

Event	Position	No.	Name	Club	Age group	Performance
EVAC CHAMPIONSHIPS						
SANDY 29th July 2012						
100m M						
	1	279	John Browne	Marshall Milton Keynes	M55	12.6
	1	525	James Tennyson	Bedford & County	M50	12.8
	1	396	Jesse Wilson	Corby AC	M40	13.0
	1	306	Des Wilkinson	Luton AC	M45	13.1
	2	617	Ty Holden	Barnet & District AC	M50	13.2
	3	597	Wilson Paterson	Corby AC	M50	13.4
	2	386	Paul Harrison	Ryston Runners	M45	13.5
	3	557	Steve Mayfield	Fairlands Valley Spartans	M45	13.7
	2	484	John Turner	Marshall Milton Keynes	M55	13.8
	4	397	Clifford Warren	Loughton AC	M50	13.8
	1	600	John Moore	Lincoln Wellington AC	M60	13.9
	2	395	Christopher Keech	Bedford & County	M60	14.0
	4	388	David Lane	Ryston Runners	M45	14.1
	5	342	David Newman	Garden City Runners	M50	16.1
	1	288	Donald Chambers	EVAC	M75	16.5
100m F						
	1	590	Monica Brown	Fairlands Valley Spartans	W45	14.1
	1	378	Alana Slater	Marshall Milton Keynes	W35	14.1
	2	624	Rosie Canham	Luton AC	W35	14.6
	1	589	Amanda Rochester	Barnet & District AC	W45	15.1
	3	625	Wendy Day	Lincoln Wellington AC	W35	15.5
	1	379	Jan Lawson	Marshall Milton Keynes	W55	16.0
200m M						
	1	525	James Tennyson	Bedford & County	M50	26.4
	2	617	Ty Holden	Barnet & District AC	M50	26.5
	1	279	John Browne	Marshall Milton Keynes	M55	26.5
	3	597	Wilson Paterson	Corby AC	M50	27.6
	1	277	Mark Gray	Grantham AC	M45	28
	2	484	John Turner	Marshall Milton Keynes	M55	28.6
	1	600	John Moore	Lincoln Wellington AC	M60	28.6
	2	395	Christopher Keech	Bedford & County	M60	28.7
	4	618	Stuart Robertson	Chelmsford AC	M50	29.6

	1	637	Dominic McCormack	Guest	#N/A	39.8
		338	Patrick Parmenter	EVAC	M80	57.7
200m F	1	378	Alana Slater	Marshall Milton Keynes	W35	28.8
	2	624	Rosie Canham	Luton AC	W35	29.3
	1	590	Monica Brown	Fairlands Valley Spartans	W45	29.6
	1	605	Carol Alker	Luton AC	W55	31.9
	3	625	Wendy Day	Lincoln Wellington AC	W35	32.2
400m M						
	1	390	Kevin McAlinden	Colchester Harriers	M45	58.2
	1	578	Matt Pyatt	Ryston Runners	M35	59.4
	1	500	Jonathan Metcalf	Thurrock Harriers	M50	60.0
	1	391	Ivars Licietis	Marshall Milton Keynes	M55	60.3
	1	528	Ian Reeve	WNAC	M60	61.8
	2	557	Steve Mayfield	Fairlands Valley Spartans	M45	63
	2	397	Clifford Warren	Loughton AC	M50	63.7
	2	600	John Moore	Lincoln Wellington AC	M60	64.9
	3	287	David Spencer	London Heathside	M60	65.7
	3	342	David Newman	Garden City Runners	M50	71.7
	1	383	John Garber	Herne Hill Harriers	M70	83.1
	2	456	Roger Duffield	Tiptree Road Runners	M70	103.1
	1	338	Patrick Parmenter	EVAC	M80	135.6
400mH M						
	1	635	Peter Benedickter	Bedford & County AC	M40	60.5
400m F						
	1	248	Helen Keyworth	Kettering Harriers	W45	67.7
	2	589	Amanda Rochester	Barnet & District AC	W45	69.4
	1	460	Katrina Wastenev	West Norfolk AC	W40	70.4

40mH F	1	248	Helen Keyworth	Kettering Harriers	W45	76.1
	1	460	Katrina Wastenev	West Norfolk AC	W40	78.4
	1	366	Lisa Richardson	Peterborough	W35	79.2
	1	489	Iris Hornsey	Fairlands Valley Spartans	W70	94.4
800m M	1	578	Matt Pyatt	Ryston Runners	M35	2:10.3
	1	390	Kevin McAlinden	Colchester Harriers	M45	2:13.3
		626	Jason Steel	Guest		2:14.4
	1	500	Jonathan Metcalf	Thurrock Harriers	M50	2:15.3
	1	391	Ivars Licietis	Marshall Milton Keynes	M55	2:28.4
	2	618	Stuart Robertson	Chelmsford AC	M50	2:28.6
	2	604	John Haines	Biggleswade AC	M55	2:34.8
	1	474	Peter Duhig	Royston Runners	M60	2:48.6
	3	476	Robert Land	Bedford & County	M50	2:59.5
	1	383	John Garber	Herne Hill Harriers	M70	3:01.8
		637	Dominic McCormack	Guest		3:08.6
	2	456	Roger Duffield	Tiptree Road Runners	M70	3:40.6
800m F	1	331	Julia Austin	Southern VETS	W45	2:42.8
	1	526	Diane Baldwin	Marshall Milton Keynes	W55	2:47.5
	1	382	Christine Feely	SNHAC	W50	2:49.9
	2	313	Heather Fallaize	Vale of Aylesbury	W50	3:05.2
	1	489	Iris Hornsey	Fairlands Valley Spartans	W70	3:33.8
1500m M	1	578	Matt Pyatt	Ryston Runners	M35	4:30.3
	1	387	Alan Turnbull	Bedford & County	M45	4:35.5
	1	492	Adrian Copp	Stropley Striders	M40	4:35.6
	1	393	Malcolm Down	Marshall Milton Keynes	M50	4:46.5
	1	278	David Butler	Billericay Striders	M55	4:48.4
	1	474	Peter Duhig	Royston Runners	M60	5:49.6
	2	371	Keith Brookes	Nene Valley Harriers	M60	5:49.7
	1	383	John Garber	Herne Hill Harriers	M70	6:44.5
1500m F	1	522	Maureen Mccarthy	West Suffolk AC	W50	5:30.35
	1	331	Julia Austin	Southern VETS	W45	5:31.4

	2	310	Christine Anthony	West Suffolk AC	W45	5:52.6
	3	357	Helen Grant	Cambridge & Colridge	W45	5:57.7
	1	394	Maria Calleia	Marshall Milton Keynes	W35	6:20.2
	1	313	Heather Fallaize	Vale of Aylesbury	W50	6:20.9
	2	299	Sharon Crowley	Fairlands Valley Spartans	W50	7:10.1
3000m M	1	387	Alan Turnbull	Bedford & County	M45	9:37.1
	1	505	Paul Dobson	Springfield Striders	M40	9:39.3
	1	278	David Butler	Billericay Striders	M55	9:45.1
	1	371	Keith Brookes	Nene Valley Harriers	M60	12:09.3
	1	456	Roger Duffield	Tiptree Road Runners	M70	15:23.3
3000m F	1	345	Louise Peters	Stropley Striders	W40	10:45.0
	1	357	Helen Grant	Cambridge & Colridge	W45	11:37.4
	2	310	Christine Anthony	West Suffolk AC	W45	11:50.2
	1	526	Diane Baldwin	Marshall Milton Keynes	W55	12:01.3
	1	394	Maria Calleia	Marshall Milton Keynes	W35	12:53.6
	1	639	Anne Martin	0	W75	15:47.1
2K Walk M	1	284	David Bowker	Fairlands Valley Spartans	M50	11:17.5
	1	245	John Taylor	Loughton AC	M55	11:50.4
	2	561	Paul Firmage	Ryston Runners	M55	13:48.9
2K Walk F	1	480	Helen Middleton	Bedford & County	W45	10:55.1
		465	Cath Duhig	Royston Runners	W55	11:32.8
	1	299	Sharon Crowley	Fairlands Valley Spartans	W50	14:18.3
80mH M	1	288	Donald Chambers	EVAC	M75	16.5
80mH F	1	356	Patricia Hill	Newark AC	W70	20.6
100mH M	1	525	James Tennyson	Bedford & County	M50	15.7
	1	528	Ian Reeve	WNAC	M60	16.5
100mH W						

	1	366	Lisa Richardson	Peterborough	W35	20.6
	2	543	Stephanie Mayfield	Fairlands Valley Spartans	V35	24.1
HJ F						
	1	317	Carole Filer	City of Norwich	W55	1.43
	1	603	Dawn Jones	Harlow AC	W40	1.40
	1	590	Monica Brown	Fairlands Valley Spartans	W45	1.35
	1	366	Lisa Richardson	Peterborough	W35	1.25
	2	445	Jo Isbill	Royston Runners	W45	1.20
HJ M						
	1	324	Julian Freeman	Corby AC	M40	1.60
	2	389	Alec Taylor	Cambridge & Colridge	M40	1.55
	1	411	Richard Phelan	Hunts AC	M50	1.50
	1	277	Mark Gray	Grantham AC	M45	1.45
	1	528	Ian Reeve	WNAC	M60	1.40
	2	388	David Lane	Ryston Runners	M45	1.30
	1	288	Donald Chambers	EVAC	M75	1.00
PV M						
	1	369	Simon Eastwood	Bedford & County	M45	3.40
	1	528	Ian Reeve	WNAC	M60	2.80
	2	277	Mark Gray	Grantham AC	M45	2.60
	1	411	Richard Phelan	Hunts AC	M50	2.20
	1	288	Donald Chambers	EVAC	M75	2.10
PV F						
	1	226	Tina Quinlivan	EVAC	W35	2.40
	2	418	Hayley Fox	Lincoln Wellington AC	W35	2.20
	1	445	Jo Isbill	Royston Runners	W45	2.20
DT F						
	1	236	Shirley Quinn	Chelmsford AC	W55	33.57
	1	593	Jacqueline Cherry	Radley AC	W35	30.07
	1	715	Wendy Dunsford	Epsom & Ewell	W50	23.71
	2	366	Lisa Richardson	Peterborough	W35	22.64
	1	322	Romana Martin	Cambridge & Colridge	W60	21.62
	1	223	Marlene Simmonds	Ryston Runners	W65	21.28

	1	356	Patricia Hill	Newark AC	W70	19.76
	1	445	Jo Isbill	Royston Runners	W45	17.50
	2	291	Sandra Ingham	Biggleswade AC	W45	17.09
	2	399	Anthea Bramford	Cambridge & Colridge	W60	15.54
	2	605	Carol Alker	Luton AC	W55	14.20
	3	375	Jeanette Lawrence	Marshall Milton Keynes	W55	13.71
DT M	1	564	David Bauer	Harlow AC	M45	39.25
	1	400	Philip Bramford	Cambridge & Colridge	M60	33.65
	1	704	Godfrey Leak	Stevenage & North Herts	M65	32.92
	1	484	John Turner	Marshall Milton Keynes	M55	32.85
	1	201	Michael Williams	Chelmsford AC	M50	32.64
	2	215	Dave Faulkner	Loughton AC	M60	31.92
	2	304	Robert Burton	EVAC	M65	30.24
	1	478	Ian Miller	Herts Phoenix	M75	29.1
	1	523	Mark Robertson	Marshall Milton Keynes	V35	29.01
	2	318	Jim Burke	EVAC	M55	26.73
	1	263	Andrew Keyworth	Kettering Harriers	M40	26.29
	2	293	Brian Sumner	Tamworth AC	M75	25.87
	2	242	Mike Burling	Marshall Milton Keynes	M50	24.57
	2	388	David Lane	Ryston Runners	M45	19.96
	3	374	Jim Lawrence	Marshall Milton Keynes	M55	18.41
	3	351	John Tyrrell	Fairlands Valley Spartans	M75	18.32
HT M	1	586	Rob Earl	Colchester Harriers	M50	56.69
	1	523	Mark Robertson	Marshall Milton Keynes	V35	46.03
	1	380	Robert Ellingham	Hunts AC	M40	37.79
	2	201	Michael Williams	Chelmsford AC	M50	33.08
	1	564	David Bauer	Harlow AC	M45	32.6
	1	478	Ian Miller	Herts Phoenix	M75	31.77
	3	242	Mike Burling	Marshall Milton Keynes	M50	28.99
	1	293	Brian Sumner	Tamworth AC	M75	28.72
	1	318	Jim Burke	EVAC	M55	24.46
	1	534	Jaroslav Hanus	EVAC	M80	21.58
	2	374	Jim Lawrence	Marshall Milton Keynes	M55	18.23
	2	351	John Tyrrell	Fairlands Valley Spartans	M75	11.32

HT F	1	236	Shirley Quinn	Chelmsford AC	W55	34.76
	1	715	Wendy Dunsford	Epsom & Ewell	W50	30.11
	1	322	Romana Martin	Cambridge & Colridge	W60	27.82
	2	399	Anthea Bramford	Cambridge & Colridge	W60	26.29
	2	375	Jeanette Lawrence	Marshall Milton Keynes	W55	22.88
	1	543	Stephanie Mayfield	Fairlands Valley Spartans	V35	16.51
	1	291	Sandra Ingham	Biggleswade AC	W45	13.40
	JT M	1	523	Mark Robertson	Marshall Milton Keynes	V35
1		389	Alec Taylor	Cambridge & Colridge	M40	34.59
1		400	Philip Bramford	Cambridge & Colridge	M60	31.10
1		557	Steve Mayfield	Fairlands Valley Spartans	M45	28.11
2		263	Andrew Keyworth	Kettering Harriers	M40	27.06
1		318	Jim Burke	EVAC	M55	23.82
1		242	Mike Burling	Marshall Milton Keynes	M50	22.01
1		304	Robert Burton	EVAC	M65	19.36
2		374	Jim Lawrence	Marshall Milton Keynes	M55	17.00
1		351	John Tyrrell	Fairlands Valley Spartans	M75	16.57
JT F	1	291	Sandra Ingham	Biggleswade AC	W45	22.23
	1	236	Shirley Quinn	Chelmsford AC	W55	14.56
	1	399	Anthea Bramford	Cambridge & Colridge	W60	9.71
SP M	1	586	Rob Earl	Colchester Harriers	M50	13.42
	1	564	David Bauer	Harlow AC	M45	10.38
	1	478	Ian Miller	Herts Phoenix	M75	9.80
	1	523	Mark Robertson	Marshall Milton Keynes	V35	9.73
	2	201	Michael Williams	Chelmsford AC	M50	9.63
	3	617	Ty Holden	Barnet & District AC	M50	8.97
	2	288	Donald Chambers	EVAC	M75	8.73
	1	400	Philip Bramford	Cambridge & Colridge	M60	8.71
	3	293	Brian Sumner	Tamworth AC	M75	8.35

	1	263	Andrew Keyworth	Kettering Harriers	M40	8.23
	1	304	Robert Burton	EVAC	M65	8.14
	1	318	Jim Burke	EVAC	M55	7.86
	4	242	Mike Burling	Marshall Milton Keynes	M50	7.54
	1	534	Jaroslav Hanus	EVAC	M80	6.93
	2	374	Jim Lawrence	Marshall Milton Keynes	M55	6.12
	4	351	John Tyrrell	Fairlands Valley Spartans	M75	5.97
SP F						
	1	506	Wendy Dunsford	Epsom & Ewell	W50	8.72
	1	366	Lisa Richardson	Peterborough	W35	8.33
	1	322	Romana Martin	Cambridge & Colridge	W60	8.27
	1	236	Shirley Quinn	Chelmsford AC	W55	7.89
	2	559	Tessa Stephenson	Fairlands Valley Spartans	V50	7.53
	1	291	Sandra Ingham	Biggleswade AC	W45	6.76
	1	356	Patricia Hill	Newark AC	W70	6.69
	2	399	Anthea Bramford	Cambridge & Colridge	W60	6.19
	3	382	Christine Feely	SNHAC	W50	5.32
LJ M						
	1	386	Paul Harrison	Ryston Runners	M45	5.04
	1	411	Richard Phelan	Hunts AC	M50	5.02
	1	389	Alec Taylor	Cambridge & Colridge	M40	5.02
	2	397	Clifford Warren	Loughton AC	M50	4.88
	1	528	Ian Reeve	WNAC	M60	4.78
	2	388	David Lane	Ryston Runners	M45	4.77
	3	557	Steve Mayfield	Fairlands Valley Spartans	M45	4.42
	2	290	Comie Campbell	Biggleswade AC	M40	4.33
	1	288	Donald Chambers	EVAC	M75	3.63
LJ F						
	1	317	Carole Filer	City of Norwich	W55	4.71
	1	590	Monica Brown	Fairlands Valley Spartans	W45	4.55
	1	366	Lisa Richardson	Peterborough	W35	4.23
	1	385	Claire St John-Coleman	Chelmsford AC	W50	4.15
	1	223	Marlene Simmonds	Ryston Runners	W65	3.45

TJ M

1	386	Paul Harrison	Ryston Runners	M45	10.12
1	411	Richard Phelan	Hunts AC	M50	10.06
1	389	Alec Taylor	Cambridge & Colridge	M40	9.92
2	397	Clifford Warren	Loughton AC	M50	9.88
2	388	David Lane	Ryston Runners	M45	8.91
2	290	Comie Campbell	Biggleswade AC	M40	9.03
1	288	Donald Chambers	EVAC	M75	7.70

TJ F

1	603	Dawn Jones	Harlow AC	W40	10.02
1	366	Lisa Richardson	Peterborough	W35	9.05
1	445	Jo Isbill	Royston Runners	W45	7.94
1	223	Marlene Simmonds	Ryston Runners	W65	7.88
1	385	Claire St John-Coleman	Chelmsford AC	W50	6.99
1	356	Patricia Hill	Newark AC	W70	6.37