0			
8					0			

800m	800m M60+	RDA	Team	(NN:NN.n)	Pts
1	John Skelton	65	Marshall Milton Keynes AC	02:33.7	6
2	David Frampton	60	Bedford Harriers	02:45.5	5
3	Mark Freeman	60	Fairlands Valley Spartans	03:16.8	4
4					3
5					2
6					1
7					0
8					0

Rec	AG %
-	85.4
-	76.3
-	64.2

1MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Adam Hills	39	Bedford Harriers	08:42.4	6
2	David Bowker	57	Fairlands Valley Spartans	09:00.0	5
3	Lance Croft	49	Bedford & County AC	10:35.2	4
4	Robin Wynde	58	Biggleswade AC	10:37.5	3
5	Stewart Fraser	57	Marshall Milton Keynes AC	10:47.1	2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	66.7
x	-	x	75.1
-	x	x	59.5
x	-	x	64.2
x	-	x	62.7

1MileW	1M Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Ian Hammett	37	Bedford Harriers	09:57.6	6
2	James Kilroy	39	Fairlands Valley Spartans	10:39.9	5
3	Brian Graves	76	Marshall Milton Keynes AC	12:58.7	4
4	Christopher Keech	65	Bedford & County AC	13:13.6	3
5					2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	57.5
-	x	x	54.5
x	x	-	64.6
x	x	-	55.4

LH	300mH M60-69 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind
1	Ivars Licietis	60	Marshall Milton Keynes AC	54.9	6	
2	Charles Arnold	60	Biggleswade AC	59.8	5	
3	Neil Lovesey	61	Bedford Harriers	64.9	4	
4					3	
5					2	
6					1	
7					0	
8					0	

Rec	AG %
-	77.1
-	70.8
-	65.7

LH	400mH M35-49 (91.4cm)	RDA	Team	(NN.n)	Pts
1	Andy Gill	36	Bedford & County AC	62.1	6
2	Simon Kirschner-Heavens	36	Marshall Milton Keynes AC	76.1	5
3	Anton McCalla	39	Fairlands Valley Spartans	95.6	4
4					3
5					2
6					1
7					0
8	Andy Cohen-Wray	38	Bedford & County AC	66.7	NS

Rec	Rec	Rec	AG %
-	x	x	78.9
-	x	x	64.4
-	x	x	52.9
-	x	x	75.0

LH	400mH M50-59 (84.0cm)	RDA	Team	(NN.n)	Pts
1	Tennyson James	58	Bedford & County AC	68.3	6
2	Paul Canning	50	Marshall Milton Keynes AC	68.3	5
3	David Brown	58	Biggleswade AC	79.5	4
4	David Stephenson	53	Fairlands Valley Spartans	92.2	3
5					2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	88.7
-	x	85.1
-	x	76.2
-	x	63.5

HT	Hammer M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	Gavin Fordham	37	Bedford & County AC	25.00	6
2	Michael Burling	58	Marshall Milton Keynes AC	22.80	5
3	Geoff Grinsted	49	Luton AC	22.46	4
4	James Shea	45	Bedford Harriers	16.79	3
5	Mark Glading	56	Fairlands Valley Spartans	16.43	2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	29.7
x	x	x	-
-	x	x	33.3
-	x	x	22.9
x	x	x	-

HT	Hammer M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	David Burrell	52	Luton AC	43.10	6
2	Jim Burke	60	Bedford & County AC	26.05	5
3	Jim Lawrence	59	Marshall Milton Keynes AC	21.35	4
4	Steve Mayfield	50	Fairlands Valley Spartans	19.13	3
5					2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	60.4
x	-	-
-	x	35.2
-	x	25.7

HT	Hammer M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Bunt Scott	65	Marshall Milton Keynes AC	34.08	6
2	Graeme Packman	61	Bedford & County AC	24.74	5
3	George Baxter	62	Bedford Harriers	15.90	4
4					3
5					2
6					1
7					0
8					0

Rec	AG %
-	62.3
-	41.0
-	27.0

SP	Shot M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	Gavin Fordham	37	Bedford & County AC	10.38	6
2	Geoff Grinsted	49	Luton AC	9.43	5
3	James Shea	45	Bedford Harriers	7.88	4
4	Mark Glading	56	Fairlands Valley Spartans	7.00	3
5	Michael Burling	58	Marshall Milton Keynes AC	6.79	2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	45.4
-	x	x	49.4
-	x	x	37.9
x	-	x	-
x	-	x	-

SP	Shot M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	Mark Featherstone	51	Marshall Milton Keynes AC	11.77	6
2	David Burrell	52	Luton AC	11.76	5
3	Jim Burke	60	Bedford & County AC	7.89	4
4	David Stephenson	53	Fairlands Valley Spartans	7.45	3
5	Mark Tinkler	58	Bedford Harriers	4.99	2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	59.6
-	x	60.8
x	-	-
-	x	39.3
-	x	29.4

SP	Shot M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Graeme Packman	61	Bedford & County AC	9.82	6
2	Bunt Scott	65	Marshall Milton Keynes AC	9.73	5
3	Charles Arnold	60	Biggleswade AC	6.64	4
4	George Baxter	62	Bedford Harriers	6.02	3
5	Mark Freeman	60	Fairlands Valley Spartans	4.17	2
6					1
7					0
8					0

Rec	AG %
-	55.5
-	61.9
-	36.5
-	35.0
-	22.9

LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Gary Smith	45	Bedford & County AC	5.40	6		-	x	x	71.1
2	Andre Sinclair-Linton	50	Marshall Milton Keynes AC	5.04	5		x	-	x	70.7
3	Anton McCalla	39	Fairlands Valley Spartans	3.96	4		-	x	x	48.6
4	Ian Hammett	37	Bedford Harriers	3.55	3		-	x	x	42.6
5					2					
6					1					
7	Gavin Fordham	37	Bedford & County AC	5.71	0		-	x	x	68.5
8	Doug Yabsley		Marshall Milton Keynes AC	3.68	0		x	x	x	

LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
1	Steve Mayfield	50	Fairlands Valley Spartans	4.56	6		-	x	63.9
2	Mark Featherstone	51	Marshall Milton Keynes AC	4.53	5		-	x	64.3
3	Neil Lovesey	61	Bedford Harriers	3.62	4		x	-	59.2
4					3				
5					2				
6					1				
7					0				
8							x	x	-

PV	Pole Vault M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
1	Gavin Fordham	37	Bedford & County AC	3.80	6	-	x	x	65.9
2	David Stephenson	53	Fairlands Valley Spartans	2.10	5	x	-	x	45.2
3					4				
4					3				
5					2				
6					1				
7					0				
8	Robert Kingman	43	Bedford & County AC	4.12	NS	-	x	x	77.0

PV	Pole Vault M50-59	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %
1	Tennyson James	58	Bedford & County AC	2.10	6	-	x	48.9
2	Steve Mayfield	50	Fairlands Valley Spartans	2.10	5	-	x	43.2
3					4			
4					3			
5					2			
6					1			
7					0			
8					0			

PV	Pole Vault M60+	RDA	Team	(N.nn)	Pts	Rec	AG %
1	Ivars Licietis	60	Marshall Milton Keynes AC	1.90	6	-	45.7
2	Charles Arnold	60	Biggleswade AC	1.70	5	-	40.9
3	Neil Lovesey	61	Bedford Harriers	1.30	4	-	31.8
4					3		
5					2		
6					1		
7					0		
8					0		

MedR	Relay 4x4 M35-49	RDA	Team	(N:NN.n)	Pts	Rec
1			Bedford & County AC	04:06.7	6	-
2			Marshall Milton Keynes AC	04:08.0	5	-
3			Bedford Harriers	04:35.3	4	-
4			Fairlands Valley Spartans	04:49.8	3	-
5					2	
6					1	
7					0	
8					0	

MedR	Relay 4x4 M50+	RDA	Team	(N:NN.n)	Pts	Rec
1			Bedford Harriers	04:56.8	6	-
2			Marshall Milton Keynes AC	04:59.3	5	-
3					4	
4					3	
5					2	
6					1	
7					0	
8					0	

EVAC Track & Field League -		SW Division - Match 3		Teams = 6		
Milton Keynes		Wed	06/07/2016		Overall	
				Match Scores		
Pos	Women's Teams	Bib	Match Score		1, 2 & 3	Pos
2	Marshall Milton Keynes AC	A	94		296	2
5	Bedford & County AC	B	15		71	4
4	Luton AC	C	23		43	6
6	Biggleswade AC	D	11		63	5
3	Bedford Harriers	E	75		221	3
1	Fairlands Valley Spartans	F	109		306	1
7		0	0		0	7
7		0	0		0	7

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Zoe Palmer	35	Luton AC	31.5	6		-	x	x	67.7
2	Peta Wilson	47	Fairlands Valley Spartans	35.3	5		-	x	x	69.7
3	Victoria Shaw	38	Bedford Harriers	35.9	4		-	x	x	61.4
4	Lisa Yabsley	44	Marshall Milton Keynes AC	38.1	3		-	x	x	62.3
5					2					
6					1					
7					0					
8	Andrea Westcott	45	Fairlands Valley Spartans	36.8	NS		-	x	x	65.3

200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Monica Brown	51	Fairlands Valley Spartans	29.6	6		-	x	86.9
2	Janice Hardcastle	56	Marshall Milton Keynes AC	34.9	5		-	x	77.8
3	Jacinta Horne	51	Bedford Harriers	43.5	4		-	x	59.2
4					3				
5					2				
6					1				
7					0				
8					0				

200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Carol Alker	61	Luton AC	33.9	6		-	84.3
2	Iris Hornsey	74	Fairlands Valley Spartans	43.8	5		-	73.7
3	Sheila Humphries	63	Bedford Harriers	46.7	4		-	62.4
4	Fi Han Bromilow	62	Marshall Milton Keynes AC	48.4	3		-	59.6
5					2			
6					1			
7					0			
8					0			

800m	800m W35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Kirstie Meeten	40	Bedford Harriers	02:35.2	6	-	x	x	75.1
2	Christine Lathwell	39	Fairlands Valley Spartans	02:36.3	5	-	x	x	73.8
3	Alana Slater	39	Marshall Milton Keynes AC	02:46.8	4	-	x	x	69.2
4	Fiona Wynde	42	Biggleswade AC	02:54.7	3	-	x	x	67.9
5					2				
6					1				
7					0				
8					0				

HT	Hammer W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Keely Grinsted	49	Luton AC	24.46	6
2	Diane Presswell	51	Marshall Milton Keynes AC	18.80	5
3	Stephanie Mayfield	42	Fairlands Valley Spartans	17.42	4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	55.6
x	-	x	-
-	x	x	31.2

HT	Hammer W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Brenda Russell	58	Bedford & County AC	27.50	6
2	Jeanette Lawrence	59	Marshall Milton Keynes AC	21.19	5
3	Sharon Crowley	57	Fairlands Valley Spartans	17.98	4
4	Sandra Ingham	58	Biggleswade AC	14.29	3
5					2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	52.2
-	x	41.1
-	x	33.4
-	x	27.1

HT	Hammer W60+ (3Kg)	RDA	Team	(NN.nn)	Pts
1	Catherine Craig	63	Fairlands Valley Spartans	12.58	6
2	Jacqueline Keenan	67	Bedford Harriers	4.24	5
3					4
4					3
5					2
6					1
7					0
8					0

Rec	AG %
-	26.7
-	9.9

SP	Shot W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Chripina Odunewu	41	Marshall Milton Keynes AC	8.44	6
2	Keely Grinsted	49	Luton AC	6.61	5
3	Anna Folland	46	Bedford Harriers	4.80	4
4	Andrea Westcott	45	Fairlands Valley Spartans	4.59	3
5					2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	44.7
-	x	x	42.7
-	x	x	28.7
-	x	x	26.7

SP	Shot W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Tessa Stephenson	55	Fairlands Valley Spartans	7.79	6
2	Sandra Ingham	58	Biggleswade AC	7.51	5
3	Janice Hardcastle	56	Marshall Milton Keynes AC	6.71	4
4	Brenda Russell	58	Bedford & County AC	6.41	3
5	Angela Kay	56	Bedford Harriers	5.61	2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	52.3
-	x	53.5
-	x	45.9
-	x	45.6
-	x	38.4

LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Stephanie Johnston	42	Marshall Milton Keynes AC	3.78	6		-	x	x	56.8
2	Tessa Stephenson	55	Fairlands Valley Spartans	3.38	5		x	-	x	60.7
3	Sacha Trude	47	Bedford Harriers	2.78	4		-	x	x	44.6
4					3					
5					2					
6					1					
7					0					
8	Andrea Westcott	45	Fairlands Valley Spartans	2.20	NS		-	x	x	34.4

LJ	Long Jump W50-59	RDA	Team	(N.nn)	Pts	Wind
1	Monica Brown	51	Fairlands Valley Spartans	4.38	6	
2	Lesley Byrne	53	Marshall Milton Keynes AC	3.61	5	
3	Carole Darnell	57	Bedford Harriers	2.39	4	
4					3	
5					2	
6					1	
7					0	
8					0	

Rec	Rec	AG %
-	x	74.2
-	x	62.9
-	x	44.3

LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind
1	Ursula Ghaleb	63	Marshall Milton Keynes AC	2.67	6	
2	Iris Hornsey	74	Fairlands Valley Spartans	2.52	5	
3	Sheila Humphries	63	Bedford Harriers	1.80	4	
4					3	
5					2	
6					1	
7					0	
8					0	

Rec	AG %
-	54.5
-	63.3
-	36.7

PV	Pole Vault W35-49	RDA	Team	(N.nn)	Pts
1	Stephanie Mayfield	42	Fairlands Valley Spartans	1.70	6
2					5
3=					4
3=					3
3=					2
6					1
7					0
8					0

Rec	Rec	Rec	AG %
-	x	x	40.5

PV	Pole Vault W50-59	RDA	Team	(N.nn)	Pts
1	Monica Brown	51	Fairlands Valley Spartans	1.30	6
2					5
3					4
4					3
5					2
6					1
7					0
8					0

Rec	Rec	AG %
-	x	36.4

MedR	Relay 4x4 W35-49	RDA	Team	(NN:NN.n)	Pts
1			Marshall Milton Keynes AC	05:18.8	6
2			Bedford Harriers	05:41.1	5
3			Fairlands Valley Spartans	05:58.2	4
4					3
5					2
6					1
7					0
8					0

Rec
-
-
-

MedR	Relay 4x4 W50+	RDA	Team	(NN:NN.n)	Pts
1			Fairlands Valley Spartans	05:32.1	6
2			Marshall Milton Keynes AC	05:39.8	5
3			Bedford Harriers	06:52.7	4
4					3
5					2
6					1
7					0
8					0

Rec
LR
LR
LR

EVAC Track & Field League -		NE Division - Match 3		Teams = 4	
King's Lynn		Wed	06/07/2016	Overall Match Scores	
Pos	Men's Teams	Bib	Match Score	1, 2 & 3	Pos
1	Ryston Runners AC	1	75	210	1
2	West Norfolk AC	3	52	159	2
3	Cambridge & Coleridge AC	2	23	100	3
4	W Suffolk/St Ed. Pacers/Waveney	4	0	0	4

EVAC Track & Field League -		NW Division - Match 2		Teams = 6	
Peterborough		Wed	18/05/2016	Overall Match Scores	
Pos	Men's Teams	Bib	Match Score	1 + 2	Pos
1	Nene Valley Harriers	3	98	201	1
3	Peterborough AC	2	88	194	2
4	Huntingdonshire AC	1	72.5	140.5	3
2	Corby AC	4	88.5	137.5	4
6	Wellingborough & District AC	5	28	77	5
5	Stamford Striders	6	48	73	6

EVAC Track & Field League -		SE Division - Match 3		Teams = 6	
Southend		Wed	06/07/2016	Overall Match Scores	
Pos	Men's Teams	Bib	Match Score	1, 2 & 3	Pos
1	Southend AC	1	118	311.5	1
2	Thurrock Harriers	4	85	267	2
3	Loughton AC	3	80	218	3
5	Chelmsford AC	2	35	158	4
4	Tendring/Ipswich Harriers	6	37	133.5	5
6	Fleet Street Runners	5	18	116	6

EVAC Track & Field League -		SW Division - Match 3		Teams = 6	
Milton Keynes		Wed	06/07/2016	Overall Match Scores	
Pos	Men's Teams	Bib	Match Score	1, 2 & 3	Pos
2	Bedford & County AC	2	91	316	1
1	Marshall Milton Keynes AC	1	100	276	2
3	Fairlands Valley Spartans	6	72	232	3
4	Bedford Harriers	5	71	213	4
5	Biggleswade AC	4	31	106	5
6	Luton AC	3	26	88	6

EVAC Track & Field League -		NE Division - Match 3		Teams = 4	
King's Lynn		Wed	06/07/2016	Overall Match Scores	
Pos	Women's Teams	Bib	Match Score	1, 2 & 3	Pos
1	Ryston Runners AC	A	82	200	1
2	Cambridge & Coleridge AC	B	33	131	2
4	W Suffolk/St Ed. Pacers/Waveney	D	19	100	3
3	West Norfolk AC	C	24	38	4

EVAC Track & Field League -		NW Division - Match 2		Teams = 6	
Peterborough		Wed	18/05/2016	Overall Match Scores	
Pos	Women's Teams	Bib	Match Score	1 + 2	Pos
2	Wellingborough & District AC	E	69	152	1
1	Peterborough AC	B	85	138	2
6	Huntingdonshire AC	A	19	86	3
3	Stamford Striders	F	50	71	4
4	Corby AC	D	45	66	5
5	Nene Valley Harriers	C	25	58	6

EVAC Track & Field League -		SE Division - Match 3		Teams = 6	
Southend		Wed	06/07/2016	Overall Match Scores	
Pos	Women's Teams	Bib	Match Score	1, 2 & 3	Pos
1	Loughton AC	C	102	294	1
2	Southend AC	A	94	274	2
3	Chelmsford AC	B	74	228	3
5	Tendring/Ipswich Harriers	F	22	118	4
4	Thurrock Harriers	D	24	65	5
6	Fleet Street Runners	E	0	18	6

EVAC Track & Field League -		SW Division - Match 3		Teams = 6	
Milton Keynes		Wed	06/07/2016	Overall Match Scores	
Pos	Women's Teams	Bib	Match Score	1, 2 & 3	Pos
1	Fairlands Valley Spartans	F	109	306	1
2	Marshall Milton Keynes AC	A	94	296	2
3	Bedford Harriers	E	75	221	3
5	Bedford & County AC	B	15	71	4
6	Biggleswade AC	D	11	63	5
4	Luton AC	C	23	43	6