

**Eastern Veterans Athletics Club**  
**Track & Field Championships**  
**Lynnsport, King's Lynn**  
**Sunday 31<sup>st</sup> July 2011**

**Men's Results**

**M35**

100: M Collins (EVAC) 11.8  
SP: 1 S Thurgood (Luton) 12.44; 2 M Collins 8.98  
HT: S Thurgood 57.02

**M40**

100: 1 D Nichols (EVAC) 12.5; 2 N Lauder (VAC) 12.9  
200: 1 D Nichols 25.3; 2 N Lauder 26.1  
400: 1 P Benedickter (Beds) 54.0; 2 N. Martin (Thorney) 57.2; 3 N Lauder 64.0  
800: K White (Camb&Col) 2.10.7  
1500: K White 4.42.1  
110H: W Gadd (E. Grinstead) 17.3  
400H: P Benedickter 59.5  
HJ: W Gadd 1.71  
LJ: W Gadd 5.68  
TJ: W Gadd 10.08  
SP: W Gadd 9.76

**M45**

100: 1 P Canning (Milton Keynes) 12.5; 2 Ty Holden (Barnett) 13.3; 3 David Lane (Ryston) 13.7  
200: 1 P Canning 24.7; 2 K Maclinden (EVAC) 26.0; 3 Ty Holden 26.2; 4 S Mayfield (Fairlands) 27.5;  
5 D Lane 28.6  
400: 1 I Croft (EVAC) 56.9; 2 K Maclinden 60.1; 3 C Warren (Loughton) 62.6  
800: 1 M Tuff (Ryston) 2.11.6; 2 S Mayfield 2.27.4; 3 C Warren 2.29.6  
1500: M Tuff 4.41.7  
HJ: D Lane 1.35  
LJ: 1 D Lane 4.71; S Mayfield 4.34  
TJ: 1 P Canning 10.23; 2 C Warren 10.12; 3 D Lane 9.28; 4 S Mayfield 8.75  
SP: 1 D Burrell (Luton) 11.71; 2 D Bauer (Harlow) 10.09  
DT: 1 D Bauer 37.69; 2 D Burrell 34.77; 3 S Mayfield 19.39  
HT: 1 S White (Thames Valley) 53.76; 2 D Burrell 44.48; 3 D Bauer 29.86  
JT: D Burrell 39.10

**M50**

100: 1 R Huskinson (NVH) 12.4; 2 N Wragg (Cleethorpes) 12.5; 3 J Courtney (Camb&Col) 12.5;  
4 W Paterson (Corby) 13.1; 5 J Lawrence (Milton Keynes) 14.2  
200: 1 R Huskinson 24.8; 2 N Wragg 25.9; 3 J Courtney 26.2; 4 W Paterson 27.3; 5 J Lawrence 42.4  
400: 1 R Huskinson 59.4; 2 W Paterson 61.2; 3 G Slater (Norwich) 61.7; 4 J Courtney 62.0  
800: D Darnell (Hunts) 2.30.3  
5000: P Jeggo (Springfield) 19.55.4  
100H: J Mayor (Stevenage) 16.1  
400H: J Mayor 66.3

HJ: 1 J Mayor 1.60; 2 R Huskinson 1.50  
PV: 1 G Slater 2.30; 2 D Darnell (Hunts) 1.90  
LJ: 1 J Mayor 5.42; 2 R Huskinson 5.37; J Courtney 4.56  
SP: 1 J Painter (Norwich) 11.65; 2 J Mayor 10.37; M Burling (Milton Keynes) 7.60  
DT: 1 J Painter 37.69; 2 J Mayor 32.45; 3 M Burling 22.45  
HT: 1 M Burling 29.99; 2 G Slater 24.06

### **M55**

100: 1 J Turner (Milton Keynes) 13.7; 2 Mike O'Reilly (VAC) 13.7  
200: J Turner 27.6  
1500: 1 D Butler (Billericay) 4.43.1; P Firmage (Ryston) 4.58.1  
5000: 1 D Butler 17.00.0; 2 E Dorling (Thorney) 19.20.4  
3000w: P Firmage 20.05.7  
SP: J Burke (EVAC) 7.69  
DT: 1 J Turner 30.19; T Needham ( Nene) 26.96; 3 J Burke 25.9  
HT: 1 M Fenton (Ipswich) 47.13; 2 J Burke 24.32  
JT: J Burke 22.09

### **M60**

100: J Moore (Lincoln) 13.6  
200: J Moore 26.9  
400: J Moore 64.9  
SP: A Richards (Croydon) 11.19  
DT: 1 A Richards 35.91; 2 R Richards (Bedford) 30.52  
HT: A Richards 31.32  
JT: A Richards 34.26; R Richards 33.39

### **M65**

800: J Garber (Herne Hill) 2.49.1  
1500: J Garber 4.51.6  
3000w: P Howard (Camb&Col) 20.30.8  
SP: F Martin (Cambs&Col) 7.92  
DT: G Leak (Cambs&Col) 28.94  
HT: F Martin 23.02

### **M70**

400: R Duffield (Tipree) 98.5  
800: R Duffield 3.45.5

### **M75**

80H: C Shafto (York) 17.4  
HJ: C Shafto 1.25  
LJ: C Shafto 3.43  
SP: B Sumner (Tamworth) 8.68  
DT: B Sumner 30.21  
HT: B Sumner 31.38

### **M80**

400: P Parmenter (EVAC) 2.07.0  
800: P Parmenter 4.50.7

## Women's Results

### W35

200: R Canham ( Luton) 30.5  
400: 1 R Canham 67.4; 2 K Wastenev (WNAC) 69.5  
800: R Canham 2.33.4  
400H: K Wastenev 78.6  
LJ: L Gillard (Braintree) 4.72  
DT: A Jenkins (Nene Valley) 38.35  
HT: A Jenkins 50.84

### W40

100: M Brown (Norwich) 13.6  
DT: L Brown (Norwich) 22.61  
JT: L Brown 21.38

### W45

100: 1 M Brown (Fairlands) 13.8; 2 Y Holmes (Ipswich) 14.7; 3 A Rochester (Barnet) 14.7  
200: 1 M Brown 29.5; 2 A Rochester 29.9; 3 Y Holmes 30.4  
400: 1 A Rochester 68.1; 2 Y Holmes 69.2  
3000w: 1 G Loughlin (Norwich) 19.44.7; 2 S Smith (Ryston) 23.15.9  
5000: H Grant (Camb&Col) 20.54.9  
HJ: M Brown 1.30  
PV: J Isbill (Ryston) 2.50  
LJ: M Brown 4.02  
DT: 1 J Isbill 17.33; 2 Kay Gibson (Peterborough) 16.79  
HT: 1 K Gibson 19.91; 2 J Isbill 15.53

### W50

100: 1 J Jagger (Grantham) 15.6; 2 C St. John-Coleman (Chelmsford) 15.7  
300H: J Jagger 59.7  
LJ: C St. John-Coleman 3.44  
TJ: J Jagger 8.26  
SP: 1 W Dunsford (Epsom & Ewell) 9.69; 2 J Jagger 9.38  
DT: 1 W Dunsford 25.49; 2 J Jagger 24.11  
HT: 1 W Dunsford 30.96; 2 J Jagger 28.05  
JT: 1 J Jagger 27.10; 2 W Dunsford 11.82

### W55

100: Y Newton (Norwich) 16.3  
200: R Durant (Coltishall) 44.8  
400: R Durant 98.5  
1500: 1 R Durant 7.12.9; 2 G Hart (Ryston) 7.15.6  
3000w: C Duhig (Ryston) 17.52.1  
5000: G Hart 26.53.9  
LJ: Y Newton 3.30  
SP: S Quinn (Chelmsford) 9.14  
DT: S Quinn 30.08  
HT: S Quinn 34.79

**W60**

3000walk: S Barnett (Camb&Col) 18.47.4

SP: R Martin (Cambs&Col) 8.98

DT: R Martin 28.07

**W65**

400: I Hornsey (Fairlands) 93.3

1500: I Hornsey 7.14.7

**W70**

80H: P Hill (Newark) 19.8

200H: P Hill 46.6

TJ: P Hill 6.43

DT: P Hill 18.85

**W75**

1500: A Martin (Wymondham) 7.48.7

SP: A Martin 8.11

HT: A Martin 22.87

John Painter (Entries Secretary)