

Insert non scoring results at the bottom							
EMAC Track & Field League			Final		Teams = 8		
Milton Keynes			Sun	23 September 2018		Overall Match Scores	
Women	O/A	Pos	Men's Teams	Bib	Final Points	Final	Pos
227.0	436.5	3	Ryston Runners AC	1	209.5	209.5	3
158.5	374	2	Nene Valley Harriers	2	215.5	215.5	2
255.0	532.5	1	Marshall Milton Keynes AC	3	277.5	277.5	1
x	x	5	Bedford & County AC	4	192.5	192.5	5
96.0	294.5	4	Southend AC	5	198.5	198.5	4
x	x	7	Chelmsford/Springfield	6	85	85	7
x	x	6	West Norfolk AC	7	130.5	130.5	6
x	x	8	Corby AC	8	0	0	8

RDA = Race Day Age

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

Single numbers only

1003	100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
3	1	Panos Ioannou	37	Marshall Milton Keynes AC		11.9	8	-	x	x	84.3
2	2	Julian Smith	49	Nene Valley Harriers		12.0	7	-	x	x	90.9
6	3	Amr Ziko	40	Chelmsford/Springfield		12.2	6	-	x	x	84.1
4	4	David Olusanya	45	Bedford & County AC		12.4	5	-	x	x	85.6
5	5	Clive Farrow	48	Southend AC		12.6	4	-	x	x	86.0
1	6	Matthew Hitchcock	36	Ryston Runners AC		13.8	3	-	x	x	72.2
7	7	Lee Tunmore	45	West Norfolk AC		14.0	2	-	x	x	75.8
	8						1				
1005	100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	
3	1	Paul Canning	52	Marshall Milton Keynes AC		12.6	8	-	x		88.3
2	2	Ricardo Huskisson	58	Nene Valley Harriers		12.7	7	-	x		91.0
1	3	Paul Harrison	51	Ryston Runners AC		13.0	6	-	x		85.0
5	4	Keith Palmer	53	Southend AC		13.8	5	-	x		81.1
4	5	Peter Webster	50	Bedford & County AC		14.1	4	-	x		77.9
7	6	Robert Vincent	52	West Norfolk AC		14.4	3	-	x		77.2
	7						2				
	8						1				
1006	100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %		
3	1	John Browne	65	Marshall Milton Keynes AC		13.1	8	-		92.1	
4	2	Tennyson James	60	Bedford & County AC		13.4	7	-		87.3	
7	3	John Moore	68	West Norfolk AC		15.5	6	-		79.2	
1	4	Chris Chapman	61	Ryston Runners AC		16.2	5	-		72.7	
2	5	John Spriggs	66	Nene Valley Harriers		16.5	4	-		73.5	
5	6	Peter Binns	71	Southend AC		20.6	3	-		61.0	
	7						2				
	8						1				
2003	200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	1	Daniel Yellop	38	Ryston Runners AC		24.4	8	-	x	x	84.0
3	2	Panos Ioannou	37	Marshall Milton Keynes AC		24.5	7	-	x	x	83.1
2	3	Julian Smith	49	Nene Valley Harriers		24.8	6	-	x	x	89.7
6	4	Amr Ziko	40	Chelmsford/Springfield		24.9	5	-	x	x	83.7
4	5	David Olusanya	45	Bedford & County AC		25.2	4	-	x	x	85.8
5	6	Clive Farrow	48	Southend AC		26.1	3	-	x	x	84.6
7	7	Lee Tunmore	45	West Norfolk AC		28.9	2	-	x	x	74.8
	8						1				
2005	200m	200m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	
2	1	Ricardo Huskisson	58	Nene Valley Harriers		25.1	8	-	x		94.3
3	2	Paul Canning	52	Marshall Milton Keynes AC		25.5	7	-	x		89.1
1	3	Paul Harrison	51	Ryston Runners AC		27.6	6	-	x		81.8
4	4	Peter Webster	50	Bedford & County AC		27.8	5	-	x		80.6
5	5	Keith Palmer	53	Southend AC		29.6	4	-	x		77.3
7	6	Robert Vincent	52	West Norfolk AC		30.4	3	-	x		74.8
	7						2				
	8						1				
2006	200m	200m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %		
3	1	John Browne	65	Marshall Milton Keynes AC		27.1	8	-		91.5	
4	2	Tennyson James	60	Bedford & County AC		27.4	7	-		87.6	
7	3	John Moore	68	West Norfolk AC		32.0	6	-		79.3	
2	4	John Spriggs	66	Nene Valley Harriers		36.0	5	-		69.4	
5	5	Peter Binns	71	Southend AC		36.0	4	-		72.8	
1	6	Martin Simmonds	77	Ryston Runners AC		38.1	3	-		75.7	
	7						2				
	8						1				

4003	400m	400m M35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %
2	1	David Brown	40	Nene Valley Harriers	52.3	8	-	x	x	88.3
1	2	Mac Tuncer	37	Ryston Runners AC	54.1	7	-	x	x	83.5
5	3	Graham Eastty	38	Southend AC	56.5	6	-	x	x	80.5
3	4	Jeremy Vick	40	Marshall Milton Keynes AC	59.1	5	-	x	x	78.1
7	5	Lee Tunmore	45	West Norfolk AC	63.6	4	-	x	x	75.2
6	6	Philip Watts	48	Chelmsford/Springfield	64.5	3	-	x	x	75.7
	7					2				
	8					1				
4005	400m	400m M50-59	RDA	Team	(NN.n)	Pts	Rec	Rec	AG %	
3	1	Paul Canning	52	Marshall Milton Keynes AC	61.1	8	-	x	82.1	
4	2	Peter Webster	50	Bedford & County AC	62.5	7	-	x	79.2	
2	3	Andrew Robson	52	Nene Valley Harriers	63.5	6	-	x	79.0	
1	4	Anthony Savage	57	Ryston Runners AC	73.7	5	-	x	70.4	
5	5	Mathew Gillard	50	Southend AC	77.7	4	-	x	63.7	
	6					3				
	7					2				
	8					1				
8003	800m	800m M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
5	1	Lee Taylor	43	Southend AC	02:07.9	8	-	x	x	85.5
2	2	Sean Reidy	37	Nene Valley Harriers	02:08.5	7	-	x	x	80.4
3	3	Andrew Kirschner	37	Marshall Milton Keynes AC	02:11.0	6	-	x	x	78.9
7	4	Benjamin Collison	36	West Norfolk AC	02:28.4	5	-	x	x	69.0
1	5	Matthew Hitchcock	36	Ryston Runners AC	02:35.3	4	-	x	x	65.9
4	6	Andy Cohen-Wray	41	Bedford & County AC	02:35.9	3	-	x	x	68.8
6	7	Philip Watts	48	Chelmsford/Springfield	02:37.5	2	-	x	x	72.6
	8					1				
8005	800m	800m M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %	
3	1	Stephen Herring	50	Marshall Milton Keynes AC	02:16.7	8	-	x	85.1	
5	2	Simon Le Mare	56	Southend AC	02:22.2	7	-	x	86.0	
2	3	Andrew Robson	52	Nene Valley Harriers	02:26.0	6	-	x	81.0	
4	4	Lance Croft	52	Bedford & County AC	02:30.1	5	-	x	78.8	
1	5	Anthony Savage	57	Ryston Runners AC	02:39.2	4	-	x	77.4	
	6					3				
	7					2				
	8					1				
8006	800m	800m M60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %		
3	1	Brian Slaughter	61	Marshall Milton Keynes AC	02:31.6	8	-	83.9		
6	2	David Butler	65	Chelmsford/Springfield	02:39.2	7	-	82.4		
4	3	Paul Wilkerson	63	Bedford & County AC	03:02.0	6	-	71.0		
5	4	Peter Binns	71	Southend AC	03:06.1	5	-	75.6		
1	5	Chris Chapman	61	Ryston Runners AC	03:12.7	4	-	66.0		
	6					3				
	7					2				
	8					1				
15003	1500m	1500m M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
5	1	Mark Waine	48	Southend AC	04:35.2	8	-	x	x	84.1
3	2	Christopher Finister	45	Marshall Milton Keynes AC	04:36.9	7	-	x	x	81.7
2	3	James Macdonald	36	Nene Valley Harriers	04:50.6	6	-	x	x	72.8
7	4	Benjamin Collison	36	West Norfolk AC	05:11.6	5	-	x	x	67.9
4	5	Andy Cohen-Wray	41	Bedford & County AC	05:18.8	4	-	x	x	68.8
1	6	Jamie Bransgrove	40	Ryston Runners AC	05:23.3	3	-	x	x	67.4
	7					2				
	8					1				
15005	1500m	1500m M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %	
3	1	Stephen Herring	50	Marshall Milton Keynes AC	04:46.3	8	-	x	82.2	
5	2	Simon Le Mare	56	Southend AC	05:02.9	7	-	x	81.6	
1	3	Anthony Savage	57	Ryston Runners AC	05:27.5	6	-	x	76.1	
2	4	Barry Warne	57	Nene Valley Harriers	05:51.8	5	-	x	70.9	
	5					4				
	6					3				
	7					2				
	8					1				
30003	3000m	3000m M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
3	1	Peter Mackrell	36	Marshall Milton Keynes AC	09:36.0	8	-	x	x	78.5
5	2	Lee Taylor	43	Southend AC	09:44.4	7	-	x	x	81.5
2	3	Jeff Lucas	42	Nene Valley Harriers	10:30.3	6	-	x	x	75.0
7	4	Neil Watson	46	West Norfolk AC	11:12.9	5	-	x	x	72.4
1	5	Jamie Bransgrove	40	Ryston Runners AC	12:00.0	4	-	x	x	64.7
4	6	Andy Cohen-Wray	41	Bedford & County AC	12:14.6	3	-	x	x	63.9
	7					2				
	8					1				

30005	3000m	3000m M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %	
3	1	Stephen Herring	50	Marshall Milton Keynes AC	10:11.1	8	-	x	82.3	
5	2	Simon Le Mare	56	Southend AC	10:38.8	7	-	x	82.7	
2	3	Sean Beard	52	Nene Valley Harriers	10:46.1	6	-	x	79.1	
1	4	Anthony Savage	57	Ryston Runners AC	12:19.1	5	-	x	72.1	
	5					4				
	6					3				
	7					2				
	8					1				
30006	3000m	3000m M60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %		
6	1	David Butler	65	Chelmsford/Springfield	10:46.6	8	-	88.5		
3	2	Stewart Fraser	60	Marshall Milton Keynes AC	12:15.8	7	-	74.3		
4	3	Paul Wilkerson	63	Bedford & County AC	12:24.5	6	-	75.5		
5	4	Peter Binns	71	Southend AC	13:34.6	5	-	74.7		
1	5	Paul Firmage	63	Ryston Runners AC	15:24.3	4	-	60.8		
	6					3				
	7					2				
	8					1				
2KWA	2000mW	2Km Walk 'A'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	
3	1	Jason Carvalho	40	Marshall Milton Keynes AC	12:29.9	8	-	x	x	
2	2	James Macdonald	36	Nene Valley Harriers	12:39.5	7	-	x	x	
5	3	Keith Palmer	53	Southend AC	13:05.9	6	x	-	x	
1	4	Paul Firmage	63	Ryston Runners AC	14:04.9	5	x	x	-	
7	5	Benjamin Collison	36	West Norfolk AC	16:26.1	4	-	x	x	
	6					3				
	7					2				
	8					1				
2KWB	2000mW	2Km Walk 'B'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	
5	1	John Brock	68	Southend AC	14:21.8	8	x	x	-	
1	2	Ian Hogarth	39	Ryston Runners AC	14:22.7	7	-	x	x	
7	3	Neil Watson	46	West Norfolk AC	16:29.1	6	-	x	x	
3	4	Paul Sutherland	51	Marshall Milton Keynes AC	16:44.6	5	x	-	x	
	5					4				
	6					3				
	7					2				
2	8	Barry Warne	57	NVH [230.7(a)]		DQ				
400H3	LH	400mH M35-49 (91.4cm)	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %
2	1	Sean Reidy	37	Nene Valley Harriers	62.8	8	-	x	x	78.9
1	2	Andrew Simmonds	37	Ryston Runners AC	65.8	7	-	x	x	75.3
5	3	Toby Sullivan	45	Southend AC	68.6	6	-	x	x	78.2
7	4	Neil Watson	46	West Norfolk AC	72.6	5	-	x	x	74.6
3	5	Jeremy Vick	40	Marshall Milton Keynes AC	74.1	4	-	x	x	68.9
4	6	Andy Cohen-Wray	41	Bedford & County AC	75.5	3	-	x	x	68.3
	7					2				
	8					1				
400H5	LH	400mH M50-59 (84.0cm)	RDA	Team	(NN.n)	Pts	Rec	Rec	AG %	
3	1	Paul Canning	52	Marshall Milton Keynes AC	69.5	8	-	x	84.0	
4	2	Tennyson James	60	Bedford & County AC	79.1	7	x	-	-	
5	3	John Brock	68	Southend AC	137.0	6	x	-	-	
	4					5				
	5					4				
	6					3				
	7					2				
	8					1				
HT3	HT	Hammer M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
3	1	Mark Roberson	43	Marshall Milton Keynes AC	44.60	8	-	x	x	58.6
2	2	Simon Achurch	43	Nene Valley Harriers	42.79	7	-	x	x	56.3
1	3	Andrew Simmonds	37	Ryston Runners AC	30.55	6	-	x	x	36.3
4	4	Gavin Fordham	39	Bedford & County AC	22.55	5	-	x	x	27.6
7	5	Allan Williams	43	West Norfolk AC	20.96	4	-	x	x	27.6
5	6	Gary Cheek	47	Southend AC	15.55	3	-	x	x	22.1
	7					2				
	8					1				
HT5	HT	Hammer M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %	
6	1	David Bauer	52	Chelmsford/Springfield	37.52	8	-	x	52.6	
2	2	Timothy Needham	66	Nene Valley Harriers	24.58	7	x	-	-	
3	3	Mark Featherstone	53	Marshall Milton Keynes AC	22.23	6	-	x	31.8	
4	4	Simon Eastwood	53	Bedford & County AC	22.04	5	-	x	31.6	
7	5	Geoff Powley	56	West Norfolk AC	22.02	4	-	x	33.8	
1	6	David Lane	53	Ryston Runners AC	15.26	3	-	x	21.9	
5	7	Angus Aldridge	55	Southend AC	13.54	2	-	x	20.3	
	8					1				

HT6	HT	Hammer M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %		
3	1	Bunt Scott	67	Marshall Milton Keynes AC	33.57	8	-	64.7		
1	2	Paul Oakes	65	Ryston Runners AC	30.99	7	-	56.6		
6	3	Geoff Tyler	69	Chelmsford/Springfield	29.41	6	-	59.9		
2	4	John Blackwell	67	Nene Valley Harriers	25.96	5	-	50.0		
4	5	Graeme Packman	63	Bedford & County AC	23.68	4	-	41.2		
5	6	John Clark	75	Southend AC	16.99	3	-	-		
	7					2				
	8					1				
SP3	SP	Shot M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
2	1	Simon Achurch	43	Nene Valley Harriers	11.29	8	-	x	x	52.6
4	2	Gavin Fordham	39	Bedford & County AC	9.84	7	-	x	x	43.5
1	3	Daniel Yellop	38	Ryston Runners AC	9.51	6	-	x	x	41.8
3	4	Mark Roberson	43	Marshall Milton Keynes AC	9.15	5	-	x	x	42.6
7	5	Allan Williams	43	West Norfolk AC	8.88	4	-	x	x	41.4
5	6	Gary Cheek	47	Southend AC	6.90	3	-	x	x	34.6
	7					2				
	8					1				
SP5	SP	Shot M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %	
6	1	David Bauer	52	Chelmsford/Springfield	11.10	8	-	x	57.3	
3	2	Mark Featherstone	53	Marshall Milton Keynes AC	11.04	7	-	x	58.2	
7	3	Geoff Powley	56	West Norfolk AC	8.79	6	-	x	49.5	
4	4	Simon Eastwood	53	Bedford & County AC	8.06	5	-	x	42.5	
5	5	Angus Aldridge	55	Southend AC	7.60	4	-	x	41.9	
2	6	Kevin Bates	66	Nene Valley Harriers	6.98	3	x	-	-	
1	7	David Lane	53	Ryston Runners AC	6.68	2	-	x	35.2	
	8					1				
SP6	SP	Shot M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %		
6	1	Geoff Tyler	69	Chelmsford/Springfield	10.95	8	-	79.9		
1	2	Paul Oakes	65	Ryston Runners AC	10.11	7	-	64.4		
4	3	Graeme Packman	63	Bedford & County AC	9.23	6	-	55.3		
3	4	Bunt Scott	67	Marshall Milton Keynes AC	9.23	5	-	62.8		
7	5	John Moore	68	West Norfolk AC	8.18	4	-	57.6		
2	6	John Blackwell	67	Nene Valley Harriers	7.25	3	-	49.3		
5	7	John Clark	75	Southend AC	6.12	2	-	-		
	8					1				
JT3	JT	Javelin M35-49 (800gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
4	1	Gavin Fordham	39	Bedford & County AC	37.63	8	-	x	x	42.4
2	2	Simon Achurch	43	Nene Valley Harriers	37.20	7	-	x	x	44.8
3	3	Andre Sinclair-Linton	52	Marshall Milton Keynes AC	29.55	6	x	-	x	-
1	4	Martin Heeley	44	Ryston Runners AC	28.70	5	-	x	x	35.2
7	5	Allan Williams	43	West Norfolk AC	27.56	4	-	x	x	33.2
5	6	Graham Eastty	38	Southend AC	16.21	3	-	x	x	18.0
	7					2				
	8					1				
JT5	JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %	
7	1	Geoff Powley	56	West Norfolk AC	33.12	8	-	x	48.2	
6	2	David Bauer	52	Chelmsford/Springfield	31.19	7	-	x	42.0	
3	3	Mark Featherstone	53	Marshall Milton Keynes AC	27.54	6	-	x	37.8	
4	4	Simon Eastwood	53	Bedford & County AC	27.28	5	-	x	37.5	
1	5	David Lane	53	Ryston Runners AC	22.81	4	-	x	31.3	
2	6	Timothy Needham	66	Nene Valley Harriers	17.33	3	x	-	-	
5	7	Mathew Gillard	50	Southend AC	13.70	2	-	x	17.8	
	8					1				
JT6	JT	Javelin M60-69 (600gm)	RDA	Team	(NN.nn)	Pts	Rec	AG %		
1	1	Paul Oakes	65	Ryston Runners AC	32.35	8	-	54.2		
3	2	Bunt Scott	67	Marshall Milton Keynes AC	27.94	7	-	49.0		
6	3	Geoff Tyler	69	Chelmsford/Springfield	24.74	6	-	45.6		
4	4	Graeme Packman	63	Bedford & County AC	15.95	5	-	25.5		
5	5	John Clark	75	Southend AC	13.85	4	-	-		
7	6	John Moore	68	West Norfolk AC	13.49	3	-	24.3		
	7					2				
	8					1				
DT3	DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
2	1	Simon Achurch	43	Nene Valley Harriers	35.46	8	-	x	x	49.3
4	2	Gavin Fordham	39	Bedford & County AC	31.48	7	-	x	x	42.5
3	3	Mark Roberson	43	Marshall Milton Keynes AC	26.46	6	-	x	x	36.8
6	4	Geoff Tyler	69	Chelmsford/Springfield	25.43	5	x	x	-	-
7	5	Allan Williams	43	West Norfolk AC	23.80	4	-	x	x	33.1
5	6	Gary Cheek	47	Southend AC	17.91	3	-	x	x	26.4
1	7	Jamie Bransgrove	40	Ryston Runners AC	15.20	2	-	x	x	20.5
	8					1				

DT5	DT	Discus M50-59 (1.5Kg)	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %		
3	1	Mark Featherstone	53	Marshall Milton Keynes AC		36.06	8	-	x	51.4	
7	2	Geoff Powley	56	West Norfolk AC		30.08	7	-	x	45.7	
4	3	Simon Eastwood	53	Bedford & County AC		28.85	6	-	x	41.2	
2	4	Timothy Needham	66	Nene Valley Harriers		24.20	5	x	-	-	
1	5	David Lane	53	Ryston Runners AC		19.52	4	-	x	27.8	
5	6	Angus Aldridge	55	Southend AC		19.20	3	-	x	28.5	
6	7	David Bauer	52	Chelmsford/Springfield	NT				x		
	8						0				
LJ3	LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	1	Mac Tuncer	37	Ryston Runners AC		5.54	8	-	x	x	66.5
2	2	Sean Reidy	37	Nene Valley Harriers		5.17	7	-	x	x	62.1
4	3	Gavin Fordham	39	Bedford & County AC		4.92	6	-	x	x	60.4
3	4	Andre Sinclair-Linton	52	Marshall Milton Keynes AC		4.23	5	x	-	x	60.9
7	5	Benjamin Collison	36	West Norfolk AC		4.05	4	-	x	x	48.1
6	6	Amr Ziko	40	Chelmsford/Springfield		3.99	3	-	x	x	49.5
5	7	Jeff Bolton	43	Southend AC		3.89	2	-	x	x	50.0
	8						1				
LJ5	LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %	
2	1	Ricardo Huskisson	58	Nene Valley Harriers		4.67	8	-	x	73.0	
1	2	Paul Harrison	51	Ryston Runners AC		4.57	7	-	x	64.9	
5	3	Keith Palmer	53	Southend AC		4.20	6	-	x	61.3	
4	4	Tennyson James	60	Bedford & County AC		4.12	5	x	-	66.4	
3	5	Paul Canning	52	Marshall Milton Keynes AC		4.10	4	-	x	59.0	
7	6	Robert Vincent	52	West Norfolk AC		3.43	3	-	x	49.4	
	7						2				
	8						1				
LJ6	LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %		
3	1	Brian Slaughter	61	Marshall Milton Keynes AC		4.94	8	LR	80.8		
1	2	Paul Oakes	65	Ryston Runners AC		3.91	7	-	68.0		
4	3	David Folgate	67	Bedford & County AC		3.76	6	-	67.6		
2	4	John Spriggs	66	Nene Valley Harriers		3.62	5	-	64.0		
5	5	John Brock	68	Southend AC		1.81	4	-	33.1		
	6						3				
	7						2				
	8						1				
TJ3	TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
2	1	Sean Reidy	37	Nene Valley Harriers		10.57	8	-	x	x	59.9
5	2	Graham Eastty	38	Southend AC		10.33	7	-	x	x	59.2
4	3	Gavin Fordham	39	Bedford & County AC		10.08	6	-	x	x	58.4
3	4	Andre Sinclair-Linton	52	Marshall Milton Keynes AC		9.59	5	x	-	x	65.4
1	5	Matthew Hitchcock	36	Ryston Runners AC		8.34	4	-	x	x	46.7
6	6	Philip Watts	48	Chelmsford/Springfield		8.02	3	-	x	x	51.9
7	7	Lee Tunmore	45	West Norfolk AC		7.36	2	-	x	x	45.8
	8						1				
TJ5	TJ	Triple Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %	
1	1	Paul Harrison	51	Ryston Runners AC		10.80	8	-	x	72.7	
3	2	Paul Canning	52	Marshall Milton Keynes AC		9.33	7	-	x	63.6	
5	3	Keith Palmer	53	Southend AC		8.32	6	-	x	57.5	
4	4	Simon Eastwood	53	Bedford & County AC		7.37	5	-	x	51.0	
7	5	Robert Vincent	52	West Norfolk AC		6.99	4	-	x	47.7	
2	6	Kevin Bates	66	Nene Valley Harriers		6.74	3	x	-	56.9	
	7						2				
	8						1				
TJ6	TJ	Triple Jump M60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %		
3	1	Brian Slaughter	61	Marshall Milton Keynes AC		9.89	8	-	77.0		
4	2	David Folgate	67	Bedford & County AC		9.36	7	-	80.3		
1	3	Paul Oakes	65	Ryston Runners AC		8.55	6	-	71.0		
2	4	John Spriggs	66	Nene Valley Harriers		7.88	5	-	66.5		
5	5	John Brock	68	Southend AC		4.73	4	-	41.3		
	6						3				
	7						2				
	8						1				
HJ3	HJ	High Jump M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %	
4	1	Gavin Fordham	39	Bedford & County AC		1.50	8	-	x	x	67.1
7	2=	Neil Watson	46	West Norfolk AC		1.45	6.5	-	x	x	69.5
2	2=	Sean Reidy	37	Nene Valley Harriers		1.45	6.5	-	x	x	63.6
5	4	Graham Eastty	38	Southend AC		1.40	5	-	x	x	62.0
1	5=	Ian Hogarth	39	Ryston Runners AC		1.40	3.5	-	x	x	62.6
3	5=	Andre Sinclair-Linton	52	Marshall Milton Keynes AC		1.40	3.5	x	-	x	71.5
	7						2				
	8						1				

